

Jasmuheen discussing the difference between anorexia and those pre-programmed to be nourished by prana and harmonious relationships re both.



**ANOREXIA AND BODY DYSMORPHIA
AND THOSE PRE-DESTINED TO BE NOURISHED BY PRANA**

The differences, alternate testing methods to determine categories, plus recommended treatments to come back into health and harmony with family.

Be aware that perhaps the ideas that follow are not for those who are not yet open to exploring more alternate realities and/or their core spiritual nature.

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Angelic Children

Angelic children, wings of light,
tuned and open, eyes so bright.
Here among us, for all to see,
gentle, courage, so sensitive.
Fed by prana, mana, chi,
Indigo, crystals, here to be.
Walking paths unlike no other,
a call within, born to uncover
Ways for all to come back home
as angel selves, we once did roam.

Now and then over the last 20 years of my travels, I have met young people who have appeared to be anorexic, who were actually Indigo children sent to challenge the status quo by displaying the angelic ability of needing very little physical fuel (food) sustenance.

For most of them, this call has been intuitive and yet it has not yet been backed up with enough good research for others around them to understand this innate ability and so their lack of mental clarity, and/or the inability to explain this gift well enough to those around them, has led to these ones often developing either signs of anorexia or being institutionalised and/or forced to eat against their will and labelled anorexic.

Feeling disappointed, angry or frustrated, both the alleged anorexic and supporting family and often the practitioners involved in treatment, enter into a cycle of the battle of wills. Friction abounds and finding a healthy resolution to it all can be a long and difficult path for them all to tread.

What we wish to provide now is a step-by-step system of agreements and actions to bring any disharmony around the 'anorexic' situation into a resolution that works for all as we address anorexia and also how to test if the alleged anorexic is actually that rare person who is pre-destined to be nourished in another way.

Finding resolutions to all patterns of conflict so that we can all feel more unified and supported, is a path that needs to be clear and so what we offer now is a beginning, an idea of possibility to be discussed, and built upon, if required, by those who this pertains to.

Please note that dealing with the long, often slow and painful treatment of bringing an anorexic or bulimic person back to health, is a very complex issue and IT IS NOT my long term field of study or

expertise. However the testing methods and insights we provide here may help determine the correct course of action for both especially if current methods in dealing with this are not completely successful.

We also hope that the reader will gain a deeper understanding of what we call Cosmic Micro Fuel and its role as an alternate stream of nourishment that is very valid in our modern world. With huge health and environmental benefits it is timely that its access and use as an alternate source of nutrition, is better understood.

While we understand concern for the condition of anorexia among some of our youth, it helps to also remember the following data that is now provided by Think Quest regarding hunger issues in our world in general so that those like myself, who are seeking to find solutions to this are not dismissed so quickly. The fact is many people can now be nourished using an alternate source and although I have found this to be rare, perhaps the alleged anorexic that you may be concerned about now, is one of these.

Also at the Embassy of Peace, we believe that the below statistics exist because as a general population on earth many also suffer from both mental and emotional anorexia which can be eliminated by good quality mental and emotional nourishment. In a more holistic model, physical anorexia can also inextricably be linked to lack of mental and emotional body nourishment.

As an example of this global issue of emotional and mental anorexia, we provide the below data which comes from - <http://library.thinkquest.org/C002291/high/present/stats.htm>

SOME GLOBAL FACTS

These are:-

- Every year 15 million children die of hunger;
- For the price of one missile, a school full of hungry children could eat lunch every day for 5 years;
- Throughout the 1990's more than 100 million children died from illness and starvation. Those 100 million deaths could be prevented for the price of ten Stealth bombers, or what the world spends on its military in two days!
- The World Health Organization estimates that one-third of the world is well-fed, one-third is underfed and one-third is starving. One in twelve people worldwide is malnourished, including 160 million children under the age of 5.
- Hunger in the Global Economy - Nearly one in four people, 1.3 billion – a majority of humanity – live on less than \$1 per day, while the world's 358 billionaires have assets exceeding the combined annual incomes of countries with 45 percent of the world's people.
- UNICEF; 3 billion people in the world today struggle to survive on US\$2/day;
In the U.S. hunger and race are related. In 1991 46% of African-American children were chronically hungry, and 40% of Latino children were chronically hungry compared to 16% of white children;
- One out of every eight children under the age of twelve in the U.S. goes to bed hungry every night;
- Half of all children under five years of age in South Asia and one third of those in sub-Saharan Africa are malnourished.

Food for thought – what if the 'alleged anorexic' is one of the ones whose job it is to experience then support by healthy example, a new source of nutrition that can help to eliminate all global health and hunger issues?

Later we will share how to find this out.

But what if the alleged anorexic is truly anorexic? We can find this out as well with the same testing method but first let us look at statistics regarding anorexia and eating disorders ...

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IN AUSTRALIA - According to <http://www.nedc.com.au/eating-disorders-in-australia>

“Research shows that eating disorders are becoming more prevalent in Australian society. While estimates of the incidence of eating disorders vary between countries and studies, there is agreement that eating disorders, [disordered eating](#) and [body image](#) issues have increased worldwide over the last 30 years.”

- Eating disorders are estimated to affect approximately 9% of the population.
- [Anorexia Nervosa](#) and [Bulimia Nervosa](#) affect between 2% and 4% of the population
- [Eating Disorder Not Otherwise Specified \(EDNOS\)](#) may account for up to an additional 5% of the population
- Up to 20% of females may have undiagnosed eating disorders

Research conducted with young people in 2010 on behalf of the NEDC indicated that:

- most young people know at least one other young person who they think might have an eating disorder
- 84.3% of respondents said they know one person who may have an eating disorder
- 62.8% said they know up to five people who may have an eating disorder

These estimates do not take into consideration the frequent under-reporting and under-treatment of eating disorders.

Eating disorders and mortality rates

All eating disorders come with severe medical complications and increased mortality rates. The risk of premature death is increased for people with all types of eating disorders.

- The risk of premature death for women with [Anorexia Nervosa](#) is 6-12 times higher than the general population
- The risk of premature death for women with Anorexia Nervosa is ‘much higher’ than other psychiatric disorders
- For females with Anorexia Nervosa and diabetes, there is a 15.7-fold increase in mortality rates when compared with females with diabetes alone
- and 70% of adolescent girls have body dissatisfaction.

IN AMERICA – the Anred website at <http://www.anred.com/stats.html> states that “The National Association of Anorexia Nervosa and Associated Disorders states that approximately eight million people in the U.S. have anorexia nervosa, bulimia, and related eating disorders. Eight million people represents about three percent (3%) of the total population. Put another way, according to ANAD, about three out of every one hundred people in this country eats in a way disordered enough to warrant treatment.”

Also from the Anred website ... “Mortality and recovery rates - Without treatment, up to twenty percent (20%) of people with serious eating disorders die. With treatment, that number falls to two to three percent (2-3%). With treatment, about sixty percent (60%) of people with eating disorders recover. They maintain healthy weight. They eat a varied diet of normal foods and do not choose exclusively low-cal and non-fat items. They participate in friendships and romantic relationships. They create families and careers. Many say they feel they are stronger people and more insightful about life in general and themselves in particular than they would have been without the disorder. In spite of treatment, about twenty percent (20%) of people with eating disorders make only partial recoveries. They remain too much focused on food and weight. They participate only peripherally in friendships and romantic relationships. They may hold jobs but seldom have meaningful careers. Much of each paycheck goes to diet books, laxatives, jazzercise classes, and binge food. The remaining twenty percent (20%) do not improve, even with treatment.”

While one of the fastest growing diseases in our world today is obesity, especially in both Australia and America, the statistics on global hunger, anorexia and obesity are irrelevant to a parent or carer of someone who seems to suffer from these dis-eases. The pain, concern and distress that occurs when a loved one appears to be unwell, cannot be dismissed by statistics that may show that there are greater areas of suffering in our world.

As a parent and grand parent, I too have witnessed various family members also struggle with health issues that at times, have caused me great concern. Yet with enough love, patience and good holistic education into bigger picture realities, most often health and harmony can be regained. Still, as many who deal with addictive behaviours know, no one can be helped until they are personally ready to move on from their affliction and what may be an issue for family may not yet be an issue of concern for the one afflicted.

One traditional method of treating those with anorexia is the Maudsley approach or method whose three phases of treatment are:

- Parents take responsibility for decisions of what, when, and how much the ill patient eats as well as behaviors around food.
- After weight restoration is nearly achieved, control is carefully given back to the patient.
- Finally, the therapist and family work to restore normal and age-appropriate lifestyle and relations between family members.

The Family-Based Treatment / Maudsley Approach to eating disorder treatment was first developed by progressive clinicians in the 1980s at the Maudsley Hospital in London. For more you can go to their website at <http://feast-ed.org/TheFacts/MaudsleyApproach.aspx>

ADDITIONAL INSIGHTS AND TREATMENT AND TESTING but first the word anorexia ...

Many anorexics and bulimics suffer from body dysmorphic disorder which is the inability to see themselves without a critical eye; their lack of self love and lack of appreciation for the body that they have can often create physical body harm via excessive dieting, too much or even too little exercise, alcohol and sometimes drug abuse and often just poor food-fuel choices. As the statistics shared, 70% of adolescent girls in Australia are dissatisfied with the way they look and so are a large percentage of women in our world generally.

We can also place in here those suffering from emotional anorexia where people eat for emotional body reasons and so they override what the physical body really requires regarding good food-fuel. Just as there can be emotional anorexia, as we have mentioned earlier, we also have mental anorexia and some would also add spiritual anorexia in our world.

Mental anorexia can include people who starve themselves of innovative mental paradigms due to ignorance or limiting traditional practices or being too narrow-minded for their own mental health. Mental anorexia can result in bullying, bigotry, racism, misogyny and more as well as the inability to take care generally of the children in our world and to make sure that our resources are distributed in a way that benefits all citizens of planet earth.

Lack of healthy mental food, lack of healthy emotional food and lack of healthy physical food choices has led us to see many issues in our world from obesity to anorexia to violence against races and women, to the neglect of some of our children's health requirements and well being and much more, as we have seen by the statistics provided.

Recently I have been emailing a young man whose friends have a daughter with anorexia. While the father is open to alternate methods of a more holistic treatment, the mother is not, preferring to have her daughter institutionalized and treated by more traditional methods, which also may exactly what is right for her daughter.

Spiritual anorexia comes from neglecting to feed and focus on our divine natures, where we deny the existence of our essence or criticise and ostracise those who choose to be spiritually well fed and gain health via some more unusual methods. Therefore you will find that in our treatment program we will be offering

meditations so that the alleged anorexic can begin to experience and then identify more with their own pure nature and less with their physical appearance which we feel is important for general happiness.

As you can see from the above views, the “ANOREXIC” reality is much bigger than the just the people who are convinced – rightly or wrongly for them – that they need and can only exist on physical food sustenance especially now that a viable alternative is being offered to humanity. As the Qigong masters say – if we increase our chi, we will get healthy and happy. Chi is prana or our life force energy.

From the ages of 13 to 16 I was extremely involved in many sports while simultaneously eating very little physical food. I saw food as fuel and it turned out that my body needed very little. I was not anorexic, my weight was stable as was my general health and happiness levels, my grades at school were great and I was able to consistently enjoy a physically demanding sports focussed existence. When I became vegetarian at around 15, I found that my body functioned even better, when I learnt meditation at around age 16 I found something that I had always been looking for and the greatest gift this gave me was the freedom from over-identification with my physical appearance or form as I rediscovered another part of myself. Until then I had been hungry without knowing that I was.

The hormonal flows in teenage bodies, the modern day over-emphasis on looking a certain way and what we define as beauty or acceptable can be very difficult for young ones to deal with, especially girls although young boys can be anorexic and suffer from body dysmorphia as well. Therefore, becoming aware of who we really are beyond these more superficial constructs can be very helpful.

Before we go on with a few stories that have prompted the writing of this article, why does it appear that statistics regarding anorexia among young people appear to be rising?

Is this due to the influence of magazines that show young women airbrushed to perfection, or movies and TV shows where so many young actresses are so slim that they look like they need a good meal? Is it due to the amount of young girls who often hear their mothers or women around them talk of dieting, or of feeling fat, or just expressing a general unhappiness with how they physically appear?

Then what about the young ones who are born and maybe even pre-programmed to be nourished in a different way? Are there many anorexics or bulimics who might fall into this category?

How can we tell and therefore give these ones the right support?

Are there testing methods to be able to determine the health of the body before physical signs of disease and distress appear?

Is there a way of living and being that can eliminate all physical, emotional and mental anorexia in our world?

So, with this bigger picture view of all that we have now shared, we will soon look at a new pattern to aid - albeit a little differently – those with the physical body anorexic issue. But first let's share a few stories and methods of dealing with those – like me - who were born to eventually be nourished in another way as the same agreements and testing methods can be utilized for both.

Awhile ago I was emailing with a mother whose son has rarely eaten since birth. He is healthy and happy and growing well and confounding doctors as well as distressing some family members. Since he shows all signs of good health, his parents are now investigating other realities around this phenomena in order to understand their son better and also to help him deal with the concern of other family members at meal times. His mother was also concerned about his ability to fit in better at school and also socially, since most people tend to take all their physical nourishment from external sources while their son does not appear to require this. Open minded they did their research which led them to me. A sensitive, an intuitive, an indigo, all this child needed was more support and he is so happy that his mother and I are now communing. It was for him that the opening poem came through.

This child is not unique. As I travel the world I have met many mothers and grandmothers who tell they have a child that is similar and how accepting that this child has this innate ability and learning more about it themselves, has made a huge difference in their family life. All these children are healthy, and are growing

and developing well although some choose to enjoy a few too many lollies or to snack on foods that in time the body may find difficult to digest. Any person ingesting too much of acidic type of food substances may have a build up of this which can lead to health problems especially when general health maintenance requires our bodies to be more alkaline.

As I am said by some, to be one of the leading researchers into the field of alternate nourishment sources, I also often get emails from people who are drawn to this alternate way of being nourished and/or from family members who are concerned about their loved ones interest in such things. For the loved one, many are struggling with weight issues, others were wishing their family would be more supportive while the families involved were basically just worried and so they too have often approached me for clarity in how to deal with this.

In early 2013 I was dealing with a mother whose daughter was thin, grey looking and unhealthy but who was convinced she could be nourished in another way and so the daughter was mainly on a liquid diet. When I tuned in to her energy fields her body was in 40% starvation mode and was struggling with the associated problems from this.

Having the tools to assess this helped and as the daughter refused to listen to her mother but was open to emailing with me, we were able to ask her to slow down regarding what she was trying to achieve until her system was ready. Both the young woman and her mother were grateful as the young woman applied what we shared and quickly began to regain her health. She also became less defensive to her mother and more aware that her mother was not trying to sabotage her but was instead just acting out of love. If her daughter had of been a picture of glowing health with a stable weight then her open-minded mother would not have been so concerned that she felt she had to contact me for clarity and perhaps an intervention.

Again in 2013 I began corresponding regularly with a 21-year-old woman in America who was institutionalised as an anorexic and who was fighting for her freedom and so to help her and those dealing with her we began to write this document. For privacy reasons, let's call her Allie.

Allie feels she is a natural prana-fuel or pranic person and perhaps she is.

A pranic person is someone who has the freedom of choice regarding taking nourishment from physical food or from the cosmic forces directly. And for those for whom this is true they appear to be the picture of health and vitality although some may be a little on the thin side during the body's initial conversion stages.

Allie was not the picture of health and vitality. To many people she just looked anorexic.

Severely underweight and therefore institutionalized by worried family, Allie was continuing to battle wills with those around her and trying to convince them of something they could not believe, which was a waste of all of their time and getting her nowhere.

Having fought this battle regarding her minimalist food choices her whole life, it was time for Allie to reassess her situation, let go of the battle and her 'I must convince them' attitude and get healthy enough to be free again to enjoy her life. Basically it was time for a new strategy that would bring the perfect resolution to her situation and also placate all involved who truly cared about her.

Through our emails, we advised Allie to follow a step by step process to secure her health then her release having agreed that this was her top priority.

Step one was to let go of the past and the "battle of wills" reality and focus on weight gain and health.

Step two was for her to accept the 'it is what it is, here now' reality and to stop struggling or trying to educate others with her words. The fact was she was incarcerated. The fact was that she was not in a position to do convince anyone of anything while she looked liked she was an anorexic and the only thing that would change that was for her to be a glowing example of good health.

Step three for Allie was to accept that it was a time instead for a few new mutually beneficial agreements to be made, agreements to be discussed with all parties, agreed upon by all parties, then to not just make these agreements but to also set common goals and to then work in harmony to attain these.

However agreements can't be reached until more facts are known and also all fears and feelings are respectfully acknowledged in all parties. For example, the parents fear is that their daughter or son will die from lack of proper nourishment and facts show that 20% who are untreated for this dis-ease will die and 60% who are treated will recover. Based on these statistics it is obvious that parents or loved ones would orchestrate treatment.

Anorexia is a mental, emotional and physical dis-ease pattern that some people are never cured from if they cannot go beyond their dysmorphic view of their body.

But being an anorexic with body dysmorphia or other problems is very different to someone who is a natural born light eater and who is pre-destined to be nourished in a different way. Pre-destiny is something we agreed to do before coming into birth.

Allie was frustrated because no one around her believed she is a natural prana-fuel person even though she has a very strong mind-body connection and feels her body functions best on minimal physical food intake. However at 40 kilos instead of a more healthy 50 kgs which is the right weight for her, it was hard for others around her to see or even believe this. Most would say that if she truly is being nourished by another energy source, then why does she keep losing weight, why does she look so thin and malnourished? These are natural and valid observations and questions.

Institutions and mental health practitioners hold the goal of helping people come back to health – physical, emotional and mental. With body dysmorphia no matter how a person looks to others all they often feel when they look in the mirror, is dissatisfaction or they have a distorted view of how they really look to the degree that they may see themselves as fat even though they look very thin to others.

While a healthy body weight for someone, where everyone around them feels they look healthy, might be 100 pounds for example in Allie's case, to the person involved they many think they look perfect and healthy at 70 pounds which is what Allie felt and this is a big discrepancy. So should weight be the main issue here? Or health? Or both?

Let's go for both while we will also seek resolution to all parties' fears and feelings via looking at, then implementing a system of 4 basic agreements.

1st agreement between parties:

The alleged anorexic – in this case Allie – is to agree to have full medical testing.

If after full testing the individual involved is given a clean bill of health and a stable, healthy pre-agreed weight can be and is then being maintained, then both parties agree to respect each other's viewpoints and practice non-interference in lifestyle choice as long as Allie remains healthy. We recommend that testing may also even include alternate health tests like haemaview analysis for example. If given a clean bill of health and although the individual may appear to be a little underweight, then there are no more agreements to be made except to respect the right for parents and loved ones to ask for full medical testing if the alleged anorexic begins to look unhealthy. In the meantime I would recommend that the alleged anorexic discover their perfect weight via the testing method we will offer and also engage in a lifestyle that allows them to exude glowing health.

However ...

2nd agreement:

If full medical testing reveals harm is being done to the body then Allie – or the alleged anorexic - needs to agree to embark on a new system of healing that will create success when she is retested at a future date, e.g. in three months time. All parties will then work towards this goal of Allie achieving health physically as well as emotionally and mentally.

Forcing an "anorexic" to eat is not the solution just as a society that displays emotional, mental and spiritual anorexia cannot be forced to change. For change to be lasting, the desire to change must come from deep within us all and address the person or society holistically.

Yet before we look at any methodology to regain health, let's look at a balanced testing system for health. Firstly, visual testing, how does this person – Allie in this case – look and feel?

Often when we hug someone who is too skinny for their frame, we feel as if we need to hold them lightly as if they could almost break in a strong wind and so we feel we have to be gentle with them yet we don't feel like this when we hug a healthy person.

Sick people, who have physical, emotional, mental and even spiritual dis-ease and/or anorexia, often have a "grey" look about them like their life force is slowly being drained from their body. Their eyes can be dull, their hair and skin is often lack-lustre as well.

We mention this because I have been with what I call pixie-people, who are very delicate and so slight of build, that they almost look anorexic yet their eyes are bright, their energy fields are filled with vibrant life force and they are peaceful at their core, they love life, are creative and clear. Although they have a 'slight' build they still to exude health on all levels and full medical testing will attest to this.

Chinese and Indian medicine have ways of measuring, observing and increasing this vital life force with herbs, acupuncture, dietary shifts and detoxes where required. This is especially supportive if the person has taken a lot of pharmaceuticals as part of their medical treatment.

To bring ease to the minds of all involved parties, testing Allie's – or the alleged anorexics - blueprint for the prana-fuel program can also be done. Maybe she truly is one of the new ones who will bring through a system by the living of it, of another way of being nourished and if this is true then they need to be supported to do this in a healthy way. To test if this is a truth for her, and not just a strange idea or delusion, kinesiology can be applied as per the research of David Hawkins, the author of the book *Power vs. Force*.

Also the breath test as taught by myself may be applied as outlined in our book *Being Essence*. Rather than supply this technique that we use here, we would prefer that the technique be understood in context with our *Being Essence* paradigm so encourage you to download and absorb the complete text.

In checking if a person is an anorexic or of they are someone who can be nourished in another way once they learn how, then two areas are to be tested:

- 1) Is this in this person's divine blueprint, to be nourished more from the inside out rather than the usual method of feeding from the outside in?
- 2) Also if the answer to question 1 is yes, then we need to ascertain what their exact current prana percentage is, so that we can then determine how much of their physical system is currently in the more detrimental fasting mode which is then giving the worrying appearance of someone who looks anorexic.
- 3) As an addition we can also find out the following – what is the perfect weight required for this system to attain and then maintain perfect health?

If the answer to question 1 is no, then the person needs to be treated with good holistic nourishment that will address the emotional, mental and sometimes even spiritual issues that have manifested physically as anorexia or other eating disorders. As we will cover below, this may include more positive body awareness techniques, the body love and breath of love techniques, yoga, plus a more informed holistic understanding of health etc.

If the answer if yes to Question 1, then all parties will need to be well educated into this new yet ancient field of possibility that the yogis of India have been aware of for thousands of years and the Chinese Qigong masters have demonstrated for over 6,000 years. Fulfilling their blueprint and then converting their system to be nourished primarily by cosmic micro-fuel also needs to be done in a healthy way and without causing either any physical damage or family concern **BUT this document does not provide all the training to do this.**

As mentioned, the exact testing methodology for the above two questions can be found in our book *Being Essence* as well as an update on Cosmic Micro-fuel as a new system of nourishment. Here is the link to this book – <http://www.jasmuheen.com/products-page/other-books/3781-2/>

Our preferred testing method is the breath test which is outlined clearly in the *Being Essence* book.

As mentioned, kinesiology – or muscle testing - can also be used as a testing method for this however it is now known that the energy and belief systems a kinesiology practitioner carries can also influence the results of testing and while the technique is simple the exact statements made must be that – exact. An incorrect assumption or statement can bring incorrect or incomplete responses. Please do further research on this method if required. I prefer that someone applying kinesiology is also a medical intuitive and I also prefer obtaining information through using the breath technique method as it is more empowering to get our own information re our own bodies directly.

Before we look at those who received a yes to question one above and who also believe that they can be nourished in a different way, let us address in a little more detail those who received the **no response to question 1**, who others may believe that you are basically suffering from an eating disorder.

- Firstly we ask that you read this complete document as making agreements such 1 to 4 are still valid and helpful as is being aware of the statistics and research we share here.
- Secondly we recommend that every day you do The Love Breath Meditation and also the Body Love technique, as these will set up a different feeling and self identification system for you in life. Too much identification with our external form will not bring us happiness as many now know.
 - The body love technique is a way of again expanding our atoms and cells ability to accept and receive more Divine Nutrition in its purest form which is love. Every morning and evening take 5 minutes to tell your body that you love it by sincerely chanting over and over “Body I love you, body I love you, body I love you.” When said sincerely, from a point of really appreciating every part of your body – from your head to your toes – after a while your body will tingle in response as if to say “Do you? Do you really?” and your response of course will be “Yes I do!” Although this is a simple tool, it is one of the most powerful we have for gaining the physical bio-systems co-operation for the co-creation of health and happiness. In metaphysics love is the foundation for all change and expansion.
 - The Love Breath meditation is also simple and can be done for at least 5-10 minutes each morning and evening or until you really feel as if all you are is love and all you do comes from this love. Do the below meditation every morning and as much as you remember to do it and see how you feel after a month or so ...
 - ❖ Step 1 – imagine yourself connected on the inner planes with a beam of pure love that flows from the heart of creation into your heart chakra.
 - ❖ Step 2 – Inhale of this love deeply and chant as you reclaim “I am love” keep chanting this mantra over and over with sincerity.
 - ❖ Step 3 – Exhale this love slowly out into your body and chant “I love” over and over with sincerity as you imagine this love filling every cell and then flowing out from your auric field in your outer world.
 - ❖ Also with this tell your body over and over until it tingles “I love you, I love you, I love you, I love you” as per the body love technique.

Together this exercise opens your cells and atoms up to receiving pure Love as it strengthens your Divine heart and your ability to attract, hold and radiate love in this world. It also changes your brain wave patterns from Beta-Alpha to the Theta – Delta zone. This is also a great technique to use if ever you feel uncomfortable around someone or judgmental towards them and if you wish to feel more compassionate. It is also a good technique to remind us of who, and what, we really are when our masks and personas are stripped bare. This is definitely a ‘try it and experience the difference’ tool which takes some focus and discipline. As we have shared in other manuals, a basic breathing technique like this one which uses the “I am love, I love” mantra, is also a wonderful way to train what the Indian yogis call our ‘monkey’ mind to remain still and focused. Many people are unable to focus their mind on just their breath for more than a minute or two without finding themselves thinking of work, or shopping, or other things, yet mind mastery is absolutely necessary to find and access these flows of alternate nourishment. Untrained in the art of

stillness, the Western mind in particular requires this type of training as a pre-requisite for attaining inner and outer peace.

- Back to the alleged anorexic Next, regardless of whether any testing shows that you are healthy or not, if your loved ones are concerned then you all have a problem. Your family and friends LOVE YOU and you cannot dismiss their concerns whether you feel they are valid or not.
- If many people comment on your weight or look concerned when they meet you, then perhaps you need to address the reality of body dysmorphia which many women suffer from to various degrees, especially when they are young.
- Research more on anorexia, seek appropriate counselling and treatment with someone or some methodology that will treat this holistically and that you also feel comfortable with.
 - Anorexia is often about lack of self-knowledge, lack of self-mastery and lack of self-love so doing the Body Love and Love Breath techniques will allow you to know love differently and have the body behave differently.
 - Some report that anorexia is also about power, that some young people feel so powerless in life, that the only thing they can exercise control over is how they look.
 - When people ask me 'What guidance do you have for anorexics or bulimics?' our answer is always ... Focus on getting fit and healthy – physically, emotionally, mentally and spiritually. Life is too short for sorrow and there truly is a lot of fun to be had. Learn to meditate and how to form positive and empowering relationships – first with yourself and then with your family and friends. Having a great relationship with yourself means self knowledge to the degree that you would never harm your physical structure.
 - Anorexia and also often obesity, is generally a result of lack of self love whereas living on prana is the opposite as it requires great self love and awareness of who we really are.
 - Finally many anorexics appear to be obsessed with exercise, so we recommend that you add to this or replace some of your exercise time with the ancient art of yoga. Yoga is a holistic way of connecting in a very healthy way with your body while also energising your complete system to help regain organ and cellular health.
 - Learning to listen to what the body really wants rather than what we think it wants – from positive or negative societal imprinting - is a very different approach to health. Our organ message meditation is also beneficial to do as it is a method of tuning in to, energizing and listening to our organs which can often reveal surprising messages when we are open.
 - Having cured myself from cancer using holistic methods, I know that all dis-ease in our system that we have created can be uncreated and that each system knows the exact pathway for this.

Let's continue our discussion about agreements.

While agreement 1 involves appropriate testing, the next agreement is directed to Allie or any alleged anorexic. It is about educating those around us by being a healthy example and thus relieving the fears of those who love you and are concerned. So if you claim you can live on prana and minimal physical food then know this ... A prana person is someone who truly has the ability to tap into cosmic micro-fuel and be fed in another way and while very few anorexics fall into this category it still needs addressing especially in Allie's case as when I tested this I found that yes it is in her blueprint to demonstrate this in her life.

However, a prana-fuel person needs to be a master of all environments. Our internal and external environments need to be in harmony not disharmony. Engaging in a battle of wills or constantly trying to make others see our point of view, is the incorrect frequency to maintain our presence in the prana-as-fuel energy field as being able to be nourished by prana is a path of self-knowledge, self-mastery and self-love.

In addition prana-fuel people need to be examples of someone who is healthy on all levels. Our energy levels need to be good, our life-force vibrant, our mind's clear, our knowledge via experience needs to be deep and real enough so that we can educate those open to this with clarity and logic and example.

If we *really* are being well nourished just by cosmic micro fuel alone then our weight will be stable at a healthy level and no one will be too concerned in our presence as we will look radiantly healthy and not as if we need a good feed or as if they have to be careful not to break us when they hug us.

Research now shows that our physical body weight is not just linked to what we are eating or our exercise but also often it is linked to our beliefs and our emotional patterns. People often ask me ***how do you sustain body weight once you are on a prana only nourishment?*** The answer is that weight stabilization comes about through re-programming the body and having a strong mind/body connection, plus having trust and faith that is also based on re-education into understanding how the body operates when we increase the pranic flow and act as masters of the vehicle.

The idea that one has to lose weight and/or die, if we do not eat food, is simply that – a belief. Society tells us we need a balanced diet, vitamins etc. to be healthy and, because of their belief systems, for the general population this is true. Being sustained by prana has more to do with our spiritual journey and awakening, a consequence of such is that we can be sustained by light and love of our innate Essence which has the ability to manifest all that we need on all levels.

The physical body is the servant to the mental body which when aligned serves the spiritual body. By changing our beliefs and mindset we can simply program ourselves to maintain a desired weight and we will. Every cell of our body constantly hears our self-talk and if our self-talk is limiting then the cell behaves in a limiting manner.

I also recommend that people do not weigh themselves as they transition through this change, as even thoughts such as “Oh no I weigh only ____!” can upset the new programming patterns we are laying into the system.

In India today there are yogis with such command over their molecular structure that they can be buried alive for weeks at a time, or drink poison with both having no negative physical affects. They achieve this due to their high levels of self mastery over their physical, emotional and mental systems. Studies have also researched the benefits of intention regarding placebo medicine.

Q: Post conversion to cosmic micro-fuel, why can some people stabilize their weight quickly and others can't?

A: Our research has shown that this depends on individual mind mastery and/or also the strength of past cellular memory influences and personal calibration levels.

Q: How come some people lose no weight when they convert to The Prana Program?

A: This is due to the fact that they are already calibrating at the level to attract the perfect flow of cosmic particles that they need to feed them and have usually been minimalistic in their physical diet before conversion, for example, one small meal a day of non-fattening type food e.g. fruit or raw vegetables combined with a mindset that all vitamins etcetera come from prana.

Q: How can people also put on weight when they are not eating physical food?

A: Strangely the energy of love can feed us and as we increase this flow of love through our system it can increase our weight unless we redirect the excess energy into the world through selfless service. Obviously giving and receiving keeps an energetic balance, while just receiving and storing creates excess.

So ... lets go back to agreements ...

Agreement 1 was to do the necessary testing to discover if the alleged anorexic is a natural born pranic person or is someone who is suffering from the issues that create eating disorders. The same testing methods to determine this can also determine the right treatment methodology.

Agreement 2 is for the alleged anorexic to do whatever is required to come back into a state of obvious health and to also increase their chi prana-fuel flow to aid in this.

Agreement 3: So to the person involved who got a 'yes' to the first question tested, it is your responsibility to increase your chi flow which you can do by the following methods.

- 1) Meditations to increase our prana-fuel or chi levels – Feeding from Cosmic forces and also from Mother Nature meditation.
- 2) Meditation to change our relationship with our body – Body Love.
- 3) The Love Breath meditation.
- 4) Also by your day to day lifestyle as recommended in our Food of Gods manual.

These above meditations can be found at this link –

<http://www.youtube.com/watch?v=A9VknNLvnKY&list=PLEBDE93758594266D>

Thousands are attuned to this channel of possibility and clear research and safe guidelines have now been provided for this so there are many healthy, high life-force looking people who are now demonstrating this skill and choice in various ways as demonstrated in the movie *In the Beginning there was Light* documentary that can be downloaded then watched by going to this link - <http://muvi.es/w5108/217323> .

This movie was screened at Cannes Film Festival in the South of France in 2010. Filmed over a 6 year period, this documentary shows the quantum aspects of living on prana and has many detailed interviews with people such as:- Dieter Hochegger, Prof. Dr. Wolfgang Marktl, Prof. Dr. Anton Luger, Univ. Doz. Dr. Ingrid Kiefer, Dr. Ruediger Dahlke, Jasmuheen, Walter „Omsa“ Rohrmoser, Dr. Michael Werner, Mataji Prahlaad Jani, Dr. Sudhir Shah, Dr. V.N. Shah, Dr. Urmann Ohruv, Dr. Sanjay Metha, Hira Ratan Manek, Yuan Limin, You Xuande, Dr. TCM Qi Duan Li, Prof Dr. Gernot Pauser, Zinaida Baranova, Prof. Dr. Gerhard Hacker, Prof. Dr. Fritz-Albert Popp, PhD Dean Radin, Prof. Dr. Brian Josephson, Prof. Dr. Amit Goswani, Prof. Dr. Rupert Sheldrake, Dr. Jakob Bösch, Prof. Dr. Robert Jahn.

Further research can be done via reading the following books on this topic:-

- 1) [*The Prana Program*](#) – a question and answer format research manual that covers every aspect of this reality including a world hunger solution.
- 2) [*The Food of Gods*](#) which looks at providing nutrition for all of us on all levels – physically, emotionally, mentally and even spiritually plus safe conversion and preparation methods via lifestyle changes.
- 3) [*Being Essence*](#) which covers the Source of this nourishing flow
- 4) and even my more personal journey with this in the book [*Breatharian Pathways*](#)

And by German Bio-chemist Dr Michael Werner [*Life from Light*](#)

Also see the “Breatharian” YouTube Playlist at this link

<http://www.youtube.com/playlist?list=PLBFB7CABCOC569C69>

4th and final agreement:

Allie – or the person who is said to be anorexic - will be released, if institutionalized, to live life without interference by others on the following conditions:-

- 1) If she or he can prove she-he has stabilised her-his weight at the pre-agreed healthy level by
 - a) Successfully applying the weight stabilisation and preparation program we offer in our research and/or by
 - b) Increasing her physical food intake if required*

*We state this second requirement as it can take time for Allie to increase her weight then stabilise her weight by using cosmic micro-fuel sources alone especially if institutionalized.

- 2) It is also important that both the alleged anorexic and their team be aware of the bigger picture around the cosmic-fuel choice, its personal and global benefits and to realise this is a lifestyle choice that is often predestined and not a diet.

We offer this information in this document as beginning data only. It is important for recommended research and reading, video viewing, meditations, and also new programming patterns be applied for success with this alternate nourishment stream to also be applied by and understood in an open-minded manner by both the alleged anorexic who has been pre-programmed to be pranically nourished and their supporting loved ones.

The freedom of choices that promote and sustain health and harmony, are to be supported regardless of how unconventional they may appear. We cannot deny the right of any human being to refine themselves into better, healthier systems of operation especially if this is done in mutually beneficial ways.

Lastly the alleged anorexic needs to understand that the mastery of ourselves and our environments can be done with joy, ease and grace as we also create mutually beneficial relationships with those that care about us.

The data we have provided here is only an insight into issues to be addressed, attitudes to be adapted plus a plan of action that can harmonise all back into health.

Anytime any human being is in pain, support that delivers harmony and health on all levels is required. If the current systems do not do this then the human species itself cannot fully evolve into health and harmony. Thought only one drop, each individual is a precious part of the human ocean.

Note to practitioners/family/friends: The idea of alternate nourishment streams such as chi or prana that we call cosmic micro-fuel is still very unformed in Western mentality and we are doing our best at the Embassy of Peace to provide research and valid education programs in to this reality. As previously mentioned, only a small handful of alleged anorexics, are what we call natural light-eaters, meaning they are born with this innate call and knowing.

Whether or not the person in your care falls into this category or not, can be easily determined. However, again the testing methods we use to do this may also seem again as unconventional as they too are not yet widely taught in Western medicine.

A system such as Biocybernetics will help provide in-depth and accurate diagnostics on the state of the alleged anorexic's health and also provide a support system of vibrational healing.

As mentioned previously kinesiology/breath testing can determine exactly what category this person falls under so that the correct support system and treatment may be applied.

As many know incarceration and attempted force feeding involves a battle of the wills with both parties continually trying to impose opposing views.

Of course, while incarceration and force feeding may be of vital importance in certain situations especially when the alleged anorexic is in negative health or obvious self-harm patterns, however even in such situations additional therapies can have a great success if applied more holistically.

The Body Love tool, Love Breath and Clarity in Life meditations help all with body appreciation, self-love and also having life clarity and goals which add greater life enthusiasm and less fixation on external appearance. Again these above free meditations can be found at this link –

<http://www.youtube.com/watch?v=A9VknNLvnKY&list=PLEBDE93758594266D>

For those who were born with the innate desire to be a “prana-fuel” person – the meditations we mentioned earlier will be extremely beneficial for them to improve health and weight.

In our research manuals, we have included additional research for you, where the weight issue is also addressed. In our book Being Essence, we have also added a few additional skills in dealing more harmoniously with conflict resolution, though again all of this work is very connected with understanding not

Jasmuheen discussing the difference between anorexia and those pre-programmed to be nourished by prana and harmonious relationships re both.

just metaphysics – the science of life – but also the unusual science of working directly with Quantum Field Intelligence.

We wish you all the best with your endeavours to bring health and harmony back into life with your loved ones.

Jasmuheen for the Embassy of Peace

Additional data re prana as a valid fuel source.

Some personal benefits of being nourished by prana are:-

Some global benefits of being nourished by prana are:-

- a) Minimization of the need for and use of insecticides and pesticides as we decrease our need for crop production, by increasing our dependence on more natural internal feeding systems for prana instead, thus reducing environmental pollution.
- b) Minimization of garbage disposal from food production, distribution and consumption, as we decrease our consumption need by increasing the pranic flow.
- c) Decrease in our dependence on pharmaceuticals as we increase our health and longevity levels so we can redirect financial resources into other research fields.
- d) Decrease our dependence on medical support systems such as medical care, hospitals, and tax dollars spent on illness support systems etcetera as we increase health and longevity by increasing the prana flow. These dollars can be redirected to aid, education and housing the less fortunate in all countries.
- e) Increasing the pranic flow increases feelings of compassion, love, kindness and Oneness thus decreasing our dependence on psychiatric care, and eliminating social feelings of isolation and loneliness that are increasing in western cultures and thus also decreasing the growing suicide rate.
- f) Decrease in the growing obesity problems and the current increase in spending to address this. As we increase pranic flow we are fed on *all* levels and therefore eliminate physical, emotional, mental and spiritual hunger. Most people eat for emotional reasons. Both anorexia and obesity is generally a sign of a lack of holistic education and are also often from a lack of self love.
- g) Increasing the pranic flow within a person also brings them into an improved state of inner balance and harmony so that we can utilize the world's resources in a more effective and humane manner.
- h) Helps with the redistribution of resources as the 'haves' use less so that there is more for the 'have nots' – provided we distribute resources more compassionately. Nonetheless increasing the pranic flow naturally increases our compassion levels as we glimpse more of the bigger picture in life as increasing the pranic flow also expands our consciousness.
- i) Changes our personal field radiation so that our presence feeds rather than drains the world.

PRANA AND HEALTH

Q: You say that The Prana Program can eliminate all dis-ease individually and globally. How?

A: Because it can nourish a person on all levels. Physical disease usually results from lack of emotional, mental and spiritual nourishment as well as toxic eating habits and lack of exercise. Humanity has entered into a stage of evolution where we need to reassess what we term true nourishment, as for the first time in our history we have the extreme of approximately 1.2 billion people suffering malnutrition from lack of physical nourishment and 1.2 billion people suffering from obesity related problems due to incorrect physical nourishment and addictions to fast foods served to placate a fast society. For many people eating and the 'pleasure' food brings is an emotional addiction in an attempt to satisfy a deeper hunger. At this time in our evolution we are being intuitively guided to encourage pleasures that promote and sustain physical, emotional, mental and spiritual fitness in all.

Jasmuheen discussing the difference between anorexia and those pre-programmed to be nourished by prana and harmonious relationships re both.

Q: What about scientific research regarding prana emissions and healing?

In the scientific investigations conducted by the Chinese it is noted that the external prana emitted by a 'healing' practitioner, carries different information from the prana of a non-practitioner. It is well known that all body parts, internal organs and tissues of the human body have a weak magnetic field. However, when a pranic practitioner enters into a state of pranic emission, the magnetic intensity of certain places of the body surface can be ten thousand to one million times stronger than that of internal organs. That is, ten thousand to one million times stronger than a pranic non-practitioner.

Pranic healing was considered for many years to be a kind of psychological treatment, and this point of view is still quite popular in the west. There are some reasons behind it. For instance co-operation, especially psychological co-operation from the patient, is important during treatment. However, scientific experiments have shown that liquid crystal molecules rotate under the influence of external prana, thereby demonstrating that external pranic healing is not just a psychological treatment. It has objective effects independent of any psychological dimension. Numerous cases of pranic healing of an extraordinary nature are reported by Chinese scientific experiments, probably the most dramatic being the healing of bone fractures, with the bones being x-rayed both before and after the pranic treatment, and demonstrating the bones having knitted and healed within hours .

Also here is a link to more re Being nourished by Cosmic Micro-Fuel but remember these ones are rare among anorexics who still may require a more holistic treatment that frees them from too much physical system identification. There is a huge difference as we hav enoted extensively between someone who can be nourished by prana and someone who is bulemic, obese or anorexic.

<http://www.youtube.com/watch?v=1LfDPO49mDA&list=PLEA87B2553D485FE1>