



FOUR BODY FITNESS
Biofields & Bliss

Jasmuheen

Four Body Fitness Biofields & Bliss

Book 1

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

Published November 2001
by the

SELF EMPOWERMENT ACADEMY

P.O. Box 1975
Noosa Heads 4567 Australia
Fax: +61 7 5447 2540

www.selfempowermentacademy.com.au
www.jasmuheen.com

ISBN 978-1-876341-95-4



e-Book produced October 2002
2nd Edition – 2006 for www.lulu.com

*Please respect the work of the author
& help S.E.A. promote planetary peace.*

For more copies go to
<http://www.selfempowermentacademy.com.au/htm/cia-education.asp>

BIOFIELDS & BLISS

CONTENTS

Biofield Science	7
Basic Biofield Introduction	9
Four Body Fitness	11
Biofield Types	12
Biofield Grids	13
Dimensional Biofield Science	13
Biofield Influences	14
Biofield Applications	16
Personal Biofield Retunement	17
Recipe 2000 →	
Fine Tuning our Personal Biofield	19
Part 1 – The Paradise Codes	
Recipe 2000 →	24
Codes 1 to 5	24
Part 2 – Luscious Lifestyles Program	
L.L.P. – Daily Lifestyle Program	32
Habits & Conditioning	58
Part 3 – Four Body Fitness	63
Biofield Grids	65
Sex, Drugs, Music, Dancing	67
Exercises A - D	72
Self Sustaining Templates	77
Creating the Bio-Shield	79
Biofield Devices	81
Physical Longevity	82
Civilized Dying	83
Cosmic Cosmetic Surgery	87

Part 4 – Biofield Technicians

Biofield Research & Biofield Therapy	90
Neurotheology	93
Creative Thinkers	95
Michael Murphy	98
Dr Edward de Bono	101
Dr Deepak Chopra	104
Dr Mantak Chia	105
Ching Hai	107
Choa Kok Sui	108
Dr Yan Xin	111
Hira Ratan Mantek & Dr Sudhir Shah	113
Carlos Castaneda, Carl Jung, Gurdjieff	117
Jasmuheen	121

Part 5 – Questions & Answers on ...

Love ; Health ; Wealth ; Passion & Purpose ; Family & Friends	123
--	-----

Part 6 – Bridging Biofield Science & the Ancient Wisdom

Bridging Biofield Science with the Ancient Wisdom	134
Current Field Status	138
Jasmuheen Background	141
Jasmuheen Books	143

Co-Creating Paradise : Biofields & Bliss Book 2

Social and Global Biofield Attunements
The Cosmological Biofield & The Dimensional
Biofield & more ...

Special thanks to Jeff for all your research

BIOFIELD SCIENCE

The ART of SUCCESSFUL LIVING

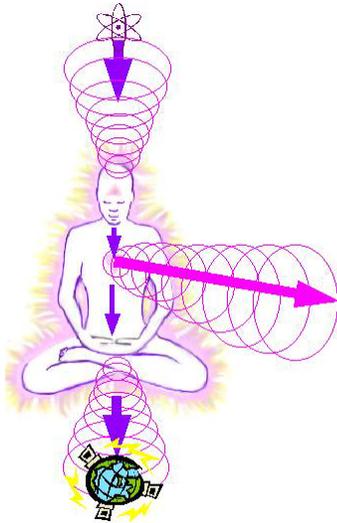
The art of successful living is something people seek to discover daily. With an increasing trend towards holistic living and the growing popularity of yoga and meditation, more are becoming aware of the need for Four Body Fitness. Biofield Science is the study of environmental field control and its pragmatic application in life allows us to move through the metaphysical minefield with intelligence and ease. Using Universal Law, Biofield Science allows us to finally bridge science and religion.

There are many personal benefits that we can gain through the application of Biofield Science. Metaphysicians have found that by the adoption of a specific lifestyle, we can achieve perfect love and great relationships, radiant health and happiness, plus abundance, passion and purpose. Part of this lifestyle involves the conscious re-programming of our brain's neural pathways and the enjoyment of Four Body Fitness.

As Biofield Technicians, we have found that the use of Biofield Science will increase our capacity to feel and radiate love into the world while allowing us to personally achieve total fulfillment on all levels.

Biofield Science with its Recipe for Successful Living, also brings us the wonderful opportunity to meet and network with many positive and like minded people. Healthy and happy, peaceful and prosperous, we end up feeling like a harmonious global family. Biofield Science is about bringing the bliss back to life, that zing where we're feeling fantastic.

Four Body Fitness : Biofields & Bliss is a simple, pragmatic manual that is designed to bring us all into a state of both personal and global paradise. To be achieved by using Biofield Science, this system of operation deals with inner and outer energy control and can be applied with fast results. Connecting metaphysical principles and quantum mechanics, Biofield Science is a bridge for all pathways on earth as it is the basic mathematical code for successful living.



Both our PERSONAL and GLOBAL BIO-FIELDS
can be tuned or recalibrated via RECIPE 2000➔,
a two part BIOFIELD SCIENCE basic formula
that is free and easy to apply.

RECIPE 2000➔ also has the potential to bridge :
SCIENCE & RELIGION; THE WEST & THE EAST;
THE PHYSICAL & THE ETHERIC;
Plus ALL CULTURES AND DIFFERENCES OF
ALL CITIZENS OF EARTH.

The most interesting thing about Biofield Science is that
the more we think we know, the more we realize how
little we know, as the Fields are just too vast for
mere mortals to completely comprehend.
Still, we know enough to create some positive change.
This book is just a glimpse of how.

Four Body Fitness

Biofields & Bliss

Basic Biofield Introduction

FOUR BODY FITNESS is a term used to describe the health of our physical, emotional, mental and spiritual energy fields or being.

A Biofield is the space within and around our bodies, within and around the planet, and also the space within and around the universe. It is the space created and inhabited by living organisms. The study of this and the study of the interaction of the electric, magnetic and thermal fields with living matter, is basic Biofield Science. The purpose of this book is to share that while Biofields resonate at set frequencies, their frequency 'keynote' can be altered consciously at will and in a way that will benefit us all.

BLISS is described in the Oxford Dictionary as being: "perfect joy or happiness; blessedness; being in heaven." If the Recipes and Programs covered in the following pages are applied we can all experience complete fulfillment and harmony on earth. This is neither New Age nor Religious dreaming. BIOFIELD BLISS is the outcome of holistic education based on RECIPE 2000➔ which incorporates the *Four Body Fitness* principles.

BIOFIELD SCIENCE: is the art of successful living and is based on four principles:

These are ...

1. That there is a Force that is all powerful, all knowing, and everywhere, including within us.
2. That this Force is a Supreme System of loving Intelligence that acts like a Master Computer Controller within us. I call this Force the DOW – the Divine One Within.
3. That this Force can be experienced and worked with to bring extraordinary results for humanity at this time.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

4. That our body is a bio-computer and our mind is a software program and that, via Biofield Laws, we literally create our own reality.

In the following pages we will share our research, offer tested tools and programming codes and invite everyone to bring the bliss back into life on earth. People who work with Biofield Science are called Biofield Technicians, and it is their programming to study the inter-relationships of the fields and their impact on human life. They are also often called *Metaphysicians*, a word meaning someone who studies the science of life. A metaphysician usually focuses on Dimensional Biofield Science.

I commenced my fascinating journey with Four Body Fitness in 1964 yet only began my training in Biofield Science in the early nineties after more than two intense decades of experiential metaphysical exploration. Through it all I looked for an understanding that would remove the mysticism from the Divine and bridge metaphysics back to quantum science. I believe that Biofield Science is this bridge. Jeff and I have more than 70 years of Biofield research behind us as we began our FOUR BODY FITNESS training around the same time.

Regardless of our personal history every one wants similar things: love, health, wealth, passion and purpose in life, good relationships with family and friends ... the list goes on yet the basic desires are the same.

Albert Einstein once said: "I want to know the thoughts of God, the rest are just details. The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

This book is for those who wish to remember and enjoy the gift.

The adoption of Recipe 2000 ➔ allows us to consciously retune our Personal Biofield. This occurs as a natural consequence of the Luscious Lifestyles Program – the L.L.P. and the use of specific Codes. As keys to the Dimensional Biofield and its zone called Paradise, each step offers benefits beyond compare and will be explored further in this manual. The

combination of the 8 point lifestyle and Codes is dynamic, releasing vibrations through our Biofield that retune it back to our original beat. Here we are healthy, happy and running high on life, we feel loved and enthusiastic and can enjoy our journey.

All we can give you is a hint of what life is like for those who apply Recipe 2000➔.
We can also share about the benefits and how to use the tools.

As we gather around the world, Biofield retuning has become a priority for all. Biofield Science requires us to be conscious of Universal Laws, which govern the Higher Light Science, of which BIOFIELD SCIENCE is just a part. Successful Biofield tuning also requires us to be clear regarding what we want both personally and globally. Clarity of vision is a must for successful manifestation.



The Four Body Fitness System:

- The Four Body Fitness System is a method of gaining physical, emotional, mental and spiritual health.
- Using a set recipe, FOUR BODY FITNESS can be achieved in a relatively short time as the human body completely regenerates itself every 2.5 years. We make a new liver every 6 weeks, a new skin once a month, a new stomach lining every 5 days, and we didn't have our current skeleton 3 months ago. The brain cells we think with weren't there a year ago. Even our DNA raw material is totally replaced every 6 weeks. A complete new body, is created, down to every atom, every 2.5 years.
- Four Body Fitness creates a well tuned Personal Biofield that allows the practitioner to experience both quality and quantity living. This then impacts on the Social and Planetary fields.
- Four Body Fitness is achieved by our lifestyle choice and thinking patterns and is covered further in the Personal Biofield tuning section.



The 5 Main Biofield Types:

In Biofield Science there are 5 predominant Biofield types. In order to successfully interact with duo, family, group and global Biofields, we need to be more aware of each type as the Fields will be referred to throughout this manual. How each is affected or operates will be elaborated on as we go.

BIOFIELD 1. Our Personal Biofield: This field is comprised of the energy pulsing from our physical, emotional, mental and spiritual bodies which each radiate a specific frequency. This frequency is determined by imprinting. When the frequency of each body is combined, we radiate a specific key-note which according to Bio-Science Laws then imprints itself into all the below fields.

BIOFIELD 2. Our Social Biofield: this field contains the individual frequency emission made by our family, friends, and colleagues. It is the community's Biofields. A Social Biofield occurs any time two or more people share space as their Personal Biofields will intermingle and merge.

BIOFIELD 3. Our Global Biofield: This is the synthesis of all Biofields on earth from the mineral and Devic kingdoms, the plant and animal kingdoms, the human kingdoms plus the inner plane kingdoms.

BIOFIELD 4. Our Cosmological Biofield: This field pertains to the resonance of the solar, galactic and universal systems and is the field of study of astronomers, quantum physicists and some metaphysicians. Its flavor is added to by the Global Biofield.

BIOFIELD 5. The Dimensional Biofield: Also known as the virtual field, this is a field of great interest to many metaphysicians. This is the field from which religion and the Higher Light Science has been born.

The book FOUR BODY FITNESS : BIOFIELDS & BLISS deals primarily with the first three types of Biofields. My next book “GLOBAL UNITY : BIOFIELDS & BLISS” will deal with all five and focus primarily on the harmonious coexistence of the personal, planetary biofields by using dimensional biofield techniques.



Biofield Grids:

Biofield Grids are the foundation of Dimensional Biofield Science and more grid information, and how it applies to FOUR BODY FITNESS, is covered in that section.

- A Biofield Grid is a web of light rays and sound waves that carry Coded Information.
- Biofield Grids surround, and are woven through all life forms.
- In the human bio-system, the grid is anchored as a supporting foundation. In Biofield Science this inner grid is called the Lightbody and its physical operating system are our meridians.
- Biofield Grids operate via energy transmissions that are governed by Universal Law.
- Biofield Grids and their subsequent transmission signals can be harmonized, or overhauled and completely retuned, by the application of RECIPE 2000 ➔.



Dimensional Biofield Science:

- This science is the study of Dimensional subtleties and attributes which provides the analytical understanding of BIOFIELD SCIENCE. By studying the Personal, Social and Global Biofields we can determine each one's effectiveness. If in need of retuning

we can then decide how to recalibrate it and to what frequency adjustments need to be made.

- This adjustment is a natural part of Dimensional Science. To do this successfully we need an holistic understanding which provides the sensitivity required to do this harmoniously. Biofield adjustments can range from subtle imprints to waves that shake up a field in a way that is as devastating in its consequences as a volcanic shift on earth. For example, a nuclear explosion on earth would have an impact on not only the Global Biofield but also on the Universal and Dimensional Fields. A subtle shift in the Biofields would come from a very happy event like a wedding or family reunion.



Biofield Influences:

- Once we have taken the time to discover what we want then we need to examine our personal Biofield and examine its effectiveness and the influences that determine its current beat.
- A Biofield beat consists of four main influences, our physical, emotional, mental and spiritual vibration and their frequency mix. This frequency mix and the way it influences our Personal, Social and Global Biofield is the basis of FOUR BODY FITNESS.
- Obviously someone who believes they are just their physical, emotional and mental body, will have a very different Biofield beat to someone who operates within Four Body Fitness system of holistic knowledge. For example the Biofield of a yogi or priest is very different to that of a heavy metal musician.
- Biofields are influenced powerfully by subliminal conditioning and humans are conditioned consciously and subconsciously from birth, by our home life, at school, via society and the media.

- Biofields are also influenced by our food choice, lifestyle and thinking and feeling patterns. Quality thinking, quality feeling and quality feeding create a more refined, quality Biofield.
- Biofields can also be influenced by expansion of Creative Thinking and use of THINKING TOOLS.



How Recipe 2000➔ will tune the Fields:

Recipe 2000➔ is a two edged sword – not only does it provide us with a way of successfully refining our Personal, Social and Global Biofields, but once experienced it provides us with concrete reasons as to why we should keep doing it and why inspiring others to apply it will create a harmonious global family and a fabulous future for us all.

In order to appreciate how powerful these can be, we need to look at the capacity of the human organism, particularly the human brain as re-programming requires the conscious rewiring of our brain's neural pathways.

This is covered in detail under Part 4 : Biofield Technicians.

Successful retuning of the different Biofield types requires our desire to create positive change and also some basic metaphysical skills that are designed to activate our 6th and 7th senses of intuition and knowing.

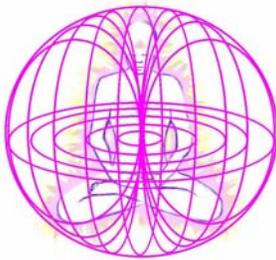


BIOFIELD APPLICATIONS

Environmental Field Control

THE 5 BASIC BIOFIELD TYPES:

- 1. PERSONAL BIOFIELD;**
- 2. SOCIAL BIOFIELD**
- 3. GLOBAL BIOFIELD;**
- 4. COSMOLOGICAL BIOFIELD**
- 5. DIMENSIONAL BIOFIELD**



**PERSONAL
BIOFIELD**



**SOCIAL
BIOFIELD**



**GLOBAL
BIOFIELD**

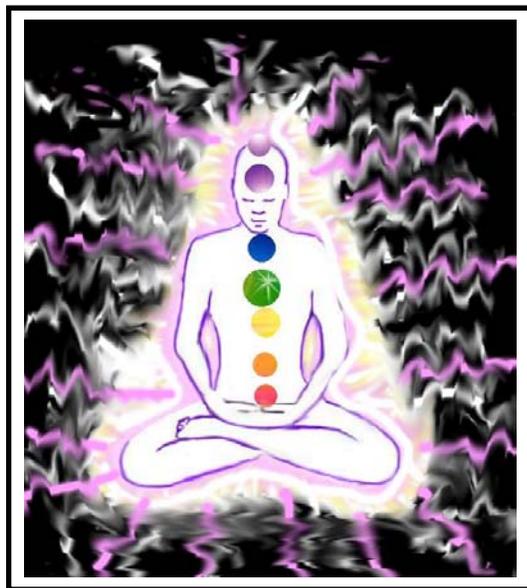
**IN THE SCIENCE OF ADVANCED BIOENERGETICS
BIOFIELDS ARE MADE OF LOVE – WISDOM – POWER.**

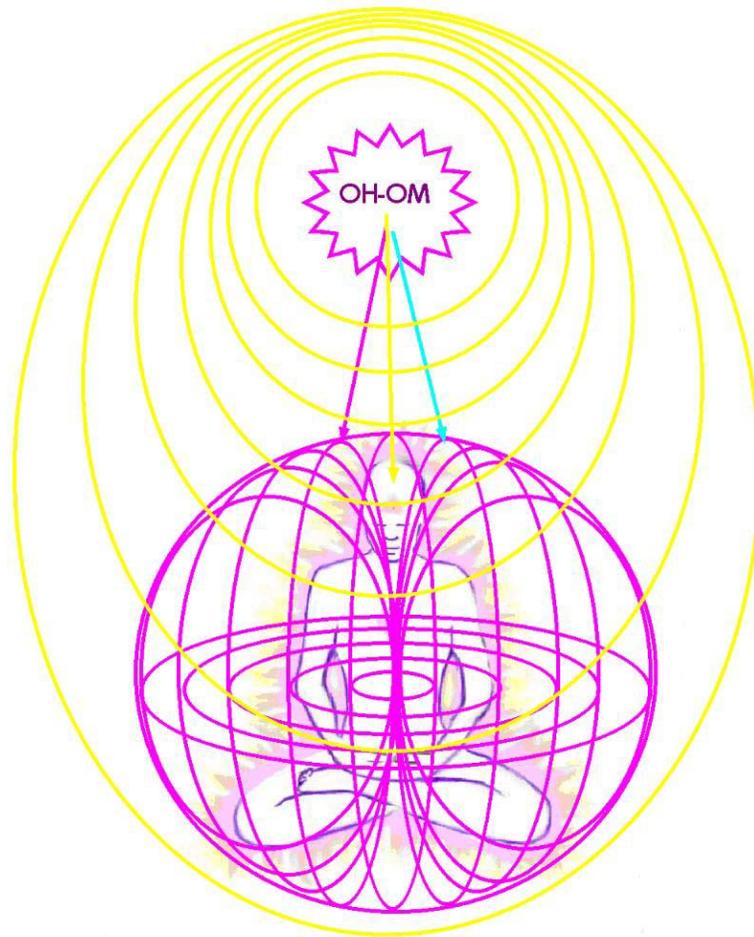
THEY ACT AS FIELDS OF SELECTIVITY

**As they can be programmed to attract and radiate
or screen specific frequencies from the fields**

THIS IS PART OF DIMENSIONAL BIOFIELD SCIENCE

BIOFIELD SCIENCE & Our Personal Biofield Radiation





**PERSONAL BIOFIELD
TYPE 1**

**Personal Biofield
Plug-In**

For a limitless pure, energy flow

BIOFIELD TYPE 1

PERSONAL BIOFIELDS

FINE-TUNING OUR PERSONAL BIOFIELD

Fine tuning our Personal Biofield is achieved easily through the adoption of Recipe 2000➔. This recipe changes our frequency and allows us to experience how the laws of the Higher Light Science operate through the Dimensional Biofield.

Well tuned Biofields:

- A well tuned Biofield is evidenced by a person's glowing shine, making them seem radiant as if they possess a special Grace. Grace is a current of energy where Biofields are all harmoniously synchronized. People with this are usually termed charismatic.
- A well tuned Biofield is evident in someone, where when you look into their eyes, you realize that there is someone of consequence at home. They are usually someone who is aware of how their thoughts, words and actions impact on others.
- A well tuned Biofield is achieved by Creative Thinkers, people who understand the power of visions and imagination, will and intention in the manifestation of positive outcomes.
- A well tuned Biofield is a bio-system that is operating at its natural potential. This is where the Biofield Personality has consciously rewired itself to its DOW, in recognition of the status of this Supreme Master Computer Controller and the way it can run our 6.3 trillion cell system.

- A well tuned Biofield is a bi-product of DOW POWER reclamation through applied will and a supporting lifestyle.
- A well tuned Biofield can choose to be a self sustaining, self rejuvenating system, open to accept DOW potential. Due to the natural voltage of the DOW BIOFIELD, food nourishment may no longer be required as the physical body is nourished by DOW power instead thus making the physical body stronger and healthier. This is an optional state that some now choose.
- A well tuned Biofield is evident by inter-system relationships meaning its interaction with other Biofields – on duo, group and global levels. Here mutual health, harmony and happiness support the manifestation of higher intentions.



Biofield Tune-ups:

- Biofield retuning can be done via lifestyle slowly over time or via an intensive period of training. That usually includes attitudinal, lifestyle and educational adjustments. Once done it guarantees to provide the fine-tuner with health, love, wealth, feelings of passion and purpose and fulfilling relationships with family and friends. Before we can successfully begin to retune a Biofield we need to have a Chekhov Day (Check Off Day). This is a day dedicated to Chekhov, the Russian play-write who always tackled deep and meaningful subjects.

This is a day of honest introspection and reflection where we assess where we are, where we are going and what we want from life.

This is to be first done alone and then later with our partner and family if need be. The intention is that we create health, happiness, harmony, and peace and prosperity for us all, but before we can help others we need to have helped ourselves.



Chekhov Day: Buy or be gifted a journal and on each new page, make the headings, one to a page:

LOVE; HEALTH; WEALTH; PASSION & PURPOSE; FAMILY & FRIENDS; OTHER

Under each one determine your current fun factor, your fulfillment factor and your harmony factor – inner and outer.

- Also list everything that you would like in each area.
- Then list what you can do to achieve these.
- List everything you don't like in each area and again list what you can practically do to alter this.

All we need to do is find a quiet place where we will not be interrupted, take the phone off the hook, tune ourselves and sit and think – look at all aspects of our lives, one by one. Have pen and paper handy and make a list of what we would like to change.

We can start with the physical body. Be detached and honest as we look at our physical being. What can we change? How would we like it to be? Are our dietary habits positive and life-sustaining? Is our dietary intake merely habitual? Are there better choices we can make that are less harmful to us, to animal life or to the planet? Dealing with respect and honor with other Biofields is the key to harmonious Biofield retuning.

For those wishing to change dietary habits, allow the change to be gradual and loving, without denial. First eliminate red meat. Then, as guided, stop eating white meat, and then aim to simply eat light, live food.

Next we look at the emotional body – the quality of our human relationships. Is the way we relate to each other governed by automatic responses? Are they positive or negative? Can

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

they be improved? What lessons have we learnt, or do we still need to learn? Do we need to, or want to, heal and forgive?

Then we can honestly examine our self-talk and belief systems. For example, politically, do we vote through choice and full knowledge, or do we vote as our parents do and as their parents did before them? Are we satisfied with life as we *perceive* it to be?

This programming/contemplation time can be done each evening before sleep. We can then program that our dreams be clear and guide us according to what we wish to achieve from this time of self analysis. How can we truly know ourselves if we never take time to be still and communicate with the Master Computer Controller – our DOW?

In some cases we may feel the need to completely overhaul each area, and to do this successfully we need to assess all our actions and beliefs and form new habits more suited to attaining what we desire.

Knowing that the adoption of Recipe 2000 ➔ will harmoniously provide the required overhaul, is another attractive motivation to apply the program. In order to manifest a new outcome we need to acquire new habits, and with a recipe that is guaranteed to bring results, plus a little discipline and desire, we can know what it is like to be the Master of our life.



**TUNING OUR
PERSONAL BIOFIELDS
WITH
RECIPE 2000 →
PART 1
THE
PARADISE
CODES**

RECIPE 2000 ➔

Recipe 2000 ➔ is a two part system comprising lifestyle adjustments and the use of specific programming codes. Research has found it takes 21 days to form a new habit, so the application of this Recipe in 30 day periods, is a simple way to create noticeable positive change.

Enjoying FOUR BODY FITNESS and the bliss that well tuned biofields bring, happens naturally when we apply RECIPE 2000➔.

This Recipe comprises specific Programming Codes plus an eight point lifestyle we call the LUSCIOUS LIFESTYLES PROGRAM.

Part 1 of the Recipe is the understanding and application of the 5 Paradise Codes.



PART 1

THE PARADISE CODES

The following Codes are based on the fact that the Supreme Master Computer Controller that dwells within the 99.9% space in each atom, as pure consciousness, is all powerful, all knowing, everywhere and capable of creating instant change. Known as our DOW, the Divine One Within, It longs for us to remember It and work with It to create a successful life. Its power and ability is an intrinsic part of BIOFIELD SCIENCE. DOW POWER is also PRANA OR CHI POWER. It has been studied for centuries by the Qigong Masters and many others for Its healing properties.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

We know the power that mantras and repetitive programming has on our Personal Biofield. When imprinted in a well tuned Biofield, the Paradise Codes guarantee to magnetize humanity back into a state of Heaven on earth.

Paradise Code 1: DOW MATCH

Paradise Code 2: DIVINE DNA PARADISE GRID MATCH

Paradise Code 3: ZONE TUNE

Paradise Code 4: IMPECCABILITY

Paradise Code 5: RELAX AND HAVE SOME FUN

Codes 1 to 3 are basic reprogramming Codes while Codes 4 and 5 are daily ACTION CODES.



Carl Jung once said: “I know, know from experience, that this grace (of God) was accorded only to one who fulfilled the will of God without reservations ... to me it seemed that one’s duty was to explore daily the will of God.”

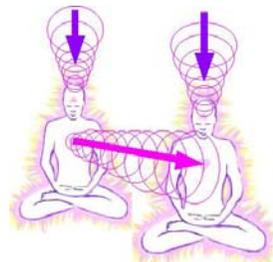
It was Jung who coined the term ‘synchronicity’ to designate meaningful co-incidence, he said “Meaningful co-incidences are unthinkable as pure chance and have to be thought of as meaningful arrangements ... as their cause is not even thinkable in intellectual terms.”

Regular experiences of synchronicity are symptoms of a Personal Biofield that is in tune and harmonized with the Dimensional Biofield.



HOW TO APPLY THE PARADISE CODES:

**RECIPE 2000 ➔ PARADISE CODE 1:
DOW MATCH**



For Personal and Social Biofield Tuning.

The DOW MATCH CODE has the potential, if sincerely said and intended by enough people, to facilitate perfect communication and harmonize and empower all.

Chanting 'DOW MATCH' silently with sincerity three times every time we meet someone new, beginning with our loved ones and friends, is a wonderful way to harmonize both our group and personal Biofields.

In Biofield Science, the DOW MATCH command can also be used with colleagues and when we meet someone new, after first extending our welcome to them with a pink beam of love from our heart into theirs. This immediately changes the field resonance and sets it to a more conducive beat. If we imagine pure love of the highest order flowing between you then look at them and say 'Yes, I really do wish this person and myself to have the most perfect relationship we can, and so I now ask for a DOW MATCH'.

What DOW MATCH really means: This is an act of both honor and respect and surrender. It is about stepping aside from our personal agendas and asking the Supreme Consciousness that underlies the DIMENSIONAL BIOFIELD to communicate through both parties. This command is about allowing the relationship to begin (if it is a new person) or continue, to blossom into the perfect exchange between you. The DOW MATCH Code creates a win/win/win game. A win for you and a win for the others and a win for the Global Biofield.

Asking for a DOW MATCH is the most selflessly loving thing we can do for ourselves.

CODE COMMAND: 'I ask my DOW to now DOW MATCH me with all my family, loved ones, friends and colleagues.' Say 3 times with sincerity and imagine DOW POWER linking your Biofields.

This can be extended to: 'I ask my DOW to now DOW MATCH me with all beings in the world who are open to the creation and experience of global Paradise.'

Another Code that can be used together with the DOW MATCH Code is 'DOW harmonize' which gives the DOW permission to harmonize us on all levels, then 'DOW match' to bring our fields into harmony with others. I use this all the time now in all situations with family and friends. As soon as we meet it's 'DOW match and harmonize all fields NOW'.

This program gives the Divine One Within both parties permission to begin the relationship, immediately setting the standard for how the ego/personality selves are to act. If every single person DOW-MATCHED with sincerity trusting Its power, inner and outer peace will be guaranteed. Trust is enhanced and strengthened by direct experience, which comes from lifestyle choice.



RECIPE 2000 → PARADISE CODE 2: DIVINE DNA PARADISE GRID MATCH NOW

Research done by American bio-chemist Dr Bruce Lipton, on human DNA, has found that our DNA can be altered by our perception. Bruce scientifically established that if the receptors of a cell were removed, while the cell was still technically alive, it was devoid of all future activity.

A 'New Scientist' magazine article in 2001, called 'Genes that Count' found that the analysis of the entire sequence of human DNA revealed we have between 60,000 to 90,000 genes rather than the 20,000 previously believed. According to researchers, this means we are not hard wired and proves the Higher Light Science premise that we can easily re-wire not just the brain's neural pathways, but also our genetic pre-disposition. This supports the idea that we can work with our DOW to re-pattern and re-model ourselves.

While it is true that in Biofield Science we are robots responding to DNA signals, our ability to exist with or without a body in physical matter is part of the Divine DNA Code. In Dimensional Biofield Science, we are spiritual beings who have come into form to feel what it is like being human.

CODE COMMAND:

The DOW is all powerful and there is a Divine DNA Grid for Paradise, so chant or program: 'Divine DNA Paradise Grid now' three times. This can automatically re-align our DNA patterns back to the perfect Paradise Grid. This is like re-setting a virus infected computer program to a healthy, virus free beat giving our DNA signals the chance to be realigned.

Note: say it with sincerity and the feeling that you really desire to be magnetized back into living in a state of personal and global paradise.



RECIPE 2000 → PARADISE CODE 3:

In Biofield Science, Paradise Code 3 – ZONE TUNE NOW – is used whenever we feel off center. It is like regaining control of a runaway train before it has the chance to go completely off the rails. The success of the ZONE TUNE Code depends on how well tuned our personal Biofields already are. Feeling 'off center' is our DOW's way of telling us we may be less than healthy on either a physical, emotional, mental or spiritual level.

CODE COMMAND:

The DOW is all powerful and we trust that it is able to make instant alignments and change in our Personal Biofield, so chant or program:

'DOW ZONE TUNE NOW' 3 times as a quick way to retune us back to center without the drama of processing.

This program works also on the premise of Dimensional Biofield Law which states that what we focus on becomes our reality and when we look for what's wrong with ourselves we find it, when we look for what is right we find it.

Another ZONE TUNE PROGRAM/chant is: 'DOW, HARMONIZE ME TO ZONE NOW' Repeat 3 times. Note: say it with sincerity and the feeling that you really desire to be living in the zone of personal paradise.

Both programs give our DOW the opportunity to tune us on all levels of our being back to the frequency of the Zone. How quickly this occurs depends on how well matched are our Biofields. L.L.P. is designed to magnetize us to the Paradise Zone Frequency and this can occur as quickly as we like.

In Biofield Science, our DOW, the master of our Personal Biofield, is all powerful. As we are Bio-Computers radiating set frequencies, these Codes can change what is magnetized to our Biofield. As Bio-computers we are limitless and can be de-programmed and re-programmed at will.



RECIPE 2000➔ PARADISE CODE 4:

Paradise Code 4 is the commitment to impeccability. This means making the commitment to our DOW, that we will do the best we can in thought word and action and in a way that is harmonious to all fields. This is the first ACTION Code and it requires a degree of self mastery and self regulation and discipline in what we think, how we speak and act with everyone.

Exercise: IMPECCABILITY

Intention: Make the commitment to act with impeccability in each moment.

Action: Repeat below download and be aware of the impact you have on the world by choosing thoughts, words and actions carefully.

DOW Download: I ask my DOW to inspire and guide me in each moment to act with graciousness and impeccability in my every thought, word and action.



RECIPE 2000➔ PARADISE CODE 5:

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

Paradise Code 5 – RELAX AND HAVE SOME FUN – is the second ACTION Code which also requires our commitment to exercise personal choice to be in balance.

This is possible when we have applied the following 8 step program and the above Codes and successfully tuned our Personal Biofield.

It is also easier when we have created, programmed and activated our BIO-SHIELD, a device used in Biofield Science that acts as an invisible force field. The Personal Bio-Shield acts a field of selectivity allowing us to mingle within the Social/Group Biofield without being affected by other Field signals.

Bio-Shields can be implemented in and around our homes, in and around work environments, around cities, countries and around the planet. More details on Bio-Shields creation is provided later.

Exercise: RELAX & HAVE MORE FUN

Intention: Make the commitment to enjoy life, be more relaxed and have more fun.

Action: Spend a week doing only that which makes your heart sing. Do not avoid necessary responsibilities but take time out to pamper yourself. Assess your habits, make time for relaxation or being creative.

Add fun and creative time to your daily schedule.



**TUNING OUR
PERSONAL BIOFIELDS
WITH ...**

PART 2

**THE
LUSCIOUS
LIFESTYLE
PROGRAM
L.L.P.**

PART 2

THE LUSCIOUS LIFESTYLE PROGRAM – L.L.P.

8 STEP PROGRAM: 8 STEPS TO 8 HERTZ TO PARADISE

The combination of L.L.P. and the Codes changes our Personal Biofield to a resonance of 8 hertz. The earth beats at 8 cycles per second, that is 8 hertz as determined by fundamental Schumann resonance. What is that? Well in space, electromagnetic waves bounce off conductive surfaces. This is how long distances are traversed by radio waves. Surrounding the earth there is a multi-layered complex of charged particles called the ionosphere which acts as a reflector for low frequency radio signals. The conductivity of the ionosphere is constantly changing in response to the output of the sun: flares, sunspots, and waves of many frequencies.

Some of these waves go around the ionosphere and others go around the earth forming two concentric conducting spheres around a closed volume. This creates a wave between the two layers. It takes 1/8 of a second to go around the earth circumference at the speed of light, so the pulse rate of earth is 8 cycles per second, or 8 hertz. Another aspect of this difference in electromagnetic charge between the ionosphere and the earth is lightning strikes, which are occurring in large numbers all the time around the earth.

So 8 hertz is the earth's heart beat rate. 8 hertz is the alpha brain wave rhythm when our right and left brain, are perfectly synchronized. This awakens the 90% of the brain not normally being used. Ordinary awareness operates at 14 to 40 hertz, and the 10% operating is mostly in the left brain.

Albert Einstein says in his famous General Relativity Theory that if the other 90% of the brain can be activated, that his classic formula, $e = mc^2$, will become $e = mc^4$. He says that

the body would transform into pure energy if the 8 hertz can be maintained. This is known as the Rainbow body or Diamond body in esoteric terms. Science has now demonstrated the 8 hertz can not be blocked by any electromagnetic shielding metal or even a triple vacuum. It rotates in virtual space.

How do we get to this state of mind development? The answer is lifestyle, how we spend every moment of every day.

The quality and quantity of health and happiness we experience is a direct result of how well our Personal and Social Biofields are tuned. This is the thriving and not just surviving game. It's the utilizing our full potential station, that channel that answers questions automatically, like 'who am I, what am I doing here?' and so on.

In Biofield Science there is no mysticism to creation. In this science, theology and cosmology walk side by side and Divine revelation, Divine experience as in Divine rapture, and all that is spoken of in Scriptures is possible for all to attain. Recipe 2000➔ gives us the experience of love, health, wealth and much more.

Biofield Science is the key. Not limited science that researchers who are only using 10% of their brain power are focused on – but the Higher Light Science that teaches us how to tune the fields. There are laws that can be applied and personally experienced, yet one needs to develop a certain sensitivity to do so. This is an immediate benefit of the 8 point Luscious Lifestyles Program for here is how the recipe works ...

The LUSCIOUS LIFESTYLES PROGRAM consists of daily

1. MEDITATION;
2. PRAYER;
3. PROGRAMMING;
4. VEGETARIAN DIET;
5. EXERCISE;
6. SERVICE;
7. TIME IN SILENCE IN NATURE;
8. THE USE OF CHANTING and MANTRAS and DEVOTIONAL SONGS.

L.L.P. – STEP 1 – MEDITATION:

Meditation has long been known to de-stress us and bring both inner and outer peace. It also tunes us and opens our channels for Dimensional Biofield communication. Meditation can recharge our Personal Biofield when our batteries get low, allowing us to tap into an infinite source of energy that sustains all fields and is drawn through the Dimensional Biofield.

There are many valuable meditation techniques that, when regularly practiced, will achieve deep and lasting Personal Biofield resonance change. In essence, meditation is pure and perfect concentration on a pure and perfect point. Ask your DOW to bring you the perfect meditation tools and/or teacher. Daily meditation keeps us clean, free from attachments and tuned to a more refined frequency. It allows us to fine-tune and control the signals we emit and consequently control our life experiences, creating reality as we desire it to be.

Meditation is essential to build a bridge from the physical world, that encompasses our Personal, Social and Planetary Biofields, to the non physical world of the higher realms of the Dimensional Biofield. It is in these realms that we can gain clear access to wisdom and knowledge. It is then important for us to allow this wisdom and knowledge to manifest in our daily lives that in turn affects not just our Personal Biofield but also the Social and Planetary and the Dimensional.

Details on meditation and Personal Biofield tuning through understanding our bodies as a system of energy are in my book, 'In Resonance'. Simplistically, what we classify as meditation, can be compartmentalized into seven basic applications, all of which will refine our Personal Biofield. They are of equal importance, and can be listed as follows:

- Tuning via Bio-Science techniques.
- Increasing or opening up to DOW POWER.
- De-programming and re-programming Personal Group and Planetary Biofields.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

- Accessing and decoding personal data from the Dimensional Biofield.
- Dream control and guidance – exploring the Dimensional Biofield.
- Accessing cellular memory from the fields
- Experiencing unconditional love, joy and bliss.

1. TUNING: The first aspect or ‘use’ of meditation for Personal Biofield tuning is frequency control and in Biofield Science is achieved via breath, light and sound techniques. These allow us to:

- De-stress naturally and easily.
- Increase or create feelings of deep inner peace and tranquility.
- Increase the quotient of light into our energy fields and thus tune us to the Dimensional Biofield beat.
- Cleanse all cellular structure of dross, pollutants, negative emotions or memory.
- Heal cellular structure and eliminate negative emotional baggage.
- Regenerate our cells, thus creating vibrant radiant health.
- Create BIO-SHIELDS.

DOW Program: ‘I ask my DOW to bring me into perfect balance on all levels of my being now. So it is. So it is. So it is.’

By using Biofield techniques in meditation, the crown, base and ascension chakras undergo tuning, as does the hypothalamus which is our inner television set. Our pituitary and pineal glands also undergo subtle or more intense refinements depending on our capacity to handle the new frequencies. When these glands are tuned to an 8 hertz frequency they increase production of the nectar Amrita and pineal fluid, a substance known to stimulate brain wave bliss. Often a grid is formed beginning at the ascension chakra at the back of head, pony tail height, for it receives most of the DOW downloads, and this grid then connects this chakra to energy centers that sit between the shoulder blades. Hence many initiates complain of discomfort in this area as they are adjusted to the innernet.

As I wrote in my book *In Resonance* in the ‘Creation of the Light Body’ chapter, this then provides many physical effects. Exactly how the DOW tunes us to the innernet depends on

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

both our past life training and our current life Blueprint, and yet all innernet grid adjustments are based on the principles of Biofields and the Higher Light Science.

Symbolically, light is knowledge and in the Chinese ideogram ming, it synthesizes sunlight and moonlight and has the meaning 'enlightenment' for the Chinese Buddhists. In Islam, En Nar, (light) is basically identical with Er-Ruh or Spirit. In the Kabbalah, light diffusion (Lar) from the primordial dot that created space.

'Let there be light' comes from the book of Genesis and means to bring order to the chaos, for light always follows darkness in the order of cosmic manifestation as in that of inward enlightenment. It is interesting also to note that all Scriptures talk about the worlds of darkness and light.

2. DOW POWER : The second use of meditation is for opening us up to DOW POWER: The best way to increase DOW POWER and tap into Its perfect guidance, is through being silent, tuning ourselves by breath, mantras and white light, and asking our DOW to reveal itself to us. Since we have free will, *no guidance will be given to us unless it is requested.* This is BIOFIELD SCIENCE law. If we do not ask we cannot receive.

It has been an aspect of Western society for people to always seek answers from outside themselves – to look to parents, peers, churches or governments to dictate how we should live our lives. However, in Biofield Science, we accept that we hold in cellular memory all the answers to all our questions.

DOW Program: 'I ask my DOW to reveal Itself to me now in all Its glory, to guide me, to heal me, to love me and to nourish me so that I may be the perfect me. So it is. So it is. So it is.'

3. DE & RE-PROGRAMMING : The third aspect of meditation is the silent time it gives us to de-program and re-program various Biofields: This is a most valuable part of our meditation/contemplation time as it allows us to *play and erase inner tapes* and allow us to create the reality we desire.

Spending time in contemplation where we assess all patterns of thought and action, will allow us time to rewrite and input new programs to our conscious and subconscious memory databases which in turns affects the frequency of our Personal Biofield.

4. ACCESSING AND DECODING DATA FROM THE DIMENSIONAL BIOFIELD: From my research, meditation experience and communication within the Dimensional Biofield, I have come to understand that we hold within our Lightbody our own pre-encoded Blueprint. This Blueprint is like a living light matrix that has not just our destined purpose and role at this time but also the Greater or Celestial Plan – the pre-laid destiny of humanity collectively. Consequently, we are attracted to each other like magnets (according to the vibrations and signals we emit) so we can fulfill our roles in unison and harmony.

When working with DOW POWER, our guidepost is always joy. When we feel joy, we are on track. When we have developed clear DOW guidance, our lives blossom and manifest our purpose. As we refine our Personal Biofield further, and experience the Dimensional Biofields, we become more altruistic and desire to work for the good of the whole and not just the individual. This is a natural part of Personal Biofield tuning.

5. DREAM CONTROL: The fifth use of meditation is to clear the slate for dreaming: If we spend time in contemplation prior to sleep, talking to ourselves about our day or our life generally, the subconscious mind will have no need to bring to our attention – via dreams –

all unresolved issues that we need to deal with. This then gives us the time and space to explore the Dimensional Biofield and enjoy out of body experiences as guided by our DOW - the best inter-dimensional guide that we have.

6. ACCESSING CELLULAR MEMORY: A sixth use of meditation is to access cellular memory from our Personal and Dimensional Biofields: This is a flow-on from the above as all we need to fulfill our destined role is held within.

DOW Program: 'I ask my DOW to now reveal to me clearly, in a way I really understand, any information that I need from any timeline – past, present or future – that will help me fulfill my role in the Paradise Plan.'

7. EXPERIENCING UNCONDITIONAL LOVE AND BLISS: A seventh way to utilize meditation is to experience unconditional love, joy and bliss: One moment of feeling completely loved is powerful enough to create a lifetime addiction. This is a state of awareness that takes us beyond the mind and the senses. The only awareness to be had is the 'lost time syndrome' – we disappear somewhere in deep meditation and afterwards recall intense feelings of love and bliss. We feel realigned, expanded and deeply peaceful.

To me bliss is like being hit by lightning. A super charged energy beam that somehow reaches through the fields imprinting all with its glow. There truly are no words to describe the beauty of this Supreme Splendor when it envelopes and embraces us. In Biofield Science the Supreme Splendor is a natural radiation of FOUR BODY FITNESS.

To be in this field melts a being to our core and leaves us lost for words. As the feeling ignites itself within you, it feels like Christmas tree lights coming on as a rush of tingly electrical impulses flood into our cells, nourishing them until they want nothing more. No other feeling is as deeply satisfying. And then comes the silence. As a feeling of ecstasy

overwhelms us, we can only stand and accept the Grace. To be so loved and exalted all at once until all we are is love – this is the bliss of fields within the zone.

In meditation it is common to incorporate breath, light and sound techniques and also to use imagination, which opens the doors in Dimensional Biofield Science.

MEDITATION EXERCISES:

A – BREATHING: Alternate Nostril Breathing

There are many different breath techniques and alternate nostril breathing is perfect tuning for both our Personal Biofield and the Dimensional Biofield and it creates balance. It also encourages us to learn to breathe fully and evenly through each nostril.

Alternate nostril breathing intends to produce the same result during your meditation, which is to achieve perfect balance in all things. You'll notice that you favor one nostril or the other.

In Dimensional Biofield Science, symbolically, the sun relates to our right nostril and the moon to our left nostril. The right channel, down our spinal column, is traditionally known as the Pingala, which is red. It carries breath from the right nostril that is of solar energy, which is masculine and fiery. The left channel is referred to as the Ida, which means “refreshment” and is pale yellow or white. The breath it carries from the left nostril is of lunar energy, feminine, cooling. So in Biofield Science immortality and mortality are symbolically assigned to our right and left nostrils respectively.

While seated in meditation, you may wish to experience alternate nostril breathing together with the use of mantras.

DOW Breathing: TO FEEL YOUR DOW RHYTHM:

- Sit in silence and move your focus to the space behind your breath.

- Breathe deeply from the sacral chakra, imagining you are drawing energy from this source of this inner central sun. Keep breathing fine, deep and connected breaths, with each inhale connected to each exhale – no pause.
- Keep this rhythm of circular breathing going – counting 7 on the in and 7 on the out breath, until you get the rhythm, then relax and focus again in on that subtle force behind your breath – your DOW.

The LOVE Breath: TO FEEL and SEND OUT LOVE

- Close your eyes, take a few deep breaths and let yourself relax.
- Imagine that your heart is an open doorway and that you are breathing in love through your heart from the inner, higher realms of the Dimensional Biofield.
- Breathe in and imagine drawing the energy of pure unconditional love directly from the heart of the Supreme Force of Creation – the Cosmic Computer.
- Chant as you breathe in: ‘I am loved’.
- As you breathe out chant: ‘I love’.
- As you breathe out imagine pure love flowing from your heart into every cell of your body.
- Repeat this for 5 minutes before you do any other meditation work.
- Be very present in your body, feel how the cells respond when you fill them with love.
- This can be done in any situation, standing, seated or lying, in public or in private. It tunes all Biofields simultaneously.

This is the DOW LOVE breath. The DOW nourishes us on all levels. Through our breathing and our focus upon it, we feel Its rhythm of love.

B – THE MEDITATION HABIT:

INTENTION: To make the commitment to yourself that you will live life to your highest maximum potential in a way that honors all.

ACTION: Begin a daily program of meditation – 30 minutes each morning and evening. Research demonstrates a ten fold effect over once-daily meditation. If already meditating morning and night, make each day one long meditation by keeping your focus on the energy behind your breath. This will tune you into a deeper level of awareness.

Outcome: Increased awareness of your DOW plus inner peace, improved sleep and health. Meditation promotes detachment, the ability to act with calmness rather than react from emotion.

DOW Download Program:

‘I commit my life to being a positive and harmonious force on planet earth.’

C – DOWNLOADING OUR DOW NAME:

In Biofield Science names, like mantras, carry specific vibrations and using our DOW name stimulates its radiation through our Personal Biofield.

Ask your DOW to reveal its name to you by chanting over and over:

‘I am the Supreme Being _____.’ then wait to be given a name. You’ll know it when you hear it as your heart will feel great joy and it will intuitively feel right to you.

Chant your DOW name over and over and feel how your cells respond.

In Biofield Science, the sensitivity of feeling our cells responding comes from Personal Biofield tuning and applying L.L.P. and all change is based in love.

L.L.P. – STEP 2 – PRAYER:

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

A well tuned Personal Biofield allows us to tune in to the C.N.N. – the Cosmic Nirvana Network, an inner-net channel of communication used in Dimensional Biofield Science. The C.N.N. has a particular frequency which can be accessed quickly and powerfully, and as an inner-plane network has always existed and always will. Being the home of DOW Power, it is also the only communication system that defies corruption when our intentions and focus are clear.

Nirvana is a Sanskrit word with a literal meaning denoting extinction by loss of breath, in the sense of achieving ultimate peace via extinction of the ego. Death of the ego is a very important part of spiritual teaching, as until the ego surrenders control of our mind to our DOW – we cannot progress.

Prayer tunes us to the creator of C.N.N. – the Source or the Cosmic Computer. Dreaming and manifesting a new future where sublime civility rules require the re-wiring of the brain's neural pathways, which is done through programming and prayer, intention and will.

The difference between programming and prayer is that programming is about setting in place definite instructions for the DOW to effectively run our life. Prayer is more our heartfelt wishes, it is also our personal password through the Dimensional Biofields to Source.

Bulgarian sage, Omraam Mikhael Aivanhov once said on prayer: “I much prefer a prayer that is unrehearsed, one that flows spontaneously. When you ask a favor of a friend, you speak simply and naturally, without affectation. This is how you should pray.”

In 1988 a Duke University team astounded all skeptics by proving that in fact prayer has curative power. Researchers took into account all manner of variables, heart rate, blood pressure, etc., and the study looked at 150 patients who had undergone massive cardiac procedures. None of them knew they were being prayed for.

Seven religious groups were asked to pray, these included Buddhists in Nepal, Carmelite nuns in Baltimore and a range of other groups. Researchers found amazingly that the

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

surgical patient's recovery could be from 50-100 per cent better if somebody prayed for them, even though they had no contact with them directly, or knew that they were being prayed for. Interestingly, all the religious groups praying achieved similar results.

One of the most honoring things we can do in acknowledgement of the COSMIC COMPUTER – some call God – is to talk to this Supreme Force of Intelligence as if it is our best friend.

Exercise – an example Prayer to OH-OM – the SUPREME COSMIC COMPUTER: The One Heart One Mind behind creation.

- Dear OH-OM (or God), I seek only to reflect the glory and the splendor of your presence back to you.
- I ask only to be your loving servant in each moment of each day.
- I commit my life to the pragmatic revelation of your will on earth today.
- I open myself to be the channel for perfect wisdom and pure love and ask that these, together with your power, radiate through all that I am on earth.
- This is my Pledge of Allegiance to my DOW.

An alternate non religious sounding prayer is:

- 'I ask my DOW to perfectly tune me on all levels to the heart and mind of the Supreme Cosmic Computer.'

The evidence of Holiness comes to you automatically when you sincerely do the following program:

- 'I now surrender into the experience of the revelation of paradise on a personal and global level. I ask to now evidence Holiness. I ask the universe to bring me an experience of Holiness and Divinity, in such a manner that I am permanently moved beyond doubt. So be it. So be it. So be it.'

Like all programs, this command will only work when said with sincerity.

L.L.P. – STEP 3 – PROGRAMMING:

Programming is an essential part of Biofield Science and is based on Dimensional Science. Programming determines the ease of our Dimensional Biofield connection which reveals both the C.N.N. and the innernet. It also rewires our brain's neural pathways.

Programming is about setting in place specific commands: from higher mind to lower mind, from mental body to emotional body, and from mental body to physical body so that we can manifest all that we desire. Manifesting all we desire is guaranteed, provided we are harmoniously tuned with the Dimensional Biofield and have de-programmed ourselves of our internal sabotage patterns.

Science has now seen that it is not molecules that think but rather that thoughts create molecules, which are structured out of the information that we select from a field of infinite information. It is consciousness that conceives, constructs, and becomes physical matter. Science has discovered that we have a thinking body, every cell in our body thinks. Every cell in our body is actually a mind, and it communicates with other cells. If we have 50-60,000 thoughts a day, then what is disconcerting is that 90% of the thoughts we usually have are the same ones that we had yesterday. So our perceptions and our belief systems literally create our reality.

Research has proven that when we hold the image of what we are commanding by visualizing it taking place i.e. our body healing, then this brings faster results. However programs cannot work unless said with feeling and sincerity and a trust that they are capable of working which is part of basic mind mastery. Programs also need to be first imprinted then activated in a field of light.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

It entralls me to see how quickly information can be distributed throughout the world – my heart sings at the idea of it, for never before have words been able to reach so many people so quickly. All we need now is a little self-discipline to regulate the quality. A little silence and contemplation to think about what we really want to do, what we really want to share with others and what imprint we want to make in the world; for we imprint it regardless.

We all tend to seek joy and balance, lightness of being, laughter and something worthwhile to give our energy to, particularly in the western world when all our basic needs like food, shelter, housing and education have often been satisfied.

The following are some interesting affirmations that may be well applied in certain situations:

- A dedicated Biofield tuner may command: ‘I ask the Universe to rearrange itself through all my fields of reality so that I can mirror the perfection of the Divine back to itself.’
- Someone working on self esteem issues may command: ‘I am highly pleasing to myself in the presence of my parents, my lover, my children, my friends and everyone. They are all highly pleasing to themselves in my presence’.
- Someone needing to reset their field after a relationship is complete may command: ‘I am love, I am free, I am forgiven. I am that I am’.
- Someone beginning a new phase of life may command: ‘In joy, in safety, in harmony, I step into the unknown’.
- Someone wishing to take more control of their Biofield may command: ‘It is my intention that I am successful. It is my intention that I am safe in all the things that I do. It is my intention that I receive love and give love in all that I do. It is my intention that I have a great time and am provided for with prosperity according to all my needs and desires’.
- Someone wishing to improve their 6th sense of intuition may command: ‘As much as I am able this day, I will go within, ask and listen. I am going to trust and risk by doing what I feel to be true. Thus I will follow the response and inner guidance rather than habitual patterns’. (S. Wilde)

- Someone wishing to increase their financial abundance may command: ‘Money comes to me readily and easily and I have more than enough for all my needs and desires’.
- Someone wishing to reclaim their personal power may command:
 - ❖ ‘I have a right to be happy, to be free, to have everything that I desire, to experience joy, ecstasy and unconditional love in all of my life’.
 - ❖ ‘I am free from past limitations. I create my own reality’.
 - ❖ ‘Infinite wisdom guides me, Divine Love prospers me, success is with me’.
 - ❖ ‘Love and light is what I am. Acceptance is the key to my happiness’.
 - ❖ ‘I am a radiant and divine being’.

Specific Biofield Programming techniques using a Bio-Shield will be covered later. When we create and activate a Personal Bio-Shield, our programming into it only needs to be done once, as we are dealing with intelligent Fields. When we include, then activate, the Paradise Codes, we also shift the Group/Social Biofield to move, as a species, into a completely different level of consciousness.

The ‘Adjust Fields’ program is a great DOW command as it can be used regularly wherever we are in the world. ‘Adjust Fields’ is an essential travel tool instructing the DOW to create, set and keep a field, i.e. hotel or seminar room. Travel areas can be tuned to a supportive and nurturing frequency, which allows for less and wear and tear.

Successful Biofield Programming requires us to be willing to move beyond limiting belief patterns that no longer support us. The easiest way to do this is to listen to our thoughts, be aware of patterns of experience and ask yourself ‘Does this thought allow me to be a limited or limitless being?’ If limited, delete it and replace it with something more supportive.

PROGRAMMING, OTHER CODES:

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

In Biofield Science the physical, emotional, and mental bodies all have a Controller, a consciousness that if directed awarably by our desire, will and intention, can perform many miracles in life. Neither personal nor planetary health and harmony can be experienced without DOW POWER.

Life itself is inert without DOW POWER.

A variation to the DOW programming Code 'DOW heal body NOW' is 'DOW perfect healing now'. Chanting it over and over like a mantra in the shower each day or as required is also a wonderful tool to heal any dis-ease within our systems.

As you use this chant, close your eyes and imagine the DOW being a master violinist tuning each body as if it was a string. Imagine all bodies being harmonized into perfect resonance, health and vitality and full awareness and all else you desire. Kindness, wisdom, integrity, honor, humility, respect and reverence. Imagine these qualities flowing through your emotional body.

Another wonderful Code is the 'DOW heal issues between myself and <insert name> now.' Code. If someone comes to mind where we intuitively know there is disharmony, we chant three times with sincerity 'DOW heal all issues now'.

If what we focus on becomes real, if the universe literally is fluid enough to rearrange itself to mirror our view of reality, then we must allow the DOW to reveal Its power and these commands give it permission to do what it is capable of. When coupled with a change in our lifestyles and daily habits, complete healing and perfect Biofield adjustments can occur. The MA say that only thing that stops instant manifestation is Divine timing, our personal Blueprints and lack of trust, desire or expectation.

In Dimensional Biofield Science when DOW POWER is studied, it is found to be a composite of Divine Love, Divine Wisdom and Divine Power. These three are energy transmissions that are being directly downloaded from the Supreme Cosmic Computer that

the religious call God. Due to their programming and lifestyle, metaphysicians generally download more of these three than others.

A wonderful DOW program is to ask with sincerity: 'I ask my DOW to reveal Itself to me in all Its splendor, to love me, heal me and guide me in every moment'. and rather than focusing on what frequency to tune yourself to, you may simply program: 'DOW perfect frequency NOW'.

PROGRAMMING SUMMARY:

Successful Biofield Programming comes from the ability to think creatively as in Biofield Science our imagination is the key to the Dimensional Biofield where true power, love and wisdom lay.

Renowned lateral thinker Dr Edward de Bono says that our ability to perceive and not just process information is what separates the human bio-computer from man-made computers. That and our capacity for creative thinking. He says that when dealing with the neural network systems of the brain we need to let go of the desire to fit everything into cozy parameters of logic which is required when dealing with computational systems.

Dr de Bono says the only way to activate our higher brain capacity is to also move beyond looking at what is and look at what can be and that creative thinking needs to be learned. 'Effective thinkers are more comfortable with ambiguity, tend not to search for definitive answers and tend to perceive inter-dependencies rather than either/ors' or polarization.' Thinking laterally and moving beyond self judgment to see other realities is a must for the metaphysician.

L.L.P. – STEP 4 – VEGETARIAN DIET:

A vegetarian diet eliminates, from our Personal Biofield, the energy of aggression and fear that is absorbed by meat eaters. Vegetarian diet also allows our physical system to be healthier and less disease prone. It also tunes us to the frequencies of compassion and kindness via the ‘create no harm’ principal and supports positive resource distribution.

Vegetarianism fine-tunes our Personal Biofield and supports Four Body Fitness for much of what we are physically, is a reflection of what we eat.

Global vegetarianism will eliminate much of the current drain on planetary resources as it takes 20 times more resources to put meat on the table rather than grain. Global vegetarianism will substantially improve our Personal, Social/Group and Planetary Biofield health.

SOLAR POWER AND DOW NOURISHMENT: These are becoming the buzz words of the new millennium. Research by Dr Sudhir in India found that we are capable of deriving great energy and power from the sun, and by absorbing prana or DOW Power through our pineal and pituitary glands and through our feet. More of his research is under his research section in Biofield Technicians.

Mahatma Gandhi said,

“I do feel that spiritual progress does demand at some stage we should cease to kill our fellow creatures for the satisfaction of our bodily wants.”

L.L.P. – STEP 5 – EXERCISE:

Exercising improves both the quality and potential quantity of our life. It also increases our capacity to attract, hold and radiate more power from the Dimensional Biofield to radiate through our Personal, Social and Planetary Biofields.

There are many proven ways to exercise the physical system. For example, Yoga is an ancient tradition long used in Dimensional Biofield Science to tune a Personal Biofield. Done with conscious focus on both the body and the mind, yoga uses our will and intention to re-mould the physical form and free it from any discordant energy patterns that cause dis-ease. Any exercise done with awareness that uses breath and mind control, is beneficial.

Developing a cross training routine keeps us inspired. Swimming, walking, weight training, dance and yoga are all wonderful ways to exercise the body. However the emotional, mental and spiritual bodies also require exercise. Programming, Meditation, Service, Silence in Nature, chanting and mantras done as an 8 point system, tends to exercise all bodies. This combination sufficiently tunes a Biofield so that it can automatically access the Paradise Zone.

L.L.P. is a preventative medicine program designed to create Four Body Fitness.

BIOFIELD TECHNOLOGY and EXERCISE:

Due to advancements in technology we now have various types of machines that have been designed to reset our Personal Biofield.

A Biofield Instrument, the Bio-Resonance Machine is a wonderful Personal Biofield retuning tool as it can reveal and reset low resonance areas of our fields and thus avoid potential health problems. Another Biofield Tuning Instrument is the Chi Machine a system designed to move energy or Chi through and around our body.

Research by Dr Masaru Emoto of the I.H.M. Institute of Japan, has found that water responds powerfully to music, feeling and words. His book *Messages from the Water* shows

how when frozen, water will reform itself into beautiful crystals in response to this stimuli. Polluted lakes that were encircled and prayed into by groups, cleansed and became fresh.

As our bodies are 70% water, they too respond powerfully to music, emotions and reprogramming and the Chi machine is designed to shake up the fluid in the body and open the fields for us to retune them while it exercises our body. When we use the Chi Machine together with music, yogic practices and DOW POWER, we can bring our bodies into a state of strength and perfect health.

In Biofield Science the body is a temple and needs to be tuned by diet, exercise, meditation, positive thinking and feeling, drinking pure water and using sound and light tools, in order for it to function well. The physical, emotional, mental and spiritual Biofields all feed into and strengthen or weaken each other. Regular exercise provides a strong foundation for the Lightbody Grid which prefers muscle over fat to pulse through, as muscle can transmit a stronger voltage. For example a 200 volt vehicle cannot transmit 300 volts of power without damage to our Personal Biofield foundation. Exercise tunes the physical Biofield increasing its receiving and transmission capacity while releasing more prana from each atom and subsequently improving health.

Once tuned the body is capable of the type of things discussed in our Biofield Technicians section.

L.L.P. – STEP 6 – SERVICE:

Service under the L.L.P. framework is the act of doing something for another person that is beneficial for them, just because we can. We do it because they need it. It may be an act that takes our time, or some money, and it is done with a sincere desire to be of service.

Selfless service tunes our Personal Biofield us to the frequency of humility and compassion and when done with love, opens a channel in our Field for more love to flow in. Helping

each other tunes all Biofields into a more harmonious beat. When done selflessly without thought of personal reward, service frees us also from creating any imbalance in the Dimensional Biofield of karma.

Service is described in the Oxford Dictionary as: “be useful; meet the needs of; perform function”. With these in mind we need to assess what could we do that is beneficial to others that also makes our heart sing.

In Biofield Science the singing heart and the 6th and 7th senses, are how our DOW, communicates to us. Service is not about being a victim and allowing ourselves to be taken advantage of. It is about caring enough to be in harmony with all the fields in life.

DOW DOWNLOAD: ‘I ask my DOW to bring me the perfect situation today where I can serve in joy.’ Or keeping the Cosmic Computer in mind as a benevolent loving Creative Force ask it directly: ‘How may I serve today?’

L.L.P. – STEP 7 – SILENT TIME IN NATURE:

Spending time in silence in nature tunes our Personal, Social and Planetary Biofields by switching us into another frequency or channel of appreciation.

Meditating, praying, exercising in silence in nature exposes our field to other energy bands that are healing. For example, time spent doing yoga and meditating in the sun allows us to absorb rays through the Solar Grid Station, our sun. In Biofield Science, the sun receives impulses from the Central Sun of the Galactic Grid in units of 10. The Galactic Grid receives its pulses in units of 12 from the Universal Grid whose beat in Biofield Science is 33.

Short periods of exposure to the sun in meditation doing pranayama breathing, allows our pineal gland to be fed and to expand.

Silence in nature also tunes us to these fields and the Dimensional Biofield, where we see:

- a) the beauty of all creation, and
 - b) the innate intelligence of all creatures, and also
 - c) silent time in nature also sensitizes us to the elemental Devic kingdoms and allows us to
 - d) feel the interconnectedness of all and treasure and honor all. Example: Ants and bees have the most complex, advanced and harmonious society and watching nature reduces our misguided superiority complexes and feelings of self importance.
 - e) Silence means we are not wasting energy gossiping and judging, which is very beneficial to the Social and Planetary Biofields.
 - f) Time in silence in nature inspires us to be present in each moment.
 - g) It also allows us to take in more prana by gifting us with the opportunity to get more fresh air and exercise.
-

Exercise: Spend time in silence in nature:

- Open your heart chakra and radiate love into the environment as you walk or sit in nature.
- Send the telepathic thought into nature 'you are loved, you are safe' as a way of harmonizing your Biofield with the Environmental Biofield that you have entered.
- Ask Gaia, the Environmental Biofield Boss, to bless you with Devic interaction by opening the channels between the Biofields. Do this in meditation to sensitize yourself to the beat and open your 6th and 7th senses.
- Sit and breathe in and out love; the birds and butterflies will be magnetized to your field to interact with you.
- Create sacred spaces for solitude and prayer in your garden.
- Remember the Biofield principle: 'CHI CHARM NO HARM' which means we use DOW POWER not brute force to co-exist in harmony.

Bulgarian sage Omraam Mikhael Aivanhov placed great emphasis on silence saying: “Once you have tasted the gifts this silence brings, you will understand it. Silence is not simply a question of not fidgeting, not moving things about; it is a question of putting a stop to all discontent, to all the vague emotions that drift through one. The first degree of silence is physical. It is necessary to attain that silence before one can go higher and pacify one’s astral feelings.

“The second degree of silence, then, is the pacification of feelings; the third is the pacification of thought. When this silence is achieved, the spirit is free to travel and visit regions it has never seen. In this total peace the spirit can soar aloft and bring back with it joy, health, fortitude, and love. It can bring wisdom to our minds, so that our intelligence enables us to understand everything.”

L.L.P. – STEP 8 – DEVOTIONAL SONGS, CHANTING and MANTRAS:

Singing devotional songs and using chanting and mantras brings a frequency of refinement to our Personal Biofield. It does this by plugging our emotional body directly to the heartbeat of the Divine Mother matrix.

Scientifically, specific sounds open dimensional doorways allowing that which we are singing or chanting about into our energy fields via the universal law of resonance.

Sound toning is the technology for the multidimensional transmission of light, color, motion and geometries. It breaks down energy blocks in our Personal Biofield and allows us to change our frequency to a healthier beat.

All great avatars and masters have recommended the use of sound and mantras in spiritual practice. In Dimensional Biofield Science, Sages say that if we have the name of God on our

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

lips in the last moment of life, our spirit will pass directly to that sacred space of being. That is how powerful the sacred names and sounds are.

Three traditional and powerful mantras to use with the breathing techniques are:

So Ham (pronounced hum) I am the DOW, the Divine One Within;

Om Namaha Shivaya – I bow before the god within;

Om Mani padme hum – the jewel in the heart of the lotus.

Mantras quiet your internal dialogue.

Our DOW speaks to us between our thoughts.

The last earthly words of Lord Gautama Buddha were:
“Brothers, all things that are, are composite, are component,
built up by elements. Find your way to the truth.”

DEVOTIONAL MUSIC:

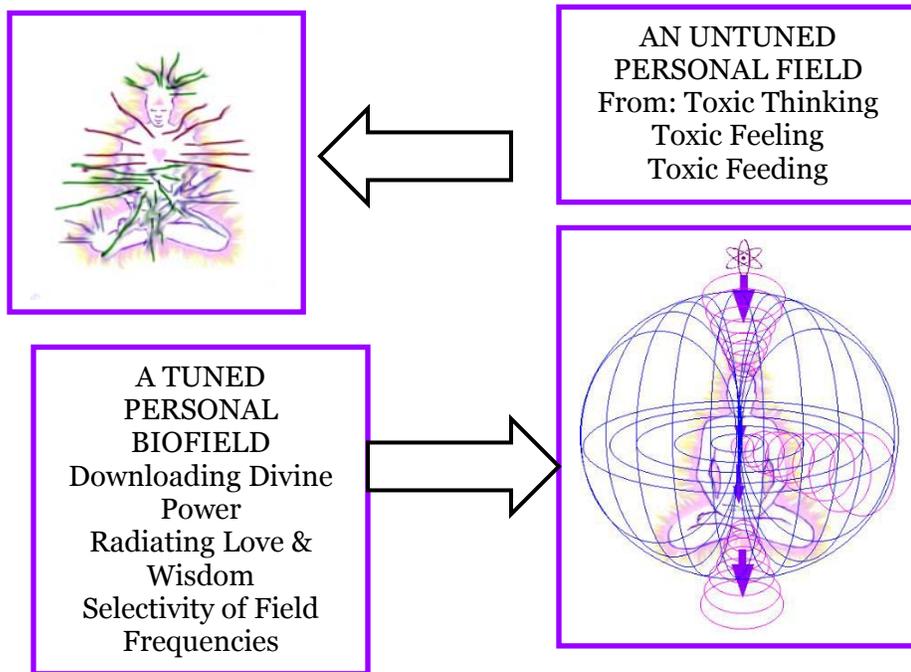
To access the Dimensional Biofield Channel and C.N.N. the Cosmic Nirvana Network Channel, listen to all the music of the indigenous, and the religions.

Listen to the Gregorian Chants of Devotional Songs, or the melodic, inspirational and upbeat chants and Bhajans of Nina Hagen, Goma, Deva Premal and others. Also there's Indian and Sufi music, American Indian Chants, South American music or the Angelic music of harpist Erik Berglund or didgeridoo players like Kailash. These are just a few sounds we can chant along with to tune our Personal Biofields.

I listen to music for at least 6 hours each day in the background as I drive, work, exercise or meditate. Devotional music is one of the quickest ways to tune our Personal Biofield.

ACTION: Ask your DOW to bring you the perfect music that you need to tune your Biofield.

**RECIPE 2000→ is designed to turn a toxic field
into a radiantly healthy field**



THE LUSCIOUS LIFESTYLES PROGRAM

L.L.P. SUMMARY:

The above 8 points are the ingredients that guarantee Personal Biofield retuning and each component has been tested and found to work well. How much of each ingredient is needed, becomes part of our personal experimentation, yet we know when we have the right mix, as experiencing love, health, wealth, happiness, peace and prosperity, passion and purpose all become the norm. Feeling it from living it makes us disciplined and strong.

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

Sensitivity to the higher realms of the Dimensional Biofield is an immediate benefit of the 8 point luscious lifestyles plan. The specific combination of meditation, prayer, programming, vegetarian diet, exercise, service, time in silence in nature and the use of mantras and chants, tunes our Biofield to a very particular frequency. L.L.P. allows us to bridge the world of religion and science.

The daily practice of these 8 points will make us healthy, happy and harmonized within, and as we change so do our societies. By refining ourselves energetically we also release our highest potential and experience who we really are, the Self that breathes us and gives us life – our DOW.

Basic Biofield Science is about environmental field control on an inner and outer level. A well tuned Biofield can gift us with perfect experiences of all that we desire, while keeping us in harmony with all. There is a complex program of Advanced Bioenergetics that allows us to systematically tune each field. Biofield Technicians gather regularly to utilize group power to tune the fields.

As the worlds of metaphysics and medicine bridge, we discover how advances in the human Genome project are revealing more of our potential each day. For example, with genetic modification it is reported that within the next two decades people may be able to live anywhere from 1,200-10,000 years.

The challenges that this new longevity brings are a) how to create a quality life that is worth living for this long? And b) what about our resources? Our pension funds? We obviously need to find work we love or be prepared for numerous career changes if we are working for so long. Thankfully when we have created Four Body Fitness we can enjoy quality and quantity living.

HABITS & CONDITIONING:

Habits are the hardwiring of our brain's neural map. This means that it is easier run on the established track than to break new ground. Many people are not aware of how conditioned we are, by family, schooling, employment, media and society generally, and recent scientific studies have demonstrated some interesting aspects of human habitual behavior that is studied as the 'automatic response'.

Reciprocation: One example of automatic response is reciprocation. Reciprocation can simply be summed up by saying "I give you something, therefore you owe me". It's a system that's used extensively in commerce and has been adapted into many different fields, including religion.

Noted exponents of this ability to derive benefit by creating reciprocation are the Hare Krishna, who for some years, demonstrated in the streets in their robes with drums and singing and were enjoyed by many. In that role however, they didn't raise much money, so the operation worldwide was changed to where their fund raising was derived through Hare Krishna people in street clothes giving people passing by a gift, and asking in return for a donation. This gift has sometimes been a book, but it is normally something very inexpensive, often a flower.

Video footage shows people actually leaning away from the Hare Krishna person in an attempt to escape, but the power of reciprocation, after having been given the gift, is too powerful, and in most cases a cash donation is given. Interestingly, the Hare Krishna flower supply is often replenished from the trash cans in the area around where the gift is given.

Liking: Liking is another aspect where automatic responses occur. It's true that we tend to like those who are most like us. You will find that talented communicators adapt their personalities to reflect their audience. When a skilled person is selling to a working-man he will adopt those characteristics, but with a more sophisticated client he will conduct himself quite differently. This is good business and common sense. One study that was done recently involved faces being flashed on a video screen in a subliminal manner so fast that

the person viewing the screen did not remember having seen them. Now, the more a particular face was flashed onto the screen, the more that person was liked by the viewer at their subsequent meeting, and because greater liking means greater acceptance of opinions, that person of course always had greater sway over the viewer. This illustrates the power of familiarity.

A further study involves taking a negative photograph of yourself and printing two photos from it. One is a normal photograph, and in the other have the left and right hand sides of your face reversed, so your right hand side appears on the left, and the left hand side appears on the right hand side of the photograph, when it is reproduced. The study shows that you will prefer the reversed photos, and your friends, relatives and associates will prefer the normal photo of you. Why is that? Well, it's because what you see in the mirror is the reverse of your face relative to what everyone else sees. The right side is on the left side of the person looking at you. So, again we like what we know, both us, and our friends. Familiarity creates liking.

Commitment: Another aspect where habits are automatic is in commitment. Scientific studies show how the North Korean Army during the Korean War were so successful in getting captured US servicemen to confess and make depreciating statements about their country and capitalism generally.

Researchers found that how it was done was that in the first instance a very simple statement in writing signed by the individual was extracted. The statement was something that really couldn't be objected to greatly. The statement they sought invariably was "The United States of America is not perfect". From that simple written concession the criticism could be built on to the extent where the North Korean Army was very successful in having large numbers of the US military negatively report on their way of life and the American political and economic system.

Another example of commitment is a series of tests that were staged on a crowded beach. In the first instance a woman left a towel and a beach bag on the sand near other people and went for a swim. Then a man came along and rifled through the beach bag and left. In the second test, as the woman went to the water she said to the people near her, "Keep an eye

on my stuff will you” and went for a swim. The man then arrived to go through her beach bag. In the first instance 4 people out of 20 said anything or raised an alarm to try to stop the thief. In the second test, after a commitment had been given, which was simply created by the comment, “Please keep an eye on my stuff”, 19 out of 20 became virtual vigilantes. They pursued the offender and made sure that justice would be done. That is the power of commitment.

Association: The next aspect of automatic reaction via habit is association. When whom you support wins, you win. The power of association is overwhelming. A study shows the case of a World War 11 veteran, who at the end of the war, even though having suffered no physical damage was unable to speak. He continued in this manner for 30 years, not speaking, and then one evening he was watching a soccer game on television when the referee disallowed a goal by his home team. He jumped up from his chair and shouted, “You idiot, are you trying to give them the match!” Then he sat down and he never spoke again. The power of association had motivated him to speak. Psychologists talk about weather men being beaten up in the street by old ladies with umbrellas because of the bad weather, and the Persians killed the messengers who brought news of a loss in battle and conversely lavishly entertained those that brought good news. This is the power of association.

Authority: The next aspect of habitual behavior is authority. This is probably the most potent of the inherent automatic responses, our response to authority. From childhood we are taught to obey authority so that society functions properly. This is deeply ingrained in us. In tests a man approached people in the street, instructed them to go down the street and give someone standing on the corner a coin for his parking meter. In 42% of cases, people did what they were asked. When the man was dressed in security guard uniform the number of people who did as he instructed rose to 92%.

Three and a half times the number of people will follow someone across the street against a red light, if that person is dressed in a business suit.

Scarcity: The last example of the creation of response automatically in people is the use of scarcity. One scientific study in Colorado looking at 140 couples concluded that there was a Romeo and Juliet effect to romance. It was suggested that parental resistance was a burning

motivation in attraction. It was found that as parental interference intensified so the love experience increased, but as parental objections to the match weakened, romantic feelings cooled.

In Dale County in Florida, a law was passed banning the use of laundry and cleaning products containing phosphates. Can you imagine what happened? Of course, smuggling. Some families were found to have hoarded a 20 years supply – the appeal, of course, being the scarcity factor.

In a PADU university study, advertisements for a novel were altered to the extent that half of the students were told it was for adults only, 21 years and over. The result was quite predictable. The students who had been told of the restricted nature of the novel wanted it a great deal more and believed they would like it a lot more than a book whose access was unlimited.

And the last example is regarding cookies in a jar. In a series of tests where 12 cookies were placed in a jar versus 2 cookies in another jar, guess which cookies rated more favorably, more desirable, more valuable, and in fact tasted better? You guessed it, the jar with just 2 cookies.

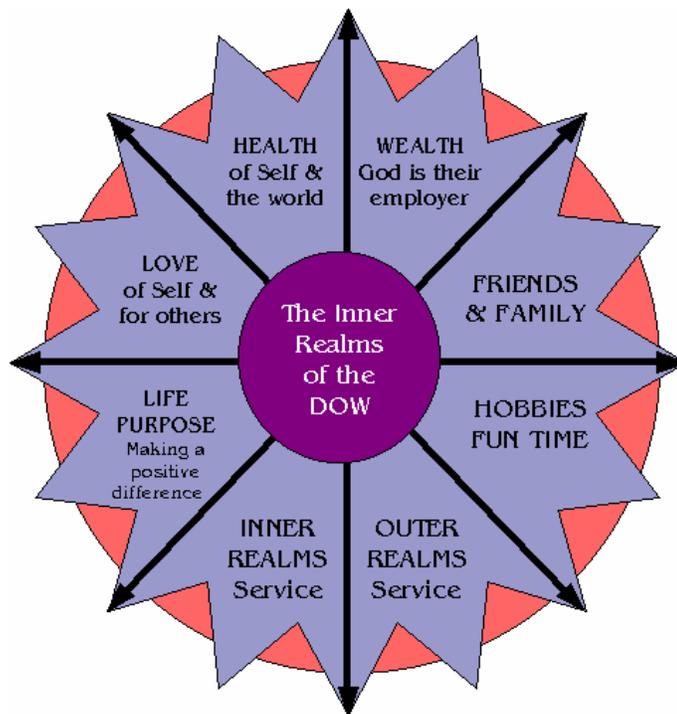
It is advisable to be informed as to when we are acting, rather when we are in fact simply reacting in an automatic manner.

People are conditioned overtly or covertly from the time we are born. The beauty of activating RECIPE 2000 ➔ is that it activates our DOW power. Regular meditation allows us to become detached and therefore we tend to act in the world rather than continually react to circumstances that are presented to us. When DOW guidance flows we are also more discerning.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

Part 3

FOUR BODY FITNESS



PART 3

FOUR BODY FITNESS

Personal Biofield health and happiness requires the activation of the seven senses. These include sight, sound, touch, taste, smell, intuition and the seventh sense of knowing. The sixth and seventh senses, and all our senses, can be refined and fully activated by our lifestyle choice.

Four Body Fitness comes to a persona automatically when they apply the 8 steps in the Luscious Lifestyles Program and the Paradise Codes.

FOUR BODY FITNESS allows us to have love, health, wealth, passion and purpose in life and also positive relationships with family and friends. Regardless of our religions or cultures, this is something that many desire to achieve hence the FOUR BODY FITNESS program is a way of harmonizing the Planetary Biofield.

LOVE of self, love of others and love of the DOW are required for us to fully tune our emotional body spectrum in our Biofield. Without these three we remain incomplete as we fail to activate any higher pre-encoded Biofield Programs. Our ability to receive and transmit love is enhanced by L.L.P.

HEALTH means having physically, emotionally, mentally and spiritually healthy Biofields. Health also means having a balanced relationship with ourselves and others. In 1900 the average western person lived to be 47 years old. Today it is approximately 76. Once people hit 40 they enter the zone of heart disease, cancer, strokes, diabetes, arthritis, osteoporosis and Alzheimer's disease. These 7 illnesses will be responsible for the preventable deaths of more than 2 million North Americans in 2000. A well tuned Personal Biofield acts as a preventative medicine measure freeing us from dis-ease.

WEALTH means feeling abundant and fulfilled on all levels, where we feel that we lack for nothing. True wealth is the wealth of love, friendship, health, wisdom, passion and purpose in life. Health and wealth come to us by the experience of the benefits of L.L.P.

FOUR BODY FITNESS - TUNING OUR PERSONAL BIOFIELD:

In order to successfully tune our Biofields we need to understand field foundations and how these foundations are energized. All fields are constructed by grids which in this physical universe are empowered through Earth's sun, which is itself empowered or fed by, the Central Sun.

Bulgarian Sage Omraam Mikhael Aivanhov said:
“When you are present as the sun rises, its rays dissolve the harmful fluidic layers that surround you, and the seeds that God has planted in your soul begin to germinate.”

Biofield Grids & Four Body Fitness:

- As shared in our introduction, Biofield Grids form the basis of all Fields and consist of light rays and sound waves which carry beneficial Coded information. Biofields and grids can only be seen by using the Language of Light which is the language of the Dimensional Biofield. The Language of Light is available to all who activate their 6th and 7th senses which we can do by experiencing L.L.P.
- Biofield Grids surround, and are woven through all life forms.
- The human Biofield system has a supporting foundation of an inner Grid called the Lightbody.

- In Dimensional Biofield Science, the energy received by the Lightbody flows through our sun and is stepped down in frequency to feed our body's meridians and chakra system. The level of energy that flows through these then determines our Four Body Fitness. The less blockages to the flow the healthier and happier we are.
- The voltage we can receive into the Four Body System is determined by its capacity to receive. This is determined by our Four Body Fitness, as in Dimensional Biofield Science all operates via a system of Bio-feedback looping.
- The Lightbody is the antenna for receiving signals from the Grid Blueprint. These signals come inter-dimensionally from a myriad of sources.
- Each Lightbody, in each person's Biofield, acts as a radio and television station, constantly beaming out into the Social and Global Biofields, affecting each one by leaving an imprint of our beat.
- The pituitary and pineal glands act as our transmitters and receivers of energy via the Dimensional Biofield of our Lightbody.
- With more than 6 billion Biofields blasting or just bleating and breathing, the Global, Cosmological and Dimensional Biofields are constantly changing.
- In Biofield Science the frequency of each field constantly influences the other, and how much influence each has depends upon the frequency of each individual.
- All Fields are part of the Dimensional Biofield Grid and each grid contains a multitude of frequency patterns. Grid points are where light rays and sound waves cross. This is where consciousness tends to be drawn and coagulate and create a Grid Station. Grid Stations are seen in Dimensional Biofield Science as white holes. Successful Biofield Grid tuning requires us to know enough of all Grid Stations to choose our sources carefully.
- Using Dimensional Biofield Science techniques, all Biofields can draw new frequencies through their own foundation Grids, and influence the frequency in each field.
- Each Lightbody Biofield Grid has been pre-encoded in its DOS – the Divine Order System that supports all life in the Grid. Decoding this information brings true fulfillment in life as the Grid tuner eventually becomes better informed in the art of Dimensional Biofield Science.
- Biofield Grids operate via energy transmissions that are governed by Biofield Law.

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

- Dimensional Biofield Grids and their subsequent transmission signals can be harmonized, or overhauled and completely retuned, by our application of RECIPE 2000➔.
-

Apart from lifestyles, and habits with physical care, a common way of Biofield tuning for social relaxation is the use of MUSIC, DANCING, DRUGS and SEX. How these imprint on our fields needs to be addressed.

SEX: To create a healthy sexual field, we need to be holistic and address the four body system. A healthy body is a sexual body. If a person is choosing celibacy, then the energy needs to be transmuted via Taoist practices to avoid any field imbalance. It's easy to apply practiced sexual techniques when sharing, in a way that makes the physical body hum. Adding other levels of emotional, mental and spiritual pleasure takes this into another dimension.

Biofield Technicians use Tantric and Taoist practices to tune all these fields. Learning to harmonize our spiritual, mental, emotional and physical fields when sexually active is a pleasure and creates a healthier Biofield. The basis of all satisfying sexual relations is love and good communication.

Remember ...

- Passion begins in the mind, practice the tantra of the Tao.
- Purpose comes from the heart and mind being in harmony.
- Potency comes from the Tao – learning how to direct your energy.
- Protection is part of life – ‘if it's not on – it's not on’ – think ‘safe sex’.
- Make a list of what you would like in a lover, keep it in a Holy book.
- Assign a lover angel – give it the list and say that that is what you would like – or someone better.
- Be aware that all major relationships are karmically connected.
- Understand that your partners often mirror who you are.

DOW program:

'I surrender all my relationships to my DOW with the intention that they be brought to their perfect level of expression so that we may be free to live our lives to our highest potential.'

DRUGS: Before we address this sensitive issue let's look at some facts ...

According to the United Nations, at the end of the millennium, the annual global production of drugs was 5,000 tonnes of opium, 500 tonnes of heroin when refined. Cocaine production added 500 tonnes more, to stimulate searching minds into altered states of reality. In underdeveloped nations, forty per cent of street kids sniff glue with disastrous effects. Still these figures seem so inconsequential when millions more die each year from tobacco and alcohol consumption. As income increases, so does the amount spent on recreational drugs and pharmaceuticals.

Among the five million injecting drug abusers worldwide, 200,000 die each year. Add HIV and AIDS from drug-related deaths and addictions are expensive. Re-education is imperative, yet while prohibition persists, the funding required to fight crime, escalates out of control. 60-70% of all prison sentences are drug related costing our governments millions each year. Re-offence rate is between 60-80%.

In Europe and America people spend 120 billion dollars per annum on recreational drugs. To reformists, prohibition is ineffective and the problem continues to grow. Profits from illicit drug sales go untaxed, while addicts struggle to seek alternate realities and passions that would expand their minds and not destroy their bodies.

It is neither our place to condone recreational drug use, nor pass judgment, as the facts speak for themselves. It is said by some Shaman that drugs were given to us to help us find the doorways to other realms and, used the Shaman way, can bring great levels of understanding. Many of the herbs of light and sacred plants, for example Soma, have

provided religious visions and Divine revelations, and research has found this in the majority of religions.

Shaman drug education is sadly lacking and if provided would alleviate many problems as recreational drug use is not going to stop.

An example of the successful use of a sacred plant is in Brazil where the plant Ayahuasca, strips people back to their basics and reveals both the ecstasy of their soul and the agony of their life without its light. Also known as Yage, research scientists were so impressed with the plant's ability to heighten mental sensitivity that they were sure it conferred extrasensory perceptions, and dubbed it *telepathine*. The experience that the Yage plant confers on Western users is so similar to accounts of the *Near-Death Experience* that some are sure it's practically a gateway to the spirit world. Many psycho-therapists who still use psychedelics or Yage in therapy, claim that it produces the catharsis necessary for some dramatic cures of alcoholism and neurosis.

Before any type of herbs, or plants, of light are used, a shaman performs the following ritual.

- Sitting in meditation and breathing deeply, they tune in to the spirit of the plant.
- When connected they ask the plant Deva to guide their journey and reveal to them what is for their highest good, or what they need to understand at this time.
- Be aware of the power of the breath to open up the inner doorways and shift perception and fine-tune frequencies.
- Sacred music, incense and candles are usually used to set the ambience and tone of the journey.

Traditional Shaman's tools are breathing rhythms, fasting, chanting, sweat lodges, drumming, prayer and meditation. Some Shaman also use the herbs of light and natural psychedelics like magic mushrooms, peyote and other sacred herbs.

Addictions come from our perceptions and our preconceptions in life. Resolutions pave the way for change that will not come until we really want it. By getting addicted to our DOW,

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

all our other addictions will automatically be taken care of and put into their right perspective.

DOW program:

- 'I ask to complete my learning around my addictions so that I may be free to move on and joyously fulfill my purpose upon this plane.'
- '*I ask for clear and easy* to understand guidance from my DOW in all areas of my life so that I may live each day in purpose and passion.'

MUSIC: Ask your DOW to bring you the perfect music that you need to tune your Personal Biofield to the right channels for you. All cultures have sacred music and devotional songs that are great for Personal Biofield tuning.

DANCING: Dancing is a wonderful way to tune our Personal Biofield, depending on the music we are dancing to and our intention when we dance.

The Sufi dance of the Whirling Dervish was created by Rumi in the thirteenth century as a way of polishing the human heart and allows the soul to be free to commune with the Divine. Using clear vision, particular commands together with creative visualizations, our will and intention, plus a physical action of dance, we create a very powerful vortex of energy through us and around us to use at our discretion.

Dervish literally means 'doorway'. When what is communicated moves from presence to presence, *darshan* occurs, with language inside the seeing. When the gravitational pull gets even stronger, the two become one, turning that is molecular and galactic and a spiritual remembering of the presence at the center of the universe. Turning is an image of how the dervish becomes an empty place where human and divine can meet.

During this solemn religious ceremony it is believed that the power of the Heavens enters into the upward extended right palm and passes through the body and leaves the lower left palm to then enter into the Earth. The dervish does not retain the power nor is he to direct it. He accepts that he is the true instrument of God and therefore he does not question the power that comes and leaves him. The benefits of this dance are that not only do we get energized, but the Global Biofield gets a blast of love as well.

THE DIVINE DANCE OF LOVE



- Stretch your body for a few minutes to warm up
 - Imagine yourself standing under a cosmic spotlight
 - Be still, breathe deeply and focus in prayer
 - Ask to be the perfect vehicle for pure Love to radiate through
 - Imagine Love beginning to flow in through your crown chakra
 - Imagine it flow from the inner planes into your heart and hand chakras
 - Place your right hand up to receive these energies
 - Turn your left hand out to the world to transmit the love energy
 - Close your eyes feel the rhythm of the music
 - Begin to spin slowly left to right
 - Gradually build up your spin rate until you imagine you are standing in the centre of the universe, as a perfect transmitter of unconditional love
 - Imagine your chakras being energized and are feeding your cells
 - Imagine they are forming one spinning column of light
 - Spin for five to ten minutes each day to music that you love – build up slowly.
-

FOUR BODY FITNESS – MORE PERSONAL BIOFIELD TUNING EXERCISES:

Personal Biofield tuning is about establishing FOUR BODY FITNESS. A quick way to retune ourselves if we feel off center emotionally is the Exercise that I call ‘Positive Memory

Association', which is designed to achieve two things. Firstly, to set a minimum standard of what is acceptable to you regarding your emotional experience. Secondly, to be used as a tool to tune your day when you get 'out of the wrong side of the bed'. The technique is simple but powerful in its effectiveness.

Exercise A: Positive Memory Association:

INTENTION: The following exercise is used as a quick emotional pick me up.

ACTION: a) Sit in contemplation – breathe deeply, finely and connected until you feel a sense of inner peace. This will allow you to access memory more quickly.

b) Go back in time, search through your memory database. Find a time when you experienced your life to be happy and fulfilling.

c) Recapture the details, the time, the place, who you were with, what made it so special. In particular, *pay attention to how you felt*.

d) When you have accessed the feeling of this event, decide to accept no less. The exact form the memory takes is not relevant. What is important is how you can use this memory to trigger feelings of joy and harmony.

OUTCOME: The majority of people report that the most common feelings remembered when they did this exercise were of joy, contentedness and being carefree. They also reported that these are the same experiences they miss most in their current lifestyle. The fact is that we have had these experiences in the past and, while we may not be able to recreate the same circumstances, we can *re-set the standard for ourselves of what we wish to accept on an emotional level*.

By accessing a positive feeling from our personal data base of memories, we can tune our Personal Biofield to a new emotional beat each morning. Done over a few minutes as we wash or shave this re-sets the day to a positive note.

In Dimensional Biofield Science, the universe responds to our expectations and if we always expect the best for ourselves we will find our life changing quite magically – guaranteed.

This includes monitoring our thinking patterns and applying Dr de Bono's 'Six Hats' routine to more effectively deal with problems.

Exercise B: Self Empowerment and Reclamation:

INTENTION: To discover the inner King or Queen – our Master Controller, our DOW – and get us into the habit of ACTING AS IF we are the master or mistress of our domain. This is not about ego or being better than someone, it is about encouraging all to act with more graciousness and impeccability.

ACTION: Treat our body as a temple for our DOW to dwell within. Pamper yourself by doing something that pleases you everyday. Look at your habits, refine some, eliminate those that no longer benefit the Kingly/Queenly you, adopt new ones where required. Create a kingdom in your house for you to feel safe, secure, appreciated – a space where you can thrive. Feng Shui your house to maximize its energy potential. Only have objects, i.e. pictures on walls that really mean something to you, that attract and radiate good energy.

OUTCOME: By becoming more aware of and tuning our Personal and Social Biofields which include our bodies and our homes, we begin to be more conscious of the impact we have on the environment – first the person, then the global. Acting as the King and Queen in our personal life in a way that honors all, can prepare us to act with more grace, dignity and civility in our public life.

DOW DOWNLOAD: 'I ask my DOW to reveal Itself to me in all Its glory, to align me on all levels to Its beat.'

Note: "Acting as if" is one of the most powerful tools we have for self development. It flows under the Bio-Science Law of Resonance where like attracts like.

Exercise C: Recapitulation:

The purpose of the recapitulation exercise is to cleanse our Personal Biofields from discordant energy from old memory patterns that no longer support us.

Buy or be given three journals.

Journal 1: write your history, all the things that have left real imprints in your life. Assess each major event, rewrite the script, forgive yourself and the others, look for the lesson and move on. Your intention is to set yourself free from the past by a good honest evaluation of your life to date.

Journal 2: write about your present life, how you feel and your day-to-day life. Take time to sit and be in silence, ask for DOW communication and simple answers. Our intention with this is to open to receive DOW guidance and gain clarity and insight into present-day issues. It is also a way to keep track of benefits of your lifestyle change.

Journal 3: is for you to write all your goals and dreams and plans and what you can / will do to achieve them.

Journal keeping and the process of recapitulation retunes our personal Biofield by clearing out limited thinking and recharging emotional pulses, freeing our cells from stuck or destructive energy patterns.

A healthy Personal Biofield is a regret-free Biofield.

Exercise D: Bone Doll to Rag Doll:

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

One of the Planetary Biofield tuning groups are the Shaman of the world. An American Indian technique, this ritual is used to release discordant energy patterns from our subconscious and conscious mind, to boost our super conscious mind and awareness of our power to reveal the impeccable nature of our being.

The process is as follows:

- Gather the materials to make two dolls.
- The first one to make is your bone doll, and it is to be made from scraps that you find. This doll is a symbolic representation of the you that has been hurt, and damaged. The you that you are wishing to transform.
- As you work all the pieces together into a form resembling a doll, you let all your grief, hurt and disappointment and anger flow out from you into the doll. It's like an internal cleansing.
- Take as long as you like to do this – remember your intention is to release into the doll all the attributes that no longer serve you.
- When this is complete, begin to make your rag doll. This doll represents the you that you wish to transform into. As you bind the pieces together fill the doll with your dreams and prayers and wishes.
- Again take as long as you wish and make her/him as beautiful as you can, see it as a representation of your DOW, the perfected Self.
- When both are complete place the rag doll on an altar in the Temple of your house and ask for blessings from the Divine to make manifest your dreams and desires.
- Regarding the bone doll, you can either place this on your altar to balance the yin and yang nature of your being and ask your DOW to heal what the bone doll represents to you, or ...
- you can burn your bone doll in a symbolic ritual of release, or ...
- you can throw your bone doll into the ocean as a symbolic gesture of being cleansed.

The physical creation of these symbolic dolls is an old American Indian tradition for curing the doll maker of their woes by symbolically emptying their troubles into the bone doll and then destroying them and replacing this doll of the 'old self' with the 'new self' to be – the rag doll. As it involves time and physical action and an emotional release, it is very healing on many levels.

Not only is human nature complex but so much of who we are has still neither been explored or understood, as many doctors attest we understand less than 2% of human physiology. Biofield Science is the study of the other 98%.

FOUR BODY FITNESS – SELF-SUSTAINING TEMPLATES – THE DIVINE BIOFIELD

Creating a Self-Sustaining Biofield Template is part of Dimensional Biofield Science and allows people to be free from the need of food, fluid, aging and disease. This occurs when the elements of fire, earth, water and air are in perfect equilibrium and thus can move through our molecular structure and unlock our Divine DNA codes. These are released by a frequency trigger, a keynote that resonates through the cells. Four body fitness amplifies this keynote.

The Bulgarian Sage Omraam Mikhael Aivanhov said of the elements and how they may be used to retune and refine the Biofields: “Visible fire is the symbol of an invisible reality. By our love, our soul, and our consciousness, we try to unite with celestial fire. This is why it is important to contemplate fire. We must ask the Angel of Fire, Agni, to inflame us with the celestial fire of divine love, so that we may burn with that love; so that wherever we go, we may create the new life by radiating and emanating that warmth and that love.”

“Water represents the fluidic dimension of nature. It is the earth’s blood ... and this water is transformed into blood in human beings. This is the true blood that nourishes all the creatures of nature. You must meditate on water, for it is a very profound symbol. When you drink it with love, respect, and gratitude it is transformed into life, for it is the bearer of life. No chemical process can exist without water; even precious stones cannot exist without some particles of water, crystals cannot form without water. It is thanks to a minute quantity of water that a precious stone is hard and transparent and capable of reflecting the sun’s rays. ... Ask water to communicate its transparency to you.”

“Water represents the universal fluid, the blood of the earth, and it has tremendous powers. You must learn to have the right attitude towards it, learn how to talk to it, how to create a bond with it, because it can change certain elements within you by diluting and dissolving them. Water, you see, has power over certain substances that fire is incapable of changing.”

The element air is alive with prana, that glittering light show we can see in the air on a sunny day when we squint with our eyes. High prana areas are beaches and mountain tops, among trees and near rivers or streams. Deep fine connected breathing allows our bodies to process air prana effectively increasing health and well being.

PROGRAMMING FOR A SELF-SUSTAINING TEMPLATE:

Using Biofield Science, a person can create and activate a Self-Sustaining Template. This is a template that has been programmed to feed off DOW POWER. This Self Sustaining system is also free from dis-ease and operates until no longer required, as being a Biofield it is soon assimilated and absorbed into the Personal Biofield.

Bio-Science Field adjustments bridge all fields, allowing the new Template to draw from the elements and all planes to be recreated anew. All that is required is the Blueprint which can be downloaded from the DOW on request. The creation of the Self Sustaining Template is optional.

Programming creates adjustments to our Biofield via our pineal and pituitary glands which then energize our Lightbody. This then flows into the meridian system, then into the physical system of bone, blood, muscle and tissues. The DOW pulse then extends out through the auric field flooding the vital body (our emotional feeling self) with Divine love and our mental being with Divine wisdom.

Programs are also set into the field to increase courage, clarity, compassion, commitment, discipline, devotion, humor, humility, impeccability, integrity and so forth, whatever we intuitively require.

To be successful in this science, Biofield technicians are required to have a clear mind body connection and an ability to re-program and consciously alter the behavioral patterns of our DNA. In Biofield Science it is also a matter of working with the Divine DNA that provided the original pattern for human DNA. As Dr Lipton has found, human DNA can be altered by perception and lifestyle choice.

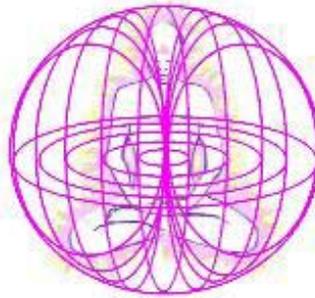
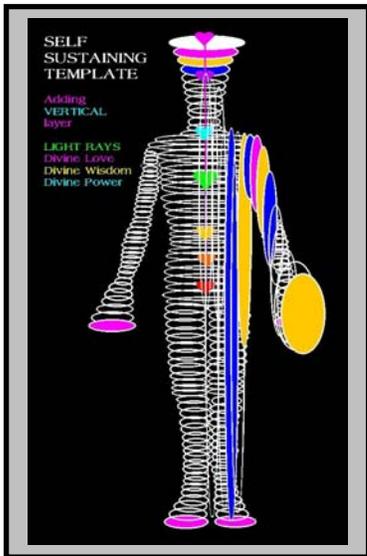
Creating a Self Sustaining Template:

- ♥ Sit in meditation, tune yourself with the LOVE breath
- ♥ Breathe till you feel your DOW then use the following
DOW Program: - 'I ask my DOW to help me create the perfect Self Sustaining Template NOW.'
- ♥ Imagine a Template in your mind, a web like body made of fine, pulsing lines of light, like a cocoon. Imagine that this Template is brand new, perfectly hardwired, strong and vital, a pure light matrix like a bio-computer waiting to be programmed.
- ♥ Imagine this is a new grid and that it is hooked into a Supremely Intelligent and unconditionally Loving Cosmic Computer which is constantly downloading into the Template limitless love and wisdom and power for the Template to utilize as required.
 - ❖ Imagine stepping into this template and that it merges within you, anchoring itself into your chakra and meridian system.
 - ❖ Imagine all the elements of earth, air, water and fire coagulating around you, gathering molecules and atoms to reform a new bio-body around this Template.
 - ❖ Imagine a new form that is ageless, self sustaining and self regenerating
 - ❖ Imagine the perfect you, complete, whole, healthy, happy and fulfilled.
 - ❖ Instruct your DOW: 'I ask my DOW to now cross the lines of time and gather all the learning from all my emotional experiences through all time, all the love,

compassion, mercy, wisdom, honor, empathy, joy, wisdom, and power that I need to create an emotionally healthy Template.'

- ❖ Instruct your DOW: 'I ask that my Bio-Body Template be age ____ 25, 35, 45?' – think of what you would like and, while holding the image of this new Template in your mind, chant 3 times, 'Bio-Body 25, Bio-Body 25, Bio-Body 25' or whatever age you like. Visualize your body being imprinted from this new inner Template and supported by your new lifestyle, begin to become younger and rejuvenated.

Note that for this Template to be anchored and activated, we must not doubt that stopping the aging process and regeneration like this is possible.



A simplistic view of a
SELF-SUSTAINING
TEMPLATE & A
PERSONAL
BIOSHIELD:

Bio-Shields are based on complex patterns of sacred geometry and & are living fields of intelligence that are directed into action via programming.

3 STEP BASIC BIO-SHIELD CREATION

Bio-Shield Data:

The Bio-Shield is an environmental field device, that when programmed, acts as an invisible force field around us. Screening out discordant frequencies, it allows us to select from the

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

world only the vibrations that we require and stops random signals penetrating our auric field and hence creating schisms.

Constructed on the inner planes using the frequencies of Divine Love, Divine Wisdom and Divine Power, it allows an initiate freedom to maintain sensitivity and sanity while we serve.

It also creates a cocoon for the DOW to dwell within and radiate permanently and powerfully into the world.

ACTION:

- ♥ Sit comfortably in meditation.
- ♥ Imagine yourself seated in a field of light.
- ♥ Sit & be still – breathe deeply.
- ♥ Imagine this shield is made of a powerful invisible force of Divine Love, Divine Wisdom and Divine Power.
- ♥ Imagine it will only absorb what we program into it.
- ♥ Imagine you are a biocomputer and your mind is a software program.
- ♥ Think of all you desire – love health wealth, happiness passion purpose.
- ♥ Imagine these desires as you think them being implanted into your shield.
- ♥ Imagine the Law of Resonance bringing you all that you require.
- ♥ Imagine your field only absorbing what you need.

Once the Bio-Shield has been created and its field set and we have confidence in DOW power, then it is a matter of scanning through and re-setting the fields of every aspect of our lives.

SUMMARY & STEPS:

For example the programs:

‘Perfect Health Now’ or ‘DOW Heal Bodies Now’ takes care of our health issues.

‘Perfect Weight’ and ‘Perfect Image Now’ takes care of weight and image issues.

‘Perfect Alignment to the Paradise Plan’ takes care of our higher purpose issues.

‘Perfect Harmony with all Beings’ takes care of our relationship issues.

‘Perfect Communication, Clarity and Guidance Now’ opens the pathways for this to occur.

These types of Biofield Programming Codes can be numerous or few, as there are base Codes with sub-Codes for when we intend to be more specific. When we say takes care of we mean aligns us perfectly and sets an energetic patterning or pathway that must then come to pass as forces in the Dimensional Biofield always mirror our thinking.

BIOFIELD DEVICES:

Some Dimensional Biofield Devices are called REGULATORS AND DEFLECTORS. These are used in correlation with the Cosmic Satellites. These will be covered in our next manual.

For those involved with distant healing we’d invite you to create and implement the following device.

Personal Cosmic Satellite:

INTENTION: To widen and make more effective our distant healing web.

Benefits: More effective use of time and power. Cleaner more potent and purer radiation.

And absorption at the other end.

ACTION: The personal satellite is first created on the inner field using intention, will and imagination; 3 powerful Biofield tuning tools.

DOW DOWNLOAD and VISUALIZATION:

‘I ask my DOW to recreate Bio-Shield Template and connect it to C.N.N. and Source.’

Then

- ❖ Imagine that a shield is forming woven from three webs – the web of infinite love, the web of infinite wisdom and the web of infinite power similar to our Personal Biofield
 - ❖ Imagine that like our Bio-Shield it is being fed by an infinite Source of Love, Wisdom and Power.
 - ❖ Imagine placing into this Bio-Shield all the names of family, friends and clients for whom you do daily distant healing
 - ❖ DOW Program: ‘I ask that the perfect healing stream of love now flow constantly from this Cosmic Satellite into the Personal Biofield of all these beings until it is no longer required.’
 - ❖ Imagine that this new Bio-Shield is being placed above the earth in space as part of the Dimensional Biofield and that it is now sending out healing beams to all these people, every day without cessation, perfect energy flowing and healing as required.
-

FOUR BODY FITNESS: Physical Longevity

When our Personal Biofields are perfectly tuned and the Mental Biofield reprogrammed, the aging process can cease.

L.L.P. will have reduced stress from poor diets and providing us with quality thinking, quality feeling and quality feeding habits will substantially improve our quality and quantity of life without pills, surgery or technological help.

Research on people who live to be over 100 has found that 84% function well, and 73% rate their health as good to excellent. The majority of these walk and exercise, are rarely overweight and 52% take extra vitamins and minerals. In other words, generally, those who live to be older choose to really take care of themselves.

In order to stop the aging process we need to address the following:

- ❖ Let go of the belief that we have to age.
- ❖ Release all negativity – of thoughts and emotions – from the energy fields of our bodies.
- ❖ Mastery of our physical, emotional and mental bodies. This requires the development of a 100% reliable mind/body connection as per Dr Deepak Chopra's research.

Letting go of the belief that we have to age is quite simple when we truly understand that we are systems of energy and that the level of cellular degeneration and/or regeneration is dependent on the level of mind mastery that we have achieved. Mastery of the mental body leads to mastery of the emotional body, which in turn masters the physical body.

In Biofield Science, the more radiant the Lightbody, the higher the quotient of light will be within the Four Body System and the fitter we will be. Directed light improves our natural ability for cellular regeneration on the purest level.

Logically, the freer our cellular structure is from all forms of toxicity plus the higher the vibration rate of our energy fields, the less possibility of disease, decay and degeneration. Light attracts light – light transmutes and dissolves that which is not of light.

Consequently, while we may reprogram our glands to produce only life-sustaining hormones, our main focus must be to increase the light, and its natural love quotient, within the cellular structure. The adoption of L.L.P. aids in keeping our Biofield healthy and our bodies young.

CIVILIZED DYING: Preparing for the transition ...

Lack of awareness has created so much fear around the process of death and transitioning, particularly for those not choosing a holistic lifestyle. Overcoming the fear of death is a

normal part of life for the metaphysical student and a very basic requirement for advancement.

Every 3 to 4 seconds someone dies in the west from a preventable disease. The average age of death is now changing and due to holistic education and lifestyle change, people are living longer. Quality and quantity of life are determined by our day-to-day choices.

Unlike most people in the west, Biofield Technicians and the Buddhists seek to prepare for death, embrace it and enjoy the transition. By opening the doorways between the worlds via lifestyle and meditation, the Buddhists learn how to merge with altered states of consciousness that prepares them for a civilized transition through the death process.

Bardo is a state that can be reached in waking, sleeping, meditating, dying and spirit world times. The Bardo Thodol describes distinct states that can flow sequentially through an aware individual's life and death cycles. The Tibetan Buddhists say that there are three distinct Bardo stages that a tuned person can feel. The first is the Chikai Bardo, the moment of death which shows striking parallels with the so called near death experiences of people who have died and been revived.

The second stage is the Chonyid Bardo where one experiences visions of deities, their idea of heaven and hell, judgment and so on. Many modern writers have recognized the parallels between the psychedelic, and psychotic, states and experiences of astral travel and the astral plane.

The third stage is Sidpa Bardo where the consciousness descends and chooses a new body to be born into. Buddhists do not accept the existence of a single continuing entity that reincarnates and refers instead to the rebirth of the consciousness stream into a new body.

In the west when it is time for a person to die, they usually create either a disease or an accident so that their DOW can exit the body.

Alternatively, when they intuitively know that their time is complete, the Buddhist Lamas sit themselves down in meditation and begin to withdraw their consciousness from each

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

cell. Leaving via their crown chakras, some even send a beam of energy back to the body and dematerialize it, until all that is left is the hair and nails which are said to be free of ego.

In the realm of symbology, death is the harbinger of revelation as all rites of initiation include a death phase preceding a new life. Death liberates us and sets free our innate DOW Power of ascension to the light, depending on our point of awareness when we die.

Research finds common traits amongst beings whose bodies do not decay when they die as in the Catholic Saints called 'the incorruptibles'. Long periods of abstinence of food and drink changed their internal conditions and tended to eliminate certain microbes known to cause degeneration. A pure diet plus a pure heart and a pure mind seemed to create a pure body that remained long after the saint had moved on.

Awareness of the subtleties in life brings great freedom to those with eyes that are open to see. The cells of a sea cucumber are arranged to give a mouth and a digestive tract that is a primitive animal, which is little more than a giant feeding tube. Yet if a sea cucumber is pureed in a blender, after a while the entire animal will regroup itself from the unformed biological sludge.

A similar thing occurs when we take leave of our bodies, we're blended into the whole field, and then we regroup to take a new body.

Dimensional Biofield Science says that for each new manifestation of the lower mental and emotional bodies that are created via rebirth, half of the life atoms for those bodies are taken from prior lives. These are electro-magnetically attracted back to the body when it manifests a new form. So this then means that half of the life atoms that are taken on are new.

One of the purposes of life is the evolution of life atoms, so life atoms that are taken into the physical plane in due course evolve into life atoms that will exist for the emotional body, and work up the body scale. Part of the journey of life is to help those life atoms move on.

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

So successive embodiments could be seen like someone taking a drop of water out of the ocean for a period of time, then adding half of that drop back and half of a new drop back to the original half drop. So we are constantly intermingling with each other and connected to each other, and we're never totally individualized. Radioactive isotope studies and mathematical computations can easily show that in this moment of our existence we have a million atoms that were once in the body of Christ, Buddha, Da Vinci or Michelangelo.

Buddhism, Hinduism and Jainism all accept repetitive cycles of birth although this is not part of the current Christian, Islamic or Judaic literature even though science states that energy can neither be created nor destroyed, it simply changes form.

There is an old Zen saying "If you die before you die, then when you die, you don't have to die". Meaning that when we surrender to our DOW via the death of our ego self we can gain the awareness of eternal life as the DOW exists beyond space and time. The death experience can happen with no loss of, or break in consciousness.

In Biofield Science, the most interesting thing about the transition called death is that we seem to go directly to the place we think we'll go when we die. The same laws that govern the reality of life, as mind and spirit exist with or without a body, govern reality in death. If we believe in Heaven then the DOW provides this experience, as part of Its job is to mirror to us our beliefs which can be altered at will.

There is a group of Tibetan Lamas who, although they are all approximately 125 years old, all look like they are 25. Practicing the Luscious Lifestyles Program they eat one meal once a day of one type of food which their system loves.

Research on rats has recently found that we can increase our lifespan by 30% when we decrease our calorie intake by 50%.

COSMIC COSMETIC SURGERY:

Cosmic Cosmetic Surgery is a fun and inexpensive way to defy the effects of gravity. Applied when we are dancing or in meditation we can manipulate our energy fields to give ourselves face and breast lifts. Obviously the practice of LLP and the drinking of pure water helps to rejuvenate us as well. Place a Biofield around any part of you that needs a lift, program it appropriately for health and rejuvenation.

Using the basic Bio-Shield structure around each body part we can then program this light grid to resonate at set patterns and achieve set outcomes. Cosmic Cosmetic Surgery only works for people who have a strong mind / body connection and trust the power of their DOW.

Albert Einstein once said: “The finest emotion of which we are capable is the mystic emotion. Herein lies the germ of all art and all true science.

Anyone to whom this feeling is alien, who is no longer capable of wonderment and lives in a state of fear is a dead man. To know that what is impenetrable for us really exists and manifests itself as the highest wisdom and the most radiant beauty, whose gross forms alone are intelligible to our poor faculties – this knowledge, this feeling ... that is the core of the true religious sentiment.”

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

PART 4

**BIOFIELD
TECHNICIANS
and
RESEARCHERS**

PART 4

BIOFIELD TECHNICIANS & RESEARCHERS

BIOFIELD RESEARCH:

From the Center for the study of Alternative and Complimentary Medicine:

<http://www.umdj.edu/csacmweb/Biofields-dream.htm>

Everything in the universe is energy. Energy exists everywhere and when in motion creates an energy field allowing energy to be absorbed, conducted and transmitted. Like all objects, the body radiates, absorbs and conducts frequency waves of energy. Each of our senses; seeing, hearing, tasting, smelling and touching, work through energies at specific frequency bands along the electromagnetic spectrum. Our bodies may appear to be solid, but at the most basic level we are made up of subtle energy fields containing little, if any, matter. We are not just physical and chemical structures, but beings composed of energy.

Science is finding that it is not the strong, high voltage – high intensity energies which cause the most change, but the lower, more subtle energies which are closer or more attuned to cellular communications in the body. Latest discoveries show subtle energy forces in nature can penetrate everything, cause instantaneous reaction at incredible distances, do not behave according to known formulas, cannot be measured by conventional electronic test equipment, and represent a completely new spectrum of energy.

The references to this spectrum have been given many names such as: the second force of gravity, dowsing, radionics, scalar waves, L-fields, prana, Kirlian effect, chi, auras, orgone, the body electric or biofield. This biofield surrounds and is interwoven with the body. It serves as a communications device, a receiving and transmission system for converting coded information signals of energy into our thought, emotional and behavioral patterns as

well as the life forming and healing powers of the physical body. The biofield surrounds and interpenetrates all matter.

The character of energy in the body is first electromagnetic and then ionic before it becomes molecular. As a result of this flow of energy from the most subtle to the most dense, disorders and degeneration in matter appear to result initially from imbalances in the subtle energies or biofields. Balanced biofields appear to supply energy to maintain a healthy state of matter. Science defines energy as motion, and energy in the form of the motion of molecules and this arrangement is different as the form varies. For instance, the energy emanating from the activity of liver tissue would be different from that of the kidney, thyroid, stomach, pancreas, pituitary, or any other tissue of the body. Atoms act like little radio transmitters broadcasting waves. Every person sends out waves of different lengths. Personal wave lengths are as individual as fingerprints. Each person and each individual part of the body produces different frequencies. Each organ, gland and tissue has its own vibration rate as well.

Researchers report that energy imbalances and blockages occurring in the field are usually due to trauma, stress, abuse, deficiencies, outside pathogens or auto-intoxication and immune dysfunction. The imbalances create subtle energy resistance at specific frequencies of the biofield. The imbalances may manifest themselves in many signs and signals such as: mental and emotional disorders, discomfort, pain, distress, etc. Our bodies are constantly creating energy, constantly sending out and taking in wavelengths.

Energy healing encompasses a large array of slightly different therapies including: Healing Touch, Biofield Therapeutics, Therapeutic Touch, Reiki, Chi Gung, and Shen Therapy. Energy healing is a complementary therapy used by practitioners to “balance” their patient’s energy fields/biofields to promote and retain good health, and relieve symptoms such as pain. Practitioners do this by using their own biofield or other sources of “chi” to affect their patient’s human energy field. By way of energy transfer and manipulation of the patient’s human energy field, practitioners unblock and re-balance their patient’s energy field and thereby promote overall well being.

BIOFIELD THERAPY:

Kirlian Photography has shown that an individual energy field is closely associated with every living organism including the human body. It has also shown that there is a close connection between each person's "Biofield" and the state of their physical and emotional health. It has also been demonstrated that normalizing the state of the biofield leads to normalization of the physical or emotional state. The biofield can be so normalized by coming under the influence of a stronger, more perfect field.

A skilled practitioner of Biofield Therapy has developed their own biofield to the point where they are able to use it to detect abnormalities in the biofields of others, and to correct these abnormalities using the power of the practitioner's own biofield. This therapy depends on the development in the practitioner of spiritual qualities rather than intellectual knowledge. Such practices as meditation Yoga and Ti Chi, are all capable of purifying the biofield to the point where it can be used to help others.

BIOFIELD TECHNICIANS:

Many Biofield Technicians are creative thinkers who do personal field experimentation regularly if not all the time. Daily training has been going on for decades as we have all research and applied what we could. There are a huge variety of Biofield Technicians including many doctors and therapists who work well within the fields. Prana, Qi, Chi and Reiki Power, Aromatherapy, Yoga, Tae Bo, Advanced Bioenergetics are just a few of the new buzzwords that will create great change this century.

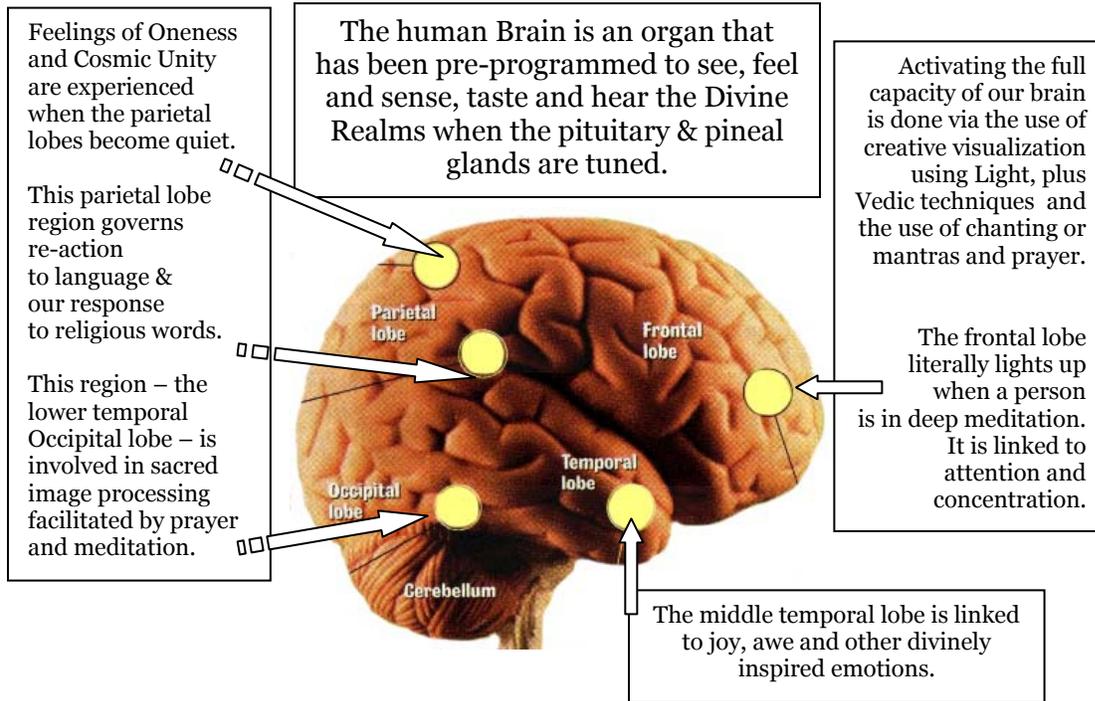
Other Biofield Technicians tune the Social Biofields via Church Choirs, Indigenous Ceremony, Religious Ritual, Temple Time and from performing sacred science. Biofield Technicians range from philanthropists to environmental groups and those working for positive futures. The new millennium is a time of sharing research and joining forces, it's a time of focused and loving action.

THE NEW SCIENCE OF NEUROTHEOLOGY

As Biofields bridge, new information is revealed everyday to Biofield Technicians eager to see the structure behind life. There is a new science called *Neurotheology* that has found that various areas of the brain, when activated by certain procedures, download feelings of bliss, ecstasy, religious fervor and revelation. Bliss brain waves can be experienced by the use of mantras, prayer, chanting, meditation, visualization and breathing techniques. The teachers of transcendental meditation say that only 7,000 switched on people are required to positively tune our Global Biofield into a more harmonious beat. Biofield Technicians say that we are switched on at a frequency of 8 hertz.

According to the Ancient Vedas, we can also use specific tongue, eye and programming techniques to activate our pituitary and pineal glands. This activation is known to not just expand our conscious awareness but also stop the aging process, make the body younger, and release substances that allow us to feel more joy in life. These techniques can also alter our brain waves to an 8 hertz frequency. 8 hertz is the alpha brain wave rhythm in which our right and left brains, are perfectly synchronized. This awakens the 90% of the brain not normally being used.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen



CREATIVE THINKERS:

Socrates, Plato and Aristotle were the thinkers of a powerful age. Sometimes referred to as the philosophical 'Gang of Three', each of them focused on an aspect of the science of thought.

Socrates was committed to finding what was wrong with an issue knowing that this way would then clarify the incorrect use of concepts like love and justice, by pointing out incorrect usage. Socrates emphasized dialectic and argument, which usually had no constructive outcome.

Plato believed that the ultimate truth lay hidden in layers allowing us only to glimpse its shadow. Aristotle systemized logic.

Their influence on the Global Biofield was to gift western thinkers with the skills of analysis, judgment and argument. Today, as in the past, we are taught our thinking processes by those we have associated with in our formative years where we often learn to:

- Over-generalize, think only in terms of black and white, draw conclusions without evidence.
- Assume the worst in a situation or blow things out of proportion, take everything personally.
- Always focus on our failures or our problems.

Creative Thinkers tend to be lateral thinkers who see things as multi-layered. A skill taught by Dr Edward de Bono, creative thinking has been applied by many around the world who have sought to deliver a threefold holistic model that is harmonious to all regardless of our race, religion, age or gender:

- Firstly, we encourage the discovery and/or creation and implementation of a *personal paradigm* where we create a model of reality that allows us to live our life with four body fitness. This is done by retuning our Personal Biofield so that we are physically, emotionally, mentally and spiritually healthy.
- Secondly, we recommend a *global paradigm* that refines the Social and Global Biofields. This is done by refining the existing social, educational, economic,

environmental, religious and political systems. A smooth refinement is done via Recipe 2000➔ which includes specific reprogramming Codes plus the L.L.P. – an 8 step Lifestyles Skills program that is proven to bring inner and outer harmony.

Acting as the voice of social conscience, creative thinkers seek to encourage political programs that recognize the need for holistic education, global ethical abundance, and resource sustainability programs with positive global energy systems that honor the environment and more. Creative thinkers encourage the self-mastery, effective self-government and synergistic teamwork on microcosmic and macrocosmic scales.

- Thirdly, many creative thinkers encourage a *universal paradigm* that looks at our place in the universe and how successful living considers our ability to interact harmoniously with other life forms. Both are achieved by the refinement of our Personal Biofield.

The purpose of this model is to eliminate all war, violence, hunger, poverty and social injustice on earth. This is not a utopian dream.

This can be a reality if we redistribute our resources,
prioritize our goals and work united to a common goal.

Our tools are our hearts and minds and RECIPE 2000 ➔.

Some of the modern day

Creative Thinkers and Biofield Technicians

and their focus, are:

- Michael Murphy: *The Future of the Body*. A Mystical Miracles understanding and summation.
- Dr Edward de Bono: *The Six Thinking Hats*. Positive and powerful problem solving skills.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

- Dr Deepak Chopra: *How to Know God*. Preventative medicine through Holistic education.
- Dr Mantak Chia: *Sacred Sexuality*. Using Chi to create an abundant life.
- The Lady Master Ching Hai: Good Charity, Lifestyle and Discipline.
- Choa Kok Sui: Pranic Healing – self healing and preventative medicine.
- Dr Yan Xin: Chi Charm and Bigu. Healing society of cancer and aids, alternative nutrition.
- Hira Mantek and Dr Sudhir: Solar Power and Pranic nutrition.
- Carlos Castaneda: Dimensional Biofield Science realities.
- Carl Jung and Gurdjieff.
- Jasmuheen: DOW POWER and RECIPE 2000>. Eliminating war, violence, poverty, starvation and social injustice by 2012 via Personal, Social and Global Biofield retuning.

Of course there are literally millions of Biofield Technicians now active in the world, although many may not call themselves by this label. Yet the fact is that more and more are now focused on creating a more civilized world and have understood that they need to tune themselves to tune their world.

Biofield Research Institutes are all over the planet from Centers like Noetics in California, to the China's Super Psychics research crew, the Qi Masters in New York and elsewhere. Biofields are blossoming everywhere as more take control of their truth. According to Professor Adam Skorek at the University of Quebec in Canada, Biofield is a word that is used to describe the electric, magnetic and thermal fields in interaction with living matter.

I include the following summation of Michael Murphy's book, *The Future of the Body* as in Biofield Science, all the following 'Mystical Miracles' are examples of the result of specific Personal Biofield tuning and the use of Dimensional Biofield tools.

Biofield Technician

MICHAEL MURPHY:

THE FUTURE OF THE BODY: with Biofield Technician: MICHAEL MURPHY

The Future of the Body is a book by Michel Murphy who is the co-founder and Chairman of the Board of the Esalen Institute and has had 30 years involvement in the human potential movement. His work sets out to scientifically establish the principles put forward by Sri Aurobindo, the Indian sage. This view says that humanity has great potential physically, and that the attributes of those who are able to do extreme and unusual acts are shared by all humans and will be common in future.

In the book Murphy looks at a variety of extraordinary physical abilities demonstrated by humans.

Levitation:

There is substantial historic evidence that levitation has occurred, particularly in states of spiritual bliss. The Catholic Church has over twenty investigations documented. Saint Teresa of Avila could not resist the powers of levitation even when she tried. Saint Joseph of Cupertino was observed to levitate more than a hundred times. These and many other cases were examined closely and the facts confirmed. The practice seems to have ceased about the same time as humans invented airplanes, which is quite interesting.

Yogic burials:

The book looks at evidence of extraordinary human abilities in a variety of cultures, and the most ancient of cultures, which is Indian, tends to put forward some interesting examples. One is the burial of Indian Yogis for extended periods with no food or drink and little air. In 1837, British doctors certified the burial of a yogi named Haridas for a period of six weeks. He was sealed in a room and bricked in for the period, with guards being present at all times. The normal practice is that before burial the individual's ears, and nostrils are sealed with wax, and they are wrapped in linen cloth, which is also sealed.

This concept that the human body can be basically shut down in a situation similar to hibernation without food, drink or oxygen for an extended period of time is beyond the capacity of science to currently comprehend. Nevertheless, these cases have been carefully documented, and are mirrored in current examples of the “bigu” state of long periods of not needing physical nourishment.

In all instances the ability to achieve extraordinary feats is invariably associated with an enhanced spiritual lifestyle, and consequently modern science has trouble with the fact that the physical acts are an extension of spiritual belief, and in fact are a demonstration of the power of spirit to overcome matter.

Incorruption:

The Catholic Church has extensive records regarding the preservation, without any embalming having occurred, of the bodies of priests and nuns which have not decayed after death. They term these individuals ‘the incorruptibles’. In some instances this lack of decay has gone on for centuries, and there is also a fragrance coming from the body of the deceased of a very sweet and appealing nature, which sometimes lasts for months or years. Further, the bleeding of the body for weeks, months or even years after death, also puzzles scientists. First reports of this phenomenon appeared in the 4th century, and continue today.

In modern times bodies are often preserved by freezing or other artificial causes. However, the well-preserved corpses left by Catholic Saints and their flexibility, fragrance, and bleeding involved no artificial interference of any sort. In one study, detailed evidence of the testing of potential Saints being canonized between 1400 and 1900 was considered, and in this period 42 of the Saints demonstrated these incorruptible qualities. No embalming had occurred, and in all instances the bodies, for periods of up to hundreds of years, were extraordinarily well preserved.

Stigmata:

Another interesting phenomenon historically is the physical feature of stigmata. These are wounds that correspond to Christ’s crucifixion injuries and have appeared on the bodies of

at least 60 people, most of them women. Most typically, a visible stigma consists of bruises, welts and bleeding wounds on the hands, feet and side. But stigmata have also demonstrated abrasions or punctures on the head representing the imprint made by Christ's crown of thorns. A few of these 'ecstatics' have had 9 or 10 such marks on their body at once, but most have 2 or 3.

The first stigmatic in Christian history was St. Francis of Assisi. Interestingly, St. Francis would not let this feature be spoken about until after his death. These stigmatics have been subject to great skepticism and study by the church in consideration of whether they should be sanctified. The detailed reports in Catholic Church history leave no doubt at all that these mysteriously appearing wounds and bleeding are very real. One of the most famous of the stigmatics is Theresa Neumann, who demonstrated stigmata from 1926 until her death in 1962. She was studied by churchmen and medical people for some 35 years relentlessly, and interestingly, in addition to this, lived exclusively on communion wafers for the last 30 years of her life.

Prior to the appearance of the stigmata she had a number of afflictions including temporary blindness, paralysis of her back, and appendicitis. As she recovered from these illnesses she predicted that she would eventually suffer in ways "no doctor could cope with". This is typical of stigmatics in that the injuries are obviously seen as sharing the burden and the pain of Jesus. These physical features are not shared with any other religions and are an exclusive feature of the Christian faith. In many of the cases studied, the bleeding occurs through unbroken skin, which is very puzzling for scientists.

Inedia:

This is long abstinence from food and drink. In the Catholic Church documents, many men and women are confirmed as not eating for periods of many years, and in many instances not drinking is also quite common in the Church records. The ability to be able to survive without eating and also without drinking provides a quandary for modern medicine. It has been suggested that moisture may be taken through the skin from the air, without the direct application of water; which would account for the capacity of people to live without drinking.

Luminosity:

Another aspect of religious mystics including religions other than Christianity is the phenomenon of luminosity. This is exhibited by Christian Saints, Sufis, Taoist Sages and Buddhist Mystics. This involves stories of priests who can light up a dark cell, or a whole chapel by the light that streams forth from them, and is referred to in esoteric terms as the 'Solar Splendor'.

Many of the early Christians demonstrated some extraordinary capacities. For example, monks who didn't sleep lying down for 50 years. A monk in northern Syria lived on a pillar, some 60 feet high, with the platform at the top of the pillar being only 3 feet across, with a railing to keep him falling. This monk preached, performed cures, lectured and lived on this column for 30 years.

Murphy's book documents extraordinary esoteric abilities in a manner that is acceptable to mainstream science. As a consequence, it uses technical terms and medical jargon. It illustrates the fact that metaphysics and science are moving closer together and reinforces the view that the individuals who practice science need to expand their consciousness via the use of esoteric techniques, for example, meditation, prayer, exercise, light diet etc., to be able to perceive the subtleties that are required for significant advancement.

Biofield Technician

DR EDWARD DE BONO:

Edward de Bono is regarded by many as the leading authority in the field of creative thinking, innovation and the direct teaching of thinking as a skill. He is equally renowned for his development of the Six Thinking Hats technique and the Direct Attention Thinking Tools. He is the originator of the concept of Lateral Thinking which is now part of language.

Dr de Bono was born in Malta. He was a Rhodes Scholar at Oxford, holds an M.A. in psychology and physiology from Oxford, a D. Phil. in Medicine and also a Ph.D. from Cambridge. He has held faculty appointments at the universities of Oxford, Cambridge, London and Harvard. Dr de Bono's background in self-organizing systems led him to derive an understanding which he then applied to the neural networks of the brain (see *The Mechanism of Mind* 1969 – Penguin books).

His instruction in thinking has been sought by many organizations: IBM, Prudential, GM, BT (UK), NTT (Japan), Nokia (Finland), Mondadori (Italy), Total (France), Siemens (Germany), Bosch (Germany), Ericsson (Sweden) and many others.

His methods are now mandatory on the school curriculum in many countries and widely used in others. He has written 63 books with translations into 37 languages.

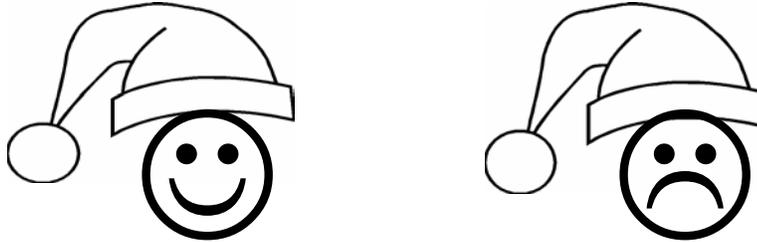
The appeal of Dr de Bono's work is its simplicity and practicality. It can be used by four year olds and by senior executives; by Down syndrome youngsters and Nobel laureates. Dr de Bono is currently the chairman of the Council of Young Enterprise Europe which has a membership of 1,500,000 youngsters across Europe, Israel and Russia who set up mini-businesses while at school.

Dr de Bono's Creative Thinking:

CREATIVE THINKING is a skill required for us to tap into our mind's full potential. By adeptly working with our sub-conscious mind, conscious mind and super-conscious mind we can develop aspects of our nature that will allow us to successfully deal with all the challenges we have in life. The ability to think creatively and move beyond limitations is an intrinsic part of successful Biofield retuning.

CREATIVE THINKING includes both parallel and lateral thinking which was originally developed by Dr Edward De Bono. With his SIX HATS THINKING PROGRAM, de Bono allows people to come to properly considered decisions using thinking methods that are now being taught in schools. Used by NASA and other top organizations De Bono's 'SIX HATS' program is an extremely valuable tool.

Parallel thinking means people gather and use each Hat together at the same time, with all looking at the Pros and Cons and creating together, instead of in opposition to each other, or being driven by ego or separatist and non-harmonious agendas.



The **Blue Hat** is the CONTROLLING HAT.
It is metaphorically used to assess which Hat is used first, next, when, where and how?
It is used to direct the group to conclusion or summary once all other Hats have been applied and obvious solutions presented.

The **white hat** is the INFORMATION and DATA HAT.
Often applied first it is metaphorically used to look at all the information that is available, to assess whether information is missing and how to obtain it.
Decisions cannot be made until all valid information has been offered.

The **Green Hat** is the CREATIVITY HAT. It is metaphorically used to brainstorm for possibilities, alternatives, new ideas. It is the free thinking HAT where we get to be limitless and outrageous in our imagination so we can capture expanded thinking wisdom.

The **Red Hat** is the EMOTION & GUT REACTION HAT. It is metaphorically used to allow people to express their feelings, and their gut instinct and intuitive response. It is not a logic hat, it's a purely sensory hat that deals with the Dimensional Field. It is purely looking at emotional responses to an idea.

The **Yellow Hat** is the POSITIVE IDEAS HAT. It is metaphorically used to allow us to be optimistic, enthusiastic and look at all the reasons the idea will work.
Yellow Hat is a time for assessing the pros.

The **Black Hat** is the CAUTION & ETHICS HAT. It is metaphorically used to be discerning, to be cautious and look at the 'negatives' or potential problems of the idea. It gives the thinker the opportunity to pull the idea apart and examine it for any loop holes or potential failure mechanisms and assess any restraints ...

Parallel thinking encourages and teaches a person to become more creative, to think through things more carefully from more angles and rewires our brains neural pathways. It teaches those more left brained and logical to be more expressive, more intuitive and more 'multi-layered' and it allows the naturally negative to see more of the positive and visa versa.

Biofield Technician

DR DEEPAK CHOPRA:

Biofield tuning is becoming commonplace and more are discovering what Dr Deepak Chopra calls the virtual domain, “that place beyond time and space, the origin of the universe”.

Deepak says that it is difficult to find God because in the material world God leaves no imprint. However, it is obvious God has some sort of impression as many attest to Divine experiences. God’s Presence, in Hebrew is known as Shekhinah – the Presence although sometimes the word is translated as light or radiance. This energy formed the halos around angels and the glow coming from the bodies of saints.

People like Deepak Chopra are attempting to bridge the worlds and also to simplify things. He says that he wishes to put forward a model to interact with God on three levels. Breaking things into a trinity is traditional e.g. the Holy Trinity. The three levels that he suggests are, first – the material world, the physical world, the world in which we exist, second – the quantum world which is sub-atomic but still manifested, and third – the virtual world where everything is unmanifest and uniform and everywhere at once, and this is the region of the most intense experience of God.

How we interact with God and experience miracles comes from the middle level, the quantum level, for this is where the physical and virtual intermingle, the doorway between the worlds that we access through our heart. Miracles conducted in the quantum level are really just ordinary events since the creation of water is as remarkable as the creation of wine from water, and this is where all things come into manifestation. Deepak says that contact with God always occurs in this middle level.

What I have found in my research is that until people adopt a holistic lifestyle that honors their innate spiritual nature, God and the discussion of the Divine will remain an intellectual idea rather than something real and experiential. It is only those people who

really have a sincere yearning to know God that actually do experience God and to those that do, it really is irrelevant whether science accepts this or not.

Dr Chopra says that “the only consistent, reliable way to break the spell of maya (worldly illusion) is to transcend to that level of awareness from which thoughts emerge”. He goes on to say that he relies on “meditation as the effective and reliable means to consistently go and transcend to that level from where all reality comes – to go to the background of non-change from where all change emerges”.

He defines meditation as the art of turning the mind to its own source, to the field of silence. When the mind is left to its own devices, it spontaneously wants to go there. He then goes on to explain that our mind has many layers, from the conscious and subconscious to more abstract layers behind the fully verbalized thoughts, desires and concepts; beyond that is pure consciousness or awareness, the energy that sustains us.

Deepak has written many wonderful books on our mind/body connection and how to create a healthy and happy biofield.

Biofield Technician

DR MANTAK CHIA:

Born in Thailand in 1944, Mantak Chia began conscious Biofield tuning at age 6 after being initiated into meditation practices by Buddhist monks. Later learning Tai Chi Chuan, Aikido and Kundalini Yoga before learning sacred Taoist practices, formulas and methods of internal alchemy from Master Yi Eng. Author of dozens of books, Mantak teaches all over the world.

In an interview with Ronnie Robinson and Bob Lowey he said:

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

One of our main areas of practice concerns sexual energy or Jing ... Many people don't understand the concept of the Tao ... The entire Tao practices which include Qigong, Tai Chi Chuan, Hsing I, Baguazhang are exercises of internal work. To understand the whole concept of the Tao is to work with the inner alchemy.

Working with inner alchemy has a strong effect on our emotions. We start to change our anger into kindness; we start to change hate into love. Sexual energy stimulates the inner alchemy and sexual practice is a method of inner alchemy, which everyone can do. ... So in the Tao practice we can transform the Jing into Chi but we have to make sure that the Jing Chi can become transformed upwards rather than being emitted from the body. In order to be able to do this you must create a place where the Chi can be stored and that place is in the Tiantien. ...

The whole practice of multi-orgasmic energy is that you learn how to feel and activate your energy, how to draw it upwards, move round the cycle and store it. Our sexual energy is stored in our lower centre, waiting to be either activated or lost. We also learn why we need to move the mind to the Tiantien, to rest the upper brain. Consciousness starts in the heart and awareness starts from the Tiantien. When the brain is over-used, with too much thinking and too much worrying the consciousness becomes suppressed.

In the practice of Tai Chi Chuan you have to connect the three Tantiens together with the mind. To do this you must use Yi or Mind Power. Yi will never happen unless you learn to rest your mind with the conscious mind and heart, and the conscious mind of awareness. When you connect the three Tantiens with your Yi you can then develop Chi. When you turn your awareness inwardly you, in turn, connect your awareness outwardly with the Cosmos. You can then feel your energy moving through your body. When your cerebral mind becomes over-activated we call this the Monkey Mind. When this is allowed to happen, then your awareness stops, and the flow of the chi energy will no longer be promoted through the pathways.

Biofield Technician

CHING HAI:

Ching Hai was born in Au Lac in Vietnam. Her father was a Naturopath who loved to study literature and philosophy. As a young girl Ching Hai read the works of Lao Tse, and other Buddhist texts before she had entered primary school. Ching Hai was not a typical child. She was often found reading philosophical literature when other children were playing. Although her parents were Catholic they were open to Buddhism. Ching Hai's grandmother was a Buddhist and so she had the best aspects of both religions taught to her.

When grown, Ching Hai left home to become a nun. Later, she worked for a time in Germany as a translator for the Red Cross, and did extensive voluntary work in the service of refugees.

While in Germany, Ching Hai married a German scientist. He was an attentive and supportive husband and traveled with his wife on her spiritual pilgrimages. However, in due course they separated so she could focus entirely on her charitable work.

After leaving her marriage Ching Hai sought the perfect method to lead to her liberation in one lifetime. Buddha had said that the Kwan Yin method was the highest of all methods, but none of her teachers knew it. She traveled and searched everywhere and finally after many years, found a Himalayan Master who initiated her into the Kwan Yin method. After a period of Kwan Yin practice she became fully enlightened and continued practicing and improving her understanding. She remained in retreat in the Himalayas for some time.

Eventually Ching Hai traveled to Formosa where people recognized the light and energy emanating from her and acclaimed her as a Master and teacher. Ching Hai did not seek out students, in fact she was reticent when first approached, but she finally accepted her public role and in recent years has traveled and taught throughout Asia, the United States, Latin America and Europe. Many people from all walks of life, and from many religious backgrounds, have made great spiritual progress with her help. Although no formal

organization exists to spread her teaching, grateful friends and disciples are to be found all over the world. In addition to her spiritual teachings, Ching Hai has used her energy to assist those who are suffering, or are in need, in recent years. Her humanitarian efforts have touched the hearts and lives of millions all over the world, and she has been a channel for charitable giving in disaster situations.

In recent years Ching Hai has also devoted herself to creative expression, including paintings, lamps, interior decoration, dress designs, poems, musical compositions and songs. Many of these items are sold for the purposes of charitable fund raising.

Master Ching Hai who says : “The Heavenly music spoken of in all the Holy Scriptures such as; the Word and Heavenly Sounds of Christianity and Judaism, the Shabd of Hinduism, the Heavenly Music of Taoism, the Naam of Sikhism, the Kalam-I-Quadim of Islam, the Inner Sound Stream of Buddhism are the only real languages from the Kingdom of God.

“These are the languages of universal love and great intelligence. This Word or Divine Vibration vibrates within all life and sustains the whole universe. The inner melody can heal all wounds, fulfill all desires and quench all worldly thirst. It is all powerful and all love. It is because we are made of this Sound that contact with it brings peace and contentment to our hearts. After listening to this sound our whole being changes, our entire outlook on life is greatly altered for the best.”

Biofield Technician

CHOA KOK SUI:

The founder of Pranic Healing.

At a very young age, Choa Kok Sui became interested in Yoga, psychic phenomena, mysticism and esoteric studies. During his development he received a degree in engineering

and became a successful businessman. He spent more than 18 years researching and studying esoteric sciences that resulted in the pranic healing system teachings. He spent several years experimenting to determine the effectiveness and the mechanism of the healing techniques commonly known and used by healers and students of esoteric sciences.

He has taught thousands worldwide how to effectively heal themselves and others. The courses he has designed are extremely simple yet very effective. Because of this simplicity pranic healing can be utilized by students as solely a healing modality, or can be a way of life. Many of his students continue into advanced courses as they realize that his techniques are accessible, easily understood, and extremely powerful, and have affected tremendous positive changes in their lives.

Pranic healing has also extended into the formal medical profession, with a report recently of a traditional doctor's use of pranic healing in a hospital setting with great results, and the consequent referrals from his medical colleagues of patients for whom they were unable to resolve successful treatment.

Prana and Healing

“A time will come when science will make tremendous advances, not because of better instruments for discovering and measuring things, but because a few people will have at their command great spiritual powers, which at the present are seldom used. Within a few centuries the art of spiritual healing will be increasingly developed and universally used.”
Gustaf Stromberg, Astronomer

We include the work of Choa Kok Sui here, as the Global Pranic Healing Association has been involved in testing the effects of pranic energy in healing for some time. The following is an excerpt from his book *Miracles through Pranic Healing*.

PRANA or KI “Prana or ki is that life energy which keeps the body alive and healthy. In Greek it is called *pnuema*, in Polynesian *mana*, and in Hebrew *ruah*, which means ‘breath of life’ ...

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

“Basically, there are three major sources of prana: Solar prana, air prana, and ground prana. Solar prana is prana from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure to sunlight for about five to ten minutes and by drinking water that has been exposed to sunlight. Prolonged exposure or too much solar prana would harm the whole physical body since it is quite potent.

“Prana contained in the air is called air prana or air vitality globule. Air prana is absorbed by the lungs through breathing and is also absorbed directly by the energy centers of the bioplasmic body. These energy centers are called chakras. More air prana can be absorbed by deep slow rhythmic breathing than by short shallow breathing. It can be also absorbed through the pores of the skin, by people who have undergone certain training.

“Water absorbs prana from sunlight, air, and ground that it comes in contact with. Plants and trees absorb prana from sunlight, air, water, and ground. Men and animals obtain prana from sunlight, air, ground, water, and food. Fresh food contains more prana than preserved food.

“Prana can also be projected to another person for healing. Persons with a lot of excess prana tend to make other people around them feel better and livelier, however those who are depleted tend to unconsciously absorb prana from other people. You may have encountered persons who tend to make you feel tired or drained for no apparent reason at all ...”

Choa Kok Sui says: “Pranic breathing energizes you to such an extent that your auras temporarily expand by 100% or more. The inner aura expands to about 8 inches or more, the health aura to about four feet or more, the outer aura to about two meters or more.”

According to Master Choa Kok Sui, pranic breathing is done by:

- Connecting your tongue to your palate
- Doing abdominal breathing (*through the nostrils*)
- Inhaling slowly and retain for one count
- Exhaling slowly and retain for one count before exhaling which is called ‘empty retention’.

- You can also inhale for 7 counts, retain for one count then exhale for 7 counts and retain for one count, or do 6 and retain for 3.

“In doing abdominal breathing, you expand your abdomen slightly when inhaling and contract your abdomen slightly when exhaling. Do not over-expand or over-contract your abdomen.”

In later chapters Choa Kok Sui goes on to say: “Although science is not able to detect and measure life energy or prana, it does not mean that prana does not exist or does not affect the health and well being of the body. In ancient times, people were not aware of the existence of electricity, its properties and practical uses. But this does not mean that electricity does not exist. One’s ignorance does not change reality; it simply alters the perception of reality, resulting in misperception and misconception of what is and what is not, what can be done and what cannot be done.”

Biofield Technician

DR YAN XIN:

Dr Yan Xin is one of the most respected and widely recognized Qi masters in China and it is with his co-operation that such in-depth studies have been conducted and shared with the world. Many people have spontaneously entered into the bigu state as a result of being in his presence, and much research has been documented in the Chinese language. In fact over sixty books have been written covering his research into the power and benefits of Qi emissions.

Described as a contemporary sage by former president George Bush, Dr Yan Xin’s focus of research has long been on the benefits of applied Qigong into the areas of cancer and AIDS. As a result of attending his lectures, thousands of people have been cured of many major

illnesses. Dr Yan Xin encourages the respect for the old and care for those in need, while emphasizing the importance of a virtuous lifestyle and the value of love for others.

Prana Power and Qi Emission Research

While science continues to see spirit and matter as separate they will not be able to fully understand the complexity of the quantum field. Qi is the essence of this field and Qi emissions defy normal scientific study which requires the observer to be detached from the experiment. Because of the nature of Qi, the observer and the observed are one and the same.

In-depth research has been done on external Qi emissions but not enough on internal Qi radiation, however we do know that virtuous living, meditation, prayer, programming, diet and exercise directly influence internal Qi and its external radiation or emissions. Qi can also be termed prana power or DOW Power.

In the meantime it's great to now know that enough studies have been done to prove that magnetic field measurements coming from internal organs increase greatly when Qi is increased through the above lifestyle.

Research has also been done on the effect of Qi in improving and regulating the function of the digestive system; how it improves the function of the endocrine system; how it affects our capacity to create changes in the muscular and skeletal systems; how it improves the functions of the respiratory system and the circulatory system; plus how it improves and regulates the functions of the nervous system, as well as the power that Qi has in adjusting skin temperature and controlling the body temperature center.

Qigong healing is also not just psychological. It has objective effects independent of the psychological dimension. For example, x-rays of a bone fracture before a Qi transmission, then an x-ray of a bone fracture after this transmission, shows how the fracture has been completely healed in a matter of hours or even minutes. Also it is known that Qi emissions do not lose their intensity over distance and can be directed by mind, will and intention, hence their effectiveness in distant healing. By moving their inner vision into the magnetic

field of a patient, a Qi master can provide accurate diagnosis without actually seeing that patient, or being in the presence of that patient.

Traditional Qigong theories hold that all things in the universe originate from Qi, that everything contains Qi, and that it fills the entire universe. This concurs with the Christian idea that God is omnipresent and omnipotent.

A Qigong master's Qi emanations and power is closely related to his/her own physical, mental and emotional state at the time of the Qi transmission. Similarly, the Light Ambassadors' ability to be constantly fed by Qi or prana depends on the same thing, which is why only those who maintain a high level of physical, emotional, mental and spiritual fitness can live on Qi alone for long periods of time.

The Qi Masters Research is touched on and discussed in *Scientific Qigong Exploration* by Prof. Lu Zuyin, Nuclear Scientist & Qi Master.

Biofield Technicians

HIRA RATAN MANTEK and DR SUDHIR SHAH:

Biofield Technicians in India, Hira Ratan Mantek and Dr Sudhir Shah recently combined forces to measure the physical changes that occur when a body begins to derive its nourishment from the Sun and DOW POWER.

For 411 days during 2000, Hira Mantek underwent strict supervision as he abstained from all food and liquid except for small quantities of water. Observed by Dr Shah and his team, here are some of their findings:

“Out of all cosmic sources, the SUN is the most powerful and readily available source and has been used for energy, by sages and Rishis since ancient time ... The brain and the mind

are the most powerful Sun recipients in human body. The retina and the pineal gland (the third eye or the seat of soul as per Rene Descartes) are equipped with photoreceptor cells and may be considered photosensitive organs. As plant kingdom thrives on chlorophyll and photosynthesis, directly dependant on the Sun, similarly some photosynthesis must be taking place when we hypothesize Sun energy.

“Through complex ways and distinct pathways this energy must enter the body. There is a pathway from the retinas, to the hypothalamus, called the retinohypothalamic tract. This brings information about the dark and light cycles to suprachiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nervous system) to the pineal gland. These impulses, inhibit the production of Melatonin. When these impulses stop (at night or in dark, when the light no longer stimulates the hypothalamus) pineal inhibition ceases, and Melatonin is released. The pineal gland (or the third eye) is therefore a photosensitive organ and an important timekeeper for the human body. The unexplored process of energy synthesis and transformation from the Sun energy perhaps partly occurs here.

“While going through the details of recent scientific literature and also comparing it with ancient Indian spiritual texts, as well as western occult and new age, following things are apparent. The activation of pineal gland is the key step in psychic, spiritual and energy transformation processes. Here in this gland, energy processing and re-distribution occurs. Pineal gland is the commander of all endocrine glands, therefore controlling the humeral system. It also regulates the circadian rhythm, sleep wake cycle and it also slows down the ageing process. It has psychic properties and is the seat of soul or mind – so called the third eye. It is the Agna (Ajna) chakra of tantric system. Its activation can be done with prolonged yoga and meditation techniques or through practice of solar energy. The later does not use classic yoga steps. The pineal also inhibits growth and metastasis of some tumors. It has a stimulatory effect on the immune system. In birds and other animals, it has a magnetic material and is therefore the navigation center in birds.

“Scientists are looking at magnetic, navigatory properties of pineal gland in humans. So pineal activation and charging through solar energy is the vital step and that is the doorway of energy highway. This may be Kundalini Shakti activation, in other words. Normal Pineal

gland measures 6 x 8 mm in human body. As per C.T.Scan and MRI Scan reports of Mr. Hira Ratan Manek it is 8 x 11 mm (enlarged!). This may indirectly support the important role of pineal gland in energy transformation. However it may be mentioned, that an anatomically enlarged gland does not necessarily always mean hyper function.

“Ever since mankind has started ignoring the psychically and Spiritually equipped pineal gland it has fallen on merely physical-material plane and endless pains have fallen on mankind. Mankind must now relearn to activate pineal and the other psycho-spiritual bodies either through cosmic energy dynamics or through practice of Rajyoga or the Tantric ways or other such practices. Kundalini Shakti is said to be activated through these and happiness and bliss with peace are bound to follow. This light energy may be transformed into electrical, magnetic or chemical energies in body. Once processed, this energy must be transported and must be stored somewhere. Actually the ultimate form of all energy is light. Energy and light can be transformed in to matter and back again to energy. The hypothalamus is the commander of autonomic nervous system and the pineal gland is in proximity to autonomic nervous system, so it is logical that new energy transportation may either activate this system or it may use this system as vehicle.

“Parasympathetic nerves and its hormones and chemicals may be more useful than sympathetic system. As sympathetic system increases body needs (e.g. thinking, fighting stress, excitement etc.), parasympathetic system is known to reduce the energy needs. It keeps the person serene and at mental peace and alters the metabolic requirements to a lower state and puts it to sleep. There may be other hormones or chemicals too. The role of temporal lobe and limbic system also may be important. It may work as a regulator if not receptor and may be psychically involved in directing the energy in proper pathways. Deep into the limbic systems or in the parts of medulla oblongata, this energy may ultimately be stored and from time to time, may be recalled, charged or recycled. Medulla oblongata has all vital centers and therefore can be proposed as store of vital energy.

“Thus there are energy receivers or receptors, processors analyzers, transformers, storers etc. to explain the energy logistics. As this form of energy mathematics is different from what we conventionally are used to in form of food and calorie mathematics; we will call this micro-food or mind utilization food. Here, we have talked about the Sun energy, but

one may use any source from the cosmos, i.e. air, water, plants, earth etc. This may be called Surya vigyan, but equally there is Chandra vigyan and Vanaspati vigyan as mentioned in our ancient texts.

“Also apart from retina and pineal gland, skin and other senses may be responsible for receiving the energy. In short, this opens up tremendous possibilities. This micro-food can solve, food crisis on earth and in fact is the only possible food in present context for somebody who wants to be a long-term space traveler or planet traveler. Amazing! It is time to note, that our routine food is not the only source to sustain the body. The role of mind: Whatever said, in this step, (i.e. the step II of deriving the energy from the sun and transforming it in body) the mind may play the crucial role. It is well known that the mind has enormous capacity, (the soul has even further or infinite capabilities).

“Mind can do every thing including so-called miracles. It can revitalize body, it can heal diseases, it can know things in advance and it can manipulate laws of physics. It’s unclear till this date whether mind is a separate entity or the pineal gland itself. The faith and blessings from Yogis and Gurus have their own roles sustaining oneself in adverse situations.”

DOW POWER NOURISHMENT:

According to research provided by the Self Empowerment Academy in Noosa Australia, DOW POWER nourishment using prana is possible when we do the following 5 steps:

- STEP 1. Get to know, and become best friends with your DOW, the Divine One Within you! Learn to trust Its voice implicitly.
- STEP 2. Become comfortable with the idea that we can all live on light. Do your own research. Be open yet discerning of mind & heart.
- STEP 3. Get tuned to the Prana Channel – Use Recipe 2000➔ to do it!

- STEP 4. Get fit on all levels; physically, emotionally, mentally and spiritually – the use of the LUSCIOUS LIFESTYLES PROGRAM – L.L.P. – will guarantee this! Prepare slowly and well – go vegan, raw, then fruit, then liquids, then light. Use cellular nutrition as a transition tool to maximize long term resource sustainability.
- STEP 5. To inspire yourself to stay focused, become familiar with the environmental and global benefits of living on light and also the karmic benefits for our animal life. Understand that by doing this we are also in service as pioneers.

INTENTION: To give your DOW permission to nourish you by Its power.

ACTION: Begin to cut back on your food intake slowly. First eliminate all meat products, then dairy products, and then eat only raw food.

DOW DOWNLOAD:

‘I ask my DOW if it is in my Blueprint Code to live on prana in the next few years.’

If yes ... then command ...

‘I ask my DOW to tune me perfectly on all levels of my being so that this transition can occur with joy and grace and ease. I give my DOW permission to obtain all my vitamins, all my minerals, everything that I need to maintain a healthy, Self Sustaining Biofield from Prana Power. So it is, so it is, so it is.’

‘I ask my DOW for perfect integration, perfect harmonization and perfect balance NOW.’ Support this program with L.L.P.

Biofield Technician

CARLOS CASTANEDA:

Carlos Castaneda, who died in 1998, wrote books which cover his instruction by a native Mexican Indian in the ways of the Shaman.

He defines impeccability as being the proper use of energy. He says that the saving of energy creates impeccability. He says that the sense of self-importance is the activity that

consumes the most energy, and so it must be eliminated. There are six elements that interplay to effectively eliminate self-importance: control, discipline, forbearance, timing, will and the use of petty tyrants.

He says the gift of perpetual awareness is available to those willing to develop certain qualities in themselves. That means no interruption in consciousness at the time of death. The art is the mastery of awareness. Masters of the art are not caught by death, but rather choose the time and way of departure from this world. The three components in achieving this ability are: stalking, intent and dreaming.

The principles of stalking: Warriors choose their battleground; discard everything that is unnecessary; consider any battle a battle for your life; relax, abandon yourself, fear nothing; when faced with odds that cannot be dealt with, warriors retreat for a moment; warriors compress and stretch time, stalkers never push themselves to the front. Another technique of stalking is recapitulation. This is the act of retuning and correcting your past. After recapitulation the art of not doing becomes easier. Not doing involves: erasing personal history, eliminating the sense of self importance, and breaking routines. A measure of success in stalking is the quality of your conduct with people, in all circumstances.

Intent is the purposeful guiding of will, which is the energy of alignment. Dreaming is the art of control of the assemblage point to the location desired in the individual's energy field.

He teaches that there are four enemies for a person of knowledge. Fear, which prevents us from understanding. When fear has been conquered, a marvelous clarity is produced. Clarity is the second enemy because it produces complacency. When clarity has been overcome, you feel a tremendous surge of power, which is the third enemy, due to the possibility of the misuse of power. If you are able to rise above power, you encounter the cruelest enemy of all, old age.

Biofield Technician

CARL JUNG:

Someone whose work many metaphysicians admire is Carl Jung. Born in 1875 in Switzerland, Jung initially had a strong association with Sigmund Freud. In his book *Memories, Dreams and Reflections* he talks at length about the different aspects of our Self. A Swiss psychologist and psychiatrist, Jung founded analytical psychology and developed concepts regarding introverted and extroverted personalities. Later he worked on the ideas of archetypes and the collective unconscious, and how the stronger realities always dominate the biofield.

According to research, he was a lonely child with an active imagination who discovered philosophy in his teens and read widely of religion. Jung was 31 when he began corresponding to the 51 year old Freud who regarded Jung as 'the man of the future'. The two collaborated on various projects until Jung moved on, feeling that psychoanalysis, as Freud applied it, did not adequately address the complexity of the human system.

Carl Jung once said: "The world into which we are born is brutal and cruel, and at the same time of Divine beauty. Which element we think outweighs the other, whether meaningless or meaningful, is a matter of temperament ... both are true ... I cherish the anxious hope that meaning will preponderate and win the battle."

After years of analysis and discussion Jung was to come to a conclusion that many messengers reach. In his book *Memories, Dreams and Reflections* he shared: "I know only that I was born and exist, and it seems to be I have been carried along. I existed on a foundation of something I do not know. In spite of all uncertainties I feel a solidity underlying all existence and a continuity in my mode of being."

Biofield Technician

G. I. GURDJIEFF:

In Ouspensky's book, *In Search of the Miraculous*, the MA's messenger, Gurdjieff says that amongst spiritual initiates, a fakir, monk and yogi have disciplined commitment and holistic practices in common.

The fakir does not teach but serves as an example often by doing extraordinary things. The monk has a teacher in whom he places utmost faith and to whom he is loyal and obedient. Faith in God, love of God, obedience and service to God are all their number one priorities. Yogis also do nothing without their teacher, and yet like the fakir must imitate him and also be totally obedient and trusting. Unlike the monk, yogis set the intention to become their own teacher. While the monk's way is that of faith, the yogis is that of knowledge and the mind, and the way of the fakir is the struggle with the physical body where the power of will is used to achieve unusual things such as standing still, or fasting, for years on end.

Born in Alexandropol around the 1870's Gurdjieff was said to be an excellent story teller like his Greek father, and was a tough, street wise urchin when young. Growing up in poverty he discovered survival skills from cobbling to hypnosis before finally being mentored by his school Dean before supposedly traveling to Tibet and becoming involved in political intrigue.

Stories abound about him being a hard and unusual taskmaster with an unusual adaptation of ancient metaphysical teachings. Ouspensky once said that Gurdjieff was a man who knew everything and could do everything, for he was a prime example of how an adverse early life can give birth to a truly remarkable yet complex man.

Coming into balance with a western lifestyle is challenging for many and the pain and suffering we enforce onto our bodies via our actions is as extreme as the lifestyle choice of a fakir. Poor diet, stress, lack of exercise, gossip and judgmental thinking, negative self talk, and the general western culture cripples our bodies just as easily as the body of the fakir is

crippled when he chooses to stand on the tips of his fingers and toes for 20 years. Gurdjieff said the fakir protégés would then have to carry these ones for they could no longer stand upright.

As we walk through city streets each tour time, we see people crippled like this, bent over and stiff with arthritis and their pain. While good holistic education will eliminate much of our dis-ease, sometimes it is precisely our pain and suffering in life that often motivates great change. As we sensitize ourselves our compassion for others also grows, for we cannot help but desire to never inflict pain, or to help soothe pain when pain has momentarily won.

Biofield Technician

JASMUHEEN:

Researching Biofields since 1964, Jasmuheen eventually discovered DOW Power and Its Self Sustaining Template. Downloading the futuristic Biofield Science she later was shown, and personally adopted, a Holistic Recipe that is designed to tune all fields to their perfect divine resonance so that they operate in harmony with all.

Based on DOW Power, Jasmuheen's work now focuses on the effective marketing of Recipe 2000➔ and its application into the global educational systems. If pragmatically adopted Jasmuheen believes that by 2012, peace and prosperity plus health and happiness, can easily be available for all. Through her annual world tours, tuning retreats, the internet and her educational literature, by 2012 the Self Empowerment Academy's Research Team will have provided enough Biofield Data from enough Biofield Technicians to have set in motion perfect field attunements to fulfill their One People in Harmony on One Planet Agenda – OPHOP.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

Jasmuheen bridges her work of the Futuristic Biofield Science with the philosophy incorporated in the Ancient Wisdom which is based on three foundation-stones. These 3 beliefs also form the basis of Dimensional Biofield Science:

(1) The primary consideration is a “*Principle*”, which is eternal, boundless, and inconceivable, since it transcends any power of human conception. It is referred to as a “*Principle*”, since there is no word in the English language that accurately describes it. It is everything, all that is, ever was, will be, the foundation of everything, from which everything flows forth, and into which everything eventually returns, from atoms to Gods. It is boundless life, beyond duration, beingless, without limiting dimensions.

(2) There appears from time to time, in regular and periodic successions, like ebb and flow, worlds and beings continuous throughout eternity: the appearance and disappearance of incalculable numbers of universes in all degrees and stages of spiritual, astral and physical evolution. Thus universal cyclical action is the second proposition.

(3) Each individual spirit, every entity, shares a fundamental identity with the universal Over-Soul, which is an aspect of the “*Principle*” previously outlined. In Biofield Science, this Over-Soul is our DOW.

FACT: 90% UNIVERSE DARK MATTER & UNKNOWN

FACT: UP TO 90% OF THE HUMAN BRAIN CAPACITY IS UNUSED & UNKNOWN

Dimensional Biofield Science states that as we activate our full brain capacity we will also be able to access and understand the other 90% of the universe.

“Whoever knows others is wise. Whoever knows himself is enlightened. Whoever conquers others has physical strength. Whoever conquers himself is strong. Whoever is content is wealthy. Whoever is determined has strong will. Whoever does not lose his center endures. Whoever dies but maintains his spiritual power has eternal life.” LAO TZU

Part 5

**Question
and
Answers
for
Personal
Biofield
Tuning**

Part 5

Question and Answers for Personal Biofield Tuning

Q and A – ON LOVE:

Question: How do I get more love in my life?

Answer: The capacity to attract and maintain the presence of love is determined by the quality of the individual who is receiving the love. Someone who is in balance allows the quality forces of the universe to be drawn in rather than reaching out, exudes a scent of dormant power, is taut while relaxed, and has resolved the proportions of giving and receiving.

Both intellectual and spiritual growth are involved and neither can proceed without advancing the other, even if that is not always obvious. In Biofield Science, our solar system is a second ray system and Love/Wisdom is literally our DOW essence. Alignment with our DOW provides opportunities and gifts beyond imagination and allows us to experience all types of love in our life.

Love, as is any energy, is governed by the Universal Law of Resonance which says that the more we give, the more we will receive as Biofield Science has found that giving creates a void for more of what we are giving to flow into. So if we wish to get more love then we need to give more love.

Question: How do I manifest my perfect partner?

Answer: It's said that we can be known by the quality of the people we associate with and it's true that there is a mirror aspect in our circle of friends and colleagues. We are an electromagnetic source with visual and audio capacity and we attract the energetic fit for our package. Better signals transmitted by us attract better responses.

Many lessons in life are learnt in the school of relationship and lovers are, by definition, trusting of and vulnerable to one another. Impeccable conduct, patience and persistence, combined with a clearly defined partner profile, are irresistible and are eventually rewarded with our life's perfect partner.

In Biofield Science we manifest our perfect partner by tuning our Personal Biofield and becoming FOUR BODY FIT. This tunes us to the 'perfect partner frequency'.

In Biofield Science people are magnetized to our field due to our energetic connection to them which comes from previous time cycles together. The more tuned and in balance that we are individually, the easier it is to attract a partner who is also tuned and in balance.

Question: What do I do when my partner and I no longer seem to relate as one of us has changed a lot?

Answer:

- DOW MATCH with each other then
- Surrender the relationship to your DOW, stop judging and enjoy life and tune your Personal Biofield and become FOUR BODY FIT.
- Have a Chekhov Day together and sit down and communicate from your heart.
- Check your goals and dreams and visions and honestly assess where you are at, what you would like to change and do it together or apart.
- Ask for the Perfect Resolution to come to create a win/win/win situation for all.

Remember ...

- ♥ Love comes to us all in many ways – through family, friends and also our lovers, and sometimes even strangers. Love comes to those who welcome it and give it.
- ♥ In order to give and receive love, it helps to know and love ourselves.
- ♥ If we do not consider ourselves worth loving, can we allow others to truly love us?
- ♥ Each morning praise yourself – and those you care about – for the good qualities that imbue you all.
- ♥ Give thanks to your DOW for all the good that is in your life, focus on what works in your world and choose to be sincerely grateful.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

- ♥ Spend five minutes each morning and/or evening filling your mind and heart with things that you have to be grateful for – even if it's just having a friend or a warm bed. The more grateful we are for what we have in life, the more we will be given by our DOW to be grateful about. This is Universal Law.
- ♥ Commit to create mutually empowering and mutually pleasurable relationships with all that you meet on earth.
- ♥ Forgive all those who you feel have ever hurt, betrayed or angered you, and who you have ever hurt, betrayed or angered. Forgive yourself.

DOW program:

- 'I ask my DOW to bring me all those with whom I can have a mutually beneficial relationship.'
- 'I ask to complete all learning from karmic ties, in joy and ease and grace, so that I may be free to give and receive and enjoy love, in all areas of my life.'
- 'I now accept and give thanks for the abundance of love that is mine.' Visualize yourself, eyes closed, standing in the middle of the universe. Your arms are wide open in receiving position. Imagine all the abundance of love, health and wealth etc flowing into you.
- 'I give and receive love easily in my life.'

The Penguin Dictionary of Symbols says of love “In Orphic cosmogony, the world originated in Night and the Void. Night produced an egg and from this egg Love hatched, while Heaven and Earth were formed from the two halves of the broken shell.”

And ...

“Love also derives from the overall symbolism of the marriage of opposites.” Love is the “Individual’s driving force, motivating all beings to express themselves in action.”

Many Biofield Technicians feel that now is the time to be both the perfect servant and also the master in the world of form, to be yogis in cities in love with life and demonstrating the power of the DOW. This is the true enlightenment of love, to feel the Divine everywhere and anywhere and not just in our caves.

One of the things that helps with perfect coupling is when the couple ask to be aligned in harmony with the Paradise Plan. To ask for clarity, commitment and to complete all karmic ties that no longer serve them. To ask for Grace, love, magic, synchronicity and to be perfectly tuned to the Divine romance channel if that be their will. This alignment allows the couple to take their relationship into the perfect level of expression free from egos, competition or past life issues that can present problems for any who serve.

Q and A – ON HEALTH:

Question: How do I achieve optimum physical health, and then how do I maintain it?

Answer: Optimum physical health is a benefit derived by a quality lifestyle. Lifestyle encompasses all aspects of life, but of course includes what you drink, what you eat, how you exercise, and the level of balance in your life, time out for meditation, contemplation, etc.

More specifically, 70% of our body is water, and recent scientific study has shown that water is dramatically imprinted by emotions and words. As a consequence the quality of water we take into our body is of high priority as far as physical health is concerned. Ideally, water should be filtered through a triple filter osmosis system and stored for a period in a clear container with suitable symbols and comments on the container, directing love into the water. This procedure should not be under-rated in importance.

Regarding diet, the general counsel is for the lightest possible diet in small quantities. The benefits of vegetarianism and a vegan diet are discussed elsewhere.

The third aspect is exercise, and exercise is critical for optimum physical health. Ideally, this should include some form of weight resistance exercise, either using your own body weight or external weights, because only weight resistance exercise produces benefits for your skeleton as well as the rest of your body.

Lastly, regarding physical health, a period of meditation daily is necessary, where you take time out from your pre-occupations and busy life, to sit back and be at peace. This is a very important aspect of physical well-being.

Health means physical, emotional, mental and spiritual wellness as our energy fields are interconnected. To achieve optimum health we need to develop a strong mind/body connection and to learn to listen to the body and its needs.

Question: How do I achieve and maintain emotional health, mental health and spiritual health?

Answer: Four Body Fitness comes from balance. In Biofield Science, it's a matter of aligning our physical, mental, emotional and spiritual bodies so that they synchronistically move in harmony together. This creates grace and ease in life, rather than strain and stress. The Luscious Lifestyles Program has been designed to create perfect health in all our energy fields so its application in our life will soon bring results of both health and happiness.

- Health of our total Self – our body, mind, spirit and heart – comes to all who are prepared to exercise a little personal care and self-nurturing plus a little daily discipline regarding our lifestyle choices.
- Meditation creates a healthy spirit, mind and heart.
- Exercise and a light diet creates a healthy vehicle for us to be high on life.
- Hot health comes from a basic lifestyle choice.
- Experiment – do L.L.P. for 30 days and feel the difference!
- For hot health, laugh a lot and do what makes your heart sing!

DOW program:

- 'I now command that my physical, emotional, mental and spiritual bodies be perfectly aligned to the beat of my DOW so that I may fully enjoy and express Its presence.'

Regarding the health of others and health of our planet – in Biofield Science, outer pollution is a sign of inner pollution.

Q and A – ON WEALTH:

Question: How do I manifest the money I need to thrive and not just survive?

Answer: In Biofield Science, the art of thriving rather than surviving is the art of having the universe come to us rather than we go and seek it. Power cannot be found. Power has to find us, and changing a chore into a pleasure, changing a job into a vocation, occurs by acting impeccably. The quality of our behavior, our thoughts, our words, and our actions, attracts the river of grace to our door that allows circumstance to be synchronistically arranged to our great benefit.

Many people carry with them internal sabotage programs from previous experiences in life, that block their ability to experience Divine Providence and the abundance It can bring. Asking our DOW to a) allow us to complete all karmic learning regarding issues of abundance; b) remove any energy blocks that inhibit our receive true abundance and c) inspire us to expect to always be provided for when we live our lives in a manner that is beneficial to all. Divine Providence takes care of all who selflessly serve.

Question: Can I do what makes my heart sing and be financially supported?

Answer: There is no question that we will be successful financially at what we most love to do. The problem most people have, is determining what their passion is. Many go through life with no great purpose or passion. Before we can adopt our passion as our profession, we need to establish what our passion is. This is best done simply through humble request in meditation to have our DOW reveal this clearly to us in a way we can understand.

- Be aware of the abundance of opportunities – when we look for abundance, it comes.
- Open up to receiving abundance from sources ‘known and unknown’.
- Utilize the Cosmic Bank of Abundance – expect to have all your needs taken care of by your DOW. Create your own Kosmic Kredit Kard and place it in your wallet. This will open a door for abundance to flow to you.
- Place in your bag, a small crystal that you have programmed to always keep your purse filled with more than enough money than you need.

- Also do what is practical on the earth plane to pay your bills – be responsible, but also expect that you can manifest and do work that you love and that is also beneficial to Gaia in some way.



DOW program for WEALTH:

- ‘I now ask to complete all my learning from past, present and future lives regarding abundance. I ask my DOW to remove any blockages within my fields that are stopping me from receiving all the abundance that is mine.’
- ‘I now ask that all resources that I need to thrive on earth and fulfill my purpose and passion, in alignment with my DOW, be brought to me in perfect time.’
- Then chill out, and every time you worry about money reprogram with the affirmation: ‘I accept and give thanks to all the abundance that is mine and welcome it from sources known and unknown.’

Finally, be aware of your thought patterns around abundance. Reprogram limiting thoughts with limitless ones.

Q and A – ON PASSION AND PURPOSE:

Question: How do I discover my true life purpose, that purpose about which I am passionate?

Answer: The method of establishing our purpose is simply to ask our DOW to locate, and put into effect the purpose about which we are passionate. The indicator that we are on track is referred to esoterically as “the singing heart”, that is, when we are aligned with our true purpose we find waves of joy flooding through us, emanating from our heart.

In Biofield Science “asking to know our true purpose” is like placing a cosmic employment sign. The universe always responds to clear signals and sincere requests.

Question: How do I make sure I am always in the right place and the right time?

Answer: The answer regarding the impeccability of timing is the impeccability of life. That is, when you live a life that is impeccable, it is extraordinary how events arrange themselves to your advantage. The quality of the lifestyle you choose, and how you conduct yourself will entirely create the quality of synchronistic assistance that you derive.

There is a Biofield energy called Grace, and when it is attracted to our field, it allows everything to flow with magic, ease and synchronicity. A well tuned Personal Biofield that has the inner doorways open, always attracts the blessing of Grace.

DOW program:

- 'I now command that the purpose about which I am passionate be revealed to me clearly.'
 - 'I am now in purpose and passion in my life and have all the abundance that I need.'
-

Q and A – ON FAMILY AND FRIENDS:

Question: How can I retain a quality relationship with my family and friends when I find myself changing dramatically and my interests being very different from theirs?

Answer: It's important to stay in touch with family, although as people change esoterically, it is quite common to alter our circle of friends. Regarding the tensions that certain lifestyles may create within an individual's family, it is important find the things you have in common with those you love and to spend time doing things that you all enjoy.

On this basis it's possible to continue a meaningful relationship with family even though we undergo extensive change our self. It's amazing also how the demonstration of example often moves families from a limited point of view. True Mastery requires us to be able to be

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

comfortable and at peace in any situation. To be the watcher, the one who can be detached enough to act rather than to react.

DOW Program:

- 'I ask my DOW to now match me DOW to DOW with all my friends and family so that our sharing may be perfect for us all.'
 - 'I ask the universe to bring me people with whom I can have a mutually beneficial relationship.'
-

When an individual has all the love, health, wealth, passion and purpose and meaningful positive relationships that they desire, then they are able to become extremely effective in the world. Once we are personally fulfilled and are four body fit, we also tend to become more altruistic and compassionate regarding the health and happiness of all individuals.

Part 6

**Bridging Biofield
Science
and the
Ancient Wisdom**

Part 6

Bridging Biofield Science and the Ancient Wisdom

FOUR BODY FITNESS: BIOFIELDS & BLISS is about being physically fit, emotionally fit, mentally fit and spiritually fit. While much scientific research has been done on physical, emotional and mental fitness, only a few Research Institutes have examined what happens to an individual when they also become spiritually fit.

Some may say that this is due to the fact that western society has an unwritten law where we try to respect a person's spiritual orientation as a private matter between them and their God. Provided our religious beliefs create no harm, third millennium society tends to generally apply the live and let live principle. With so many various religious realities our western education system no longer provides spiritual fitness data and nor does it understand the need for four body fitness and its potential impact on personal and global harmony.

Virtually no mainstream research has been done to date on what happens to the human bio-system when a person attains four body fitness. This is something that has traditionally belonged in the metaphysical research field as Biofield Technicians have now understood that without four body fitness we will only ever witness fleeting glimpses of the higher potential of humanity. To see ourselves as physical beings who can think and feel and nothing more is not an option in Biofield Science as in order to experience the bliss of this science, we must operate holistically.

Recipe 2000➔ is designed to promote four body fitness and to experience the bliss that awareness of the Dimensional Biofield Science can bring. The effect that Recipe 2000➔ has on an individual can easily be measured by the obvious changes that will occur in our

life. This is something that can be witnessed as our health and happiness levels will definitely improve.

When a person desires to activate and/or create spiritual fitness, they discover that there are four main ways by which to find the path of spiritual evolvement:

- (1) the companionship of someone who is already on the path, their physical presence being of great influence;
- (2) hearing or reading teachings on the subject;
- (3) sheer force of thought can lead to the conclusion that there must be a plan of evolution and those who know about it, and that there must be a way by which those evolved individuals can be contacted; and
- (4) the practice of virtue, which develops intuition to take the person to the correct company, but which can take a great many lives. The practice of virtue and nothing else will succeed eventually, but it can be a slow process.

Spiritual fitness involves opening the lines of communication between our personality ego self and our DOW nature. A veil exists between each part which may be made less coarse and more transparent by aspiring to integrate all aspects of our being and by allowing our DOW to reveal Itself and run our life.

The Ancient Wisdom says that the four attributes required for spiritual fitness or 'enlightenment' are: *discrimination, desirelessness, good conduct, and love.*

Four Body Fitness is part of the art of successful living for when we are in harmony and balance within so is our outer world. In Biofield Science, four body fitness provides us with a quality personal keynote, which allows us access to quality biofields. This, in turn, allows us to experience the four attributes of enlightenment.

Retuning our Personal Biofield so that we can access quality fields takes both our desire, and also discipline, yet the rewards of experiencing the higher levels of the Dimensional Biofields are overwhelming. Metaphysicians have discovered that we can glide through life on a wave of Grace that needs to be experienced to be truly appreciated. We have also

discovered that there is no need to suffer in life and that we can complete our karmic learning with joy and ease and grace.

In Biofield Science, karma is a rebalancing process that occurs naturally within energy fields and it is a process governed by the Universal Law of Balance. Both Biofield Science and the Ancient Wisdom principles are governed by Universal Law. In the Ancient Wisdom karma and reincarnation seem to go hand in hand. In Biofield Science we understand that energy cannot be created or destroyed, that it simply changes form, and that each individual is a complex system of energy; hence the idea of reincarnation takes on a more factual view.

According to the Ancient Wisdom, reincarnation is the rebirth in a physical body of the DOW of an individual and occurs so that we can each gain evolutionary experiences which are only available when we come into physical manifestation. A very large number of lives need to be lived to achieve the desired result.

In eastern philosophy, karma is the accumulated result of all past lives, a type of impersonal debit and credit ledger, the balancing of which is a major reason for humans to stay in the cycle of incarnation. When this is understood, it is obvious that negative and harmful acts are only done in ignorance of this knowledge, since an equally negative and harmful reaction is automatically applied to the individual performing the act, in either their current or a future life.

The Ancient Wisdom says that as the individual begins to enjoy four body fitness the DOW is born into the gender, race, and conditions best suited to produce conditions to strengthen the weak points in the individual's character. There is a great deal of flexibility with regard to the interval we spend between lives, a dominant factor being the necessity of bringing groups of people into incarnation together, to work out mutual karmic interrelations.

The Ancient Wisdom shares that there are three great types of karma. The first is the vast mass of unexhausted karma, good or bad, accumulated from past experiences, which waits to be rebalanced energetically. The second type is that particular part of the first which has been selected to be resolved in the current incarnation. The third type is the new karma constantly being made by present actions. It is the karma of the second type that the

astrologist or palmist tries to read, and their calculations are often invalidated by intrusions from the other two varieties.

Both Biofield Science and the Ancient Wisdom say that as long as we are thinking only of ourselves and putting forward any energy, we create karma. Even if the energy is positive; good karma binds us to physical life just as surely as bad karma, because we have done it for our self. But if we do all our good deeds without a single thought of personal reward, then the karma created is distributed to humanity as a whole. Perfected humans are so harmonized within the Dimensional Biofield that they create no individual karma.

When we open the inner doors to the Dimensional Biofield by using the Luscious Lifestyles Program and the Paradise Codes of Recipe 2000➡, we also begin to magnetize to our fields feelings of fulfillment that many people only dream of. This is due to our increased levels of sensitivity that allows us to remember and experience the purest levels of the Dimensional Biofield that in the east is called the realm of Samadhi which in Biofield Science is the Divine Love Channel.

When we combine the ancient wisdom we find that the fastest way to tune our Personal Biofield, and hence the social and global fields, is to:

- (1) Apply Recipe 2000➡, with its Paradise Codes, and the L.L.P.
 - (2) Surrender every cell of our body to our DOW and give It permission to run every aspect of our lives, on all levels. We do this knowing that our DOW is all powerful, all knowing, all loving, everywhere and able to create instant transformation.
 - (3) Align our mind to the mind of Supreme Intelligence and Its Paradise Plan.
 - (4) Open our heart chakra and invite the Divine Mother to radiate her love through us into the world. As It flows through us, this love will transform our internal system and also gravitate to where it is needed in the world.
-

Many people desire spiritual advancement to experience the bliss that comes from having a well tuned Biofield but for many Biofield Technician's, the true joy is in being able to be consciously involved in determining the path of human evolution and to experience pure, unconditional love as it flows throughout the universe.

It is our goal in sharing these tools, to create global
health & happiness ; peace & prosperity ; fun & fulfillment
for all citizens of planet earth by 2012.

Biofields & Bliss provides the "why's and how to's"
in a simple and practical way.

MAY WE ALL LIVE LONG AND PROSPER!

CURRENT BIOFIELD STATUS:

In 1998, an Alliance was formed between Biofield Technicians across the globe. This Alliance saw groups coming together and making the commitments to retune their Personal and Social Biofields to a state supportive of the manifestation of Global Paradise.

In 1999, a recipe for Global Paradise was shared throughout the Alliance and over a six month period in 2000, the Luscious Lifestyles Program was implemented in more than a dozen countries and in 33 cities. That same year an election was held throughout the Alliance groups to create a Dimensional Biofield Government that was employed to help spiritualize all the existing systems on earth so that they operate for the good of all.

In June 2001 people representing 22 countries gathered in Germany to imprint the Global Biofield with the newly created Paradise Template, a field that was programmed with

Four Body Fitness : Biofields & Bliss Book 1 with Jasmuheen

specific Biofield Science Codes and Ancient alchemical wisdom. With the dimensional doorways opened, all Kingdoms were accessed and invited to support the manifestation of the One People living in Harmony on One Planet – the OPHOP – agenda.

The OPHOP agenda is now being achieved via holistic education including holistic health systems, holistic media, holistic political systems, holistic economic systems and holistic social systems that are streamlined and refined to operate for the good of all. All systems that promote and support FOUR BODY FITNESS were also activated as were innernet communication systems through all fields.

For the past few decades Biofield Technicians and Grid Engineers have been creating perfect holistic cities within the Dimensional Biofield, and overlaying these etheric cities within the fields of earth's existing cities. Some of these fields have now merged and life in these cities is rapidly changing in a beneficial way for all those open to this retunement.

With the new Paradise Template and grids now infused through all levels of all the Biofields, all that is left for individuals to do is to act impeccably, and enjoy the Luscious Lifestyles Program. Another powerful contribution that individuals can now make is to ask their DOW to constantly radiate pure love into the world as love is the perfect frequency infusion for our Global Biofield at this time as archaic patriarchal systems can be easily rebalanced using Divine Love.

Knowledge and application of Biofield Science gives everyone the opportunity to positively influence earth's future.

Biofield Technicians have voted that once we understand how to adjust the fields, then our first act of being a true global family, needs to be on creating health and happiness, peace and prosperity for all. To do this we must begin by providing for basic needs.

This includes issues like how to feed, clothe and shelter everyone which requires us to redistribute our planets resources. It may include the setting of new standards of moral and social behavior with the knowledge that being an example is always the best teacher.

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

It may mean taking silent time in meditation to think about what sort of planet do we want our offspring to inherit? What sort of future do we want our grandkids to be part of?

To do this we need to work pragmatically by refining the existing systems on earth beginning with the Personal Biofields of each individual. Personal Biofield retuning is a matter for which we each we need to take responsibility. I tune mine, you tune yours and we help each other when required. A well tuned Personal Biofield changes the frequency of the Social and Global Biofields automatically.

To manifest the current OPHOP/Paradise agenda, we needed to come together to share visions, make decisions and implement actions so that agreed outcomes can be attained. Consequently groups are now regularly gathering to tune the fields. Applying Biofield Science, many tap into the innernet and the C.N.N. – the Cosmic Nirvana Network, an inter-dimensional communication system that metaphysicians use. Updates on personal and global field tuning can be obtained from Jasmuheen's websites.

JASMUHEEN'S BACKGROUND



www.jasmuheen.com

- ♥ Author of 24 books;
- ♥ international lecturer,
- ♥ leading researcher on pranic nourishment;
- ♥ founder of the Self Empowerment Academy ;
- ♥ co-facilitator of the C.I.A. – the Cosmic Internet Academy; publisher and
- ♥ editor of the on-line M.A.P.S. Ambassadry Newsletter – *The ELRAANIS Voice (TEV)*.

- ❖ 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 channelled 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 – Travelled 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 – Travelled extensively to Europe, the U.K., the USA 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

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

- ❖ 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 and Bliss Book 3*.
- ❖ 2002-2003 – Wrote *The Food of Gods*.
- ❖ 2003 – World Tour "Divine Nutrition and The Madonna Frequency Planetary Peace Project".
- ❖ 2004 – Wrote *The Law of Love* then toured with the Law of Love and Its Fabulous Frequency of Freedom agenda.
- ❖ 2005 – Wrote *Harmonious Healing and The Immortals Way*, then toured with the Harmonious Healing agenda.
- ❖ 2005 – Began work on *The Freedom of the Immortals Way* plus continued with writing *The Enchanted Kingdom Trilogy & The Prana Program* for Third World Countries.
- ❖ 2005 – Presented THE PRANA PROGRAM to the Society for Conscious Living at the United Nations Building in Vienna – Nov. 2005
- ❖ 2006 – International tour with THE PRANA PROGRAM
- ❖ 2007 – International tour focus on THE SECOND COMING and SECOND CHANCE DANCES.

Jasmuheen's books are now published in 17 languages.

EDUCATIONAL E-BOOKS

<http://www.selfempowermentacademy.com.au/htm/cia>

Education eliminates ignorance which eliminates fear which leaves more room for love ... the following e-Books are just a few of the 20 books Jasmuheen has provided the Self Empowerment Academy and its online representative the C.I.A. All provide many wonderful tools and insights for the co-creation of personal and planetary paradise.

“IN RESONANCE”: This book can be likened to a ‘motor mechanic’ manual except it is for tuning and aligning the four body system – physical, emotional, mental and spiritual – for a blissful life! The book covers 20 years of well-researched information on the Ancient Wisdom, plus many practical techniques to create positive change from breath and light work to bi-location, universal law, and telepathic communication! (No 2 with Esotera Magazine Best-seller – August 98 Germany) Add this e-book to shopping cart. <http://payloadz.com/go?id=59295>

THE DIVINE NUTRITION SERIES

BOOK 1 of the Living on Light – Divine Nutrition Series: “PRANIC NOURISHMENT – Nutrition for the New Millennium”: Jasmuheen’s fourth book which details her journey and experiences plus a detailed process, that allowed her to be physically sustained by the chi of life. This book also covers immortality and tools to stop the aging process. Living on Light is available in 15 languages – go to <http://www.jasmuheen.com/who.asp#author> for a list of publishers in other languages. Add this e-book to shopping cart <http://payloadz.com/go?id=59292>

BOOK 2 of the Living on Light – Divine Nutrition Series: “AMBASSADORS OF LIGHT – Living on Light – World Health, World Hunger Project” is Jasmuheen’s tenth book and the follow on to her best seller *Pranic Nourishment – Nutrition for the New Millennium*: In this book Jasmuheen offers practical solutions to world health and world hunger related challenges. This entails an in-depth look at global disarmament, the dissolution of prohibition, the forgiveness of Third World debt, holistic re-education programs for long-term resource sustainability, and the elimination of all dis-ease. This book is a collation of research, recipes and recommendations that if adopted, will radically alter the path of humankind! Imagine a world without war or hunger or fear? Imagine a world that is dis-ease free and unified where all life is honored? These are the dreams of the Ambassadors of Light. Add this e-book to shopping cart <http://payloadz.com/go?id=59293>

BOOK 3 of the Living on Light – Divine Nutrition Series: “THE FOOD OF GODS”: Powerful solutions, and meditations and tools on how to nourish all our hungers and eliminate our physical, emotional, mental and spiritual anorexia so that we can all be healthy and happy and peaceful and prosperous. Perfect nourishment utilizing Divine power. Jasmuheen’s 18th book. Add this e-book to shopping cart <http://payloadz.com/go?id=59294>

“THE LAW OF LOVE”: An extensive 238 A4 page 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 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! Add this e-book to shopping cart <http://payloadz.com/go?id=91815>

Free Chapter:
<http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAW-OF-LOVE-FREE-CHAPTER.pdf> **Free Introduction &**

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

Chapter Titles <http://www.selfempowermentacademy.com.au/htm/files/e-books-free/LAW-OF-LOVE-INTRO-CHAPTER-TITLES.pdf>

THE BIOFIELDS & BLISS TRILOGY:

BOOK 1: “FOUR BODY FITNESS”: Written as a simple education manual for schools, in this book Jasmuheen shares details of Biofield Science which includes programming codes plus a lifestyle recipe that will create inner and outer peace; harmonize all people, and inspire great change. Bridging the ancient Wisdom with Futuristic Science, Biofields and Bliss also introduces the Higher Light Science of advanced bioenergetics and its pragmatic application for personal and global refinement. This book covers Recipe 2000> in great detail and offers many practical tools for successful living. Add this e-book to shopping cart <http://payloadz.com/go?id=59243>

BOOK 2: “CO-CREATING PARADISE”: Covering the Dimensional Biofield Science of fine-tuning our Social and Global Biofields to create paradise on Earth, this book offers simple and powerful tools for positive personal & global transformation. It also provides a synopsis of religions, the ancient wisdom and quantum principles plus self-empowerment and peace tools. Add this e-book to shopping cart <http://payloadz.com/go?id=59291>

BOOK 3: “THE MADONNA FREQUENCY PLANETARY PEACE PROJECT”: This free e-book carries the slogan “Change our Focus & Change our Future” and provides 9 practical projects and action plans and agreements and tuning tools that will create deep and lasting planetary peace by eliminating the root reasons and causes of war and terrorism. This manual is a timely, PERFECT ACTION solution for the chaos of this current millennium. Available ONLY as a free e-book. Also in **ENGLISH – DEUTSCH – ESPANOLE – FRANCAIS – ITALIANO – DUTCH – ROMANIAN – PORTUGUES – CZECHOSLOVAKIAN – CROATIAN.**
<http://www.selfempowermentacademy.com.au/htm/peace.asp>

“DIVINE RADIANCE: ON THE ROAD WITH THE MASTERS OF MAGIC”: A detailed account of the life of the messengers of the Masters of Magic. A ‘heart’ book filled with transformational tools and stories of Jasmuheen’s interaction and experience with the ones she calls the Masters of Alchemy plus tips for improving our Divine Communication, Divine Revelations and more. Add this e-book to shopping cart <http://payloadz.com/go?id=59297>

“STREAMS OF CONSCIOUSNESS UNIFIED”: A collection of recorded live channeling taken from the previous 5 volumes of the “Inspirations” trilogy and Vol. 1 and 2 of “Streams of Consciousness”. As a volume of communications received by Jasmuheen from C.N.N., the Cosmic Nirvana Network, during the 1990’s; these divinely inspired messages cover attitudes and life skills and as such will never date. Add this e-book to shopping cart <http://payloadz.com/go?id=59301>

“HARMONIOUS HEALING & The Immortal’s Way” – “In late 2004, I found myself diagnosed with a deadly carcinoma. Known for my radical and alternative approach to life, I began an adventure into the alternative healing field discovering radical new light ray and sound wave technologies, diagnostic tools and also therapies based on ancient aboriginal Dreamtime Healing.

“My journey dealing with family and friends, and potential information overload, led me to understand the need for not just having dependable personal discernment as to selecting the right path for harmonious healing but also to understanding that what we have created we can uncreate and that our body consciousness holds the perfect key to the healing path for us all.

“Today one in four adults dies unnecessarily from one of the seven deadly diseases. Perhaps it is due to a lack of holistic education or perhaps it is just their time. If it is their time can they die with dignity and should they have the choice to know about and utilize the ancient method of self euthanasia used by the lamas throughout time? What is this ancient method and can it be misused? How do we know if what we are facing is our check-out time or just a challenge? What about spontaneous healing and healers like the Brazilian miracle man John of God?

Four Body Fitness : Biofields & Bliss
Book 1 with Jasmuheen

All of this I explored ..." for Free chapter and book content
<http://www.selfempowermentacademy.com.au/htm/files/ebooks-sale/HH-Contents-Chapter1-forCIA.pdf> ; E-book : <http://payloadz.com/go?id=11580>

“THE PRANA PROGRAM”: 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 encyclopedia type compendium of ‘everything you always wanted to know about prana and more’. This book covers alternate methods of nourishing and even hydrating the body using an inner energy source already produced in the body thus freeing us from our dependence on world’s food resources and changing the economic status of our world. Add this e-book to shopping cart.
<http://payloadz.com/go?id=163985>

NOW AVAILABLE: Audio and also videos that are now available free from the C.I.A. website at

<http://www.selfempowermentacademy.com.au/htm/visual-welcome.asp#video>

<http://www.selfempowermentacademy.com.au/htm/auditory-welcome.asp>

<http://www.selfempowermentacademy.com.au/htm/peace/asp#LANGUAGES>

C.I.A. EDUCATIONAL AUDIOS

<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#audio>

Also JASMUHEEN’S meditations on CD as MP3 files are now available in other languages at
<http://www.selfempowermentacademy.com.au/htm/cia-education.asp#audio-otherlanguage>

For more copies of this For more copies of this e-book as a download go to:

<http://payloadz.com/go?id=59243>

For copies as a Hardcover book go to:

www.lulu.com/content/424532

Stay up to date with Jasmuheen’s activities
via the Cosmic Internet Academy’s Contact list.

<http://www.selfempowermentacademy.com.au/htm/contact.asp>

**Please note that your details are kept confidential at our C.I.A.
and are not passed on.**

Biofields & Bliss Book 1

Four Body Fitness

'Four Body Fitness : Biofields & Bliss' is Jasmuheen's seventeenth book and her first with her husband Jeff. With more than 70 years of metaphysical research and experience, Jasmuheen and Jeff present their new FOUR BODY FITNESS Program.

BLISS is described in the Oxford Dictionary as being : perfect joy or happiness; blessedness; being in heaven. If the Recipes and Programs covered in this book are applied we can all experience complete fulfillment and harmony on earth. *This is neither New Age or Religious dreaming,* BIOFIELD BLISS is the outcome of holistic education based on RECIPE 2000➔ which incorporates the *Four Body Fitness* principles.

FOUR BODY FITNESS : Biofields & Bliss is a simple, pragmatic manual that is designed to bring us all into a state of both personal and global paradise. To be achieved by using Biofield Science, this system of operation deals with environmental field control and can be applied with fast results. Accepting metaphysical principles and quantum mechanics, Biofield Science is a bridge for all pathways on earth as it is the basic mathematics of achieving health and lasting happiness.

BIOFIELD SCIENCE : the art of successful living

'We can all achieve perfect love, health, happiness, abundance, passion and purpose. We can feel totally fulfilled on all levels. We can gather and network with powerful, positive and like minded people and we can refine our Personal, Social and Global Biofields.' *Jasmuheen*

BIOFIELD SCIENCE & THE ANCIENT WISDOM
SHOW US HOW.

ISBN 978-1-876341-95-4