



**JASMUHEEN Biography & Background** [www.jasmuheen.com](http://www.jasmuheen.com) & also  
The Cosmic Internet academy at [www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)

Jasmuheen's main service agenda is the raising of consciousness to co-create a healthy, harmonious world.  
Ambassador of Peace, founder – Embassy of Peace, international lecturer & Online Course facilitator.  
Artist & Sacred Art Retreat facilitator; film-maker & musician.  
Author & metaphysical researcher of 35 books in 18 languages plus Jasmuheen's guided meditations for improving health & happiness. Also enjoy her Successful Living tips in the Our Selves page of our sister site the C.I.A.  
Jasmuheen's Background; Darkroom Training facilitator.  
Researcher into Pranic Living plus living on light and the breatharian agenda.  
President of the Global Congress of Spiritual Scientists – Bangalore, India; Self Empowerment Academy founder & Cosmic Internet Academy facilitator.  
A few educational PowerPoint Presentations.

#### **JASMUHEEN'S BACKGROUND Timeline**

- ☒ 1957 – Born in Australia to Norwegian immigrants
- ☒ 1959 – Began focus on vegetarianism
- ☒ 1964 – Began to study Chi
- ☒ 1971 – Discovered the Languages of Light
- ☒ 1974 – Initiated into Ancient Vedic Meditation and eastern philosophy
- ☒ 1974 – Began periodic fasting
- ☒ 1974 – Discovered telepathic abilities
- ☒ 1975 - 1992 – Raised children, studied and applied metaphysics, had various careers
- ☒ 1992 – Retired from corporate world to pursue metaphysical life
- ☒ 1992 – Met the Masters of Alchemy
- ☒ 1993 – Underwent Prana Initiation and began to live on light
- ☒ 1994 – Began 7 year research project on Divine Nutrition and pranic nourishment
- ☒ 1994 – Began global service agenda with the Ascended Masters
- ☒ 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- ☒ 1994 – Wrote In Resonance
- ☒ 1994 – Founded the Self Empowerment Academy in Australia
- ☒ 1994 – Began to hold classes in metaphysics and Self Mastery
- ☒ 1994 – Began The Art of Resonance newsletter renamed later as The ELRAANIS Voice
- ☒ 1995 – Traveled extensively around Australia, Asia and New Zealand sharing Self-Mastery research
- ☒ 1995 – Wrote Pranic Nourishment (Living on Light) – Nutrition for the New Millennium
- ☒ 1996 – Invited to present the Pranic Nourishment research to the Global stage
- ☒ 1996 – Began re-education program with the Global Media
- ☒ 1996 – Set up the International M.A.P.S. Embassy – Established in 33 countries
- ☒ 1996 – Created the C.I.A. – the Cosmic Internet Academy – a free website to download data for positive personal and planetary progression. Web address:  
[www.selfempowermentacademy.com.au](http://www.selfempowermentacademy.com.au)
- ☒ 1996 - 2001 – Traveled extensively to Europe, the U.K., the U.S.A. and Brazil with the 'Back to Paradise' agenda
- ☒ 1996 - 2004 – Talked about Divine Power and Divine Nutrition to > 900 million via the global media
- ☒ 1997 – Began to set up scientific research project for Living on Light
- ☒ 1997 – Began the Our Camelot Trilogy, wrote The Game of Divine Alchemy

- 1997 – Formed the M.A.P.S. Ambassadors Alliance – people committed to global harmony and peace
- 1998 – International tour to share the Impeccable Mastery Agenda
- 1998 – Wrote Our Progeny – the X-Re-Generation
- 1999 – Wrote the Wizard's Tool Box which later became the Biofields and Bliss Series.
- 1999 – Wrote Dancing with my DOW : Media Mania, Mastery and Mirth
- 1998 - 1999 – Wrote and published Ambassadors of Light – World Health World Hunger Project
- 1999 – Began contacting World Governments regarding Hunger and Health Solutions
- 1999 – International tour to share the Blueprint for Paradise
- 1999 - 2001 – Began M.A.P.S. Ambassadors International Training Retreats
- 2000 – International tour 'Dancing with the Divine' to facilitate the election of an Etheric Government in 28 key cities and also shared the Luscious Lifestyles Program – L.L.P.
- 2000 - 2001 – Wrote Cruising Into Paradise an esoteric coffee table book
- 1999 - 2001 – Wrote Divine Radiance – On the Road with the Masters of Magic and
- 2001 – Wrote Four Body Fitness : Biofields and Bliss Book 1
- 2000 - 2001 – Launched the OPHOP agenda One People in Harmony on One Planet
- 2001 – Wrote the book Co-Creating Paradise : Biofields and Bliss Book 2
- 2001 – Launched Recipe 2000> as a tool to co-create global health and happiness; peace and prosperity for all on Earth
- 2002 – Launched [www.jasmuheen.com](http://www.jasmuheen.com) with its Perfect Alignment Perfect Action Holistic Education Programs; and its I.R.S. focus to Instigate, Record and Summarize humanity's co-creation of paradise.
- 2002 – Did the 'Divine Radiance FOUR BODY FITNESS – Unity 2002' World Tour
- 2002 – Received, wrote and launched The Madonna Frequency Planetary Peace Program as the free e-Book, Biofields & Bliss Book 3.
- 2002 - 2003 – Wrote The Food of Gods.
- 2003 – World Tour "Divine Nutrition and The Madonna Frequency Planetary Peace Project".
- 2004 – Wrote The Law of Love then toured with "The Law of Love and Its Fabulous Frequency of Freedom" agenda.
- 2005 – Wrote Harmonious Healing and The Immortals Way, then toured with the "Harmonious Healing" agenda.
- 2005 – Began work on The Freedom of the Immortals Way plus continued with writing The Enchanted Kingdom Trilogy & The Prana Program for Third World Countries.
- 2005 – Presented THE PRANA PROGRAM to the Society for Conscious Living at the United Nations Building in Vienna – Nov. 2005
- 2006 – International tour with THE PRANA PROGRAM
- 2007 – International tour focus on THE SECOND COMING and SECOND CHANCE DANCES.
- 2007 – Launched THE EMBASSY OF PEACE on 07-07-07 & began training programs for Ambassadors of Peace & Diplomats of Love.
- 2007 – Released The Bliss of Brazil & The Second Coming
- 2008 – Released The Enchanted Kingdom Series after 6 years of writing The Queen of the Matrix, The King of Hearts and Elysium.
- 2008 - Toured with the Future Worlds Future Humans agenda – begins more intense work in India.
- 2008 – Appointed President of the Global Congress of Spiritual Scientists Pyramid valley, Bangalore India.
- 2008 – Released the coffee table books "Sacred Scenes & Visionary Verse" plus "Cruising Into Paradise"
- 2009 – Released the Universal Harmonization Program for the Embassy of Peace, focusing on research into extraterrestrial intelligence.
- 2009 – Released Meditation Magic
- 2010 – Jasmuheen continues her work in India and tours with the Harmonics of the Heavenly Heart & Pranic Living Agenda
- 2011 – Released the book, Memories & Motivations.

Jasmuheen is now focused on THE PATHWAYS OF PEACE and providing free VIDEOS for education & entertainment on her YouTube Channel, plus creating education DVD's, art & music. Jasmuheen's YouTube channel now has over 400 free educational videos <http://youtube.com/jasmuheen>

Jasmuheen's books are now published in 18 languages.

BOOKS BY JASMUHEEN - A selection of JASMUHEEN'S research manuals can be purchased from <http://stores.lulu.com/jas->

- 1) THE ENCHANTED KINGDOM Trilogy - 3 books in one.
- 2) QUEEN OF THE MATRIX - Fiddlers of the Fields with Jasmuheen (book 1 in the Enchanted Kingdom Trilogy)
- 3) KING OF HEARTS - The Field of Love - with Jasmuheen (book 2 in the Enchanted Kingdom Trilogy)
- 4) ELYSIUM - Shamballa's Sacred Symphony with Jasmuheen (book 3 in the Enchanted Kingdom Trilogy)
- 5) The Food of Gods
- 6) The Law of Love & Its Fabulous Frequency of Freedom
- 7) THE PRANA PROGRAM - Effective & Enjoyable Evolution
- 8) PRANIC NOURISHMENT - Nutrition for the New Millennium
- 9) Ambassadors of Light : World Health World Hunger Project
- 10) The Bliss of Brazil & The Second Coming
- 11) In Resonance
- 12) Divine Radiance - On the Road with the Masters of Magic
- 13) HARMONIOUS HEALING & The Immortal's Way
- 14) Darkroom Diary Downloads & The Freedom of The Immortal's Way
- 15) Cosmic Colleagues – Messages from the Masters
- 16) Biofields & Bliss Trilogy
- 17) Four Body Fitness : Biofields & Bliss
- 18) Co-creating Paradise
- 19) 'The Madonna Frequency' Planetary Peace Program'
- 20) Meditation Magic
- 21) Sacred Scenes & Visionary Verse
- 22) Cruising Into Paradise
- 23) Embassy of Peace Programs
- 24) Memories & Motivations
- 25) Pathways of Peace – book & CD/MP3's

**Mailing Lists:** If you are interested in being kept up to date with the Self Empowerment Academy and the Cosmic Internet Academy's research and activities, then we have various mailing lists that you can freely subscribe to - so please [click here](#) and leave your details.

Also enjoy her Successful Living tips in the Our Selves page of the C.I.A.

Follow Jasmuheen on Twitter and read **Jasmuheen's Blog**; Jasmuheen's personal website – [www.jasmuheen.com](http://www.jasmuheen.com)

**Embassy of Peace:** <http://www.jasmuheen.com/embassy-of-peace/>

**FREE** e-book on Embassy Programs & Projects plus more, go to:- <http://www.jasmuheen.com/products-page/free-books/>

**Other interesting links:** For more data on Jasmuheen's Darkroom Retreats, Sacred Art Retreats and **general tour schedule** go to: <http://www.jasmuheen.com/event-tour-calendar/retreats/>

**Pranic Living – Living on Light:-** <http://www.jasmuheen.com/living-on-light/> - free data, books, CD's, articles & videos re Living on Light (Pranic Nourishment)

**Educational e-books, CD'S & DVD'S:** <http://www.jasmuheen.com/products-page/>

**Videos:** Also for a large selection of free, brief videos by Jasmuheen go to: <http://youtube.com/jasmuheen> including our free Meditation Magic Playlist! You will also find a well categorized video data list at <http://www.jasmuheen.com/free-videos/>

**Jasmuheen's popular guided meditations plus her music** are available at <http://www.jasmuheen.com/products-page/cds-mp3s/> & also at <http://www.jasmuheen.com/music/>

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