



FREE STUFF – OUR YOUTUBE VIDEOS CATEGORIZED

<http://www.jasmuheen.com/free-videos/>

ALTERNATE NOURISHMENT SOURCES for efficient personal & global resource usage

- [PRANIC LIVING FOR PERMANENT PEACE](#) - introduction.
- **NEW! Cosmic Micro-fuel** Update plus **Outside in & Inside Out Feeding** – from carnivore to breatharian.
- [Breatharian & Prana](#) - Living on Light YouTube playlists.
- [The Western Breatharian](#) - introductory video on this.
- Jasmuheen on [her background with Pranic Nourishment](#)
- [HeartMath Research](#) video plus [HeartMath Institute](#) research discussion with Jasmuheen (In English with German) and also the video on [Heart, Health & Happiness](#)
- Jasmuheen discusses [Pumping up the Volume of Divine love](#) and chi to increase health and happiness levels and experience more grace and magic in life.
- Global warming would also reduce if we became a vegetarian planet. Video on vegetarianism [click here](#); plus Jasmuheen on [Global resources](#).
- [The Prana Program](#) introduction video to the series on eliminating world hunger. [Part 1](#); [Part 2](#); [Part 3](#); [Part 4](#); [Part 5](#); [Part 6](#); [Part 7](#); [Part 8](#).
- Jasmuheen's [global role](#) with living on light & The Prana Program in [Brazil](#) & [India](#)
- Jasmuheen on [Prana & the World's Resources](#) plus [Resource Sustainability](#); also vegetarianism plus [global resources](#) and [pranic living](#); also [Living on Light – the bigger picture](#).
- Jasmuheen on [increasing chi and divine love](#), and eliminating global hunger – filmed in Belgium with Paul Codde.
- For more on this topic go to our [Living on Light](#) section & [free videos](#) there.

B.E. Series - our Baseline Essence

- Baseline Essence [YouTube Playlist link](#). A series of simple videos on the gifts of our Baseline Essence - our B.E. - that pure and perfect part of our own enlightened nature. • In inter-dimensional energy field science, a BASELINE is a frequency that directs and supports the flow of events. • As an energy pulse, a baseline also determines our experiences in life. • The real baseline frequency in every one of us is what many call ESSENCE. • Others call our baseline the presence of God, chi or an energy force that is within all life.

EARTH'S CHILDREN:-

- [Synopsis, Keys, Solutions & Earth's Children](#) – with Jasmuheen
- Jasmuheen in Belgium 2008 with Paul Codde commenting on [the new children](#) and their expectations of higher standards.
- Jasmuheen talks a little on [the new children being born](#) plus brain wave patterns for pranic living and more...

EMBASSY OF PEACE

- Embassy of Peace - [Introduction](#)
- [2013 Embassy Update - Achieving Goals](#)
- Jasmuheen's Address in Turkey - [World Peace Day](#).
- [The Queen's Agenda](#) - video detailing the Embassy's focus & programs
- Personal Harmonization - [link to playlist](#) - for personal peace, health & happiness.
- Global Harmonization - [link to playlist](#) - pragmatic programs to fulfill for global peace.
- Universal Harmonization - [link to playlist](#) - once we have entered into global peace then what?
- Pragmatic [Guidelines for Peace](#)
- Jasmuheen on [The Embassy of Peace Programs & Luscious Lifestyle Program](#) – video in English & Spanish

- The Madonna Frequency Planetary Peace Program has 9 specific projects & lifestyle skills that when applied will aid in the creation of a peace filled world by attending to basic human rights. On our [GHP Playlist](#) you can view The MFPPP as Part [1](#); [2](#); [3](#); [4](#); [5](#); [6](#); [7](#); [8](#) & [9](#).
- For more on this topic go to our [Embassy of Peace](#) section.

INDIGENOUS INSIGHTS

- [Gaia's Song](#) - A message from Mother Earth
- Videos with Jasmuheen:- The indigenous message regarding 2012 - [2012-Part 1](#); [2012-Part 2](#) – insights on global resource misuse.
- Also click [here](#) for our Indigenous Beats Videos with the Kogi and Arhuaco of Colombia.

INTERDIMENSIONAL FIELD SCIENCE - this science allows us to navigate our way through the Matrix of Creation in ways that are beneficial to all. Based on Universal Laws and the principles of the Higher Light Science, we can also use this science to unify our planet and create permanent peace independent of our religious focus.

- In our YouTube [playlist](#) ... Interdimensional Energy Field Science - [Part 1](#); [Part 2](#); [Part 3](#); [Part 4](#); [Part 5](#)
- [Future Worlds](#) Future Humans
- [Universal Laws](#) - [Part 1](#); [Part 2](#); [Part 3](#) & [Part 4](#).
- [Oneness](#); [Descension & Ascension](#);
- [Jasmuheen on the Higher Light Science](#) 03:40 min. Jasmuheen on the Higher Light Science and expanding consciousness and brain waves.
- [Telepathy, ET's, Matrix Mechanics, Prepare for Contact & more](#) ;
- [Telepathy & the Arcturians Part 1](#); [Part 2](#); [Part 3](#) – Brain Dynamics; [Part 4](#) – Opening to Higher Communication

Additional information on and from our Light Being friends:-

- Jasmuheen introducing data on the [Universal Brotherhoods](#);
- [E.T. technology, Light Beings](#); more on [Beings of Light](#)
- [Universal Harmonization Program Summary](#) – video
- [Universal Nations, CSETI & more](#); [Contact](#); [The Lords of Peace](#)

JASMUHEEN on various other topics:-

- [Mantras & Tantra](#) and [Telepathy](#).
- Heart Talk with Jasmuheen on the [Divine One Within](#) and Matrix Mechanics.
- Jasmuheen on St Clare of Assisi and [Divine Providence](#)
- English with Russian translation, Jasmuheen shares about her first experience of [Divine Love](#), its gifts and freedoms and changing molecular structure.
- [Consciousness & Calibration](#); [Field Feeders & Calibration](#); The [Law of Love & Brain Wave](#) Patterns. These videos are insightful for healthy living.
- [Indian Yogi's Love Harmonics](#) with Jasmuheen

MEDIA COMMENTARY - Our Global situation, Current affairs & C.N.N. - the Cosmic Nirvana Network

- [What on Earth is Going On?](#)
- [C.N.N. Playlist](#) e.g. [Critical Mass](#) & Programming Codes
- [Brazil's Favelas](#) - a series of 9 videos including their [needs](#) & also [solutions](#)
- [Jasmuheen & 60 Minutes](#) - clarification on Peace Ambassador, Jasmuheen's trial with 60 Minutes

OUR MESSENGERS & MESSAGES:-

Videos on:- The teachings of [Jesus](#); The teachings of [Buddha](#); The teachings of [Krishna](#); The Teachings of [Muhammad](#); The Life and teachings of [Confucius](#); The teachings of [Kabala](#); The teachings of [Tao Te Ching](#).

- [Channelling with Jasmuheen Part 1](#); [Part 2](#)
- [Mother Mary Message](#); [Divine Mother Insights](#) - in english & German - [Part 1](#) - the Magnificence of Bliss, [Part 2](#) The Garden of Eden & [Part 3](#) - The Divine Heart and your song of Joy.
- Arcturian Messages:- [Part 1](#); [Part 2](#). Channeling through Jasmuheen on multidimensionality and life in the Arcturian system, the ascended systems and the higher realms plus the need for mind mastery plus [Arcturus Gods Orchestra](#)
- Master Messages – [Mary and Sananda](#) video from the book Cosmic Colleagues.
- [Masters of Alchemy](#); and [continued – Masters of Alchemy message](#)
- Message – Commander Ontar of the IGFWC – [Part 1](#) and [Part 2](#)
- [Synopsis, Keys, Solutions & Earth's Children](#) – with Jasmuheen

MEDITATION MAGIC Playlist - please note if you love the below brief meditations, you can download longer & more advanced meditations from [iTunes](#) and our shopping cart [meditation section](#).

- Meditation Magic – Introduction to Meditation.
- Breathe Love in - to increase our chi flow.
- Being Essence Meditation.
- Life Clarity Meditation - for manifesting fulfilling lives.
- Mood Enhancer Meditation – for a quick mood change.
- Chakra Column Meditation to energize ourselves.
- Body Love Meditation – to establish a good mind-body connection.
- Love Breath Meditation - a simple meditation that allows us to feel the Divine Love flow within.
- Brain Food Meditation - activation & changing brain wave patterns to increase clarity and creativity levels.
- 3 Mantras – Meditation to experience more of our Divine Essence – reprogramming cellular structure back to our base essence energy.
- Pranic Feeding – from the cosmos, from nature to increase our chi flow.
- Because I Love You insight
- Meditation - Utilizing the regenerating energies of the Great Central Sun & the Galactic Centre - accessing and radiating..

Music Videos - New Soundscapes - designed to align or activate brain heart cosmic connectivity and more.

- Angelic Aria; Shaman Heart Tones; Grace Tones; We Give Thanks

MUSIC Videos from the Journeys - Rhythms album - musical satsang-messages

- Sweet Strum; Cosmic Kiss; OM Namaha Shivaya;
- Journeys – Amen - When students by an angel kissed, with lifestyle habits then persist, a rainbow's woven in the mist. With seeing God in everyone, sweet revolution has begun, by clearing clouds that block the sun. Devotion's such sweet surrender, hearts alter from tough to tender, love's always returned to sender ...
- Smooth – The world for each of us exists, range of unique perceptions kissed, behind the facade lies the bliss... smooth ... keep it smooth ...
- Melting Paths – Some paths they are all melting, absorbing me and you. Some paths they are inflaming so strong in what they do. Some paths tend to freeze us as they dispense a stiller hue...
- Bended Knee - Change focus from ego to Self, being loving brings us real wealth, happiness produces good health.
- BE The One – There is a field of love & grace ... A place inside that fills all space ... *One heart ... one mind ...*
- Thine Heaven - Taste the tasteless, enhance the small, to see over ... the garden wall ... You have to stretch and stand up tall.
- All Entwine – The world dissolves without a trace ... *Ave Maria* ... Sweet music of the inner space ... The soundtrack when immersed in Grace ... *Ave Maria*.
- Prana Pop - Our bodies to God we consign... with sensitivity ... aligned ... developing a new design.
- OM Namaha - Enlightenment cannot begin, until we know, under our skin, the guru that resides within.
- Rays of Love – The flower of humanity, will blossom more abundantly, when showered by hearts lovingly. Thought forms create what's preconceived, reality from make believe, small miracles may be achieved.

MUSIC Videos from the Life & Love album - cosmic rock opera, musical satsang type messages.

- The Goddess Speaks – Many Ways – Many names, we are known by, many cycles, we've seen; many ways, have been taken, many ways, to now be ...
- Transitions – Transitions call to each one every day, we make adjustments so we can play, in a field of love, in a field of light, once we know again how to feel so bright...
- Choices – So switch on your bits, make them light up bright, fire up that brain, balance left and right. There are inner plane doors, realms, so full of song, of joy that is real, as the days are long.
- Friendship's Beach – If we can commit, to enhance all we meet; if we can commit, to respect all we greet; if we can commit, to trust and thus belong; to hold clear visions, open-hearted in song; if we can commit, to be rhythms of love, then we can be free from restrictions glove...
- The Ways of Love – So, as a sister, I would tell, of ebbs and flows, Yes, as a sister, I would share, how, loves, rhythm, goes. Love will come and love will go, leave us wiser for the greeting. Other loves will come and stay awhile, as we grow from each new meeting ...
- You're In My Heart – You're in my heart, locked in to stay, in this field of love, our destiny lays. My rhythm is yours, it's sweet and fine, your rhythm is love, which is also mine.
- Sacred Union – Though we, can love, each other, well, to love, all others, brings another spell. With awareness blended, through the weave, all of God's creatures, with love perceive...

- Shakti's Lover – Being still, here, now, in the light of the other, present in each moment, being Shakti's lover.
- Love's Bride – Surrender is required as we go deep inside, a stillness, a tide, just being love's bride.
- Uniting All the Women – Once we did the asking and so the game flowed on, just deeper in its meaning, as we lived the life we longed. At times we'd change the rhythm, to take us through love's door, At times we added rhythms, insights from our core.
- Old Souls – A smile, a sigh, a touch, a nod, the meeting of two pure old souls, with stories shared of a past so bold, of futures dreamed, seen and foretold. Some dream, some wake, some record it all. Some sleep instead through each new thrall. Some feel, some see, some rise, some fall, then rest awhile to review each call.
- Yes – Just say yes to the rhythm of love in the fields! Just say yes to enjoying wisdom's great yield! Just ask for delivery, on all levels of your being, to feel the pure pulse of our intelligence risen.
- Complete – Individualized within, the vast, oneness game, enjoying many flavours, for none are the same, it is up to each one, to call sweeter layers in.
- True Love's Ball – So see where you're going, come, write a new song, then sing it out loudly, for we all do belong. Each adds to the other, this always has been, each adds to the other, from what we have seen.
- The Invitation – We revealed our presence to some long ago, so now we are here, to speak in the flow, to those who are open, to those more aware, who live life on earth, with compassion and care.
- Field of Zen – In the yogi's cave a part of us laughs, we know it's extreme, still we walk this path. To tread the Bodhisattva's way, to know love's joy on our union day. To step it back, relax further again, to open up wide to the field of zen.

UPGRADES & UPGRADING [Upgrade Series Playlist – on our YouTube Channel](#)