

Welcome to the C.I.A. & the EMBASSY OF PEACE



www.selfempowermentacademy.com.au/ourselves/#fabulous-lifestyle/

Luscious Lifestyles Part 1 - Meditation. Basically this means – sit down, shut up and be still and silent for a period of time every morning and if possible also every evening. Do this with an intention to hear, feel, sense and know the already enlightened aspect of your own nature – your DOW. As mentioned, this pure and perfect part of all people will grow and blossom when it is focused upon and this is due to the Universal Law of Resonance... for more on this ...

- See our free YouTube video [Meditation Magic](#); and also [Mood Enhancer Meditation](#).
- One of our favourite meditations is the Love Breath Meditation. [Click here](#) for a free 6 minute version; to find out more about our longer version MP3 file of the Love Breath Meditation [click here](#) - approx. 40 mins.
- You may enjoy a selection of other free brief meditations that we offer in our YouTube [Meditation Playlist](#)

Luscious Lifestyles Part 2 - Prayer. In this sense we mean establishing intelligent communion with the U.F.I. that responds to the thoughts and feeling patterns of all life forms. Prayer is communication with your Divine Essence. Prayer, ideally, is conversational, as if you were speaking to your best friend. The power of prayer has been established scientifically in the United States of America, studies having been done in an intensive care unit in a hospital where half of the patients in intensive care were prayed for and the others were not...

- For more on this - see our video on [Prayer](#).

Luscious Lifestyles Part 3 - Mind Mastery & Conscious Programming. This means using the mind as our servant rather than being the servant of our mind. It also means letting go of all limited and negative thinking and, by studying inter-dimensional field science as provided by the Embassy, understanding the power of mind in reality creation. The two aspects of programming are de-programming and re-programming which allow us to review our belief systems to make sure they enhance and serve both ourself and our world.

- See these free videos on programming & mind mastery - [Part 1](#); [Part 2](#)

Luscious Lifestyles Part 4. A vegetarian diet where possible. Begin to lighten up your diet. Eat smaller amounts and less often and refine it until you are vegetarian, then you may wish to eliminate dairy products and be a vegan. After this you may then feel to continue on raw food only. Eventually you may feel to live mainly only prana where you are eating only now and then for the pure pleasure of it.

- To view our YouTube video on vegetarianism [click here](#). Visuals, music, insights and facts regarding a vegetarian lifestyle - impact on planetary resources health and more.
- You may also enjoy our video [Gaia's Song](#) - a short story insight of current changes in our world.
- Also watch:- Global [Resources and Vegetarianism](#)

Luscious Lifestyles Part 5 - Exercise. Treat the body as a Temple that houses our enlightened – ascended nature. Find a combination of exercises from tai chi, yoga, qigong, or even dance and weight training, that allows you to create a strong and fit physical system. Create an exercise program that you like so that you will do it regularly.

Luscious Lifestyles Part 6 - Service. Do something beneficial for someone every day without the thought of reward. A sincere hearted commitment to service attracts to us a strong wave of Grace so that our service work in the world can unfold with greater ease and joy. Tithe to support the feeding and education of the children of our world. Doing some form of selfless service daily keeps us tuned to the kindness and compassion aspect of 'The Madonna Frequency' Field of pure love.

Luscious Lifestyles Part 7 - Time in silence in nature. Ambassadors of Peace and Diplomats of Love are considerate of their environment and have the intention to love, honour and respect all life. Time in silence allows us to not just absorb more Earth prana* but to also become more conscious of our planet in a positive way. Spending time in silence in nature feeds our soul and allows us to appreciate the beauty of creation and become more environmentally aware. Silence is an incredible teacher and when we are still and fully present in each moment so much more can be revealed to us regarding the more subtle energy realms.

* Prana is the essence of our Divine nature – also known as chi or nutritional cosmic particles.

Luscious Lifestyles Part 8 - The use of devotional or sacred music. Two of the most beautiful frequencies that we can be fed by are compassion and devotion. A well tuned heart centre that is pure, attracts powerful interdimensional support in the realm of service. All the world's indigenous people use chanting and mantras, or sing devotional songs which quickly tend to align our emotional body to 'The Madonna Frequency' Channel of health, happiness and harmony.

- See our YouTube video on [Parts 5 to 8](#) of the above Lifestyle - using exercise, service, silence and song. This video also shares the benefits of this lifestyle (which we also list below).

Many people are already doing some of the 8 points suggested in this lifestyle program yet the combination of all 8 points brings grace, synchronicity and magic to our lives as well as aligns us to the frequency field of our pure and perfect essence that we call the Divine One Within - our DOW. The above 8 points will also give us more time each day as we will need less sleep because we function better on all levels.