

BREATHARIAN PATHWAYS

Memories & Motivations



JASMUHEEN

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with Jasmuheen

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Introduction

All around the world people always ask me the “why” and the “when” questions.

Why did I decide to live on prana (as a nourishment source) and when did this begin for me.

Other people seem to think that at some point I decided to make a claim that people – including myself – could be free from the need to take physical food and live from prana alone, and that the making of this claim was motivated by a desire to gain attention, sell books, make money and generally defraud the gullible. To this I can only sadly smile for if this was my intention I would have never have chosen this particular ‘prana as nutrition’ pathway.

Still people have a right to be sceptical, critical and disbelieving until re-educated. As we all now know, education is the key to relieving ignorance and fear.

Motivation, intention, purity of heart, a higher calling that is beneficial for the world, these are things that often determine our success in life and so in this small booklet *Memories & Motivations* we hope to provide another layer to this story of “the when and the why.”

With our place already recorded in history – via various viewpoints – and with the movie *In the Beginning There was Light* currently making its own headlines, we add the following insightful stories of the breatharian pathway.

While I am not what I call a true breatharian this life, it is still a subject in which I have gained great learning. Yet in the following pages we will simply share stories, and *minimal insight* to explain the “how it is possible,” as this has been covered in

great depth in our previous research manuals, particularly in the book *In Resonance* which looks at telepathy, cellular memory, past life phenomena, light beings, Universal Law and more plus the *Prana Program* manual and the book *The Food of Gods*.

The following pages will instead focus on the story of my own personal evolution with this pathway. At no point in this life did I ever decide that I wished to stop taking physical food.

This was never an interest or even an inner call for me. And yet it happened.

This ability or gift simply came about as a natural by-product of a spiritual initiation I did in 1993.

My call – or motivation – in undergoing this spiritual initiation was about ascension, to merge more deeply and to become one with the divine essence within, to experience Buddha’s pure land, the “Kingdom of Heaven” within, that the teachings of Jesus spoke about when I was 7-years-old, imprinting me with the desire to experience this Kingdom first-hand.

Yet the universe reflects our own consciousness back to us, just as our dominant thought forms and heartfelt calls rearrange energy fields within and around us. So somewhere in time, I must have been personally interested in the “living purely on light (prana)” reality.

So when did this interest begin and why?



1

Insight - Media Motivations & Martyrs

End 1993 ... Brisbane, Australia

It has been maybe 6 months since I have needed to take any physical food and while my physical body has adjusted easily, socially and emotionally the journey has been harder.

People react so differently when it becomes obvious to them that I am not eating. Fear, anger, disbelief, worry and concern for my health, curiosity, awe and admiration, suspicion and scepticism – the list of reactions is varied and vast.

Over the last months I have begun to withdraw, to speak less of it all and to arrange social interactions away from meal times so that this way of being remains undetected if possible.

I find myself spending more time alone, meditating in my room, adjusting my energy fields, talking telepathically with the Light Beings who always seem to be beaming in, sending a clear ringing in my ear when they want me to be still and listen, to tune in to their channel.

In their world all I feel is love and peace, acceptance and a gentle guiding, an encouragement to have faith and stand tall, regardless of human reactions, and to rest regularly in the field of love within via meditation. Here I learn so much and begin the art of dematerialization and rematerialization, a topic that intrigues me.

I send my consciousness out of my body and call my molecules to follow, I feel my right foot disintegrating, disappearing. I open my eyes; look down, my foot has gone. Startled and surprised that it worked, my total awareness comes fully back into my physical form and then it happens ...

Saint German is beaming in. The energy in front of me is crackling, violet in its hue, a beam of pulsing light that every cell of my body responds to, intuitively knowing that this master of alchemy is one who has been telepathically hooking-in for some time.

He is just a beam of light, dancing energy with a specific form that firmly but gently says: - *“It is time to choose.”*

“Choose?” I telepathically respond.

“The path of service or the path of self mastery,” he states, referring to my recent reclusive meditations and interest in mastering the molecules for dematerialization practices.

“Umm ... service?” I quietly state.

I sense him smiling at my presence as he adds, *“The path of service leads to self mastery and the path of self mastery leads to service.”* It is a circle and either choice is fine, yet I have chosen and I know that this choice has brought an assignment. I wait.

“We invite you to speak about this to the global media.”

My immediate reaction is one of overwhelming *no way – you’ve got to be joking! It’s hard enough living this way among friends, family and in our spiritual community – the media will rip this to shreds!*

All of this I think and feel, horrified at the thought, while this gloriously loving being of light patiently waits for my initial reaction to pass. Having been in communication with a ‘dead’ brother since age 14, then Biblical figures, plus the Ascended Masters, from 1987 on, clairaudience has become familiar.

“I have a question,” he states, again speaking mind-to-mind, where our communion is the clearest. I listen ...

Saint Germain gently asks, *“Is this truly possible for you?”* he is asking if I know with every fibre of my being that prana alone is nourishing me.

“Of course it is, you all know this!” I know they knew, the question seems redundant, until he says something like,

“So if you know this as truth, then as you also know every second second a child is dying of hunger related disease, and knowing what you know, can you live with yourself morally, and not share this information?”

I feel as if I am in the middle of a rock and a hard place. The question is loaded, a trap from which I cannot escape and so another choice is made. I have no idea what awaits me and yet I know it will be a challenge. I feel unprepared, ill-informed; I am still trying to understand it all myself. At this point all I know is that the 21 day process that I underwent months before, had taken away all my hungers. The ‘how’ and the ‘why’ of it all still remained elusive.

No more was said that day and while I felt dread as to what may come from this commitment, having witnessed how easily that some media could turn truths into lies and misinformation, I also was left feeling somewhat divinely protected and blessed. Somehow I just knew that I was not alone, and that I was also extremely well loved and supported.

And yet there would be times to come in the following years where I would come to feel completely incapable of fulfilling this commitment. Yet somehow the strength and courage would come, along with the light of understanding.



2

Memory - The Time of The Christ

End 1993

It is the end of 1993, a few days after my visit from Saint Germain and I allow myself now to sink deeper into meditation as a familiar peace engulfs me. I am also full of gratitude that I have more time these days for such silent contemplations.

My children are happy, in their final years of school, my housemate and I get along in a mutually supportive manner, and the rent is paid, even though I have been unable to get work in my usual profession as a computer programmer in financial arbitrage arrangements. After the company I worked for closed, all doors back to that field have remained firmly shut regardless of repeated application. I know my destiny now lies elsewhere and I have learnt to be grateful for all the good in my life.

It is in this mood of peace and gratitude that I sense again, one day in deep meditation, the presence of Saint Germain.

“It is time to release the pattern of the martyr within you!” he states. I didn’t know I held this pattern yet cellular memory is deep, hiding much from our conscious mind. I’d recently finished reading Dr Deepak Chopra’s book *Ageless Body, Timeless Mind* so I knew that all our experiences of previous timelines were held like video movies in our cells.

In Saint Germain’s presence I allow myself to relax deeper again into meditation and then, the visions begin to flow.



Jesus has already been crucified.

But I am now also hanging on a rough wooden cross and look down at my tall lanky body, seeing it again for the first time in nearly two thousand years. My eyes are pulled further downward by the grief, the sobs of an older woman below me – my mother of that time, who I immediately recognize as my second daughter in this life today.

Her sorrow is overwhelming, her heart breaking, “*Why couldn’t I say it!*” her heart yells in anger at me. “*Three simple words, why couldn’t you say it and then you would have lived!*” over and over she directs these thoughts to me, confused, angry, and heartbroken at what she is now witnessing.

“I deny him,” were the words I couldn’t say when the soldiers had come and so here I was, strung up by the wrists with rope, not nails, still suffering just the same.



As I re-experienced my death that life, dying as a martyr for a cause, I felt subtle currents of energy shift and be released within me so that I would not be the martyr again this life. A change in thought-forms, a cellular energy release and realignment and the game can shift as we free ourselves from limiting storylines of a past. Like attracts like as we know and so all of this needed to be changed so that I would not set up the martyr game again.

Dying of asphyxiation is not a pleasant death, as the body grows weaker from the lack of food and water and so cannot keep itself upright on a cross. Eventually even the strength of my youth failed me; my death sped up from blood loss due to a spear someone just embedded in my back.

So many emotions passed through me in the reliving of this time, yet soon the visions stop, for enough had been done that day.

Over the years more visions come of my time as an apprentice to the disciple Luke and we share this story here as it was my introduction to the way of love so I could be a breather of God.

Two-thousand plus years ago now ... In that life my interest was in herbs and healing and so I was apprenticed at a young age to Luke. My job was to mix and dispense the medicines Luke would prescribe, to find and gather herbs and healing plants from the world of nature around us, or to procure them from the merchants passing through.

When my work was done I would sometimes follow Luke who often mysteriously disappeared as he spent longer and longer time away from the clinic where we were based. While he never neglected his duties as a physician, I missed his cheerful company and was intrigued by where he went, to the degree that I had begun to also slip away from work as often as I could.

Wishing to remain undetected, I would sit at a distance and watch as Luke and the others gathered at the feet of the most beautiful being of light, for the energy that radiated out from Jesus was supreme nourishment for my soul. And so I fell in love.

It was interesting to gain the insights that I gained that day as what I learnt changed my relationship with my daughter who had been my mother at the time of Luke and the Christ. The changes between us were subtle yet I understood the modern day dynamics between us, even more.

It also allowed me to energetically shift myself into a different energy beam in life's matrix, minus the me who'd felt the need to be martyred.

Mesmerized, captivated, words could not describe the feeling I had as I watched and listened to all he had to say. And so when all was done and his crucifixion had ripped apart our hearts, and our tears had emptied our souls, for me the light had gone from life, leaving me in a world that felt so dark and cruel.

By the time the soldiers began to terrorize us all with the threat of death if we did not recant and deny, I no longer cared about my life and to deny the existence of such loving light would have been to deny all that I held dear. I could not have lived with that denial and felt it was better to die with a heart filled with the truth of his love.

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It took year for these visions to be woven into their story about the power of the way of love and for the next chapter in the “why and the when” to come.



3

Memory - Cathar Time

South of France, October 2007

I am with a group of 60 or so from many countries around the world. We have gathered to paint sacred art and to tune into the energy of the Cathars, to honour their story and courage, as they died to protect the way of love.

After a few days of creative work, deep meditations and absorbing the special frequencies as sacred music flows, we spend the day sightseeing and visiting sacred sites from Cathar times.

As our group begins to climb the mountain leading up to a Cathar ruin at Mont Bugarach, the visions begin again. I feel as if I am myself but also someone else, another version of me who lived at Cathar time. I sense that I am carrying baskets of food up this same steep incline. I am tired for this is just one of many trips that are needed to bring in supplies, which were becoming harder to find. I remember wishing that we didn't need to eat, that our people could be free of such a burden – the finding or growing, the cooking and preparing of food, the cleaning of utensils, the disposal of waste.

All of it seemed to consume so much of our time and now there seemed to be less and less and our people's strength was failing.

All of this I felt and understood that day in Cathar Country, France, modern day time.

Once we reach the top of the hill, our group go their separate ways, silently exploring the ruins and tuning into the subtle currents that remain behind of those times, trapped in stones and ground.

A woman walks towards me, her waist length black hair trailing in the wind. She shudders as I touch her arm and tells me how deeply moved she is, as we traverse the ruins of the Cathar Castle. Silently I wander across the rampart and look out across the valley with the most incredible views. It is autumn and the wind has a sting to it yet the air is clean and fresh.

I feel an invisible energetic pull and follow it and find myself entering a small enclave that looks as if it was once a chapel. Just as I enter, the woman with the long black hair begins to tone, high pitched sounds that beg me to join them and soon we stand eyes closed as a song begins to weave its way through us, for intuitively I know the tune that has begun. It is sad, full of lament and yet we cannot stop its flow. It's as if the melody needs to be released and so we sing. More voices join us as those who need to be there magically find their way to the chapel which is soon full of softly singing bodies.

Tears begin to flow gently from my eyes as an energy weaves its way up from the ground through my feet chakra to tenderly enter my heart. The chapel is filled with voices as each person tones or intuitively adds their own harmony to heal, or cleanse or release what is needed. It is one of those moments where there is no need for words or analysis as everything just flows, perfect in its expression.

I sing, I stop and listen, then sing again as the group's voice rises and falls to weave the most enchanting melodies, as if each one knows its part and has been together here before. And in this enchanted space I feel myself drawn through a doorway in time to feel and see and sense

In this other realm I see women and children who are crowded into the chapel keeping a vigil in the night. They are starving, cut off from supplies as the king's soldiers surround the hill. One by one they watch the children die; too weak to sit up, they lay curled in their mother's laps to surrender into that final sleep of death.

I see their spirits rise and leave their form and feel the pain of the women and also their resolution to go on, how there are no words to be shared among them and how instead they keep their voices raised in song as slowly each one succumbs to death. It is either this or to march down the mountain and surrender into death by fire, to burn as the heretics the soldiers thought we were.

We sing all night as we watch our loved ones and children die; one after the other, guided by songs and prayers into the light. It is poignant and painful and I hear myself again wishing to be free from the need to take food so that the children among us and my friends did not need to suffer in this way.

All of it I see and feel as tears continue to flow and our group continue to sing, to capture what is needed, as each of us open to what is there.

It is all so surreal, and I realise, as our impromptu ceremony comes to a gradual close, that it was in this life that I decided to learn how to be free from the need to take physical food, how this feeling began as I would climb the steep mountains each day to bring up needed supplies for the group, a feeling that was then reinforced by our experience that night in the sanctuary, where we sang the songs that would release our souls to death for starvation is not a fun way to die.

It was in this emotionally poignant state that I remembered asking the universe to teach me how to live purely on God's love for my life, that life, was dedicated to the way of love and all that Jesus had taught us.

We were the song weavers then, and have gathered again as the song weavers now, and as our group slowly files out of the little chapel, we see that the sun has burst through the clouds to illuminate the land. A lone piper has been playing his flute mournfully in the chapel to match the voices of our soulful songs and now his tune turns to one of hope and new beginnings, a merry tune that invites us all to link arms in the sun and dance.

The sun and the flute call us to celebrate the here and now, to let go of the past and all that it contains for it is done and we are wiser and have long moved on.

There is no need to think upon it further, to analyse or understand what has occurred and so we surrender to the joy of the moments that are here – sunbeams and gaiety and a group of souls co-joined to magically dance again in celebration of this brand new day.

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I have since learnt that a prayer said with heartfelt intention, to relieve others of suffering and pain, is often answered when the time is right and my prayers that night in Cathar time, were heartfelt.

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My life with Jesus and the disciple Luke, introduced me to the way of love; my life in Cathar Country ended protecting the teachings of the way of love.

Over 100,000 Cathars died at that time as they stood tall in the truth of the teachings written down by the hand of Jesus in the Book of Love, which Mary Magdalene brought to the South of France.

Protected by Joseph of Arimathea, the way of love honoured both masculine and feminine, placing neither higher than the other, seeing instead the perfection of sacred union, the joining of two souls in masculine and feminine form. The way of love promotes divine union within us all, union of our own masculine (logic) and feminine (intuitive) nature, and the glory that comes when we surrender our personality self back into union with the divine spark within.

It also promotes the knowledge that the Kingdom of Heaven may be ours, as an experience and not just an ideal. The way of

love promotes forgiveness and community – common unity – and that we need no other – no priest or monk – to access the divinity within.

These were teachings that were heretical to the patriarchal systems of church power. And so the gentle Cathars died by the hand of puritanical judgement, of people with ears that could not hear, and eyes that could not see, and hearts that could not feel the truth that pulses always deep within us, a truth that the truly Holy came to reveal.

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4

Memory - A Breatharian in India

Years ago a friend of mine dreamed of a life we had shared, where I had been a breatharian in India. Her unspoken-of visions were confirmed by a psychic she later saw. At the time, her sharing of this meant little to me, for nothing registered inside, as it often does when words of truth are spoken. Still I accepted her visions as a truth for her and let the matter slide, preferring as always to live fully present in each moment rather than in the past. A few years later her visions were confirmed.

2005...

I am lying on a table in front of an Aboriginal healer. It is time to release the limitations of my past, to stop repeating patterns of death that create sadness and shock around me. The vibration of cancer, that every human being carries, and that is usually controlled by a strong immune system, has grown in my body and needs to be dissolved, or dissipated back to a less life-threatening state.

I am writing my book *Harmonious Healing and the Immortals Way* recording my journey of healing this disease as it is unfolding, for I know that when done, the book will be of great benefit to others.

The research synchronicities are astounding as I meet the perfect people along the way, including the aboriginal man who stands now at the head of the massage table, his hands resting lightly on my temples, as his soothing voice takes me back through time. He is searching for the original point of experience where I set up the pattern of dying, via the emotions of sadness and shock -

once released we can exit, when a life is complete, in a very different manner.

The idea of dying of cancer this current life would send shock and sadness through those who know me – shock that a person living on prana could die of cancer and sadness in the ones who truly love me. Yet these are patterns of energy from the past and cancer is just a genetic limitation, both of which I intuitively know can be cleared.

“Flow with the currents back through time,” his inner being tells me. “Go now to where these feelings first became associated with the dying process ...”

I am free falling now, floating effortlessly, weightlessly, and slowly the visions begin to consume me, rising up from deep within me, along with feelings so real.

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I am bending over in a stream washing clothes. The sun is high, mid afternoon, and I stop to rest awhile, to stretch, for my lower back is hurting. My limbs are long and dark in colour and my simple sari is wet and cooling. A long grey plait rests over my shoulder, my hair uncut yet bound. My skin feels good, old but healthy and I notice the familiar emptiness within that comes to a body that no longer takes physical food. I am a breatharian. The stream of water doesn't tempt me, and even though it's hot I feel no need to drink, for I am never thirsty inside.

As I take these moments to enjoy my life and that moment in time, I fail to notice the arrival of a few youths from a neighbouring village who have stumbled upon a harmless old woman quietly washing clothes and enjoying a touch of sun.

I hear a pebble splash in the pool beside me, sense the youths but choose to stay in the silence of my meditation time. It is good to just stand tall, rest and be, for village life can be tiring.

Another splash, then another, as the pebbles turn to rocks for the boys are intent on gaining my attention.

As I watch, with my 2005 awareness in this visionary state, I sense there is a malice about these young men, that their coming that day was karmically ordained and that I had been with them all in another timeline.

Suddenly a larger rock hits me on the temple and I see myself fall over into the stream, face down, losing consciousness for a moment, long enough to inhale the water into my lungs and drown.

I am saddened at their actions, shocked also that they could be so uncaring, unfeeling in their attack for, as a simple village woman, our paths had never crossed, at least not in this life.

I see it then, the bigger picture, of my life with these boys in yet another timeline.

When I realise this, the vision shifts and I see four eager mischievous faces who sit before me in a classroom of the Atlantian time. I am angry at them, their behaviour was reckless and caused suffering to others in the class and in my anger, I dismiss them from my sight. They show no contriteness and nor will I, yet my dismissal sets each one on a path of ruin.

Had I acted more wisely with a firm but calming hand, their lives would have been different and so the hatred has built within their hearts.

All is magnetised back where feelings are strong, of hatred or love, and so when they chanced upon me at the stream in another life and guise, their idyll play at pebble throwing, to gain an old woman's attention, soon turns into something much more.

Sensing all of this I ask for their forgiveness and forgive them also in turn as I then witness our karmic connections fade.

I sense the guiding light of the aboriginal healer who has entered into this shared visionary state.

I sense also that on a warm spring day it was deemed for this 68-year-old Indian woman to die. My choice in this vision now is

to drown with feelings of shock and sadness, or to rewrite the script and release the hold and pattern of the past.

“Rewrite the script,” the healer whispers and so I see myself still standing strong, for the forgiven youth had no need to come that day. I had asked for their forgiveness as a teacher in the past and it had been granted and so the energy ties between us had become unbound.

Still connected to the visionary realms, I focus back on my life as this Indian woman and, with peace in my heart I sit, as her, on the banks of the stream, and enter into silent meditation where I accept it is my time to die and so I peacefully allow my spirit to rise up through the crown chakra to leave this earthly plane.

As I rewrite the script of this time, I see angels and spirit guides surround me plus the one who I later realised was my husband of that time.

With the script rewritten, I knew that the pattern was broken that would influence my passing in this current life. And yes I had been a true breatharian in that life, a simple Indian woman whose heart had been filled with the love of life.

And so my friends dream had been confirmed.

Via Jesus I had been introduced to the power and the way of love.

In Cathar Country I had set in motion prayers to be free of the burden of needing physical food in life and the limitation that this brought.

And in India I discovered that somehow my prayer for this had been answered and this was enough for me now.



5

Insights - Modern Day Media

As the years unfolded from 1994 to early 2000, so did my work with the global media as I fulfilled my commitment to these Beings of Light who had motivated me to become public.

Saint Germain stayed with me for the first few years arranging every interview as journalists found their way to my door. No sooner had one interview, via radio, magazine or T.V. – been complete when the phone would ring again.

I never sought out this media attention, nor would I have known where to begin. All it took was for me to say yes and then it all began.

Many of the media interviews we did were with such loving, aware, supportive journalists as I had told Saint Germain clearly, “If I do this then you have to promise to only bring me nice journalists!” and so he did.

What I forgot to ask for were nice and spiritually aware editors who I often later found were only interested in sensationalism rather than good education as to how this may be possible.

Still we persevered, for holistic education is the key to the removal of ignorance on Earth. This meant I also needed to be educated into understanding more of the science behind the ancient yogic practice of living purely, in a healthy state, from the cosmic force of prana.

Still, no matter how much research I did, no matter how many people I found, who also lived on prana – from the Russian breatharian Zinaida Baranova, to the German Biochemist Dr Michael Werner, to the Qigong masters in Bigu, or the solar gazer Hira Ratan Manek, or Prahlad Jani in India, to name just a few – I

soon realised that some people are not open to be educated into a field of possibility that they just cannot accept as a truth.

To some I would remain deluded and thus dangerous in the possibility that I would delude others. And thus in Germany on the Hans Meiser T.V. show, and also with *60 Minutes*, I would find myself in a hate-filled atmosphere experiencing the destructive power of a media determined to destroy the preciousness of the way of love.

While Saint Germain had helped me release the pattern of being a martyr and while we live in a time where crucifixion and burning are no longer allowed, the bringers of light can still be crucified by the media.

Or can they?

Things are rarely as they appear and while my dealings with some of our less enlightened media have certainly left me humbled, those witnessing these media flows have astounded me in the strength of their support and reaction.

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We began these sharing's with the why motivation. How it was Saint Germain who invited me to become public with the prana-as-nourishment-reality and the invitation to liaise, as lovingly and wisely as I could, with the global media.

I know that this was because our global media can change consciousness and awareness on our planet so quickly, in ways that can separate and divide us, or unify and strengthen us.

The media is a powerful tool.

The movie *Avatar* being a case-in-point; in two hours it opened our global awareness even more to the beauty and sensitivity of Indigenous ways, showing how mankind and nature can be, and are, inexplicably linked in ways that can be beneficial to both.

The movie showed the beauty of extraterrestrial life, instead of promoting the idea of aliens determined to take over our planet,

which is often the movie world ‘norm’. Instead *Avatar* turned the tables and showed the destructive nature of men bent on power and greed who do not yet possess the eyes to see, the ears to hear and the hearts to feel the way of love.

I know that the second reason I was given this invitation via the inner plane Being’s of Light was because the reality of pranic living was such a deep experiential truth for me that I could stand tall in this truth no matter what was said about me and also because I was completely naïve. As Saint Germain once told me my naivety has been my saving Grace.

When I began this public journey for some strange reason I believed that every human heart was open to the way of love and if they hadn’t experienced it yet, the way of love and love itself would always conquer all. This belief that I had then, and still retain today, obviously come to me as I sat in the presence of the Christed One 2000+ years ago, and as I lived the way of love later in Cathar Country.



Before I share the following stories, I wish to say that I have dealt with many amazing people from our global media. People full of integrity, some of whom have literally risked their careers to portray our work as realistically as possible. These ones know who they are and to them I give a huge thank you for your insight, love and staunch support!

After my initial reluctant ‘yes response’ to St Germain to be involved in media education, since becoming public with this reality, we have done countless radio, newspaper, television and documentary interviews all over the world, reaching nearly a billion people with this reality.

It was only after Verity Linn died in Scotland that our work with the media became nearly unbearable. Yet I wish to include

these stories here as people have asked me to elaborate on these things for a long time and both experiences strengthened my faith in human perception and the intelligence of a viewing audience.



6

Insight - The Media Circus continues

It is 1999 ... The garden outside my Brisbane home in Australia is crawling with paparazzi-type people. Hungry media intent on scooping headlines, hoping to add another layer to the news that a third person has died around the 21 days process, a process that so many others have lovingly managed to undergo without fuss or fanfare.

My heart grieves for Verity Linn's family, for even the loss of one life can be so tragic, and now there have been three. Part of me is angry at my inner plane light being friends – surely they could have prevented this? Regardless of the fact that a metaphysician may know that when a person's time is up, it is up, and that even though a body may die, we still exist as a stream of consciousness; regardless of all of this, losing a loved one is a hard burden to bear.

I know that this slight anger I feel is unreasonable, as the inner plane beings see us as masters in form and encourage self-mastery and self-responsibility. They are here to guide if required, not to save us or rescue.

As I sit in deep meditation, ignoring the repeated knocking on my door of various media people, the energy in the house is prickly, static, and full of fragmented spikes as the result of millions of psychic spears of negativity and hate being beamed my way.

Jasmuheen is a murderer! they scream silently. *We all know you cannot live on light alone – you are a fraud, deluded and dangerous – you are killing people with this falsity ...* and so the thought-forms go on, beaming in, passing through space and time to deliver their anger, sorrow, judgement and hate.

My home has gone from being a peace-filled love-filled ashram to a pulsing hub of negativity that is beginning to overwhelm us all.

In desperation I cry out in my heart and mind:

"House! Shield yourself!" and suddenly all the buzzing stops. I feel simultaneously overwhelmed with relief and also amazement.

Relief that the negative transmissions have stopped and amazement that the command worked so quickly, as I now see energy grids rising up out of the ground, as the house acts like a Star Trek spaceship and immediately shields itself as commanded.

Requests for interviews are pinned to, or shoved under, the front door as my secretary simultaneously screens the myriad of phone messages. But what can I say? I do not have enough information yet to make a comment.

How did Verity die?

Under what circumstances?

The newspapers and T.V. news carries limited information. I want more so I can deal with the press at my door intelligently.

Did she ignore the guidelines in the book?

Did she really stop eating and drinking and then spend the next few days walking to find the ideal place to camp out in the Scottish highlands to complete the 21 day process?

If she did then no wonder her body had difficulty as to do so would be to contravene all that we recommend.

But how can I ascertain this for sure?

I long to talk to the investigating police, just as I did when Lani Morris in Australia died and Jim Pesnak was arrested, but there was no one I could access who I knew held all the facts.

I had been working overseas when Lani Morris had died and, like Jim Pesnak, both myself and my work, were subject to a full investigation by Australian Law Enforcement detectives.

After an in-depth interview, the two intelligent and respectful detectives who were sent to talk to me, left my house convinced

that Lani's experience, with Jim Pesnak and his wife, was completely unrelated to me and that Jim was following his own inner calling.

Neither Lani and I, or Jim and I, had ever met and he was certainly not my follower, although this was suggested by the media; and so the detectives were also able to provide via the interview process a little more insight as to what had actually happened at Jim's property before Lani had died.

Although she was a long term meditator and a strong woman, apparently Lani's physical body was not dealing well with the 21 day process initiation and Jim, plus a doctor friend of his, had tried to convince her to stop.

Lani had declined to do so and had apparently told them that she knew what she was doing, a choice which Jim had decided to respect, still he kept a watchful eye on her. Jim had also told the police that on day 7, when it was her time to drink a little water with maybe take a small amount of orange juice in it, apparently her thirst led Lani to drink nearly a litre of pure juice in one go.

Many know that this is not something one should ever do when breaking a fluid free fast and some think that this act alone may have made her system collapse.

All I knew was that after Jim had called the ambulance, Lani was taken unconscious to hospital, and her family had later made the painful decision to take her off life support, as she had sustained too much damage to her system.

Was her system collapse caused by the sudden drinking of too much juice?

Should Jim have supervised this to make sure she did as the original guidelines for this had dictated?

Was it something else that occurred at Jim's property that caused this problem with Lani?

Or was it just her time to die?

All of this would now be for the court to decide.

Still, I felt so sad at Lani's passing, and more so for her family as losing someone we love is never easy.

I also found myself feeling concerned for Jim and his wife who had both been charged with manslaughter. It was already hard enough for any of us who were involved in trying to educate the world about this possibility, and now with Lani's death it would be just that much harder again. Still a woman had died, answers were needed and everything was being diligently investigated.

Yet given the situation, would Jim even get a fair trial?

As the judge later said, when sentencing them both to jail, Jim and also his wife should have tried harder to stop Lani, regardless of what she said she wanted.

As the detectives left my house that day, I realised that the facts of what actually happened were again much too unclear for me to comment to the media who had begun to report on it all, saying that it was my fault that Lani Morris had died, because what Jim and I were claiming, so many believed to be impossible and Lani's death was proof of this. Yet all I knew that day was that Jim Pesnak and his wife were now facing trial and I had again been tried by the media but thankfully cleared by the investigating police.

As someone once said to me around that time, you cannot blame a car dealer, if someone buys a car from another unrelated dealer and then gets into the car which crashes and so they die. Would you close down all the car dealers, and stop car manufacturing, if this happened? Or would you provide better car driving education programs so that people understood the car's potential and drove safely? It was an interesting viewpoint for me to hear.

Should there be a test that people should pass before they could do the 21 day process?

If so who would administer this test?

Wouldn't this then defeat the idea of self mastery and self responsibility that we have always promoted?

The 21 day process as far as I knew then was completely safe if the guidelines were followed. Channelled through from the

Being's of Light, many had transitioned through this initiation safely.

But not Lani Morris, nor the young man in Germany before that, who had died from an epileptic fit and the consequent blow to the back of his head that he sustained while in hospital. He had also been living on prana, a fact that was blamed at the time.

Again it was nearly impossible for me to get clear facts as to what had happened with this young man because there was no media coverage at that time. It was also quite awhile til I knew of his passing.

His was the first death, Lani Morris was the second and now another media storm was brewing with the death of Verity Linn.

People, who have lived safely on prana for some time will still eventually die; and so I also wondered then if I would be blamed for that when the time came?

It also made me think, how much good, holistic, education would be required before people could accept this possibility of pranic living; that could be so good for our health and global resources?

What else could I do to educate people so that the fear would disappear from around this topic and people could see all the benefits that this freedom of choice can bring?

These were also the things that I was thinking about when 60 Minutes came to call.

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7

Insight - Audience Support 60 Minutes & more

It took me many years to realise that no matter what was said, some people just could not accept the initial premise that living on prana, as a physical body nourishment source, was possible.

Hence our attempts at sharing research on this, or any educational data, could be easily dismissed as many held the idea that we must be deluded. And if someone died around this, then we were dangerous as well.

It was with this firm belief that the *60 Minutes* team entered my life and I was to experience a powerful lesson in humility.

While Jim Pesnak had been tried and jailed for the manslaughter of Lani Morris, this was the first time I had been targeted so powerfully by the Australian and International media and I really couldn't blame them. 20 years ago I would have also thought that living purely on prana as a nourishment source was completely impossible unless you were a saint or a Himalayan yogi and I never saw myself as either.

I had long admired the work of *60 Minutes* and had great respect for the program. When I received the clear message from my light being friends that I was to do an interview with them, I readily accepted when the invitation came. Placing a note on my front door that I was now dealing with *60 Minutes* also meant that all other media who had besieging me for interviews, left me alone, but it also brought many warnings.

Emails came in saying not to trust them and that the view that *60 Minutes* often presented was biased or ill-informed, yet I chose to ignore all of this, turning down highly paid offers by other

media sources, happy to be with a show I trusted would have high journalistic integrity, who I asked to give a small donation anonymously to a charity, in return for my time with them.

Our initial interview, with the late Richard Carlton, flew by with ease and grace as the light flowed through to deal with their initial inquisition. His attitude was scornful, mistrusting but easy to deal with for I had met so many like him before, and I was also filled with so much love for I felt so many of my inner plane friends around me.

Yet I was also feeling wary.

Later in the day of our first interview I went downstairs to my garden, where I found two dead snakes at the bottom of our swimming pool.

Snakes represent wisdom, so the symbolic meaning was very obvious to me. A few days after our initial interview, although I thought it was all complete, the *60 Minutes* producer called from Sydney.

“It’s not enough,” he insisted. “We need to do more.”

“Great!” I said. “I am about to leave for tour for two months – come on the road and you can witness what we do and how we do it, without taking physical food. As you know being on the road on tour can be gruelling, so this will be great proof for you! In the meantime you can follow-up all the leads and research data we’ve given you!”

I was feeling up and buoyant, but their response was basically “no way, we don’t have the manpower, or interest in committing our resources to such a proposal.” Instead they insisted on the “seven-day-lock-you-up-video-cameras-no-food-or-fluid game!”

As I reluctantly agreed to do be part of their experiment, I suddenly found that as soon as I hung up the phone, all of my inner plane telephone-type connections to the Holy Ones, the Beings of Light, dropped out. Immediately as I said I would do this 7 day test with the 60 Minutes team, there was no more telepathic communication with them. What I was about to embark on was

obviously a free will choice unsupported by my inner plane media team, a choice that I realized later had come from my ego self and not from that pure place of spirit. I had said yes, then I lost my inner plane support team but I would not back out, for me it would be a loss of face, especially when I knew that I had done this before and could easily do it again, given the right circumstances with a friendly supportive team, the 7 day experiment would be a breeze. What I didn't realise is that the type of energy streams that I was dealing with, were energy streams that surround a pure hearted being of love, that can also dissipate when we step into our ego based nature.

And so my lesson in humility began.

I was due to go on tour so soon, and I wanted to be at my best physically for this, but against my better judgement I had agreed to the *60 Minutes* 7 day lock-up, and despite losing my inner plane telepathic connection, I still expected the lock-up time to be easy, a walk-in-the-park, a holiday in a beautiful environment. I had work I could do, books to edit, things to keep me busy, but most of all I just looked forward to a week of peace.

Having passed through stages of no food and no fluid easily before, I had learnt many things about my body and when its weight would stabilise and how much weight it would lose with the no fluid situation and all of this I discussed with some of the *60 Minutes* team.

In those days some people could lose up to 20 kilograms before their weight stabilised – Zinaida Baranova and also Hira Ratan Manek both experienced this. So for me losing 4 kilograms was not a lot, but then I was already slim.

At that stage in my journey with pranic nourishment I was still absorbing the energy of places and people, and I had found that every time I travelled before, I would lose a few kilograms in weight, due to the constant exposure of pollutants in cities and people's negative reactions in some of my media work.

To circumvent this weight loss, I had decided that I would begin to take a banana soya milk smoothie every day for a few

weeks prior to tour, to build up my weight before I left, so that by the end of the tour, the 2-3 kilos I would usually lose wouldn't make me look so gaunt.

All of this I told the *60 Minutes* team before I agreed to film as they wanted, adding that I would expect to lose about 10% of my body weight if I did such an extreme experiment again given my recent circumstances and tour preparations.

I also told them that this 21 day initiation, with its seven days without fluid, was not something I recommended anymore and how wonderful it would be to have this opportunity to educate the world, through this program, about the dangers of the 21 day process now that three people had died. My whole focus at that time was to take advantage of every media situation I was in to educate, educate and educate, about the power of the divine force within and the way of love.

Still it was with a positive attitude that I stepped into the energy field of an apartment that was wired with cameras and everything that was required to keep a 24 hour solid surveillance on somebody. Toilets were drained of fluid and all water to the apartment was switched off.

We then began the regular rotation of security guards, where each new guard would come and check my baggage, even though it remained largely unpacked on the floor. When I asked them why they did this, they told me they had been told to.

Similarly, when they blew cigarette smoke constantly in my face as they sat close by me, I asked why they would do that as well, suggesting politely that perhaps they could smoke outside, a suggestion they declined.

I soon began to suspect that the security guards were told to create as much disruption in the energy fields as possible as all the lights were kept on all night and every time I fell asleep the guards would wake me, determined not to let me sleep.

As I struggled, in this very hostile energy field, to stay in the field of love while also maintaining my dignity, the guards began

to look embarrassed, sad at the job they'd been hired to do and the disruption they had been told to cause which was later confirmed.

A few days later even phone calls from loving family were denied, and I realised very clearly that I was going through a major test. I had hoped that the test would be conducted impeccably, with integrity, and that while this experiment was going on, good research strides were being made via investigative journalism; following the paths and the leads given, so that the 60 Minutes team would put together a good educational story with my full co-operation.

Even though I knew I was being given continual tests, that they hoped would break my spirit and create some good emotional TV, naively I still trusted that they were also following up our suggestions in an intelligent manner.

We'd already done so much research, and proof had been provided that could have been added to the program, and I still hoped to be able to speak on camera of the danger of doing this if people are unprepared.

Not only was I under heavy guard but I was also attended daily by a local Brisbane doctor. Now, aware that something was not right, each time before she arrived I would take my pulse and feel how sweet and strong it was and yet she would stride in and take that same pulse moments later, face the camera and tell everyone how erratic my pulse was and how my system was getting dangerously close to shutting down since I had lost a few kilos in weight.

Behind the scenes she would glare at me with hate-filled eyes and tell me how angry she was that she had been called to be involved with such an experiment, that she had much better things to do with her time because obviously living without physical food was impossible and so I was completely deluded.

It was an interesting energy exchange of two powerful women, one whose reputation was about to be destroyed and another who was frightened that hers could be if she allowed the game to go on with success.

An aware person later told me that if *60 Minutes* allowed their experiment with me to come out as a success and someone died attempting this after watching the program, both the show and the doctor could be sued. As such it was an experiment that was set to be deemed a failure before it even began.

It could have been such a delightful program, educational and pure, but it is what it is. When the final edition went to air, of course I was humbled beyond words.

I had already alerted my media contacts, of which there were many wonderful journalists all around the world, that I was going into this week of seclusion and that I was expecting it to be an easy ride with a good educational opportunity for us all.

If it was not possible, why else would I have said yes to do this with *60 Minutes* originally or alerted my media friends overseas?

To find them closing down the experiment after five days, when it could so easily have been completed, was such a shock.

It was an interesting time to be sure, and one I've never really spoken about because what could I really say? Everything shared could just sound like sour grapes, with people saying in response, "She was debunked, of course Jasmuheen would complain," or whatever else many would say.

The experience taught me so much and the public of Australia were amazing, like with the Hans Meiser show in Germany, the viewer response was so unexpected. After the show went to air, *60 Minutes* had asked immediately for people's reactions and feedback, a vote to be made during the following week by those who believed that it was possible, and a vote of no from those who definitely agreed with *60 Minutes* that I was deluded.

72% of the Australian public voted 'yes we believe her.'

I was truly astounded and so were *60 Minutes*.

Again all I can say is that when we stand in a truth so real for us, so lived and experienced, through the deepest levels of our being, and when we take the time to research and present good educational programs, to present this new paradigm to a world, then it is wonderful when these findings and pathways are eventually honoured, opened and explored. While 60 Minutes chose not to do this, thankfully others since then have.

While I have experienced many negative media situations both before and after the 3 deaths that occurred, the following experience with Hans Meiser show also gave me great insight.



Hans Meiser Show, RTL TV - March 2000 Germany

The young woman researcher in the green room is so excited to meet me. She has wanted to have more enlightening information on the show for some time, and has finally convinced them to interview myself plus another woman who also receives her nourishment from prana. We go through the usual preparations as the young researcher warns me that Hans was not at all happy about the idea of having us on his show.

As we are later led out into the stage area, I see wall to wall images, behind the interview chairs, of young sickly women in their underwear, who are obviously severely emaciated from anorexia. I also sense a huge energy ball of hostility in the room as the audience slowly begins to hiss and boo at our entrance.

It is not a good beginning.

I take a deep breath then take my seat on the stage.

Before the camera's roll, Hans, the show's host, begins by telling everyone how he has a hangover and is in a bad mood and is even more annoyed today because of who his guests are. He then tells us that his audience is filled with doctors, nutritionists and psychiatrists, plus the parents of young anorexic girls, and the girls

themselves, whose photos are behind us and who will also join us on stage. His manner towards us is contemptuous, angry.

And so the show begins.

Questions are asked but as I try to answer these, my responses are soon interrupted, my words shouted over by the host and audience who are unwilling to hear, convinced that we are charlatans and frauds, dangerous, deluded and also responsible for promoting global anorexia.

At one point all I can do is pray, and ask for the perfect words to come.

“Help!” I ask my inner plane friends.

“Breathe deep,” they tell me, *“just find the plane of love within you, be in silence and let the radiation of love do the work.”*

I do but it is difficult, yet there is nothing I can say, nothing else that I can do, the vehemence around me is so strong, as it flows from both the host and audience, in such an overwhelming manner.

I sit silent, allowing the purest flows of love and also forgiveness to radiate from my being, feeling the words of Christ who'd once said, *forgive them father for they know not what they do*. Thankfully time passes quickly, and before I know it we are back in the green room ready to collect our things and leave, each one of us so glad that the ordeal is over for an ordeal it has been.

As we stride out through the studio doors to our car, others rush to gather around us, apologizing for what just occurred. Many of the staff are shocked especially our young researcher. Still all are aware that it will bring the show good ratings as conflict often does so they are also filled with excitement.

The next day someone from the show contacts my publisher, begging for us to come back on the show, saying they are ready to listen, to do an on air apology, whatever it takes.

Apparently their fax lines, phones lines, and emails were full of people telling them to bring us back and for Hans to apologize and to give us a chance to really talk and share of our experiences with this. Many in their audience were genuinely interested and

open to know more. They were also profoundly shocked by what they had witnessed and had felt the love coming from us.

I am astounded at the wider TV viewer's response and support but at the same time I am done with this particular show. All I can feel is that another wonderful opportunity for intelligent discussion and education has been by-passed again by those unable to rise into the realm of higher possibilities that could be so good for our world.

There will always be scepticism in our world when new ways of being are introduced and this I know and understand. And so it is easy to forgive all those who have abused and been so heartless in the dealings with others in our world. Many have suffered on so many levels and this is nothing new and yet many still continue to present much brighter views.



8

Memory - My Breatharian past revealed

Kumbh Mela, Haridwar, India, March 2010

After 11 days enjoying the energy field of some of India's finest Swamis, Sadhus and yogis, our small group gets ready to leave, myself to the airport and others to a multitude of destinations.

My friend Isaac stands to my right observing the goodbyes being made between myself and the Swami in whose Ashram camp we have been staying.

"I love the energy between the two of you," he quietly states nodding to the Swami and I, as the Swami's brother also watches on.

"That's because I love him," I say without thinking, "and his brother too." I smile at them both, my heart suddenly filled to the brink with love. "We have obviously been together in a life here before." The brothers beam big smiles back to me and nod to acknowledge this truth.

Within minutes I am seated in the front of the taxi, luggage and other people all loaded in, when the revelation and vision hits me. I wind down the window of the taxi and my hand reaches out for the Swami who moves forward so that our fingers can once more entwine. The moment is filled with poignancy.

"We were married?!" I word soundlessly to him in a questioning exclamation as our eyes fill with joyous tears and mine with the light of understanding of our time relationship together in that other life.

He had known this already and had waited patiently for me to remember as well. The moment of reconnection is fleeting but enough and as the taxi pulls away; my heart feels as if it is

breaking, as floodgates open to so much love for this Swami and the life that we had once shared.

For two days I cry without actually feeling the emotion, just watching, as a silent observer, as my body releases mixed emotions. Joy at having found a well-loved husband from another time, tender-hearted love, and also sorrow of later loss in that life where we'd been beloveds.

In this life I am married to a loving husband whose support and adoration are obvious and Swamiji lives life as a happy celibate. There is no longing between us to be together as husband and wife again – just a poignant appreciation and love that was to later reveal another level and reason for my personal breatharian journey.

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Germany, Bavaria, July 2010

I sit with two long-term friends, in their countryside house, on a hot summer's day, recounting stories of experiences and general catch-up news, as we always do when we see each other each year. It has become an enjoyable habit for me to stay with them at the end of each summer tour in Europe.

A vibrant, fun couple it was through their efforts that the living-on-prana-reality was launched so successfully in Germany.

Babaji devotees, in the mid 1990's, their small publishing house had only published one book – on Babaji – when Konrad had telepathically said to Babaji that he thought to close the publishing house but, if Babaji wanted him to keep it open, then he had to bring Konrad a good book to publish.

A week or so later he received a copy of my book *Pranic Nourishment – Nutrition for the New Millennium* later called *Living on Light* or *Lichtnahrung* in German. The rest, as they say, is history, and our media work was stepped up another notch resulting eventually also in the Hans Meiser show.

Sometime after my visitations with Saint Germain, Babaji also began beaming in and told me quite clearly that “*My ashrams in Germany are ready for you,*” confirming that his German devotees were disciplined, and able, and ready, to live the pranic nourishment way.

It was through these devotees, that Germany now has over 10,000 people who can choose where they wish to take physical body nourishment from – source (prana) or to sometimes take physical food if they still enjoy the pleasure of eating now and then. This freedom of choice is obviously very liberating and has wonderful environmental benefits globally as well as benefits for our health on many levels.



And so after sharing with my friends about my experiences this year at Kumbh Mela, and my new found love for the Swami, our trio later went into the silence of deep meditation.

I had sensed that the Swami was connected to my life as a Breatharian in India and I had felt that my husband in that life, as the Swami, had gone the Sadhu way.

It is common in India for men who are called to do so, to leave their families at around age 50 and dedicate their life to service via the path of the Sadhu and yogi. Their wives usually support this choice for by then their children have grown, been educated where possible, and begun to have families of their own.

Up until this summer day in July 2010 I had known that

- a) I had enjoyed a life as a true breatharian in India;
- b) I had loved and been married to this Swami and
- c) I had intuitively sensed that perhaps this Swami had been my husband during this breatharian life.

But I had no idea how, or even why, I had become a breatharian in that life and all this was about to change.

I have long realised that past life memories often reveal themselves on a need-to-know basis. As Saint Germain had once said to me: Let's assume an old soul may have had 1,000 embodiments on this Earth plane – from the time of Lemuria until now – and that this soul lived an average of 30 years per life, that means they have 30,000 years of cellular memory to access! We are also all one, so everything is available to us, in the matrix of Oneness.

Yet, to spend time revelling in cellular memory, of times gone by, defeats the yogic truth of the power of Being here now, fully present in each new moment it can bring. Yet sometimes past lives need to reveal themselves to benefit and support the present life and our service commitments. Revelation comes in its own way and time when required.

That day, as I relaxed with my two German friends and went deeper into meditation, I sought a deeper understanding into the past life connections that I might have had – if any – between myself and a man in my life today who has a menacing-stalker-like energy. Now and then very abusive emails arrive threatening all sorts of things that a person who is filled with hate can threaten. Having seen our past life connections and why he is like he is today, I completed the usual ritual of forgiveness and then sat again in peaceful meditation just resting in the field of loving silence within.

A short while later scenes of my life in India with Swamiji beamed in, revealing my pathway to breatharianism that life and all that it contained.

This is what I witnessed ...

Lovingly I held the head of my husband in my lap as his body took a few final breaths before letting his spirit fly free. Malaria had claimed him, just months before he was to leave our village, and take to life on the road, to fulfill his yogic call to serve as a Sadhu to all.

As I cradled my beloved in my arms I felt my tender heart just break a little more. We had buried two children in our life together and now that he had left me I could not bear the thought of being alone.

His funeral came and went. I could not eat, I could not sleep, I could not drink, so deep was my grief.

I don't know how long I remained like that but I know that slowly the village children came and among them were some so very special.

Village life in India can be very joyous at times and when my own children had passed that life, the women around me shared their children with my husband and myself, easing the burden of our loss by filling our house with the laughter and questioning minds of the little ones that they loved.

In time we had become like second parents to these ones and I had developed the habit of educating them about the Holy Scriptures through the telling of stories. Both my husband and I had become renowned storytellers as the village children sat on our laps and at our feet, mesmerized by our many tales.

A short time after my husband's passing the children came again, begging for stories and cuddles in a way that I could not deny them and, as time passed, my broken heart began to glimpse a new reason for being.

By this time my stomach had shrunk and I never felt any pangs of hunger. Somehow the time had slipped quietly away before anyone had realised that I never took food or fluid. The extra flesh I had carried before my husband had died, was quietly consumed by my body in the initial time of grieving until

suddenly, as it has today, my weight stabilised as the pure love of the children and my joy in them began to feed me again.

Prana is love.

It is the universal life force of the purest love that brought creation into being.

All of this was revealed that summer day in meditation in Germany, as my body released these memories and shuddered with the truth of remembrance.

With each story revealed I checked with my breath, for the divine essence breathes in a certain way, when we are in alignment with truth.

If we hold thoughts or ideas, or make statements that are not the truth of our being, our breath will rise to the throat and we may feel as if our lungs are constricting.

But if something is a deep truth for us, the energy that is breathing us will drop the breath deep into the belly and the lungs will open widely as our chest expands. Or so it is now for many.



9

Hard Facts plus some good Media News

We have each had so many experiences in so many timelines, for we are all just systems of energy that cannot be created or destroyed but simply changes form, to the degree that inhabiting a new body is just like changing clothes.

Of course I wish that in 1993, when this gift of pranic living was revealed, that I knew then all that I know now, but things are as they are.

Three people have died around the 21 day process and any death will always bring sadness. If I had the power to turn back time and prevent this to give these people back to their loved ones, I would and yet I have no such power. All we can do is keep refining our educational systems and make them safe, enlightening and easy.

People die every day of obesity related illness, incorrect medical diagnosis, drug related issues, starvation and accidents.

In metaphysical circles it is easy to say that we are not our bodies, that the divine essence that inhabits the human body is infinite and eternal, that there is therefore no such thing as death; that we also know the exact moment of our death at the time of our birth; that there is no such things as coincidence, that when our loved ones die, we cry for ourselves, for while they are free of pain, our pain at their loss is just beginning.

Yogis tell us to celebrate a loved one's passing for they know as many do, that there are many rooms in this Divine mansion of existence and yet until all of this becomes a real experience for us

all, the pain of a loved one's passing can always bring the desire for revenge, blame and retribution.

Knowing this makes it easy for us to forgive the hate-filled and sceptical, for we all learn along the way.

60 Minutes did the best they could do and given their inability to even consider the possibility of this truth, the footage filmed had to be edited to reflect failure on my part. Success was never a possibility as I naively believed it would easily be, as I readily agreed to be part of a show that I trusted would contain good, investigative journalism.

The Hans Meiser show in Germany before that, needed a scapegoat for anorexia, and a chance to ridicule and vilify something they had not yet been educated into understanding, in the hope of excellent ratings. Yet the public reaction to both shows was not what each show expected.

But all of it has also taught me that when a person stands with love in the light of truth, while others abuse them in a hate-filled, negative manner, the quiet gentle way of love seems to shine even brighter. So it is and so it always has been and this has also been my learning.

My dreams to have some good investigative journalism occur around this topic were finally answered in 2006 so I would also like to provide in here some good news that I wrote in my *Rhythms of Love - Travel Journal*:

Being in Vienna for me is always a blessing as the people here have always been very supportive of our work regardless of some of the media's reportage and disbelief in the 'prana as nourishment' reality. Without the German speaking people's support for this, our service work in this field would not have come this far.

A few years ago I met with Peter A. Straubinger, a well known Austrian film critic whose own meditation teacher had began to live purely on prana after adopting the initial process that we talk about in my book *Living on Light* or *Lichtnahrung*.

Witnessing this change within his teacher Peter decided to do some investigative research and film a documentary that he eventually called “*In the Beginning there was Light.*” He soon found his way to me and we spent a few hours talking and filming and I was able at that time, to give him the names of many others who were also successfully living on prana as a food source, although the methodologies to do this were all different.

The Bigu masters of Qigong who Peter flew to China to meet; Zinaida Baranova the Russian Breatharian I had met; Dr Michael Werner the German Biochemist who wrote his own book on his experiences called *Life from Light*. All of these people Peter eventually interviewed, as well as many medical practitioners, who eventually suggested that perhaps the phenomena could be best explained by quantum physicists, who Peter then found and interviewed.

The night I arrived in Vienna, Peter met us at the hotel and showed us the final movie which has been six years in the making. Finally obtaining funding from various supportive sources the movie was shown at the Cannes Film Festival this year and has been picked up for distribution by many countries in Europe. It screened in September 2010 and my heart sang as I watched what he had finally been able to put together, two hundred hours of film edited skilfully down to about one and a half hours.

Finally a good, intelligent representation in documentary form of all that we began seventeen years ago!

His film is a good initial, basic insight that hopefully will educate many people. While of course there is so much more to educate regarding how it is possible - as we cover in our books *The Food of Gods* and *The Prana Program*, and also its relevance to world hunger issues - my heart is so happy to see the outcome of Peter’s work and also my own, being presented in this way!

Thank you Peter and thank you Vienna!

After we watched the movie, Peter shared stories of how much Grace he experienced along the way as he pursued this project and

also of course the stories of the others who were involved in the film and how difficult their journey – like my own – has been at times.

Facing adversity, criticism, scepticism from colleagues in their fields, from friends and the public, each one – from those living on prana now, to those investigating it on a medical or quantum level – each one has so many stories to tell. Yet regardless of it all, right here right now there is finally a good productive educational outcome to it all.

How the mainstream world will react again is something we cannot determine, but at least it has been offered a chance to witness, in a balanced informative and intelligent way, a new field of possibility that can eradicate global warming, feed the millions of starving children by eradicating global hunger via creating more compassionate altruistic people who can distribute resources more wisely, so that the people on planet Earth may be taken care of with more love and awareness; for pranic living is about merging with a source of love, wisdom and power within us all, that can take away every human hunger – physical, emotional, mental and spiritual. And one day, I hope, this too will become common knowledge with clear and well respected pathways to achieve it all.

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10

Insight - Japan

10-10-10 Jingu Shrine – Naiku, Ise Japan

As I stroll through the beautiful shrines set among nature in Ise, once more I feel the deepest peace of being. Known as a Japanese Lourdes or Fatima, Ise holds the energy of the Sun Goddess Amaterasu a feminine energy of great love, peace and compassion. In the silence of the shrines I receive the message ...

Be silent and you will hear me,
be still and you will feel the ripples
of the power of the I AM THAT I AM.

In the silence all around you
in the stillness of your inner being
you will know all the secrets that I hold.

Be still, be silent and know.

Rest lightly in the peace deep within you,
step silently through life, aware of every living being,
and the breath that brings each life.

In the silence,
in the stillness,
in the stepping lightly,
ALL IS KNOWN.

A few days later, my workshops complete in this land for now, I rest again in meditation until I am drawn once more to pick up

this pen and in one day write of all these stories. Effortlessly the words flow as good stories tend to do when they are ripe and ready and so this book is born.

Right now, across the world thousands of miles away, I am told that the film *In The Beginning There Was Light* is receiving standing ovations after its release in Austria and to this I can only smile.

I remember Saint Germain's energy engulfing me with such love so many years ago when we first introduced this concept in Germany, and how pranic nourishment is not something reserved for selected India yogis. At that time it had the usual reaction of disbelief, anger or awe and at times I would feel so unable, so untrained, and so inadequate to be a voice in this movement.

At that time Saint Germain told me, "Time will be your ally, it will be so different in twenty years, you will see!"

To which I would bemoan, "Twenty years! That's much too long." And yet here we are, seventeen years later and my heart is filled with hope.

Is it too much to believe that there is a wise and loving force behind creation?

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?

Perhaps more time is needed and, as more rise into this every day, I know it will soon become an accepted truth.

∞

In the movie *In the Beginning There Was Light*, a question is raised regarding world hunger and this too was the hook that

captured my heart when Saint Germain asked me that question, could I live with myself knowing this truth but choosing not to share it with a world where every two seconds a child is dying of hunger ... so let us finalise these sharing's with a few pertinent stories as we continue with our focus of eliminating global hunger.

∞



11

Insight - India – World Hunger Issues

October 2010

Returning to India, as often as I now do, is easy for me for many reasons. I am an Indian soul in a white woman's body. I learnt to be a breatharian here; my Cathar Country prayers were also answered here.

There is much to love about India and so much the West can learn as India now rises as an upcoming economic power. With its billions of people and deeply spiritual culture, I was not surprised when the Holy Ones invited India to be a test country, to be the first to eliminate its limiting health and hunger issues by using pranic energy, as outlined in our *Madonna Frequency Planetary Peace Program* and our *Prana Program* books.

Earlier this year when I was at Kumbh Mela, yogis and Sadhus and gurus alike would quietly assess this Western white woman who claimed she lived on prana.

Many asked "how?"

Some laughed and said how interesting it was, that Western women had come to remind them, as living examples, about an ancient yogic practice that many had forgotten how to do.

Others sat back eyeing us sceptically, or dismissing us all together, myself and my fellow prana eater, Erika.

Some spoke only Hindu but heard with their heart, others shared in fluent English, the deepest teaching's of ancient scriptures as they tried to correlate it with the different words we would use.

Sometimes it was easier to just point to our bodies and say simply, "This is Atman's body."

“Yes,” they would nod.

“Atman’s Shakti feeds us,” I would add.

“Ah!” their eyes would light up with an “of course!” response, for prana, as the universal life force, is also Shakti energy – pure love in motion. And with these few words and their deep understanding they would bow and leave our tented ashram, only to return the next day with a much bigger group of people.

India humbles me further, for here people can feel your love of God, and can sense your experience of the divine energy flows. Well educated and open-hearted meditators, many in India treat the possibility of living purely from prana, with great love, respect and interest, as more are also slowly starting to do in the West.

In India I can rest, feel well loved and supported, as this paradigm that we have launched in the West, slowly becomes more acceptable.

In 2006 we launched *The Prana Program* with its third world feeding program and while we¹ understand how it could be done, at that stage we’d had very little pragmatic experience of being in Third World countries, with this exact focus.

By 2006 we had delivered to various groups in the United Nations in Vienna and New York City, the information of pranic feeding and how it could aid in the elimination of global health and hunger issues. Their choice to adopt our research, as an additional layer to existing aid programs, will always be their choice.

In the meantime we continue to share what we know of this, with the open-hearted and open-minded, throughout all levels of society.

As we have said, India been invited, in the *Madonna Frequency Planetary Peace Program*, to be the test country, the first to rise with all its strength and wisdom, to eliminate health

¹ We = myself and our inner plane light being support crew.

and hunger issues among the children there, and when I shared this recently I found again a reaction of anger when a well respected yogi that I like, stated: “You Westerners think you know India! Our children are fine – they are healthy and happy – to think otherwise is a Western misconception!” He tried to curb his angry response and I tried to gently share that it was an honour being given and not a criticism, that it is because India has such depth of wisdom and spiritual understanding, that those who have been pre-programmed to do this would rise and be living examples to others, just as had happened in the West.

Imagine if no more children died in India of hunger related diseases? Imagine if more remembered these ancient ways of pranic living and, how all human systems come into stronger states of health and happiness, when their chi (prana) flow increases?

And yet despite all the love this Indian man has for me, at that moment of our sharing, he did not have the ears to hear what was really being said.

It took me awhile to learn not to take such reactions personally and to instead step back, take a big, slow breath and ask the loving universe to let me find the right words and the right energy transmissions to harmoniously fulfil this agenda, while also knowing that you cannot come into India with any agenda at all.

India will do with us as India will. She is a wise and loving being, of great depth and wisdom, just like Gaia, the spirit of our Earth.

Of course Gaia would appreciate us using the world’s resources more wisely, just as Indian tradition, and the way of love, keeps reminding us that we each hold the greatest resource within and that the more we rely on this endlessly wise and loving internal resource – that some call God – the sooner our human hungers will disappear!

So it is and so it always has been.

And so the discussion turns again to global harmonics. Receiving the gift of the choice of living purely from prana is the result of a personal harmony that comes from pure-hearted union with the divine force within, thus changing the way a body utilises energy.

Now is the time also of utilising energy collectively in more harmonious ways in our world in general. The environmental impact of this is potentially explosive yet there are intermediary steps to take that we outline clearly in our free *Embassy of Peace Program*.

Still it is painfully evident to all that we need to find better ways of being, that consume less of our world's resources, or that we use our world's resources more equitably.

With this in mind, in 2006 my inner plane light being friends began to connect me with various indigenous tribes particularly in South America; tribes who know the secrets of harmonious co-existence with Gaia, our Mother Earth.

Blending our knowledge, and supporting each other we have found another rich layer, over the last few years, as I share their stories as I travel through this world.

The Kogi and Arhuaco tribes of Colombia remind us of the need for equilibrium, to honour the Earth as a living being and also to follow the Laws of the Divine Mother in all her forms.

Tribes in the Amazon jungle teach those who come to them of the secrets of sacred power plants, and the rituals they have, to strip away the worlds of illusion so that we can walk unified as a species, and in harmony with the land, which often requires great sensitivity.

The people of Brazil's favelas teach of the need to stop the gossip, rape and violence that can pull a community apart, while they themselves are the target of violence during police raids that use outdated methods to deal with drug lords who hold monetary power. Yet still the favelas hold a richness of life and laughter.

People's hunger expresses itself in many ways, physically, emotionally, mentally and spiritually yet it is our hunger for self

knowledge that drives us to be free and that many in the West can learn from. It is a time of self sovereignty, self knowledge and freedom from limitation.

Just as my Indian friend told me, regardless of Western perception, many children in India are healthier in spirit and heart than many children in the West, despite sometimes having a minimalist physical food diet.

Experiential knowledge of our Superior Self – the Divine One Within us – reveals to us an energy so pure and so nourishing that it can literally eliminate all human hunger and this in essence has always been the message of our global world and with this message we will continue.

Each one of us has so many stories, memories and motivations.

Some yogis sit in caves or on a mountain top, radiating out through the world, the love and wisdom from that endless source within. Others walk in Western clothes as yogis in the city.

Some sit in the silent stillness of meditation, only to find themselves in deep communion, with our interdimensional friends of love and light.

Some cross the lines of times to glimpse, relive or remember things they need to know from past or future timelines, that in the higher realms run in simultaneous patterns.

Some simply love and in the loving, all the truth they need to know is known.

The choice, we know, is ours.



12

What Has Been Achieved

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

Even now I still think about the three people who died over 10 years ago now, around the 21 day Living on Light initiation process, and how I used to wish that their deaths had never occurred, and yet I cannot control when people die or how, or the rhythms that push people, from somewhere deep inside, to rise up and break out of limited patterns, or to answer the call to be part of an evolutionary path that stands before us, that is so immensely freeing and grand; a path that beckons us to know the divine essence within all and to also receive its gifts. These things are not for me to control, for it is not a time of trying to control one another.

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

Regardless of the thoughts of the inexperienced observers of our work as it unfolds in the world, the majority of those who gather with me are bright and intelligent people. They do not seek

gurus nor are they naïve and ready to be led astray by some charismatic person.

They, like myself and many others, have reached a point in their lives where they have asked, “Is the reality I have created, really serving myself and is it beneficially serving all in this world?” If the answer is “no” then they seek ways to change their model of reality until it is; and if the answer is “yes” then they seek to gather with others to share and combine their energies so that together we can enjoy a different harmony which is the unifying rhythm of love in our world.

Most people who come to be with us choose to be well informed and have learnt to check things via the internet and trust their intuitive guidance; still with the movie *In The Beginning There Was Light* released during 2010 in major world cinemas, and interest and also scepticism around this possibility rising again, it has been beneficial to look at exactly what we have achieved these past seventeen years despite our media challenges.

In our book *The Prana Program*, we shared that my role with this was as follows:-

1. Discover *The Prana Program's* gifts and live it all experientially thus proving to myself beyond a doubt its infinite possibilities as outlined in all of our books. This is a journey I intuitively began preparation for as a child, and now I realise, a lot longer time before that again.
2. Research all that I could on the subject, write about it and offer my research to the world in a pragmatic and simple way as possible. This included researching and simplifying data in the ancient and hidden mystery schools, and personally undergoing various alchemical initiations.
3. Be a bridge regarding *The Prana Program*, between the eastern understanding and my own experience of prana, and introduce the benefits of increasing the pranic flow as widely as possible to the West, in a way that supports the paradise agenda.

4. Find and support other proponents of this – Hira Ratan Manek, Zinaida Baranova, the Bigu states in the Qigong networks – and introduce their methodologies through our networks.
5. Be a media spokesperson for The Prana Program and via holistic education principles utilize the media to anchor The Prana Program reality in the morphogenetic field.
6. Set up both innernet and internet communications systems to share our research en mass as per my constant touring, books, websites and YouTube channel.
7. Introduce *The Prana Program* and its benefits through political networks, and formulate an effective program to combine and share our research with existing aid and resource redistribution programs via the United Nations and others.

Over the last decade we have achieved points one to seven and have been supported by great Grace as we always are when we fulfil our blueprint. It was not in my blueprint to give a year or two of my time – as Hira Ratan Manek the solar gazer has done – to personally be involved with extensive medical and scientific testing.

Yet it was in my blueprint to act as a cosmic reporter and share the results of Hira's testing which has essentially proven the same thing – that a person can access enough prana, as an alternate form of nourishment so that they are free from the need to take physical food.

With all of this accomplished it is so nice to now move on to the more pragmatic applications of the agendas of the Embassy of Peace, knowing that people will experience this freedom of pranic living in their own time, when their resonance is right and when their hearts are open to such things.

Fulfilling our pre-agreed agendas as joyously and with as much integrity as we can is always such a satisfying thing to do even though it is sometimes tempting to look back and see easier

pathways to achieve it all. Still we do what we can as best we can in any given moment and from all of this we grow and learn.



13

Breathers of God

My learning continues ...

With each book I write that covers anything on the pranic nourishment reality, I always say to myself that it will be the last one as we have released more than enough information on this to intelligently assist in the global education of this paradigm. Still I am personally amazed at how much I am continuing to learn about pranic living and its aspect of living on light.

Through all of this I have always seen myself more as a work in progress, a walking experiment, plus a researcher and reporter on this paradigm. I have always been happy to just play with my own personal energy rhythms as I have sought to understand and then share more of the science of living on pranic energy streams and its global benefits. Being open to play, explore boundaries and experiment can reveal many interesting things.

I have never felt comfortable using the word Breatharian to describe myself this life, as while I am free from the need to take physical food, I have not gone without fluid for months at a time.

I also find the term breatharian misleading.

Everyone is a breather of the “God force” so to speak, or we wouldn’t have life, as something is breathing us. Calling it God or the quantum field is irrelevant, we are still being breathed.

Over our time on earth we have been educated into accepting many limiting paradigms including the idea that we can only receive our nourishment from physical food. For people who have not yet experienced the nourishing flow of the inner light streams that can blossom in someone whose focus is on ascension or divine union, then the idea that this force can feed us can be challenging.

The term breatharian is usually now applied to someone who is said to never eat food or drink, yet those of us on this path **are** being fed, so we do eat but we just 'eat' in a different way. Instead of physical food, we eat cosmic micro-food.

In my understanding this occurs via the process of inter-dimensional energy field magnetics and the law of resonance.

Ironically the discovery of my personal timeline history, including my breatharian life in India, has allowed me to now claim the use of this word, as I have lived life as a true breatharian.

With decades of experiential research into this field during this current life, I have still not yet embraced the true breatharian path and completely stopped drinking, yet it is strangely comforting to now know that I was a living example of this in another time.

I realize that this claim may sound strange to anyone who is still unsure of the past-life-reality paradigm yet reincarnation just goes back to the fact that energy cannot be created or destroyed and that it just changes form and we are systems of energy.

Thankfully meditation allows us to experience our infinite eternal nature, that same nature that I discovered in the 1970's that can take away our hungers if we open to this idea.

In 1973 I was a straight A student and school captain with a 'world-is-my-oyster-type' future before me. While attending university and living a conventional life was my expected path, instead I found a much stronger call to enter ashram life, as I was being pushed by a creative force that rose up fast within me via my daily meditation upon it.

From 1973 to 1993, my twenty year walk with meditation in life slowly tuned me to other channels in the matrix as my chosen yogini lifestyle opened up other doors in my life. The discovery of other ways of being has been intoxicating on so many levels and things have come into being in my life that have surpassed my wildest dreaming. In 1973, I could never have imagined such fields of possibility ever being available to myself as a human being and

I would not have believed it if I had been told so I can still empathize with the sceptical.

To me the key to this realm of beingness has been meditation as meditation is known to expand conscious awareness. Meditation can also allow us to understand both sequential and simultaneous time flows. In meditation we can be time and also timelessness, as when we meditate we merge with our infinite Self and our brain wave patterns change to reveal so many additional layers in the matrix of creation, layers that remain hidden if our brain wave patterns stay in the busy beta frequency field.

The irony of all of this is that while I can now finally comfortably claim this breatharian word, the remembrance of all of this happened at a time when I found myself slowly beginning to explore transitioning back into denser frequencies again.

This also was to be a short lived but interesting experiment the results of which are worth sharing here in the following update. To me ascension is descension and many are now being guided to stop their cosmic wanderings and be fully present to assist with the current global changes. This has also been my guidance over the past few years.



14

Timelines & Updates

1973 - 2006 ...

As many are aware, my initial experience of this freedom came in June 1993 after 20 years of living a highly disciplined and specialized lifestyle that was committed to meditation, service and satsang.

In 1993, a few months after I stopped taking physical food, the Holy Ones soon invited me to also let go of taking physical fluid for me to be the true breatharian.

Maybe if I had of known about my Indian life, where I had already lived like this, I may have felt more comfortable with their invitation. But in mid 1993 I was still dealing with the surprise that this ‘no-need-to-take-physical-food-thing’ had even happened plus I was still adjusting to the social aspects that came with this change.

Also my motivation in undergoing the 21 day process was never about eating or not eating, my interest then was only on ascension. Ironically I had no interest in breatharianism and yet all of this had probably made me the perfect candidate for my inner plane friends.

Additionally in 1993, I wanted the ‘letting go of fluid’ to be a joyous and natural experience for me, something that happened organically without discipline or effort and I still feel this way.

Developing new systems ...

In 1998 we began to publicly distance ourselves from the 21 day process as we had discovered that up to 70% of people who read my *Living on Light – Pranic Nourishment* book, were not

following the guidelines within it. Many also felt that the 21 day initiation was too extreme.

It is important also to realise that the energy on our planet in 1993 was very different to what it is today and many are now safely transitioning into living purely on prana without using such an extreme initiation like the 21 day process. Although this initiation was incredibly fulfilling for myself and many others, it doesn't suit or work for everyone.

Due to these facts, from 1998 to 2002 we worked closely with our German audiences to develop a safer system of conversion which we offered in the book *The Food of Gods*. Although much slower, the system we now promote has a much higher long term success rate as it allows for a longer social and emotional adjustment period of time.

As I journeyed around the world sharing my experiences regarding this phenomenon, working intensely with many groups and engaging with the global media, I soon began to encounter a few personal difficulties from being exposed to so many different energy fields. After asking for help in dealing with this, St Germain introduced me to various bio-shield devices including the Violet Light Cocoon. Used as a shield of selectivity to minimize the absorption of energies that do not serve us, the violet light cocoon can also act as an external brain that interacts with the quantum field to allow us to be more in the 'now moment' reality flow which the yogis always promote. To me, being able to relax enough in life to be fully present in each moment comes from living life by the laws that govern the higher light science and higher dimensional harmonics.

During this time the inner plane Higher Light scientists also began to instruct me in the use of Etheric Feeding Devices which I later recorded in meditation format for others to apply along with the Violet Light Cocoon Creation plus the Advanced Programming Codes that work with this. It was the success of these etheric

feeding devices that would later also free me from any attachment I had developed to living purely on prana.

Strangely enough – as we are about to explain – sometimes we learn even more in the not doing than in the doing, experience.

When I first began meditating in the early 1970's, I had no idea of the power of these subtle inner energy flows until a year later when I didn't meditate for awhile. At that time daily meditation had made me detached, calm and peaceful, able to assess life differently; yet this change in me had happened so gradually, almost unnoticeably. Then for a few months in 1974 I stopped meditating and slowly became more influenced by the outer world again. It was then that I realised just how different I had become through daily meditation which had made me feel fulfilled on so many levels.

I mention this because the changes that occurred in my body in the first decade of living purely on prana were so subtle even though they gave me great freedom. They were also changes that I didn't notice so much until I began to eat a little again a few years after my experience in the Amazon jungles of Brazil in late 2006.

As so many know I have never been dogmatic about eating or not eating, instead I have always kept the focus of:- *'What gifts can divine union bring us when we merge fully with that pure and perfect essence within?'*

Nonetheless, from 1993 until mid 2009, I rarely choose to take any physical food but what happened in the jungle changed me.



15

Realizations and Reweaving

Timelines – 2006 to 2011 ...

In early 2006, Mother Mary, as one of my inner plane guides, manifested once more in my meditations and made the very clear telepathic statement, *“It is time for you to connect more deeply with the indigenous people of our world.”*

To this I could only reply – *“Fine, then set it up.”* As usual it happened without effort or fuss and in late 2006, I found myself in the heart of the Amazon jungles involved in an experience that proved to me the effectiveness of the etheric feeding devices that I had personally been applying and sharing about over the previous years.

After dancing in sacred ritual for nearly eight hours without a break, and unable to obtain any water to quench an enormous thirst, I asked my body to hydrate itself which to my surprise it immediately did. Within moments my whole inner being was flooded with the most deliciously hydrating cosmic fluid which flowed through every cell of my body like an inner shower, coming through my crown chakra to relieve the most intense thirst that I have ever experienced. I was not surprised that this device worked just how quickly results were delivered.

This jungle time experience left me feeling elated but later it also left me feeling a little unsettled. Although I was completely convinced about how well these etheric feeding devices can work when they are really required, unexpectedly the experience also left me with a knowing that I no longer had to do this ‘only taking pure prana’ paradigm anymore.

Somehow all my work with this felt complete and so by early 2007 I soon found myself asking some very challenging questions.

These were questions like....

- Did I really want to continue with the very rare, extremely small consumption of physical food, where I just had the odd mouthful of flavour once a month or so?
- And also ... now that my grandchildren were all being born, did I want to return to a less extreme style of life?
- What was there left to prove to myself about this?
- Was I really now complete with this research project and my personal experimentation and if so then what?
- Could my body even return to taking a little more physical food again?
- What would the physical repercussions be, if any?
- Was I now doing the “prana-only-feeding-paradigm” only due to habit?
- Also was my service assignment also now complete with this?

During 2006, I had also finalized writing and publishing the Prana Program manual with its third world feeding program, so I began to reason that maybe my work with this was now all done.

This post jungle retrospection time was very beneficial for me as it allowed me to look at just what we had achieved since 1993 yet when something is done, it is done and a new phase will begin.

From spending time among my new shaman friends, then and since, I also began to realize just how ungrounded I was, for among them I felt like an etheric fairy being, wispy and barely present in earth’s realm.

As I later left this jungle space I also slowly began to feel quite disconnected from Gaia herself, as if I was a cosmic wanderer, an interdimensional gatekeeper whose time had now come to once again rejoin with the spirit of our earth so that I could serve her more fully.

Working with our indigenous people over these last five years has shown me so clearly that it is Gaia's time now and that we need to be tuned to what she needs, as she continues to reveal herself to be more of a cosmic being again. Gaia's grid position in the matrix of creation is changing which is affecting all upon her.

Still pranic nourishment frees us from the need to consume so much of our world's food resources which in itself is a wonderful gift that we can give our mother earth. It is also a great skill to possess when faced with any type of food shortage crisis that can come with natural disasters.

At the end of 2006 visions of my shaman self in other timelines began to come back into my conscious awareness, to bond me more deeply with my new indigenous friends and I realized that a new assignment had begun.

When a service agenda comes to completion the flow of grace supporting this also moves on as if beckoning us to follow, ready to support us with our next service agenda. Throughout my life this flow of Grace has always been my confirmation that I am in alignment with a higher cause.



16

Changing Times

2007 ...

My jungle experiences plus years of being public with living on prana and all that had occurred, especially with the media, had slowly taken their toll and had left me longing for that old familiar Buddhist style middle way.

I have had a few Buddhist monk-style incarnations which I have found to be extremely peaceful and so my love for the Buddhist path and the Christed way of love is great.

In early 2007, in deep meditation in our Darkroom Retreat in Thailand, I unexpectedly found myself again in the presence of the Buddha - a vast cosmic being who is one of my favourite inner plane masters. During our telepathic energy exchange I shared from my deepest heart, that all I now wanted was to follow the middle way.

Yet the Buddha looked at me with so much love, shook his head and said very clearly, *“No, the middle way is my way, not your way, not this time!”*

My heart felt heavy at this news but my curiosity was also piqued as the Buddha added gently, *“Your way this life is to walk the path of the angels.”*

After this exchange I realized that I had no idea of what the path of the angels was, and so with a sincere heart I said to universal field of infinite love and intelligence (the U.F.I.),

“Please, teach me the path of the angels.”

As we know, when we ask with a sincere heart we receive especially if what we are asking for is beneficial for human evolution.

Nearly six months later – on the 07-07-07 – we were guided to create the Embassy of Peace which would later act as an umbrella for all of our research into personal, global and universal harmonics for our work has never been just about the ‘prana-as-food’ game.

And again it felt as if another project was complete as I began to feel the presence of the angels so strongly in my life and all that we downloaded from the universal flows slowly began to come in as poetry and music.

In 2007 I also realized that it was important for me to again tune more to my own family dynamics. In this life - unlike in many others - I am not a solo yogini. Before coming in to physical embodiment this life I elected to ‘do it all’ – to be true to my yogini nature and fulfil my pre-agreed service agenda, and to also enjoy family life, to have a loving husband, children and even grandchildren and all that this involves. For me while being a yogini has been natural and easy, understanding family harmonics has sometimes been a challenge that has also given great gifts.

In mid 2007, certain situations unfolded that made me realise that there were members in my family that now required more of my attention if family harmony was to be maintained. Although my family have been so supportive of all that I do, I have spent sometimes more than half of every year since 1995 living in hotel rooms and travelling with my service. While my family had managed well without me, it was not their preference to do so and when one of my daughters continued to go through a very challenging period I realized that it was time for me to reconnect with her on a deeper level or else I could lose her entirely.

And so again with a sincere open heart, I found myself asking the U.F.I. to,

“Please teach me the perfect formula of family harmonics. What do I need to learn and what adjustments do I need to make to enjoy the most mutually enhancing energy exchanges with all of my family members?”

Over the next few years I found that it was important to not just dive back into the family energy pool and be more present in everyone's lives, but to allow my family to nourish me in the ways that they enjoyed. I also felt that it was important to do with them the things that they liked doing, one of which was the sharing of physical food.

Now every second Sunday, our family gather to sit and break bread so to speak, and during this time all talk freely as we enjoy each again other this way. For me to say yes to it all has been strangely bonding and healing for my daughter. After so many years of not taking physical food with my family, it is interesting to note how happy they are to share with me this way.

And so while the pranic flows will always nourish me, when I am not travelling and demonstrating this ability, from time to time I now choose to enjoy the sharing of a little food with my family. A few carrots, or an apple or some mango is more than enough for me these days and much more than I have had for a long, long time.

Still, for the first time in a long time in this life, I can now happily savour flavour. I can also see and acknowledge the joy on my loved ones faces, when they serve up food that they have bought and prepared with love.

For me it is all about love, it is also a time of combining my natural yogini inclinations with experiencing true harmony among those I love; those who have been with me so often throughout these timelines, sharing my joys and sorrows along the way.

And so far the journey has proved enlightening.

Like so many, I have also understood on much deeper levels that feeding each other lovingly is not just about physical food. It is also about our personal energy emanations and how we affect each other and also how our energy emanations in turn affect the planetary energy field. Also we have moved into energy times

where we need to be fluid and flexible. Rigidity, denial and strict discipline are not the frequencies for us right now.

My time of being the true Breatharian – where I never eat or drink – will come later in this life. But right now, due to family matters and my current service focus, I find that I am no longer as absorbed by the ‘prana-as-physical-food’ reality as much as I was in those early years, and yet even now I am still continuing to learn so much around this.

After the *60 Minutes* experience, I have had to learn how to stabilize my weight regardless of what situation I was in, and yes I have also had to learn to no longer absorb energy emanations from negative people or situations. I have also had to learn how to radiate that inner love-light out from my core instead – to nourish not just myself but also others.

Like the qigong masters, who exist in the Bigu state, I have also learnt that the cities of our world are too dense for a pranic nourisher to maintain their balance, if they are absorbing energy, and so now we promote the divine love radiation game to counterbalance this.



17

Side Effects & Backwards Research

After learning so much and spending so many years of my current life in the Pranic nourishment research field, from 2006 to 2011, I found that my focus slowly moved on to the Pathways of Peace Program and to family, community and global harmonics to time spent being with and learning from my indigenous friends.

After making the decision to be more grounded and also to bind myself more deeply within Gaia again by taking a little more of her physical elements, I soon began to feel the confusion of my body asking why I was sporadically eating again when living directly from prana was so preferable to it.

Also my body had no idea what to do with any food I ingested as it simply did not need it. While my stomach had shrunk and I could not eat much, what I did take was stored as fat for my metabolism had slowed right down. I also noticed how my body had begun to reweave itself into a denser pattern again as it dealt more with the digestive process. Even though I would eat over a month what some people would eat in a day, whatever I ate was just not required.

With my 2006 jungle self watering experience fully anchored my body no longer wanted fluids and felt radiant on just the smallest amounts of water. If I choose to ingest any more than this the body would feel uncomfortable, as I experienced again so many things that people feel are normal, things that someone existing solely from prana may gradually become immune to.

A breatharian can be incredibly sensitive to energy flows, and so for me it was easy to feel the diversion of the life force as it

began to break down physical food via the digestive process on those occasions that I chose to eat.

Many people can live quite happily from prana and then for various reasons decide to take a little food just for the pure pleasure of it, and I have met many who are now in a state of choice where they can eat just for social pleasure as they are free from the paradigm of eating for need. There is a big difference. Some, like myself, have also experienced a small amount of distress in their body if they do choose to eat as their body clearly has no need of, or interest in, food.

We mentioned earlier that sometimes we can learn even more in the not doing than in the doing experience, and this is what I quickly discovered as I witnessed my body making adjustments to accommodate a slightly more regular intake of physical food.

Also until it began the reweaving of a new pattern of density again, I didn't realise that slowly and almost imperceptibly during these initial years, my body had actually been reweaving itself into a very different energy pattern.

I had forgotten what this all felt like, for when I ate food prior to 1993 I had no idea of what it was like not to eat, or how amazing the body can feel as it absorbs its energy needs directly from cosmic particle flows.

But I do now.

Now I finally have a yardstick of comparison and therefore so much more to learn and report yet it all feels like researching something backwards.

By the middle of 2010, I could feel my immune system having to suddenly deal with parasites and other issues encountered from my years of travel, as throughout my time in the jungles, in India and other third world countries, I have often been bitten by disease carrying insects.

None of this was a problem until the end of 2009 when I began to divert a little more energy back to the digestive process. Suddenly I found myself having to do parasite cleansing programs

and address genetic weaknesses that have not been an issue for so long.

In addition to this, since 1993 I had no need to take vitamins or be concerned about getting the right nutritional mix and this too has been so freeing. Yet when a body diverts energy to digest food, it also then becomes reliant on the ingestion of specific nutritional mixes as it thinks that since we are feeding it this way, that this is how its master wants it to receive its nutrition.

Witnessing all of these things again in my own body was so interesting as I had forgotten so much of my own human frailties and reawakening to them again was a very interesting lesson.

Thankfully I have always felt so much divine support around me, especially when I began to be public with this journey, and for this I feel blessed.

So while my inner guidance was strong, calling me to gain a little more density again, the support I needed to deal with any physical fallout from answering this call, also soon came to help with a completely new reweaving process that I would like to also touch on here.



18

CyberTrone and Biocybernetic Applications

During 2010, a good friend of mine had begun experiencing the vibrational healing work of CyberTrone biocybernetics, a German developed system that can accurately diagnose and then treat all major and minor health issues, within the human bio-system. This state of the art technology can compare our electro-magnetic pattern with a database of over 17,000 known electro-magnetic signatures of viruses, bacteria, and damaged or diseased cells. Healthy and unhealthy cells have different signals that can be read and rebalanced via vibrational medicine.

When I began the biocybernetics reimprinting process, my bio-system was holding a very unique mix of frequencies. Receiving a detailed diagnosis via an energy imprint read and then being clearly shown every body issue that I have ever had was astonishing, especially in its accuracy.

It is wonderful to see exactly what our lifestyle is doing to our body and to also be able to work with the vibrational pulses of the biocybernetics system as it shows the immune system exactly what needs realigning.

Using this diagnostic tool, I soon began to reason that if I was carrying too much of one frequency – like parasites - that weren't so life enhancing, then all I needed to do was increase the levels of more nourishing frequencies. For example I have always understood that by flooding my system with chi I would get healthier faster.

By this time I had also learnt that by using consciousness and awareness plus will and intention, we can dose up our own energy

systems, and change our personal frequency mix, to shift ourselves and our world into virtually any direction.

Over 6 months during mid to late 2010, I was guided to work with this system and to submit my body to extensive new vibrational imprinting. With my own baseline command of being in harmony with all life, the machine and I have slowly rewoven my system into new levels of operation. Over this time I realised yet again what a complex system we have and how finely balanced it needs to be to maximize our full potential.

The bio-cybernetics routine, like many of the new technologies, can be a time consuming and expensive process for some if the diagnostics reveal that our system needs intensive rewiring, yet it has proved so worthwhile to me on many levels. While I have always preferred the system of just flooding the body with pure chi or prana, I still appreciate help when it comes for again we can learn so much to also then pass on to others.

What was interesting to note was firstly how quickly things can change in the body in a measurable way (e.g. by using something like the CyberTrone system), when we also then add mind power, will and intention to the equation; and secondly how much simpler life really is on a prana only diet.



19

Going Beyond It All

Another important insight ...

During my biocybernetics reprogramming, I realized yet again that the body does what its inner living master expects of it and that it also performs in direct accordance to our acknowledgment of, and experience of, our own mastery.

If we continually expect to have problems in any area of life, then we will have problems for the universe **is always** reflecting our own awareness and expectations back to us.

It is an impossible to deny fact, that my body system performs much better when I live purely from prana, but to keep saying and acknowledging this, can also create a problem for my body whenever I do choose to take a small amount of food.

If the master within it keeps affirming that this can be a problem, then this becomes my body's dominant reality, and it will continue to struggle with this choice.

We can all inhibit the expression of this divine force simply by choosing to identify too much with our personality self, with all of its human frailties, rather than focussing on the rising and the blossoming of our own divine nature and opening to its gifts.

Knowing this, these days I have learnt to simplify it all and anytime I find myself doing a judgment of comparison, instead of continuing with any limiting thought, I program instead - with great feeling - that,

"I am a healthy, radiant, divine being. I love my body and my body loves me." and with this I relax and come back deeper into peace.

Whether I am travelling and demonstrating this ability and sharing of our research in this field; or whether I am home with my family taking a small quantity of food from time to time just for the pleasure of this new family harmonic - it doesn't matter - for the intention of the Master I AM is that I am a healthy, radiant divine being regardless. Holding this clear intention also keeps life simple!

My true joy with the pranic living journey has always been about living a life filled with Grace. There has also been great joy in having the freedom of choice, as to where we wish to receive our nourishment from, so that more can be free from the fear game of *'what could happen if there was no food?'*

Natural disasters and the potential food shortage crisis ...

In early 2011, my home state of Queensland was declared a disaster area, as 80% was affected by fierce flooding. In many places, people scrambled in shops as their fear forced them into panic buying, which then emptied the shop so that others went hungry or were denied essential supplies. My friends told me that to see people fighting over a loaf of bread was such a sad thing to witness.

How relaxed we would all be on the *'food-shortage-crisis'* level if we truly could be nourished by prana?

How free would we feel if we knew we didn't need to take physical food to be healthy and that in fact our health, vitality and strength actually improve on a micro-cosmic food regime?

How good would we feel knowing that we can easily and substantially reduce our carbon footprint, by being more dependent on a limitless, easy to access resource that everyone has within, that is there regardless of our religious ideology?

To many these have become questions of great interest and so the facts of this global impact are shared in *The Prana Program* manual and also our much earlier *Ambassadors of Light* book.



20

Compassionate Action

During our January-February 2011 floods, as some struggled in local shopping centres over supplies, a much larger contingent of people - after the floods subsided - were soon working side by side with strangers, until they felt like true friends, as streets were cleaned, and houses were emptied, and water was mopped up, as other teams searched for bodies, lost people, and more. Throughout this time compassionate hearts came together in such a display of unity that made many Australians proud.

Pranic living is also an act of compassion to ourselves and others in our world as we tend to operate in the freer harmonic of understanding true interdependence with the cosmic flows and also mother nature.

The Dalai Lama often talks about the power of compassion and how it is needed to unify our world and bring it into peace and in his book, *My Spiritual Autobiography*, he writes,

“In the final analysis, humanity is one, and our only home is this little planet. If we want to protect it, each one of us has to experience universal altruism. Only this feeling will eliminate the selfish motives that impel people to take advantage of each other. With a sincere and open heart, we are naturally confident and sure of ourselves, and we have nothing to fear from others.”

In this book he also writes:- “According to my own experience, the highest level of inner calm comes from the development of love and compassion. The more concerned we are with the happiness of others, the more we increase our own well-being. ...”

Some people are unmoved by the fact that every two seconds a child dies of hunger related diseases. I am not one of them. My personal journey with this “prana-as-physical-food-reality” began lifetimes ago after witnessing my loved ones die of starvation and then with great compassion asking how this could be avoided.

Confusion, hurt, anger, disbelief, chaos and energy storms still continue to rage around us now, all the time, always occurring somewhere on our earth, These energy storms come in the form of political riots, bombings, cancers and disease, earth changes and more. Yet we are here to learn and grow, to forgive, and then move on when we are tired of the struggle of life. And when we tire of the struggle we eventually surrender, seek to know more and become open to develop better systems of operation.

Some people are here also to learn about the power of compassion and focused attention, how the universe really does deliver to our door the things that we hold dear in our heart, while others need to see how well things are supported cosmically if their release and the manifestation of their dreaming will benefit an evolving world.

We all have so many stories that we have gained through so many life cycles and in these pages I have shared some of mine in an attempt to answer the question of the why and when, and to also set the record straighter, if we can, on what has been reported in the media, as well as taking this opportunity to update those familiar with our work.

It is also helpful to remember that everything we experience is just a reflection of our own consciousness and life can be as simple or as complicated as we wish. Self sovereignty and the path of the Bodhisattva just make it all more enjoyable.

I am now in my 55th year in this world and it is peaceful to know that the divine force exists within me, as I discovered so powerfully during my first real meditation in the early 1970's. As this divine force flooded through me, gushing up from somewhere

deep within me, like the most loving fountain of creativity and youth, I found then that it could feed me via its emanations. In its strong presence, I am never hungry but if its presence weakens within me then my human hungers rise again.

Consuming physical food can be fun, but so is living on prana and being free from the need to take physical food at all, or to find that we can consume it just for pleasure. It is fun to then go beyond all of this again and exist in those perfect streams of nourishment that can harmonize us all.

We have entered into a point in evolution now where we may also wish to ask, ‘do our personal energy emanations now enhance the global pulse and does the global pulse enhance the universal?’

And ... can this blending be refined so that our experience here individually, and collectively, is one of ‘*thank you, this is great!*’ rather than the “*What on earth is going on?*” type of words that we often hear as we watch the devastation taking place on earth around our economic, employment, environmental and climate systems.

Many say that we need a new system of operation, one that takes care of the people in need in our world; a system that does it with compassion and understanding, that comes from clear thought, and commitment, and also a loving, pure heart.

As we all know, it begins with us, how we interact with others and whether our energy field on earth enhances the whole; plus of course what lessons we have come to learn.

While really nourishing each other in all the ways we can, is the current theme for my own personal and also global family life, it is not the focus of everyone for we all do have different lessons and visions.

Still, to be able to truly mix and meld, and blend and share, and enjoy all the ways of being together with those that we love; to be open to good communication, constructive adjustments, to share higher visions of a peace-filled happy personal life and world, or some other dreaming that is good for the whole, still, all of this is

worthy of our attention as it can bond, nourish and unify us in very positive ways.

To also hold a clear vision that we can build on, by being personally responsible, as the masters we are, for all that we emit; our carbon footprint and our etheric energy radiations and imprints; this too is worthy of our focus and time.

Having understood a little more of the operational flows of both universal law, and the higher light science, right now my main program of intention is that *“Everything about my Beingness enhances this world and everything about this world enhances my Beingness.”*

This program is actually a key to huge change - a cosmic key code that can begin the magnetization of our species into another realm that will feed us all in ways as yet unimagined just as I could never have envisaged where the prana as nourishment path would lead me.



21

The Yogi's Cave

February - March 2011 ...

It's late February and I am about to return to the yogi's cave in Chiang Mai Thailand to hold another darkroom retreat with a group of about 40 people coming from 14 different countries. The pull to return is so strong as I ride a wave of Grace that is calling me to be still and enjoy all that the Darkroom Retreat can offer.

As usual I have recently been steeped in the energy of intense creativity, downloading the *Pathways of Peace* and getting these ready for release upon the global stage during my tour time this year. Now and then my children mention the word 'workaholic' and I get a sense to take time out. The best way for me to do this is to enter the Yogi's cave, that space where we can sit back, be still, and enjoy deep solitude and silence. It is also a place to be with other like-minded yogi's who come from all over the world to share in this mutually enhancing experience.

I love stepping into this space. To work with the group to increase their pranic flows, to personally take little or no fluid, to see no external images or light, to move silently and Zen-like through a pitch black space, all of this is strangely rewarding on so many levels, as our body uses it's energy flows more effectively to tune us deeper within the inner planes.

I also know of no other practice that can take me so deep so fast.

To unhook from technology and the daily manifestation of the creative process is necessary at times. To be able to step back, assess everything with a detached eye; to be able to spend time deepening our mind-body-spirit connections; to be able to have endless time to meditate and listen to sacred music; to be able to

enter deeply into the dreaming and find the visions clear, the messages sound and appropriate in both clarity and content; all of this is food for the soul.

To also be able to be Zen-like, then Zen, as our group mixes, melds, blends, merges and opens inner plane doors, to then discover or return to pathways so peaceful, so insightful and so supportive ... all of this is such an “*aahhh*” type of restful journey of surrender ... a song for my own soul right now.

With so many now coming back to this darkroom space for the second and even third time, it seems that others also now agree on the benefits of entering that deep yogi cave like space that darkroom can provide. It is also the only in-depth training that we do on pranic nourishment for we have long abandoned the 21 day process initiation that many still hold dear.

As we increase our chi flows, we seem to also increase our creativity levels and while I love the creative process, I also know that it also never ends and so we all soon learn to deal with the constant downloading of creative flows in a more balanced and healthy way. True service from the heart as we fulfil our life purpose can be so intoxicating that it can become too easy to forget about the rest of our life.

For decades we have all been learning, growing, moving on, then learning, growing, and moving on, as there is always something in life to consume us, some paradigm or game in which we can play.

We spend our time and energy in countless ways supporting our growing, learning and the moving on process, yet all of it is designed to expand our consciousness as it teaches us to go beyond external things and identify instead with that which is truth for our soul.

Over the past few months I have found myself magnetizing the teachings of the Dalai Lama as he prepares now to also move on. In his book, *Becoming Enlightened*, the Dalai Lama wrote that “*True happiness and freedom from suffering can only be realized from a broad outlook; it cannot be seen from a narrow*

perspective.” He also states - “The way to rise to a higher level of spiritual practice is to develop altruism to the point where seeking enlightenment in order to serve others more effectively becomes your inner, spontaneous motivation for everything you do.”

And this is another gift that the silence and solitude of the Yogi’s cave can provide, the time to assess life and to change our perspective. In the dark of the Yogi’s Cave we look beyond, we consolidate, we recognise, we reweave, we blend deeper with the pure essence of our own being, we open and relax more and hence a potentially fruitful time is had by all. I say potentially as our attitude and perceptions always govern our experiences especially in the darkness of yogi’s cave where only the inner light can shine.

With 11 days and 11 nights in absolute darkness, and with many bodies fasting or adjusting to live purely on the pranic flows, time spent in darkroom allows us also to go beyond our personal day to day realities and move into the global paradigms, to assess our service agendas and receive clear guidance, and to develop altruism in a deeper way by combining group energies to work via the inner planes. As usual with all of our retreats we attend to personal, global and universal harmonics as altruism is also food for the soul.

The sage Tsongkhapa said in his work, *Great Treatise on the Stages of the Path*:- *“Altruism is a source of goodness for yourself and others, medicine alleviating all troubles, the great path travelled by the wise, nourishment for all who see, hear, remember and contact it. Possessing great efficacy for advancing other’s welfare; through it you indirectly achieve your own interests in full.”*

Another great sage, Nagarjuna wrote in his work *Precious Garland of Advice*:- *“The altruistic stay for a limitless time in the world, for limitless beings they seek the limitless qualities of enlightenment and perform limitless virtuous actions.”*

Buddha once said: *“If whatever merit there is in altruistic intention to become enlightened had form, it would fill the entire expanse of the sky and then exceed it.”*

Universal altruism is the path of the Bodhisattva and the only path that holds my personal interest right now, so I find it strange when people try to classify me only as “that woman who says she doesn’t eat.” which is of course a much too narrow path to be labelled with.

In his book, *My Spiritual Autobiography*, His Holiness the Dalai Lama writes on Living as a bodhisattva...

“As for my personal religious practice, I try to live my life by following what I call the ‘bodhisattva ideal.’ In Buddhist conception, a bodhisattva is a being who is engaged on the path toward Buddhahood and is completely devoted to helping sentient beings liberate themselves from suffering. The word bodhisattva is easier to understand if the two terms that make it up, bodhi and sattva, are translated separately. Bodhi stands for the wisdom that understands the ultimate nature of reality, and sattva is a person motivated by universal compassion. So the bodhisattva ideal amounts to an aspiration to practice infinite compassion with infinite wisdom.”

I love the Yogi’s cave time and after this retreat, I will have enjoyed nearly 80 days of darkroom experience. This is not much time compared to what the Kogi and Arhuaco Mamas (Shaman) of Colombia do as part of their shamanic training. Some spend up to 36 years in the dark only coming out from their cave-like hut at night to enjoy the moonlight. From birth, tuned children are selected to go into special huts where their mothers visit to feed them and bathe them for their first few years. After this they are guided by highly skilled shaman.

Nourished by a simple diet, they are soon trained by older Mamos to read the global and universal energy currents, plus those of people around them. They are also trained to read and finetune the currents within themselves, and to respect and understand the purpose of every living creature in creation.

Many become seers or healers, clairaudient sensitives, managing to maintain their awareness of Source, and the Divine

Mother Laws which they cherish and live by, because of their yogi-shaman-cave-like existence. These special Mamos huts are the yogi's cave, our darkrooms of today and they make a great place for intensive, highly specialized training especially in the breatharian pathways reality.

1st March 2011

I sit in a tiny café-shop in Doi Saket Chiang Mai, writing in my journal and 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 enjoy 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. While it is true that some also come for the sex-trade, others come instead just to enjoy the spirit of this ancient land.

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 many spirits find 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 a few still struggle with their minds. 264 continual 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;
- 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 true Zen via the mastery of mind and perceptions;
- To learn to be fully present in each moment,
- to make friends with the darkness and sense it as the divine mother’s womb of nourishing love and
- 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 to contemplate life 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 generally be a disruptive presence.

With approximately 40 people all living together in absolute darkness for these 11 days and 11 nights we become so much more aware of communal harmonics. Knowing that 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 gentle movements and by staying focused and aware. So many people blaze through life completely unconscious of those around or the impact that their energy emanations and movements have on others. 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 there will be 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 each day people measure the increase in their pranic flow. Some maintain a good weight, losing maybe a kilo, others begin to feel their ribs and so they then 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 out years in advance. Somehow all around the world people are called 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 fulfil it.

People come from all walks of life and all religions, pulled by an inner knowing that this darkroom time 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 as they allow 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.

Each year that I am in Darkroom retreat I may go for 5 to 8 days without water, but I always find that at some point over this time, my mouth gets quite dry from constantly leading in-depth meditations and discussions; as such I have decided that if this truly is my path then the not drinking reality needs to occur without any dryness in my mouth.

I am not living the life of a silent yogi in the Himalayas, instead my service agenda requires me to talk and share which helps when there is physical body comfort. The dry mouth reality is obviously something I am still learning to master.

While we relax and enjoy these final days in Thailand, an earthquake brings a Tsunami to Japan to simulate yet another flow of compassion in our world. Again there is so much devastation, so much suffering and loss as people are stripped bare, only to unify later and bond in ways previously unimagined.

16th March 2011 ...

Back in Australia after the retreat is complete I attend another CyberTrone Biocybernetics appointment and find that after just two weeks of darkness with only small amounts of water, that my bio-system is healthier than ever before and that in these two weeks more has been achieved than in the past few months of working with the vibrational medicine system.

Once again I find that it is such a good confirmation for all that we do; a confirmation that proves again the power that a body has to heal and be re-energized when working with fasting and also the pranic flows.



22

Research to be done ... Questions to be asked ...

I have learnt some interesting things these past few decades of pranic living. When we open enough, and are ready to receive all the gifts that our own divine nature has to give us, then life comes into a different level of expression that benefits many.

To be free from physical, emotional, mental and spiritual longings and hungers, allows us to enjoy a life path of peace that to me, surpasses all others. Yet there are steps that we each need to go through in order to gain this type of success. Codes need to be applied, of thought, plus the application of intention and heart felt clarity, plus lifestyle refinement, as discussed in the Pathways of Peace manual.

Since asking to understand and experience the path of the angels, I have found myself unable to download anything from the Matrix of Creation except music and poetic insights. In the downloading of this came the 12 Pathways of Peace of which pranic living is Path 11 and yet it is preceded by many other paths that need attending to.

The ability to exist on just prana is a by-product of a specific rewiring procedure that certain individuals have elected to undergo in life. It takes time, focus, intention, attention, lifestyle awareness, universal law application, plus a drive that for me came from another line in time.

Over time because of meditation and this prana process, I have also learnt that we can control what dimensional doors we discover, enter and enjoy in this matrix of creation. We can also move in and out – via what is termed phasing – and explore any

dimensional flows yet what we can access in the matrix of creation is a direct reflection of our own consciousness.

We are all just conscious cells in the body of a supreme energy mix and so we can easily extend our consciousness back out of the body temple to explore our vast multi-dimensional nature.

We can also move our mind and awareness to also explore the inner world of the physical body systems just as the biocybernetics system can do.

In an expanded state of meditative awareness we can heal, change and nourish and do almost anything at all - simply because we are all governed by just a few specific universal laws.

These are the Law of Love, the Law of One and the Law of Resonance. Hence it is easy to pump up our chi-prana volume levels via our own Lightbody connection in the matrix.

I do feel as if I have been given a great new toy via the biocybernetic system and so I entered into a most insightful phase which is still unfolding as to willingly to be rewired and submit ourselves to being a fabulous version of a spirit being in human form is another fun paradigm to dive into.

This is a more enjoyable paradigm than the game of suspicion and time spent on, “*Do breatharians exist?*” and/or “*No it’s all lies?*” and to instead ask ... “*How does a breatharian exist?*”

- And ... why is this suddenly being made more public in this world,
- and exactly how is this possible?
- Is there a formula that people are using to do this?
- If so what?
- And what exactly are the benefits to us individually,
- and what are the global and environmental benefits?
- And also, can we find research dollars to be spent on this,
- and can we research it all in mutually enhancing ways?
- What about environmental impact studies of this possibility?
- Are these worth pursuing?

- Is this whole paradigm worthy of adding into our education systems so that more people can have freedom of choice regarding the internal and external resource availability of prana and also being trained to understand access and beneficial usage?
- Is there also a pragmatic lifestyle package that can be applied to provide this freedom, a lifestyle that is free that also creates no more religious separation?
- And what is a truly healthy body?
- What is a truly healthy planet?
- Also ... Is a human bio-system naturally immortal if it resonates at certain frequency levels?
- And if so what are these levels?

The answer to much of the above is yes, yes, yes! These are areas that we have been researching and sharing over the years, and apart from some challenging media times, I have loved being part of this new paradigm shift. It has been great to gather around this world, with like-minded people whose company and visions can be enjoyed.

Of course it helps when what we are asking to manifest, attracts great Grace, for when we hold an intention that everything we wish to bring into being enhances all then we seem to be divinely supported.

Once upon a time, in my heart of hearts, I asked to be free from the restriction of needing physical food and, because this reality has so many benefits to our world now, it has been well supported on so many levels.

As we always share, pranic Living is not a diet - it is 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.

As I have already mentioned, to me this has been the greatest gift that I have received on this path – living a life filled with great Grace yet another great gift I have received is experiencing the truth of what Jesus taught – that the Kingdom of Heaven truly is within.

Meditation allows us to go deep within the inner silence to discover and experience this inner kingdom with its pranic flow and as we focus upon it we become immersed within it and so find ourselves ascended and transformed.

Increasing our personal internal and external chi flow can rid our world of all of all its hungers and bring about a state of global harmony and permanent peace and so we offer this as a path of peace.

Let us complete with the following poems from our new
Pathways of Peace series.



Breathers of God

Feeling fit, and fabulous,
knowing now another path,
fed from an inner house,
Divine breaths, freed at last.

Walking, in peace on earth,
enjoying, that bright light swirl,
deep union, a slimmer girth,
free from food's ancient whirl.

From meditation's many years,
light, then love, then, truth sincere,
we find the peace filled inner seer,
seeking only, to feel much freer.

Subtle gifts we find,
a sweeter flow of mind,
as we soon unwind,
from the game of time.

Yes, breathers of God are rare,
to no longer dwell in fear,
living in, love's path of care,
always open, to that inner ear.

Taping into pranic forces,
discovery, divine resources,
now making other choices,
open, tuned, to other voices,
our inner spirit now rejoices
breath slow, superb discourses .

Pranic Living

The fields we speak of are endless we have told,
they can be envisaged, every story then sold,
and yet there is something pure in this call,
as people no longer dance separate at all.

More aware of each other, unified in fields,
feeling each other, via a pulse that is real.
Sensitive to flavours, aware of loves thrall,
clairvoyant, able to be bodiless at call,
via a language of light, that connects soul to soul,
to go beyond words that are old and cold.

So much in this channel for all now to see,
new ways of being as resources we free,
to be fed by a flavour, a pranic pulse of light,
a microcosmic food, so nourishing and bright.
To be free of all the hungers deep within me,
if you are then too, what next could be?

This is what we have long been asking,
for pranic living is not about fasting.
So much I did feel, and then come to know,
a different rhythm, a new way to grow,
subtler somehow, more refined in its beat,
freeing us all from the old need to eat.

A mental hunger can drive us all,
constant questions that send out a call,
that seek a response from within greater fields,
when we seek something good, there is always a yield.
This field is quantum or virtual, we said,
but I call it love, a more divine bed,
for its pulse is peaceful, so nourishing there,

to rest in its flavour and be free from care.

To recharge as well, regenerate too,
to be reborn, made whole, feel new,
to know in the being what needs to be known,
and so be free to rise again,
to witness the darkness, yet stand apart,
aware of its role, in dualities park,
to stay in the flavour of this beat from above,
to rest in its rhythm, feeling safe and well loved.



NB: Jasmuheen shares very personally and frankly
about her experiences with
the Holy Ones and Light Beings
in her book

Divine Radiance - On the Road with the Masters of Magic
and also available
are their message downloads through her called
Cosmic Colleagues - Messages from the Masters



23

Pranic Living Training

People from all over the world now email me regularly to enquire about living on prana and this is what we usually advise them.

In the following pages you will find data on our research and everything that may help you re pranic living. There are books to read on this subject, CD's with meditations to increase your prana flow plus free videos for education on our YouTube channel. We trust that these will answer all of your questions on this matter. Please note that I can no longer support the 21 day process as we have found that it is too quick for most people on an emotional body level and that many do not follow the guidelines offered in the *Living on Light (Pranic Nourishment)* book. It also cannot guarantee your transition into living purely on prana and has a 10% long term success rate.

Your only guarantee into this successfully is your personal frequency which sets up a natural magnetic attraction into this reality once the mental paradigm is tuned. Hence we promote the slower, safer methodology as outlined in the book *The Food of Gods* which we have found has a 70% long term success rate as it is gentler to the bodies and allows for a more harmonious long term social integration.

Re courses, apart from our intense Darkroom retreat training, <http://www.jasmuheen.com/htm/tour-retreats.asp#darkroom> - we do not offer courses in Breatharianism or living purely on prana as we feel that your best guide or helper in this is the Divine One Within you – your DOW – and you need to be able to trust this inner voice 100% before making this type of transition to live purely from its' love. Just hold the intention that IF it is in your blueprint to do this then it occurs in joy, ease and Grace guided by your DOW in the perfect manner and in the perfect time. In the

meantime, honour your intelligence and acquaint yourself with our books, CD's and free data on YouTube.

But most importantly, it is our day to day lifestyle and what we give our time to, that determines how much, and how powerfully, this divine essence can rise within us and flood our being with It's love, wisdom and light, to free us from our human limitations, so that we truly can be wise and compassionate beings, in service and self sovereignty, here, now.

And with all of this said, again we invite you
to stay tuned to our new Pathways of Peace series.
With light, love and laughter – Jasmuheen



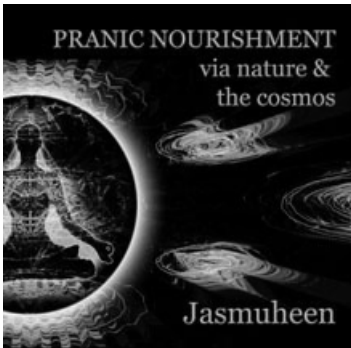
Additional Pranic Living Training

Recommended Meditations to Increase your Prana Flow

To help with your experience of Pranic Living we have provided the below in-depth meditations that can be downloaded from <http://www.itunes.com/jasmuheen> or from <http://www.jasmuheen.com/htm/training.asp#MEDITATION-CDS>

An introduction to these meditations may be heard free at our YouTube channel at this link:

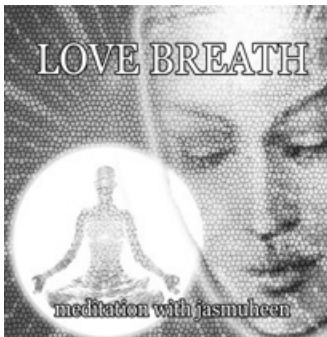
<http://www.youtube.com/user/jasmuheen#g/c/DF38441CF3CDD167>



Pranic Nourishment Meditation - a relaxing meditation with Jasmuheen, on accessing alternate nourishment pranic flows from both the inner plane cosmic particle streams, and from nature plus connecting with Gaia's heart and the cosmic heart; plus some additional programming.

Also enjoy the **Etheric Pranic Feeding Devices Meditation**

A detailed meditation using the Higher Light Science and Alchemical practices to create inner plane, etheric body feeding devices to increase and boost our chi flows which can in turn improve health, happiness and harmony levels; also enhancing our telepathic abilities via pituitary and pineal gland fine-tunement. This meditation uses mind power, the Universal Law of Resonance, alchemical violet light transmissions and more.



Love Breath Meditation - The most significant meditation we can offer for the refinement of your personal rhythm into a more relaxed and peaceful state for pranic living is the **Love Breath Meditation**. This meditation is designed to allow us to align more easily and powerfully to the divine essence within. It also incorporates specific mantras to allow this pure energy force to rise and flood through us and out into the world, thus feeding everything and to also relax us. This meditation is also designed to stimulate group unification and feelings of Oneness.

Additional Helpful Meditation for Improving mind-body connection:-

Organ Message Meditation - Improving our mind body connection. Listening to the voice of the body and receiving particular messages from the organs to improve physical and emotional health and vitality plus more. Also rebalancing & recalibrating each organ using violet light nutrition.

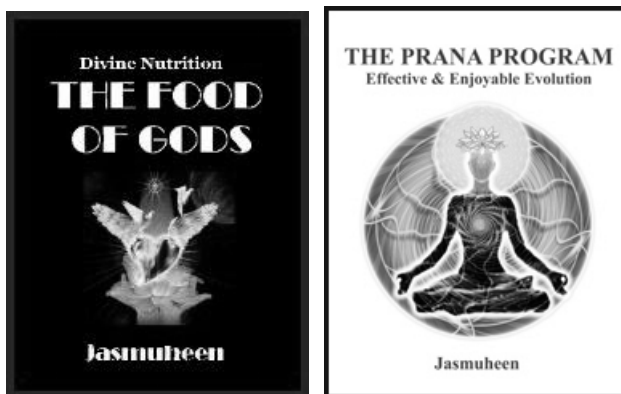
Jasmuheen Research Manuals - Recommended Basic Reading for Pranic Nourishment Practice

For your copies of the below books go to:

<http://www.jasmuheen.com/htm/who-author.asp>

<http://stores.lulu.com/jas-1>

The below books can also be purchased from Amazon.com and are available on Kindle.



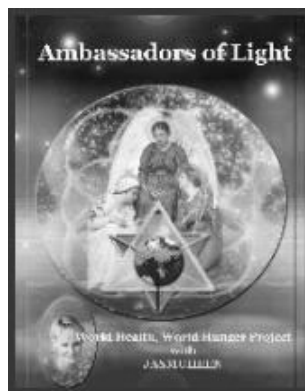
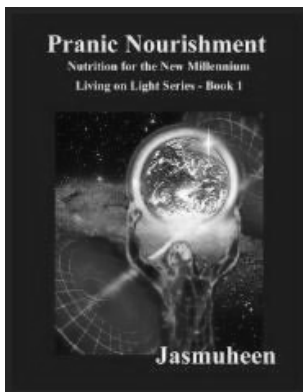
The Food of Gods - The Food of Gods is Jasmuheen's 18th book on metaphysical matters and her third book in the Divine Nutrition series. It is not necessary to have read the previous books on this subject which cover her personal journey and the solution for world health and world hunger issues as *The 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.

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 & 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 e-book is an encyclopaedia of ‘everything you always wanted to know about prana and more’. In Question & 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.

The Law of Love & Its Fabulous Frequency of Freedom

An extensive manual filled with powerful life transforming meditations which also details the Ancient Taoist Masters techniques for Immortality plus Futuristic Science tools of Inter-Dimensional Matrix Mechanics for Jasmuheen’s Freedom from Human Limitation Agenda. This research covers freedom from the need to age or create dis-ease; freedom from the need to take food or liquid as we learn how to create a self sustaining bio-system; freedom to express our Divine nature and all its gifts and glories ... plus tested methods for determining our personal readiness levels for these freedoms!



PRANIC NOURISHMENT - Nutrition for the New Millennium - Living on Light Series - “Pranic Nourishment, also called Living on Light, is Jasmuheen’s fourth book of metaphysical interest. It is a fascinating story of her personal journey into being physically sustained purely by Light. It also touches on physical immortality, spirituality and sexuality, new millennium relationships and mind mastery utilizing the powerful programming of Dimensional Biofield Science. Pioneering new yet ancient pathways, many are now exploring the option of neither being a meat eater, a vegetarian, a vegan, a fruitarian but rather a ‘liquidarian’ or an individual sustained and nourished purely by the Light of their own Divine nature. Formerly a ‘state of being’ reserved for, or attributed to, the Holy men, Saints or Sages of the East; the process described in this text offers a practical and spiritual alternative for those wishing to practically begin to embrace physical immortality, cease the aging process or simply ‘live on Light’.

Ambassadors of Light : World Health World Hunger Project – “Ambassadors of Light - Living on Light” is Jasmuheen’s tenth book and the follow on to her best seller “Living on Light - Nutrition for the New Millennium”. No doubt this new work will be just as controversial as she continues to challenge the status quo and take the pranic nourishment discussion onto the global stage. In this book Jasmuheen offers practical solutions to world health and world hunger related challenges, via Mother Mary’s ‘Luscious Lifestyles Programs’ and via effective ways to redirect global resources. This also entails an in-depth look at the forgiveness of Third World debt, and at fundraising for social welfare programs through global disarmament, the dissolution of prohibition, holistic re-education programs and the elimination of the need for personal pharmaceutical use through the practice of preventative medicine.

Free Video Training for you:

Please go to <http://youtube.com/jasmuheen> and specifically to our

Meditation Magic Playlist

<http://www.youtube.com/jasmuheen#g/c/EBDE93758594266D>

Breatharian Playlist

<http://www.youtube.com/jasmuheen#g/c/BFB7CABC0C569C69>

Prana, Living on Light Playlist

<http://www.youtube.com/jasmuheen#g/c/EA87B2553D485FE1>

Also on our YouTube channel, see;

PRAHLAD JANI - **Some Initial Questions & Insights with Jasmuheen** <http://www.youtube.com/watch?v=VD6pO7TvsJw>

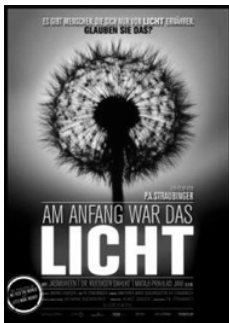
Jasmuheen and the Cosmic Nirvana Network commenting on breatharian Prahlad Jani's April-May 2010 medical testing at an Indian hospital - taking the discussion beyond the “can he or can't he” question to the “How can he and what are the global benefits of this?” plus more insightful aspects.

PLUS the follow up answer video

CNN PRAHLAD JANI - Pranic Living answers with Jasmuheen
Part 2 of the Prahlad Jani insights video with basic answers to some questions about the breatharians and pranic living people with Jasmuheen.

<http://www.youtube.com/jasmuheen#p/u/10/bQ54z5kxEv0>

Plus **IN THE BEGINNING THERE WAS LIGHT**:- See our YouTube video where Jasmuheen speaks about the making of this movie. <http://www.youtube.com/watch?v=eeD2nxq157U>



Screened at Cannes Film Festival in the South of France in 2010, this NEW documentary will also be shown in major movie cinemas globally from September 2010. Filmed over a 6 year period, this documentary shows the quantum aspects of living on prana and has many detailed interviews with people such as:- Dieter Hochegger, Prof. Dr. Wolfgang Marktl, Prof.

Dr. Anton Luger, Univ. Doz. Dr. Ingrid Kiefer, Dr. Ruediger Dahlke, Jasmuheen, Walter „Omsa“ Rohrmoser, Dr. Michael Werner, Mataji Prahlad Jani, Dr. Sudhir Shah, Dr. V.N. Shah, Dr. Urmann Ohruv, Dr. Sanjay Metha, Hira Ratan Manek, Yuan Limin, You Xuande, Dr. TCM Qi Duan Li, Prof Dr. Gernot Pauser, Zinaida Baranova, Prof. Dr. Gerhard Hacker, Prof. Dr. Fritz-Albert Popp, PhD Dean Radin, Prof. Dr. Brian Josephson, Prof. Dr. Amit Goswani, Prof. Dr. Rupert Sheldrake, Dr. Jakob Bösch, Prof. Dr. Robert Jahn.

- This movie was released from September 2010 in many mainstream European cinemas.
- <http://www.austrianfilm.at/am-anfang-war-das-licht>



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 33 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.

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 and later the Pathways of Peace Pragmatics book and CD..

JASMUHEEN'S BACKGROUND Timeline

- 1957 – Born in Australia to Norwegian immigrants
- 1959 – Began focus on vegetarianism
- 1964 – Began to study Chi
- 1971 – Discovered the Languages of Light
- 1974 – Initiated into Ancient Vedic Meditation and eastern philosophy
- 1974 – Began periodic fasting
- 1974 – Discovered telepathic abilities
- 1975 - 1992 – Raised children, studied and applied metaphysics, had various careers
- 1992 – Retired from corporate world to pursue metaphysical life
- 1992 – Met the Masters of Alchemy
- 1993 – Underwent Prana Initiation and began to live on light
- 1994 – Began 7 year research project on Divine Nutrition and pranic nourishment
- 1994 – Began global service agenda with the Ascended Masters
- 1994 – Received the first of 5 volumes of channeled messages from the Ascended Masters
- 1994 – Wrote In Resonance
- 1994 – Founded the Self Empowerment Academy in Australia
- 1994 – Began to hold classes in metaphysics and Self Mastery
- 1994 – Began The Art of Resonance newsletter renamed later as The ELRAANIS Voice
- 1995 – Traveled extensively around Australia, Asia and New Zealand sharing Self-Mastery research
- 1995 – Wrote Pranic Nourishment (Living on Light) – Nutrition for the New Millennium
- 1996 – Invited to present the Pranic Nourishment research to the Global stage
- 1996 – Began re-education program with the Global Media
- 1996 – Set up the International M.A.P.S. 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 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 & Bliss Book 3.
- 2002 - 2003 – Wrote The Food of Gods.
- 2003 – World Tour “Divine Nutrition and The Madonna Frequency Planetary Peace Project”.
- 2004 – Wrote The Law of Love then toured with “The Law of Love and Its Fabulous Frequency of Freedom” agenda.
- 2005 – Wrote Harmonious Healing and The Immortals Way, then toured with the “Harmonious Healing” agenda.
- 2005 – Began work on The Freedom of the Immortals Way plus continued with writing The Enchanted Kingdom Trilogy & The Prana Program for Third World Countries.

- 2005 – Presented THE PRANA PROGRAM to the Society for Conscious Living at the United Nations Building in Vienna – Nov. 2005
- 2006 – International tour with THE PRANA PROGRAM
- 2007 – International tour focus on THE SECOND COMING and SECOND CHANCE DANCES.
- 2007 – Launched THE EMBASSY OF PEACE on 07-07-07 & began training programs for Ambassadors of Peace & Diplomats of Love.
- 2007 – Released The Bliss of Brazil & The Second Coming
- 2008 – Released The Enchanted Kingdom Series after 6 years of writing The Queen of the Matrix, The King of Hearts and Elysium.
- 2008 - Toured with the Future Worlds Future Humans agenda – begins more intense work in India.
- 2008 – Appointed President of the Global Congress of Spiritual Scientists Pyramid valley, Bangalore India.
- 2008 – Released the coffee table books “Sacred Scenes & Visionary Verse” plus “Cruising Into Paradise”
- 2009 – Released the Universal Harmonization Program for the Embassy of Peace, focusing on research into extraterrestrial intelligence.
- 2009 – Released Meditation Magic
- 2010 – Jasmuheen continues her work in India and tours with the Harmonics of the Heavenly Heart & Pranic Living Agenda
- 2010 – Released Siriana’s Adventures children’s CD
- 2011 – Released the book, Breatharian Pathways - Memories & Motivations plus the Pathways of Peace Pragmatics book and CD.

Jasmuheen is now focused on THE PATHWAYS OF PEACE and providing free education on her YouTube Channel – <http://youtube.com/jasmuheen>

Jasmuheen’s books are in 18 languages.

BOOKS - A selection of JASMUHEEN'S research manuals can be purchased from <http://stores.lulu.com/jas-1>

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

Coming soon – Pathways of Peace – book & CD
plus Cosmic Wanders – book 4 in the Enchanted Kingdom series

LINKS of interest:-

- **MAILING LISTS:** Be kept up to date with the Self Empowerment Academy and the [Cosmic Internet Academy's](#) research and activities, then we have various mailing lists that you can freely subscribe to - so please go to <http://www.selfempowermentacademy.com.au/htm/contact.asp> and leave your details.
- Follow **JASMUHEEN** on **TWITTER** and read **JASMUHEEN'S BLOG**; Jasmuheen's personal website – www.jasmuheen.com

- **EMBASSY OF PEACE:**
<http://www.selfempowermentacademy.com.au/htm/Embassy-Peace.asp> &
at <http://www.jasmuheen.com/what.asp> .
- **FREE** e-book on Embassy Programs & Projects go to:-
<http://www.selfempowermentacademy.com.au/htm/files/e-books-free/EMBASSY-TOTAL-PROGRAM-2009-web.pdf>

OTHER INTERESTING LINKS:

- For more data on Jasmuheen's Darkroom Retreats, Sacred Art Retreats and **tour schedule** go to: <http://www.jasmuheen.com/htm/tour-retreats.asp>
- **PRANIC LIVING:-** <http://www.jasmuheen.com/htm/Pranic-Living.asp> - free data, books, CD's, DVD's, articles re Living on Light (Pranic Nourishment)
- **EDUCATIONAL E-BOOKS, CD'S & DVD'S:**
<http://www.jasmuheen.com/htm/who-author.asp>.
- Books printed in paperback can be ordered and mailed to you via <http://stores.lulu.com/jas-1> - where our **books, DVD's & meditation CD's** are now available.
- **VIDEOS:** For a large selection of free, brief videos by Jasmuheen go to: <http://youtube.com/jasmuheen>
- **GUIDED MEDITATIONS** are available as MP3 downloads at <http://www.itunes.com/jasmuheen>

Breatharian Pathways

Memories & Motivations with Jasmuheen

In this book Jasmuheen finally shares her memories and motivations over many timelines, with the path of the true Breatharian.

From times with Jesus, and the disciple Luke, to times in Cathar country 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 Saddhus and sages in India modern day - all of this and much more Jasmuheen shares in this book as well as finally revealing the details of some of her most spectacular media trials as she continues to educate the world into this phenomena.

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?”

“Perhaps more time is needed but, as more rise into this every day, I know it will soon become an accepted truth.”

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