

Jasmuheen EMBASSY OF PEACE

... accelerating benevolence ...

<http://www.jasmuheen.com/living-on-light/>



Questions & Answers:- Excerpt from the Prana Program book & more.

Q: What is prana?

A: Called the microfood of life, according to <http://www.wordiq.com/dictionary.html>, “prana is the vital air, or breath, of the human body, as visualized in Hinduism. It is also interpreted as the vital, life-sustaining force of both the individual body and the universe. Its first expounding came in the Upanishads, where it is part of the worldly, physical realm, sustaining the body and reliant on the mind. Prana suffuses all living form but is not itself the soul.”

Q: There appears to be so much suffering in our world today, how can The Prana Program change this so that we have a more enjoyable and effective evolution, individually and as a species?

A: Through education we can inspire people to increase the pranic flow through their beings which then changes their personal resonance and how the universe responds to them. The Prana Program path is about mastering energy flow within us and around us so that we can consciously create a present and a future that provides increased health and happiness levels for all.

Q: What exactly is pranic nourishment and how does it work, where and when did it originate?

A: The idea of prana as nourishment has been around since the dawn of time. Universal Mind and its Akashic records, share that there was a time where all beings were sustained from the pranic forces. Pranic nourishment is the ability to attract and then absorb all the nutrients, vitamins and nourishment one requires, to maintain a healthy being, from the universal life force a force which is also termed cosmic particles or chi energy.

A person who practices this does not need to take their nourishment from physical food and they also find that by increasing the pranic flow through their bodies they are fed not just physically but also emotionally, mentally and spiritually due to the nature of the pranic flow. Being fed in this way allows us a more effective and enjoyable evolution for reasons we will cover throughout The Prana Program book.

Q: In the west we have now begun to recognize prana as an alternate food source for the physical body, how can it feed us on other levels?

A: When we increase the flow of pure prana within us its presence and essence floods through the system and transforms limiting aspects of how the human biological system is operating thus allowing an individual to access and demonstrate natural but generally dormant abilities. The activation of these abilities provides us with emotional, mental and spiritual nourishment.

Q: What exactly are some of these ‘natural but dormant abilities’?

A: The human system is a complex one and currently we use limited sections of our brain as that is all that is required to survive here. Metaphysics can teach us how to access our natural clairvoyant, clairaudient and clairsentient abilities and how to utilize other sections of our brain which according to the science of neuro-theology is hardwired to deliver a variety of experiences that may appear to be supernatural but are actually natural when a person expands their consciousness and anchors their brainwaves into different patterns of behavior.

Q: Does a person need to be a metaphysician to work with or utilize the pranic force more effectively for the evolutionary process?

A: No but we need to know how to create a mental model of reality that allows us to recognize, be open to, and consciously work with, the pranic flow. This happens more powerfully and easily when we understand universal laws as the higher laws behind creation, particularly the Law of Resonance that says like attracts like. Metaphysics is simply the understanding of the science of life. We also need effective, pragmatic and simple tools to harmonize our internal and external energy flow which then delivers many personal and global benefits.

Q: Why is increasing the pranic flow within us an answer to a more effective evolution?

A: Basically it stimulates the release of higher intelligence within us. Prana is composed of various aspects some of which are the invisible mathematical codes that drive and operate matter in form and all of creation. As we increase the influx of this pranic flow within us, it stimulates the same dormant mathematical codes within us to awaken, thus providing us with clearer and greater insights as to the purpose of our existence and the choices we have as creator beings. Increasing its flow within us allows us to perceive life from a different perspective as it expands our

awareness and activates the usage of our master glands – the pituitary and pineal – and stimulates them to function in a different way. These glands also regulate our brain wave patterns to either Beta, Alpha, Theta or Delta wave frequencies.

Q: It is well known that 3 people have died around the 21 day process, can you comment on this?

A: In metaphysics it is well known that we know the exact time of our death the moment that we are born and that we cannot leave this plane unless our work is done for this life and our time is literally up.

Regarding the living on light reality, the difficulty comes because people do not believe that this paradigm is possible, so our job is to provide education regarding how, why and to research the personal and global benefits. Our focus has been to provide a solution to world hunger issues as 15 million children die each year from hunger related diseases. In this context to a few people over the last 21 years with this, is actually amazing yet personally I would have liked to have lost none ... however...

Sometimes we do things that push people's buttons of awareness as we challenge the many limited beliefs we all still hold on earth. The alternative is to stay silent and accept society with all its limitations and to stay within the boxes of behaviour people want each other to be in. For some this is possible, for others this is impossible as something so strong within us pushes us into a new rhythm.

I think about the few people who died around the 21 day Living on Light initiation process, and how I used to wish that their deaths had never occurred, and yet I cannot control when people die or how, or the rhythms that push people, from somewhere deep inside, to rise up and break out of limited patterns, or to answer the call to be part of an evolutionary path that stands before us, that is so immensely freeing and grand; a path that beckons us to know the divine essence within all and to also receive its gifts.

These things are not for me to control, for it is not a time of trying to control one another. It is a time of knowing and enjoying ourselves, of choosing the path of love not fear, of education not ignorance, of honour and respect for each other rather than judgment and disdain. It is a time of seeking harmony among us and resolutions to conflict that deliver beneficial outcomes to us all; of sitting down with family and friends, if required, and lovingly communicating our concerns until a problem is resolved in a way that serves us all.

Regardless of the thoughts of the inexperienced observers of our work as it unfolds in the world, the majority of those who gather with me are bright and intelligent people. They do not seek gurus nor are they naïve and ready to be led astray by some charismatic person. They, like myself and many others, have reached a point in their lives where they have asked, "Is the reality I have created, really serving myself and is it beneficially serving all in this world?" If the answer is 'no' then they seek ways to change their model of reality until it is; and if the answer is 'yes' then they seek to gather with others to share and combine their energies so that together we can enjoy a different harmony which is the unifying rhythm of love in our world.

Most people who come to our retreats choose to be well informed and have learnt to check things via the internet and trust their intuitive guidance; still with the movie "In The Beginning There Was Light" being released and scepticism around this possibility rising again, it has been beneficial to look at exactly what we have achieved these past 17 years - see our Global role with this.



BRIEF SYNOPSIS & JASMUHEEN MESSAGES - PRANIC LIVING

Prana = chi = mana = divine love = universal life force. As many are now aware, metaphysical author Jasmuheen has spent the last four decades studying the rhythms of the field of Divine Love to the degree that in 1993 she discovered its ability to provide nourishment on not just emotional, mental and spiritual levels but also on a physical level. There are now approximately 50,000 people in the West who have the ability to choose where they wish to get their physical body nourishment from. As a result of this freedom of choice they are far less dependant on the world's food resources. Click [here](#) for videos on some of their experiences.

On Pranic Living Jasmuheen writes: "Nourishment from prana happens as a direct response to our desire for it and as a natural response to our vibration. The capacity to live on light is directly related to our ability to attract, absorb and radiate Divine Love which is determined by our lifestyle. When we are well tuned and our body fit, we can access an inner power which has the ability to love us, guide us, heal us and also nourish our cells. As vast multi-dimensional beings, we have limitless access to a source of internal nourishment (prana-chi) that constantly bubbles champagne-like throughout the matrix of life. This supremely loving pranic pulse acts as a type of glue to bind our creations and help with our manifestations to bring more Grace into our lives. A specific lifestyle allows us to go deep within the inner silence to discover and experience this pranic flow in all its forms and as we focus upon it we become immersed within it and so find ourselves transformed. Increasing our personal internal and external chi flow can rid our world of all of all its hungers and bring about a state of global harmony and permanent peace."