



**Divine Nutrition & the Pranic Nourishment Program - Update with Jasmuheen
Excerpt from the book *The Food of Gods***

In summary for those who are sincerely interested in the Divine Nutrition program we recommend the following:

1. Practice the Luscious Lifestyles Program (L.L.P.) 8 point plan. It is outlined in the *Four Body Fitness: Biofields and Bliss Book*.
2. Next, adopt the practice of becoming fit on all levels. The Food of Gods nourishment comes via the L.L.P. lifestyle which has the capacity to bring you into physical, emotional, mental and spiritual fitness. This lifestyle provides Divine Nutrition on a soul and sole level.
3. Tell the Divine One Within (your DOW) to bring your physical, emotional, mental and spiritual being into the divine nourishment reality with joy and ease and grace so that you maintain perfect health and balance, weight and image in this world. Refer to the earlier chapter on programming to understand the true meaning behind these mantras and how they must be said and intended. Specifically programming for perfect health, perfect balance, perfect weight, perfect image is said with sincerity and knowing you are God in form, as your divine one within that breathes you, and as such is all living, all powerful, all knowing and all wise. It is within and without. Your relationship with this aspect of yourself is crucial in the Divine Nutrition pranic nourishment game.
4. Read everything you can on this subject so that you are well informed and can make intelligent decisions. My books *Pranic Nourishment – Nutrition for the New Millennium* & *Ambassadors of Light – World Health, World Hunger Project* are recommended and are also available in e-book form.
5. Your responsibility as someone being nourished by the Divine Nutritional frequency channel is to hold the vision that this gift of freedom will be received by this world and utilized to transform our world into a planet that dwells in a deep contented peace. Imagine all beings physical, emotional, mental and spiritual being nourished by the Madonna frequency with its Divine Nutrition gift so that all-killing on this plane ceases. This means the cessation of slaughter of all life, animal, human and eventually even plant. Your holding of this vision will open an energetic doorway for this reality to move through the fields, particularly as more and more people adopt Recipe 2000> and find themselves in a state of happiness and health. Feeling powerful and prosperous these beings recognize the gift they give the planet by unhooking themselves of dependence and over consumption of the world's resources. This reality has been covered in detail in my book "Ambassadors of Light – World Health World Hunger Project" which talks in depth about the redistribution of our worlds' resources so that project no.'s 1- 5 of the Madonna Frequency Planetary Peace Program can be gradually fulfilled. Most of all, having done the above points 1-5 we recommend that you relax and have some fun, be a great example, apply the minimum effort for maximum impact game and do it all with a smile. It is imperative that when seeking to be nourished solely by Divine Nutrition, that we all
 - a) act impeccably
 - b) act as masters and
 - c) hold the attitude that your physical, emotional, mental and spiritual bodies are here to you as a God in form.

It is important to be well informed and to keep your lines of communication open as a Light Ambassador with the C.N.N. - the Cosmic Nirvana Network - which is our inner-plane divine channel and DOW to DOW transmission station. This network is accessed by the fulfilling of the Recipe 2000> Luscious Lifestyles Program which will get you tuned telepathically to this incorruptible network. This requires the activation of your 6th and 7th senses of intuition and knowing, and the changing of your brain wave patterns to the Theta Delta field. All of this will be discussed in greater detail in my third and final book on the Divine Nutrition reporting and light waves – *The Food of Gods*.

Clairvoyance, clairaudience, clairsentience and other paranormal powers are all only realized within those who are tuning to the Divine Nutrition channel of infinite love and wisdom.

Finally the Self Empowerment Academy and its on-line representative, the C.I.A., the Cosmic Internet Academy, present this information to the world along with the other educational manuals listed on the website. We offer this information so that we may support the successful completion of the *Madonna Frequency Planetary Peace Program* and its 9 projects. This peace manual is offered as a free e-book to the world.

Please keep in mind that the reality of whether people take nourishment from physical food or from the Divine Nutrition channel is not to be focused on here. Our focus as Ambassadors of Light is that we can do this due to the lifestyle recommended in Recipe 2000> which in itself brings many benefits to the world whether people choose to take it to the extreme of no longer taking physical food or not. Recipe 2000> with its vegetarian diet will eliminate the majority of the health and hunger problems in our world and this needs to remain our focus and agenda.

FACTS: Every 2 seconds a child dies of hunger related diseases unnecessarily. Every 3-4 seconds an adult dies of health and dietary related problems. Both these could be easily eliminated with the adoption of Recipe 2000> .

Ambassadors of Light realize that we are masters of our own reality, but have an opportunity now to make some very positive contributions in the formation of a peaceful world. As such, we support the implementation of the Madonna Frequency Planetary Peace projects in every way we can. While there are 9 projects, which may not appeal to everyone; for the Light Ambassadors Projects 1-5 are worthy of our attention.

Please feel free to share this information freely with your network for now is the time to unify as trained technicians whose focus is tuning this world in a way that benefits all. May we all live long and prosper.

Love Light and Laughter - Jasmuheen