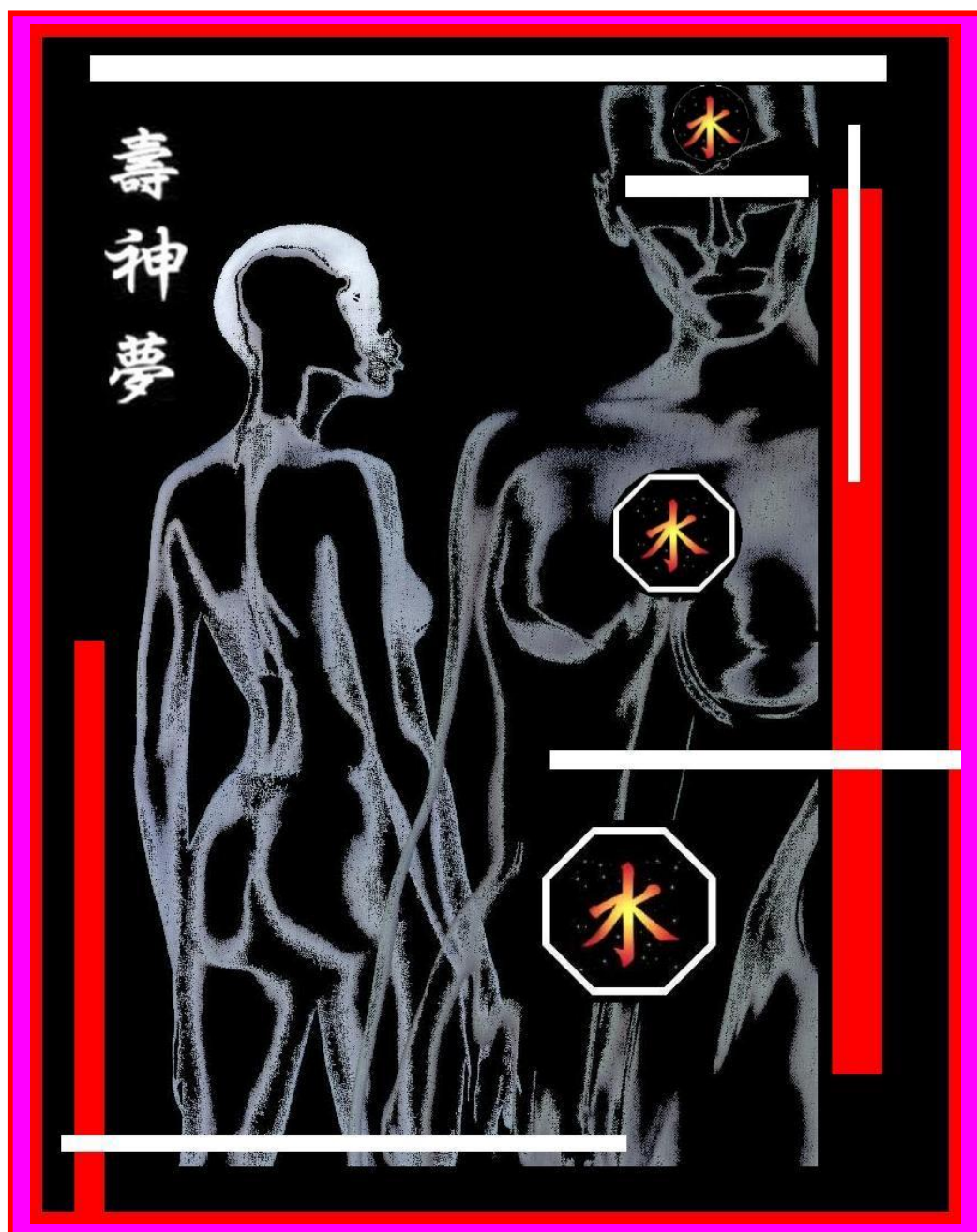


DARKROOM

DIARY DOWNLOADS

& THE FREEDOM OF THE IMMORTAL'S WAY

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**DARKROOM DOWNLOADS DIARY
& THE FREEDOM
OF THE IMMORTALS WAY**
Jasmuheen

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

DARKROOM DOWNLOADS DIARY & THE FREEDOM OF THE IMMORTALS WAY



Produced by Jasmuheen & the Self Empowerment Academy
P.O. Box 1754, Buderim, 4556, QLD, Australia
Fax: +61 7 5445 6075

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<http://www.jasmuheen.com/>
<http://www.selfempowermentacademy.com.au>

INTRODUCTION

The following data was recorded during February 2004 at the Tao gardens in Chiang Mai Thailand as I underwent an experience of spending 21 days in the dark to receive training in the practice of Lesser, Greater and Greatest Kan & Li with Master Mantak Chia.

These ancient Taoist practices form part of the Immortality training and are detailed in the books of the same name as written by Mantak who sourced most of his Darkroom Therapy information from Ananda, the metaphysician currently based in Norway. The Kan and Li practices are part of the ancient Taoist tradition.

What is recorded here are simply my experiences during this retreat and how they relate to my own journey in learning more of the freedoms of the Law of Love as detailed in the book "The Law of Love". My focus at this retreat was to learn tools to effectively re-hydrate the human body and free it from the need of not just food – which I had already attained the ability to do – but also from the need to take fluid.

In order to attain these types of freedoms you will need to apply the tools recommended in the book "The Food of Gods" & "The Law of Love". Do not attempt to do such things by this booklet only as to do so could create damage to your physical system. Freedom from the need to eat, sleep, drink, age or die is something that requires a responsible fine-tuning of the human bio-system and is not something that can be obtained overnight.

I received so much data from Universal Mind during my darkroom experience, most of which was placed into Part 2 of 'The Law of Love' manual which covers in detail the 'how to's' of cosmic particle feeding and hydration. Hence I offer this booklet merely as a brief insight into the type of experiences we can have during the darkroom environment however all of our experiences always mirror our own state of consciousness and in order to understand all that we reference throughout this booklet, it may be helpful for you to read the manuals "The Food of Gods" and "The Law of Love."

I include also throughout this booklet, a few relevant chapters from both "The Food of Gods" and "The Law of Love" manuals plus some research on prana.

Update March 2007

After discovering that some 2,000 copies of this free-book are downloaded each month from my websites, I decided to update this book with the insights I gained in the two retreats I have conducted on my own at Tao Gardens. Having personally spent some 40 days and 40 nights in darkroom therapy, I have gained so much and some of this is covered in this booklet. Most has been added into our educational manuals which are referenced in the back of this e-book.

The Darkroom experience gifts everyone with deep insights and great healing on many levels as they are stripped bare and given this time to assess life and delve deep into the inner planes. Like living purely on prana, the darkroom experience has to be lived to be fully appreciated and understood. All I can do in these pages, from my own journals of experience, is introduce the flavor of it all. With love light and laughter – Jasmuheen

Update November 2013

As another retreats looms before us and my excitement at this rises, I find I have now spent over 100 days and nights in darkroom and that it has become my most favorite retreat of all the retreat types that we have been doing these last 20 years; and so once again we update this book to add in some of our insights over the last few years, including an update at the end of the 6 categories of people and the various options and ways we have now of being nourished. Enjoy - Jasmuheen

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with Jasmuheen ó includes 2013 update

Please note that this free e-book that you are now enjoying is a journal only and not a teaching program although it has many wonderful insights. Our research manuals that offer in-depth guidance into the reality of being nourished by prana or chi, are offered on our website at this link along with free videos and more.

Although this free e-book book covers many of my experience in Mantak Chia's retreat it also then shares our experiences from the retreats we began with people in 2005, at first holding these every 2 years and now due to popular demand holding them yearly at Tao Gardens immediately after Master Chia conducts his own darkroom retreats with the focus on sharing Taoist principles and practices. These retreats are quite complimentary yet very different and we discuss this in more detail later.

Our Retreat Focus: This is a very intensive retreat with 9 days and 9 nights of in-depth training with a small group of like-minded individuals, with a focus on alternate internal feeding systems for increasing the inner plane pranic flow for individual enlightenment and the freedom from human limitations agenda. During this retreat we will on many issues such as immortality, eternal youth, ascension & enlightenment, service in the world today, telepathy & enjoying the higher dimensions of creation plus whatever else the group divinity downloads through the daily discussions and meditations. There will also be periods of intense silence and solitude plus deep daily meditations and physical system energy work.

So let us look a little at alternate nourishment.



Nourishment Sources & Types
Conventional & Non-conventional
(Excerpt taken from Chapter 6 - The Food of Gods)

There are a number of sources from which a human bio-system can be nourished to create physical, emotional, mental and spiritual health and happiness some of which are conventional and others are more non-conventional. A conventional source of nourishment is a source that is understood readily by the status quo and accepted as being 'normal' due to our educational history and community habits. A non-conventional source of nourishment is usually something known and utilized by metaphysical students and those of the Ancient Mystery Schools and these will be our main focus here. I call the below Level 1 & 2 Sources.

Some obvious Level 1 & Level 2 sources of nourishment are:

- ❖ 1a. Conventional **Physical Food**, a diet which research has proven needs to provide the perfect blend of vitamins and minerals to keep the physical system healthy.
- ❖ 1b. Its non-conventional counterpart is **pranic nourishment** which is the ability to be nourished from an inner source of Divine Love and Light. To do this successfully we need to utilize many of the tools we will soon discuss.
- ❖ 2a. **The Food of Love**: This food nourishes our emotional body and often comes from contact with a one-on-one loving and tactile relationship - usually with a 'mate' or lover.

Research has proven that babies who are fed and also cuddled a lot gain weight quicker than babies who are fed the same food but cuddled and held less.

- ❖ 2b. A more non-conventional source of the food of Love is **unconditional love**. I call it non-conventional as the ability to love unconditionally in one-on-one human relationships is rare yet unconditional love provides the most nourishing food of all. Most people find it easier to love their pets or friends unconditionally than their family or life-partner. Lack of unconditional love means that our unfulfilled expectations and judgments can create dis-ease and block the Divine Nutrition flow.
- ❖ 3a. **The Food of Family**: The conventional source here is our **blood-line family** and people's lack of true family nourishment has kept therapists in business for years. In metaphysics, due to our karmic connections with our blood-line family, the food we receive from our interaction with them is usually via learning experiences that allow us to grow emotionally, mentally and spiritually. For example: Being ignored as a child may push someone into the world of entertainment, where they in turn may then nourish millions with their on-stage presence, and at the same time their 'inner child' is fed via the mass adulation of audience acceptance, which can balance out their childhood lack.
- ❖ 3b. The non-conventional Food of the Family is the food that comes when we work with the reality of a **global family**. This means relating to everyone we meet as if they are as potentially nourishing and important to us as a blood-line relative can be. This is part of the 'love thy neighbor' game that Jesus spoke of that is required today in the unification of humanity. Everyone knows the nourishment factor of an extended family of friends and treating all people and even animals as if they are loved and cherished brothers and sisters can provide us all with an incredible source of food. This however takes mind mastery as to do this we need to choose to celebrate our differences rather than judge each other with the familiar cries of "If you acted and thought like I do, I would understand you and maybe accept you and be more loving towards you."
- ❖ 4a. **The Food of Success**: The conventional sources of nourishment through success are the wealth and status gained that feeds the emotional and mental aspects of our bio-system and success in the western world of business in particular focuses on these things. In the corporate game of the past decades for many there has been the 'every man for himself' attitude, the 'take but not give back' game, and 'don't look too closely at the impact of actions on the whole' game. Hence we have the current backlash with terrorism due to global starvation of the compassion energy and how the 'affluent big-brother success game' has been operating.
- ❖ 4b. The non-conventional food of success comes from operating in a more **balanced** way and knowing that true success is managing to co-create health, happiness, peace as well as prosperity and, most importantly, doing it in a way that nurtures all.
- ❖ 5a. **The Food of Sex**: Practicing conventional methods of sexual exchange creates pleasure and can birth life but does not nourish the bio-system anywhere near as well as it could if we apply the more non-conventional ...
- ❖ 5b. **The Food of Sacred Sex**: We will discuss the food that comes from adding the love and spirit energies to the sex energy soon and provide a mediation tool to do this successfully.

I have often said that the 4 greatest Western Gods are the God of Money, the God of Fame, the God of Power and the God of Sex. These four Gods are worshiped daily and religiously by

millions who seek to have their stomachs full of security, peace, love and happiness. The problem is that these Gods cannot deliver the nourishment we need and so we – as individuals and as a planet – have developed emotional, mental and spiritual anorexia.

Non-conventional Level 2 & 3 Sources of Nourishment:

Our physical body consciousness desires us to be fit and healthy and strong for the bio-system was actually built and programmed for self regeneration, health and longevity. Our pituitary and pineal glands, as the master glands in our body, operated on the original program of only producing life sustaining hormones to support this yet, like all cells of the body, they constantly listen to what we are thinking and obey us as masters of the bio-system. Consequently over time these glands began to produce the death hormone to mirror our modern day beliefs that we have to die. We discussed this in greater detail in the first book in this series and physical immortality – while a by-product of nourishing life – is not our focus now, for what I wish to provide in this book is simply a way of being nourished that can benefit us all personally and globally.

The greatest source of physical, emotional, mental and spiritual nourishment comes via our day to day lifestyle. Creating physical health, fitness and strength depends on a number of factors and much research has already been done in this field, for example we know that drinking pure water, eating fresh healthy - preferably vegetarian - food, exercising regularly and engaging in meditation to deal with mental and emotional stress, are all extremely good for us. We also know as metaphysicians that time spent in silence in nature and that exercising self mastery and mind control via re and de-programming our bio-system, is also beneficial in the creation of mental and emotional health, as is the use of devotional music or chanting and mantras. Add daily service and prayer and we have a basic health and happiness lifestyle recipe. *(All these things have been discussed in detail in the “Four Body Fitness: Biofields & Bliss” book as the 8 point lifestyle plan we call the Luscious Lifestyles Program or L.L.P.)*

Even when we have attained a degree of satisfaction for our physical hunger by adopting eating and exercise and relaxation habits that keep the body healthy and happy, we still need to address our emotional, mental and spiritual hungers which the above lifestyle also will attend to.

So let's address briefly then more deeply other non-conventional sources of nourishment and how to consciously tune ourselves into the Theta - Delta field as there are many sources of nourishment and many simple tools for us to use to gain the benefits of feeding from this zone.

Some examples that we will elaborate on shortly are:

- ❖ **Breathing** – using the love breath meditation and the Ancient Vedic Holy Breath tool. Both these techniques increase the amount of chi and prana in the body and expand our cells capacity to attract and radiate chi from the Theta - Delta field.
- ❖ The **Inner Smile** Taoist Master practice: this technique prepares our organs and bio-system to get and stay connected to the Theta - Delta field by tuning them to the frequency of unconditional love.
- ❖ The **Body Love** Tool – this is a way of again expanding our atoms and cells to accept and receive more Divine Nutrition.
- ❖ **Lifestyle Love** Tool: A Perfect Diet Program for physical, emotional, mental and spiritual nourishment. This includes the use of water, diet and exercise to create a bio-system that again is capable of being well tuned and accepting and coping with energy of the Theta - Delta Field without burning out the electro-circuitry of the bio-system. This lifestyle can also be applied as a cleanse and detoxification program as we apply

“The 3 > 2; 2 > 1” and “The meat > vegetarian > vegan > fruit > Divine Nutrition Prana Power” preparation system.

- ❖ Nourishment via accessing **solar energy** and wind and earth and plant prana
- ❖ Healing Sounds, Mantras and **Programming Code** Tools: For the emotional and mental tuning to the Theta - Delta Field and accessing appropriate nourishment for these aspects of our self. This includes the Taoist 6 Healing Sounds plus the use of specific mantras and the “Perfect Health, Balance, Weight, Image” programming code.
- ❖ The Nourishment of the **Microcosmic Orbit** Tool.
- ❖ The DOW POWER Tool of the **Violet Light** & the **Divine Amrita & Pituitary & Pineal Gland Activation**.
- ❖ Nourishment and Our **Purity of Heart**.
- ❖ The Nourishment of **Ecstasy** Tool and Elemental Equilibrium.
- ❖ Nourishment from the Food of the Goddess.

*The above methods of being nourished are outlined in detail in
“The Food of Gods” manual.*

*Our book Being Essence also provides an update on Cosmic Micro Fuel or prana,
testing methods for determining our prana percentage plus more.*



Research on External Prana

With Eltrayan

Prana is a Sanskrit word meaning 'breath'. It was a central conception in early Hindu philosophy, and was held to be the principle of vitality, the universal life force. The Chinese word for prana is 'qi' or 'ch'i' which has the same meaning. Early Taoists philosophers and alchemists regarded prana as a vital force existing in the breath and bodily fluids, and they developed techniques to alter and control the movement of prana within the body. Their purpose was to achieve physical longevity and spiritual power. Chinese philosophers hold that prana was transformed through the Yang (active) and Yin (passive) modes in the five elements; wood, metal, earth, water and fire, which in turn formed the basic constituents of the physical universe.

Prana is the life energy which keeps the body alive and healthy. There are three major sources of prana: solar prana, air prana and ground prana. Solar prana is prana from sunlight which invigorates the whole body and promotes good health, and is obtained by exposure to sunlight, and by drinking water that has been exposed to sunlight. Air prana is absorbed by the lungs through breathing and also absorbed directly by the energy centres referred to esoterically as chakras.

More air prana can be absorbed by deep, slow, rhythmic breathing than by short, shallow breathing. It can also be absorbed through the pores of the skin by persons who have reached a certain level of esoteric sophistication. Ground prana is absorbed through the soles of the feet. This is done automatically and unconsciously. Walking barefoot increases the amount of ground prana absorbed by the body. Water absorbs prana from sunlight, air and the ground with which it comes in contact. Plants and trees absorb prana from sunlight, air, water and the ground. Men and animals can obtain prana from sunlight, air, ground, water and food. Fresh food contains more prana than preserved food. Prana can also be projected to another person for healing.

Persons with a lot of excess prana tend to make other people around them feel better and healthier. However, those who are depleted tend unconsciously to absorb prana from other people. In recent years substantial scientific testing has been done to establish the presence and nature of pranic emissions. However, the methodology of modern science stresses that the observer and the observed are separate and this is an essential feature of scientific observation. But traditional prana theory stresses that according to the most fundamental reasoning, the observed and the observer are in fact one, both consisting of prana, and are inseparable. Therefore, the observer alters what is observed by observing it, which is what in fact occurs at the level of quantum physics. This makes the accurate measurement of prana by traditional scientific methods difficult.

In the scientific investigations conducted by the Chinese which are now being published in book form in English, it is noted that the external prana emitted by a 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.

Numerous scientific tests conducted by Chinese scientists have established the most remarkable properties of prana, e.g. prana has been proved to be able to penetrate walls and

tens of metres of dense material. Consequently neutrons, neutrinos, gamma rays and x-rays were considered, because they had these properties. However, on testing it was found that prana was not exclusively any of these emissions.

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. All experiments regarding external pranic treatment have to be made with the external prana emitted by pranic masters that is healers or teachers in the field. Prana emission consumes the prana master's vital energy, and is subject to their physical and mental conditions. As a result only similar, but not identical results can be obtained from different pranic emissions. This makes the normal scientific observation process difficult. Further, external pranic experiments often produce results that seem difficult to explain using modern scientific knowledge and demonstrate unusual phenomenon that are often beyond common sense.

The nature of the external prana has been studied in China for over ten years, involving almost all fields of modern physics such as infra-red radiation, ultra-violet radiation, electro-magnetic waves, micro waves, magnetic fields, neutrons, electron physics and so on. However, those who have participated in the experiments suggest that the properties of external prana are still far beyond what may have been studied. It is obvious that there are physical properties of external prana yet to be discovered due to the limitations of our current understanding of science and technology.

It was demonstrated that experiments using prana emissions can be conducted at a distance of 2,000km from the emitter of the prana to the experiment. This is difficult for science to comprehend. However, prana does not seem to obey the normal scientific rules pertaining to proportionality. It can probably be best compared with a laser beam which can travel long distances and not lose much intensity in its travels. The point seems to be that there is no evidence that external prana is a gravitational or electro-magnetic force, and therefore does not necessarily obey the scientific law of proportionality. The conclusion of many scientific experiments is that before external prana reaches the sample being tested it does not have a definite form or state such as infra-red radiation, gamma rays or neutrons, instead it only has the general characteristics of external prana, such as penetrating, targeting and bi-directionality. Only at the moment it reaches and touches the sample being tested does the external prana acquire the definite state corresponding to the conditions required to change this sample in a predetermined way. For example, external prana may act like ultra violet light, infra-red radiation or neutrons to affect the object. Scientists call this characteristic "target-adaptability" of external prana.

The relationship between western science and pranic masters is strained, to put it mildly, because the level of pranic practice is higher than that of modern science. A pranic master pays close attention to consciousness and to the effect of the consciousness of an object. The observer and the observed are connected. This is something that traditional science opposes. To give an

example, it is generally believed that without food and water a human will die in a short period of time, but a Chinese girl in New York has been in a state of 'Bigu' since 21 October 1987 when she attended a prana emitting lecture by a prana master. At that time she was aged 10. Bigu is a state in which a person maintains a normal life with little or no intake of food or water. After 10 months from the start of her Biju, the Chinese Military Academy of Medicine organized 8 medical experts to conduct a month long investigation of her. They reached the conclusion that in spite of her extremely insufficient intake of calories and nutrition she had maintained her normal life and growth and the stability of internal physiological conditions.

A light duty worker normally needs 2,200 kilocalories each day, but her daily nutrition consumption was only 200 to 300 kilocalories each day, and calculations showed that according to her daily activities, that she needed at least 1500 kilocalories per day. These facts seriously challenged modern physiology. Another scientific oddity is the paradox of being able to move solid objects through barriers.

A simplistic explanation is that an object with one dimensional freedom can only move back and forth on a straight line. If there is an obstacle on the line, the object cannot pass it. The object with two dimensional freedoms however, can easily pass around it. For an object being only able to move in a two dimensional plane it will be stopped when it is surrounded by a circling obstacle. But an object with three dimensional freedoms can easily get over this circling obstacle from above and move on. It is natural to deduce that an object with four dimensional freedom will not be hindered by an obstacle in a three dimensional space. Therefore, pills sealed in a bottle, where the pills have four dimensional freedom, would not be impeded by the three dimensional bottle. The three dimensional pills enter into a fourth dimensional space the instant they receive external prana emitted by a prana master who has extraordinary functions. A Chinese scientist from the Institute of Space Medical Engineering captured the whole process of pills escaping from a bottle using a high speed camera. He found one frame of film among several thousand frames showing half of a pill coming out of the side of the bottle and the following three frames showing the whole pill gradually dropping down. The observers suggested that the instant a pill receives the external prana emitted by the prana master; it enters into a state of virtual mass thereby passing through the bottle without resistance and afterwards turns back into its original real state - a pill. They of course have no explanation as to why the pill goes into a fourth dimensional space or virtual mass space, after receiving the external prana.

Regarding how external prana can cause healing and a Biju state, it is suggested that the average person has about 14-15 billion brain cells, but usually uses only 4-5% and never more than 30% of these cells. Even though as people age, they have memory failure, 80-90% of their brain cells remain unused at the time of their death. It has been observed that after a person enters into a state of exposure to external prana the neurons in the deep layers of the cerebrum also enter into an excited state. This affects the regions of the brain where consciousness is focused. As a result the bio-electric currents in these regions are likely to be further enhanced. In other words, pranic practice activates the unused 80-90% of the brain cells by strengthening the brain's bio-electric currents.

On entering a pranic state the consumption of oxygen decreases while at the same time the lungs' ability to absorb oxygen increases. As well, the capacity of tissues in the whole body to store oxygen and the capacity of the lungs is enhanced. Consequently, pranic practice is much more effective than athletic training. A long distance runner has lungs with large capacities, but also consumes large amounts of oxygen, and as a result cannot stay under water for very long. However, some people are able to stay alive while being buried underground in a coffin for 6 to 7

days. It is difficult to explain this phenomenon according to the lung capacity and oxygen needs of an ordinary person. However, it is explainable from a pranic perspective.

In a pranically enhanced state a practitioner does not need much oxygen. Pranic practices increase inhaling efficiency and expand the storage capacity of the lung tissues. It also decreases the consumption of oxygen. At certain stages of practice some pranic practitioners eat very little, or do not eat all. This is because they are capable of transforming energy and making full use of stored energy to keep them alive. A few do not even drink water, for water can be absorbed through the skin pores. One may question how a person can live without food. First, the gastric and internal fluid of pranic practitioners contains many nutrients. Second, everyone has nutrients stored in the body, yet most people do not know how to transform and utilize them. Many days may pass without eating food, yet one can still be energized by absorbing self transformed high energy substances. It is not a question of eating, but rather of absorbing nutrients in a different manner. One can utilize the body's accumulated nutrition and transfer it to gastric and intestinal fluids for high quality nourishment.

Pranic practitioners do not merely absorb nutrients through their mouth and nose. They can use many other ways to absorb energy substances for nourishment. Water, for example, does not have to enter only through the mouth. Light does not enter only through the eyes. Pranic practitioners absorb high energy substances from the universe that are unavailable to others. In this manner one can eat less or not eat at all for a length of time and still maintain a high energy level. When the absorption of high energy substances is enhanced, one may go without food for a long period of time. Thus pranic practices are an ideal way to improve the digestive system of the body.

Only the earliest of scientific research has been done to date on the amazing possibilities that pranic practices offer. However, the Chinese are the leaders in this field, and ten years of their research is now being translated into English books which will be very educational for western science.

The sources of research were: The Encyclopedia Britannica, Miracles through Pranic Healing by Master Choa Kok Sui, and Scientific Qigong Exploration by Lu Zuyin."



My Personal Darkroom time

Dark Room Diary Downloads

(Excerpt from “The Law of Love” with Jasmuheen)

I began to research the work of Mantak Chia in the early nineties when I discovered how living purely on prana was changing my sexual energies.

At that point in my journey – as now – it was not in my personal interests to be completely celibate. Applying the Taoist techniques that he recommends in his books, my long term lover and I experienced many of the amazing benefits that the Tao Master had long revered with the practice of Tantra. As discussed in my book “The Food of Gods”, I also discovered how the microcosmic orbit can not only energize the body but also feed it as well, especially when used in conjunction with the ‘Violet Light One Chakra Column inner plane feeding system’ that I recommend.

There is only so much in the way of tools – visuals, energy work and programming – that we need to do before the body’s own innate intelligence kicks in to run the system in a more beneficial way. *If* this is then supported by a lifestyle such as the Luscious Lifestyles Program, everything becomes automatic and self fulfilling and yes eventually self sustaining. This gifts us with the ability to relax and be totally present in the now moment.

If we then have more to do re our personal blueprints, then these things also form the foundation for our next step to come into successful completion.

My next step towards my freedom agenda is to fall in love with water.

This may sound like a strange step since my goal is to harmonize my system to be healthily fluid free, however, my intention with this “falling in love with water” is to do so to the degree that

- a) my body’s weight settles and stabilizes at its perfect level as I unhook my emotional and social dependence on the flavor of liquid substances and
- b) by falling in love with water that I bring my emotional and mental body’s into perfect alignment with where my physical body now is.

For the past 2 years my physical body’s voice has been growing louder and louder and manifesting its annoyance (at my reluctance to take the next step) in very obvious ways. It takes the minimal consumption of additional substances to push it into discomfort and I have literally physically passed the ‘point of no return’ where my physical body’s only interest is in water.

The ‘point of no return’ is when a bio-system such as mine has been nourished successfully by prana for so long that it is impossible to comfortably go back to a physical food based diet and when this is attempted, the physical body expresses its rebellion in very obvious ways.

When a physical body receives *all* its nourishment – its vitamins and minerals – purely from prana via the Law of Love, it becomes capable of amazing achievements. Over the past decade I have been continually astounded by my physical systems performance and ability to handle the crazy demands I have placed upon it as I explored the first part of this journey and then took my

findings to the global stage. To be able to maintain peak health while spending up to 8 months a year on the road living in polluted cities, dealing with closed minded media and the anger that my research has released in some people, has been an art; yet my body has done this effortlessly and I believe that this is because of the bond of Grace that 'the Law of Love' has naturally placed around it.

To live purely on prana in a cave in the Himalayas, in fresh air, without the constant negative psychic energies that are directed to someone challenging the status quo I am sure is an easier road. Nonetheless I have no complaints as our blueprints are always perfect and because they are part of a natural new cycle of human evolution the levels of Grace that support us are miraculous. If this were not so, I doubt it could be done as the power of fear due to ignorance on our planet can be overwhelming. This fear can be likened to the pain a body feels when a finger nail or toe nail is ripped from its bed. Assuming people exist in the heart of the body protected by the Grace of the Law of Love, when they are public, the pain of fear and ignorance represented by the toenail, can be felt as it shoots through the rest of the body. As we are all cells in the body of the Divine, our fear and our joy are interconnected. Learning to shield ourselves from these types of painful, fear based influences is also part of our journey into mastery and we discuss this in detail in our other manuals.

I began this chapter with the mention of Mantak Chia as my journey has now led me to combine his work and mine by utilizing his Dark Room technology with my new game of "falling in love with water" and maybe if I can achieve it, freeing myself from fluid.



Tao & Tools - Doing It
(Excerpt from "The Law of Love")

Tao is unnamed, but not unknown:
By singing the perfect life tone,
You're drawn to the certainty zone.

As synchrodestiny led me to the Darkroom Retreat to receive the downloads of new tools and to learn of the ancient Tao Master techniques - both of which will support the freedom agenda - then it is only fitting to share a little more of the Taoist tradition. At the start of Chapters 1 to 8 (in the manual The law of Love) we have shared the stories of the eight Tao Immortals, beings who represent the various characters of human kind, beings who managed to shape-shift themselves into their own freedom agenda.

To the Chinese, Taoism is an attitude towards life that exhibits the joyful and carefree sides of their character. The founder of Taoism is Lao-Tzu who was said to be a court official specializing in astrology and divination and the keeper of sacred books. Legend says that when he was eighty, he set off towards what is now Tibet and when he reached the border a guard asked him to record his teachings before he left China. Although he was sad at mankind's unwillingness to follow natural goodness, he did as the guard requested and the 5,000 characters he composed then formed the Tao Te Ching.

Like many of our religious traditions there is so much in the Taoist tradition that is beneficial and hence I recommend that you do your own research and apply what appeals to you. What I

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with Jasmuheen ó includes 2013 update

wish to do in this chapter is look at the practicalities of attaining the freedom agenda and the tools that are helpful to do so.

Some are from the Taoist tradition and some I have downloaded directly from Universal Mind - all I have personally applied with beneficial results.



There are countless tools we can use to bring us into a higher knowing of and harmony in the fields of life; tools which also provide us with a recognition of, and experience of, the Laws that govern all life and how to work with these Laws with minimum effort to get maximum impact, and how to do it in a win, win, win way for all. All of these tools we have discussed in detail and provided in the “Biofields and Bliss” trilogy, so in this manual my focus will be more of our tools for Freedom and yet everything builds on everything that has gone before.

I was brought up as a Lutheran in a Christian community and probably the first tool I used and took comfort in was the tool of prayer, particularly the tool of ‘ask and you shall receive’ for although results were usually not instantaneous, all of what I asked for that was connected to the fulfillment of my pre-agreed assignments – did come to pass to aide each step along the way.

One of the next most powerful tools was given to me by my father and that was an attitude that I could do anything in this world and that I was my only limitation. Coming from a war torn Europe to live in the “Lucky” country of Australia, my father was convinced that everything was attainable in this country and that only people rather than circumstances could create limitation in his new found land. Interestingly enough this is a basic metaphysical truth where we know that attitude determines our reality and creates our perceived state of limitation or lack of Freedom.

The next powerful tool for me was finally adopting control over my diet as a young teenager and choosing to be vegetarian. Such a simple act, this immediately eliminated the energy of aggression and slaughter in my fields and opened me to the channels of kindness and compassion and sensitivity.

Quickly after this came the tool of Ancient Vedic Meditation techniques that when applied gifted me with the insight of the Oneness and Holiness of life, and particularly of myself as part of this Holy Oneness, for as I sat each day and explored the inner stillness and felt the Love of the One who breathes me and saw Its light, I finally experienced my true nature, which was to me a most powerful and necessary revelation and one I was very hungry for.

Daily meditation over the following decades gifted me with numerous truths from experiencing the more subtle realms behind life as we know it, with its amazing array of beings who dwell within these realms; to allowing me to understand the benefits of surrender, and the joy of being in the Presence of all that is divine, and the Love and devotion that comes with all of this; plus the gift of the clarity and insight as to the mathematics and mechanics of existence and finally the answers to all my existential questions to a point where all my questions disappeared.

Another life changing tool for me was of course the spiritual initiation of the 21 day process which gifted me with, or enhanced my ability to live on prana and be free from the need to ingest physical food. This initiation and its subsequent decade of integration has exposed me to some amazing experiences in life, from meeting the most unusual people, the bright sparks and the courageous souls who, like me, have come to inspire and stimulate humanity into certain paths of evolution.

A few years after this initiation I received the tool of my “future self/past life virtue” download which allowed me access to my future self who happens to be a scientist in the field of Advanced Bio-Energetics as it pertains to Dimensional Biofield Science; who then taught me more

of inter-dimensional matrix mechanics. This covered the creation of things like the Self Sustaining Template, how to use bio-shields and so on. I learn more of Matrix Mechanics daily as an aid to my current shape-shifting journey. Via this future self initiation I learnt that opening the inner doors to cross the usually restrictive lines of time can speed everything up in our journey and provide limitless possibilities.

My experiences with Holy Ones, as outlined in my “Divine Radiance” manual, came about I believe due to the direct use of these tools and also from the daily use of Recipe 2000> which I downloaded from Universal Mind at the end of the last millennium. A Recipe designed to create health and support immortality; more than anything it is the combination of this daily lifestyle focus that for me has brought the greatest change. Transcending religions and races the Recipe 2000> tool quickly and efficiently moves us through the seven levels of consciousness allowing us to be sensitive enough to find amazing dimensional doors.

Over the last 30+ years I have received numerous powerful tools that have led me to this point in readiness to take the next step and I particularly love some of the Taoists techniques that we will share in this balance of this chapter which is in The Law of Love manual.

If I stand in my mastery, it all feels so natural and attainable – the idea that I or any human being – can attain such Freedoms. If I stand in my human bubble of conditioned limitations – it is all rather daunting and in the background I hear the usual doubts and concerns voiced by the countless who know human physical limitations as it pertains to, and is demonstrated in this limited world. Yet I have personally successfully defied many of these perceived limitations and have also met with others who have done so and more. Again the key are the words “Perceived Limitations”, for my theory begins here - that perception, like the creation of a harmonious heartbeat - is the key to all Freedoms.

A prisoner in jail is perceived as being denied Freedom yet that prisoner may have discovered how to have his/her consciousness leave the physical form at will. They may then feel more Freedom than they’ve ever known before such as being able to explore dimensions beyond time for although they may not be physically free, by being able to project their consciousness out of their body they will no longer feel restricted.

Some may say that the research fields that interest me contravene the physical laws and yet again this depends on our perception for what is driving the physical laws and providing them with food to function, are the universal laws which feed themselves by the Law of Love and Its gift of Grace. These are the Laws I choose to live by and choose to now further explore.

Rather than contravene the physical laws, by using more refined methods and specific tools, we can access and experience realities where we are free from self created physical limitations and thus live more harmoniously within our heart.

Unify with eternal world:
From an infant shape, tightly curled,
Perception’s new flag is unfurled.



Attending Master Chia's retreat

DARKROOM DIARY DOWNLOADS

Darkroom Downloads - Day 1:

So here I am on day 1 of this retreat ready to spend 21 days in semi silence and semi isolation, learning to really love water and spending it all completely in the dark. I'm in quite a large room and I've spent the last two hours just lying here asking my physical eyes to see the energy fields of the furniture of this room. So far I haven't been able to do that and yet when I close my eyes and meditate, immediately I see the universe or the stars or the blackness or the vast expanse of creation – it's hard to put a label on what I see.

Yesterday we arrived into these rooms that have been purposely blackened for this darkroom retreat and had our introduction last night when Tao Master Mantak Chia explained the purpose of this retreat and what happens to the brain when it is actually deprived of sunlight. I don't like the word deprivation because to me it's not about deprivation - to me it's about obtaining another level of refinement, a refinement that comes from working with the inner senses. During the course of the evening we looked at the Taoist understanding of cosmic influences that govern us.

There are about 25 other people here also undergoing this journey for various reasons. I actually feel quite excited about the coming weeks. It is interesting to shut down all external stimuli in this way, to have no computer, no journals, no books for me to be writing in, to have a tape recorder instead for me to record all the things that I wish to say that I feel may be relevant to my journey and for my book 'The Law of Love'.

Again to me it all comes back to the law of love.

What would make people closet themselves in such a way for such a time without external influences, no television, and no light at all, no phones, and for me and some others here to also be just on water? What is the motivation for doing this? For me it comes back again to the Lure of Love - this love of my DOW, the love of life, the desire to understand what the DOW is capable of when we change the mathematics of percentages; increasing the percentage of time in darkness for example without any external stimulation, increasing therefore the percentage of time spent in deep, deep contemplation, in deep silent meditation doing energy work within the body to make it strong and to feel the effects of this via practices like Chi gong, Tai Chi and Yoga, all of which can be safely and enjoyably preformed in the dark.

It appeals to my sense of humor to teach myself how to do things like take showers and shampoo my hair in the dark, to do it all by the sense of feeling, to develop the other senses independent of sight so that I can walk through a field of space, up and down stairs in this complex, unable to see but able to feel, to sense and to hear of course as well. It appeals to me to have time to be more in tune with the body, with its needs and to listen to what it wants, to really listen to what my divine spirit wants to reveal to me over the course of this period of time without any distractions of 'I have to do this, I should do that, I need to do this' or any of that; without having any commitment but to just have these 3 weeks totally in the Presence and listening to and observing the Divine Essence as It breathes me.

This is an opportunity that people rarely are given or rarely choose to have. Yes, there is a science to it all, a science that Mantak Chia and his team have been researching over the years as have a number of other people who have now become skilled in darkroom therapy and

experiences - and it is a therapy, on one level, a therapy for the soul. It's a therapy for a tired person who needs to rest although I would not classify myself as tired just lured by the love of Self discovery, lured by the discovery of doing something I have not done before.

I consider this to be another deeper level of Shaman training - to be able to spend these weeks without light, be able to draw the energy of chi of prana in through the atoms on the inner realms through the inner plane mechanism that I have already established within and to have it feed me solely without taking any extra prana as I normally do in my usual lifestyle of the beach. My usual lifestyle at the beach includes long daily walks where I absorb the prana through the soles of my feet quite consciously with every step, where with every breath I take as I walk along the beach I move through a highly ionized environment of sun and wind and water, where all the elements converge so strongly together, absorbing this into my being, allowing it to move through me and to feed me.

I love feeling the sun as I do every day and being able to absorb prana into all the pores of my skin as pure divine Christed consciousness. Knowing I am absorbing it into myself to feed me all of the chi and the prana and feeling the consequences of such a way of feeding is so apparent in that I have grown so strong and fit and healthy. Of course to then add - during my daily beach walks - short bursts of yogic exercise - pranayama breathing, some kria yoga as well, intensifies all this.

So now my goal in this 3 week journey is to not take nourishment in that way, to take it solely now on a much more refined level by completely excluding all sunlight, all physical light, and to only work with the inner universes and the violet light, drawing it in through the atoms and allowing it to increase its flow through the cells enough so that my energy levels are completely charged and functioning to the degree where I find at the end of 3 weeks I'm on minimum sleep requirements again. This minimum sleep requirement is one of the signs that we are being fed by prana.

I know I will lose a little weight for I have consciously allowed my body to gain about 3 kg before coming here. I've done this for a number of reasons, one because I did not know (having not done this before) how my body would react to this total lack of sunlight, although I have traveled extensively through Europe over the years and seen very little sun for months and months on end and I have managed to maintain my body weight close to its stable level. However always in this traveling time I have been stabilized in an energy field of great love as I have been constantly overshadowed by Grace.

When I travel in my lecture tours and in the weekend seminars and the retreats we do I am always totally open to the energy of the Holy Ones and together we connect divine self to divine self as we download and channel through to the groups all the energy of divine love and Grace and wisdom and power that they are hungry for, to touch the hearts of those who are open to be touched in this way. I have found this to be an amazing source of food and nourishment, for as this pure divine love and wisdom and power and Grace flow through me and work around me it keeps me stabilized and nourished on all levels. But here I am not on the road, I am not in polluted cities in hotel rooms nor am I working in this way. Right here, now, I am not opened and working with the Holy Ones in this way. I am not channeling energy into this group for it is not their request that I do so. Here I am simply the student learning the ways of the Tao, creating consciously a space to work with deeper levels with my DOW - that Divine One Within that breathes me and gives me life.

It is my DOW that has guided me to be here telling me that there is something that I am to give but also that it is more a time of my receiving, for there is an initiation here for me on a shaman level and gifts to be given in this journey. So I prepared by allowing my body to gain a

little weight that I knew I would lose again through this time as my body learns to adjust to the 'no prana from sunlight' reality as never before have I had the opportunity to test how my inner plane violet light feeding system is working.

I also allowed myself to gain this little bit of extra weight because I have a previous commitment at the end of this time to be involved in a documentary that will be shown at the Sundance Film Festival in America. This is a documentary that is sharing about the power of the mind and the power that people have through the mind to create all positive realities. I am just one of many people being interviewed regarding this and of course I wish to present myself at my best most radiant physical self.

This again would be something I could easily do had I chosen to be filmed in my home environment but my guidance was to film here having never done darkroom therapy before, having never spent 3 weeks completely in the dark with no nourishment from the pranic force of the sun or via the Grace of the Holy Ones through my work field. It would be quite natural for my body having just small amounts of water each day to reorganize itself regarding its weight and for this to be obvious when I emerge. I am programming for my weight to stabilize at 52kgs - I'm now 56kg. This would be quite a normal adjustment for this period of time and the loss of 4 even 7kgs over a 3 week period of no sun, no external light, while my body adjusts to the energy fields here would be quite natural.

Setting the Initial Fields & Adding Specific Programming Codes:

One of the things I was guided to do in my first meditation when I moved into this space that is my room, was to create a sacred chamber for me to exist within these few weeks as with sharing a space with 25 other people, strangers, people I do not know, I obviously wish to only absorb the energies that are supportive of my journey. Hence in my meditations I have created a beautiful violet light chamber around this whole room and also extended my own bioshield and tuned it to accommodate all more harmoniously in this new space that I am in. Both fields now have been set to connect with the Divine Essence of all beings in this space and I with the harmony flow I set the program that I move in harmony with all the energy fields that are here, only connecting divine essence to divine essence in all interchange that occurs. These two main programs are enough to set a beautiful space of sharing between us all.

Of course it is obvious, as per our other manuals in the Biofields and Bliss series, that we would continue to work with our personal bioshield and I have asked for this to be tuned perfectly and to add another layer for this journey. I have instructed that the sacred chamber in my room be duplicated to perfectly match the bioshield around me, for the bioshield around me has been carefully programmed and constructed over the last 9 years and therefore has very complex programming and complex energy grid mechanisms that do very particular things, so I have asked that the sacred chamber be brought into being as a perfect mirror model for my personal bioshield.

I have also added that all the portals be opened in the sacred chamber, and in my bioshield, for the influences of the Holy Ones with whom I have long now worked. A portal to the Christ, a portal to Buddha, a portal to Mother Mary, a portal to Kwan Yin, a portal to Saint Germaine, a portal to Saint Francis, and a portal to Babaji and the Angelics. These portals are now open to these Holy Ones to continue to work with me here just as they have been opened to them in the sanctuaries of my permanent home.

The difference here, which is interesting for me, is that here I have no sacred objects apart from my personal crystal and a beautiful moonstone talisman that I have been guided to

wear constantly through this journey. Normally a shaman would set an energy field with the sacred objects that are empowered to act exactly as the portals I have discussed and be energy grid point connections that have an image that can immediately open a link to these Holy spaces. However none of this is as important as it can be done etherically and through the use of bio-shields and their associated grids.

Now I have surrounding me a beautiful sacred space. I have my music, I have the tools and the talisman that I need on the inner and outer plane and I have 21 days of glorious time stretched before me to enjoy whatever gifts my Divine Being that is breathing me wishes to impart.

Now it's time for a shower and yoga to open my inner energy fields, shower to heat the body to be more receptive to yoga, yoga to open the energy fields further to be more receptive for meditation and then meditation to be more receptive to my Divine Essence and Its wisdom.

I hear the sounds of the others rising as they to begin their day with their morning exercises followed of course by their breakfast. My fast will not be broken yet I will take a little water if and when my body asks me. At the same time I have begun to do deeper inner plane programming, to talk to all the organs of my body about our new journey which will eventually be fluid free.

Setting a clear Intention:

My intention through this period of time is to lay the energetic work necessary to feed the body and the organs enough with the perfect mix of the elements, a perfect harmonized flow of all the elements of the earth, the fire, the water, the air, the astral light, the akasha and the cosmic fire. It is my intention to work with these elements to the degree that there is such harmony between us all that my bio-system no longer needs to take any fluid at all. However if all I can do is to free myself from the desire for flavor during this journey, from the desire for a variety of flavor - apart from water - then just that will be a successful step for me.

I have realized that being here is a beautiful opportunity for me to test this law of love, that if every atom, every molecule is held together, sustained in existence because of the law of love, that if I allow myself in these 21 days the opportunity to totally merge into this stream of love, to be love, to be nothing but this love, then all the love behind all the molecules and all the atoms that surround me will reveal itself to me.

I came to this conclusion when programming to be able to read all the energy fields of all the objects in my room for I would like to be able to move through this sacred chamber in every moment with Grace, without stumbling. Here literally we are the blind and the blind would normally use a cane or white stick to lead the way and in this case the only stick I have is the stick of love. So yes it is a perfect time to use the harmony code, to be in such harmony with all the fields around me and within me, and to also use the love breath tool.

So just now I stood in the shower and just breathed in this love, drew this stream, this never ending stream of love from the inner universe, drew it from my connection to the Divine Mother Heart and chanted "I am love", and then sent this love out through my body and out into the field around me and chanted "I love, all is love". Again this is such a beautiful meditation to do for it is a meditation of recognition of the true nature of our being. It is also a meditation and a mantra that allows us to open ourselves up to all the fields of love. I trust that if I maintain my focus on this reality and this breathing tool and this mantra that as the days unfold here I will be aligned enough to feel the solidity of the bed and the table and the chairs and everything else that I need to Gracefully interact with as I move through this space without the gift of physical sight.

Standing in the shower this morning I enjoyed my breakfast of water light, not to take it directly into the body but to stand under the shower and imagine what was flowing through the shower nozzle was pure liquid light. Remembering that the body cannot tell the difference between a real event and an imagined one, I imagined that this pure liquid light flowed over me, through the crown chakra into my body, through this chakra feeding my whole chakra system pure liquid light. While at the same time the water - now seen as liquid light - ran itself gently over my body cascading over my form, I imagined that all the pores of my skin just absorbed into themselves the perfect nourishment from this liquid light that they needed.

So I sit here now in meditation deciding the order of the day thinking of my loved ones and sending them telepathic messages through Cosmic Nirvana Network – our inner plane CNN - to let them know how I am going. I know that they will be busy with their day for our time here is quite different so I ask that all these messages be held suspended in time and delivered from my Divine Essence to their Divine Essence telepathically into their mind when they are most receptive.

Now for some more of the sweet silence of this inner journey.

So it's nearly perhaps 2 o'clock in the afternoon of day 1 and as you can imagine when all external stimulation is stripped away time goes quite slowly. Thoughts cross my mind like "how on earth am I going to amuse myself for another 20 days" and then I find I follow my breath and focus on the now moment and go into that deep state of meditation again.

I must admit this is the strangest thing I've ever done.

And of course as you sit in the dark with your mind wandering, you think about your motivation for doing this, to experience and discover another level of our own awareness, of our own abilities.

I'm finding it quite easy to move through the dark. I get a sense already of where things are. Our sense of sensing becomes so important in this environment and our sense of touch, although I've only been awake this day since about 5 o'clock this morning and nearly every moment of that time has been spent in meditation or doing my yoga.

There are chimes that sound to tell the group when to come and get the food that they need - they give them fruit at 8 o'clock, breakfast at 9, after an hours energy work and exercise, lunch is then at 1 and I assume dinner at 6. For me it is all quite irrelevant as I just show up at the sound of the other gong that denotes the time that Mantak Chia will hold discussion times with the class or teach Taoist tools for the energy work that we do. The rest of the time is encouraged to be in silence, to sink deeper and deeper into our universal Self, that Self that I call our DOW, that resides within the atoms of our being as pure consciousness.

I find the love breath tool very helpful to still the mind and bring me into my heart. I have decided just to listen to the needs of my body rather than assuming it wants fluid though I have not partaken of anything today except 5 minutes ago just one small mouthful of water and then my body said enough.

I did not think that I would move so quickly into the no fluid state and yet when I listen, really listen to the voice of my body in my normal world there is so little that it needs, it loves it when I do my yoga and move the Chi around my body through these practices, it loves it when I take it for walks along the beach to absorb the pranic air. It loves it when all I give it is water and when I sing and laugh - it loves these things too. It loves to hug my loved ones and see the smiles upon their faces. It loves it when I sit in the silence in deep meditation and still myself with my breath and yet so often I ignore these simple pleasures and desires of my physical system and override it with other games that normal people play - the social games, the drinking different

flavor games in these social environments. It's not even as if it's the sense of belonging that is important to me, drinking some type of fluid is more just a way to connect and have others relax around me. I have often noticed that people's levels of discomfort when I neither eat nor drink around them is extremely high sometimes.

I'm here anonymously and I live in my beach town anonymously and I must admit both are a joy. I find that people change around me when they find out what I do or that their image of me is tainted by what they've heard in the media or read. It's nice to be in a social scene where people have no preconceived ideas about me.

My stomach is shrinking and so is a little uncomfortable for it's used to holding far more fluid than what I've had the last few days, and all the massages I've had here, the reflexology, the other massages and the exercises that I have been doing far more regularly than is normal, have made the body far more tender. The intention is that when I leave this space, that I'm strong and fit and healthy, radiant, and that I am in much better physical condition because of it all rather than weak from lack of light or lack of fluids.

I feel that this choice, this freedom of no longer taking fluid or food the normal way, can often create a level of social alienation if I allow it and how it sets us in the position of being a watcher, for we remove ourselves from the participation of this whole way of social sharing that our species loves to indulge in.

Over the years I've been asked: "What is the point of this? Why deny oneself such pleasure, why deny the social inter-reaction of eating and the pleasure that comes from tasting the various flavors?"

To me, on one level, the physical enjoyment of food is so limited.

To their question I could say that I have tapped into the channel of divine love to such a degree that it feeds me in all sorts of ways. I could say when we live by the Law of Love in every moment, so that Grace is constantly with us, how this provides us with so many pleasures; pleasures that are incomprehensible to those who have not been witness to these things. I know that there are people who have not had the opportunity or taken the opportunity to tune to this channel of love and then to feel what this Grace brings and so to them the pleasure gained from food etc is stronger.

I could tell the world, a world who is used to seeing only with its outer eyes, of all the beauty that lies in the dimensions within; how we can all sit down to meditate and close our eyes, and go within and find our self seated within the center of the universe and how we can then watch the stars around us blinking in and out of existence as if we are seeing it all somehow through the creators eyes. I could share of what we can experience when we sit in the silence and listen with our inner ear, and how we can hear sounds that are like celestial choirs, of how sounds can caress our soul and how when we still the tongue and place it gently on the roof of the mouth, how the pituitary gland in all its glory opens like a flower to release a drop of dew, a nectar that is so supreme and so sweet that every cell of our body tingles in recognition and hungers for more and yet at the same time ceases to be hungry.

I could share of the pleasure that comes when we move our awareness and look for the force that breathes the breath and in that looking how the magic happens that allows us to align with the river of love that is so sweet and fulfilling that we are never hungry and we no longer seek for more.

I could share how there are so many gifts in these subtle realms that take the subtlety of touch and how our intention and attention allows us to let go of this world enough to find these

gifts. And yet we live in a world that satiates all our senses, overwhelms all our senses with so much taste and noise and action, permanently dulling our ability to sense the inner world.

And so I find myself quite content to sit surrounded by the darkness, my physical eyes sometimes open looking for a glimmer of light and seeing none, closing them again to drift deeper still on the waves of silence into the inner worlds and I begin to hear again the celestial choirs and feel again the easy rhythm of that stream of love.

Afternoon of the 1st day:

It's not even 24 hours since I've sequestered myself into this experience of darkness and already I'm noticing physical changes. My body temperature has changed and I no longer seek to have very hot showers. In my normal day of sun I find myself being drawn often to have the hottest of showers that other people find will burn them. I know this is due to the energy that I can carry after living for so long on pure pranic light. But here, now that I'm in total darkness, my body is signaling different needs and I've found myself having much cooler showers.

The condominium where the darkroom experience is being held is made of very particular brick work that is designed to create a feeling and a density as if we are undertaking this experience in a cave which is the traditional way of doing this. For thousands of years the yogis have found themselves in caves deep inside mountains a space to share with snakes and scorpions while they've gone into deep meditation often leaving their body for long periods of time to wander freely through the cosmos while the body absorbed what chi or prana it could from the inner planes but often their body just fed off itself. Yet due to their frequency, even though they'd spend long periods of time without fluid or food, while they lost weight they did not die.

We at least have the luxury of being in a beautiful 3 or 4 star hotel type facility that has been built to accommodate this type of experience specifically and is - fantastically - free from snakes and scorpions. I have no desire to mingle to that degree with nature while I undergo this experience. So in order to mimic this cave like experience, the room temperature here is quite cool, semi winter air is circulated freely through the open space where we gather and each room has large cool tiling on the floors and the insulation is good, so my shift in body temperature is simply due to my own internal energy levels rising to a more divine beat through the constant meditation and yogic work experience so far.

There is little else to do, I cannot write, I cannot read, there is no other stimulation. I find my mind wandering from time to time thinking of ways to leave this experience earlier than planned, to go sightseeing and experience more of Asia and then meet back here with the film crew on the allotted time but I know that this is just a normal mental reaction when the mind is placed in circumstances that challenges it, that makes it a little uncomfortable, as these type of experiences will do, for the mind likes to be always in control and also have far greater choice for it's amusement.

The other thing that I have noticed already which is quite interesting is that when I asked my body if it wanted a drink of water and I got a yes, that I found myself rising from my bed and walking straight to the table and immediately putting my hand on the bottle as if my body knew exactly where it was and yet for most of this morning in the confines of my room I have been gathering bruises as I've bumped my way ungraciously around the room and connected with the furnishings. Perhaps this is just a signal of my body's intuitively knowing and connection for what it needs or perhaps I am just starting to develop a greater sense of awareness of the objects that are around.

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

I find the darkness incredibly comforting somehow and one of the gifts I'm finding that it is giving already is the gift expansiveness. When we have our eyes to see we also see things as separate – as us and them or us and it. We identify with separation. When we cannot see anything, because it is totally dark, we suddenly feel as though we are no longer separate from anything or that we are confined to a physical body – instead it feels as if we exist as just a point in time. In the dark we are completely blind to the linear reality of shape and form and color and space and spatial reality and so I am finding also that I'm starting to see points of light.

Part of what is recommended here is that we save the eye muscle and stop trying to look with the physical eyes and wear eye masks but I have consciously chosen not to do that. What I have decided I would like to do is to bridge the physical and the non-physical world, to be able to see in this realm, beyond this realm, to see with these physical eyes the Angelic ones that walk with me, to see my Guardian Angels, to see the Holy Ones that I know are often with me.

Perhaps it would require too great an energy usage on their part for them to manifest themselves into the density of this world to that degree but perhaps I can instead use these physical eyes to go beyond this realm and to see into the higher realms if I can come into a harmonious enough state.

Around me now it's as if I am surrounded by a million stars, it's the same feeling I get when I close my eyes, the same vision when I go into deep meditation and focus my eyes upward on my third eye as the window to these realms. I can see that if I can just surrender and let go that there will be so many gifts for me here in this next period of time.

All my senses are aware, just noticing every little change every little refinement and I must admit that walking the 11 paces across the room in the perfect direction to immediately connect with the water was for me a quiet little buzz.

Another thing I've found important so far is to put things that I need to use back in the place that I know that they belong this course makes living in our normal world much easier when we want to find something quickly but in the world of absolute darkness it is crucial to have a home for things, to hang the towels up on the towel rack after I've had a shower, to have my face cream at the sink, and again I'm finding that these things I am instinctively able to reach for without fumbling immediately as my hand goes out it's as if there is another automatic sense arising.

I hear the food arriving for the others with the announcement of what each meal contains and it holds no interest for me on any level although I know that what they are being feed are foods designed to trigger the production of certain hormones in the brain and open up these peoples ability to see with their inner eye. This I know is something I have already been gifted with for I have seen so much in my inner plane journeys over the last 3 decades and I know that the gifts that my being will reveal to me in this next period of time will come in the perfect way without stimulating these glands through the use of food or flavor. And so I sit silently in my room awaiting the sound of the gong that will draw 25 strangers down into a common space to share in the silence in the dark.

Darkroom Downloads - Day 2

I can't remember the last time that I spent such long periods deep in meditation or enjoying the practice of yoga. Yesterday it seemed like every waking moment was dedicated to these practices either doing particular Taoist exercises to move the chi through the body or just going deeper and deeper into the inner universes by shifting my awareness and relaxing the body even further. Before I came in I had a few intense body work sessions that have left the muscles in

my legs a little tender and my body has asked for a little more fluid. Intuitively I am feeling to take a glass of watermelon juice each day just for the next few days while my body makes it's adjustments, heals it's tenderness from the massages I received and adjusts on a cellular level to be in an environment where the only chi energy available to it is the internal.

There is no fresh air circulating in the room that I am in as all of the windows have been blocked off and blackened. Although in the open courtyard where we gather for our daily group work there is fresh air circulating, also there is no light coming in through any area, but strangely enough our being adjusts well to this.

Everything that I need I seem to be intuitively and instinctively drawn to as this morning in my meditation I found my crystal straight away. I can guide myself across the room to find anything that my body needs within an instant - making automatic contact as if the body knows exactly where it is. It is learning about moving out of the mind and into the heart and as Mantak says moving with gentleness through the fields while staying anchored in this heart space. This in itself is an interesting discovery for so much of our time in the external world we are led by our mind and our vision constantly reacting to what we see, driven by our thinking processes that never cease in the mind unless we are in deep meditation. So it's fascinating not to have the aide of the eyes and also to find the difference when one merges deeply into the compassionate nature of the heart rather than relying on mental processes.

I was just informed that a friend of mine who had booked herself in for two weeks in this dark space has already left the complex finding her heart palpitations quite strong and also her inability to sleep here quite a challenge. She like me takes most of her nourishment from prana and as a result sleeps very little and you can imagine being in the darkroom space where you are not eating and perhaps having minimal fluid - the body becomes so energized or continues to be so energized that again it requires so little sleep. So what do you do in a 24 hour day, in the dark without toys or tools, no computer, no writing manuals, no books, no television, no phones, no contact, just silence and you?

This to me is a path on one level for the true yogi and the whole process is emulating what the yogis have done - seeking their solitude and silence in the darkness of ancient caves. It is a more difficult initiation than anything I have undertaken before simply because there basically is no distraction, no support systems. Although the Tao Gardens have a wonderful human support system bringing in food for those who are eating and anything else they may require, by support systems I mean mental, emotional amusement support systems that we normally rely on in the world to fill in the 24 hour day.

The cosmic joke here also is that the complex is surrounded by roosters from distant farmlands who do not restrict their crowing to first dawn light but crow all through the night and all through the day confusing a person regarding time. You can wake in the middle of the night hearing the rooster crow and immediately you think it must be dawn but it's not. On one level because I am sharing this space with others and undergoing a group training in the Taoist practices, I find myself always on one level in a state of anticipation waiting for the next chime to ring so that I can have some sort of indication of time. Sometimes I am so lost in my meditations that time itself seems to fly by and the chime calls me back to the physical space, other times every moment seems an eternity as I just try to focus and follow the rhythm of my breath.

One of the most beautiful gifts I'm finding in this no time zone is that I can apply over and over all the tools that I've been experiencing and developing and experimenting with and feel the bodies response. There are things of course that I am experimenting with here that I will need to confirm using a system of kinesiology but for at the moment all my body is telling me is what it

needs and not so much the reason for it. When I took the watermelon juice instantly my body responded in a happy tingle.

Part of the Taoist practices is this connection with the body of the constant smile. To constantly smile at your heart and your lungs and your kidneys and liver and all of your organs and every part of your body for as they say when the mind is focused the chi will follow. So to focus the mind in these areas and smile and hold that intention of each area being flooded with chi brings a beautiful burst of sunlight yellow energy into these areas particularly if we imagine this color and this form of light flooding them as well. These are the infinite little joys that the body seems to be loving and responding to and so I have set upon the exercises of placing my hands on various parts of my body that need a little boost of energy or healing and allowing the green light to flow there as I smile in this area. I will see at the end of this period exactly what I have managed to accomplish. And so once more the bell chimes and it is time for me to rejoin the group.

Darkroom Downloads - Day 3

Have now spent 2 days and 2 nights in my dark little cave and have already noticed some very interesting things. Today in meditation when I closed my eyes I saw the most beautiful violet light weave its way across the inner cosmos amid this constant backdrop of stars that I see all the time whether my eyes are closed or not – just millions of pin points of light. Regularly streaming in through the right side of my brain is a beam of pure white light, although sometimes it comes through the left side. It is so bright that at times I shift my eyes to see if it is coming from an external source yet I can only see it using my peripheral vision.

Everyone here is being fed special food that is designed to stimulate certain chemicals in the brain such as melatonin and as I have not been partaking of the meals I wonder if this will inhibit my experiences. I have found already that my body is very dependant on external chi, it is used to absorbing prana from being in nature, walking on the beach and downloading energy via sun gazing. As I have shared previously the reason that I am not affected in other environments where there is minimum prana is because when I am traveling and working I am held in a constant state of Grace which feeds me all that I need.

As I have neither external prana nor excess Grace here, I have seen that after a few days with just prana and no fluid or food, my muscles have become tender and my body wants a little fluid today. The tenderness could be due to the heavy massages I had before I entered the dark room and also from the 6 hours of daily yoga that I am not yet used to, so I will take a little liquid today until the soreness passes. I know I can rebalance it all via my intention and meditations, just wish to do it with ease and joy.

Most people here are sleeping both at night and during the day during class sessions which is common for westerners for the first week here. Unfortunately I am neither tired nor feeling the need for any sleep which makes my days very long. I have began to question my being here as I had hoped that I could unhook my dependence on anything but water but there are things happening here re my sugar levels and the need to increase my internal prana levels. I trust that all can be adjusted over these next days. All who come here are advised not to fast when they enter the dark room for various reasons so I am attempting to do something that is not recommended.

My personal joy formula does not include spending 22 hours a day doing only meditation and yoga which as I am not eating or socializing is all I am able to do here. At home my personal joy formula includes so much more, from spending time with family, to beach walking, yoga,

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meditation, watching sunsets and sunrises, writing, painting and so on as there is so much to take pleasure from in life. Being confined to a dark cave like structure in silence without food, fluid or external stimulation is for me today a mental challenge.

In my normal environment I have learnt to fill my 22 hours per day productively finding the formula to keep my heart singing and the channel of Grace open to me supporting me in all that I do. When I lose my joy the Grace seems not as strong and I know that it is just a matter of the mathematics of percentages and how I spend my time and on what. Here in this environment the choices are so narrow.

While I find my body able to move relatively Gracefully through these fields of darkness to attract anything that it really needs, the rest of the time I stumble around totally blind and I get a little frustrated not being able to stride Gracefully across the room for I know that if I move too strongly or fast I could connect with a brick wall. I know that all of this will help me to develop a Graceful silent rhythm when I come back into the outer world. Will this light that shines in through the right side of my brain bring illumination into the room to shine on objects so I can navigate around more gracefully? This is yet to be seen.

Regardless of motivation or models or formulas of joy, this experience of sensory deprivation of sight is a very powerful one for already in this brief period of time I have learnt so much about myself and about my body and its relationship to energy fields. Also the teachings of the Taoist Masters are quite invaluable, the working with the elements of fire and water and steam and directing the energy flow through the different organs, the connection of the mind with the organs and having the organs move and respond at our command.

I have never felt, for example, the contraction of my pineal gland muscle yet now as soon as I contract my perineum, immediately I feel a sympathetic resonance, a contraction in my pineal gland as the two are connected. So regardless of my restlessness today, I wouldn't hesitate to recommend this experience to anyone seeking to explore more of the inner universe without distraction. I am also learning some more energy movement tools while I rest and relax and explore my inner world. It is also a wonderful opportunity for me to apply all the tools I have downloaded over the years and test the resonance of each tool.

As I stare into the blackness I can now see the essence of things, the essence of the bricks in this room. Whether my eyes are open or closed, it seems that I can see the original substance from where these bricks have come from. I see a cave, with stalagmites and muted light and the clear outline of rocks and curving cave walls, I can see the rock texture with formations jutting out. I literally see it all as a sandy color and shadows around small protuberances, it is as if the brick walls have morphed back into their original form and the more that I stare the more is revealed.

Darkroom Downloads - Day 4

Have been practicing more of the microcosmic orbit and distributing the chi energy that is gathered into all of the organs, flooding each one with the energy of creation that brings life into being. I like to imagine that each organ can receive enough of this chi that it comes into a state of such joy that each organ enjoys a type of orgasm. The Taoists believe that our DOW is anchored in our heart but also splits itself to inhabit all our organs filling each one with various frequencies and virtues. I have been learning of the creation of the immortal body by applying the Lesser Kan Li practice that entails the creation of the iron cauldron which we have anchored between the sacral and solar plexus chakras. The cauldron is an etheric vessel that stores the elements of fire

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from the heart and water from the kidneys that mix together to form a violet light steam that we can then direct through the body to cleanse the organs.

What occurs in this darkroom therapy as well is that you start to go through deep chemical transformations in the body by using the Taoist tools of the five elements and also from directing the chi in a specific manner around the body. Chi follows mind and blood follows chi so wherever you focus your mind the chi will follow in service to you as a master. I have developed the breathing technique where you place your mind into your sacral chakra and then with a deep inhale draw in pure sun yellow fire energy imagining that you are tapping into this stream from the great central sun within, then drawing it on the inhalation through the lower Tan Tien and then as we exhale sending this fiery yellow chi into every cell of the body intending that it burn up any dross and re-energize us. It's a nice and simple breathing rhythm.

Darkroom Downloads - Day 5

I woke up this morning with the roosters crowing although again they have been crowing all night. I have spent the night in a state of deep, deep dreaming and woke with full remembrance of the dreams, and wondering how to apply them, and suddenly realizing that they were brilliant downloads of data and story line for my book "Fiddlers of the Fields". I seem to have developed a routine now spending four to five hours a day doing physical exercises, Chi movements and yoga, in class time and my own time, and up to six hours in various states of meditation, and a couple more hours for contemplation, reflection, recording time and writing time and the days seem to flow quite nicely.

The group still remains primarily in silence, each processing their own journey allowing for the chemical transformation with the natural increase in the production of melatonin through the brain and dealing with the side effects of this. I found it hard to sleep at all last night until finally I was taken into this state of deep, deep dreaming.

On one level part of me is disappointed to wake each day and know it is day only because the chimes have sounded to prepare the class to gather, or assuming that the daylight must be out there surrounding us. I miss seeing the sun, I miss seeing the sunrise and I miss seeing the sunset. Obviously we don't dwell on these things or think about them too much, but what nature provides in all its beauty, and what the sun provides, is so glorious and really feeds our souls and touches us in ways you couldn't even imagine until you no longer have it.

Somebody asked Mantak Chia yesterday "What is the difference between being blind and being in the dark?" and he said the obvious - that at least when you are blind you are still processing and absorbing light, you can still sit on a park bench and absorb sunlight, and feel the warmth of the sun, and although your sight isn't working you still absorb sunlight into the brain, you still absorb it through your scalp, and your hair, and you still feel the warm sunlight, and the breezes of wind on your skin, and hear nature and the wind as it whistles through the trees. Being confined to a cave like this is on one level a total external sensory deprivation, although I cannot use deprivation in a negative sense for the outcome is obviously the refinement of our internal sensing mechanisms and that in itself is a valuable gift.

I am receiving greater and greater confirmation that our body's are the links between the inner universes and the outer worlds and the reason we are encouraged to treat the body as temples is because the more we do so, the more we have access to the inner realm temples of the holiest of creations. Bodies also are divine instruments because their energy fields, our energy fields, can be tuned and manipulated to access these inner realms and also, as divine instruments,

then it is through us that all divine manifestation will and must occur, as the heavenly realms, the paradise worlds that we seek are made manifest through our forms, into this plane, and projected holographically first through the etheric plane and then through the physical plane into the denser world. 'As above so below' is a statement that becomes so easily understood when we allow ourselves to go into such a relaxed state of divine breath as in a situation like this we literally can allow ourselves to fall through our atoms with our consciousness into these inner worlds.

My chant at the moment is the chant "Perfect balance all the elements - freedom NOW. Perfect harmony all the elements - freedom NOW." This is a mantra that I am using over and over in my meditation as I hold the visual image of waves of liquid blue water from the God of water flowing through me on all levels rehydrating my system. The element we would hold focus on as we use this chant would be whatever element we would wish to rebalance within our system.

The heart always brings the cosmic fire for it is the doorway between the realms and it is the compassion energy of love and fire that sustains the flow of the other elements in the system according to the Taoist masters. For me, with hydration, my focus in this particular meditation and chant is on visualizing cooling blue waters of a fresh glade fed by a water fall, or the undulating rolling waves of the ocean, flowing through me as I use this chant and imagine it rehydrating every aspect of my being.

It is not the darkroom itself and the experience here that is dehydrating my system for I came in slightly dehydrated when I arrived in Thailand, for I had been increasing my dosage of ginger in my tea to activate the pituitary and pineal glands further as ginger is known to do. As I was not eating or taking other substances at the time except for my daily cappuccino, and as I was also cutting back generally on my liquid intake, my skin had become a little dehydrated. I must stress that this slight dehydration in my body does not come from the darkroom experience.

Regarding the hydration mantra, you could also add to the above programming "Skin - perfect re-hydration NOW!" as you visualize the tides and the motion of the ocean moving through you; or "Body - perfect re-hydration NOW!" but these are commands only to be used if you sense or feel that on some level your skin or body is dehydrated.

Also gathering the saliva in the mouth and imagining that as you do so, that you are bringing in the cosmic life force of divine nutrition, sucking it through the planes, from the inner realms, from the cosmos, and as you breathe imagine that you are drawing in all the elixirs of life and the nectars of life, to perfectly hydrate your body and then swallowing this saliva, visualizing it as nourishing violet light going into your system and re-hydrating you again on another level.

The issue of dehydration and re-hydration is very important in a system that is choosing to be fluid free and not only is it necessary to have perfect equilibrium with all the elements, but to adjust the percentages of this elemental flow through the system in consideration that:

- a) we are a human biosystem living in a physical world
- b) that this system is choosing to no longer be fed from the physical world
- c) that this system is also being influenced by energy flows within the physical world that are man made and not natural, as in pollution, air conditioning and smoke e.g. Cigarette smoke.

Pollution in this case includes emotional, mental, physical and spiritual pollution as all of these are strong pollutants that any biosystem needs to deal with as they move through the fields of life.

Given this and given the fact that we need to rely more and more on our internal system of feeding, then hooking in to that cosmic ocean and the elemental flow of water through this

ocean, we can then use the technique above, the programming code in rhythm with our breathing, so for example, as we breath in with a deep inhalation we use the chant: "Perfect physical re-hydration". Imagining the cosmic ocean passing through us from the internal planes, through the atoms, into the cells and into the body and re-hydrating it in exactly the way it needs, and then on the exhale we just chant: "NOW" in a state of masterful command, so inhale: "Perfect physical re-hydration" exhale: "NOW!" and so forth.

Again when this is used in alignment with the in breath, and the exhale and the out breath, and imagining the cosmic ocean as a tide coming in when you breathe in, and the tide flowing out as you breathe out, plus then working with these chants, this gives us a triple level of power that combines visual imagery, thought, command, breathing rhythm and intention. So the triple mechanism is the visual imagery coupled with the programming, the thought, the intention and command; coupled with the breathing mechanism of the inhale and the exhale to guide the energy flow or the Chi; remembering of course that Chi follows mind and blood follows Chi.

I asked Mantak Chia this morning if there is a way to produce extra fluid for the body so that it could re-hydrate itself quite naturally, without taking external fluid, and he told me the story of how the Taoist masters when they sit for months or however long in their cave, in deep meditation, often out of their body, how their body when it is in a very, very deep meditative relaxed state, how it naturally produces a lot more saliva. This saliva - which is carrying all the cosmic elements and the physical body hormones - is naturally and involuntarily just swallowed by the body where it meets the Glucosamine energy in the intestines, which is a substance the body naturally produces that feeds and helps lubricate the joints. This Glucosamine is stimulated by the rolling of the stomach, which the yogis do quite regularly any way when they are in their bodies, so together they produce a balancing effect of hydration through the system, giving the system all the fluid that it needs without external aid. Obviously when they are out of body they are not rolling their stomach, but they are in that deep state of relaxation which helps to produce the additional saliva, which keeps the internal fluid at the required levels. It is said that these Yogis may swallow this saliva up to a thousand times a day.

I realized that another way to hydrate the system is to keep contracting the muscles of our perineum while holding the intention and the visual imagery that each contraction moved the sexual Chi energy into the sacral center and also then into the kidneys. When we then focus our mind on the kidneys and smile at the kidneys and visualize the fluid of the cosmic ocean moving in through the inner planes into the kidneys, this adds another layer.

The Taoist masters are like the rest of the metaphysicians, very focused on the power of mind over matter, but what many don't understand fully is that where mind goes Chi follows. Chi is the universal life force. It contains within it all the vitamins, all the minerals and the building blocks for life and as we all know is also known as Prana.

So you can redirect this anywhere around the system that you need, simply by putting your mind in that area of the body expecting the Chi to follow and then instructing the Chi to do exactly what it is that you are intending.

Obviously the use of color association helps strengthen the electricity and energy in these organs. Apparently the electricity in the kidneys can be quite low for many people and it is good to build this up daily by drawing earth Chi up through the soles of the feet as we walk. It is said that investigations on electric eels show that when a kidney is removed they do not have the

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same voltage amplification when you come in contact with them, so the kidneys are known to generate electricity and power for the system.

Part of the practice of the Tao masters involves allowing the body to become very relaxed so that your major Chi energy can move from the organs to merge with the spirit energy that is anchored in the heart and then out through the hearts doorway into the inner universes for astral traveling.

Most of the Tao teachings are very focused on the virtues of animals and this is a concept that has come from the Tao masters sitting in the Zen space of silence and watching the behavior of animals and then practicing or emulating various behaviors to see what happens in their own bodies. The Tao teachings appear to be very earth based. Most of the exercises are very similar to the Vedic yoga exercises but are given animal names like Crane Stretching Neck etc. Also I feel that most of the experiences that I have had in this energy field is because the Tao is very similar to the ideology of the Vedic teachings. For example, when I am in deep meditation sinking into this inner universe and the whole cosmos and the planets and star systems start to reveal themselves, it feels like I can fly around Jupiter and Saturn and I see the radiation of energy fields coming off these planets as rainbow light. All of this is still very dim imaging as it's only the fifth day here but it all feels very earthy, very still of this universe and not yet of a higher dimension, or so it appears.

I have instructed my DOW, my guardian angels, to allow my third eye to open exactly as I need, to have the visions that I need to have in this space, and have hence been blessed with more and more violet light each day, this isn't the mesmerizing light that dances across the inner universes, as shared earlier, in the shape of the dragon. It is like watching cosmic movies and because these are not the imaginings but are visions that come when the mind is still and the body completely relaxed, it is another interesting layer of revelation about the workings of our world.

I also particularly enjoy the Taoist practice of constantly smiling at the universe, smiling at any part of the body that you want to connect with, for not only does this exercise so many muscles in the face, but it sets up a certain relationship with the universal field. Of course we are constantly reminded, through our practice; to first smile internally at the organ that we are dealing with and then to smile externally as well which is a very powerful practice in it self.

Darkroom Downloads Day 6:

Every day here is so different although also quite the same. I remember last year when I was in Thailand with my daughter and we were doing the M.A.P.S. retreat and we went to the night markets shopping and how we were assailed by all the beautiful little mountain women selling their wares. Of course they all offer exactly the same in their range of jewelry and yet they had this way of smiling after you had bought something and you'd say "no I've bought this" and they say "no, no, same, same but different" and we used to laugh a lot about the "same, same, but different". For a while after coming home to Australia I kept finding myself saying this little saying because for some reason it had grabbed me and yet on one level being here is exactly the same, it's same, same, but different. Every day there are faint differences, but those differences are not in the routine, they are more in the attitude that you find yourself holding and it takes discipline of the mind to enjoy the subtleness of everything that is occurring here because our grosser nature, my monkey personality for example, misses being able to play in so many different fields,

to get in my car and visit people or go for beach walks or the movies or do the other things that I like to do. So that's a real restriction if I allow it to be.

Being here reminds me here of what prisoners must feel like when they are confined to a very small space with minimum activity for example, solitary confinement, because it is a retreat of silence and there is a very small amount of social mixing as people are really encouraged to play in the inner worlds and our choices are consciously quite restricted. There is a need to maintain a very relaxed but controlled awareness of our attitude so that we can stay in the flow of the now and totally appreciate the subtleties of what is on offer.

I am enjoying the routine of the Taoist six healing sounds which we do every night before retiring to our rooms to either continue our inner journey or sleep. The sound ssssssssss, like a snake hissing, is the sound you exhale when you are working with your lungs and to release any old energy that you no longer want in this center. You can then visualize yourself scooping up all the cosmos primordial Chi of white light back into the lungs and with scooping hand movements bringing the white chi back into the lungs refilling the lungs with this pure energy. We can also hold the visual energy of using the Chi of the natural forces - which in this case is the white mountains and the glaciers of ancient times which we can see as pure, crisp, watery energy – and at the same time we hold the idea in our mind of filling the lungs with emotions of certain virtues like, courage and valor.

After doing the lungs we then move in to doing the kidneys and the sound for the kidneys is chooooo like a choo choo train sound. Everyone of these sounds for the organs has a body movement so with the kidneys we bend over and arch our back forward wrapping our arms around our knees to really expand the kidneys as we make this sound chooo on the exhale, again expelling all the old energies that may have accumulated during the day, or from past time, and then as we straighten we gather beautiful blue, cooling, pure energy of the universal primordial Chi but also of the oceans and the rivers and replace this Chi into these organs, feeding them with this clean power of nature.

The liver has the sound of shhhhhhh which is what you do when you ask someone to be quiet, the finger to the lips and going shhhhhh, and it's also the sound that you could imagine wanting to make in a deep green forest, where nature is so still and beautiful, and the sounds are so incredible and varied, and you feel like you are intruding in a sacred space, so you want anyone with you to shhhhh, so that you can really absorb it in all its power and glory. This green is the color we bring into the liver as we apply the movement of raising our arms into the air, and clasping our fingers and turning our palms upwards, we then lean slightly to the left as we make this 'shhhhh' exhalation before releasing our fingers and imagining scooping up all this pristine green universal primordial Chi energy from the cosmic forces on the inner planes, and the green healing light and all that it offers of the green ray, and then of course, scooping in green from this physical plane forest. Mixing all this green healing energy together we then fill our liver with it as we make the shhhh sound and imagine this green chi feeding and healing and cleansing our liver.

Then of course we have the organ of the heart this has a sound like hawww as if the heart is a laughing heart, which it is, it's a singing, laughing heart, for whenever we are in complete alignment with our divine essence the heart sings and laughs. So the sound here is hawwww and the color we are using to restore the primordial Chi is a beautiful bright red. Again we scoop our arms up and interlock fingers and lean slightly to the right when we make this sound, as the heart we know is physically slightly to our left. For the spleen we use the color yellow and the healing sound of whoooo.

Then lying down we do a final sweeping through all of the organs and all the body with the sound Heee to balance the different energy temperatures of the body. The effects of when you do this - as far as feeling the Chi in the organs - are quite magical and it's a way of regenerating and strengthening the organs and keeping them in perfect balance with all the elements.

There is also the technique of just energizing all parts of your body by imagining pure, beautiful, bright yellow sun energy flowing through your hand chakras as you run them all over your body and direct this over your face, through your crown, through your third eye, through your throat, through your eyes, wherever you are intuitively guided through your body, just breathing in a deep connected rhythm while you do this. I like to imagine while this is happening that I am breathing in the pure yellow energy of the internal cosmic central sun in through the Tan Tiens - the lower Tan Tien and chanting: "I am wisdom" and breathing out the beautiful pure pink light through the heart of love and chant: "I am love" and allow the two rivers of the lower Tan Tien and the middle Tan Tien to mingle as you breathe and then spread it out through the body. These are just a little variation of my own. Please note as with the other tools given, with the Taoist teachings that Mantak Chia has gone to great lengths with beautiful visual imagery and very clear instructions to explain these all in his various books on each subject which can be obtained by going directly to his website.

There is so much that we can do to keep the Chi energy flowing perfectly through the body, to constantly keep ourselves in health, not just the life style choice but also working with the Tao and the Tools offered in "The Law of Love" and "The Food of Gods" manuals. These are things within our control for Chi is circulating all around us, within us, in the cosmic inner universe and around us in our physical world. It is all there for us to gather, and store, and to bring into our organs, all of it is a reality when we fully understand one of the first Tao precepts and that is **Chi follows mind** and when we really get that then we can work with Chi in a very powerful way, to not just give us the freedom from disease through constantly emptying and filling our organs with fresh Chi, and releasing old Chi, but also through supporting this with our lifestyle so we no longer make choices and take actions that create disease or dis-ease or limitation on any level.

I've often said that life would be a lot simpler for the makers of miracles and models if we were given clear instructions and could see the whole blueprint before us and on one level while it does remain within us, parts of this blueprint are only revealed on a need-to-know basis, when the step before has been completed successfully, so the model can take shape.

Also in the creation of each step of a model, there are virtues that are attained that would not been had we been pre-armed with all of the information before. Virtues of faith, virtues of trust, of strength, of courage, these are part of the ingredients required for the miracle model makers to discover the secrets of the universe and to bring them into being in a digestible way for humanity to follow.

Every day that goes by I understand more and more of the miracle of how everything has been set up for me to be here, understanding that for a long time yes I was a seeker of miracles and then I became - to some people - a maker of miracles by my declaration that 'yes we can tune our self into a frequency where the food of Gods is so accessible that we no longer need to take food from the physical realms'. While for me this is a mathematical reality based on the Law of Percentages and working with the Law of Love, to others it has been seen as a miracle.

Now I find myself recognizing that there are people who are making the choice to be the makers of models in this world, models that the world can then use and utilize, if they work for

the highest good of all, and because they work for the highest good of all. This model that I am seeking to create now of freedom is a model that was totally dependant on my coming to be with the Tao masters.

I am finding that every day here is completely invaluable. What I have understood in the making of models is that you need to work with some of the ancient tradition, tradition that is tried and true and carries the weight behind it of all those who have gone before – in other words a tradition that is an accepted way of being that has maybe also been analyzed for example the testing of prana or chi to heal bone fractures etc. the benefits of Qigong, Tai Chi and the ancient Taoist practices. Within all of these practices there are particular techniques that can be used to make models that deliver very particular outcomes and so it is that I am finding with my freedom model I am able to gather and share some of the incredible tools and techniques that will aid in the freedom journey, particularly my part of this journey for seeking the freedom from fluid.

My current model where I having a day of juice, then a day of water then a day of just prana as my body adjusts its internal feeding mechanism to draw more prana from the inner planes, this model is working very well and I am feeling stronger and stronger every day. I am working daily on the sacrum and the joints as well and doing the chi exercises is contributing to this state of well being. If my body continues to be pain free on a muscular level then I will no longer take any fruit juice and use the model of one day on water then one day on just prana and then one day on water.

I am carefully listening to every nuance and sign of my physical system, honoring it, loving it, respecting it, working with the chi energy flow to keep it in a state of strength and harmony. This is imperative for anyone seeking these levels of freedom and that is that we do so in complete alignment with the comfort zones of our physical system as the physical body is so precious and we do not want to create damage in the organs or on any level.

Speaking of the health of the organs, it is important that the suggestions given in the chapter “Tao, Tools & Talisman” be applied for those seeking these freedoms.

Yesterday I was in meditation and a voice began to share with me, a voice of such love and compassion that I knew it was the voice of my DOW. Are we separate? No. And yet there is the personality where mind can be at times like a monkey chattering, observing and doing in this world; whereas this pure being, completely aware and enlightened, this Buddha, this Christ within began to speak to tell me of all the gifts that I would receive in this retreat and how these gifts would make any discomfort pail into insignificance. It invited me not to think so much and to flow into the power of each now moment and simply BE. It also shared of other things that I choose not to mention here except to say that the voice was so magnificent, so beautiful and it came after I had treated myself to a symphony of devotional music as I have done again just now.

For me there is no more powerful way to move the human heart and soul on an emotional level and to bring them into an energy field of absolute gratitude than through listening to sacred music and after 5 days of silence, listening yesterday immediately bought tears to my eyes and bought me into that energy field of such appreciation and devotion. Today I treated myself again to an hour concert of sacred indigenous music – it was such a wondrous experience.

Normally in our physical world we get so distracted with visual images and yet to sit here in the dark and just breathe and listen to all the incredible harmonies and sounds that this CD contained. It was this layer of heart felt devotion that I have been missing in this retreat as it has been a retreat of silence which I have enjoyed but now to listen to these sounds is so uplifting. I

love the capacity of the human heart, our capacity to feel. With all of these sounds my third eye then began to pulsate and reveal a spectrum of not just violet dragon light dancing across the cosmic skies but it revealed the whole rainbow spectrum of light, proving again that the power of devotion and love can allow us to access more of these cosmic inner realms and all that they contain.

Through this devotional sojourn I felt the presence of my now deceased mother and father, I felt so much love pouring out of me to them just thanking them over and over for providing the soil and the fertile ground for me as a child to grow and develop to come to this now moment and all I felt back from them was just their love and appreciation in return. That in itself was such a beautiful gift - to reach through time and connect with those who are no longer in physical form and to also have this loving interaction.

I spoke today with my daughter who is looking after the Academy while I have this journey. It is so good to hear how well she is doing, how all is being so well taken care of by the Grace on all levels, it was good to hear how she herself is blossoming as is the life she is carrying within her as she is now over 7 months pregnant. To see my daughter creating this happy family unit as she and her partner patiently wait for this new soul to come in and dance with them in life as their child and me as the grand mother.

All of this is such a joyous event to anticipate and feel come into the making and is one of the miracles of life - to witness this type of sharing, to be part of it, to share love with our offspring and with their offspring as we can. Sometimes I am amazed at the levels of Grace and love that I find surrounds us and the way the universe supports everything that I do as it unfolds on such joyous levels. And yet I know that all of this is simply a mirror of our own focus, that the more that we tune to the channels of love and kindness and compassion, the more we live our life by the Law of Love and the more we align ourselves with the true nature of the one that breathes us, the more miracles that we experience everyday in our life, things that to some may not seem to be miraculous and yet are so appreciated none the less.

To metaphysicians it is not miraculous as we know that it is just the laws of science, the mathematics of percentages of how we choose to spend our time, the thoughts and actions we choose to indulge in and the feelings we encourage within ourselves and how all these dance together in our energy field to create very particular patterns and models of color and feeling and light around us that the universe then matches and responds to as it then mirrors back the same. This is the miracle of life.

This afternoon my room was filled with a gaggle of giggling Thai girls all wearing their infra red goggles as they came to change my linen and make my bed. It was so joyous to listen to this sound of community as they went about their business and also then to lie on a freshly made bed with no crumpled sheets for as you can imagine in the dark everything is done by touch and after a few days bed making is not quite the same. To smell linen that is filled with fresh air and sunshine is another gift. It is interesting what we appreciate when it is all denied.

Darkroom Downloads - Day 7

When I arrived here as a student of the Tao, Mantak asked if I was open at some stage to do some teaching with the group. At first I felt that I wished to maintain my silence and that as Mantak and I had not yet formulated our joint teachings for future work that I was unsure of how I could work with everyone in a way that would blend with the Taoist principles. However as the days have unfolded and I have listened to the people and their questions here I have realized that

there is space for me to add another layer for the teachings of the Tao are very much in alignment with the teachings of the DOW.

The Taoists work a lot with inner alchemy as the founder of the teachings Lao-Tzu also had an embodiment as the alchemist Saint Germaine and it is St. Germaine that has been overshadowing so much of my journey with the alchemy of Divine Nutrition. So of course it is natural that these two teachings marry and that I spread a simplified form of the Taoist practices throughout our networks.

This afternoon is a free afternoon in the program and tomorrow – Sunday – is a day of rest. The group is restless with this idea of having no classes to break up their day so I have decided to accept Mantak's offer and share some of our complimentary tools and data that elaborates on what has so far been taught here.

After our morning exercises with the GSC formula (explained in the Tao & Tools chapter – Law of Love manual) I continued my yogic exercises which I have decided I love to do in the dark. Yoga involves both a passive and an active reality as we use the asanas in a passive way with our breathing and we get active into the postures and with the breath we expand our ability to move through any discomfort and expand our abilities. Yoga is not a journey of pain it is a journey of expansion and it is interesting how our flexibility increases quite quickly.

During this period of stretching my DOW began to share further with me putting forth the proposal that by the time I exit this retreat my system can be maintained as a food and fluid free system which is something I was not expecting to achieve here. The achieving of such freedoms requires harmony on all levels under the direction of our DOW so I called forth in meditation the consciousness of each of my physical, emotional and mental bodies to ask if they were ready to support such an outcome and all three said no. When I rephrased the question and asked if I would be ready and they would be ready, by the time I left this retreat, then they all said yes, so obviously there are still energy/attitude adjustments to be done throughout the different levels of my being and so the game continues.

One thing that I have noticed from using the GSC formula of inner alchemy is that as my days pass liquid free I have no dryness in my mouth as the saliva flows freely and my system is feeling well hydrated. On one level I am surprised at how quickly my body is making these adjustments and yet when I say this, an inner voice reminds me that my physical body's natural abilities are often over ridden by my monkey mental mind or by my emotional state. Obviously harmony is the key.

Darkroom Downloads - Day 8

I can't believe that it is already half way through the eighth day. It is amazing how we can adapt to such an extreme environment. I have developed and huge appreciation for people who have once had sight and then become blind. There is so much – if I allowed myself - that I could miss, from the rising and setting of the sun, to the birds and wind in trees to smiling faces of loved ones to all sorts of experiences that we take for granted when we have vision. When we don't have vision we need to focus on the other gifts we have instead. I am still no better at navigating through the spaces. I shuffle, as does everyone else, gently walking through the fields to avoid connecting with walls and yet again and again I find I seem to have an internal radar that allows me to immediately find anything I really need.

I am not seeing huge third eye visions but I see enough to keep me interested and over the last 2 days I have been working intensely facilitating the group. I have become so used to the routine that what once seemed like endless hours of silence and wondering how to fill it, has now

become wondering where time has gone and how I have not managed to do all that I wished in the day. This in itself is quite a revelation of just how Zen like we can become with each moment and action. I feel settled here now, enjoying each day and moment as it unfolds, enjoying the freedom of just Being, enjoying listening to my bodies. My physical body has now rejected all juice and so I am content to have a day or just prana and a day of a glass of two of water and all of this is extending itself quite naturally.

When I shared with people that I was going to spend the month of February in darkroom retreat, my friends and colleagues laughed or were astounded, they just couldn't understand why anyone would want to do this. It takes a very particular personality to not just do this but to also enjoy this type of challenge and the ones who have come here are no different - some are loving it and some are finding it extremely challenging. Most are very open to the type of freedoms that we are focused on so over the last day we worked with the group re stopping the aging process and began to set up the inner plane feeding mechanisms. There are 20 men here and only five women so the testosterone levels here are quite high and we have needed to work a lot with the energy of love and devotion which are two powerful ingredients in the freedom game.

Darkroom Downloads - Day 9

I had the most incredible experience yesterday afternoon of what the true Thai massage was about with a blind masseuse who had the most amazing fingers - fingers that could work so subtly and unhook the deepest knots in my field. I finally understood the value of this massage as even though I have had others before having it done so expertly makes such a difference. I am sure this is the same for many things.

For whatever reason I managed to have a deep and long sleep last night which was so welcome for after 8 nights of being here I have slept so little. It is nice to fill in the hours with sleep time for again I went into deep, deep dreaming and received more stories and data for my book "The Fiddlers of the Fields". It is wonderful to continue to receive the telepathic downloads via the dreams and also direct into this recorder each day as I sit in meditation as I wondered how it would work.

For so long I have been involved with automatic writing and have learnt to always carry a journal with me every moment of the day, in a large bag filled with pens and all the instruments that a write can require, for I have found that I could be any where when I may get the urge to capture whatever download is coming through for whatever book I am writing.

I never dreamed that this is what I would end up doing with my time - I don't mean doing the dark room experience for there are particular reasons for me being here. As I have shared I am searching now for ancient secrets and tools within the Taoist teachings that I can apply for the fluid free freedom model by learning the tools and applying them to my own system. I mean more with my life's work, never in my childhood dreams did I envision that I would be able to download so much data from Universal Mind and put it all in writing.

I think that it is obvious to some degree in my early books that writing is not a skill I was trained in but what can you do when all of this comes? And then to witness how the Universal forces support the things that you have been doing and aid you to find a place for it all in this world. Eventually you accept that this is what you are to do and so you try and hone and refine these skills so that you can present the data in a way that touches the hearts and minds of those who are opened to be touched in this way. It is a skill that I am still learning and yet it entralls me that that data continues to flow so beautifully in this way as coming into the darkroom I was concerned about not being able to have light to write the way that I normally do in my journals.

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

Every time I finish writing a book, a new one seems to automatically start – at least this time I am not writing three at one time as I have been known to do. This time I am only writing 2, 'Fiddlers of the Fields' and the 'Law of Love'. I call the Fiddlers book a cross between Star Wars and Harry Potter. Fiddlers is the fantasy world, a world of possibility and dreams with stories woven through it for children and adults alike as well as providing tools and insights, whereas of course the "Law of Love" is an educational manual with stories or real life and journeys of self mastery and freedom and also of the ones making models and miracles.

As I have already shared the days are flowing easier and freer and in some strange way you get completely used to living in the dark. It is just how it is and how it will be for the next period of time and so you surrender into the energy flow and enjoy each moment for what it is revealing and for what it brings and also for what we can create in this space and this is the nature of life.

My routine in here appears to be quite simple and yet it is varied enough to amuse my monkey mind. I wake up in the morning and spend some time in the stillness while still in the alpha brain wave state where I recall any of the dreaming or insights I have been given, and seeing where they belong, if they are part of the writings for these books or if whether they are just private learning.

Having clarified the data then I begin to record and a door opens and so much more floods through particularly with the stories for Fiddlers. After this it is time for a beautiful long hot shower and the Zen experience of washing and then brushing teeth. Even though I am not eating or even detoxifying on any level there is still something fun about freshening my mouth with toothpaste flavor. Then of course, I attend to the usual toiletry requirements of brushing my hair and lovingly moisturizing and massaging my skin and dressing. By this time the morning gong usually sounds for people to come and break their nightly fast with fruit before our morning exercise class. It is a class that I find incredibly enjoyable as it allows us to develop more of the Glucosamine, saliva, chi mix that forms the lubricating and re-hydrating material in the body that I have realized is such an important part for a person wishing to live without the physical intake of fluid.

After exercise class we have about an hour and a half which I like to take for silent meditation or I may choose to listen to an ancient Buddhist chant ritual that always takes me into a deep space through doorways in time back into the monastery, it is a place of such familiarity as I sit amongst the ancient chanting monks who weave their magic with their voices through my body. That in itself has become an incredible daily pleasure.

Other mornings I remain in the space of the group field and continue to go through my whole yogic practice until the next session begins. This gives me another hour and a half to work through the body and move the chi as I expand my flexibility and command over the asanas, the benefits of which are of course indescribable.

Class then continues between 10.30 and 1m when Mantak Chia reveals more of the ancient Taoist Masters secrets and explains more of the physiology of the physical system, an area where he has done vast research in relation to the application of the Taoist Masters tools. And then of course we have a time of silence and deep meditation to apply these tools.

The afternoon session of free time is some 3 and a half hours and a space of great silence which I have come to cherish for as others fill this time with lunch I retire to my cave and often treat myself to a wonderful concert. I have bought with me a selection of all my favorite sacred songs and bhajans so during this time I either dance and use the Biofield energy movement tools, or I sit in the stillness imagining that I am in the most incredible concert hall listening to the best

musicians in the world. Because the songs are played with such love and devotion, the music transports me into the heavenly realms for there is nothing that touches my heart deeper than sacred songs that are sung with such love and devotion.

The after noon or early evening class takes us deeper into the inner realms and the cosmos and after dinner we gather again to do more exercises and energy movements designed to heal the body or to keep the body limber, exercises that strengthen the lower lumbar region and the muscles supporting our skeletal system. Over the last 8 days I cannot believe the strength and the subtlety that I have developed from following my daily yoga and this routine. I find I can sit for many hours now, back straight and with no discomfort.

So I am all in all at this – the beginning of another week – absolutely enthralled with all that has occurred here. The gifts seem to come in so many directions and so many ways. Who would have thought that closeting yourself into total darkness where all you have to fill your time is inner work of meditation and yoga, who would have thought that so much could be revealed. And yet of course I knew which is why I am here but I did not expect to be blessed with the bounty of such gifts for they come to me daily. Now and then I have rung home and everything of course is bubbling along beautifully there. Every aspect of my life feels filled with Grace. Knowing that my loved ones are all healthy and happy and enjoying there lives also is an added bonus.

Also my body has never felt better - it is limber, taut and flexible. When I go within and scan everything is running perfectly and the Thai massage that I had yesterday added another fine tuning so that my energy levels are zinging and there is no pain anywhere at all. I have clear instructions of my body to no longer take any fruit juice at all and that while I needed the natural sugars in the fruit juice for the days that I took it, I have now successfully increased my internal feeding mechanism to feed me all the prana that I need to compensate for the prana that I normally take externally from the sun and the sea and can no longer absorb in here.

The only slight area of change that I would like to manifest is the hydration levels in my outer skin as I would love to be able to free my face from the need for moisturizer. I would like to think that the elements can be in such a state of harmony within the facial structure that I have the perfect production of oils etc. and need no supplement. Obviously this means drawing more from the inner universal ocean.

Last night 3 Russians joined us from Moscow. I do not envy them as they have not had the benefit of having seen the complex and its layout in the light. Consequently they are still stumbling around trying to familiarize themselves to find their way. The rest of us have a visual map in our mind so our space navigation is a little easier. Also as the group here has now bonded there is a great respect for our silence as people walk through the fields in a very Zen like way, quietly placing down objects and whispering when they need to communicate in any way.

The teachings of the Tao are the same as the teaching of the DOW – the Divine One Within us for they come from the same essence. The repetitive teaching throughout both is about the power of the mind and the need for any shape-shifting student to have a very strong mind/body connection. Learning to listen to the voice of the body is imperative for yes it does tell you what it needs.

And so as the days progress I am learning to adjust my inner plane violet light feeding mechanism with its spinning chakra column and the rays of light that move through my cells and atoms, in through the inner universes to bring back the prana to feed me. As this system has been supplemented from external sunlight until now, I am paying very particular attention to the voice of my body.

Today I noticed a little discomfort in my stomach and asked my body if it was hungry and it said yes so I have now developed an additional feeding mechanisms that I will share in the “Tao & Tools” chapter. I must admit that I am loving the daily revelation of all these tools as, freed from all sorts of external stimulation and distraction, I can spend more and more time within the structure of the physical system, scanning it, talking to it and working with the different systems and also working with areas that may carry a particular weakness. And with every physical connection like this the body will reveal to you a way that it can be brought back into balance or healed as the need may be.

I have found in this dark room retreat that of course the lack of light produces an excess of melatonin in the brain that is generally not converted to serotonin unless we are incredibly active in our mind. And yet there are ways of releasing the pinolian from within the pineal gland which when released acts as a blocker for this serotonin. So we can block any imbalance of the production of serotonin and even melatonin by the release of extra pinolian. Again I will place this technique in the Tools chapter.

The way to do this for a female is to focus on the muscles around the clitoris for the clitoris has the direct line to the pineal gland, similarly the tip of the penis and the glands there are also connected to the pineal gland in the male. This is just a physical hook-up that allows the Taoist to engage in what they call self intercourse by merging the energy of our male and female selves. In the woman the female self is the clitoris and her inner male partner is her pineal gland, when the two connect.

Darkroom Downloads - Day 10

I find it hard to believe that I am nearly half way through this 21 day process. It reminds me of how nearly a decade ago now I underwent another 21 day process although on some levels, not as extreme as this one. I did not understand at that time when I underwent the 21 day prana initiation that it would gift me with the freedom from the need to take nourishment from physical food for my motivation in doing it was merely to experience more of my divine essence and to be more filled with joy and light. Nor did I understand the controversy that would follow over the next decade as I was virtually kicked out onto the global stage by Synchro-destined forces, hence the wondrous level of support that we have received. It saddens me to think that the model that was first presented in the book “Living on Light” has been linked to the death of three people. It gladdens me to know that the research has managed to continue and that we can deliver a new model as presented in “The Food of Gods”.

Knowing that thousands of people have had amazing and even miraculous experiences from our first model also gladdens me but I have realized that it is not enough to work just with love; that it is beneficial to utilize ancient practices and tools to strengthen this type of shape-shifting. And yet I know also that all the freedoms and all the miracles comes when we surrender to our DOW and that on one level tools and ancient techniques are irrelevant when compared to the power of a pure heart and the planes that a pure heart can access.

The biggest challenge for me here has been my reality of sleep as entering into the darkroom one of the things that I have had to let go of is the annoyance of not being able to sleep. The more minimalist I become with fluid intake here, the better the body functions and the less my body needs sleep. Also as we enter week two in the dark it is common for all people here to sleep less due to the chemical changes in the brain so this leaves me now with 22 hours to play. Strangely enough when I let go of my reluctance re lack of sleep I suddenly found myself sleeping much more which is such a change for me. It's as if resistance sets up the very thing that we are

seeking to resist and yet surrender and detachment and letting go allows something else to be revealed.

Have been playing a little more with the rhythm of my daily routine to try and maximize the pleasure gained from being in this environment and found myself missing a little of that beautiful heart energy, the things that bring big smiles, and so after our morning exercises with the group when I stay within the hall and continue my yoga for another hour I then come up and listen to my mantras and sacred songs of devotion as this allows the heart to open so beautifully and be flooded with that feeling of divine love and devotion for all life and appreciation also of everything that has gone before regarding the Holy Ones and their messages. It is beautiful to dance in that time and seeing and do continue the energy work of working with Chi around the body after going through a more intense yogic session prior to it all. The dance loosens things up again and directs another layer of violet light while I can sing along with the mantras. The whole experience is really quite sublime and puts me in the perfect space for Mantak's morning teaching class and subsequent long meditation.

I have found that it is important for me to start the day with good open heart energy and the feeling of devotion for it adds a whole new level. When I am at home it is easy to inspire this energy for it simply a matter of waking up if I have been sleeping and walking out on to my balcony and watch the sun rising over the ocean. Immediately my heart is filled with love of all creation and devotion for I get to witness the magnificence of all creation in the simple rising of the sun but again I do not have that pleasure here so it has to be induced in another way and the singing of devotional songs and mantras allows this to come together quite beautifully.

After having been so active in the world this last decade and the constant traveling and touring and seminar holding and book writing, and everything else that I have been doing, I never thought that I could relax so deeply into the state of just being and nothingness that this space is providing. I have also surrendered the routine of my program to the Lords of Time and asked to be in harmony with the flow of time, this seemed to work instantaneously and now every moment reveals something subtle and new. I enjoy lying around for hours, just breathing, focused on the rhythm of the one who is breathing me and feeling its inner caress. It is like going away on the most supreme honeymoon with the most glorious lover that you could ever have.

Beams of pure white light seem to constantly dance throughout my peripheral vision sometimes shining so brightly that it's like a cosmic spotlight and at times I feel it would be nice if it was turned off for it is too bright. Apart from that violet light dances across my inner eye randomly and chaotically forming the shape of misty dragons, and now and then these shapes are sporadically broken by bursts of radiating points of light.

Constantly I see the cosmos and the stars of a nights sky whether my eyes are open or closed. I have decided that this light is uncontrollable as it comes of its own accord just like the wave of Grace when it surrounds you in your life bringing you into a state awe and wonder as you watch the magic of how creation unfolds itself around you with such harmony and joy. Both are uncontrollable, however for the experience of both you can tune your inner and outer fields in a way that will put you on a collision course with both this inner light and this Grace. The darkroom experience is allowing this collision course to happen more and more as the action of lying still and breathing deeply and focusing on the tools shared here allows for the dancing light to come less sporadically and more frequently. Similarly with the field of Grace when we tune ourselves

through our lifestyle choice and how we spend our time in the outer world this determines how often and how constantly we are held in Its field of love and magic.

A day or so ago I received very clear inner instructions that I have to bring to completion some issues in my personal life, issues that I have been reluctant to complete for various reasons. It was interesting to note that that evening I found myself sleeping deeply not just because I was receiving downloads of data for these books but I also understood that because my emotional body started to go into reaction mode which caused a drain on my energy fields, I found myself tired and my inner child of course reacting and wanting to savor the flavor of food again. This is such an interesting demonstration of how we need to treat the body in totality, honoring and loving all aspects of ourselves as we move through this freedom journey, for while the physical body maybe capable and willing to perform great miracles when the energy flow is right, as all alternative therapists know the health of the physical body is regularly interfered with and determined by the emotional and mental patterns within us.

It is amazing the difference of how my energy levels were before I received this clear instruction compared to after, for of course the instruction then opened the door for me to think very honestly and clearly about these particular issues and then feel all the emotional confusion around them. All of which contributed to a redirection of energy flow in my body and the subsequent reactions.

There are times that I feel like I am completely unable to fulfill the work that I have been assigned to do. To think that I could be a miracle model maker, even though of course I understand the science of it all enough to no longer see it as miracles, is so strange for me at times. To also think that this position that I have been invited to take in this world, is a position that has already gone down in history and will continue to influence history with the Divine Nutrition Program, all of this is also amazing to me.

I find the path ahead of me and what I have foreseen to be at times completely overwhelming and I realize that in order to play this part with utmost impeccability and all the support and Grace that I need to bring it into reality, then I have to have no schisms in my field and allow no distractions that could in any way negatively influence this field.

Sometimes a very, very small part of me longs for a more normal life and yet when I think of what normal means every cell in my body rejects this for it is contravening everything that I have come to do.

I remember very early in my conscious path with this work, sharing telepathic communication with the Holy Ones and that they were sharing how with some spirits, some embodiments, people come with a preprogrammed plan to study various aspects in life, a life that can be seen as a gigantic library. Perhaps one life they are studying the medicine of it all and so they study to become doctors and learn also of the virtues of kindness and compassion and serving fellow man through the medical profession. Others may come to learn more of the nature of kindness and compassion in other ways and so are drawn to the Buddhist teachings and spend their whole life studying everything there is to know about Buddhism or perhaps Christianity instead. But each life is like a corridor within this library of all these particular teachings and so a soul returns lifetime after lifetime until they have studied every section in that library that is relevant for their own growth. Some lives of course combine a number of sections, metaphysics and medicine for example and so they become an alternative therapist or something of the like.

Woven through all of this of course is our karmic human relationships and the completion of different plays from different times with different players that we have encountered as we move through all of the fields. Eventually a soul comes to a point where they have studied everything they need to have studied in this library and they come back this time again not to study so much but rather instead to see what they can do to make the library itself function better for the good of all. It is an interesting analogy and an interesting story.

All of it of course is about our continued evolution through the fields of life through learning to control our inner and outer energy flow with our personal energy field, to learning how to interrelate with others in the community field, and then seeing how of course each community contributes to the global field, and the general state of development and evolution on the planet Earth, for we are all interconnected and we are in essence one family on one planet.

And then of course we have the signals and the influences that radiate out from the Earth out into the Greater cosmos and how Earth is positioned within the universal field.

It is all a very interesting and complex set of dynamics that we can explore consciously on a spiritual, emotional, mental and physical level and so I have decided to do as my inner guidance has advised. I have had so much support for the truth of this guidance in so many ways over this last period of time and yet now after having noticed the impact that thinking of these things has on my energy fields, then rather than dwell on these issues further while I am here, I will attend to them when I return to my normal environment.

I know that the inner guidance came for I had settled back into a level of emotional complacency with that particular issue and once more I needed to be prompted to address it and attend to it when I return. I feel that the guidance came at this particular midway point at this retreat also to make me realize and appreciate that so many of those in this retreat with me are doing exactly that, confronting their emotional issues, for there is nothing like spending twenty-four hours a day, seven days a week, in a darkroom situation with nothing to do but contemplate, reflect, meditate and do the types of energy work that we do here. I know that for many of the people here they have been confronted with numerous deep profound emotional issues that have in turn affected their energy levels during this time.

For some of course this is a perfect time, having stopped the busyness of their lives, to go into a space of deep communication with their own being and to confront themselves with questions like "what am I doing in my life?" and "am I really happy?" and "what changes can be made to make me happier or healthier?" or whatever they are being guided to address.

Often we get caught up in the busyness of our lives without thinking about what we really want or where we are going, for we are often simply fulfilling actions that are habitual but no longer really feed or support us in the way we need supporting on an emotional, mental, physical or spiritual level. We address all of these issues in the Biofields and Bliss trilogy particularly the first book "Four Body Fitness: Biofields and Bliss" for until a human being is completely honest with themselves about how their life is operating they cannot be involved in any deep alchemical transformation, instead they skim through life through superficial layers until some traumatic situation occurs to make them stop and assess it all; or unless that deep inner voice can grow louder and louder by constantly gnawing at their insides as a sense of either dissatisfaction or just a sense of knowing that there is much more that they can open themselves to provided they create a few shifts in their life.

And so having firmly resolved to attend to the matters at the right time as there is nothing further I can do about the situation here now, my emotional body has now settled again and my energies have returned to full power.

Darkroom Downloads - Day 11

I have been watching and listening avidly as a student and feeling the fields as the darkroom experience unfolds and trying to summarize the goal and the outcome as well as the procedures involved to attain these, as the teachings progress, and also at the same time seeing the relevance and the similarities with the way that I have been trained with using the violet light and the outcomes that I too have been guided to focus on.

Week one was focused on what is called the Lesser Kan and Li, week two is the Greater Kan and Li and week three will be the greatest Kan and Li. The quickest summary, or the easiest summary, that I have come to understand so far and have since confirmed with the leading instructors of these methods, is that in the Lesser Kan and Li we are looking at creating a cauldron of energy that stores energy and activates energy in the lower chakras, anchored in the sacral and around the navel and through a particular process that I will describe in the tool section in the Tao and Tool chapter, the generation of very powerful violet light steam.

This steam is then used to cleanse the organs and hydrate the organs as well which is interesting for the research that I am doing, for as I've shared, I am looking for a powerful system of internal hydration so a body can be free from the need to take fluid.

The second week the Greater Kan and Li goes into the creation of a clay cauldron which has a different heat mechanism and is more gentle again producing the violet light steam to regenerate and cleanse the organs and the third week we go into the heart area to produce the jade cauldron.

These three cauldrons work together producing denser to finer to totally refined frequencies of violet light mist to totally cleanse the whole system but more than that the energy work and the tools and techniques then begin to allow a person a greater activation of their divine spirit and the divine essence and to provide to them, through the practice of certain techniques shared here, the freedom to come and go from the body at will to explore the inner cosmos.

The third part of this is the creation within these cauldrons of the immortal fetus – as the Taoist Masters call it – this is a fetus that is an immortal body that will grow, when fed over time, to allow the complete transmutation of the dense material of our physical system into the immaterial the pure light body of spirit and maintain the forever youthing or self-regenerating system of immortality.

Those that have read my previous book “The Food of Gods” and attended any of our work retreats are aware that part of the work I have been doing is with the self-sustaining template and this works with the immortal body in a slightly different way. I am guided, as I am in deep meditation here, to combine the two systems and will attempt to do so through a very particular meditation in the Tao and Tools chapter.

It is interesting the differential in the systems also for I like to set up systems once and have the body obey this command and run by the new system but no doubt this takes a degree of mastery over the system and also the absolute conviction that we are the master of our molecules and our molecules will obey us.

The system the Taoist Masters use is repetition, repetition, repetition, going over and over the practices until it becomes such a part of your cellular structure you are doing it automatically and this in itself is a valid way of training. It is important that we move our understanding out of an intellectual model and by living it daily applying it daily, bringing it into a cellular level, so it becomes a natural part of our way of being.

Already I am finding that I can combine many of the Taoist practices here with my normal morning yoga routine hence enhancing the different systems while providing various outcomes within the body. Assuming the corpse pose when resting between asanas, or the child's pose, both are an interesting time to do the universal ocean breathing that I talk about in the Tools chapter, so every day I am finding ways in every meditation to combine the teachings, taking particular note of all the work that is creating hydration and regeneration in the system, and for physical immortality, as these are the sorts of freedoms we are talking about throughout the Law of Love manual. Hence for a model to be born tools must be delivered to support this model and take it from the realm of hypothesis into reality.

By combining the lesser Kan and Li, and the greater Kan and Li, and the greatest Kan and Li tools with the self sustaining template for physical immortality, we can rejuvenate and regenerate the body, and set the body into a pattern of freedom from the need to take fluid and food or age.

Please note that I highly recommend the reading of Mantak Chia's booklet on this subject to get the absolute correct emphasis on the Kan and Li procedures however the procedure that I do offer on this - in the Law of Love manual - will have the same effect and takes the Taoist teachings on this to a slightly different level by combining the futurist science of advance bioenergetics with the ancient teachings of the Tao.

Matrix Mechanisms and the violet light

There is a strong emphasis here on 'out of body' experiences, falling through the inner atoms into the inner cosmos. With out of body training people need to understand that it is your frequency which will determine which dimension you can access and which doors open to you and allowing you to enter these different worlds.

When the ancient masters said 'be here now' what they meant was to be totally focused on the moment and very present, for when you simply tune yourself through frequency adjustment, via lifestyle and where you focus your thoughts, your words, your actions, then everything does automatically just come to you. You can find yourself walking into a sacred temple and suddenly walking through a dimensional door because there is something in your energy field that matches the purest teachings in that temple, and in that walk-through you find yourself going backwards in time, living in another world, or glimpsing another world, either simply as the watcher, or as an invited guest, where you can participate and interact with the ones who dwell in that realm.

So for me these days I no longer go seeking for I've witnessed enough in my experience with meeting with Isis, and meeting with the Christ, and Saint Francis of Assisi, and many of the other experiences I've had, where it just happens automatically when the time is right, when there is something that you need to know to support your service agenda.

When you are pure of heart and have tuned yourself and surrendered totally to the divine one within, with an openness and a desire to have revealed to you, all the codes within your light body, regarding what you have come to do, in your service for the evolution of humanity, then all the universal forces support you with this river of Grace and deliver to your door everything that you need, exactly as you need it, whether it be the resources of wisdom, and clarity, and vision, or time, or money, or people or anything that you require, because what you are participating is a pre-programmed or pre-written and pre-agreed part in a cosmic movie of positive human evolution.

Darkroom Diary Downloads & The Freedom of the Immortals Way with Jasmuheen ó includes 2013 update

The practice of being able to come in and out of your body at will is a very interesting one to undertake. However for most of humanity every night as they lay their body down to sleep, this happens automatically, and with the commitment to service you will find your divine self leading you nightly across the globe in your energy body to serve and help a soul in need. Not necessarily are you restricted to these planes, however for those seeking techniques or the practice of bi-location and the ability to be in two places at once and also the beginning tools for dematerialization these can be found in the later chapters of my book "In Resonance".

Darkroom Download - Day 11

Daily I get downloads of data from universal mind regarding tools and mechanisms and research realities to add to my current focus. This is probably contrary to what the teachings of darkroom are about for in essence they are about quieting the mind so that it produces more melatonin and the more active the mind is the more serotonin is produce instead.

However I'm finding some of the tools and the teachings here are not relevant to what I'm looking for and yet the essence of the teachings is very pure. I have discovered in my own journey that there are ways of simplifying the methodology and applying what is being taught a lot more powerfully and easily for a modern day system. Still I feel so thankful as every day I receive more insights and more understanding with both the books that I am currently downloading, as well as of course working on my own physical system as far as increasing its strength and also on rejuvenation.

The daily yogic exercises and Chi exercises are wonderful to experience and I can already find great benefit. Even though it has been less than two weeks I know that I would push myself a lot further within my physical boundaries if I were not meeting with the film crew in less than fourteen days. This is creating a limitation on one level as I wish to present myself looking as radiant and healthy as I can, so it is restricting my exploratory mode of just how far I can push my physical system in these circumstances.

Sometimes when you are bringing in new ways of being that begin in the spiritual plane, and then come into the mental, then the emotional, and then filter into the physical, it can be quite demanding on the physical system and the physical system may need a period of adjustment while it deals with the new matrix mechanics that you are overlaying and as you learn to adjust the power controls of each matrix system.

I do not wish to do anything that would have my physical system looking a little tired or dehydrated for when I come out to virtually immediately do the filming of this documentary that will hopefully be a wonderful treatise on the power of mind over matter and people who are expanding themselves to do some amazing things. Obviously the freedom agenda that we are working with fits in well here.

I do not wish to omit the fact that the darkroom experience is challenging for it is. It challenges people on many different levels and as I circulate amongst the group here silently I hear of the many different challenges many undergo. Even for myself - who is used to such extreme initiations - even I find it a challenge on certain levels.

I really miss the sunshine. I really miss the freedom to come and go as I please and to walk on the beach and the things I mentioned earlier on in my reporting in this journal. However, there is no point in the missing of these things for they will not be there to be enjoyed for sometime yet, so of course you exercise a little mind mastery and emotional control rather than indulge in things that you have purposely excluded yourself from having.

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

Most people, including myself, are not used to being so restricted and so we constantly have to look at it all from a positive point of view, for I know that it is doubtful that I will put myself in this position again. It is a wonderful opportunity to be taken advantage of. Some days it is tempting to just walk through the courtyard out into the fresh air and to smile at the sun and dive into the beautiful pool or go to the gym and have a fabulous full body workout, working with the muscles in a different way than what perhaps we do with our yogic practices.

There are 101 little things to entice us out in the external world, even crazy things like shopping in the night markets, just to mix with the sounds and the sights and the flavor of the hill tribes and the local people or to wander the streets and take sojourns into the Buddhist temples to sit amongst the incense and the monks as they go about their daily devotions.

Again these are things that you try not to dwell on in any great detail for they are not available and yet you know that you will appreciate these and so much more when finally we are released from our self imposed confinement.

Another challenge for me here is totally relaxing and just being the 'listening student' for there are so many fast efficient tools that I would like to share with the group, tools that add another level to Master Chia's teachings, for the practice of the Tao is slow and built upon repetition which in itself is a wonderful way of anchoring the practice deep within the cells.

On one level I would like to complete my time here within perhaps two weeks rather than three, for I feel that I have received so much and so many gifts, I couldn't possibly receive anything more and yet daily my inner being just invites me to stay with a promise that there is more to come. I will check on day fourteen and see what instruction I am given.

This is the way with all teachings and all programs, to tune in within and to check with your inner being, your divine spirit, when it is complete for you regardless of time schedules allotted, for sometimes you can move through a program and absorb things very quickly. For example the development of the three cauldron meditation, once I did it in my body it locked itself into place immediately and began operating as if it has always been there, and yet Master Chia recommends for people that they practice daily on each level until it is well and truly anchored in their being.

For me perhaps because I am so used to working with the various violet light matrix mechanics over the years, sometimes when things make sense to my system one visual meditation is often enough to lock them permanently into place. Of course our mental projections from that moment on must be one of acceptance and understanding that yes they are in place and yes they are operating. We share a chapter on violet light matrix mechanisms in the Law of Love manual.

Darkroom Diary Downloads - Day 12

I have been in my silent time over the last few days, very much in the position of the watcher, just watching the different levels of consciousness within me rise and take center stage and how the rising of each one effects my energy flow.

I am also seeing more and more of the complexities involved in the creation of a model that one can apply on mass and sometimes I wonder if it's possible for every human being is so complex.

Perhaps the end result will be again that loose guidelines can only be offered, things that have worked for me that we then encourage people to apply but in tandem with their own inner guidance. I do believe that we can apply the science of matrix mechanics but there are so many other subtleties involved.

As I have shared earlier there are conditions that are like anomalies in the field, for example, yes I can travel constantly taking no nourishment from physical food; yes I can be in highly polluted environments because of the use of my bio-shield and my inner plane feeding mechanisms, and also because of the anomaly of the fact that I am constantly channeling high voltage, high frequency energies of love and wisdom as I work in each different city.

I do not know how much that this anomaly is not just compensating for dealing with the pollution, the mental, emotional and physical pollutions that I move through, but I am sure that it compensates a lot for to spend months on the road, in a constant state of deep meditation, where you are totally merged into that energy of your divine force, and where all the love and wisdom of the universe can flow through you, as drawn through you by the crowd before you, is an amazing boost for the channels system.

This is how we work. This is not something that the common man making these sorts of transitions is normally exposed to. On the converse if you have a Lama or a being in a highly energized, high prana environment like the beach or the Himalayas where you are doing your spiritual practices and not exposed to any mental, emotional or physical pollutants then yes again this is easy to maintain a high voltage Chi field flow, violet light flow to feed and nourish the system, but again the regular person does not live at the beach or in rainforests or in the Himalayas, the regular person is congregating generally in cities where there is huge levels of pollution.

Pollution from television, pollution from cars, pollution from toxic thinking, thought forms that are constantly bounding through the city, toxic emotions that are constantly being released through the city from people's unhappiness and feelings of desolation, isolation or whatever they are going through.

All of these are contributing factors that constantly move a person's energy fields particularly if they are not using the matrix mechanisms that we recommend in the Law of Love manual.

I do not believe that it is for one person to formulate a particular model but I think one person can, by tapping into universal mind as I'm doing and then applying what is received, I think that one person can offer some good tried and true guidelines that will at least point people in the right direction and save them a lot of time when they then add their own layer DOW power, then this will be their missing ingredient to take them into the freedom plane.

If it was a matter of one person delivering one model then no doubt we would end up again with the sheep and teacher game, the flock and the shepherd, and this is definitely not a time of flocks and shepherds, this is definitely a time of self mastery. It stands to reason that even the most tuned individuals, when accessing universal mind, will be able to bring through most of the ingredients, but there will always be one missing key ingredient which determines success or failure as we keep stressing and that key ingredient is the key-note of each individual applying their model and this is something that only the individual can control or regulate.

On a lighter note, I am enjoying my daily concerts. It's been wonderful to rediscover my sacred and devotional songs. I have set up a little CD Walkman with speakers and every morning when I get up, again I enjoy my own private concert of the best musicians in the world singing heart songs with such love and devotion, rhythms that move my feet and move my soul and put a smile on my face which is a great way to start the day.

I have also begun to glimpse the danger within my own system of the fine line that I walk, that while I can maintain a certain frequency, then it easy for the body to go for long periods, if

not permanently, without fluid. But as soon as I get out of balance through side-tracking with any emotional issues that are still needing resolution within my own life, then that acts like plug in a hot air balloon, immediately deflating all the air within that balloon and causing it to spiral downwards.

So again my body consciousness is telling me by giving me such a strong example that I have to attend more at this time to my emotional body and bring it into a stronger space of harmony with my future path.

Part of this, for me, is to do with the coming of the media in the next ten days for I began my work on the global stage open to share with the media all our wonderful research. I was like a child that had found a treasure chest that was filled with the gifts that the divine one brings and in my naivety I found myself entering, what I have often described as, a boxing ring with Mohammed Ali, where I was completely unprepared and untrained for what was to come.

It is true that even for the most courageous warrior when the odds are stacked to those degrees you do come out from that ring feeling battered and bruised. To deal with the media onslaught with the deaths of the three people indirectly associated with my first book "Living on Light", to receive blame for situations that were caused by events and people either ignoring what was recommended, or by people who were perhaps unskilled to deal with the problems that they encountered; to deal with the onslaught of all of this, to act responsibly, to refine the model further knowing its place in the greater game and the long term benefits that will provide our planet, all of this can leave its mark.

So my emotional body, that sweet innocent child within, so in love with the divine and so hurt on some levels by the reaction of our world to these pearls of wisdom, was so happy to have been able to retire these last few years from working with the media. This child has had to be enticed into co-operation again for I know that my involvement with this documentary is going to bring media attention back to our door. No doubt with that attention will come the digging up of all the misconceptions, and fallacies, and rumors that have been released through the fields from our previous foray in trying to educate through the use of the media.

For me it is like child wanting to share something so precious with an adult, sharing it with so much love and trust and knowing that if only the adult could see what this child could see, that the adults world would be transformed as the child's is, and then as the child shares the adult turns around and smacks the child in the face, then the child retreats perhaps hiding in it's room. Then the adult says "come on out, it's okay", and so perhaps the child ventures again, shares again, gets smacked again, and retreats back into it's room.

How many times will it take before the child refuses to come out?

How much courage must that child gather?

How much belief in the beauty of what it has to share must the child have to keep coming out of the room to be smacked again and again.

Interesting dilemma for a child and the inner child forms part of all of us. It is our trusting innocent nature. It is the one that responds so purely and so joyously and so delightedly when the divine one that breathes us begins to dance its way through our system. It is the one that doesn't question but feels the endless potential of such a dance, and dances the dance as if using steps it has always known, for these are the steps that will take this child back to the one true home, the home from which the child was born that original force of creation that heaven, the Eden, the nirvana sort by all.

This is the dance the inner child loves and when it knows the steps it is put upon the global stage and instead of receiving any praise or thank yous, it is booed and hissed by certain

members of the audience. And so the child learns not to have those members present, for when they are not present then the rest of the audience and the child can dance the dance of the divine. When the like-minds gather, when the seekers of miracles gather and listen to that inner voice and learn the dance of their DOW then the miracles happen and the dance becomes stronger and the pathways easier to follow for it is multiplied by the masses.

I guess you could say, to me dealing with the media is like the hecklers in the audience, by not involving myself with them I won't get slapped, I won't get heckled and the journey is easier and a thorn is removed from my side.

It is interesting to know how destabilizing that sort of emotional reality and the feelings that come with it can be, so of course as the master of the system one does what is required to forgive and to let go and move on.

I remember when the media frenzy was at its height and I found myself crying quietly in my hotel room under the shower feeling what a missed opportunity it was, knowing what a powerful tool the media is to re-educate our society out of fear, and to provide powerful tools for eliminating all the poverty and chaos and disease and war on our planet; and as I allowed my inner child its moment of sorrow, I felt myself encased in arms of such love that just held me gently and shared, whispering in my ear: "Forgive them Father, for they know not what they do. Forgive them Father, for they know not what they do".

Of course I understood immediately what this referred to and so I re-gathered myself and let it go and moved on. Knowing and trusting that there are paths for human evolution that we will take that are supported by the Law of Love and its flow of Grace.

I can only assumed that I am guided to share this story here as I lay wide awake the dawning of another morning because it is so important that we be in a state of physical, mental and emotional congruency when we take an extreme path within our freedom journey, particularly the path of a food or fluid free existence.

This sort of congruency is not something that can be delivered by a model, although the model as we've shared can acts as guidelines. It is the congruency that comes from the living of life where you experience through circumstance what it's like to be humble. What it's like to totally surrender. What it's like to come into such levels of sincerity in your desire to know such freedoms.

The greatest gifts that all the dealing with the media in this past decade has given me, the greatest gift was the gift of true humility and for that I will be eternally grateful. Because of this gift of true humility I've been able to enter through the most amazing dimensional doors, to be with beings of great light and great love, who have revealed to me so many of the secrets of the higher planes and expanded my emotional capacity to such levels of refinement of joy, awe, love and wonder. I know that without this key of humility these are experiences that probably would have been denied.

So again for me, everything that occurs is absolutely perfect for in the greatest suffering throughout the greatest trials, tests and tribulations there will be a gift, a gift that is so needed, a gift that will add a flavor, a virtue, an insight that will add a necessary part to your key-note as you progress through the freedom fields.

And so a new day has begun and the rooster in the village beside us continues to crow its crazy song, as it has crowed and crowed all night, and as it crows all day, unaware that in the rest of the world roosters crow to greet the dawn. Perhaps the miracle makers are a little like this rooster, rather than following the status quo of when to crow, we tend to crow at the most inappropriate

times to this world. To me the rooster's crow is adding another song to the bird life that I can hear through these walls. Another flavor to the field.

One of the side effects of living on prana for so long and meditating, for the last three or more decades, is a certain level of activation of my paranormal powers, particularly my telepathic communications with the beings that are overshadowing the work I do as I play my part in human evolution. And unfortunately, or fortunately, this means that I have very clear insight into every step into what is to come and what needs to be done. Although like all I am often tested with the detail of bringing this into being, and tested with various steps along the way, so that I too can develop the strengths and the virtues necessary to fulfill each coming step along the way.

It takes a great degree of trust and faith to walk such a path when you know the obstacles before you. It is different when you are naïve and unexposed to when you have been the forefront of what can only be deemed at times a war, and yet my warrior within me has long been laid to rest, for I know that all must come without struggle with joy and with Grace and with love, for if something is truly destined to be, all the elements, of all the kingdoms will support it, providing it with all the food and the nutrients to birth this baby of evolution into being.

So there is no need to fight, to struggle for the Law of Love will bring everything into its proper place within the proper time. My emotional diffuser of the last few days was obviously more than just old feelings being triggered by my reemergence within the global scene with the media game.

There have also been issues on personal levels and just dealing with the changing nature of the game and the walking of pathways to come for I must walk alone for a while, letting go of ties and bonds that are no longer nurturing, and all of the things that every human being is confronted with at some point in their life. I can only recommend that again it is so important to honor your physical system enough by making sure all your systems - physical, mental, emotional - are in complete harmony, without any unresolved issues, before you attempt and seek freedoms in this way.

When I received clear guidance that my work with the media was soon to continue, my immediate reaction was one of absolute horror for I thought that I had been able to retire. I thought that after speaking to over nine-hundred million people about the power of the divine and its gifts through dancing with the media that I would be able to retire from that particular method of education.

It was interesting for the forces that be having read my reaction of horror at this suggestion very clearly been through telepathically that I was just to relax for when the time was to come I would be more than ready. I can only trust that this will be so.

And yet when I look back over the pieces of the puzzle that have been revealed to me in the last few years - our connection with a team of doctors in India in Ahmedabad and their research, the discovery of Prahlad Jani, of Hira and his testing, of Zinaida and all the others who are now emerging on the global stage, some more open than others to again walk beside me through the mania of the media world – when I look at all of this I am heartened.

So much more research has been done now and we are in such a much better position than we ever have been to present our findings to this world. Again it is always a blessing to come well armed, to enter such a field well armed.

I know that there will come a future time when the type of freedoms that I am talking about in this book "The Law of Love" and also the concepts and tools shared in "The Food of Gods" that these will become so every day and common place and known by all and accepted for

the benefits they bring and the truths contained. All that is left is to learn to dance deftly through the mind-field of those who cannot yet recognize the magic of metaphysical life.

Darkroom Downloads - Day 13

I have received clear inner guidance that my time with the darkroom will be complete in about five days, three days earlier than anticipated and that I am to go back to my bungalow here to begin to reabsorb sunlight and prepare myself for the coming filming while still attending the final three days of classes in the darkroom.

At this point I am still unable to stabilize my skin which continues to be dry regardless of how I adjust my fluid intake. When I have days of no fluid at all, it is dry. When I have days of minimum fluid, it is dry. When I have days of three or four glasses or a liter of water, it still remains dry. It is obviously being affected quite powerfully by the lack of fresh air in this cave and I need to be exposed to fresh air and sunlight.

I have learnt so much and the experience here has been so invaluable on so many levels, personally and professionally, and I know that there is more to come. Still, I look forward to being able once more to absorb the rays of the sun, to see the beauty of the natural surroundings of the gardens here.

I love the hours of solitude and silence and how there are absolutely no distractions for my yoga practices, how I literally can spend hours working through every part of my body, increasing my strength and flexibility with the various asanas. I love all of the states of theta/delta wave frequency that my breath can lead me into through hours spent in stillness following its rhythm. I love the concerts of sacred music that I participate in every day, plugged in with my headphones to my walkman. I love feeling that I am not confined to my form, that forms do not exist, that there is no separation because I cannot see form.

I love the group's harmony and respectful awareness of silence and space. I love to listen to the pearls of wisdom that flow from time to time regarding the teachings of the Tao, pearls that are so relevant to my current research project. There are of course pearls of wisdom throughout all the teachings of the traditional ways, whether they are the Tao, or Buddhism, or Christianity or the Islam tradition, or any that has gone before - there are pearls within them all. Finding those that are relevant to the model that we are choosing to currently create is of course an art.

It is Friday and day 13 of the process, that wonderful Friday the 13th energy abounds and tonight a number of people will be leaving, those who were booked in for two days. They will return in the morning to complete the lessons of the day and yet by leaving tonight it will give their systems times to adjust back into the world of light before catching planes on Sunday.

I have decided to indulge myself a little and take a moonlight walk for I miss the fresh air and the smell of the garden and although the moonbeams can penetrate all substances and I can call them to me in my cave, the idea of a stroll around the gardens on a moonlit night has great appeal. This is not something recommended in the program however it is nice to follow the calling of my heart.

I am indulging in fantasy of putting on my swimmers and taking a moonlit swim so will feel what the night temperatures are like outside as inside it is colder than expected. The more meditation and chi energy work we do with yoga creates its own internal heat to compensate.

It is interesting to think that all around the world there are so many sun rises and sun sets now being enjoyed by so many and ignored by many more and yet deep within this cave there is neither only the imaginings of a mind that has such things that has such things etched so deeply

within it, a mind that when allowed to wander can recall the beauty of a sun rise or a sun set for I have seen so many in this previous year – a gift from living by the ocean, a gift that comes when we take the time to enjoy such things.

It is interesting how memories can be recalled and relived and savored and enjoyed and how rich the fabric of life becomes when we dive among our memories to appreciate the beauty all over again – like eating the most fabulous meal twice or enjoying the most fabulous love making session, twice, one in reality and one in memory. The beauty of memory is that it is not restricted to one viewing or one recall of experience and how the imagination can expand on memories and fine-tune them making them better and brighter for there are no limits to the human mind.

I find myself praying to find the beat of the human heart for it is not enough to download the wisdom of universal mind with its solutions to a planet in need. This wisdom must be delivered to open more doors of choice but wisdom needs to be delivered in a way that touches souls and can be absorbed. Yes it is easy to touch the like minded ones and perhaps share similar visions, but to reach out further into the greater world and find a heart rhythm that will touch enough will the wisdom to be applied for the changes to come, that path is also something that needs to be revealed.

There is a rhythm that beats through the human heart, through the human life-stream that can be matched and danced with. The beat of the human heart is an unseen language that crosses all barriers. It's that response that you get when you see eyes alight with laughter and light and a knowing, wise eyes that can shine out from any color face, any age, any gender, any species. The beat of the human heart is a sense, a presence, a feeling that you are bathed in of recognition when you are in the presence of the law of love, in the presence of someone who is radiating the essence of the law of love.

The beat of the human heart is a touch that unites, reassures, and breaks down barriers in its gentleness and reassurance or its guiding light. The beat of the human heart is the smiles that you see on the faces of adults as they watch children that they love play immersed completely as life unfolds itself around them, dancing in the fields of their imagination where no limit can be found.

The beat of the human heart is that beat where something occurs to touch the hearts of all, something joyous or catastrophic where emotions come to view plainly in the face of all the watches. Common emotions unifying and transcending once again our differences.

This heartbeat of humanness is a spell woven by the law of love, a tune, a melody that dances within us all weaving a thread of unification for all those open to the dance. The beat of compassion of tenderness of mercy of unconditional of all the finer virtues of life, virtues that circumstances sometimes inspires within us and forces us to rise or entices from deep within us through the journey of life. It is a common thread that binds us all into an understanding way beyond words.

Darkroom Downloads - Day 14

Yesterday I spoke to all my loved ones and family and caught up on all their news as well as shared a bit of mine. It is always wonderful to talk to them all and to hear that they are doing well and of course to feel the love between us all and the support that we offer to each other.

Each night here I have enjoyed very specific lucid dreams where I am caught up in the stories of my "Fiddlers of the Field" book or I am receiving what is needed for the "Law of Love" book or I have dreams where I am in training receiving a deeper understanding of matrix

mechanics or I have dreams where I am with family dealing with more personal issues and seeing clearly areas where I need to pay more attention to my life, to things in myself that I need to address, choices that I could make that would create unnecessary deviations and so forth. It is as if the learning in this environment never ceases.

There are so many tools and techniques that we are learning and applying every day here from hooking into the energies of the north star and the big dipper and aligning these with various sections that correlate in our brain – according to Taoist understanding. We then work even deeper into the bone marrow through the skeletal system and using the steaming mechanisms we learn in the Kan Le cauldron practice.

One of the differences in the teachings of Mantak and the matrix mechanisms is that I like to do things once and have them permanently anchored in the system where they run without further attention and thought. However I realize that most people do not have the ability to 1) create such a mechanism then 2) anchor it permanently and then 3) hold the energy and belief that the mechanism will do as designed for as long as required. For many people unless they repeat the process daily it will stay as a fleeting experience in the body and a passing memory in the mind but does not gain power due to lack of attention.

While I have tried to compensate in my models with programming that says that the model and its programs will grow stronger and stronger every day regardless of our attention to it, it still does not birth things into actualization for the birthing of a visualization into actualization needs not just the mental construct but also the emotional force of desire behind it.

For example you can set up a garden that may have the best pots, soil, seeds and fertilizer, an automatic watering system and the best growing conditions however if you take another garden of the same conditions and add the interaction of the human element, of the tenderness of touch and sound and music and the second garden will grow even more magnificently for it will be fed by that intangible energy called love and attention and care.

Matrix mechanisms are like the first example and yet the system of the ancient teachings of the Tao where we focus our mind in the body using the ancient tools every day is like the second example as it adds another layer to the game, the layer of power of love and attention. So the two systems can be combined to get the best results and utilized according to each individual's belief in their own mastery.

The matrix mechanism sets an energetic support structure in motion to improve the chances of a specific outcome particularly when we imbue the matrix with very clear holographic images and intentions.

It is wonderful to be here and to see the way the ancient systems are so diligently practiced, for our discipline, dedication and devotion to our spiritual practice is like a gardeners loving touch. To also be able to experience it in my own body and feel how quickly things lock in and how quickly the matrix mechanisms are being delivered to me here as supporting grid structures to these teachings, is also a wonderful thing to behold.

As a dimensional biofield scientist I am absolutely convinced that in order to bring anything into manifestation either changing the molecular structure or the operation of molecules or learning how direct molecular flow, all of it must obviously be set into a strong energetic support system as in hardware of a computer either in harmonious additions to the motherboard that interfaces with the software and the rest of the hardware. Additionally software programs must be used to trigger the hardware to deliver the actualization. Adding the color and sounds spectrums gives more power to this natural way of creating.

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Have begun to do a little more social bonding with the women in the group as each week passes more men leave and new women arrive. We now have about 6 women and 14 men (there were 20 men originally). People of course come and go as not all have booked to do the 21 days. The energetic mix is beginning to change as the women bring in more heart energy and are indeterminately curious and are constantly asking questions through the class.

Yesterday we enjoyed a nice group sharing where people opened a little bit further to share of their challenges and their insights here and it made my heart sing for this type of sharing, in a group that has predominantly been silent, adds another wonderful layer to the energy pool from which we all draw on here, a pool that is feeding us and supporting us in some way. I have appreciated the respect of the silence and the very Zen quality of peoples' attitudes as they have gone about their internal explorations and yet it was nice also to add a little more of the human heart to the energy pool here.

Last night I slipped out quietly and enjoyed a walk around the complex. It is recommended that if you leave the dark room that you wear dark glasses which I did not have but will acquire. Even though the lighting by the walkways is subdued and operates on sensors it was still much too strong for me and so I shielded my eyes with my hands as I walked and for much of my walk kept my eyes closed and just enjoyed the fresh air on my skin and the smells and the open air connection to the stars and the moon. All of this was such a feast for my body which greedily drank it all in.

Now and then as I wandered through the gardens I would peak through my fingers and when I found a place free of the artificial light I would open my eyes to drink in the images of the natural surrounds. I found myself in a place of ambiguity for on one level as I know that I will be leaving my cave in a few days, I am winding it all down and yet part of me would like to wind the whole thing up to another level and stay longer and go deeper and deeper. I know that this is not possible as I have other commitments. I feel on one level that I have just begun to touch the tip of the iceberg and that there is so much here within the things I have already experienced that could be developed and explored. For example I still continue to bump into things unless I shuffle carefully and put my hand out and feel my way, so focusing on moving through a space and avoiding colliding with anything is an art I still need to master.

At I first asked my heart to guide me from my room, along the corridor and down the steps, then across the communal hall missing all the mats that are strewn about the floor and then to easily find my spot near the column against which I habitually lean. My desire was to avoid all the obstacles and deposit myself on my yoga mat each time with Grace. This did not occur at all and so yesterday I changed strategy and asked my DOW to guide me instead and today I suddenly found myself in one fluid motion on my matt. There was no hesitancy, no collisions, no kicking of any mats, no stumbling, I just arrived carried on a stream of Graceful motion. It was exquisite and impressed me and I know this type of skill can be developed.

My body has felt the best and functions the best on the day that I have purely prana. There is another woman here who has had 3 days on prana after 8 days on water and she has felt everything in her system changing as if she is now functioning on all levels in a way that is so clear and so easy to maintain. I have digressed from my purely prana path and taken fruit a few times in the afternoons just for the pleasure of it.

Yesterday I stood up to reach for the bowl of fruit and felt a force of energy knock me backwards. I thought that I must have risen too quickly and so I focused and tried again only to find this silent invisible force literally knock me over physically and turn me away from the fruit table. It was as if the consciousness of my body had become so strong that it was given me such a

clear message as if to say: “No I do not want this, you do not need this physically, this is just an emotional trip so be disciplined.”

This desire for flavor has been something that I have experienced for the last 11 years. I have programmed to move beyond the consciousness of food so that I no longer think of these things but I have also programmed to do it all with joy and ease and Grace and in harmony with my emotional and mental bodies. However it is interesting to see how my physical body's energy field in now over riding any old emotional patterns with regards to this.

I have noticed that on the days that I take no food or liquids that these are the days where my Divine spirit, my DOW, can control my body enough to weave me through the obstacle course of stairs and mats and deliver me Gracefully to my seat for each days sharing, or I can move around my room and connect instantly in one fluid motion with and where ever I need, navigating through the field without incident. I can go straight to the bathroom, through the doorway straight into the shower and connect straight away to the taps to turn them on. All of it happens as if I am on cruise control, on automatic pilot. Maybe it is just because the body's resources are not distracted by digesting food or fluid and so my higher intuitive sense is more finely honed. I love having created this type of space of absolute darkness to experiment within, to find ways of operation and the redirection of energy to develop our paranormal powers.

Master Chia says that the more that we practice the GSC meditation that I outline in Part 2 of the “Law of Love” manual, the more adept that the glands become at secreting the hormones that make up the elixir of life what the yogis call Divine nectar, a nectar that is not only secreted through the pituitary gland but also through the mix of the pother hormones from pinolian and the known hormones that exist within the saliva. When we added to this the creative life force of sexual energy from our reproductive organs and the universal chi from the cosmic oceans we have a very thick, sweet nectar that we then swallow to feed and hydrate the body and lubricate the joints. The technique is quite complex and I have outlined it in detail in the “Law of Love” manual but I am finding as I work with this tool daily that the body is adapting it quite naturally. My intention for simplicity seems to be the key.

For the past 14 days – or in my case for the past decade – we have been working with isolating the different muscles from the anus and perineum, to the vagina and the clitoris, we have been feeling how as we contract and release these muscles without touching anything, how these muscles can send out different electrical responses through the body, particularly the clitoris and the muscles around this which when contracted as it has an energetic connection to the pineal gland, you can feel this gland also contracting in response. It sends out a pulse in the centre of your head like a biofeedback to every clitoral contraction. The Taoists says the pineal gland is a female's male sex organ and partner to the clitoris – hence they use the term for this technique as practicing ‘self inter-course’. The male's natural female sex organ is his pineal gland which is directly energetically connected to the penis. This contraction releases the intangible substance of pinolian which then flows down into the saliva to create this powerful food and fluid mix.

Yesterday as I began to focus on isolating the muscles around the clitoris as I made one contraction an energy beam shot up instantly into my heart and my whole heart exploded in the most incredible heart orgasm. It was so unexpected and so beautiful to sit there and enjoy this. While it is an experience I have had before, as well as the brain orgasms that come when you activate the microcosmic orbit, I had never before had such a fast result of one contraction and then the explosion. To me this is proof again that the energy system and its connecting lines throughout my body are now perfectly honed and working in an amazingly sensitive manner.

Am now moving into my strictly prana week where I will not break my days routine with the ingestion of any fluid. It will be interesting to see if the internal feeding mechanism that I have been working on for the past two weeks is now operating well enough to compensate for the lack of prana that I would normally absorb from being on the beach and being in the sun or from working constantly with this stream of Grace when I travel.

In the next four days I will still attend classes here I will continue the prana only reality without fluid only if I can keep my internal hydration levels working well and if my body is pain free, particularly in the kidneys for pain in the kidneys is often a sign that they are dehydrated. If I continue to build up and use this GSC elixir and to distribute powerfully enough throughout my body then the transition should be complete.

It was not my intention to achieve this over these three weeks. It was more my intention to experiment and discover the tools needed to anchor new hydration systems through the body that would become fully operational with my attention to them and to develop the necessary matrix mechanisms to develop perfect self hydration over time.

Instead as I have mentioned, I had come into this darkroom space more with an attitude of falling in love with water and letting go of my desire for other flavor. It is hard to have days and days of drinking water when my body is already leading me ahead and asking me to no longer drink.

I still have a little conflict regarding my love of flavor as the other day, before the invisible force spun my body away from the table, I enjoyed a few pieces of the most delicious mango you could ever imagine and as I sat there satiating this desire for taste I found myself absolutely enamored by the pleasure that a human being can gain from the tasting of this type of food that is also provided by the Gods.

I have never wanted or desired to live my life forever food or fluid free but I understand that part of my blueprint is to develop a model to do so, for having the ability to do this is a wonderful gift for us to enjoy regarding the freedom agenda. I keep remembering the words of my one and only guru before the tools he provided allowed me to discover the guru within, he told us all to never be dependant on anything outside of ourselves for our true happiness or pleasure. Good advice especially if we are interested in true self sufficiency.

Once we have a skill it does not necessarily mean that we use it all the time. A highly skilled surgeon does not go around operating on someone seven days a week. He or she uses this skill as required in service. So my own inner dichotomy is that unlike the Russian woman Zinaida who is happy to never eat or drink again and is happy to be an example of a woman who has moved herself permanently out of that reality band, I have no long term desires to do the same. However I would like to do it long enough to be absolutely convinced that I can be fluid free as well as food free and suffer no detrimental side affects from either choice regardless of whatever situation I am in. I also wish to be able to maintain this, whether I am in the fresh aired Himalayas or on the high prana beaches, or in the noisiest, smelliest, most polluted cities of our world.

This type of mastery over my molecular structure is of great interest. Because I can see my role in the greater agenda re all of this and the pathway of human evolution I am of course motivated by something deep inside and by forces all around me to continue and these forces support me with such love and such Grace, hence the idea of being revealed all of this and not applying it, and sitting on the sidelines is no longer an option.

The majority of humanity are still driven in a way by a hunger that sees them as the seekers of miracles and a small selection within that populace have witnessed and enjoyed miracles and some have come into the understanding that we can go beyond that again and

literally become the makers of miracles in our own lives and then can take it to another level where we realize that we can become the makers of miracle models which can be applied en masse in a way that is beneficial to all - this is another layer again and the choice is always ours and the options are available to all. Are these options that we make and create as we grow in our conscious awareness as we dance through the fields of life? Or are these choices and options pre-planned before coming into embodiment. Either way is irrelevant for they are there. Provided the models do have obvious benefits for the path of human evolution then the law of love and its channel of Grace will feed and nourish the model and present it to the perfect channels in our world. Thus it has been and thus it always will be.

One of the problems that I have discovered in the past is that because the body's natural preference is for pranic living, rather than take its sustenance from normal food, is that you can reach a point that I call the point of no return where if you back to ingesting food substances the physical body consciousness rebels. Even if you are choosing to ingest healthy foods rather than cappuccinos for example, I have found over the decades that because of changes in the metabolic rate, the body functions differently so any food taken is automatically stored as fat and the stomach is constantly bloated.

I have never before had the experience where my body would literally throw me off balance like happened today, to stop me reaching an intended destination i.e. a table filled with food. Obviously my body is so keen to do the pure prana game and of course once you have made the adjustment of no food, no fluid, and let go of the taste sensation then you find that there are so many other gifts that more than compensate for the letting go of that pleasure.

So while I say that there is a part of me that could never contemplate not eating again, I know that I will soon reach a point where I will move beyond the consciousness of desire for the taking any flavor into the system. I know that for my own system the food and fluid free reality is preferential in its operation as it has experienced enough of Divine Nutrition to see its short and long term benefits.

Where I have come to so far, I envy to a degree, people like Zinaida who can just move straight into this system, riding on a wave of faith, never appearing to question or to struggle with her baser desires. It does not help the fact that I have positioned myself within a family structure of people who love to cook and eat thus representing the absolute antithesis of everything that I am doing and thus creating an energy field that I have had to weave myself around quite delicately in order to honor other people's lifestyle choices.

Now that I have chosen to live alone again in my beach ashram with its sacred space there is no food in the fridge which is a welcome change, except for the lunch that the academy staff may bring to eat the day they work here.

It is true that I have found that my journey with living purely on pranic nourishment is much easier when I spend time with others on the same journey for food is something that we never think about as we simply focus on other things, however these type of people still make up such a small percentage of the world. Apart from this, our role as masters is to learn to be in any situation with any people and to be harmonized with all within and without.

I feel at times a little like an athlete for an athlete must involve themselves in intense physical training every day if they are to attain Olympic gold medal status. Their eye is constantly on this and hence they pay the price of the program to deliver their goal.

It is the same for myself through the conversion for a food and fluid free diet. I know the goal, I have experienced the benefits of the goal and hence I need to apply a daily training program that encompasses all levels of my being to bring myself into a state of physical,

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emotional, mental and spiritual harmony so that the goal can not just be attained, as I have in the past, but maintained regardless of circumstance around me.

For those able to sequester themselves into more of a continual ashram/sanctuary type environment without the constant exposure to high levels of physical and emotional pollution that I have endured this last decade, then perhaps for them the journey will be quicker and easier to maintain. But it was not my path to make a conversion with this and stay with it, it was my path to learn how to switch the system back and forth and to constantly experiment and report on this - all of the things we have shared about in our previous manuals.

They say that pride cometh before a fall and yet I must also acknowledge our accomplishments so far for while the journey has been arduous on some levels it has also been fruitful and rewarding.

I find now that my body is reacting the way it is and leading me further in its desire to go on and it is overriding - through physical actions and responses - impulses in my emotional body which seem to becoming weaker and this is a wonderful thing to witness. To be able to go this past decade for such long periods without any food at all is a wonderful achievement especially when full health and vitality levels have been maintained.

Imagine what would happen to our world's resources if everyone could healthily exist on one flavorsome cup of something per day? Even to bring the diet down to such minimalist requirements similar to the lama diet of one type of food ingested once a day; all of these would have a huge impact on how our physical system functions, particularly if we have all learnt how to draw our vitamin and mineral requirement from the pranic energy sources.

Also too, imagine the impact on a global level regarding resource sustainability, waste disposal and the whole economics of the food, pharmaceutical and medical industries as hand in hand along with the prana diet goes the freedom from the need to create dis-ease.

So while we have still a way to go in our personal journeys with this - researching, experimenting, applying the tools, refining, fine-tuning and modifying it all as we learn to listen to the body - while I know that still so much needs attending to until we can all reach the final freedoms discussed in the Law of Love book, nonetheless so much has been achieved. Its nice to stop for awhile and smile and look back with acknowledgment and gratitude to all the forces that have supported what we have done', and to acknowledge the courage that we have all had to walk the path that has led us to this point.

So to my own inner being and to all the thousands of people who are now consciously walking this path with me, I simply say thank you. What we have done already has created a shift in the morphogenetic field that has created a space for another shift in human evolution that has been recorded in history. Although perhaps not yet a science or not a historical event that has been totally understood in its significance, or given the due support or respect from our physical plane systems, it is nonetheless forever etched in time and from this point can only grow.

Yes I acknowledge that the sort of freedoms discussed in the Law of Love book seem tangible or even of little interest to many, I also acknowledge that for me personally, this learning to be in complete harmony with my molecular system, is a pre-cursor to greater things to come, things that tantalize me for their practicality and the freedom that they bring. And yet beyond it all as I have often shared, the greatest lure is the love that comes when you have positioned yourself to witness and feel the beauty and joy that comes with the flow of pure Grace.

Darkroom Downloads - Day 17

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Whatever our belief systems regarding pre-encodements for embodiment, the indestructibility of energy, incarnation or destiny and fate, whatever path we choose or create for ourselves is, and will be, a path of tests and tribulation, for these are the things that give us the depth and the virtues that we need as we evolve on. More importantly it is these tests that reveal to us the virtues that we already possess that need to rise to the surface to add richness to the flavor of our life.

Darkroom Downloads - Day 18

I realized this morning that I was first introduced to the Taoist practices in 1985 when I was at the very pleasurable receiving end of a well trained lover who used these practices sexually. My delight and surprise led me in what was being offered and what this person was capable of, led me to look further into these types of practices mainly relegating them to the use of the blending of sexual and spiritual love energies for the attainment of not just genital orgasms but also heart and mind orgasms.

At the time of researching further into this particularly Mantak Chia's work I found like many that the practices were quite complex however I managed to obtain certain level of competence in the practice of the microcosmic orbit and was able to develop this into a much deeper meditation going right back through time to free ourselves from any karmic sexual energies that no longer serve us, as we've shared on this level through the various lovers through each successive embodiment. This then became a meditation that I taught in many countries all around the world to a widely appreciative audience.

Yesterday I spent the afternoon of our three hours of free time deeply engrossed in reading all the booklets on the things we've been practicing in the darkroom in the last two-and-a-half weeks, sitting by the pool and enjoying the afternoon sun as part of my slow integration back into the light. While the booklets are exquisite and the teachings too, for a western mind the teachings again are a little complex although Mantak Chia has gone to great lengths to use western terminology along with the ancient Taoist terms thus making the journey at least a little easier.

While I have certainly found the tools that I hoped I would find here particularly those through hydrating the body, I can see that it would take a student a lifetime of practice just to attain all the benefits of the Taoist teachings, for they are so deep and complex on one level, and yet simple on the other, provided that you take each step at a time and build a strong foundation through daily practice, integrating and understanding things first - like the fusion work, and the cosmic healing sounds, and then progressing slowly to the Greatest Kan and Li teachings and the work with the immortal body.

I feel I have come so far with the advanced bio-energetic work and the matrix mechanisms, and possibly incorporated too much of the Vedic teachings, to sidetrack and try to really understand and apply the wealth of information held within the Taoist principles and yet I know that in essence all the teachings are the same and it is just a matter of inviting the Divine One Within us to brings to us any tools that would be very beneficial for us, and listening and applying what comes to us then that feels really good in our heart.

Discernment is such an important key in all paths.

I have watched one of the fellow participants here drop all his usual practices of Kria yoga and Pranayama and from his mind and also the energy practice, try to incorporate the full body of the Taoist teachings over these last 5 weeks. (Some have been here to do two weeks in the fusion work before they began darkroom time) For this man all that happened was that he got into a

state of confusion and his energy levels dropped. The fact that he contracted Typhoid just before coming in was also a great adherence for his work here for it left him unable to focus completely and with the clarity that he would normally apply to any new teaching.

Personally for me I never drop tried and true techniques that I've been working with for decades that I know provide a certain result. I always use these in addition to whatever other practice I'm studying and learning in the knowledge that any additional work will simply strengthen that which I have built upon already before.

To me this journey through life is like building a wonderful house, first you lay strong foundations based upon traditional principles, using sound tools and techniques for the building of the infrastructure. Tradition provides the foundation and supporting walls and then you add color using a random selection of whatever tools and mechanisms that works for you. These add the richness and flavor in a way that makes the heart sing and the mouth smile one of those smiles that we know are so true.

Internal furnishings are built from intuition; these are the things that bring that twinkle to the eye and the song to the heart. Michelangelo said: first you learn tradition and then you throw it out the window to follow your intuition. For me the tradition and the foundation for my personal work was the fifteen years I spent with the Vedic understanding that then later incorporated Theosophy, and new age metaphysical studies and now the teachings of the Tao. Through all of this I have been guided by the truest teacher I have ever known which is the voice of my own DOW. All of this was based on some fifteen years of Christian understanding because of the culture that I was born into.

It is not enough to understand the teachings of any messenger, we have to live these teachings, we have to move these teachings from the mind into the heart and into the cells. Only when we live them and practice them can the heart fully open and the mind truly blossom in unity for a true marriage with our DOW, for it provides us with a living teaching to which the field of Grace responds. When we are in alignment, when we know it, when we have it, when we live it, when it is real for us, all of this is confirmed by how the quantum field rearranges itself around us. It is confirmed by the Grace, by the love, by the synchronicity; by the magic that surrounds us, by the way people respond to us, by how we are treated in the world by those with whom we spend time.

Again I trust that everything is perfect but if I had my time in the darkroom again I would choose to remain anonymous the whole way through and I would also make sure that I had no commitments particularly with the media afterwards. This would give me the time to go deeper and deeper without attracting other energies to my field. On one level, as I've shared before, I feel like I haven't even begun to scratch the surface of what is offered to a person who consciously unhooks themselves from all distraction particularly the distraction of sight.

Darkroom Downloads - Day 19

Yesterday in my few hours out of the darkroom I met one of Osho's devotees who gave me a piece to read from the Vigyan of Bhairav Tantra volume two, chapter eleven titled "Come back to an Existence" delivered by Osho in Bombay India in 1973. In it Osho concentrates on discussing the benefits of darkness meditation saying that the Essenes were probably the only ancient esoteric school who believed or saw God as absolute darkness and that all of the religious groups tended to see God as light, because of their fear of the unknown that lies in the darkness, because of man's vulnerability when there is darkness. However Jesus as an Essene, and also the Essenes, taught how it was important to become one with this darkness, to enter into this

darkness and that the darkness is actually the Divine Mother, a source that is infinite and eternal. From the constant source of darkness nothing can rise except the light which tends to come and go.

In this talk Osho sets three exercises. The first one is to meditate for an hour a night in the darkness, just staring into the darkness and feeling your self become one with it. One of the beauties of this being in the darkness is that you no longer feel defined, and you no longer feel that you have any boundaries, which is a wonderful gift for you begin to feel very formless.

Osho said that the Essenes offered this technique, and Shiva offered this technique, for people to move beyond their fears, to be open and vulnerable and to enter in to the cosmic realm and to allow the cosmic realm to enter into you. This on one level is also about being able to access the cosmic particles for the food that they bring and of course the cosmic particles are a part of the cosmic or the universal ocean from which the higher elements can be absorbed to hydrate our systems if we are choosing to be fluid free.

Osho talks about research being done in Japan where people with various psychosis are left alone for three to six weeks with no light at night, fed and taken care of physically but in total solitude, and how research in the field of psychology is finding that these people cure themselves of their psychosis and madness because they face themselves first in the total darkness and then in the total light.

Osho recommends that we live with darkness for three months, just one hour a day, which will allow us to lose these feelings of individuality and separation and instead of feeling like an island, we feel as if we become the ocean. We feel that we are so vast and so eternal, no longer afraid. In this technique Osho recommends us to lie down in this darkness and feel as if you are near your Mother, for the darkness is the womb of the Mother so when we lie down and imagine that we are back in the womb of our mother we are also unifying ourselves back into the womb of creation where there is no separation.

The third technique is to carry a patch of this darkness within us - just to carry it, to feel it within us. From my own experience in my three weeks in the darkroom, this is about that feeling of when we are in deep meditation in the darkness, where we feel that we are falling, sinking into that inner universe and that by being one with this universe, we literally are carrying this inner darkness with us, for it is as if we have brought this inner universe right into the surface of our inner being which allows our body to become so relaxed so calm and so cool.

Osho says that when you have this darkness within you, this inner cosmos as a conscious part of you, then you can absorb so much more from this world without reacting because it just passes through you into the inner cosmos as if it is moving into a vacuum.

Shiva said that when you practice these three techniques;

- a) staring at the darkness with open eyes and allowing the darkness to enter within,
- b) feeling the darkness as a mother's womb all around and
- c) carrying a patch of darkness where ever we go

then this darkness becomes the light and you will become enlightened. Through this darkness nothing will disturb you and all fears can disappear forever so to truly come into the light, first we must embrace the darkness.

From going through my own intense dark room time I have to agree that it is probably one of the most interesting initiations that I have ever undergone for while I felt no fear on any level, it has challenged me and expanded me, and brought up to the surface from deep within me things that I was able to transform quite powerfully. My meditations were so deep, my dreams so

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intense and I feel exactly as Osho said, absolutely expanded and no longer separate from the cosmos in any way.

I spent the night dreaming, that semi awake state, of violet dragons and the Goddess of Mercy and Compassion Kwan Yin. It felt as though both were being woven through my energy fields and yet at the same time woven in a way that was completing something. I awoke with the feeling that I have absorbed everything that I am able to absorb at this point with the darkroom therapy, therapy being an appropriate term as it truly does allow for therapeutic change to occur, for many changes here are beneficial as people confront their fears, or do as I have done which is download the beautiful layer of the natural forces from the earth plane kingdom and the cosmic realms within, via the dragon, and tiger, and phoenix, and peasant, and deer of the Tao teachings. The relationships on these levels with the animal kingdom have given me another relationship in addition to my shaman totem animals, who are still of course with me as my Device guides.

I have a feeling that I could do as others do here and return every year for another dose and yet I feel instead to rather than make this a yearly dose, to make it a nightly dose as Osho has recommended, that when I do return to my normal structure of my life, that I add an additional layer of spending at least an hour or so every evening in the absolute dark.

I find that I have been doing this for sometime any way, but no way nearly as consciously as I will be now, for as Osho shared most people when they find themselves not sleeping they will switch on the light and get into some activity like reading rather than just lie there and enjoy all that the darkness has to offer.

I have spent many nights over this last decade not sleeping and lying for hour upon hour staring into the darkness but completely unaware of the meditation type aspects of the darkness itself and what it offers as the mother's womb.

I know that for years I have also as I've worked been guided to wear both black and white much to the horror of some of my audience who have felt that darkness represents evil and yet I have always responded that darkness represents the Madonna Frequency, the frequency of the Divine Mother and that it was her love that gave light to all of creation. It is her love that directs light through all the cosmos, bringing life through all corners of the two hundred or so billion galaxies and stars within them.

Perhaps it is as the Taoist believe that the black stars are the gateways to heaven. The Taoist relationship with the violet star, particularly the North Star, as a entry point for the Immortals to move through various dimensions within the cosmos is another interesting layer and I'm sure that if studied in depth, that parallels between the teachings of the Tao and the teachings of the DOW will grow and become far more self evident.

However, for now I am full and need some integration time to digest all that I have experienced and so I will spend the next four days back in the light of the sun, swimming and enjoying the gym as well as my yoga and preparing for the arrival of our film-maker friends.

Darkroom Downloads - Day 20

I am enjoying a slow process of integration back into the world as I take more and more time each day outside of the darkroom facilities. I love catching the early morning sun and doing my solar gazing as it beams in through the open walls in the gym. My body is also loving being back in the gym and going through my usual exercise routine and I was thinking this morning of what I would term a successful conversion to a fluid free diet at least for myself personally. I decided that if I could maintain 30 minutes to an hour of solid weight training plus an hour to two-

and-a-half hours of yoga, and of course my more passive meditation time, as well as enjoying my usual daily hour to two walk along the beach, and do all of this while maintaining good energy levels and a stable weight, as well as functioning with a clear head and no block to my creative flow, and do all of this without taking any fluid or food then I would consider that the conversion is successful.

Having experienced living for very extremely long periods of time taking water and a little tea each day and maintaining this type of routine with the outcome mentioned then of course the body should be able to make it's adjustments to maintain the same if it was able to draw enough hydration from the inner universal ocean and cosmic particles.

I have been spending all of my non-darkroom time also reading and studying as much as I can about all of the Taoist practices from the fusion of the five elements, the cosmic fusion of the eight forces and more, and while the booklets are well illustrated and easy to follow and they offer a very intense training program for the disciplined student, there is a part of me that knows that it can all be a lot less complex.

I think that there is a practice with all traditional systems through time to make the teachings and the path for the initiate as challenging as possible so that only those with the strength, the faith, the courage, the dedication and the discipline will attain the greatest teachings.

I know in India for example, it is common for a guru to just give to his devotee one breath technique and then tell that devotee to go away and practice it for a year and then come back for more.

I know it is common for these gurus to give the devotee the job of sweeping out the ashram for five years before they even begin their spiritual training rather than impart any specific techniques, for as this guru is aware the sweeping of the ashram is actually a very important part of the spiritual training for it allows the devotee to come into a place of surrender and humility and to adopt a very Zen-like attitude to the sweeping which is of course a wonderful service being provided.

All of these things are ascertained by the guru after spending time with the devotee and tuning in to the character of this one. If there is arrogance in the personality then tasks are given to create humility and so forth. There is no separation of course between life and the spiritual path for everything in life is a spiritual experience if our attitude allows it to be.

So my conclusion with all of the research and study and practice here of this wonderful ancient tradition is that yes, I have found many gems that I may apply in my own life personally and as part of the Law of Love model and the freedom that it offers. Just as there are many gems, pearls of wisdom and tools in many other systems.

Weaving our way as an initiate through these various systems is an art and what we need are large doses of discernment but more than this we need a clear goal. We need to have a very clear intention and focus as to what we are doing with that system, what are we seeking, what are our objectives, what outcome do we wish to attain?

Similarly it is important when we come into any field whether we are creating a field as a facilitator for a group of students to be with us or whether we are a participant receiving teachings of any system. It is important that we also set a very clear field, a safe sacred space that has been activated or that we activate with very clear programming codes and intentions, especially when a group of beings gather together like this for such an intense period of three or for some of these people even seven weeks as layers upon layer within each individual are

Darkroom Diary Downloads & The Freedom of the Immortals Way with Jasmuheen ó includes 2013 update

stripped back, instantly changing the individual and the group dynamics as the field itself builds to form its own particular flavor.

Darkroom Diary Downloads - Day 21

As I shared the other day, I feel that I have absorbed all that I am able to absorb right now in the darkroom facility. And again as I shared the other day, I question the ability that any miracle maker has in delivering to humanity a model of A, B, C. When we are working with such subtle energies it is impossible to determine the strength of the X-factor being the human key-note. Yes, we can provide tools and techniques based on tradition and ancient wisdom and also combining the matrix mechanisms of dimensional biofield science.

The human keynote x factor is something that no tool or technique can determine. There are some who in their path for freedom will willingly take lifetimes of dedicated study like the chelas the devotees of the gurus in India. Others reach that state of purity of heart through service like Mother Theresa where the simple act of daily prayer and love and devotion for the divine creator fueled her desire and relentless ability to be of service to others.

It is this X-factor of the human heart that determines whether a model is successful for one but not for another. No doubt this is why the Master Alchemists originally told me when I began my service work that if all I did was manage by my presence to inspire another being to really surrender to the divine one within them, then that divine one within them as their master guide would bring to them all the experiences and the tools and the wisdom that that one needed to fully manifest the freedoms that they need.

Can the teachings of the ancient ones be simplified? Yes, as our ability to manifest anything in our lives - particularly these type of freedoms – comes back to the power of mind over matter. Can we master what we need to master with love and joy and Grace and compassion? Of course.

And if the true secret to the immortals and the freedoms that they enjoy is that they are driven by a heart that is filled with joy, and happiness and love and overwhelming compassion, and if its true that these are things that only life can teach us, then its also true that all the tools and techniques in the world will not deliver any freedom unless these virtues are also radiating from our cells.

Saint Germaine once told me, with true freedom more restrictions comes when to the individual it makes no difference whether they are sweeping the street of a polluted city on planet earth or sitting in the lap of the Mother Father God receiving the most incredibly loving cuddle for to that devotee of the divine, there is no separation for their consciousness has merged with the true Tao and they are permanently in that river of Grace so much so that the location of their physical form is irrelevant for they have expanded their consciousness to such a degree that they for them there is no separation.

Summary of darkroom diary downloads...

So it is interesting to come back to that point that I have been at a number of times before, that point that keeps throwing in my face the X-factor - that is the key-note of the human heart. This key-note as I have shared before is the secret ingredient that determines the success of any miracle maker's model.

When I was researching why it was so easy for some people to make the conversion to life purely on the Chi energy of the violet light, I realized that when we focus on the pranic force that flows within us it increases in its power as it does when we align to its beat.

So the human keynote is like a bag of gems within the heart, gems of virtues that determine so much regarding our access through the subtle realms and the freedoms and the gifts we can attain.

It has been most interesting for me, on a personal note, as for the last few years my focus has been coming back fully into this body, grounding myself in this plane to do another level of my work here.

My focus has to be here now, fully in each moment and just allow the river of Grace to bring to my door all that I require, knowing that how strongly this river flows and supports me is determined by my own key-note and how I spend my time.

This is something that I have witnessed over and over again and proven to myself over and over again, that it all comes back to our personal key-note the beat of our heart the song that it sings throughout the universal fields of space and time.

My journey's over the last few decades have allowed me to see so much, to explore so many realms that I have no desire to be anywhere anymore, but right here, right now enjoying every moment, enjoying the beauty of all creation, knowing that everything that we perceive is just a reflection of our own consciousness and that when we look for divinity, divinity reveals itself in every face, in every tree, in every moment.

It has been a dynamic journey with my DOW, loving its gifts, understanding its essence, appreciating all the things that I have written about, watching it all within and without on all the levels that can be experienced and again always feeling that there is of course so much more in this never-ending journey of darkness filled with light.

Will the elixir Chi Gong prove to be a vital ingredient in the hydration of my body as I continue my journey with freedom from fluid? This is something that time itself will determine. This elixir of life, this nectar is talked about through all the religions and through all the ancient practices, although of course the versions of its making and utilization all vary.

And yet I know in my heart of hearts that our body as this magnificent 6.3 trillion cell mechanism contains all the ingredients it requires to be completely self sustaining and how to release these ingredients and have them mix in the perfect way is also just a formula of science. Yes, it is a formula that requires an understanding of the higher light science and the use of the higher elements of cosmic fire and Akasha and astral light.

What we are looking at is the divine alchemy whose codes and formulas are held within our divine DNA. A pattern of programming codes within us that gifts us all these freedoms when our key-note is just right.

The Taoist say that if your want to understand the teachings of the Tao you just need to understand cooking and sex and while this is simplistic it is of course quite right, for in the Taoist sexual practices we learn to make love with our cells, to work with the sexual energies of procreation and our opposite sex gland - the pineal gland and its release of pinolian - and to mix it all together with a good dose of love, of heart virtues.

It is this mixing of this perfect mix that is the cooking process within, for true alchemical changes to be manifested using all these energies, and yet it begins with the desire to make love with our cells, to really love ourselves, to combine our higher attributes and hormones - released by the pineal and pituitary gland with the sexual energies - and when these ingredients come together in the perfect mix, yes our key-note changes, the key-note of our whole physical system and of every cell.

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The more we cleanse every cell of these heavy metal frequencies to allow the classical music beat of our DOW its own space for resonance, the more freedom and magic we are given in life.

And so I return to the same conclusion as I did when I completed the book “The Food of Gods” that it is really love that feeds us and love that frees us. There is no model for love and there is no miracle regarding our capacity to love.

Love expresses itself in so many ways through all dimensions of time and space, first beating a path of sound waves as the divinely loving heart of the mother of creation pulsing through the fabric of all existence and then streamlining itself into its various expressions of unconditional love, romantic love, paternal love, sibling love, maternal love and all the other loves that we can sample through the journey of life.

Can a model be made of this?

Can a science be made of this?

Perhaps in a future world where there is acceptance of the higher light science whose practice is based on understanding the law of love, but this is not a science that is yet been given its rightful place in our human world and yet it is the very nature of the law of love that all must return back to the source from which it has come.

And so we witness not so much a time of human evolution but more a time of involution as the inward journey leads us home. That place where we are finally free from all the limitations that we have ever known.



**The Immortal Body
& The Tao of the DOW**
(Excerpt from “The law of Love”)

The first book that I wrote in the Divine Nutrition series I originally titled “Prana and Immortality”, although my publishers around the world re-titled it to “Living on Light”. I renamed this book “Pranic Nourishment” for it is the nourishment that comes from Chi, from the Universal force of the Tao that has the power to bring us into the type of freedoms that we talk about throughout this manual.

After spending three intense weeks in the dark room with the Taoist Master Mantak Chia as if we were a group of students deep inside a Himalayan mountain cave learning ancient secrets, I have tried to piece together the western theosophical understanding with the Taoist teachings, for in the higher practices the Taoist talk a lot of the immortal body, so in this chapter I would like to try to present a correlation between the teachings, and also provide some insights as to the power of the DOW, and how the self sustaining template can work in tandem as a grid mechanism with the Greatest Kan and Li teachings of the Tao.

The Taoists Immortal fetus creation begins with our initial focus on the inner realms of the DOW and the use of tools to encourage this inner being to grow, and the Self Sustaining Template is a fully grown immortal body energy field or matrix that can only be activated when we have aligned more powerfully with our DOW. So from our initial focus we give birth to, or reveal, our DOW and when we are aligned with it, we can experience the benefits of the matrix mechanisms that then self activate. The matrix mechanisms can also be used to aid in this alignment.

I have covered more on the Kan and Li practices in my Darkroom Diary Download e-book and more detailed practices are also in Mantak Chia’s booklets on this, so I will not digress with the Kan and Li practice further except to say that the Tao Masters call our DOW an immortal fetus as a) it is eternal and immortal and b) it is a fetus within most people simply because it is small like a baby. Although our DOW exists in each cell, it is small for many because it is ignored. As we feed it through our attention and lifestyle it grows and reveals its natural immortal nature.

There are two ways that our immortal consciousness can manifest its being into the physical realms. Firstly it can choose to come in through the normal channels where two people make love, the sperm and the egg come together, a fetus is born and grows and is nourished and eventually enters into our world through the normal process called birth. The second way is to manifest a fully grown body as per the Self Sustaining Template and this occurs depending on the individual’s service blueprint.

With the first process of coming in as a new born baby, usually this immortal spirit will go through the channel of forgetfulness – the birth canal – where it will collect enough amnesia so that it can come into the world without the confusion of other memories from other time lines.

Despite this process, there remains something completely aware within us that it still in contact with the unseen worlds and this contact is usually maintained until the child is seven. By this age the child has usually begun to be overloaded with beta frequencies of the external world and slowly this overpowers the divine impulses and deadens our awareness, creating such heaviness within the system that the DOW appears to go to sleep. Yet it is more that as our DOW

is not focused on, it plays instead on other dimensional levels until once more it is called for, invited and given permission to manifest all of its glory in our earth world now.

Once we have become aware of our DOW – our enlightened nature – then we can speed up the process of the manifestation of its gifts on this plane by learning to listen to its guidance and by following its instruction. This means taking time to sit in silence in meditation and listening and feeling its essence. It often guides us to lighten up our diet so that the system can spend less time breaking down and digesting food substances and with lighter foods to deal with, it can divert its energy to develop our paranormal powers and activate our higher senses. It guides us often to do physical exercise like yoga, tai chi, Qigong etc where we can develop, through the movements, a strong mind body connection and also a physical sensation feeling of how the prana, the chi, moves through our body to then bring another level of health and flexibility through the temple that it wishes to manifest more fully into.

Also there is the act of surrender where you recognize the potential and the power of this One that breathes us. As I have mentioned so often in other books, when you stop for a moment and surrender every cell, every atom, every molecule to the divine one that is breathing you and invite it to radiate all its glory through you, to guide you, to teach you, to heal you if required, to feed you, to nourish you, to hydrate your system if required, it can provide whatever it is you feel guided to ask for, and all of this will depend on your pre-programmed freedoms. And by the Law of Love – because love is its nature, its essence – by this law so it will be.

When we give the clear chain of command back to the One who created us, back to the One who is breathing us, when we understand that the physical, emotional, mental and spiritual systems are here for one purpose which is to support the manifestation of our divine essence in this plane as it experiences life in the world of form, then the whole power balance shifts just because the nature of our DOW is so loving, and so wise, and so compassionate and so kind, and so in tune with all of the needs of the fabric of creation. Our DOW is what drives the fabric of creation – it is what drives our fellow human beings, it is the common bond with all life, through all planes. Because of what our DOW is all the universal forces are guided to support this request, this conscious change in the chain of command which comes through the act of surrender, and in doing so our DOW can then deliver its gifts of freedom and immortality.

Because our DOW exists multi-dimensionally, it can take us on journeys throughout the inner realms, journeys that are restricted by our personal keynote which determines our ability to move beyond the veils between all the worlds. The more of this loving presence that we allow to radiate through every level of our system the more realms we can access and the more freedoms we will gain. So in this context the immortal body is a powerful body that we can support into creation.

So let's assume that this is something that we wish to support with a matrix mechanism, a grid system, then we can imagine that the Divine One Within us is the master alchemist of the system and as the master alchemist it can – using violet light – weave the self sustaining template with all its programming and virtues through the bio-systems, to exist as a template, that will lie dormant and be activated when the existing physical system can support its activation, for if our DOW has the power shared then the instantaneous creation of a self sustaining template is not difficult. The choice to take this further and to then overlay this and activate it within our existing systems, this is then up to us.

As mentioned, the second way that consciousness can manifest itself into this plane is in a fully grown body, an immortal body as discussed in the matrix mechanisms chapter. I will not

elaborate on the mechanics of creating and using the self sustaining template for we have covered this in great detail previously, suffice to say as a master alchemist once told me: when we focus on being here now, fully present in the now moment, this in itself is a key to open all the dimensional doors for all are overlaid.

I include this chapter for those who got a 'yes', in the Tao and Tools chapter, that it is part of your encodements to embrace physical immortality in this life. For you I would like to take this discussion to another level.

Creating a system that is free from the need to age or die to create disease, a system that is in harmony enough to consciously escape the physical death process does not necessarily mean that as an immortal system you are confined to this physical plane, for an immortal system can move in and out of all planes at will. When their work is finished as a divine being on this plane then some people – like the lamas – simply leave the physical system or disintegrate it into the rainbow body and bring it with them to another space and time. This is what the Christ did with his resurrection and transfiguration and ascension to the light. It is not unknown that after this process has occurred that the Being will then re-manifest back in the physical plane to continue with other work that they may see as necessary to aid in the evolution to humanity. There are many options open to the immortalist.

Many of the immortal realms see their body as a temple for the divine one to radiate its love and wisdom through, and many have no attachment to the body, so once their work is complete they often choose to leave it behind and so it appears to go through the death process. Death for an immortalist is quite different to death for one who is unaware.

For the unaware usually death occurs as a breakdown of the physical system which means that the spirit can no longer inhabit the body and so has to leave and later re-enter the cycle of life in a fresh form. An immortalist chooses the time of death and exits once their work is complete – usually through the crown chakra and very often their body has not broken down at all.

Some take it up to the light with them and come and go at will, some spend centuries on different continents continually in service where called, some rest in Shamballa and appear only when called and when necessary. Some shape-shift and change their molecular structure at will. Many remain invisible and unassuming preferring not to draw attention to them selves.

In order to embrace physical immortality we need to keep the organs in a self rejuvenating state.

The Tao masters also talk about the spirit in the organs, spirits that are represented by animals that have different virtues and strengths. For example the lungs, here the Tao masters work with a system of glacial white energy, pure cleansing type mountain air and the animal totem of the white tiger as the spirit that brings its virtues into the lungs. When the lungs are overloaded with the toxicity of sadness then the tiger becomes weaker and weaker. The Taoists strengthen and clean the lungs by visualizing a stream of pure fresh mountain air flowing through the lungs and seeing a tiger in each lung growing and becoming stronger and imparting the virtues of courage and righteousness. Connected with planet Venus and the element metal, the lungs are a yin energy organ that respond to the healing sound of 'Ssssss'.

For the Taoists, the kidneys hold the blue energy of the gentle and timid deer, placid in nature flowing like the gentle waters of life. Yet the deer disappears when we indulge and feed our fears and cannot express its virtues, hence the kidneys cease to function well enough to

support immortality. Associated with the planet Mercury, the Taoists often imagine that the 'Yin organ' kidneys are connected on the inner planes to the universal oceans and that blue calm cooling element of water from these oceans constantly flows through the kidneys keeping them hydrated, cleansed and calm so that the deer can express their virtues enough to keep these organs in a state of natural regeneration. For the Taoists, the healing sound used for the kidneys is 'Chooo'.

In the Tao and Tools chapter we elaborate on using the healing sounds and also the virtues of the organs, and also provide a way to purify these organs, so we will not elaborate again on this here. Suffice to say that the drive for physical immortality can only be successful when the organs are kept in a self rejuvenating state and if the bio-system is driven by one who is pure of heart. If it is done from any other reason, than as a understanding that immortality is a gift from the Divine Presence radiating all its power and glory through our systems, then by the very nature of the Law of Love, it cannot come into being.

Physical immortality requires the human system to be operating by the Law of Love. Without the ingredient of the pure human heart and its virtues of mercy and compassion for self and fellow man and all life, this gift simply can't come into being. Physical immortality comes from an expansion of consciousness where every cell every atom of our being comes to understand and experience the immortal nature of our DOW, where every level of our being has surrendered into its touch and caress, into an experience of DOW love. And in this state of merging and surrender all the freedoms come.

*For in depth data and tools to create Matrix Mechanisms
read "The Law of Love"*

Summary:

I loved my experience in the dark and tapped into such amazing levels of creativity to receive and record reams of data from universal mind. Having three weeks to be free from all external distractions and from the titillation of the sense of sight, was for me an incredible blessing. I learnt so much about myself on so many levels.

At the end of it all, Mantak Chia asked if I was interested in co-facilitating future dark room retreats with him and after intense meditation I was guided to offer instead a Level 3 transition program for everyone, an intense time of 11 days in the dark where we would come together to retune and reprogram ourselves into the next perfect level of freedom that is right for each of us.

I have conducted two retreats now with groups that have come from all over the world to experience the darkroom program the way that I am guided to do it. The first one we did in 2005 and this year – 2007 – we did another and I loved them both. Our retreat usually begins with 2 days pre-preparation - with visuals and specific programming - and ends with a day of rest and sharing if required, making our time together 14 days or 2 perfect weeks with 11 days and nights spent without the sense of external sight. Love to 'see' you there!

Mantak Chia's booklets 'The Dark Room Retreat Introduction' http://www.universal-tao.com/dark_room/DarkRoomIntro.pdf & also the booklet 'Science of Consciousness' http://www.universal-tao.com/dark_room/DarkRoomSci.pdf explain the benefits of the dark room therapy itself and to this we will add all the necessary meditations and reprogramming re Level 3 in the Divine Nutrition Program.

THE DIFFERENCE BETWEEN JASMUHEEN'S DARKROOM RETREAT & MASTER MANTAK CHIA'S ...

Due to our yearly retreat being booked out often years in advance, sometimes people elect to attend Master Chia's Darkroom retreat instead. Here are some of the differences between them. Firstly the energies in our retreat are very feminine in nature as we treat the darkroom space as the Divine Mother's womb. While our program is flexible and unfolds according to the group divinity, we also tune people energetically to open to stronger flows for pranic feeding. Sacred music in silence and in some of our meditations also helps facilitate a more heart opening experience. We also promote solitude and silence. Also in our retreat no physical food is served although are available and people are asked to train themselves in some form of yoga, tai chi or qigong practice before they come so that they can continue a healthy exercise program in the dark.

In Master Chia's retreat, training is given in Taoist practice – usually the Kan and Li. Silence is not usually expected but happens naturally and there is no music. Also while meals were usually offered for both vegetarian and non-vegetarian, less food is now being served.

In Jasmuheen's retreats there will be no food served although participants will be given water or juices depending on their preference. Also ...

Our Retreat Focus: This is a very intensive retreat with 9 days and 9 nights of in-depth training with a small group of like-minded individuals, with a focus on alternate internal feeding systems for increasing the inner plane pranic flow for individual enlightenment and the freedom from human limitations agenda. During this retreat we will on many issues such as immortality, eternal youth, ascension & enlightenment, service in the world today, telepathy & enjoying the higher dimensions of creation plus whatever else the group divinity downloads through the daily discussions and meditations. There will also be periods of intense silence and solitude plus deep daily meditations and physical system energy work.

JASMUHEEN'S OWN RETREATS – DARKROOM INSIGHTS FROM 2005 TIL 2013 ...

NOW in this Darkroom Diary Downloads free e-book Jasmuheen writes of her own personal experiences in the darkroom plus she shares more on the Prana Program and a little of her own journey in learning how to be the true breatharian. The first retreat of 21 days was done as a participant with Mantak Chia, learning the Greater Kan and Li principles of the Immortal's Way. The following downloads from 2005 and 2007, came through with her own groups as she takes them through an intense training in the prana program to teach of alternate nourishment methods using the internal increase of cosmic particle flow. Please also read on to enjoy the 2011 and 2012 updates on her retreats into Darkroom that are also now included in the book.

She writes: "Every day our meditations go deeper as the group divinity scans the fields within and around us and downloads the perfect inner plane journey that we need. Each meditation is constantly nourishing, strengthening, cleansing, realigning us all so that we can absorb more Chi from the inner planes and attract, hold and radiate more of its qualities. It has taken me thirty-three years of conscious, and sometimes unconscious, training to come to a point where my body responds to my commands as far as feeding me from the field of love and attracting a relatively

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with Jasmuheen ó includes 2013 update

constant stream of Grace. In my public journey to educate, in regards to The Prana Program benefits, I have also attracted hate, derision, anger, ridicule and more, but I have also met with so many wonderful people. Our world truly is wonderful and it is filled with people who care, kind, compassionate beings, many of whom are doing their part to guide us into a brighter future, like the group gathered in the darkroom here now. Our group is conscious of co-creating a harmonious community as we spend these days and nights without food, without light, without distraction or noise for they are all people who are prepared to push their boundaries, to break limiting habits, and explore their human potential in unusual ways."

Again, please note that this free e-book that you are now enjoying is a journal only and not a teaching program although it has many wonderful insights.

PRANA AND DARKROOM TECHNOLOGY – Questions with Jasmuheen

Q: Over the last few years you have begun the practice of darkroom therapy, why is that?

A: According to Mantak Chia, "The darkness actualizes successively higher states of divine consciousness, correlating with the synthesis and accumulation of psychedelic chemicals in the brain. Melatonin, a regulatory hormone, quiets the body and mind in preparation for the finer and subtler realities of higher consciousness (Days 1 to 3). Pinoline, affecting the neurotransmitters of the brain, permits visions and dream-states to emerge in our conscious awareness (Days 3 to 5). Eventually, the brain synthesizes the "spirit molecules" 5-methoxy-dimethyltryptamine (5-MeO-DMT) and dimethyltryptamine (DMT), facilitating the transcendental experiences of universal love and compassion (Days 6 to 12)." So during a darkroom retreat we can experience the benefits of different brain functions.

Q: You have also been combining this darkroom practice with The Prana Program, how does this work?

A: A darkroom retreat-type situation is a wonderful way to create and/or expand specific internal feeding mechanisms and to check their success as we unhook from all external light and physical food absorption.

Q: What are some of the other benefits of darkroom retreats and The Prana Program that you share there?

A: Apart from what we have already explained, the darkroom experience has numerous benefits for the participant. Firstly it recreates an experience of being in the Divine Mother's womb from where all light flows, next it eliminates feelings of separation as all you see and/or feel is that you are an individual point of consciousness. While I have spoken at length of my first darkroom experience in the free e-book "Darkroom Diary Downloads" as above, deprivation of physical sight, like the deprivation of physical food, allows our other bio-system abilities to be revealed especially when we utilize the darkroom time of silence and solitude to explore even deeper the inner planes of consciousness.

~2005 ~

Limiting Mortality Patterns & Darkroom Diary Downloads - 2005

Darkroom Retreat – Chiang Mai – Thailand: 24th February 2005

It seems strange to be going into the darkroom situation again for another 11 days yet it felt so good last year when I did it for 21 days, that I decided to offer the experience to a group and enjoy a repeat exposure period myself. I see it of course as a wonderful opportunity to recharge my system with days of in-depth meditations, yoga, dream work and general relaxation and also a time to download any further data that I may require from the Universal Field. Although I am still guided to keep on with the Ganotherapy and vibrational medicines plus high doses of good quality antioxidants and multi-minerals, it will also be good to reset my internal pranic feeding devices and tap into the supportive and loving group energy as we undergo this journey. I also feel intuitively that there is more data to download here – if not for the harmonious healing agenda then definitely for the Immortal's Way.

28th February 2005:

I had actually forgotten how wonderful it is to be back in the dark, particularly to be with such a well tuned group and to download, via the group Divinity, the perfect meditations we all need. Being in the darkroom with its feeling of being in a universal field of no separation is so invigorating. It amazes me how much vision can create barriers and how when we are devoid of sight, we feel the Oneness of everything again.

The first time I created, then eliminated, cancer in my system I extensively used creative visualization with laser therapy to target the tumor on my liver and see it shrinking and the cells regenerating and being transformed back into health. Synchronistically two days ago, a healer friend of mine here introduced me to one of his new toys – a very elaborate laser tool that can rebalance the body's energy systems so I have begun to use this on alternate days. I knew when I went back on the road to Japan and then to here, that it was probably premature and that my body still needed more rest, so it is good to be able to boost it with this external aid now. Long periods of silence here with deep meditations are also allowing me to more carefully scan my body and boost it with violet light using laser beams directed by my mind. All of it helps to hold the healing pattern and I am so glad to be at this point now.

I have been too busy to give further thought to my journey of the last two months, except to constantly feel blessed and grateful for the adventure for I feel that I have learnt so much that I can now pass on.

Day 2: Darkroom Retreat

I am slowly finding a new rhythm to my life by once again being in this dark room environment. With nine more days ahead of me I am beginning to glimpse just how luxurious this space is also for going even deeper within and doing any reweaving and healing work within my own system. I have checked on numerous occasions whether my body is now free of cancer and get strong confirmation that it is and yet my mouth is still tender, the scar tissue is still sore and so today in deep meditation I energized my hands by activating the hand chakras by rubbing them together to form a chi ball and visualizing pure violet light pulsing out my fingers, I then began to

massage the scar tissue from under my nose to my mouth, visualizing that I was reweaving the tissue underneath back into health.

I realized also at the time that I needed to release energy of shock of the operation, of being cut, were still held in the cellular memory of the tissue that created the weakness in the first place. As I massage the area I began to focus the mantra, intensely, into the scar tissue three words came – release – rebalance – regenerate – release – rebalance – regenerate. After a period of time I was guided from within to switch the movement to the symbol of infinity, the symbol that always rebalances alpha omega, masculine, feminine, positive, negative, it's a symbol used to reset the fields back into harmony and so I visualize again more violet light coming from my fingers and I reweave this symbol of infinity through all the scar tissue. I imagined the etheric template of my mouth completely whole and perfect and began to command the body to heal, regenerate and to regrow, to regrow itself to mirror the original etheric template.

"Body regenerate, regrow, match the etheric template. Body regenerate, regrow, match the etheric template." Soon this became my daily mantra.

I have not yet begun to feel my physical body's response, for the ideas of this reweaving and command for regrowth just came to me today. But I will continue using this daily and see what effect I can achieve. I have found when I have used this tool in the past that normally when there is regrowth involved to refill the etheric template you begin to feel warmth and a tingling that symbolizes the changing tissue structure within. On alternate days I am using the laser system with the program to minimize scar tissue and heal. Using a system of lights that are pulsing particular programs and frequencies into my mouth, I also move on to recharge my whole chakra system using a slightly different program, that is held within the laser tool.

All I can do is trust that as this tool has come to me this way, that it is something I require that will help in my rebalancing process so that I can hold my healing pattern. I love the silence here plus the 6 to 8 hours of daily meditation that I can now do free from distraction of the world. The ability to also spend hours in yoga, stretching out my body, using my body as a natural weight resistance through the various asanas, adds another level of strength that I have missed over these last few months as I side tracked myself into the healing game.

I asked my body in deep meditation what my health levels were and I received nine out of ten and yet I feel that I am still running on 60% capacity. I am sleeping more than I thought I would or could back in this dark room space for the last time I was here I slept so little yet I entered then with a completely different energy field than what I have come with this time. I am perhaps on the road too soon, perhaps a little drained and yet I am happy to be here and work with the wonderful ones that have come to join me in this dark room adventure.

Day 3 Darkroom Retreat:

During our morning exercises, we continued working with the hydration of the system using the ancient alchemical Tao Masters tool that I discussed in detail in the Law of Love manual. At the end of the routine I stopped and began to use the north sway tool to just tune in a little further to my body. First asking what its ideal weight was to maintain both health on all levels and also maximum vitality and radiance. I was also able to use this tool to check how well my body was being hydrated and fed by my internal nourishment systems.

Yesterday I asked what my body's perfect weight would be for the physical body and it said 53 kgs and today the answer was 51 kgs. Knowing that this was the weight that I had been given earlier when using kinesiology for when I finally stop drinking and live purely on prana as a

true breatharian, I began to ask further questions, firstly how much water my body actually needed for these next few days, and for how many days, in order to prepare for this perfect weight where I was healthy on all levels with maximum vitality and Divine radiance. I was guided that on the 7th day I was to go to pure prana and to stay there. When I asked in surprise if I was ready I got a very clear answer yes, then a voice, the voice of my Divine one within, my Divine essence spoke so clearly.

It is interesting when you hear this clear voice telepathically because it brings this feeling of awe as if you are in the presence of something absolutely pure and magnificent; it rivets you and grabs your full attention. I can't recall the exact words for I was shocked to hear it so clearly and to finally understand what was being offered. But the gist was that yes, it was time, that I was ready, my calibration was ready, my physical body was strong and healthy enough and everything was in place now for me to allow for this final merging, where the Divine within me could fully manifest.

Two of the gifts that it has for me is that it has this ability to nourish me perfectly on all levels through prana, and also to hydrate me, so that all that I needed now was to take a leap of faith, a leap of trust. I guess you could say that I was surprised for I felt that I had created so much damage with my manifesting this cancer through my system and by going through the operation and all the treatments, that I had put myself behind in my intended program. For it was always my intention to make this transition to pure prana and a fluid free existence during this dark room retreat. Yet, as I was still taking the Ganotherapy and other therapies I didn't feel that I would be anywhere near ready and that I would have to delay this intention.

Yet the inner one reminded me that it was in fact the opposite and that it was the very creation of this cancer that allowed me to really look at my mortality patterns and whether I wished to be here, and for how long, and how I wished to exit. All of it was an opportunity to see if I wished to free myself from the pattern of exiting through disease or if I had a true desire to leave the body as the Lamas do, when I know that my time is complete.

I saw so clearly how the journey of the last few months, rather than a digression or coming from disharmony, was part of a final preparation to bring me to this point where the only ingredient needed was a massive dose of trust.

So I find myself standing at the precipice of another great initiation in something that a part of me has longed for so long. This is the final letting go of the last of the human persona and diving into that endless pool of love, of Divinity that has been growing steadily within and disappearing within it until all levels are merged so beautifully into a river pooled with oneness, where there is no separation. As I face this step before me I ask my DOW, the one who spoke so clearly and lovingly within, to make sure that all my systems are tuned, in each meditation we do each day, and in the night realms when I sleep, so that I will meet this commitment. Well-prepared, well-informed, well-tuned, well armed, there is nothing more that needs to be done, except to take the leap of faith and increase my level of trust.

Eric is now working with me every alternate days, where he channels through varies pressure points in the body, a stream of pure Divine love into the subatomic particles within each atom. He says that as he does this that he feels the energy of the Holy ones behind him, particularly Sanat Kumara who is working through him with such love and such beauty and such grace, that it overwhelms him with its flow. All I feel on the receiving end is a tingling feeling and a great peace.

Day 4: Darkroom Retreat:

I still find it hard to come to terms with the fact it took the creation of a potentially terminal disease for me to look deeply at my own mortality patterns and then move on after re-patterning of my energy fields back into health.

The group energy here is unified more each day as we rely on the group divinity to channel through our daily meditations. Part of the meditation today entailed the connecting with the soul group to gather more data regarding the fulfilment of our freedom agenda. This is the group that is mentioned by Michael Newton in his books "The Journey of Souls" and "The Destiny of Souls", the group of individuals that we spend eons of time with between our lives, growing and learning and planning each new embodiment with, along with beings of light that are our guides.

During the meditation I connected in with them more consciously today having been aware of their presence for some time. There was a feeling of over whelming excitement and joy at my return, and so much encouragement, it was like reuniting with a group of long lost friends who although excited to see me, were more excited at where I now stand, encouraging me enthusiastically to take the final leap of faith.

It is so beautiful to have these door ways open, to be able to access the different levels of support that are available to us on the inner planes and to move beyond the limited reality of an idea that life is just confined to this physical plane. To also understand the immortal nature of our DOW - that It moves through time, clothing a very small aspect of Itself in physical form, in different planes, gathering experiences, growing, expanding and hence allowing the greater whole in turn to expand.

It is only through the expansion of human consciousness as we awaken to embrace and merge with our DOW that we can come into a state of harmonious healing. For healing as we have so often shared, is a state of health within the physical, emotional, mental and spiritual systems. Where the system becomes integrated and aware of the whole. With this awareness of being whole, comes an awareness of the interconnectedness of life, an experience of the oneness and of the wholeness of all of creation.

The body tells me my health levels are running at about 90% capacity. There is plenty of time here for rest and relaxation and to do the work that I personally need to do, to reweave my fields, and to use the new mantra that I have intuitively been using which is so simple and so profound.

"With love I heal, with love I heal".

This is something so easy to chant as we channel the divine mother love energy through the fingers, through the crown or the heart – imagining it flowing into us directly from the heart of the Divine Mother and then directing it into specific parts of the body.

I have also begun to not just look at limb regrowth work and the principles it and apply it to the regrowth of the missing section of my mouth and to also go through the body and rebalance a few other final areas that could be improved in their functioning.

As I lie in the dark in the early morning of the 4th day of our dark room experience I am amazed again by how much I have already been able to download and the clarity of the insight I have gained so far.

There is nothing like sequestering oneself away from all the noise and the clatter and the chaos of normal daily life and all that it sometimes entails, to bring oneself into an environment such as this, of continual darkness with no physical or visionary distractions.

Day after day stretching around us, where all we can do is go deeper and deeper into our DOW, and deeper and deeper into the stillness of meditation and the inner planes. Getting into this focus so intensely every day, of the group work and also the private time also stimulates the download of so much insight and clarity.

It is interesting that it was Einstein's observations of my auric field and his insistence of sharing these with me, making me aware of what I was in the early stages of creating, and how it was Einstein whom I met not too long after I had completed the 21-day process and the first initiation into learning to live successfully from the pranic field. All his focus at that time had been very much on limb regrowth, the understanding that we always have this whole and perfect etheric template, and no matter whether we lose a limb or part of our body physically on this level, how with intention and focus and a few powerful tools we can regrow that missing section so that it mirrors again the perfection of our original etheric template.

I remember how absorbed he was in his work then, and how he taught me the wonderful tool of placing the tongue between the bottom teeth and the mouth, to open the airways, and how to sing to the body a mantra: "Body heal now" which would prompt the most amazing healing process within the system that I have personally tested with great results. I make a mental note to see him again when I return and obtain more detail regarding his limb regrowth work so that I can apply it to my mouth.

I am happy to maintain the minor scaring as a reminder to myself of this journey and the importance of keeping my field free from negative attractor patterns.

It is wonderful for me to think that existing on the planet of people like David Hawkins who has written so eloquently of his experiences of merging with his own divine nature and the adjustments required to live from that point of merging on the earth plane that he describes in detail in his books the "The Eye of I" and "I".

Although for me there are many field adjustment tools that can be used - through diet and life style and so much more - that can speed up this inevitable process that he feels will happen in its' own time, I also feel blessed that people like Einstein who continue to research and trial their often controversial healing ideas.. I am also curious that they keep themselves up to date with the latest technologies within the alternative and even traditional fields.

I feel grateful for people like David Highman the naturopath I saw in Cairns who cured himself of terminal diseases and shares his skills with others now and I am grateful also for Tesla who suffered so much in his journey of downloading his futuristic inventions. I am grateful for all the light technicians who are prepared to spend the hours in deep meditation and contemplation, connecting to the universal field of supreme intelligence to download new technology such as the GenMed system.

I also know that when we finally acknowledge them all, that our world will change positively via the way we will use the new healing and energy systems.

Throughout history, there have been so many that have had the courage to challenge the status quo, so many who have taken the time to follow their intuition and download solutions to problems that will benefit mankind, particularly the use of alternative healing systems.

Although I lie in the dark and another day approaches, I know I will not see another day of light. I willingly embrace this field of no distraction, experiencing the gifts of what such darkness can bring. With 5 hours ahead of my now until the group begin their first morning session, I find my eye mask and placing it over my eyes I begin another session of laser

therapy. As I position the laser gun in the various part of my body that need healing, I place my tongue again between my bottom lip and begin the system of breathing, singing softly over and over in my mind – “With love I heal all now, with love I heal all now” while working with the laser beams to direct the outcome of the healing.

Day 5: Darkroom Retreat

I just had another beautiful, beautiful meditation with the group that revealed more to me again of my next step, and all that I have been undergoing as a preparatory process. I saw again the choice of mortality or immortality, the choice of literally dieing, sooner than I expected, from allowing myself to create such a detached passionless existence, still loving and being loved, but with none of that sweet yearning for life. Or how I can choose the road of limitless possibility, the immortals way, of the perfect merging with the Divinity that we are, trusting It enough, taking that leap of faith to really let go of all final remnants of mind and personality or ego, that keeps us thinking or feeling that we are separate from the purest thing that we are. Enamoured at having the experience to dive so deeply once more and rest in the arms of my DOW, I choose again the immortals way.

Today I felt, as if I was held in the sweetest, most tender, loving embrace, an embrace of such knowingness and limitless possibility, an embrace of such light and love that pulsed through my whole being.

One of the luxuries of spending so much time without vision, truly, literally in the dark, day after day, after night after day, is that as the body lightens up further from deeper and deeper meditations and the greater pranic flow that fills the cells. My sleep patterns have changed again, requiring minimal sleep, which is a normal by product from living a life with Prana and not needing to be involved in the normal digestive process of food.

I find myself reflecting on the past few months and my own now resolved mortality issues and I realise that for me to go to this next initiation, there is no way I could do so without really confronting the issue of my own mortality.

I can see retrospectively that I was standing at the crossroads of choice and that I have the personal calibration levels now to create my own demise easily by the release of something like a cancer through my field and how all of it was compounded by attractor patters of shock around the issue of mortality.

The energy of shock was something that I needed to release for it was something that I carried from repeated embodiments having experienced a death scenario where I was absolutely left in a state of shock. My reaction in the initial stages of creating this cancer again was shock. Shock that I could create such a thing, after all the fine-tuning and the focus I had been doing within my own system for so long.

Shock in thinking that there was something wrong with me, instead of realizing that there was something right with me, and that I was being invited to go to another level, but could not do so until I had emptied the cellular packets of the shock emotion for shock is not something that can be a dominant force when one is melting into the field of love. Shock and love are like oil and water - they do not go together particularly when the second emotion to this shock is sadness, as mine was. Sadness that I could be killed, like I was killed, sadness that humanity could act as they did toward each other, sadness that there could be such cruelty in

the world and shock that it was being directed at me, when all I had done in those lives was act in away that was not just good for myself but also good for the world.

When we can all recognize the primordial emotions that are driving our death urge, then we can release them, for there always is a primary emotion that drives us to our death. This is of course compounded by the constant influences of society that is always saying "We are all born and we all have to die". A society that is totally geared to living till we die, rather than living for the joy of living. Having enough holistic data to understand that we create a new system within every 2 years, how every cell that is brand new within every 2 years, we can therefore assume that something else is driving the body to its death. If it's not a physical matter, then the process of the physical system breaking down must lie with our mental and/or emotional attitudes, or with our spiritual dis-ease.

The Immortal's way requires us to look at the death urge, not just because we can expand as metaphysicians beyond limited beliefs and beyond status quo expectations, but because we need to do this in order to move into real freedom. This is something that will come up for clarification within every being at a certain time as they move into the freedom agenda for freedom cannot come until we are healed on all levels, of our being and until we come into harmony on all levels of our being.

That's the beauty of flooding the system with a powerful enough energy that it can transmute everything back into its true state so that the body is no longer burdened with storing toxic holograms and packets of feeling and information that are delivered into it due to the dis-ease of our emotional and mental bodies.

I see that all that I have created in the last few months was simply my DOW urging me to go forward to this next level of merging and to let go of limiting energies, to choose what I wish to create at this time, whether to choose the path of my own demise, through accepting continued mortality patterns and the primordial death urge within me, or choosing the immortals way consciously and all that it entails.

As free well beings we do come to a point in our journey where there is no going back.

I discovered this with the pranic nourishment program when my system had become so refined over so many years of living purely on prana that when I attempted to go back to a food based diet for social reasons, my physical body suffered greatly, as if what I was doing was the antithesis of everything that it had come to accept and love.

Similarly with the Immortality Program, we come to a point where there has been such shifts within the cellular structure of the body, and the energy fields supporting the body and our own calibration levels, that there is no way we can comfortably shift out of these new patterns and to do so will eliminate our passion for life. When we disassociate ourselves from our DOW voice, or drag our feet ignoring Its guidance, part of us begins to literally die. We lose this ability to constantly be in love with all of existence, with all of life and all of life's possibilities.

There is still a part of me that sees myself as unworthy, too human, undisciplined, too judgemental of myself, to merge deeper with my DOW and yet my DOW is constantly with me and around me, holding the stance of an open embrace, connected already, so present, just inviting me to take another step.

In his book "The Eye of I", David Hawkins talks about this final stage of surrender, as if it is the greatest leap of faith that you can make, that last part of mind to resist, that last part of ego mind that stands back by doing anything it can particularly playing the 'I am unworthy

game', because it knows that in this final merging, in this next merging, that a part of it disappears, forever.

I believe the major message of this book is not just Harmonious Healing but that the end result of being harmoniously healed, leads us to the immortals way, and the importance of clearing our death urges and having control over the manner of our exit, resetting a whole new exit pattern for when we are consciously finished with our life here.

This is an important path of choice and freedoms way.

I am now convinced that I have cleared all the negative cancer cells and their growth within my system and while I except that everyone produces a few hundred cancers cells every day, there is nothing now being produced in my body that is harmful to me in any way, in fact I am feeling stronger and stronger and clearer and clearer.

If felt good to ring my daughters and tell them of my current status, that there was no more detrimental cancer cells in my body, for I did not realise how worried they had been on a subconscious, if not conscious level. My oldest daughter had manifested a constant weeping from her eyes, which when she checked with our local kinesiologist, was related to my situation and her fear of my death and so much more.

Confronting a terminal illness and watching our relatives share in the journey, and the choices we make and the eventual outcome, is not something that we can avoid but we can trust that if handled correctly, with sensitivity, we can all be stronger for it for the lessons in the creation of something like this are endless when we are open to recognise their gifts.

Day 6: Darkroom Retreat

I had the most intense, realigning, deep and beautiful meditation this morning with the group Divinity leading the way. Everyday we go deeper and I love the freedom that being isolated in the darkroom brings as so many insights also come.

I asked for an insightful dream which came to me last night allowing me to let go in my own merging process and surrender deeper again. I see so clearly now how I had reached a plateau in my spiritual life, where I had become too detached and passionless, until my life force began to slip away. More importantly I saw how the source of my passion is my DOW. It feels like Its been beckoning me to move on and I have been stalling for so long and now finally I am free to trust enough to move deeper into Its loving embrace – not through physical death but instead through the Immortal's way.

Over the last few days during our morning meditations we have re-patterned our mode of exit for when we finally, consciously, make the choice to leave, so that we can exit our bodies in a serene and healthy way or take them up into light. Using Neuro Linguistic time line and Holographic Kinetics techniques, we have also gone back in time and released the energy block and attractor pattern that was allowing mortality through disease to reign. More importantly we also removed the limitations that held us back from falling deeper into our DOW's embrace. The merging process is astounding and I feel like I have been born again. And yet there is more to come.

If it is possible I hope to add the live recordings of these meditations directly into this manual so that others can benefit by accessing them as they were done as the group energy bringing them through from the Universal Mind is so powerful.

I stepped out this evening to walk around the gardens and ground myself a little more and it felt as if I have never been more intoxicated and in love with life. The sunset was incredible and the color of everything just overwhelmed me. Perhaps it came from the process of the day or from the deprivation of sight or both. To emerge from the darkness of what feels like the Divine Mother's womb and step out into physical light after so long in her cocoon is indescribable.

The second book of The Enchanted Kingdom series has started to download itself with such a flourish and a flow. The words and story tumble unceasingly from my mouth into the recorder as the levels of creativity that open through the mind, when we combine living on pure prana and a sustained darkroom environment, seems to be astounding. Once it kicks in it is like the sweetest, gentlest, most creative and appreciative high as the production of melatonin increases and serotonin drops, anchoring our brain waves patterns more firmly in the theta/delta waves.

Day 7: Darkroom Retreat

Woke up this morning feeling fantastic – bright, alert and aware.

Intuitively scanned my body and found it to be ticking along harmoniously on all levels – stress and dis-ease free and very relaxed and fluid. After 7 days of adjusting my internal and external hydration levels, via our intense meditations and programming, I am now ready to begin the true breatharian program and be both food and fluid free.

I had forgotten how wonderful it feels physically to be on just water for so long without my usual side trips to flavor – the sweet spicy taste of a cappuccino every few days or that delicious sensation of chocolate melting in my mouth spreading its sweetness deep into my emotional body, a sweetness that I finally stopped craving a year or so ago.

I know that my desire for these things was always linked to my emotions and that my reluctance to take the next step in my freedom agenda, to be fluid free, was anchored in a past life. Having cleared all of this now in yesterday's group meditation I finally feel free to follow and fulfill my pre-agreed agenda.

It has never been about not eating or not drinking for me. It has always been about trusting my innate Divinity enough to allow it to demonstrate Its gifts and then to be a living example of Divine Love, Divine Wisdom and Divine Power in action, to be able to radiate this incorruptible pure energy into the world and feed the world by our presence is a wonderful service agenda.

As David Hawkins says in his book "The Eye of I", one person calibrating at 700 has the power through their personal radiation levels to transform and uplift 700 million people by their presence – without words or dogma – just be their calibration and personal radiation.

Am receiving the clearest of insights again and everything is back on track for me. Passion is mine, purpose is mine, I am empowered again by my DOW. With the aid of the group Divinity, I have also rediscovered a passion for my service work and for all this I feel relieved and also grateful.

Day 8: Darkroom Retreat

I have been focusing on transitioning into the next level in a way that is also harmonious to my family and so I asked before sleep last night, for another clear dream, so that I could fulfill my often controversial work here with minimum disruption for my family.

I found myself flying, as I often do, across clear mountains and skies and skimming down across a beautiful bay filled with sparkling water. There were many people swimming and playing

and no one seemed to notice me. Suddenly I saw everyone get excited at the presence of a giant whale; they were following it, grabbing it, touching it as it slid gently over to my direction. It came up out of the water and winked at me, its huge eyes just feet away. We talked telepathically for awhile and swam together then the dream changed and the whale shape-shifted into a big beautiful chestnut colored stallion that I rode across the valleys and through the village. We were merged as if we were one, free, strong, happy, invigorated.

In the next scene I am in a beautiful villa being bombarded with love by three small children who were hugging me excitedly as their mother and father sat close and looked on. They said: "We saw you riding the stallion through the village; you both looked so happy and free. Thank you, thank you. The stallion has been locked in the stables at the villa and was so sad we thought it would die, yet we didn't know what it needed. Please ride it anytime, we will not keep it penned anymore."

I said: "The stallion has a secret. Perhaps I will share it with you sometime."

So each day I rode the stallion down to the water where it morphed into its whale self and swam out to enjoy its place in the vastness of the sea. Sometimes I would fly with it and skim the waters at its side. Both of us were free.

The stallion is of course the power behind my life which cannot be contained and the whale is myself in my power morphing through the fields of emotional human life, that huge body of energy – the sea - that also represents the ability to explore the limitless cosmic ocean of infinite possibility. The little girls were my inner child who just wants the stallion to be happy and the whole family scene represents my own commitment and concern for my family and the realization that sometimes it takes the confrontation of possibly losing something, for the family to be happy to let its stallion be free.

Good dream, clear and to the point.

Although this may seem strange to some, for so many lifetimes I have chosen to be family free as I walked the path of my own enlightenment, feeling as if I could not be dedicated to both, an idea that came from my crucifixion time when my family had suffered greatly due to my association with the Christ whose teachings I would not deny. This lifetime for me is about having it all, family and the yogini life of Divine love filled with devotion. It has taken me a long time and great patience to successfully merge the two so for me the symbolism of the dream was perfect.

Holding Patterns

During the course of the Darkroom Retreat I realized that I had allowed myself for various reasons, to plateau and stagnate in the journey of my fulfilling my pre- agreed agendas. When I looked back over the last decade of my life I felt that I had come so far and achieved so much, and fulfilled technically the main part of my service agenda, and that if I was to continue to be of service to this world, then I also needed to keep fulfilling the things that I had personally pre-agreed to do in this embodiment, things that would demonstrate even more powerfully the love and wisdom and power of Divinity we all carry within.

And yet I had stayed in a limiting holding a pattern, waiting for others, loved ones to catch up to me, or to recognize and support me in a different way. I had decided long ago that I would choose to deal with my family through the eyes of love and that I would look only for the Divinity within each of them, seeing them as I saw myself, as a Divine being in form having a human experience, and that I would communicate with them telepathically, Divine self to Divine self with a loving and compassionate heart, to support them through their journey in life as a lovingly as I

could, helping them wherever I could. Most of the time they all plodded along happily, growing, learning, or they plodded along unhappily still growing and learning.

The point is that during my darkroom time, I found within me a schism and attractor pattern where I had decided that if I were to really express the complete Divinity that I am by fulfilling my pre agreed agendas, that I wanted to do so without the alienation of my family, without creating any hurt or separation within my family.

I was also in a self created holding pattern with a double bind with my husband, holding a space for him to walk beside me in each new level I was passing through, and yet time and time again I came to understand that we had different destinies, and that it was unfair to ask him to tune himself to the levels that I had pre-agreed to fulfill. And yet we had loved so deeply and through so many life times, and for so long, and been such good friends and spiritual allies. Although the road was not always smooth between us, for we are both such strong individuals, there was always enough love to see us through the rockiest times, and he had always matched me in the journey of my Divine expression before when given enough space and unconditional love to do so. And yet I was waiting, and holding, and waiting to the degree where I was listening less and less to the inner prompting of my inner voice to move on.

I had gone so far as to set up a separate abode, an ashram of great peace and quite, with no food in the fridge, just chilled water and rice milk for my tea, a beautiful sanctuary to support and nurture the path that I knew lay ahead and yet something within me resisted, holding on to the past, not having enough trust and faith. I had let go of everything as I moved on, and yet I have always found in the past, that we lose nothing as we follow our pre agreed agendas for in the fulfillment of these agendas, we gain everything and more.

So I realized that in order to find the key, to maintain my regained health, I had to let go of the holding pattern, the plateau that I had placed myself upon.

There are deeper insights to this that I have gained in the dark-room experience, the shock and sadness of being crucified so long ago and feeling every moment of deep pain, the deep and physical pain that comes with the collapse of the physical body with this method of death. On a deeper level it was a disappointment that I carried with me to this day, feeling a little betrayed in the final hour and hence lacking in trust to really dive in to this deeper level of merging that stood before me now.

For years the inner one had whispered:

“Trust, have faith, trust, have faith, move on.” And yet I hadn’t been able to have enough trust for the attractor pattern of the emotion of betrayal of the final hour upon the cross, so many lifetimes ago, still kept me stuck, until passionless, my life force had begun to drain, leaving me to face my own mortality as immortality could not be mine unless I listened solely to my DOW.

Facing our mortality is such an important part of the immortals way for in order to embrace all the freedoms, that the Divinity within has to give us, we need to let go of all the inhibiting factors, and trust enough to merge so deeply with It, that It can exhibit all Its power and glory.

I had tested for years using trusted sources, to determine exactly what I had pre-agreed to fulfill this lifetime and always it was a ‘yes’ to all things we discussed in the freedom agenda in the book ‘The Law of Love’. And when you have made these agreements to fulfill these things, then all the universal forces and Divinity that you are will rearrange everything in life to support you to fulfill it. But we are beings of free will choice, and we can choose to plateau on every step along our journey, to hold patterns of comfort zones, and limitation, until we get the call to move on again.

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

Thus it was with the creation of the cancer on my mouth, and the setting up of circumstances around it, that would allow it begin to make its deadly path through my lymphatic system.

I am cancer free now, relaxed, at peace and finally ready to move on.

My new mantra is that I always choose the highest option, knowing that to compromise in future would lead me to my physical death. I trust that as I joyously fulfill that which I have come to do, that perhaps it will inspire others to do the same, for to walk the immortals way is to walk hand in hand, heart beat entwined with heart beat, embraced by the Divine one that loves us enough to gift us with life.

Yes It is immortal in Its nature.

Yes It requires never to age or die.

Yes It absorbs cosmic particles enough to hydrate, and provide food and nourishment on all levels, for any human existence It chooses to have.

Yes It loves us deeply and fills our heart with great song and passion and joy. Passion and joy for the miracle that life is.

Yes It exists multi-dimensionally through many fields and planes of time.

Yes It is wise and loving and incorruptible, and pure in the essence that It is and yes It unifies and harmonizes us all.

Through It and only It, is the path for harmonious healing and when we are healed on all levels of our being, then are we given the choice to walk the immortals way, only then do we even discover the path of the immortals way.

NOTE: The above Darkroom Diary Downloads, from our 2005 retreat, follow on from the book *“Harmonious Healing & The Immortals Way”* which covers in detail my journey with clearing cancer from my system. I was intending to write a follow-up book called *The Freedom of the Immortal’s Way* of which the 2005 Darkroom Downloads were to form a part. As yet this book remains unwritten so I have added these downloads here.

~ 2007 ~

DARKROOM RETREAT INSIGHTS

In 2007, we gathered again and I recorded a lot more during my darkroom experience, some of which I now add in the following pages. The complete insights form the end of a book called *"The Bliss of Brazil & the Second Coming"*, a book which documents my journey through the slums and jungles of Brazil as I shared the Prana Program as invited there. It was a journey that gave me so many gifts and one that became the greatest adventure of my life.

Excerpts from THE BLISS OF BRAZIL & THE SECOND COMING by Jasmuheen

26th February 2007 – Chiang Mai – Darkroom Retreat, Tao Gardens

After a day's preparation, our group begin my version of the darkroom retreat – eleven days and eleven nights of no external light and also no food. While two thirds of the group will take juice for the first few days, others will only drink water and others will soon go with nothing at all.

This afternoon we assessed our body's current prana percentage plus our current hydration percentage re cosmic particle flow. We also assessed and tested our current weight plus the weight our body will stabilize at as we restrict our intake to just juice, or water or only prana, over the next eleven days. The body volunteers all of this information to us when we test it using the sway tool that we cover in *The Prana Program* book. We also checked our current biological age and then confirmed all of the above by using the breath tool that is also offered in *The Prana Program* book.

It is wonderful to be able to teach these testing tools so that every day each one here can test what is happening in their body and for them to hear their body's voice in a more concrete way. It is a good guide. We are of course setting the intention that we all emerge from the darkroom experience looking radiant and in beaming health, with stable weights and happy hearts.

I love undergoing this experience with each group as the darkroom reveals so much to each one. Sight deprivation allows the other senses to kick in and become even stronger and our higher capabilities of intuition, clairvoyance and clairsentience can also step to the fore.

Darkroom Diary Download - 28th February 2007

People have begun the process of release and some also detoxification so the energy field is unsettled. Our morning meditation was powerful for some, less so for others who are a little restless. I can feel the difference between those who have been with me before, and had some level of training, and the new ones who have come from many paths. Some have come first to experience the darkroom and second to understand a little more of prana power so their intentions and focuses are mixed. As usual I am working blind, trusting my intuition completely and standing back from the whole group and individual process. As usual some have dived into the field fully and are rolling with the waves of personal revelation that the darkroom space provides. Others are facing some of their minor fears and dealing with it all as best they can.

How I work feels so different since my return from the jungle as I am called to focus more and more on the Christed energies. Even in my own meditations today my mind is filled with images first of Mother Mary, then of a radiant sun-filled paradise Earth, then the cosmos, then

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the Christ, then the Christ beaming through all, then images of happy healthy children and lastly the image of a harmonious unified world. The message is obvious, and that is that the flow of Divine Mother Love (that I saw radiating through Mary) will transform our world into one of golden light and that the Cosmic Christ will step forth within all so that the future of our children and our world will be one of health, happiness and harmony.

Again the Cosmic Christ is just pure love unadulterated by religion or spiritual beliefs or secular leanings.

Before this flow of vision I saw a door of light with the word PEACE emblazoned upon it. It was as if the fields were trying to tell me that peace will come via the images that then flowed.

The beauty of the darkroom is that as the brain produces less serotonin and more melatonin – due to external light deprivation – and when the pineal gland also steps up production of pinolin via the exercises we do each day, then our dreaming and meditations become more visual and clear. Today group spirit took us into an inner plane cathedral where these images could flow and clear clues to our service agenda could be given.

There is a man in our group who is continually coughing and blowing his nose, he is in heavy detox. His energy is challenging the group to rise above the distraction and go deeper, to stay focused and move beyond the noise of someone detoxing in this way.

With all the energy flux I have taken the afternoon to be outside the darkroom and write and be in the sun, and yet it feels strange to be in external light so I doubt I'll come out again, for like the others who are with me, the field of darkness and deep silence now has the stronger pull.

I am always surprised at the depth of learning that comes in such situations. Anytime we gather in communities there is a blending and merging of everyone's individual fields. Take away external creature comforts like mobile phones, light, television and food and the energy exchange changes to a completely different rhythm. Add deep meditations plus hours of absolute silence and it all changes yet again. Exploring human potential – our own and others – adds an amazing layer to our life especially when we choose to break out of self imposed boundaries and limited habitual behaviors.

Darkroom Diary Download - 2nd March 2007

It is now four days and four nights into our retreat and I think it is Friday, and while the process of harmonizing a group seems quite slow sometimes, I think that compared to harmonizing groups in the greater world, it is a lot quicker for individual and group harmony is always the theme with our work these days.

Bringing a group of three dozen strangers together and inspiring them to live very closely in harmony for eleven day and eleven nights deprived of normal sight and food teaches them so much. In this space we learn about silence, about treading softly through an energy field, about the need to respect one another and the ability when deprived of sight to share perhaps more deeply from our heart, for here we are just one voice in the silence. No-one can see us in this dark space or judge us via their vision.

Also there is a beauty of working with the group mind, the collective consciousness, the group divinity and what occurs to us all when we go beyond mind, and ego, and all that we have been in our past, and allow the purest of that which we are to manifest through us in every way.

I have taught them to expand, or shorten, time so that the spaces of silence - where there is no sound except the mind within - are perfect for all, whether these times of silence last for twelve hours or three hours or two. Being able to go beyond time is extremely helpful in these situations where all we have is time, silence and no distractions except for our minds.

Already some here, on day 4, are beginning to feel there is not enough time in the day to do everything they love to do, with their own yogic practice as well as attending our energy feeding sessions, for none are taking food here. Some are living with just juice or water and hence they are experiencing the fasting process. Some here are now taking no fluid at all.

We are all working contently with the body, especially with the kidneys, to hydrate it perfectly and each day I have them check their dehydration levels.

For myself in particular to be able to talk as much as I do each day, to do the meditations and answers the questions, and focus on the different topics that arise within the group, to be able to speak and also keep a nice comfortable level of saliva in the voice in the mouth, even though I'm not drinking, is another interesting challenge. In the past when I have traveled, and taken no fluid and then worked this much, I have usually had to indulge in fluid after a few days as the mouth dries out quite quickly from so much talking.

I am beginning to see again many wondrous things in the group meditations in my mind's eye. Today I found myself in the energy field of Mother Mary and the Christ again just feeling completely embraced by their love.

One of women this morning told us that after we taught the healing technique in yesterday's meditation, she found herself in a situation where she needed to apply it and was stunned at how quickly it worked.

It was the mantra that I received in the jungle by the Christed power. She said that she ran into the doorway and bumped her head quite badly making a large lump appear for she was thinking of something and not paying enough attention.

You can't let your mind wander too far in this field unless you are lying down because if you walk with a mind focused on other things you can easily collide with things. She said she placed her hands on her head, then said the mantra over and over again, imagining the Christed Light within her flowing through her powerfully and she said this morning when she woke the lump was gone, that it was such a beautiful, powerful mantra to use and very effective.

Stories like this are wondrous to hear when people get results so powerfully but then this woman is well tuned as she comes from a line of the devotees of Osho.

Some of the people here have been with me in many of my other retreats and weekend seminars and their presence here is strong and solid, for they understand the work, and so can dive so deeply in the pool of what is offered in the darkroom space.

Others have never been with me before and they are a little restless, you can see that their minds are a little more 'monkey-ish', undisciplined, particularly the younger ones. But everyday we are coming into a more harmonious mix as the group divinity take us deeper into our meditations, and once again I find myself grateful to be able to teach *The Prana Program* in such an extreme environment as a darkroom in Tao Gardens in Chiang Mai.

It is interesting that after fourteen years of living, the majority of the time, purely on prana, that I have finally come into a place that is very natural where I feel ready and able to move into living also without fluid.

When I scan into my future assuming that I do become the true breatharian, I see a path that is so much easier. There have been many times that I have felt how easy it would be to completely remove myself from even the choice of liquids, where you go beyond even asking yourself if water is all that you felt like, or if you feel like a delicious flavor of tea or a fresh cappuccino, while I sit at my favorite beachside restaurant with a few of my friends watching the sunset and seeing the dolphins play in the bay.

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There have been many reasons why I have wanted to continue the drinking of fluid, mainly social reasons so as to not alienate myself further from being with friends in this type of way.

But mainly I have asked and wanted that this part of my journey, this next step be one that unfolds naturally in time, without any type of struggle or discipline at all, just as I moved into the freedom and the joy of being a vegetarian when the time was perfect.

While I see a reality path before me of connecting with different institutes, for doing testing as I come into a state of mastery with this, I also know that the constant rumor mongering will continue until people are better educated regarding how this is possible. I know also that when a human being demonstrates something unusual, that is not understood by the masses, that it is often ridiculed and judged, and deemed to be impossible by others.

I see myself in time being able to go into Third World countries without the need to be taking fluid at all, without the interest in fluid, having moved my consciousness beyond the desire for flavor.

It is wonderful to have mentors like Zinaida in Russia. Mentors, in that for me regardless of her personality or how she lives her life, all I recall is the way she said over and over, when we were last together, that she had moved beyond the consciousness of the need for fluid or food. As I have mentioned in other books, this was an intention that I had originally set for myself many years ago, that I would gently step beyond the consciousness and awareness of such things and be free from the pull for the indulgence in flavor.

Today when I tested if it was the will of my I AM, the God within, that *I embrace true breatharianism now*, I was surprised to get a firm push backwards with the sway tool. The reaction of a no answer was quite strong and I realized that I was asking the wrong question, so I rephrased it and asked if it was my time now to *move into true breatharianism* and I got a firm yes as the Chi force moved me forward.

I then asked if my body would be completely safe without taking any fluid for the next week and again I got a firm yes. I made the statement that my body would be safe from taking any fluid for the next two weeks and I got a no.

So obviously when I come out of this darkroom facility I am going to have to continue with the adjustment process, for the living purely without fluid to be completely safe, on all levels, for my system.

When we surrender in the darkroom facility to the timelessness that is here and as we become less aware of time, when we surrender deeper into this, we come into a state of the deepest peace, and in this peace our divinity starts to flood our mind more beautifully, more powerfully, taking us beyond monkey-mind chatter to honestly assess things we need to understand and look at.

It is a time of great honesty when we sit, and become the watcher in silence, in an energy field where we learn to listen to the voice of the divinity that we are, a space where we can easily feel its love and sense its presence all around us.

I do not know if I am ready to become the one who never eats or drinks, even though I have done so much experimentation with this over the last few years. The other day when I went to the gym here to get weights, so I could continue my weight lifting program in my room, I was offered a coconut juice from the beautiful Thai women and a few pieces of bread-fruit. I realized as I drank the juice that I had never experienced the flavor of bread-fruit before and so for the first time in my life I tasted a fruit that was so subtly sweet that it brought a great pleasure to my palate.

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In a normal situation I would have refused but feeling that I was about to embark on something such as really letting go off flavor on all levels, I felt it was nice to have one last flavor hit and so it was.

I find my inner one reminding me again never to say never for in the past when I have said that I would never do something a part of me would rear up and suddenly demand attention and want to do that which I said I would never do.

Perhaps it is the inner child who likes the freedom of choice and to be not imposed upon with rules and so I find myself as I wake each day asking my body if it would like some water only to receive a clear response 'no' and so I will continue day by day with this journey.

Darkroom Diary Download - 4th March 2007

The days flow gently into each other here and I am amazed at the support of my physical body. I have had so little to drink these last eight days and yet I feel so strong and am not dehydrated at all even though I am still speaking a lot each day. I still test this every morning by asking my body if it would like fluid and I still get a clear 'no' each time. My kidneys are good and the body is also holding its programmed weight – I am still at 53.5 kilograms and programmed to stabilize at 53kg, if and when fluid free.

Again I feel so grateful to have the breath and sway tools to be able to confirm and check my weight, and also my hydration levels, and to be no longer dependant on external aid. This 53kg weight level is something I have not been able to maintain before and no doubt the silent, loving environment of aware and supportive individuals in the darkroom, are helping to maintain a field of intense nourishment. It will be interesting to see what happens when I return to a more Beta brainwave world.

Every day our meditations go deeper as the group divinity scans the fields within and around us and downloads the perfect inner plane journey that we need. Each meditation is constantly nourishing, strengthening, cleansing, realigning us all so that we can absorb more Chi from the inner planes and attract, hold and radiate more of its qualities.

It has taken me thirty-three years of conscious, and sometimes unconscious, training to come to a point where my body responds to my commands as far as feeding me from the field of love and attracting a relatively constant stream of Grace. In my public journey to educate, in regards to The Prana Program benefits, I have also attracted hate, derision, anger, ridicule and more, but I have also met with so many wonderful people. Our world truly is wonderful and it is filled with people who care, kind, compassionate beings, many of whom are doing their part to guide us into a brighter future – like the group gathered in the darkroom here now. Our group is conscious of co-creating a harmonious community as we spend these eleven days and nights without food, without light, without distraction or noise for they are all people who are prepared to push their boundaries, to break limiting habits, and explore their human potential in unusual ways.

Darkroom Diary Download - 7th February 2007

The meditations with the group have now begun to take surprising and amazing turns allowing us to journey through the inner planes in quite profound ways. Like with the Sacred Tea journeys, people click in so deeply and with third eyes open, hold the focus to have the most profound experiences, while others are more limited due to the under development of some of their psychic abilities, and yet I can feel the Christed energies flow through all.

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We are in that space of purity, with the group divinity now channeling, where I am beyond thought as to the meditation agenda and where I experience the most loving power surging through me to download the perfect meditations. This is a field I know so well and love as it proves again and again the interconnectedness of us all.

Darkroom Diary Download - 8th March 2007

I have been recording our meditations for the last few days although last time I did this the recordings did not take. I know that what we do here needs to be experienced first hand and that certain principles need to be understood to gain maximum benefit. I have already found that even when I talk about my experiences in Medjugorje with Mother Mary's messages, or my experiences in the jungle or the slums, some people listen wholeheartedly and pull through me as much detail as they can, enthusiastically adding and sharing as if it is all a banquet.

Others, when I have spoken of such things, look around with distracted eyes that they pull back to face me with polite attention and so the conversation skims the most superficial surface.

Even amongst the darkroom participants much of what could be shared about the power of the Christ within and all its gifts, is reigned in, skimmed over as the group divinity pulls through me that which is most harmonizing for all.

Some here are Sadhus in training, others come from the Osho or Vedic or Buddhist lines so meditations and sharing come back to interdimensional field science and harmonizing internal and external energy flows.

Accepting the assignment this year to help prepare people's systems to handle the energy of the Second Coming is a challenging one when so many have closed what they feel to be the limited religious doors of dogma that some have found within the Christian faith.

I remember our group in Assisi as we wandered through the various cathedrals – St Claire's convent, her place of entombment and the huge cathedral that hold the tomb of St Francis – and how many were initially so closed to the idea of being in church again and yet when prepared, with a different perspective, became so open and free.

To go beyond religion, and connect with the purest essence of the Christed Light via our own meditations, allows us to then download directly so much of its endless love and wisdom, and is a way to by-pass religious dogma and pollution. All we need to do is sit, still ourselves with the love breath, focus on the Holy One we wish to connect with, send a beam of love from our heart through space and time to the original point of their consciousness, ask for the perfect divine connection with them and that they download directly to us, through the inter-dimensional fields, the purest essence of their teachings.

Yet a bio-system has to be prepared to handle the influx of such a pure energy stream. We know from our work with The Prana Program that the more purified and less toxic our physical, emotional, mental and spiritual systems are, the more our cells can attract, hold and radiate a purer cosmic particle stream. Our mindset or beliefs then allows us to see this stream as nourishment or not.

How can a Buddhist be told that the Second Coming is here when they await instead the return of the Buddha Maitreya?

How can we say that the Buddha Maitreya is now beaming through us all, in greater or lesser degrees, to a Muslim or Christian world?

How can we say that Mohamed, in his infinite wisdom, has joined this cosmic love stream, when so many still refuse to recognize the purest teachings of Islam?

Or Buddhism or Christianity?

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Some say that there are still so few who have the ears to hear, or hearts that are pure enough to really know the Oneness of it all and in the knowing have begun to be aware of how they spend their time, knowing that what we focus on determines what we attract into our personal energy field.

I believe that many are now open, that many are listening, and many are preparing their systems for a second chance. A second chance to welcome, and savior, and understand and live the purest teachings of all the great messengers who have walked through time.

And yet again in the arena of field science, assuming the purest essence of the Divine flow can download, into a physical world, a voltage of 30,000 volts of Divine electricity; if our physical, emotional and mental systems can only handle 3,000 volts, then we will never fully experience the gifts of the Second Coming.

As we prepare our systems, expand our consciousness, understand that we are Divine Beings that the Christed Light, which is simply pure love, dwells in us all; only then can the Second Coming be fulfilled.

Preparing our systems to handle more of the internal radiation of our own Divine nature has been our message for the past decade as it allows us to move beyond the denser planes of ego, greed and corruption, to exist in more harmonious states as individuals and in community. The difference between this and the Second Coming reality is that the levels of energetic support that we now have access to, to support this, have really stepped up in their potency. There is a huge cleansing happening on Earth that we are witnessing in weather pattern changes, and individual challenges, a cleansing that happens naturally at a point in evolution when we allow ourselves to be less than impeccable or to deny our intuitive truths.

Science says that solar energies have increased 60% in potency, that the planet is heating up and metaphysicians know that our sun is a major grid point that the Christed Light beams through, so this is not surprising. Aligning to its frequency requires a holistic understanding of what is happening and the trust in our intuitive guidance as the Divine One – or Christed One – within us all starts to make more of an appearance.

I wish I could take each person by the hand and let them feel what it's like to be exploded into billions of atoms of golden cosmic dust, and then how it feels to be instantly and so lovingly reassembled, so that all could know the power that drives the Christed field of love and light.

Perhaps few really understand the power behind the Second Coming and the second chance humanity are being given to accept these energies, the chance we are being given to lovingly integrate the purest teachings of the Holy Ones who have come before, and live these teachings lovingly, in harmony as we and let go of the games of crucifixion and fear. Regardless of how few or how many have experienced this pure stream of love, wisdom and power that flows like a current through the web of Oneness that gives life to the quantum field, still it exists, calling us to open to it, surrender into it, be bathed in it and nourished by its infinite love. And the experience of this is The Prana Program revealed.

Darkroom Diary Download - 9th March 2007

Today I had full aura bio-electric graphic evaluation – the last one I did was in Russia four or so years ago. The results were perfect except for a light thyroid and jaw energy imbalance from talking for eleven days.

This morning we had a profound meditation where we bilocated all that could tune in, to the Intergalactic Federation Space Command to meet with our Cosmic Colleagues and Angel

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Helpers. It was so wonderful to receive answers and clarity re the projects before me, plus a few personal issues, in such a direct manner.

The experience was as profound in clarity as those in the jungle with the Sacred Tea and served again to prove that there are many paths through, and to, the inter-dimensional worlds, and that when we focus the group energy via meditation and certain energy practices that raise the vibration of each individual, that many things can happen beyond our wildest imaginings.

Whether we do this through meditation and devotional practice, or through the use of sacred power plants, or prayer power, it seems that we find ourselves connected and receiving that which will take away both our questions and our hungers.

Late afternoon – sunset

It was so beautiful to see everyone emerge from the darkroom this afternoon, their eyes lighting up with awe and faces filled with smiles. Most adjusted quickly to the light after using dark sunglasses for the first few minutes. The sun was setting and dusk light mist was rolling through the trees across the fields and everyone seemed so at peace, so relaxed and yet so appreciative to be back in the light again. To be able to mingle with each other and use our sense of sight to see shining eyes and radiance was wonderful. We gathered later in the dining room as some sipped water, while others enjoyed herbal teas, or light soups or fruits, and later shared jokes or of the many insights that were gained. As usual some said it was the greatest experience of their life while others said that while they learnt so much about themselves, they have no desire to do it again.

Darkroom Diary Download - 11th March 2007

I sit in Chiang Mai airport, and sip a cup of Earl Grey Tea as I wait for my flight to Bangkok. In twenty-four hours I'll be home with others that I love, for I have come to love so many in our world. Each time we gather in our groups across the globe, we transform a little more, shine again just a little more brightly – especially in this field of focus. Sometimes my life feels so strange – endless hours spent waiting in airports reading and listening to sacred music or just watching the passing parade of people going here and there, some excited, some travel weary, just as we all are at times as we traverse through our lives.

At times I wish a magical being would appear and give me a secret way – a word, a simple technique – where I could dematerialize and rematerialize myself around the globe without the need of airplanes, and yet I know that I have forever, that time is eternal in its flow through the lower worlds and that everywhere I am, every moment presents perfection itself, for how we experience life is all a point of view.

I love to read and listen to sacred music.

I love to watch the diversity of human life.

I love to return home at the end of a journey and then leave again to gather and share with the pure hearted and the visionaries of the world, and so the cycle continues.

And so I sit here waiting for my flight, reflecting on the past few weeks.

On day eight in the darkroom I hit a brick wall that turned out to be a door of freedom. Those who have read my research manuals know of my personal history with The Prana Program. First the unexpected gift of a spiritual invitation that birthed the book *Living on Light*. Add the book *In Resonance* which I wrote to share of the need for us to be in harmony with universal law and how to tune ourselves to tap into an internal nourishment source.

Later there came the books *The Food of Gods* and *The Law of Love* where our research went into deeper, perhaps simpler and safer levels of accessing more Chi or prana, to not just nourish us but also hydrate us on all levels and take away basic human hungers.

After nearly fourteen years of personal experiential and also global research I have finally discovered the path of the true breatharian and I have also experienced the price. To be a pioneer and bring ancient ways into a modern culture has its highs and its lows and all of it makes us wiser.

In the jungle of Brazil I let go of my desire to fulfill something that was pre-encoded within me and as such was driving me on. One of my encodements was to understand the path of the true breatharian – the one who has no need for food or fluid since they can access this in another way. I thought that the only way to truly understand something is to live it. While being nourished by pure prana has been achievable, I have never gone for months or years without fluid, and to let this go when the Christ raised the chalice of water to my lips, and said that I needed to accept the waters of his life, was such a blessing. It felt as if an internal challenge was released. To then find in the letting go that I was given the very gift I had been preparing for, and to feel my internal matrix of hydration working so powerfully, was also such a freedom.

It is one thing to experience something in ritual where the group energy is so focused, as it was in the heart of the jungle, it is another to achieve the same results on your own or via normal meditation practices when the subtle worlds are just that – subtle.

By day eight in the darkroom I realized that it all works, just as well as it did in the heart of the jungle. Not only was I able to facilitate the group's darkroom journey for long intense hours, but I was able to do so with just a few sips of water each day. To have my body weight hold and stabilize at a pre-programmed place, to feel no discomfort on any level within my body, to feel strong and energized – all of this confirmed it all again.

What occurred in the jungle was not a miracle but was instead the end result of many years of focused retuning. And that eighth day in the darkroom it dawned on me. Now that I could do it, now that I knew that the internal system of hydration worked so well, now that I understood fully the path and also the price of the true breatharian; there was nothing left to do.

I was free.

My personal agreement to understand the path of the true breatharian had been fulfilled and I could let all further personal experimentation go, if and when I wished to. The brick wall I hit when I realized this was that it was all done now, there was nothing left for me to attain and so I was free.

Later as the others came out of eleven days and nights of darkness with no food but prana, and water and a little juice for some, all looked so radiant and strong. Most had lost so little weight especially the ones who went in skinny and did not want to lose any. The proof of it all radiated out through their eyes and healthy faces giving them the confidence that I had also acquired for I know that the systems we are teaching now are working safely for those who take the time to get prepared.

These past fourteen years, of my journey in understanding this alternate system of nourishment, have been paradoxically long and also flown in the blink of an eye. So much learning, so much growth, so much dealing with the backlash that comes to those who dare to challenge the status quo and yet my world is filled with so much grace and beauty.

And now in this moment, it is in the faces of all whom I see.

The Christ was right – again. All I need to do is to look for the Christ in each heart, then look for the Christed light in each person's eyes and as I look and see, they blossom right before me.

~ 2009 ~

In 2009, we did two 11 days retreats back to back with a one day rest in between as one group left, another arrived and one stayed in to do 23 days in all. Working with the groups of 6am to 11pm for this extensive period was an interesting initiation also for me and for whatever reason, I did not have my assistant type up the recordings of my experiences from this time.

Tuesday 17-03-09

Today I spent the day wandering through the Buddhist temples feeling the energy and people everywhere, my heart so tender and open. My recent meditative visitation with Buddha was so precious and once again, as it always does when we meet, my heart is overwhelmed with love and devotion. It is impossible for me not to love this one and the strength of these feelings rise so strongly wherever I am in this land. Even though he told me so clearly that the middle way is his way and not my way, that my way is the way of the angels, still it feels as though every cell of my being belongs in Buddha's pure land. No doubt it is all the same. In this space of feeling, there is no way, no path and no labels to be given, just the fluid motion of the rhythm of love in action.

This state of 'being the rhythm of love in action' seems to me the main theme of the darkroom retreat we have just completed. There is such fluidity in this land, a peace that emanates from the hearts of all around regardless of their status. Smiley eyes, open faces, warm hearts. I don't know if any place compares to the Thai people one meets everywhere, every day when one opens to such streams. Like all countries there are many layers in the human life stream and we always gravitate to different ones according to our own rhythm.

I feel drunk on love since the last gathering ended for me a day or so ago and tomorrow we begin the second retreat. To be able to take a group of 30-40 strangers from 20 or more different countries, cultures and spiritual backgrounds and watch them harmonize together into deeper levels of peace and love, even though they have no external light, food or other distractions, is a marvel. It made me think of one day doing this with world leaders. To gather like this, stripped bare and open, and meditate together on personal and global harmonization – I am sure it would be insightful for us all.

I sit and write in the quaintest little café near Taipei Gate as 1960's music plays gently in the background, adding to my euphoric mood. I love these days of wandering in silence as spirit guides me through the magic of moments and more.

A strong smell of jasmine wafts up to fill my nose from the garlands of flowers the woman at the temple strung around my neck. The scent is intoxicating like every breath which pulls me in deeper into my core so that the outside realm is nearly replaced once more with the inner, making me feel as if I am still in the darkness of the Divine Mother's womb.

A sweet monk-like man sits in the chair opposite me and we feel the pulse of each other's bliss. He tells me he is on his way to wander through India for the next five months before returning to the North of Japan and then we lapse into comfortable silence appreciating the stillness within; both of us continually drawn to close our eyes and feel the rhythm of love of the space we are in. Two strangers who in this rhythm of love it seems are not strangers at all.

Again I hear the words that I was given in meditation yesterday.

“Let all who come before you

In praise or protestation

Be held in your hearts

Within the rhythms of its love

Until you can feel and say:

‘God Bless you’

and with this feeling let all continue on their way.”

And so we sit, silent strangers from other lands in our own corner of this charming café bathing in a rhythm so deep and true that neither of us can seem to leave and yet life soon calls on ...

There was no retreat in 2010 as Jasmuheen was in South America.

~ 2011 RETREAT ~

1st March 2011

I sit in a tiny café-curator shop in Doi Saket Chiang Mai, feeling overwhelmed with love and appreciation.

To be able to take this time each year and go into my yogi's cave – as I've come to call the darkroom – is such a blessing for me.

The creative flows that I have been working with these last 17 years, since living on prana, have been so consistent in their abundance of insight and information that bringing it all into physical plane manifestation is a full time job. Books, audio, music, poems, art – the flows are intense in their delivery so it is so good to step back, go into deep silence and solitude and the peace that comes from the darkroom space.

Thailand herself is also a beautiful country to be in, her people are gentle and kind, quick to smile and lovingly accept the constant stream of people who come to enjoy this land. Despite political upheavals, tourism continues as people are drawn to be in the harmonic wave that Thailand offers with its Buddhist beat.

Most of our people arrived late yesterday and so we will gather this afternoon for orientation and introduction time as we invite all to find the Zen master within. To slow every movement, every breath right down, to shut down external vision and enhance our inner vision, to dream deep and go beyond time, to meditate until our thirst for meditation is complete, no longer bound by the time constrained duties of the outer world, to just BE in silence and solitude, all of this the darkroom offers and in all of this my spirit finds a deeper joy.

Day 5 – 6th March 2011

Our group is settling in to a more relaxed rhythm as more surrender into the rhythms that are here. Most are powering along yet 2 still struggle with their minds.

Endless hours – 11 days and 11 nights – of absolute darkness can take their toll as we find ourselves confronted by ourselves. Yet there comes a point in the energy fields, within an individual and a group when a new rhythm emerges as we make friends with the darkness and all that it contains, to really appreciate what can unfold. Break-throughs come with surrender and an open-hearted willingness to go beyond.

To go beyond potential boredom;

To go beyond the monkey mind and its desire for entertainment;

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To go beyond our limiting ideas of what a day should hold;

To go beyond the busy'ness mentality and allow ourselves to be in that space of Zen;

To go beyond all that rises to challenge us.

Some people find night-time the hardest as they lose the need to sleep here. With no energy needed for digestion the body begins to get so energised especially with our twice daily meditations which are designed to open all to more nourishing rhythms.

As the days unfold our relationship with time changes drastically and suddenly it feels as if there is not enough time in each day as we take longer periods in meditation and caring for the body temple via our various exercise routines and contemplate our lives in general.

It can take 6-7 days for a group to come into the one heart one mind space of natural telepathic communion where they know what I will say before I say it in a guided meditation and for them to receive the visions as I do. This is one of my favourite parts as it is confirmation of a group's harmonics.

11th March 2011

The darkroom retreat is a wonderful teacher as it allows us to find our Zen Master Self and gives people constant opportunities to self correct.

For example, if we do not stay focused in the moment it is so easy to disturb the field of silence that others are enjoying. We can drop things bump into things, open or close doors too loudly and so forth.

With approximately 40 people all living together in absolute darkness for 11 days and 11 nights we become so aware of communal harmonics. Knowing people around us may be in deep meditation we learn to move through space and time here as the silent witness aware of every sound and movement. If we walk too fast – again because we are not fully present in the now moment – then it is easy to bump into an object or person – both which can easily be avoided by walking very slowly with gently movements and by staying focused and aware, fully present. so many people blaze through life completely unconscious of those around themselves or the impact of their energy emanations and movements. Here we cannot do that. Here we have to be fully present especially in the communal space.

Today is our day of complete silence where even I am not speaking. We meet, called by the gong to exercise, meditate, listen to upbeat or very heart opening devotional music, then meditate again. Today at least there is music.

Tomorrow is our last day and so from 9pm tonight till 1.30pm tomorrow there will again be absolute silence and this time no music or movement. These last few days test and stretch the few who have had enough of the darkroom space, making them go deeper again. While giving a gift to those who have fallen in love with this yogic cave by allowing them complete stillness and silence as if we truly are yogis living deep in a cave inside a mountain.

Without the distraction of food to digest, these 11 days give the body a chance to rest and utilize its energy differently as people measure each day the increase in their pranic flow. Some maintain a good weight, losing maybe a kilo, others begin to feel ribs and expend the energy of worry that they are losing more weight than they hoped. Others love the weight loss and are so happy for the whole cleansing process.

Day by day we have harmonised the group energy field using sound and sacred music, deep meditations, alchemical practices and more; adding to this some interdimensional flavours plus some ancient esoteric blends to create an energy mix for all to bathe in and receive exactly what they need.

Personally I love it and so it seems do many as this retreat is now booked our years in advanced. Somehow all around the world people are called to enter the yogi's cave and go into the darkness of this divine womb to sit in silence and solitude and connect deeper to the essence of life, allowing it to rise and fill them and free them from all hungers.

Once tasted many come back, while a few feel that one experience is definitely enough. Some dream of food and more food as their emotional body makes its adjustments to living in this space on a little juice or maybe only water.

Others go deep in the dreaming finding themselves in the presence of great beings of light, undergoing intensive instruction about their life purpose and how to fulfill it.

People come from all walks of life and all religions, pulled by an inner knowing that these 11 days and 11 nights will somehow transform their lives.

And for those who can surrender, for those who can befriend the dark and relax into each moment, the gifts that await them are endless.

Today marks my 75th day in the dark which is minimal compared to what my friends the Mamos, of the Kogi and Arhuaco tribes in Colombia do. Part of their training is to spend between 9 and 36 years in the dark, allowing their senses to be heightened so that they can read and influence the subtle energy flows within the matrix of creation yet darkroom training like living purely on prana, is not a path for everyone, still for those it calls, the journey is well worth while.

~ 2012 RETREAT ~

2nd March 2012 - Darkroom Retreat, Chiang Mai, Thailand

Day 1 ...

It is our first full day in the darkness and our group are settling in nicely. There are of course the usual adjustment issues that always occur when we move into an unfamiliar environment and the removal of external vision always takes a little getting used to. Still the group energy is synchronising well.

I find already a golden flow of light shining over my right shoulder that seems to illuminate my path as I move around in the darkness. Even though I know that there is not one pinpoint of physical light to be found in this space, I still find myself turning to my right from time to time checking over my shoulder. It is strange the way the inner plane light flows, as set beams come to our peripheral visions or stars seem to fill the darkness in our mind as if we are living under an open roof to a cosmic sky. None of this is occurring in the physical realm and it is unusual for me in darkroom for the light to come in so fast. Usually it takes a few days for this to come but not this time.

I love the peace-filled rhythm here and already the days seem to go by so fast with our time spent in silence and solitude, and deep group and solo meditations. There is a comfort to the darkness as my body is so used to it now yet every retreat we hold is different.

I also love the way that strangers can come from all over the world to live together in this darkroom space and gel and blend and bond to finally come into that unified rhythm of heart and mind. The elimination of our vision opens us all up to connect in so many different ways and as the days pass our ability to glide noiselessly through this living space also improves dramatically.

It is such a gift to find our Zen-master selves in this space and walk with a slow ease and grace, navigating our way as guided by other senses.

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Dreaming is good here, vibrant and instructive as are our meditations as the brain shifts its production levels of serotonin and melatonin and releases more 5-MeO-DMT (5-MeO-dimethyltryptamine) to enhance our inner visionary capacities.

And so our first day comes to a close with a greater awareness now flowing.

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Day 4 ...

It is interesting to witness the changing rhythms of people as time unfolds in the dark. Yesterday my room felt like Grand Central Station with people coming and going with questions and problems they didn't feel able to solve.

Many of the group, like myself, have been inundated with so much light virtually from day one, with meditations coming through that seem specifically designed for those that have gathered here. I always love to hear new meditations as they are channelled through me and I just remain the observing mouthpiece.

Like in life many are being confronted here by the choice regarding which mental stream of thought they wish to give attention to. Some are feeling anxious and focus on that, making their anxiety grow as they try to analyse its root cause. Unable to pinpoint its origin, they just sit and settle into this emotion of anxiety rather than choosing to have a different experience again.

Yet all of this is just natural adjustment issues for they have never spent so much time in absolute darkness before and sometimes here they go through a very natural internal housecleaning process as the body chooses to release cellular memories from this life or other timelines they have experienced that need realignment or acknowledgement.

As our Earth transcends and moves herself into more intergalactic frequency patterns, this means also that time is presenting differently now and linear time flows are becoming more sequential. Time in darkroom also seems altered and is subject to change by each individual as here time speeds up for some, making their days pass quickly, yet slows down for others who have still not fully surrendered into the now.

When we do become fully present and surrendered into each now moment, it's as if the realms shift and blend somehow, especially in darkroom where the brain's production of certain chemicals also changes. To me it feels like we all just entered into this space yesterday yet we are already half way through the first retreat of 8 days and nights in darkness.

The group are well trained in metaphysical-esoteric practice, with most being also proficient in fasting, yoga and qigong, and so many here are luxuriating in the time they have here to concentrate more fully on just themselves. Others are flowing already backwards or forwards in linear time glimpsing or reliving past or future life experiences as the veils of separation between dimensions, time and space, seem to separate or even disappear. This is one of the gifts of darkroom retreat, the precious time to connect more fully with all levels of our being. To pamper ourselves by slowing every action down by fully focusing on all that we do. Showering, massaging the body with oils, dressing, yoga routines, walking from here to there, meditations, all of it is slowed right down as if we are operating in the most peaceful gentle currents of our own Zen-master self.

Many in the busyness of Western world life never take the time to do this, to find their Zen-master self who is easily attuned to the now, the one who lives in a peaceful river of deep contentment within us. Our Zen-master self is a part of ourselves that lives closer to the level of our Essence, for sometimes there is such a huge distance between our personality selves and the Essence that breathes us and gives us life. Bridging this distance is the path of the spiritual initiate,

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a path that begins to reveal itself as soon as a human being begins to tire of the limitations of this external world or to those who long for peace.

Yet this path also has so many variations and detours along the way. Sometimes we sit with a guru for a while in hope to be imbued by some of their radiance or wisdom, before finally realising that we must be our own guru and more fully express the guru within. Then we have the discovery of an infinite flow of love and wisdom that is bubbling deep within, ready to rise out of our own baseline Essence as soon as we focus upon it and live the appropriate lifestyle to match frequencies with it, as is the way of the fields.

I love the science of life that drives all of our creations allowing metaphysics to have logic as Universal Laws control the flows and what we manage to manifest. Sometimes it is our karma to manifest great riches yet the spiritual initiate soon realises that to be truly rich one must remember once more and BE who they truly are which is definitely not a human being consumed with making money in a material world. In the inner realms material wealth holds no power for here true wealth is purity of heart and a sincere desire to operate in a way that serves the greater good. These are keys to kingdoms deep within us where true riches can be found.

And so these days and weeks in darkroom space strips all bare of external busyness, allowing ourselves to relax and step back into another level of ourselves again, an aspect that we all carry deep within that is so wise and loving, that many in the world are often still unaware of yet long have others known the truth of the teachings of both Buddha and the Christ for we have found that Pureland within us, that Kingdom of Heaven deep inside. So for me it is such a blessing to be able to rest here in the darkness, in this kingdom awhile. Sometimes the external world beckons us out to rejoin the flow of the human tide, yet always the pathway back is clear once the doorways are open, and so we are at choice, awake and even more aware.

This is what many here in darkroom are now learning. Choice. It is always about choice.

Which world do we wish to live in, which do we wish to be nourished by? Upon discovery of the kingdom of our Essence there is no choice anymore as we feel the obvious benefits that then flow throughout our lives.

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5th March, 2012

Evening, Day 4 ... continued

Always in every darkroom retreat there comes at least one 'knock your socks off' profound-type meditation, something that I personally really need to experience. Today it came as the group divinity led us out of this darkroom cave to travel interdimensionally to a star system we needed to visit. Travelling in our Merkabahs and cocoons of light, we found ourselves back on our home planets where a part of our Essence still resides more fully than it does in this 3D world.

Shortly after arrival into a huge field of pure white light, a beautiful being stepped forward, who is my father there, and my heart just melted in unexpected joy to reunite with this one again. Before, during and after, to a visit to the Council of Elders, so many insights were shared and deep personal truths revealed about my time on Earth and things that were to come in my personal life as well.

While words are inadequate to describe, I love these times of such real heart-felt connections where every cell of my body recognises the truth of what is there, yet again usually this tends to happen near the end of the retreat. Perhaps it is a sign of the shifting flows in our world, as she becomes more infused and woven into the higher dimensional fields, that our group can tune to such places so fast and I thank the group divinity for this unexpected experience.

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As usual not all will travel in this way as they stay instead confined to the darkroom space, yet I know that there will be another meditation we will do here in the dark that will touch them deeply as well.

One of my favourite things in group meditation as we step aside and allow the group divinity to channel through what is appropriate for us all, is that so much can be revealed by the Essence in us all as we step more deeply into the inner planes and that there is so much wisdom to be gained when we just let go and trust, and open to what can come. Our breath is the key to it all as just through subtle adjustments of our breath, we find ourselves free to explore so many realms.

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Day 5 ...

It is so interesting when people come into darkroom who have never been before and who can't understand much, or any, English. Most go beyond the words and connect in Essence to Essence trusting the flows that come, others take a while to surrender and to allow themselves to truly open to all the gifts that the darkness contains. All we can do is hold this space for them, and communicate to their Essence to allow them to come into the perfect rhythm that they need during the darkroom journey.

I know from our time with the Mamos of Colombia that I have been able to go beyond their words when they speak Arhuaco and sense exactly what was being shared which was then confirmed by the Spanish then English translation. Of course this doesn't always happen and takes focus and concentration but it is wonderful to know it can be done.

And so another day unfolds for us all in the darkness of this space we call the Divine Mother's Womb.

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Day 6 ...

7th March, 2012

Last night a flow of information and energy came in driving our group meditation, from Beings from the Great Central Sun who called themselves Cosmic Plasma beings, saying there was no other term in our English language that was an adequate label and that Cosmic Plasma is cosmic fire which is Divine Love.

Channelling to me is like moving from the centre of a room that I am occupying to sit on a chair in the corner while another energy beams in to take centre stage. With great love and gentle awareness they spoke of so many things – about what was occurring on Earth and will occur – and then left space for people to ask their many questions.

I love when these spontaneous flows come and felt the synapses in my brain (right hemisphere) being tweaked as they were beaming in, along with adjustments to my throat chakra, so that they could use my body more effectively. The download was interesting on so many levels, especially since I awoke this morning with my body feeling adjusted somehow with no interest in or need for fluid.

I would like to think this is a permanent adjustment for after nearly 19 years of receiving all my vitamins etc from prana and being completely free from the need to eat food, throughout all of this I have still retained an interest in taking liquids. The last few years I have also taken some physical food - mainly fruit - from time to time which has been at times difficult for my body as my system has literally moved beyond the need for such things, still my family have enjoyed me doing this with them.

I believe that all adjustments should be a naturally organic development that occurs when the time is right and we are ready on all levels yet yesterday I had been talking to my emotional body

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and biosystem in general, asking for a more unified approach to all of this so it was so interesting that a by-product of this visitation, and the energy residue left in my body, has resulted in such an easy realignment. Whether this residue will fade or be a permanent change is yet to be seen, still the peaceful currents I feel right now through all levels of my being, regarding this non-drinking issue, are very nice to experience indeed!

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Day 7 ...

8th March, 2012

It is only to be expected that facilitating a retreat in complete darkness completely by myself can be busy. Dealing with the harmonisation of 40 complete strangers with all their movies of reality and doing it all without external light as they all go without food and their bodies adjust their prana/chi intake or fast, all of this adds to the uniqueness of the gathering and also brings up so many issues that they come to me to discuss. While I am able to operate from a huge reserve of energy today I am called to be more in silence and solitude and unhook from it all.

The group are all in an easy place now, used to the rhythms that are here, issues/adjustments have been dealt with and, as they know they will exit at sunset tomorrow, they are relaxing deeper again. Many will stay on for another 7 days and nights making their darkroom time 17 days in total while the others will fly back to their various countries - all having been changed in some way. New ones will come in a few days to step into the darkness again for all who are coming have been with us before. And so the days continue to unfold in a rhythm of our own making. And for me it is time to take these few hours and enjoy more of what silence, solitude and darkness have to impart.

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Day 8 ...

9th March, 2012

End of our first retreat. We are about to take people out into the sunset which is one of my favourite times in each retreat. I love to see their faces and eyes as they fill with appreciation at the wonder of nature for the Tao Garden is truly beautiful. For some there is relief for this has been a big initiation, for others coming out is just a natural flow they have appreciated being in and now they appreciate being out.

Tomorrow for all is a day of acclimatisation, before catching planes or whatever they need to do. Others will stay in darkness continuing their journey in silence until the next group coming in join us for the further 7 days and nights. And so I give thanks for all that has been gained.

THIS YEAR AGAIN WE HAVE DONE TWO RETREATS VIRTUALLY BACK TO BACK and so as one group leaves, some stay in silence during the transition period as new ones who have been in darkroom retreat before then arrive to join us ...

Day 11 - Day 1 for 2nd retreat

12th March, 2012

It was so nice to come back fully into the dark as it's almost as if she calls me. After two days out attending to the last group of which around 25 were leaving, and then dealing with new arrivals and basic logistics, to know that as I came in again last night, that I didn't need to go out again, is almost like a relief. While I love the outside world, darkroom holds a special reality for me for here there are no distractions of third dimensional life, only of course the distractions of our own

mental, emotional and physical body flows. Once each one finds the rhythms of comfort and security that being blind can bring, then the other senses more than compensate for the basics like finding our way around. Time spent in meditation in our rooms or with the group then offers something else again, like the ability to go beyond time, to transcend the veils that create perceived limitations between the dimensions and explore what is there; and to be open and be more at one with our own Essence as we flow through the inter dimensional worlds.

Existing in our 3D world with the gift of physical vision of course offers so many delights yet to let all of this go and be the silent yogi in the cave - in a physically comfortable way - offers something unique again.

Last night I awoke a number of times as usual for me, yet aware that I was in Council with the Elders of our multi-dimensional realms, ones I have long known and new ones not yet met until now. As always it was like being back with family beyond this physical plane. What was nicer still was that although I would wake, be aware of what was, and had been transpiring, as the body relaxed deeper again in that semi-dreaming state, our meetings would continue. It was the first time in a long time that I have had full remembrance and spent such a long uninterrupted period with these ones. So much discussed and all of it about the rising of our world and the revelation of the pure Essence within all as being the key to the rising. It is impossible to record it all and also unnecessary as I know that all that was shared will flow through me in the appropriate manner and time.

The amount of attention our Earth and her people are receiving now from the Beings of Light, from so many different realms and dimensions, is astounding to sense. So much attention and so much support as many struggle to set aside old educational, media and societal imprints that carry limitation and fear and the power games of control.

The E.T. reality is not only strong and thriving but powerfully focussed in the most loving compassionate manner on everything we are doing on Earth. And yet of course we are like a drop in an ocean of their focus, for there is a lot more going on throughout all levels of creation than what we could ever envisage.

Yet we are here, now. In whatever capacity we have all come, with whatever trainings, gifts or models of reality we carry, the time has come for all of this to be rewoven into rhythms that serve us all.

This too is what occurs in our darkroom retreats, the blending and harmonising of all the different frequency flows and patterns of energy the whole group carries, so that the dominant frequency becomes pure Essence. And bathing in this Essence brings the peace, the love, the wisdom, the clarity, the visions and insights that every one here is open to receive.

Here is a microcosm of the macrocosm of our world. Here we find people whose energy weaves are so entangled in old patterns that they need to be delicately rewoven so that they can come into a deeper peace. This is just like countries who are energetically hooked into rhythms of violence and war, or dominance and control, who still lack the understanding of the power of compassion and who cannot yet access enough inner wisdom to know how to create a society that runs in a rhythm that benefits both their people and the people of this world.

Many of our interdimensional friends have never known duality and its flows of war and peace. The wars humankind can rage within themselves as they exist further away from their Essence source and then the peace that comes to all, when we recognise again and feel again the wisdom and love of our own pure Essence, which thankfully takes us beyond all religion by revealing the purest teachings of all the Holy Ones.

A world without connection and awareness of its own true nature needs to experience this nature first hand, before its people can truly evolve as a mass back into the rhythm of peace. Not all need to do this of course or it only takes a certain number, who are at one with their Essence, to realign this world. Yet all must choose the path of love and peace to be able to flow with this rising tide. Choice is enough if it comes from the heart for enough now are trained, have remembered and are radiating what is required through our world to complete what has begun.

As we also know some must choose the path of fear for they need to stay locked into the dual-natured realm. This is not done because they are bad or ignorant or unaware, instead it is a soul choice to explore more of what duality offers.

Yet ... billions long for more and so they will flow on, nourished by a strong network of support. Again how long this transition will take and how smoothly it will occur depends on how many can choose love then relax, step it back, and allow their purer natures to rise and then rule.

Still regardless of all our experiences and ideas, it all is as it is and yet once again in the field of higher light science, the dominant frequency rules. Knowing this we learn to take control of our own energy emanations so that we contribute to our world in a positive way.

I continue to learn so much each retreat as I listen to and feel the rhythms of my own Essence being. Like many I sometimes enter darkroom with a goal or personal agenda in mind, that maybe in this retreat the rhythms will be conducive for me to finally fully convert to the true breatharian expression. This is not something I have ever chased and yet knowing it is in my blueprint this life, the carrot of possibility is always dangling before me.

My prana percentage has been 100% for years so freedom from the need to take physical food has long been with me. My cosmic particle hydration levels have also long been enough for me to safely take no fluid. Yet for a long time I felt that my weight would be too low if I wasn't drinking at all, as my body without fluid intake is 1-2 kilos lighter again than when I drink.

Here my Essence confirms it will support me now at a good weight if I am fluid free and I trust this. When I check for the perfect timing, I am told from within that any time is right. And so with all of this confirmed, I ask that my true breatharian state occurs organically, naturally with joy, then check deeper only to find that there is still a small mental block and recognise where this lies. Then, understanding how to shift this, I sense again a more natural rhythm arise with no desire or interest in fluid.

Last weeks influx of energy and reconnection with the Beings from the Great Central Sun left the same feeling - effortless, natural yet it was as I felt, a residue of the download and did not last. Since then their energy line connections are strengthened permanently within me, hence the ability to be in Council with them all through last night.

I know they could blast me, hold me in a beam, where the true breatharian way is simple but we are still discovering a duplicable path that others can share. In this we need to learn via experience how and why humanity has departed from this natural rhythm of life and how to gain it back. Yet even all of this is known to us now, the why's etc, still, as we reweave ourselves and our planet back to a more reconnected state with our Essence, then our stories of how we have done this, are always an inspiring guide.

Nearly all true breatharians in our world - those who never eat or drink - who truly have moved beyond the consciousness of physical food, nearly all of these have had this occur via interactions with Beings of Great Love and Light. For example, Prahlad Jani, Therese Neumann, yet our way has always been to find a model that all can use with just a small amount of personal additions, a model where science and metaphysics can meet that takes it beyond new age dreaming and into

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mainstream reality, which is what this will eventually become at a certain point in our world's evolution.

And so for me the reweaving continues as it always does as I relax deeper again to enjoy all that my Essence contains. Beyond the reweaving of rhythms there is also the requirement to just align, be open and allow.

Day 12 - Day 2 for 2nd retreat

13th March, 2012

Our group are still making the alignments necessary to accommodate the new ones who have come in yet all is flowing well. Those who have been in the dark for the past 13 days are in deep levels of their Zen-master selves, aware of every impact their movements make on the energy field. Tuned to furniture and objects, they noiselessly exist here as one cohesive unit that the others are slowly stepping into as they leave the outer world behind and begin to readjust their own impact in these energy fields. Still all of this is natural and something we deal with everyday when we expand our conscious awareness beyond the self absorbed me and into the we of community and global energy field flows.

I am still sleeping remarkably well (which is the first time ever for me in darkroom retreat) although 70% of the group here seem to have stopped sleeping all together as they learn to deal with the endless night hours with a body too energised for sleep. Because most have a good strong prana percentage they are not fasting and hence are getting more energised rather than weaker and thus a lot less sleep is required.

This of course, as we have shared with them, is a wonderful opportunity to explore the infinite nature of their Essence being and go cosmic travelling and enjoy so many other realms. Their bodies are safe here and can be left in meditation, while the one I call the 'watcher' within looks after the physical form.

Again consciousness is elastic, and our chi Essence energy follows our mind, so extending our awareness beyond our form is a common practice for us in darkroom retreat as we explore dimensions deep within and so much more. Here, we continue to energise and strengthen the physical form with our usual alchemical practices which helps in the re-education process for many, of exactly how we can feed our biosystem in a myriad of ways, independent of physical food. Of course our program also addresses a holistic system to access nourishment for physical, emotional, mental and spirit being levels so that the complete biosystem receives exactly what is required.

Day 13

14th March, 2012 - The journey goes on ...

Yesterday afternoon's meditation took us deep into the Earth, first to be greeted by indigenous tribal elders for us to release any ancestral energies that no longer serve us. With insights gained we then moved on to connect with the inner Earth people and their paradise realms, beings from Atlantis who created this place of light a few octaves above our current Earth plane. There are a number of pockets of peaceful inner Earth co-existence like this around the world, from the underground city of Telos to much more.

For those who could join me in this journey so much was gained, with others in the group whose time is not quite right to go there, falling asleep or going on with their own inner journey as is always the way in any group meditation. For me it was the first time that these beings appeared ready to guide us into their world, to swim with dolphins under waterfalls and in sacred ponds, to

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sit and talk with wise elemental beings who reminded me of Yoda from Star Wars; to then move on and visit their Temples of Learning and be bathed in regenerative light.

Those type of bilocation experiences come so naturally to some, while others struggle to let go of their focus on their physical form or their monkey-mind distractions. When they can then these inner plane journeys are so rewarding.

This morning our group were guided to go back to that state of being pure plasma, a golden dust flow of cosmic particle Essence, to experience the freedom that this brings. It is so nice to leave the density of the physical body and drift through the universe for a while; sensing, being more aware of other energy flows. To pass on later through a dimensional door, a white hole into the Galactic Centre and there again to just be, sensing what needs to come. To feel the presence of the Mayan Elders, a race of people whose prophecies are now so well known on Earth and who as a mass ascended their tribes so long ago; to commune with these ones, to sense the sacred geometric patterning of this realm before coming back to Earth once more and slipping like a vaporous stream back into physical form, all of this was again so insightful.

These are the journeys I love that darkroom always brings and the deeper we align with the subtle realms within and the more we step back into our natural Essence state, the easier these journeys become.

So it is and so it always has been ...

As a facilitator for these darkroom flows, there is also so much to attend to, to ensure the complete comfort of our group, yet once basic needs have been met, it is always up to each individual as to what parts of themselves they wish to identify with.

Here, like everywhere in our world, people's thought streams and minds are strong, sometimes taking them further away from their pure Essence being, rather than closer to it. And with far less worldly distractions here it is important in darkroom experience to use the mind as a servant and not let it be a distracting force.

It can take a lot for an untrained mind to surrender and be in the now, fully present and open to the flows that darkness contains and so our group go deeper to explore all aspects of their being; transcending time and space and the usual demands of the body. Free from the process of digestion, this energy can be used in other ways. Free from time restraints, long sessions of yoga and other practices can be engaged in to keep their bodies lithe and strong. Free from family, friends and business distractions and phones, the emotional body can rest in a more detached state. And free from the need to even stay in our physical bodies, we can wander the cosmos as the flows of infinite consciousness that we truly are. These of course are just a few of the gifts that darkroom experience, the way we do it here, can offer the one who is open of heart and mind.

I look back to nearly a decade ago to my own first experience, of the dark as a guest of Mantak Chia, to what has transpired today. While I know his system of teaching is so powerful and perfect for many, it has been nice to bring through a program that is more fluid and feminine in form. Fasting and also pranic feeding in the darkroom adds another layer as does the music played to further open all hearts. Yet Mantak Chia's programs and mine are like Yin and Yang and complement each other and so it is wonderful to have this opportunity to come to Tao Garden each year.

Beautiful surroundings, friendly smiley staff, the sweetness of the peaceful Buddhist energy that permeates this land plus the endless gifts that the darkroom herself contains – for all of this all I

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can feel is grateful.

Day 15 for group 1, Day 5 for group 2

16th March, 2012

Apart from what people learn about themselves in the silence and solitude, the beauty of darkroom retreats is that we have long periods to be in group. Each day we have between 3-5 hours contact time with each group, depending on what's required, plus the behind the scenes personal meetings that are necessary for some. The meditations are always led by the group divinity which I love, as this opens the ways to new and different flows. Yet of course there are always some basic reweaving patterns to be applied as there is with every group.

So far we have done meditations to open all up for a deeper experience of our own Essence, meditations for pranic feeding using various alchemical etheric devices, a meditation to clear the balance of karmic ties, meditation for improving tantric energy flows and for repatterning past and present intimate relationships, meditation for accessing pre-agreements made before embodiment with relevant loved ones today, meditation for accessing more data and clarifying our life purpose and service agenda in the here and now, meditation with the inner Earth beings and connecting with indigenous elders, meditation at being pure cosmic plasma, meditation returning to star systems and reconnecting with intergalactic and interdimensional family; the usual cocoon cosmic hotel meditation so we can be surrounded by energies of our own choice and be less affected by the changing energy flows on Earth, meditation for accessing cellular memories of past present and future timelines that are relevant for life today, meditation to connect with the Goddess in her many forms, meditation to tune more to the will of Gaia as she goes through her transition, meditation to retune and strengthen the auric field and be free of limiting psychic ties, plus more.

Last night we were guided to go beyond the Akashic Hall of Records, for we have often accessed the Book of Life with groups before, and to go to another level, to the living Tapestry of Creation where we could see the flowing stream of this endless tide and witness the patterns and weaves within it.

I had read just a little of this in Dolores Cannon's *Convolution Universe* series, and so it was wonderful to be able to bilocate there first-hand and to witness its undulating flows of light, for it is said to be the most wondrous piece of art that has ever been created. Alive and constantly changing it pulsates with the vibrations of every life ever lived and currently living, as each life weaves itself from one movie of reality to the next, ascending, by learning, a giant never ending ladder, which this tapestry represents.

As you look at the light stream going down the tapestry, we can see the pattern and colour of weaves, of all our other lives that are actually running parallel at right angles to the weave, culminating in a pattern in the weave that can be like knotted threads or smooth, all of various colour and design. Here we can also see the intermingling threads of other people's weaves, where we have bonded and how each thread is different in texture as well.

When we look up, the tapestry line of light flow is also endless, becoming brighter and brighter light, a moving river of energy and design that represent our life in the higher dimensional flows.

The visit with the group was relatively brief, just a short introduction, a chance to do a little reweaving of their current life, a new design with the awareness they have today; that was superimposed over the actual tapestry. All that could be fused with it then was, with the balance left to dissolve; for the rhythms and patterns here are set to a great degree to allow for pre-agreed learning. All in all it was another wonderful meditation.

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Of course those for whom this journey was not relevant or time, fell asleep or were taken elsewhere by monkey-mind distractions, or into another meditational flow, yet for me it was a wonderful experience to see this clearly with my own inner visionary sight. Here, like in all our meditations, all we can do is offer the journey to those who are ready to take it and trust that all receive what they require.

The longer we stay in darkness, the more gifts I seem to be given as my body grows stronger again from the daily yoga practice and pure prana diet. Having no fluid is not a problem yet some days I will sip a small mouthful of water to rinse out my mouth if it feels dry. Here my body is never dehydrated and my sleep patterns at night are much better in the dark than they have ever been, which is something I have programmed for.

Others here are still sleeping so little and so they have 20 hours or more each day to deal with their changing physical, emotional and mental body rhythms. Yet this group is silent, focussed and aware, seemingly blended now as Zen Master Yogi's deep in a proverbial cave. And so another day unfolds for us all, with maybe 5 more meditations to go, it will be interesting to see what comes flowing in.

After being in darkness for more than two weeks now, I am sensing that some of our people are on the edge of having learnt and experienced all that the darkroom can offer them for now and yet I am guided to keep them in for these final two nights. This restlessness that some have here, is of course another barrier to pass through and part of this initiation in the dark that can be a little tough. Others always take to darkroom existence like a duck takes to water and I sense that they can never get enough. These are the ones who discover a whole new level to their being, as in the darkness away from a busy external world, they can finally completely relax. These are the ones who have longed for silence and the chance to meditate uninterrupted for hours on end.

This afternoon I was guided to go out of darkroom to talk to a very suicidal woman who has been sick for many years. Her spirit is so tired and all she wants is to leave this world of form. A Buddhist by inclination she is happy to move onto the other side and is finding the treatments here ineffectual which they will remain as long as she has no will to live. All the positive effects of the herbs, acupuncture and more are neutralised by a constant negative thought stream that cannot see value in her life or future, especially if she has to continue to live without a strong life force or immune system. Some days her energy rises a little and she contemplates wanting to live again yet most days in her weakened physical state she has no will to continue.

Physical examinations by both traditional and alternate healers show no real physical problems any more except for weak chi as if her life force is literally being drained. The effect of her mind is very powerful and yet when I checked I found she is at choice. It is not the end of her time here and yes there is a whole new chapter in life waiting for her to step into. Yet at the same time her body is continuing to shut itself down due to her lack of desire to go on.

For some it takes strength to find the will to go on especially when the life force seems weak and everything is a physical struggle. In these cases all one can do is listen and offer stories of insight that hopefully they will relate to and yet the choice is always their own, for in these fast changing times we are all being challenged to look at the power of our mind and how thought streams can keep us stuck in many restrictive patterns. No more apparent is this than for those who come to be food free and be in silence with themselves in this darkroom cave.

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Being able to see the weaves in the matrix of creation and that each weave, each pattern woven is a result of cause and effect, a decision and outcome and how what is woven then weaves through other people's patterns, which then goes on for seeming eternity through this realm and all others; all of this for me is a wonderful understanding.

For the last few years the conscious reweaving of my internal and external energy patterns and my pattern of service in the world has been so all consuming yet in a very peaceful, joyous way. Even watching this Buddhist woman reweaving herself into a stagnant immune system and shutting down her body has been so interesting to observe.

To have the meditation, and then see the Tapestry of Creation from another perspective, and how each of our weaves, our patterns are so infinitesimal is also a gift. it's like standing beside a raging ocean whose power can be felt so intensely, then realising we are just a drop in this vast ocean and how insignificant we are in comparison to the unleashed forces of nature. And yet it all matters, every weave, every pattern contributes to the whole and awareness that it does and how it does, greatly enhances life.

I love the state our group all come into after a period of adjustment in the dark where they are strong, silent and aware. When they reach this state I can withdraw a little in my role as facilitator to personally participate on deeper levels and this retreat has far surpassed my expectations for I have been given so many gifts. Today I took some time to have the Shirodhara treatment where warm oil is poured over the third eye in a slow and constant rhythm while the scalp is also massaged. In the silence I clearly sensed and felt the presence of my guardian angel who is always a guiding light. Recognising his voice and realising how often we have spoken yet not as intensely as today, it was so nice to tune to this one again.

Somehow we travelled back through my life, especially the time since I became a public figure, and I could see the times so clearly where using freewill I ignored the guidance given. Although these times were not a lot, it was enough for me to apologise from my heart of hearts for making this one's job tougher than perhaps it needed to be. So many times I heard the clear signal to sit and be in silence and listen which sometimes I did and at others I didn't, knowing that all information needed would come again in the dreamtime plane. Yet to this gentle spirit nothing is a problem and my apology was accepted with a certain silent amusement for I sensed it was more for myself than my guide.

Life on Earth is so dense compared to the freedom we gain when we leave our physical bodies either through meditation or the transition of death. It is easy here to get distracted and even forget these angel guides, who lovingly walk beside us every step we walk on Earth. To be open to them again via the process of meditation and raising our own frequency so we can sense and acknowledge them in our life, plus also connect with other interdimensional beings, is a treasure for us all and such a wondrous additional layer to our life. Of course for millions this reality is not in their thought frames yet being open minded and sincere of heart brings many gifts in life, some of which we could not have dreamt of or imagined.

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Final Darkroom Day

18th March, 2012

My angelic guide continues to share with me, answering the many new questions I have. As he tells me he is an extension of my Father, the being I met in the Great Central Sun, almost like a body-guard or protector, my life flashes before me and I clearly see so many potentially

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dangerous situations where I narrowly escaped with my life and how this beautiful being was there to warn me and keep me safe from harm.

We go back further and I see the thread, the weave of so many lives on Earth, that in truth are fewer than I imagined. From being pure cosmic plasma, exploring the elements, to my fire angel self pre-Atlantean times where I lived and danced in huge natural crystal caverns and then to here today, the progression is easy to sense and see. Not all lives are shown for some were just restful times enjoying simple loving relationships within communities and following my heart, enjoying music and children and love. At other times, like so many have, I encountered great heartache and loss, persecution, yet every experience gave such depth of insight and understanding. All the weaves, the threads of karma, of cause and effect, all the changing colours and threads in the tapestry of my timelines, within this Earth plane and beyond; were so clearly dancing before my inner eye as if completing a very specific pattern with each one flowing on so naturally from the other, revealing also the connections woven with so many others on this plane.

As I lie in my bed in the early morning hours so present with this angelic guide, I find myself amazed once again at the perfection of creation and also by what this darkrooms place can contain. The opportunity to be the silent witness with no distractions from the outer world, to meditate deeply with those that fill this space on the visible and invisible planes; to take advantage of the energies of the Taoist Masters, for here the darkroom is their Temple, and to feel their welcoming flows, and to be able to transcend time and space as our Zen Beingness takes over, allowing us to move so silently and gracefully without the aid of physical sight. The list to me is endless. And so I take these final hours to reassess and give thanks for it all, for even though I always find darkroom retreat time personally so beneficial, this year I have received so much more than I could ever have imagined.

In a few hours our group will emerge back into the light to enjoy once more all that the light contains; the pleasure of vision and for some the flavour and texture of food. Others like myself will return home to loving, and sometimes concerned, families who cannot comprehend why anyone would want to spend this time fasting in silence and solitude in the dark while others of course are opening to stronger pranic flows.

Yet each being's path is different, unique, for what their heart call requires. And in the following of our true hearts call, our life becomes a dream fulfilled and that offers us new adventures.

So it is and so it always has been!

Note: Due to our yearly retreat being booked out often years in advance, sometimes people elect to attend Master Chia's Darkroom retreat instead. Here is a list of differences between them.

Firstly the energies in our retreat are very feminine in nature as we treat the darkroom space as the Divine Mother's womb. While our program is flexible and unfolds according to the group divinity, we also tune people energetically to open to stronger flows for pranic feeding. Sacred music in silence and in some of our meditations also helps facilitate a more heart opening experience. We also promote solitude and silence.

Also no physical food is served although are available and people are asked to train themselves in some form of yoga, tai chi or qigong practice before they come so that they can continue a healthy exercise program in the dark.

In Master Chia's retreat, training is given in Taoist practice – usually the Kan and Li. Silence is not usually expected but happens naturally and there is no music. Also while meals were usually offered for both vegetarian and non-vegetarian, **less food is now being served.**

~2013 ~

1st March 2013, Darkroom

I sit in the yellow house – a small quaint coffee-knick-knack shop, just up the road from the Tao Garden complex, enjoying the ambience it spreads and also what may be my last indulgence in coffee.

Slowly our group is claiming their rooms and space in darkroom which officially begins tonight when all lights go off and say off until we complete in 9 days time.

I feel so much pure love and acceptance by all those I encounter in Thailand as all here are quick to return a smile and loving look. And of course with those who have known me over the last 14 years that I have been in this land, the love and friendships they extend goes much deeper. I feel like this India as well especially at Pyramid Valley and all the places in the world where our networks have grown over so many years.

To live in this level of gentle love, kindness and acceptance is so good for us all and it is a precious thing to cultivate in life.

As I sit enjoying the morning sun I meet a woman who comes to Tao Gardens every year for 3 months to escape the harshness of the German winters. Her eyes twinkle with the light and love of life even though at 82, her body is slowing down and is now exhibiting the pattern of Leukaemia. She feels angelic and it is good to sit and share for we meet up every year here sometimes also exchanging emails in between.

Others join us and I sit and listen, asking questions at times to hear more of what they wish to share. The human journey in this world is always so interesting to hear about especially when people open to share of the more meaningful events in their life and those who travel also often have so much of interest to share.

Our darkroom retreat is full this year with everyone managing to make it. In some years people cannot come at the last minute and something prevents their presence among us. I program always for the perfect ones to come so that the group energy mix is most harmonious and beneficial for us all for to take 40 strangers and place them without light or food into this intensely yogic field of energy where silence, solitude and meditation and music are key tools for us to align more deeply with this essence of life, this is an art in itself for only those tuned to enjoy such things can find the gifts that are here.

And so a new retreat begins and I wonder with the shift of energy patterns through December 2012, whether things will flow much more differently here this year.

Wednesday 6th March, 2013

We are already half way through the time flow of this retreat yet thankfully most here have unhooked from the reality of time, preferring instead to be more fully present in each moment, tuned to other flows.

As usual by this time the group have settled in a very silent, harmonious rhythm with each one going through various processes according to their focus and expectations although it is of course suggested to all that they enter into this Divine mother's womb of infinite darkness, expectation free. Still I love the rhythm of life that unfolds here as 40 temporarily blind people they open to see more with their inner vision and also use their other senses to navigate their surroundings.

The other evening the Chinese Taoist immortals again graces us with their presence as they did in darkroom last year. This time they removed the veils to their realm and invited us in to the

Temple that they dwell in here, so we had the opportunity to wander through their beautiful gardens and the Temple itself – of course all on the etheric level. The one that present to me had long white hair and beard, a shining youthful face, wise eyes and a wonderful sense of humour as he almost danced before me presenting me with a beautiful opalesque ball of energy that felt crystalline in structure and the clear advice to cloak myself in life in this energy field. He seemed to almost waft in and out of my visionary field to show me just how fluid our immortal nature is and he seemed to take great, almost humorous delight in our interaction. Many, but not all, of our group were also able to match frequencies into this vision and enjoy the presence of these immortals in various ways.

This morning in meditation as we opened to receive messages from our various biosystem levels, my emotional body, when I focused on it, flooded me with so much love and joy which was so unexpected in its power, telling me over and over again how happy it was that I have come into the state of true contentment this life and what a joy it is for my emotional body consciousness, after lifetimes on Earth, to finally be able to have such a consistent flow of deep contentment and peace. Its response overwhelmed me and was so liberating and it always amazes me when we take the time to radiate pure love through all levels of our being and also to ask if the various levels of consciousness we carry within wish to share anything and then to listen to what can come.

And so it goes in the yogic darkroom cave as we commune more deeply with all levels of our being and open to experience even more of our own enlightened natures.

Saturday 9th March, 2013

The last few darkroom retreats I have written so much about so many experiences yet rarely discussed all the personal issues and stories that others share with me. Told in confidence it is good to respect this yet all their stories would make for fascinating reading it revealed. This year's darkroom has been so busy for me with so many visiting my room for private hats and it's been wonderful to be of service in this way while also encouraging them to find the answers within.

My own experiences as usual, have been deep and highly personal and also not for public consumption yet I find in darkroom that my DOW, or essence smiles so freely and consistently through me every day as I sense the people here with me finding their perfect rhythms.

Music and meditation, silence and solitude, fasting or pranic food, darkness and stillness and going deeper within detached from and untouched by the external world, all of this draws us back each year with so many now repeating.

Here I walk almost on air, so slowly, tall and strong as if I am walking through the cosmos as so many points of light surround me.

Here my night vision and easy sense of all that is around is highlighted as my awareness is extended both outwards and inwards to tune more harmoniously to this energy field.

Here I think of the Mamos, the Kogis and Aruacho who have known of the joy of darkness and explored it so much more completely than I, remembering and then feeling their presence again while I am here, appreciating the peaceful wisdom that they carry, that deep awareness of their centre and what is really important in life as they play also as Divine Alchemists with the Universal rhythms.

Here I take more time to give and feel gratitude for all that I have experienced through my life, the pain and confusion that forced me to grow when young, the joy and celebration of the grace and peace and deep contentment I now know.

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Here I can flow freely from my body extending my consciousness out to connect with those I love no matter where they are.

And while of course so much of this can be done deep in meditation, it is different here as time slows down then disappears and dimensional doorways open without distraction from the outer world.

And so tomorrow our group will dance in celebration and joy for having completed this time and initiation with Mother darkness before then venturing out into the light where all eyes will soak up the wonder and beauty of Tao Garden as our skin absorbs the falling dusk and sunset light and the freshness of later walking under a starlit sky.

And once again for me it has been a magnificent pleasure.

As we exit the darkroom I receive the following downloads from the Divine Mother

“What can we tell a world that is now consumed with so much change?

Can any words shared be enough to encourage the opening to the greatest love that any being can ever know?

Or is patience and compassion and silence more effective?

How can we say to those who wish to save this world that this world is already on her path to great salvation?

To say that there lies within the human heart the divine heart with the power to radiate an eternal flow of such Grace that all who venture near will be transformed ... can this be truth?

To say that the ascension of your people lies in the being and not just the doing, that to take time in silence, stillness and solitude to open to the Kingdom of Heaven within you, to feel the love of the Divine heart and its all consuming wisdom, to allow the rising of this love through you and out beyond you as you walk through this world ... for you to know this as truth is the greatest gift that you can give yourself and also those around. When this pure and perfect love flows through you it nourishes and transforms you, yet when it touches another it draws out from deep within them this same pure love to fill you all with the glory of creation. Paradise is your world right now when this becomes your truth.

The purpose of your time on Earth is only to experience the joy within the revelation of the greatest love that human heart was always designed to know. With the awakening and the blossoming of the Divine Heart within you, you will be love in motion ... you will be peace in motion and those whose hearts are purified by this will walk in the Garden of Eden once more.”

Earth’s Garden’s of Eden

Message from the Divine Feminine through Jasmuheen 29th August 2013

“The revelation experience and expansion of the Gardens of Eden in your world are a step by step process, one that may seem to be too slow for some, while it passes around so many others who are not yet open to its flow. Still others are already in these gardens with hearts filled with gratitude and lives filled with grace.

In this field of infinite love and intelligence, that all life is held within and is nourished by, there is infinite wisdom, kindness, compassion and love as this benevolent energy is woven through the very fabric of creation including through your bodies of light, around which your molecular structure has been called by the Divine Ones to form, beings who are just an extension of a wise and loving system of energy that is so vast that expresses Itself through all.

Connecting yourselves consciously back into this loving rhythm via your day to day lifestyle with the awareness that it is just a pattern for you all, a pattern that shifts and changes as your awareness of your innate ability to live in harmony comes more to the fore.

When we scan the human heart beloved ones, we sense a longing for peace and truth and upgrading of social systems and all systems of operation in your world so that there is more joy and more peace, more love and also more power for the flows of harmony in your world to rise and carry you all deeper into another way of being.

And so we invite you here to take a few deep breaths so that you may join us in a softer yet strong, subtle rhythm that has great power and with each slow and subtle breath, open with your intention to the most graceful, wise, compassionate rhythm that is flowing through you all the time.

Many know that you are all just a collection of molecules and atoms that are bonded together with something like cosmic superglue that is pure love. This rhythm of pure love abounds now onto your plane being channelled through your physical sun from the Great Central Sun and way beyond that again. This energy is seen by some to be pure Christed Consciousness, to others pure Buddha in nature, others sense Mohammed's hand within it all as the devotees of the true teachings of this one bow down five times a day in prayer, surrendering to the will of Allah, the Allah nature that is deep within us all. This Christed, Buddhist, true spiritual Allah-type nature that is within all the energy fields through Earth is also accessible to all.

And yet with any powerful change there needs to be clear intention and programs also set into this energy field of change, not just pure emotion, a well thought out plan that can improve or even replace the current systems that you have operating now on Earth. The upgrading of all systems of operation is a matter of simple yet specific coding into the matrix that flows through your world, the alignment of your global consciousness matrix - where the dominant thoughts and feelings rule - into a pulsating pattern that takes care of the whole.

This flow is the field of higher dreaming made manifest - a new dimension where health, happiness and harmony are the more dominant rhythms for all the habitants of this flow. People in this flow are aware of their multidimensional nature and also that aspects of themselves exist simultaneously with many within all dimensions and worlds, for all is a part of one web.

System operation that runs according to universal law also drives these ones, for they understand and apply these laws in all aspects of their life and so their life stream changed, became more harmonised, healthier with more happiness for them all as they found themselves in Earth's garden's of Eden.

Yet the underlining drive dear ones as you all know now is that pulsation of pure love in your heart, the pure part of you seeking to be loved, purely, to then love purely in return. And that pure hearted part of you that remembers peace, knows of peace, and how peace feels for you, can be accessed now from those parts of you that always exist in peace filled worlds."

Blending with Jasmuheen

As we enjoy our changing world it is hard sometimes to trust that big shifts have happened that were prophesied for post December 2012, and that many hearts are now tuned to the 5th dimensional reality of Unity Consciousness. For many years preceding this we programmed for a smooth transition so now, the idea that everybody we meet has made this transition or they wouldn't be in our energy field, is a wonderful reality to experience as it tunes all our

relationships to an energy field of interesting, infinite potential. Yet the big shifts are not complete as now more than ever before, we are even deeper in what I call “the blending”.

Just like when we add ingredients into a blender then hit the “blend” button, there are moments when as things breakdown – to then be blended into a more unified whole – that everything seems choppy and disjointed. We are in these moments now on Earth where some are blended and have been unified into the reality streams of wholeness and others are in the chopped-up-breaking-down or refining and being rewoven stage.

In these later stages, once the fruit (humanity) has been gathered and placed willingly in the blender, once all the perfect ingredients have been added, and the blend button – which is our desire for a more unified rhythm - has been activated, then there is nothing more to do but relax and let it be. Watching the blend or analysing the blend doesn’t speed up the process, for things are as they are.

Blending can be a traumatic or joyous process depending on our perspective and it is something that all life forms do constantly, as we each encounter all the different expressions of our Essence as It is manifest throughout creation.

Science has begun to touch on this process via M-theory, which has begun to accept that everything is just a constant gelling, merging and interaction of energy membranes. At the Embassy of Peace, this is something that we researched with our work on Interdimensional energy field science and biofields – what biofields or membranes are and how to have them gel and interact harmoniously so that everything operates in rhythms that serve the whole.

Membranes, or biofields, are the energy field extensions of our physical, emotional, mental and spiritual consciousness and as we all know, we affect these constantly by our thoughts, words and actions as determined not just by Universal Law, but also by neuroscience and now “M Theory”.

By refining our thoughts, words and actions we can navigate as membranes, through all energy fields as if we have radar, or rudders like on a boat that can steer us through the blending so that we can exist in an energy field and flows of our own choosing. Yet in order to have choice we need to be aware of all the fields of possibility that are here for us now.

While metaphysics is the science of life, it is the deeper esoteric experience that takes us beyond the mental plane into the certainty of knowing through our feeling and being nature. An open heart and a willingness to experience all that we are and can be – while still in physical form – is an important key for us, both for our evolution and our exploration of all the fields of potential and possibility that we can be blended into.

Every time a gathering occurs we are energetically blended as our membranes mix and merge and this happens consciously or unconsciously according to our intentions and the group’s dominant energy patterns. The joy of a gathering of aware meditators, and those that understand the process of blending, is that all fields of possibility are there for us to be accessed and also enjoyed.

Using group energy support – and the lifestyle we share in a retreat for example – and also applying clear intention, allows our membranes to merge and meld and reveal fields of possibility

that are sometimes harder to access when we are alone or in our normal day to day life. And while some of us live in environments that are peaceful and pure; others live in busy cities where the dominant collective membrane has a different pulse again, that is always projecting itself through our membranes, unless our biofield is filled with a frequency that has the ability to transform all It touches, rather than us being influenced and transformed by all that touches our membrane. This is a skill we develop over time once we know how to radiate rather than absorb energy as we share in our gatherings.

Science, via M-theory, has finally begun to understand the life of the metaphysician who understands the alchemy of energy fields and flows and so in time, we will see a greater metaphysical awareness flow through all our sciences. Yet again all of this is just mental plane nourishment that seems to have so little impact in the lives of those who are not tuned to this, for many on Earth now live much more in the rhythm of their heart.

While having a good mental model of reality can allow the heart to open and the body to relax, once our intentions and field drivers are in place, we cannot underestimate the power of a pure heart to guide us through the blending.

There are so many ways available right now, to steer us through these changing times, that are so much more energising and uplifting than prolonged left brain mental meanderings. In fact many years ago my Light Being friends stated clearly that we would enter into a time that was beyond our mental comprehension, where we would need to step back from any mental 'busy'ness and be more aligned with the pure heart of our Essence and let It guide us through the blending, for only It has the power to bring us magnetically into the fields of true nourishment that are there for us all.

The heart of our Essence is a field of pure creativity and when we are blended deeply in this Essence heart flow, we find solutions to all our problems both on personal and global levels.

In this pure heart state nothing can be seen as a problem as all is understood as just a flow of energy that will imbue the players with greater wisdom and the type of experiences that change us at our core and so with this, all is seen as perfect.

In this pure heart flow all is just as it should be – our humanness is perfect and our lives on Earth are an opportunity to enjoy and explore life in form, while simultaneously knowing and enjoying our formless Essence nature.

Connecting deeper into the field of pure creativity comes via stimulating more right brain activity and via being involved in creativity – singing, dancing, art, music, doing things just for the pure joy it brings, doing what makes our heart truly sing – all of this also sets up an automatic alignment with our Essence Heart which at its core is pure creativity. Pragmatically applying what we gain from being in this field of pure creativity is also an art that allows our interaction with each other and our Earth, to go into a more unified and joyous expression. And this is where all the programs, that we offer at the Embassy of Peace - for the harmonization of our world - come from, that pure field of Essence creativity and Essence heart.

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We are blending our membranes all the time, consciously or not. Being conscious of our creative power and the love and wisdom It carries, allows our experience of life on Earth and beyond, to simply be more peaceful and more joyous, so that we all can truly enjoy our time here.

So this year as we travel our world again, we will continue to focus on the divine art of blending through our “Yes” agenda and “Upgrades” program themes, and while our service focus has always been on the merging and blending with our own enlightened Essence nature, this year all our seminars, retreats and gatherings will be more interactive and much more right brain focussed so that the field of our Essence with Its pure creativity can be applied more pragmatically in life.

So, for more details on where I will be so that you can join our gatherings if your heart calls you to be there, please go to the travel agenda page on the Jasmuheen.com website and contact the organiser for our events in your area. And hold the intention also that you will be given all that you need to join us in the rhythm of joy and ease and Grace! We look forward to spending time energetically with you, not just through this sharing but also in person this year, so that we can enter that field of pure creativity and then apply what we receive there more pragmatically, as guided, on earth. This is Jasmuheen, blessings to you all!

<http://www.jasmuheen.com/event-tour-calendar/>

EMBASSY OF PEACE - RESEARCH AND UPDATE ON NUTRITION FOR OUR WORLD
From carnivore to breatharian and the evolutionary stages in-between – the effects and
benefits on our personal health and on our global environment.

FEEDING FROM THE OUTSIDE IN OR THE INSIDE OUT - OR BOTH

You tube Video on this at:- http://youtu.be/E_ZN_hyK9EM

Figures now abound on the internet regarding the rising cost of obesity, resource misuse and over consumption, especially on global health and our environment, plus the global obesity epidemic itself that now touches every country in some way. Independent of the fact that a child still dies every 2 seconds from malnourishment, according to the World Health Organization worldwide obesity has nearly doubled since 1980. In 2008, more than 1.4 billion adults were overweight as well as 40 million children under the age of five and 65% of the world's population live in countries where overweight and obesity kill more people than being underweight.

The question now stands ... is there another way to feed the growing population of our world? Is there another nutritional resource that we can all access that improves our health and lessens our carbon footprint by using global resources more conservatively? Have the yogi's of India, the Jain's, the Bigu Qigong Masters and other traditions that are more metaphysically inclined discovered an alternate way of being physically nourished? According to research at the Embassy of Peace and those interviewed in the controversial documentary "In The Beginning There was Light", the answer is yes.

This ancient, free and easily accessible alternate resource is called prana, chi or the universal life force and understanding more about this nutritional energy source plus how to access and increase this internal source of nourishment is well documented in our research manuals "The Prana Program" and also "The Food of Gods".

Now, after 20 years of personal experiential research and travelling constantly to share our research into this field of alternate nourishment, and connecting with the various people whose journey this is, we have now been able to classify nourishment as being delivered to us in various ways and from a variety of sources. After decades of hearing people talk about living on light, or people who do not need to physically eat, we wish to first state that everyone must have physical body nourishment or else the body will die. The only issue to be discussed now is from what source and also what is the cost to our health and on our environment from these various sources of nourishment?

FEEDING FROM THE OUTSIDE IN – absorption and atrophy.

Category 1 – TRADITIONS & HABITS. Category 1 is based on traditions and habits which is about being fed from the outside in. This category covers the usual method of taking physical body nourishment such being a meat eater, vegetarian, vegan, on raw food, fruitarian etc. In this category people live in the reality that the physical system needs to ingest physical food to survive and most are unaware of the "inside out" method of nourishment and feeding. Due to the substantial health issues that are often associated with the traditional carnivore and/or heavily

processed food diet, many are now turning to a more plant based vegetarian lifestyle and reducing their consumption of animal products.

Category 1 fallout: *The main problem with ‘feeding from the outside in’ – especially when excessively ‘meat, animal product and processed food’ based - is that it often leads to more rapid aging, dis-ease and physically system breakdown plus it adds significantly to global warming and to over consumption of both medical and planetary resources. For example, a meat eating diet consumes 30 times more of the world’s resources than a vegetarian diet.*

Category 2 – SUBTLE SHIFTS. Category 2 is a substantial movement occurring for many who also live a holistic lifestyle that is also naturally increasing their chi or prana levels. This is when people begin to lighten up their diet intuitively without being aware why but knowing that it just feels right to them. This ‘subtly shifting’ in what and how often they feed from the outside in, is usually a result of their day to day lifestyle changes as these ones are beginning to naturally be fed from the inside out yet are unaware of this. Holistic education into prana as cosmic micro fuel allows these ones to relax and know that this is a natural progression and option due to their lifestyle. Category 2 also takes into account the new children being born who are intuitively aware of this alternate form of nourishment and hence display very little interest in the ‘feeding from the outside in’ methods of nourishment.

Category 2 fallout: *The main problem with this is that lack of education into why this is happening causes many to worry about what is occurring and hence not trust this natural transition or get aligned more healthily to it.*

Category 3 – TRANSITIONING WITH AWARENESS. This category is when people are conscious of prana as an alternate source of nourishment and so they consciously begin to adjust their lifestyle to be fed more from the inside out – the successful transition into this is completely depending on their own frequency field and their ability to be more at one with their own pure Essence nature that is breathing them. In this category people begin a conscious detoxification process of the physical, emotional and mental systems via a specific lifestyle shift; and/or they may begin solar gazing practice and/or qigong practice to increase their chi flows.

Category 3 fallout: *The main problem with this is people’s impatience and lack of physical system readiness. Health problems can occur if people try to transition into categories 4, 5 & 6 before they are fully ready.*

Now let’s address 3 more categories that support the reality of being nourished from the inside out rather than being nourished from the outside in; categories that require safe, careful preparation, that are also completely dependant on mindsets and more importantly a person’s day-to-day lifestyle which can either increase or decrease the flow of chi through their physical system.

FEEDING FROM THE INSIDE OUT – radiation and regeneration

Category 4 – TRANSITIONED & FREE TO CHOOSE. This is the category for those people who have converted their system successfully to being fed in a healthy way from the inside out. They have achieved this via their lifestyle and good holistic education into this field of possibility. Having had this experience and given themselves this freedom by the living of it, they may then decide to enjoy the pleasure of taking physical food from time to time. Some do this once a week, others

once a month or once a year while others in this category may eventually move onto category five or even decide to drop back to category 1 and enjoy a light vegan, raw or vegetarian diet. Imagine the impact on our global environment if people could safely even halve their current physical food intake as they are healthily fed from the inside out for all their nutritional requirements?

Category 5 – FREEDOM & PLEASURE. This is when people are being nourished completely from the inside out yet they still like to take liquids for social or pleasure reasons, or just for the pure enjoyment of this. Many in this category express no interest in category 6. I have called these ones ‘liquidarians’. The redirection of the energy we normally use for digestion when feeding from the outside in, and instead being fed from the inside out, leads to many improvements in the human physical, emotional, mental system functioning. Our research has found that for these ones less sleep is required, more mental clarity and intuitive visionary ability is gained and people’s general health rhythms improve significantly with some people experiencing the eradication of all dis-eases.

Category 6 – the TRUE BREATHARIAN – although these people are still relatively rare in our world, this is the category for the people who take nothing from the outside in as they no longer require either physical food or fluid since they obtain all that they need to be healthy on all levels of their being, from the inside out. This includes being hydrated as we have found that the body is capable of hydrating itself also from the inside out when it requires. Noted breatharians are Zinaida Baranova and Prahlad Jani.

Category 4, 5 & 6 fallout: *None if people stay well tuned to what their body is telling them and adjust accordingly. If unprepared people can die if they attempt to enter into categories 4,5 & 6 unless they are ready. To do this successfully their prana percentage must be at 100%. Our book “Being Essence” shares how to achieve and measure this.*

On a final note, what category people will eventually end up settling into will depend on their Divine Blueprint and what they have agreed to obtain and demonstrate in this life time. If someone is pre-programmed to be a Category 4 or 5 they may never feel the natural pull to go into category 6; similar it may not be in people’s blueprint to move beyond category 1.

Pre-programming is also connected to our service agenda and as of mid 2013 there are now more than 50,000 people enjoying and exploring the freedom of categories 4, 5, and 6; as I myself have done over these past twenty years. More in-depth research into this alternate source of nourishment will not only improve global health but also substantially reduce our global carbon footprint as will a return to a lighter, vegetarian diet and a change in basic lifestyle via good holistic education programs.

For more details re the alternate the source of nourishment of prana,
as Cosmic Mirco-fuel go to

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

& our Facebook page <https://www.facebook.com/Living.On.Light.Jasmuheen>

Additional Obesity Facts

According to the Sydney Morning *Herald*-Lateral Economics Index of Australia's Wellbeing ... "The cost of obesity to Australia's collective wellbeing has reached \$120 billion a year - the equivalent of about 8 per cent of the economy's annual output" and with 28.3 per cent of the population considered obese, and 2 in 3 people overweight, their research now shares that "The negative effects of obesity are growing faster than ... net national income, environmental degradation, inequality, life expectancy and job satisfaction." In the USA the Harvard School of Public Health claimed that some sources calculate that the current trend of obesity, and it's economic cost, will rise by between \$48 to 66 billion per year, up from the \$190 billion spent in 2005. The Harvard report also states that one estimates says that "the health care costs of obesity are responsible for nearly 21 percent of total health care spending in the U.S." Researchers from Johns Hopkins Bloomberg School of Public Health have also addressed the current obesity epidemic and ... "expect that by 2030, 86% of U.S. adults will be overweight or obese, with related health care spending projected to be as much as \$956.9 billion." According to the WHO "Based on the latest estimates in European Union countries, overweight affects 30-70% and obesity affects 10-30% of adults." and this figure is rapidly rising.

New stem cell research funded by Google's co-founder, Sergey Brin, has now delivered the world's first hamburger made of meat grown from scratch in a laboratory, at a cost of more than €250,000. Production of meat in this way is considered by many to be more ethical and may also one day hopefully cease the slaughter of billions of animals and reduce our carbon footprint.

While some predicate that by 2050 our global consumption of meat will have risen by 70% and we will need three planet earths to continue to be able to provide for this; still the process in stem cell meat production is time consuming and also fails to address the health issues arising from a heavier meat based diet compared to the long term health and environmental benefits of being vegetarian.

If people can also increase their chi or prana flow via their lifestyle, then they can consume less of our external world food resources and be fed instead by a blend perhaps of being nourished from the inside out as well as from the outside in! As many can imagine, the global environmental and health impacts of this will be astounding!

Yet the ability to physically feed us from the inside out is just one gift of many that our Essence has for us and personally I feel that too much emphasis is placed on this one aspect. Other gifts our Essence provides as it nourishes us on all levels are permanent peace, deep contentment on mental and emotional body levels plus a life filled with Grace and a heart filled with gratitude! When we increase our chi we get healthy and happy!

- **Obesity Research Reference Sources:** - Sydney Morning Herald - <http://www.smh.com.au/national/health/obesity-costs-drag-down-national-good-20130308-2fr0b.html>
- **Harvard School of Public Health** - <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/economic/>
- **World Health Organization** – <http://www.euro.who.int/en/what-we-do/health-topics/noncommunicable-diseases/obesity/data-and-statistics>
- <http://www.economist.com/news/science-and-technology/21583241-worlds-first-hamburger-made-lab-grown-meat-has-just-been-served>

- Documentary “**In The Beginning There was Light**” - by P.A. Straubinger – this video can be watched or bought at this link - <http://muvi.es/w5108>

A few Research manuals on this topic of ‘inside out feeding’ by Jasmuheen ...

BEING ESSENCE - Published August 2012. In Being Essence, Jasmuheen shares of her lifelong love affair with her Essence with Its ability to nourish us and bring our world into a state of permanent peace. Via the profoundly powerful yet simple techniques and insights that she now provides in this her 37th book, Jasmuheen lovingly fulfils her role as an Ambassador of Peace for The Embassy of Peace. She writes:- In this manual we share simple yet profound truths that will also bring the controversial Breatharian reality in a deeper, clearer perspective. We will also offer simple techniques for the creation and revelation of the ‘Paradise – Kingdom of Heaven’ type realms. Yet in Essence it is all about our Essence, for it is our Enlightened Essence that gives us this freedom to be nourished on all levels, in such a different way. And when a human being is well nourished from deep within by their Essence, then they too radiate this pure nourishment wherever they go, wherever they are and so our world transforms itself into the Garden of Eden that it too, was always destined to be. <http://www.jasmuheen.com/products-page/other-books/3781-2/>

THE PRANA PROGRAM - Effective & Enjoyable Evolution - Everything you need to know about prana. Alternate Energy for the New Millennium, including a Program for eliminating hunger in Third World countries. Can we eliminate all health and hunger challenges on our planet? Is there a way of satiating everyone’s physical, emotional, mental and spiritual hungers and do it in a way that creates peace and harmony in our world? After over a decade of experiential research in the field of alternate nourishment utilizing chi or prana – also known as cosmic particles – Jasmuheen as leading researcher in this field, now puts forth a program to do just that. Specializing in Third World countries, THE PRANA PROGRAM book is an encyclopaedia of ‘everything you always wanted to know about prana and more’. In Question and Answer format this book covers methods of nourishing and hydrating the body using an inner energy source produced in the body to free us from our dependence on world’s food resources and changing the economic status of our world. <http://www.jasmuheen.com/products-page/living-on-light/the-prana-program-effective-enjoyable-evolution/>

The Food of Gods - The Food of Gods is Jasmuheen’s 18th book on metaphysical matters and her third book in the Divine Nutrition series. It is not necessary to have read the previous books on this subject which cover her personal journey and the solution for world health and world hunger issues as The Foods of Gods takes the pranic nourishment discussion to another level and offers simple yet powerful tools to satiate all of our hungers. Jasmuheen writes: "The most important difference with our focus with Divine Nutrition is that It has the ability to feed us on all levels and that we can still benefit from increasing Its flow through our bio-system even if we continue to choose to enjoy eating. Allowing this Divinely Nutritional stream to be increased in our system means that we can be fed emotionally, mentally and spiritually and as such the techniques and guidelines shared in this book, will benefit us all by freeing us from our current personal and global emotional, mental and spiritual states of anorexia." <http://www.jasmuheen.com/products-page/living-on-light/the-food-of-gods/>

Breatharian Pathways – Memories & Motivations. In this book Jasmuheen finally shares her memories and motivations around her public work with living on prana. From her times with

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Jesus, and the disciple Luke, to her times in Cathar country and being starved to death during the inquisition, to the life of an woman in India whose great loss revealed the Breatharian way; to dealing with Sadhus and sages in India modern day - all of this and much more Jasmuheen shares as well as finally revealing the details of some of her most spectacular media trials as she continues to educate the world into this phenomenon. She writes: "Is it too much to believe that there is a wise and loving force behind creation? Or that great love brought creation into being, that great love breathes us and gives us life and that great love can heal and guide, as so many have attested? Knowing this, is it too difficult to believe that this wise and loving force that exists within and around us, can also nourish our physical bodies with their breakfast, lunch and dinners?" <http://www.jasmuheen.com/products-page/living-on-light/breatharian-pathways-memories-motivations/>



JASMUHEEN IN LITHUANIA IN 2013 CELEBRATING 20 YEARS OF BEING NOURISHED BY PRANA

Annual Darkroom Retreat with Jasmuheen

WHERE? at the beautiful Tao Gardens in Chiang Mai – Thailand

WHEN? March every year until further advised.

HOW TO BOOK IN? E-mail: darkroomretreat@selfempowermentacademy.com.au or register your email address at the Darkroom Retreat mailing list at <http://visitor.constantcontact.com/email.jsp?m=1011160294062>

THIS RETREAT may cover the following although every year Jasmuheen works with a slightly different focus that always brings us back to receiving all the gifts of our own enlightened essence nature, including being nourished on all levels.

- ♥ Freedom to access our own perfect source of inner nutrition & hence eventually gain our freedom from the need to eat or drink – using chi to feed & hydrate our systems
- ♥ Freedom to embrace health, harmony, holiness & happiness & be permanently free from the need to create any dis-ease on any level
- ♥ Freedom to embrace our immortal nature & so gain freedom from the need to age or die by using ancient Taoist tools & Futuristic Science.
- ♥ Freedom to explore in silence the wonder of the inner planes & to set up inner plane feeding mechanisms
- ♥ Freedom to explore the sense of Oneness which comes when we no longer have the sense of outer sight.

For the first time in this past decade I have made myself available for a 2 week period to hold the physical space for people to move into level 3 of the Divine Nutrition Program as discussed in the book “The Food of Gods”.

It is my guidance to do this over a 11 day retreat which includes an 9 day intensive completely in the dark using the beneficial environment of Dark Room Therapy to facilitate this and to eliminate all distractions as we transit physical, emotionally, mentally and spiritually into our new freedom state.

More details on Jasmuheen and her work are on her website
www.jasmuheen.com OR www.selfempowermentacademy.com.au



JASMUHEEN - Biography & Background - www.jasmuheen.com

Jasmuheen's main service agenda is the raising of consciousness to create a healthy, harmonious world. To support this she is the author of 38 metaphysical [books](#) that are published in 18 languages; the Founder of the [Embassy of Peace](#) and implementer of its [Personal](#), [Global](#) & [Universal](#) Harmonization [Projects](#); she is also an Ambassador of Peace for the [Madonna Frequency](#) Planetary Peace Program; [Pranic Living](#) & [eliminating global hunger](#); [international lecturer](#) on [metaphysics](#), ascension & interdimensional [energy field science](#). Jasmuheen is also a leading researcher on the controversial [pranic nourishment](#) reality & [Darkroom Training](#) facilitator; founder of the [Self Empowerment Academy](#); facilitator of the C.I.A. – the [Cosmic Internet Academy](#); [publisher](#) & [film-maker](#); artist presenting [Sacred Art](#) Retreats, [musician](#) & President of the [Global Congress](#) – Pyramid Valley, Bangalore, India.

On Pranic Living Jasmuheen writes: “Pranic Living is not a diet - it is an ascension into more refined evolutionary paths on both individual then global levels! 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 pranic stream acts as a type of glue to bind our creations and help with our manifestations to bring more Grace into our lives. Meditation 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 ascended and transformed. Increasing our personal internal & external chi flow like we do in our gatherings and retreats can rid our world of all of all its hungers and bring about a state of global harmony and permanent peace and so our international tours seminars and retreats continue with this focus.”

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. She then toured extensively sharing this with all those open to experience this different way of being nourished, continually also offering deep meditations within the field of love that will align us more powerfully to this nourishing force so that our presence enhances human evolution in ways that benefit us all. Pranic living then gave birth to the Embassy of Peace with its pragmatic Programs & Projects of Personal, Global & Universal Harmonization.

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

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- ❖ 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, enjoyed a 10 year career in finance and computer programming
- ❖ 1992 – Retired from the corporate world to pursue metaphysical life
- ❖ 1992 – Met many Masters of Alchemy including those from the Great White Brotherhood the Higher Light Scientists from Arcturius and the Intergalactic Federation of World's Council
- ❖ 1993 – Underwent the Prana Initiation to increase her chi flow and began to live on light
- ❖ 1994 – Began an intensive 14 year research project on Divine Nutrition and pranic nourishment
- ❖ 1994 – Began her global service agenda with the Ascended Masters
- ❖ 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- ❖ 1994 – Wrote the metaphysical manual *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 an intensive re-education program with the Global Media
- ❖ 1996 – Set up the International M.A.P.S. Ambassadry – 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
- ❖ 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. Ambassadry 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

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- 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 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 and 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 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 book *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 and 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 and toured with the *Universal Harmonization Program* for the Embassy of Peace, focusing on research into extraterrestrial intelligence.
 - ❖ 2009 – Released her book *Meditation Magic*
 - ❖ 2009 – Began writing *Cosmic Wanderers* – book 4 in the Enchanted Kingdom series
 - ❖ 2010 – Jasmuheen continues her work in South America and India and tours with the Harmonics of the Heavenly Heart & Pranic Living Agenda
 - ❖ 2010 – From 2009 to 2011 Jasmuheen focused on providing free VIDEOS for education & entertainment on her YouTube Channel, plus creating education DVD's, art & music.

Darkroom Diary Downloads & The Freedom of the Immortals Way
with Jasmuheen ó includes 2013 update

Jasmuheen's YouTube channel now has over 500 free educational videos - <http://youtube.com/jasmuheen>

- ❖ 2011 – Released her *Pathways of Peace Pragmatics* book then toured and offered her YouTube videos on this.
- ❖ 2011 – *Siriana's Adventures – Earth Bound* book released. The first in her new children's series.
- ❖ 2012 – Jasmuheen released her *Being Essence* booklet and this was the focus of her world tour. She also completed her *Cosmic Wanderers* book and her travel journal *The Rhythms of Love*. Both released towards the end of 2012.
- ❖ In 2013 her focus continues on her *YES Agenda* and *Peace Paradigms and Programs*.
- ❖ 2014 – Pure Love and Earth's Gardens of Eden.

Jasmuheen's books are now published in 18 languages.

BOOKS BY JASMUHEEN

A selection of JASMUHEEN'S research manuals can be purchased from her website.

- 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 with Jasmuheen.
- 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) Siriana's Adventures – Earth Bound

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- 25) Pathways of Peace
- 26) Being Essence
- 27) Cosmic Wanderers – book 4 in the Enchanted Kingdom series

As at 2013 Jasmuheen is currently downloading her 39th book titled
PURE LOVE & EARTH'S GARDENS OF EDEN

However her current love is her service to the Divine Mother and also
working with the angelics and downloading celestial harmonies.

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