



Synchronistic Support Systems With Jasmuheen

Sometimes our journey in life can leave us in need of utilizing specific support systems that can recharge or redirect us. One of my synchronistic support systems in this part of my journey is Lucinda. Lucinda was, I found to be, a hidden jewel in a health spa/beauty salon who spirit led me to, to help me further as I transitioned through my latest phase of Freedom. Aware of the type of stress that both a 'food and fluid free' choice could have on my bio-system, I wanted to be well prepared although at the time of meeting with Lucinda originally, I was still needing to prepare my external physical environment to support this next phase.

I could not even begin to describe the value of having someone like Lucinda enter into my life. To work with someone on the bigger picture, who understands the greater games of destiny and human evolution is a blessing. The fact that she also has her cosmic team and is a talented energy worker is another gift. And so for a year now I have worked intensely realigning basic neurons and electrons and rebalancing my auric field and all levels of my being to support this coming transition for unlike Zinaida with her leap of faith, one of my jobs with this is to create a duplicable model.

The reason for mentioning meeting Lucinda at this juncture – and sharing with TEV readers an in-depth interview with her - is that:

There is a lot we can do, and need to do, to prepare our systems for the levels of Freedom I am suggesting in my "Law of Love & Its Fabulous Freedom Frequency" tour this year.

There is also a lot of help available to us in the physical and non physical worlds; help that will arrive when acknowledged and invited, help that is happy to support our bid for Freedom. I call this help a synchronistic support system.

Synchronistic support systems are those that seem to materialize before us or around us without any effort on our behalf. They arrive because they are needed as if they are somehow predestined to come into play. Sacred Support Systems are those systems that also come into play with synchronicity as they are a system of support that will ensure that we fulfill something that we have agreed to do, something that is not just beneficial for us personally but also globally.

There are so many modalities for freedom preparation and for confirmation, from Bio-resonance machines that can detect any energy imbalances in any level of our system and then rebalance them vibrationally; to blood analysis systems such as haemaview, to kinesiology and iridology and more. All of these will provide data as to our personal state of readiness to move into such Freedoms and it is important to be well prepared and act responsibly enough so as to avoid potential bi-system damage as we defy the so called "normal" boundaries of human limitation.

I assumed when I wrote my first book in this Freedom series "Living on Light" that anyone drawn to undertaking the journey for such Freedoms would have automatically prepared themselves sensibly and responsibly. Unfortunately I have found that this is not the case and that people often take great risks in their bid for freedom.

The human bio-system is a complex and precious instrument. It is a temple designed to radiate the Divine nature of the One that breathes us, the One who pulses Its Love through our cells and nourishes us enough to gift us life. It is in essence immortal and self sustaining although we no longer give It the recognition It needs to display and reveal these gifts. When we do create a space for our DOW to express Its gifts fully in our life, this is also when we find ourselves experiencing miracles and the type of freedoms already discussed.

One of the gifts that I received from Lucinda was to do with the reality of priority for as she often expressed to me, when she first begins to work with an individual she tunes

in and asks their Divine being, what priority is required to first address regarding their current process of healing or growth and change. Priority is about being in alignment with the now moment and also in alignment with where the Divine One Within us – our DOW – requires us to be.

How a therapist or support system facilitator works with us is crucial which is why I now share the following discussion.

Please note that the following data is not designed to place the responsibility for the freedom agenda upon a therapist such as Lucinda. However a good therapist can help you prepare sensibly to journey into such freedoms.

Discussion with Lucinda regarding body preparation for general freedoms.

JASMUHEEN: Maybe we could begin by explaining a little bit about your understanding of kinesiology and how you work with it because I know that you don't work with it in the normal way.

LUCINDA: That's right. Working with kinesiology today now, is an expansion of the basic kinesiology I originally learnt. Basic kinesiology to me means biofeedback which can identify where there may be energetic imbalances creating symptoms physically, emotionally or spiritually. We can then work with the system on all levels and dimensions to identify these challenges that the body is actually containing.

My expansion from the basic kinesiology has taken place purely I believe as a result of my absolute obsession and intoxication with the understanding of our potential. I feel like I'm a child in preschool understanding what the human potential may be and is. And with that premise, and the potential that kinesiology provided me initially, I've just gloried in the sharing with other humans in their own expansion of potential and understanding of potential.

My system has become an antenna, a bio-electric antennae, when I work with others which in itself is a potentiality for all of us. It's a sensitivity to 'all that is'. It's a connection with 'all that is'. And so working as antennae with someone else I respond to their bio-electric responses and in so doing I'm able to share with them their own expansion and understanding of themselves.

JASMUHEEN: But you appear to do a lot more than that too, you channel energy and you shift energy patterns by working with their Divine Self and with your internal assistance team.

LUCINDA: That's absolutely correct yes. I make no choices consciously – me Lucinda – I make that statement too, that I make no choices for that person I'm working with.

JASMUHEEN: So you just get out of the way and let the energy channel through you.

LUCINDA: That's quite right. It's about asking permission always and never stepping into an area that I'm not invited.

JASMUHEEN: So working always with compliance with the person's higher being and your higher being so the highest can always be made manifest.

LUCINDA: That's correct.

JASMUHEEN: So you actually work with a combination of things then from kinesiology, to energy flow, to telepathy and you work with a medical assistance program team. Can you explain a little about them and when they presented themselves to you?

LUCINDA: I certainly can, it must be 6 years ago I read a book called MAP –The Co-Creative White Brotherhood Medical Assistance Program – prepared by Machaelle Small Wright. The Medical Assistance Program is available to us all, to help us understand what's available to us on our path and it's a program to invite White Brotherhood – Pan, The Over Lighting Deva of Healing – and our higher selves to share a program of healing that's in compliance with the necessary positive energies of our time. To understand more of course I just advise that you read this information. I started with my personal program of assistance and from there I moved on to a professional program by inviting the White Brotherhood to assist me with the work I choose to do and in so doing providing me with a team that's compatible with my frequency, my energy, and what I choose to do. When I invited the White Brotherhood and Pan – The Over Lighting Deva of Healing – into my life, my life changed, my work changed. I believe it's extremely

important to be in compliance with what Mother Earth requires and what man-kind requires at this time.

JASMUHEEN: So would you say then your focus on one level is to help people harmonize their internal energy flow so that they are in harmony with the forces around them and so that everything operates for the good of all?

LUCINDA: Yes, you say it so beautifully, yes, that's quite right. I choose to think about what I do in a very simple way and I work with what I know is right, what is positive and is coming from love and I have faith completely that this is the right thing for me and so in turn I give thanks daily to all those working with me.

JASMUHEEN: So how would you simplistically describe what you do if you could?

LUCINDA: With sensitivity and with all those energies working with me I'm able to connect with someone who chooses to ask for assistance and together as client and therapist – if we can call it that – we share our potentials for change. With faith I ask my clients and my inner plane associates in life, how can we assist that persons own innate healing mechanism to make change, to make positive change so that healing, wisdom, technology that that person carries with them forever is triggered and so that they can then take on board what they need, what they desire, what they want and what they can deal with at the time.

JASMUHEEN: So with kinesiology as a system in itself, it's a way of talking to the body consciousness to find out what's really happening in the body, and the fact also that every cell of the body has memory then you can work on all levels of the persons being, you can work on past life influences, present life influences, even future life influences...

LUCINDA: That's right, yes.

JASMUHEEN: So my research has come to understand that we are limitless beings and we've had encoded on a cellular level the possibility of doing anything, provided we are in complete balance with all the elements and do it with love in a way that is in the highest good of our self and all.

LUCINDA: Yes.

JASMUHEEN: So therefore the work that we've begun to do together which is preparing my body to take the next step to be fluid free, not just food free which I've managed to attain already with some degree of success, that's really then taking it to another level of unlocking the bodies natural abilities.

LUCINDA: That's right.

JASMUHEEN: So you were talking about working on a neutron level, on an electron level, on that level, how are you being guided to work to assist me in this journey?

LUCINDA: I can't explain it to you rationally, I can't explain it because it is your intent that plays a tremendous role in this. You're provided with all that you need – I don't know how to explain it...

JASMUHEEN: Could I perhaps explain that what I've come to understand with prana is that even though I'm trying to develop a global model that anyone can follow, and including what I'm now doing with the fluid free model, what I've found is that every human being is so complex and so different and they all have a particular frequency and so on one level there is no set formula for any work because you've just got to work intuitively with their spirit.

LUCINDA: Oh, most definitely, most definitely.

JASMUHEEN: So therefore it's not like you've even got a model that you can apply with working with me - you've just got to work your Divine Self, with my Divine Self, and with the Medical Assistance Program to do whatever it is that is part of my blueprint to bring it into success.

LUCINDA: That's quite right yes. If you had a brick wall in front of you and you were having trouble stepping over that brick wall in your efforts to create the desired outcome and if that brick wall was meant to be there, if it was meant to stop you in your tracks because you had something to deal with, perhaps you weren't facing, then I could not get past that brick wall.

JASMUHEEN: Until I'd gone through the learning etc.

LUCINDA: That's correct.

JASMUHEEN: So you as a therapist are blocked from going any faster or further than what I'm capable of doing and we cannot proceed until I've integrated each and every step.

LUCINDA: Yes, the work that we are sharing, I am not creating for you, it is something that you are already intuitively working with.

JASMUHEEN: Yes, but you help facilitating me to fulfill something that I've already been pre-encoded to do.

LUCINDA: Yes, that's quite right. The work that we are doing is about assisting you with support physically, emotionally, mentally and spiritually as you step further and further into your reality. This work that I do is not a guarantee that you will achieve what you hope to achieve - this work does not manifest for you the outcome.

JASMUHEEN: No, but it clears the way as much as what can be cleared energetically.

LUCINDA: Yes

JASMUHEEN: What I've found working with the body like this is that you can have a mental reality that you are fixed on and yet you may not be able to physically bring it into being because there can be blocks and because we are so complex on so many levels. So there are issues that may come up that need resolution before you can take the next step, issues that you are not even aware are there until you really start to talk to the consciousness of the body.

LUCINDA: That's right.

JASMUHEEN: Which is the beauty of something like kinesiology.

LUCINDA: That's right.

JASMUHEEN: What do you feel is the most important thing that people understand in working with body consciousness or working with these types of agendas - especially working together with a therapist like yourself? I like to work with Grace and I like to tell the universe to bring me the right person that I should be working with because I think that while there are a lot of therapists around, not all therapists are as intuitive or well trained perhaps as some, there's no accident for certain people to come together. For someone really pushing the normal boundaries and seeking to experience their full human potential what do you recommend that they do themselves to prepare? What sort of understanding do you think that they have to have?

LUCINDA: To find someone to work with?

JASMUHEEN: Both, to find someone to work with and also when working with them.

Lucinda: Well I think, first of all it's to ask that the right therapist cross your path for a start, I think that if you make a statement about what it is that you are looking for in relation to the outcome of your wishes/desires then to recognize perhaps to work with your intuition, then of course you step into someone's office, into someone's space and it's a matter of feeling comfortable with that therapist. I think there is always a question of perhaps feeling what's driving the therapist - what's their motive. JASMUHEEN: Do you mean more along the lines of whether they are driven by personal agendas or global agendas?

LUCINDA: Yes, that's right, yes and as far as training is concerned this is a very interesting question because so much of the work we share is intuitive, it's more than just the basic techniques used in kinesiology.

JASMUHEEN: I know how I work is that as soon as I come into a session with you I ask for what I call a DOW match - that my Divine Self connects with your Divine Self and that whatever we bring through together in that day is for the highest good of me and also for you, so that's the first step, that we never give our power away to a therapist at all and that we allow them to facilitate whatever change needs to come about that is for the good of all - both us and that therapist

LUCINDA: That's right.

JASMUHEEN: Also I find myself thinking about areas that I'm aware of, or other levels I can work with you, like areas I'm aware of that perhaps that are patterns that I feel I need a shift because I'm not achieving the outcomes that I wish to achieve and in having set that intention, you then find out through muscle testing my body where the blocks are and what needs to be attended to.

LUCINDA: That's right.

JASMUHEEN: And then of course there's also a stage of surrender as well where I just allow you to work intuitively through your Divine Self and mine, to focus on whatever priority that needs to be focused on for the next step to come in - so it's a give and take relationship and it really is a dance. So apart from asking the universe to bring us the perfect person for what we need to achieve for our next step and asking for a Divine

connection with both, and seeking to work with a therapist who is physically trained in technique and who has their intuitive channels open so they can hear on a higher level, apart from all of this what else do you recommend?

LUCINDA: Also to be comfortable with the therapist.

JASMUHEEN: You said to me a few times that when you initially started to work like this it was quite challenging for you, can you share a little bit about that? What happened? You said you just suddenly a few years ago it all came flooding in...

LUCINDA: Yes it did - it all came flooding in, I did a three hour workshop, it was an introduction to working with energy and my body started shaking, my calm, in control Lucinda was in the midst of the shakes, something was going on, I didn't know what it was because until that time I was living my life totally unaware of what else was going on and that was the beginning for me when I felt the energy rush. When I could feel it through my hands, my palms, my finger tips, it was exciting and yet I didn't know exactly what was going on and I used to like being in control and so I worked with it, I played with it.

But there've been times when I have not understood exactly the nature of what was happening, there have been times when I would feel sick, I would feel pain, I would feel most uncomfortable in the presence of someone else. And I learnt in time that it's all about sensitivity and protecting oneself energetically which I have learnt to do and it's now glorious because I keep coming back to the human potential, the expansion we can experience and for me this is just glorious, just sharing it with someone else it's an expansion of consciousness of potential in every area of our lives that we are capable of accessing and feeling and sharing and learning about and using in a positive loving manner, so I'm not afraid anymore.

JASMUHEEN: So part of body work then to achieve all of what you have just shared is about really getting in alignment on all levels to accept that potential expansion, because people can have it intuitively, mentally, a vision and an understanding that we are limitless, but there can be energy blocks stored in the body from lifetimes when we didn't have that sort of awareness, and these then act as internal sabotage programs that block us from taking the next step or keep us in disharmony so that we can't really exhibit that, even though we have the potential to.

LUCINDA: Yes, that's quite right.

JASMUHEEN: It's interesting because you know when I travel the world there is a lot of workshops done on clearing the emotional sabotage patterns or the sabotage patterns generally, and while I do a lot of reprogramming of the human bio-system in the workshops, sometimes it doesn't work because of these sabotage programs and that is so complex. For example fear of persecution if people shine their light too brightly. There was something you picked up in my field that was creating disharmony and that was that in the last decade of being public I picked up all the energy of human disbelief from the mass field.

LUCINDA: Yes and this is something that we needed to address and work together with in relation to your reduction and withdrawal of water in your life, that for you to move forward and realize your goals, the memory of this persecution and disbelief in what we say that comes from the collective consciousness, was vibrating within your cells and its memory created a sabotage blocking your forward move and yet your system was able to identify that this was going on. So together - through your direction your Divine Self and your direction to me to assist you to release the sabotages from cellular memory - this has now been released.

JASMUHEEN: So really what happens is that a person may exhibit some sort of freedom, like for example freedom from the need to eat food because you can live on prana, then if it's in your blueprint to be public about it and your saying 'yes it's possible' but millions and millions are aiming their psychic energy of disbelief at you saying 'no it's not possible, you are deluded if you think you can do this' or any other reality, then you can unconsciously absorb all of this mass field reaction into your cells which then sets up doubt patterns within your own being and that in itself is dangerous.

LUCINDA: Yes, that's right, of course it is.

JASMUHEEN: So that needs to be cleared.

LUCINDA: That's quite right, but as you say all of this potential is in the blueprint of the individual is it not?

JASMUHEEN: Yes so if we've got the blueprint of an individual who is paving a way for a new evolution and they are really contravening a mass blueprint of certain awareness at this time, then they may be in conflict. So an individual really should not be public with any of their personal freedom achievements until they themselves are absolutely 100% convinced of their own power to do these things.

LUCINDA: Oh most definitely. That can translate to any areas of our life.

JASMUHEEN: The fact is what I'm finding with prana and the chi energy is that in order to get into the level of harmony within yourself, where all of your elements and molecules dance together without any external stimulation of food or fluid, you have to be in such a perfect frequency of love which you can achieve in the privacy of your home but then if you go out into the world and you are surrounded by a frequency of doubt and hate and disbelief and anger then that in itself has a potential to interfere with how that love feeds you.

LUCINDA: Most definitely and these are all emotions, they are all energies of low frequency, of heavy vibration, of energy that will pull you down and can exert tremendous force in your own field that is of no value to your goal.

JASMUHEEN: So what you can achieve in private you may not be able to prove you can achieve in public simply because of the energy of disbelief interferes with the flow of the love that is allowing you to do this in the first place. This is why spirit in it's intelligence is not asking one person to carry the burden and it's why we're encouraging thousands of people around the world to do this in private, to create an energy band that works through the morphogenetic field and supports the change on a foundation level.

LUCINDA: Yes

JASMUHEEN: And then maybe that will work because what we are really doing is that by demonstrating the power of love in action, we are defying many really deeply ingrained beliefs within the human status quo.

LUCINDA: Yes, yes.

JASMUHEEN: A really interesting question with the work you do – can you use kinesiology on a mass level to clear negative or limiting mass global programs or have you found that you need an individual to come and ask you for assistance before you can work on any other level? Like for example, could you use your energy together with another human being and use a program like "I Jasmuheen, on behalf of humanity, am asking for energetic clearance of all negative programs that are limiting humanity from coming into a state of grace and harmony" and then utilize someone with your talents to help shift the energy around the planet to do that because it is for the good of all?

LUCINDA: Yes. I haven't ever been asked to assist in this way before. I do believe that your request on behalf of humanity would be achievable perhaps where there is permission from those elements of humanity that are prepared for change. Nothing can be forced.

JASMUHEEN: If you work through the Divine Self, like I work with your Divine Self and you work with mine now then our Divine Self always wants what's for the highest for us and acts as a natural sensor. So if we work always with the Divine Self of humanity en masse to bring into being only that which every individual is ready for, that does not contravene their free will, then that would give a clear path to do that.

LUCINDA: Yes, yes, that makes sense. I do believe that all is possible and but I have not experienced this type of mass shifting.

JASMUHEEN: So what are your objectives then with your healing arts? What would you like to see happen within society?

LUCINDA: What a huge question Jas! Well I would love to see humans discover themselves, discover that they are not purely matter that they realize just what they are made of in all areas. I would love to see humans live with love and see what love can generate in their lives and what change can occur with love for self and for others and all that is. How this could change lives and I'd love to see humans understand their potential. I don't do this work because I want to see people just heal, I just don't want to see a cut just heal and that's it, I work because I love to share with someone else all that they are. It's tapping into all that you are with this work and I enjoy so much sharing with someone else the understanding that they are capable of so much which they are probably unaware of – it's like turning the tap on and introducing someone to themselves.

JASMUHEEN: Have you found, like many therapists do, that a lot of people come along and they just want to do nothing and they want you to do all the work?

LUCINDA: Yes, and usually when someone presents themselves this way we don't resonate and I find that these clients don't return or they leave and they take on board that premise that "all right she's not going to do it for me, but there are tools here, there are memories here that were real, memories I'm still holding onto that I thought I got rid of so what can I do to help myself some more?" sometimes this happens and this is beneficial.

JASMUHEEN: Is it fair to say that half of the art when a therapist is working with a person particularly with something like kinesiology, is asking the right questions to and learning to listen. Like it's not enough to just listen to the body but you have to get the right questions to get the right response from the body.

LUCINDA: Even then you don't really need the right questions, the system will throw up at you what it wants shared. I really think that if we ask what the priorities are then the mechanisms begin and I do think that listening yes, listening to your system and it's responses naturally, that's what it's all about. Yes it is extremely important, and yes, as a therapist I've got to just stand aside and say to your Divine Self "okay, just show me what it is that your being has to let go of, that you need to change, show me what it is. You don't really need a lot of words to assist.

JASMUHEEN: Also sometimes you may have identified a block and want to process it energetically, to release it or clear it from the system, or transform it, but the body says it's not ready because there are associated issues that have to be cleared first.

LUCINDA: Oh, most definitely.

JASMUHEEN: That's what I mean about asking questions and listening because human systems are so complex.

LUCINDA: Okay, that does make sense, but always we need to ascertain what is the priority, because once we get the priority there is a filtration system that naturally takes place, so I use that word a lot "priority" and that helps cover so much of the associated imbalances, the release of these associated imbalances, when the priority is looked at.

JASMUHEEN: So really a human being has got to get to the point where they decide they really wish to understand their human potential, experience that, witness it and ask for the revelation of that. Then to take it even further and ask for the revelation of that to be made manifest in a way that's not just good for them but good for the world too.

LUCINDA: Yes, but I also believe that it's important to stay grounded and focused on our human endeavors our human life, I could spend hours and hours and hours thinking about working with talking to the wonderful energy I feel when I'm tuned in and ready to be of assistance but I find it could and it has taken me away from the simple things and just being here now. Living fully in the moment is an important task in my daily human life and being human and experiencing the human experiences is to me terribly, terribly important.

JASMUHEEN: Being present and enjoying all levels, not being lost in the cosmos in telepathy land. Have you found that you can switch off quite easily, so once you leave the clinic you just shut down or once you go into the street you start to pick up all sorts of energies around?

LUCINDA: No, I switch off, I can easily do that but I switch back in very quickly, sometimes I'll be driving and I will tune in and tap into the environment around me and ask if there is assistance required and if so then I give it where I can. I find everything around me fascinating. Everything living, animals particularly, I love talking to and plants and grass and clouds, everything has an energy and consciousness.

JASMUHEEN: You can dance with it.

LUCINDA: Yes.

JASMUHEEN: I think that's the excitement of life, as you have expressed, the fact that we can be ignorant of the energy fields and how they inter react and be at war sometimes because of that ignorance with ourselves and others; or we can be aware that we are a part of the whole and it is a dance and we can say "well how can I make this dance happen with harmony and with love and joy and grace?"

LUCINDA: Yes, most definitely, yes, to live in an environment and to share in an environment as if we are one consciousness, and interconnected with everything is exciting.

JASMUHEEN: And our first responsibility is our own energy system and how our own bio electrics are functioning. Listening to the story of the body, listening to the needs of the body, working with the way the molecules within us and the atoms dance and respond and then discovering the gifts that the system can bring when everything within us is in harmony.

LUCINDA: That's right, that's right, yes.

JASMUHEEN: And once we've done our own inner energy flow, we can start to work with the outer energy flow which automatically changes when the inner flow changes anyway. Also people can now utilize the many wonderful therapists that are available and as you said, and all the inner holy help and the outer plane help is there as well so there is really no excuse for us all not to step into an experience of sublime limitless potential.

LUCINDA: Yes, that's quite right, beautifully, beautifully put.

JASMUHEEN: So thank you for working with me personally this last year and also for being part of this interview.

LUCINDA: Thank you Jas.

Again, when you are destined to be with or work with someone, the universal forces make sure that you connect at the right time, so for those of you wishing to prepare yourself lovingly and responsibly for the type of Freedoms that you seek, tell the universe:

"Bring to me now the perfect support systems that I need – on the inner and outer planes – to make this transition in joy and safety and with ease."

Also you may wish to add:

"If it is beneficial for me to work with a healer or a kinesiologist to help with this preparation, then bring me the perfect person now and when we meet let us connect DOW to DOW and work in harmony in a mutually beneficial way."

Apart from muscle testing via your body's bio-electric response, there is another very simple way to prove to yourself if you are ready to explore such Freedoms and that is by how the universe responds to you. If you have enough Love flowing through you and around you so that you can do everything telepathically and get results, then on one level you are ready.

There are two ways of working in this world, one with physical effort and another one with no effort, where Grace just reads your bio-system's energy signals and delivers everything to support you to your door. For example regarding finding an energy worker teammate like Lucinda, you can look in the phone book or newspaper, ring different ones, meet them and interview them regarding their suitability or you can use the commands mentioned and meet them via synchronicity and GRACE.