

The Essence of

Great Spiritual Teachings



Sacred Agni Verse

with Eltrayan

The Essence of Great Spiritual Teachings
in sacred Agni Verse - thrice eight syllable meter - with Eltrayan
Produced as a free e-book by the Self Empowerment Academy
www.selfempowermentacademy.com.au

THE ESSENCE OF GREAT SPIRITUAL TEACHINGS



Produced by Jasmuheen &

The Self Empowerment Academy

P.O. Box 1975, Noosa Heads 4567 QLD, Australia

Ph/Fax: +61 7 5447 2540

First released – October 2004

ISBN: 1876341 99 8

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

Free e-book produced 01-10-2004

<http://www.selfempowermentacademy.com.au/htm/Educational.asp#free>

Other e-books by Jasmuheen can be found

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

The Essence of the Great Spiritual Teachings

Written in Agni verse, the Indian fire god's metre,
three lines of eight syllables, which is said to be the most sacred of metres.



Tao Te Ching

Buddha

Jesus

Muhammad

Confucius

Krishna

Kabala

☯ The Tao Te Ching Verse ☯

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

To live beyond death in a place,
Consisting of magic and grace,
Means changing to open the space.

Taste the tasteless, enhance the small,
To see over the garden wall,
You have to stretch and stand up tall.

Our feet now fit a larger boot,
A novel treasure, different loot,
Hung from life's tree, we're such strange fruit.

Untying, rather than cutting,
Asserting, but not rebutting,
Golf's mentally perfect putting.

Fruit always follows the flower,
The higher floors in the tower,
Increasing levels of power.



Your humility is healthy,
Moving from singular to we,
Is going from poor to wealthy.

Sculpture yourself with your habits,
Self improvement breeds like rabbits,
Advancing from monks to abbots.

Heaven has armed with compassion,
The innocent, charged with passion,
Quality's always in fashion.

Sick of being sick of sickness,
Detach and become the witness,
From the side you'll see the thickness.

Release what you no longer need,
The lightened weight is less to feed,
Correct weight is correct indeed.

Gardeners are needed to plant seeds,
Help with the sewing of good deeds,
A refuge for all those in need.

Trees that won't yield are soon broken,
Words should be quietly spoken,
Next to your skin wear your token.

Virtue casts its net deep and wide,
By putting indulgence aside,
You get or become a new bride.

When complexity's barrier,
Deflects a seeker's carrier,
Consult the master farrier.

Your self interest must be undressed,
To allow access to caress,
True fulfilment when you're selfless.

To be answered without asking,
You stroke gently, without rasping,
Move from shade to bright light basking.

Calm and active, no renewing,
With inaction's subtle wooing,
Make sure satisfaction's cooing.

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



Detachment means accepting fate,
When looking for the perfect mate,
Acceptance can reduce the wait.

Always consider opposites,
Finite and the infinite,
The view of both is exquisite.

To meditate and look beyond,
Is in the realm of hat and wand,
Biggest fish stay deep in the pond.

You can't intend to not intend,
No planning when you apprehend,
Non-doing and doing's fine blend.

Being creates everything here,
Non-being provides its career,
Moving between them, the seer.

Movement may overcome the cold,
And stillness makes the heat unfold,
But stillness in movement is gold.

Without looking the sage sees all,
The wholeness of the Tao enthral,
No thought of self-creating walls.

Exquisite design in a leaf,
Shapes of fire, dancing in the heath,
Divine is reflected beneath.

Attending after truancy,
Flowering from consistency,
Becoming fruit of harmony.

Laws of nature, the thoughts of God,
The universe formed with a nod,
And ruled with a flexible rod.

Luck from magnetic attraction,
Energy's output projection,
Produces enhanced reflection.

Morning sun, filtered through tree leaves,
Wisdom's rays to help us perceive,
It's real, as soon as you believe.

Guiding without interfering,
Listening that goes beyond hearing,
Helping with undergrowth clearing.

Ruler of the rivers, the sea,
Invites and absorbs all with glee,
Not leaning forward, sets you free.



It's not easy to rhyme with death,
The gap between very deep breaths,
To renew the sense of life, fresh.

Near the Tao, there is no striving,
It's the absence of conniving,
The full hundred percent tithing.

Empty yourself of
everything.
Let the mind rest at peace.
Ten thousand things rise and
fall while the Self watches
their return.
They grow and flourish and
then return to the source.
Returning to the source of
stillness, which is the way of
nature.
The way of nature is
unchanging.
Knowing constancy, the
mind is open.
With an open mind, you will
be open hearted.
Being open hearted, you will
act royally.
Being royal, you will attain
the divine.
Being divine, you will be at
one with the Tao.
Being at one with the Tao is
eternal.
And though the body dies,
the Tao will never pass away.
From the Tao Te Ching

❁ The Buddha Verse ❁

Born to privilege, as a prince,
Although sheltered, life made him wince,
Siddhartha's role needed a rinse.

His family he had to leave,
To seek answers from life's rough weave,
Aesthetics' load is hard to heave.

Will's focus finally succeeds,
Enlightenment sprouts from fine seeds,
The perfect Buddha of kind deeds.

Pure mercy and compassion taught,
Happiness found for those who sought,
Detachment's haven, a safe port.

Desire's the source of suffering,
Mind that was scattered now must sing,
And fly with a new lifestyle's wings.

Causes and conditions create,
We really do design our fate,
With future fixed at choice's gate.



The mind creates both grief and joy,
It's animal products, or soy,
The active mind is rarely coy.

Only the real never changes,
Entropy shows glamour's dangers,
Pure life, circumstance arranges.

World of delusion's temptation,
Ignorance and greed's sensation,
Hell's gloom or heaven's creation.

The master mint, creating all,
Making each life's rise and death's fall,
Combining both at mind's recall.

Bewildered in delusion's world,
Detachment's flag must be unfurled,
For mind to see the pure land pearl.

Assuming that the world is real,
Not an illusion, that we feel,
Bakes errors in the finished meal.

Extremes of action may be wrong,
The middle way helps us along,
As we compose our unique song.

Enlightenment you cannot grasp,
Expand horizons, climb the mast,
New future issues from now's past.

When seeking a state that's superb,
False mind chatter you have to kerb,
Your true mind you cannot disturb.

The mind's essence fundamental,
Is clear, undefiled and gentle,
Senior aspect of the mental.

Ignorance and desire link,
And worldly passion's red, from pink,
For Buddha-nature, wisdom's drink.

Fly mercy and compassion's kite,
Amida Buddha's burning bright,
Boundless life and infinite light.



Wisdom appears from a pure mind,
And virtue with good deeds is lined,
The contract upgrade must be signed.

The calling of Amida's name,
Compassion shared invokes the game,
Some serve in private, some in fame.

A kind and sympathetic life,
Brings good fortune and lack of strife,
A balanced life, both man and wife.

Namu Amida Butsu, said,
Means wisdom and compassion wed,
Harmonic waves wash though your head.

Tenderness and gladness can rule,
The state of mind's a tranquil pool,
Oasis, with deep water cool.

Having faith brings perfume from grace,
Support from wisdom as your base,
Life's good, seen with a smiling face.

Virtue's received by faith's sure hand,
Faith consumes impurity's band,
And guides us to the lush pure land.

Enlightenment's true happiness,
Living now, brings its sweet caress,
Past and future we must undress.

The enlightened ones all agree,
Virtuous deeds bring real beauty,
The prisoner of response, set free.



Men and women, both are welcome,
All may lift to song, from a hum,
From tapping, to a big bass drum.

Resentment's an additive drug,
Feeds on itself, the hole is dug,
Forgetting it, removes the tug.

The Buddha, Samgha and Dharma,
Truth, teaching, brotherhood's karma,
Fine crop, from creation's farmer.

The four noble truths inform us,
The eightfold path is the right bus,
Personal heaven without fuss.

BUDDHA

The Masters of Magic share that suffering in life occurs due to our belief systems and perceptions, which in Biofield Science control our health and happiness. Forgetting our Divine One Within, we feel separate, absorbed in worlds of good and evil, governed by our own perception. As part of our initiation in the earth school of life, Buddha said all suffer to some degree, but that it can be overcome.

Buddhist Metta Prayer. May you rest in loving kindness; May you be safe from internal and external harm ; May you have a calm clear mind and peaceful loving heart; May you be healthy, strong and vital; May you have love, joy, mystery and wisdom in this life as it is; May you awaken and be free.

RIGHT THINKING ~ RIGHT SEEING ~ RIGHT AWARENESS ~ RIGHT MEDITATION
~ RIGHT KNOWING ~ RIGHT ACTION - *All things rise and pass away - Buddha*

The Life and Revelation of Jesus Verse

Sayings of Jesus, words of God,
Essence is pure, peas in a pod,
Teaching love and compassion's nod.

Forty-two lives from Abraham,
The line of I am who I am,
Then Jesus stepped on to fate's tram.

Mary conceived with an angel,
So religious tradition tells,
And Joseph accepted it well.

In many faiths, the virgin birth,
Enhances the new baby's worth,
Showing fertility on Earth.

Celestial events foretold,
The Messiah's birth would unfold,
Wise men came, to greet him with gold.

Magi worshiped, hope of the Jews,
Herod, the king, was not amused,
The new born Jesus was accused.

A star shone over Bethlehem,
To guide, but also to condemn,
All male babies, death shrouds to hem.



But Joseph, in a dream, was warned,
To flee, or Jesus would be mourned,
They travelled as a new day dawned.

Raised in Egypt, taught Jewish law,
When Herod died, safety restored,
Jesus back in Israel once more.

Joseph, Nazarene carpenter,
Mary's mother's role fulfilled her,
The eldest, Jesus, fate a blur.

Firebrand preacher, John the Baptist,
With Holy Spirit power kissed,
In river, baptisms assist.

John thought that Jesus was "the one",
The prophecy filled, Israel's son,
Baptised, age thirty, role begun.

In the desert, forty day fast,
Tempted by his ego's broadcast,
But refinement's goal he surpassed.

Jesus had sisters and brothers,
Family, father and mother,
But now he's not like the others.

So he gathered a group of men,
Who were drawn to him, captured, when,
Jesus would teach and they'd listen.

Jesus adhered to Jewish rules,
But his stories contained deep pools,
The inner aspect missed by fools.

Jesus, the vehicle of "the Christ",
With healing powers, crowds enticed,
Fame followed, which helped cast the dice.

Jesus taught love your enemy,
The meek will experience glee,
Credits in heaven set you free.

Rewards of a good life are great,
Your discipline decides your fate,
Acts of charity, keep private.

Forgive to get forgiven wealth,
Surrender of your secret self,
Use the Lords prayer for inner health.



A
S
K

R
E
C
E
I
V
E

All treasures on Earth are fleeting,
Real wealth's getting heaven's greeting,
Where there's unlimited seating.

A life lived well attracts assets,
Magically overcoming debts,
Self growth will bring wealth to your nets.

Sometimes events can not be budged,
Unless they are given a nudge,
To judge, means you so will be judged.

Restricting quality knowledge,
Is not introducing a wedge,
It's seeing the height of each hedge.

The door will open when you knock,
To find means lifting the right rock,
To receive, you have to unblock.

If good fortune you wish to woo,
Do to others your whole life through,
What you'd like them to do to you.

Through a small gate we're to be sent,
Narrow road of enlightenment,
The state of grace that Jesus meant.

False prophets will come clothed as sheep,
The grain of their actions you'll reap,
Guiding the company you keep.

With miracle powers to heal,
Creating enormous appeal,
"The son of man" moved on life's wheel.

Miracles made disciples rave,
Control of the wind and the waves,
Path across Lake Galilee, paved.

Restoring sight, and dead to life,
Priests were stunned and rumours were rife,
It seemed it would lead to great strife.

He said on the rock build your house,
To take the pure life as your spouse,
Illusion's flame has to be doused.

Because there was tremendous need,
The twelve apostles spread his deeds,
Healing power, through them he'd feed.

They'd be persecuted, he said,
But faith and his teaching had wed,
To power, which the future led.



Imprisoned John sent word to ask,
Did Jesus have Messiah's task,
He replied, in his deeds he'd bask.

He said that John, the messenger,
Rode ahead of the teacher's spur,
The outcome, a merciful purr.

Wisdom, proved right by her actions,
A cause and effect reaction,
Gives enchanting satisfaction.

He said cast seeds on fertile ground,
Resultant crop, net worth compounds,
When tuned right, miracles abound.

Using story telling to teach,
The essence intended to reach,
Those who hear meaning beyond speech.

Salome's dance decided fate,
Her mother's anger helped create,
John the Baptist's head on a plate.

Jesus feed thousands with not much,
Healing sick and blind with a touch,
The lame could throw away their crutch.

On a boat, the disciples wake,
To events that could not be faked,
When Jesus walked across the lake.

He said that he had to suffer,
That the priests could be much tougher,
How they'd treat him would get rougher.

He said he'd be tortured and killed,
Resurrection would be fulfilled,
Three days after his blood was spilled.

He said that to scale heaven's fence,
That attitudes, from that time hence,
Would copy a child's innocence.

Roles alter, the best can be worst,
Change for those in status immersed,
Many who are last will be first.

Telling his fate a second time,
In Jerusalem, on pain, dine,
They'd apply the ultimate fine.

To cheers, on a donkey, he rode,
Fulfilling the prophecy's code,
City was in excitement mode.



Jesus disrupted the temple,
On holy ground, they should not sell,
There "son of David" made ill well.

The priests saw Jesus as a threat,
His actions they'd make him regret,
He had a cause and effect debt.

His authority, asked the priests,
But Jesus no response released,
They said his power's from the Beast.

The priests asked questions to entrap,
But Jesus knew religious map,
His wisdom created a gap.

The master will be the servant,
The humble get high station's grant,
And will hear exultation's chant.

The priest's actions he criticised,
He said their motives were disguised,
Actions were false, when analysed.

Jerusalem's temple would fall,
He said Rome would destroy it all,
Reply to revolution's call.

He was anointed with perfume,
Disciples said waste's flower blooms,
He replied to prepare his tomb.

Judas went to the priests to say,
That Jesus he wished to betray,
For a reward, he'd find a way.

Thirty pieces of silver paid,
Plans to capture Jesus were made,
Eliminate the renegade.

Jesus said that Judas would leave,
He'd deliver Jesus to weave,
A design he could not conceive.

He said eat my flesh, drink my blood,
The symbol would change to a flood,
Sacrifice would bloom from this bud.

Jesus said that they'd be scattered,
And deny that Jesus mattered,
He'd see the dawn torn and tattered.

Gethsemane, praying alone,
Jesus asked to change his fate's tone,
Acceptance was finally honed.



Then Judas arrived with a crowd,
With clubs and swords, and voices loud,
He kissed Jesus and then he bowed.

Now with Jesus under arrest,
The priests were no longer repressed,
They beat him so he would confess.

Three times, Peter, his faith denied,
When asked if he knew him, he lied,
Jesus would be death's only bride.

Judas was stuck down with remorse,
Returned the silver to its source,
Then suicide, with hanging's force.

Jesus to Pilot, governor,
Who found he could not see a flaw,
Priests said he broke religious law.

As symbol, Pilot washed his hands,
Jesus was flogged, his pain range spanned,
Crown of thorn's blood ran in the sand.

At Golgotha, place of the skull,
Jesus crucified, problem culled,
Priests ridiculed him, without lull.

Jesus death bought extreme weather,
Those present, disbelief severed,
Earthquake's threat bought them together.

Joseph of Arimathea,
Was Jesus body's conveyer,
To a stone tomb, with rock layer.

At the tomb, an angel appeared,
It was empty, when the guards peered,
Body was gone, as the priests feared.



Jesus appeared in solid form,
Uninjured, and round him they swarmed,
Intact, he had weathered the storm.

Jesus said in Galilee meet,
Reunion with disciples, sweet,
Tuning to resurrection's beat.

He said to spread what he had taught,
To struggle, just as he had fought,
To carry forth the light he brought.

From Saul to Paul, now church of Rome,
Jesus central, St Peter's dome,
It's faith and passion's endless tome.



The Muhammad Verse

Muhammad, born 570,
Father died before he could see,
At age six, mother from life flee.

Raised by his uncle, never schooled,
All through his youth, caravans ruled,
At twenty-five, with a wife pooled.

The firm owned by Muhammad's wife,
Shelter from economic strife,
Seven children, ten years, her life.

Muhammad then had several wives,
Seemingly normal human lives,
But from 610, Gabriel spied.

The angel told him to recite,
Muhammad could not read or write,
It caused him pain, without respite.

After the first revelation,
A period of frustration,
Then received Koran's creation,



Till he died, for twenty-two years,
The dictation's verses were clear,
Poetic, then pragmatic tiers.

Changing into rules, from warnings,
Muhammad's influence dawning,
He created Islam's awning.

His wife was the first to believe,
Her support and his uncle's, heaved,
On their death, Muhammad must leave.

The old god's priests wanted him dead,
There was only one god, he said,
For priests, he's to heresy wed.

Fled Mecca in 622,
In Medina, teaching renew,
It's City of Messenger's coo.

As a military leader,
He was opposition weeder,
Also his followers' feeder.

In 630, Mecca controlled,
In 632, from life rolled,
His teachings were carefully told.

Words recorded in Arabic,
Interpretation was the trick,
Oral to written, meanings picked.

Koran, holy book of Islam,
Muhammad's revelations' dam,
Spoken fruit changed to lasting jam.

Interpretation of the text,
Islamic scholars' minds were flexed,
Verse not in order, what is next?

Few stories, it's mostly commands,
With a moral lifestyle's demands,
So the hole in the sock is darned.

Koran, for Islam, is God's words,
When chanted, heaven's silence heard,
Muhammad, the messenger bird.

God, the world, the truth, and the peace,
A sacred atmosphere on lease,
Reciting brings the Golden Fleece.



Leaning over or sitting straight,
And swaying, to direct their fate,
So Islam a network creates.

The Koran's essence is disguised,
For answers, by teachers advised,
And good commentary books are prized.

Koran, in Arabic, is real,
Translation reduces appeal,
Dine on the original meal.

The physical world's infernal,
But at the Koran's pure kernel,
Golden tablets are eternal.

Peace, security, Islam means,
Also submission's in the scene,
On guidance of God, Muslims lean.

Islam's history's beginning,
Adam to Abraham spinning,
Muhammad's teaching now winning.

Abraham first built the Ka'ba,
In Mecca, the world's centres are,
Destroyed, and rebuilt, without mar.

God is solo, Islam teaches,
And caring for mankind features,
Guide into all of life's reaches.

In Islam, the community,
Must be structured in unity,
Family gives immunity.

Islam, defined as five pillars,
One God, Muhammad's the tiller,
To Mecca, alms, fast, prayer's griller.

Five times a day, Mecca to face,
Koran recited, without haste,
The prayers give a heavenly taste.

All who can, will be a pilgrim,
The Hajj to Mecca, just like him,
Muhammad's moves, from bright to dim

His entire actions, in the Hajj,
Repeated by two million large,
Every year, they all board faith's barge.

The Ka'ba, centre of the world,
Around which faith of Islam swirls,
In Mecca, it's from power hurled.



Prayers spoken in its direction,
Are enhanced by that selection,
So it's a world wide connection.

Around it's the reign of God's truce,
Rectangle, directions deduced,
Built with stones from the hills, cut loose.

Up on a marble base it stands,
Entry for almost all is banned,
Inside, gold and silver light land.

Ka'ba's door is above the ground,
In a corner, black stone is found,
It's fragmented, with silver bound.

Also, the stone of good fortune,
Adding to the Ka'ba's sweet tune,
An additional holy boon.

Ka'ba repaired after attacks,
Kiswa covers, curtain of black,
It's white for the Hajj, then changed back.

One point four billion Muslims strong,
In tune, in singing Islam's song,
All in Muhammad's house belong.

The Confucius Verse

Confucius, Buddha, and the Tao,
The three faiths to which Chinese bow,
Thoughts of Confucius are the plough.

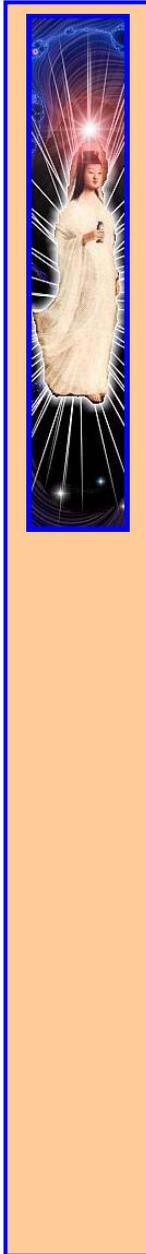
551 BC, to us,
Born Kong Fuzi, now Confucius,
Senior youth, without causing fuss.

A deposed, noble family,
Loved religious ceremony,
Tall, studious, and ego free.

He met Lao Tse, and travelled,
35, moved from war's rabble,
Teachings rose above the babble.

Caught in intrigue in public life,
Studying and teaching, no strife,
But interpretations are rife.

Dying at age seventy-two,
His teachings recorded anew,
He's sitting in a legend's pew.



After his death he dominates,
Morally, politically, great,
A god's the philosopher's fate.

Confucius thought is the doctrine,
That makes the Han dynisty grin,
School of the scholar had a win.

Confucian ethics, rational,
Practical is fashionable,
Moral standards are national.

Ren, kindness, charity and love,
Concern for others place above,
Humanity as a white dove.

Yi, morality, conduct right,
Duty to one's neighbour in sight,
Behaviour making the load light.

Li is profit, advantage, gain,
An impure motive said to reign,
It's walking down temptation's lane.

Confucius gave simple teaching,
Love, and honour parents preaching,
As the state's view, it's far reaching.

Ruling with true benevolence,
The principle from that time hence,
To build a good government's fence.

The grass bends the way the wind blows,
Self control from head's tip to toes,
So prosperity and luck goes.

Pursuit of wealth must be detached,
Pure motive and gain must be matched,
Intentions lay the egg to hatch.

The goal is mutual profit,
Others' interests, to work, admit,
Golden rule in commerce must fit.

Of the world, there's no denial,
Selfless market forces beguile,
Renunciation's room's not tiled.



Confucian classics set the test,
Bureaucrats study to be best,
So scholars excluded the rest.

Military, Ming period,
For power, with the scholars bid,
Ship travel lifted foreign lid.

Military were overruled,
China's overseas' passion cooled,
In Confucian ways, all were schooled.

Helpless when the British arrived,
The isolation China prized,
Missed progress, as the world had thrived.

Confucius, religion distant,
To mysticism resistant,
Now a god's role is consistent.

He said his lifestyle was his prayer,
Perfect actions create waves rare,
The universe responds to care.

Virtue's not left to stand alone,
Many voices help sing the tone,
A warming rug of good is sewn.

Constant happiness and wisdom,
Requires the use of change's bomb,
Flexibility, hum to Om.

If you can't teach those close to you,
Then teaching others will not brew,
Family first is always true.

Modest speech, exceed in actions,
Senior people have attractions,
Intellect decides the factions.

It's not enough to know what's right,
Those principles must be held tight,
Behaviour's beacon will burn bright.

Tests, provided by circumstance,
The partner in doing life's dance,
Will's intent determines our stance.



A life unknown, unknown death means,
After life knowledge, here to glean,
To try to leave a slate that's clean.

Differences in the human buzz,
In dropping the animal's fuzz,
Result of what he or she does.

In your life, to abolish work,
Locate and follow pleasure's perk,
Enjoyment within commerce lurks.

If your merits aren't seen, don't grieve,
The art of life is to conceive,
Sweet love and goodness others weave.

Superior must give the sense,
In families, the evidence,
Relationship's benevolence.

Confucius, real world wisdom taught,
From chaos into order sort,
Discipline builds a mighty fort.



The Krishna Verse

Krishna, the black one, is now blue,
Eighth incarnation of Vishnu,
Love/wisdom visiting anew.

His uncle said, kill him at birth,
Switched for a girl, he's kept on Earth,
Fostered, and yet to prove his worth.

Raised by a cowherd family,
His beauty created much glee,
Flute played, village girls on his knee.

A trickster and lover sublime,
Instigator of knowledge fine,
Protector of all sacred sign.

He killed his uncle, became king,
Humour and peace then on the wing,
The yoga of devotion sing.

He's Vishnu in physical form,
Resting on coiled serpent's the norm,
Never sleeping, Lakshmi keeps warm.



Good and evil, usually matched,
Sometimes the dark side's door's unlatched,
So Vishnu returns, the roof patched.

Buddha was ninth incarnation,
Kali will be tenth creation,
On white horse, to great elation.

Brahma, Vishnu, Shiva, the team,
Create, preserve, destroy, the theme,
Ensuring balance on life's beam.

Brahma's the source of day and night,
Vishnu's mercy and goodness site,
Shiva's wind, to raise change's kite.

Krishna devotion's yoga taught,
Aspirant's contact with God sought,
To dock your ship in union's port.

To Deity, the shortest way,
Faith, knowledge, love, defeat decay,
Known and knower together lay.

Maya, life's background illusion,
Leela, play with no delusion,
Adventure to make God's fusion.

A façade's the normality,
Unity, is reality,
So move beyond banality.

The body's a small universe,
Veiling power, ego rehearse,
Connection lets us reimburse.

To cross the bridge, your mind suppress,
Me and mine's clothing to undress,
The sweetest taste is not careless.

Philosophy in daily life,
Highest ideals reprogram strife,
Tantra yoga to sharpen knife.

Achieving desirelessness means,
Intense desire that way must lean,
Infers paradoxical teams.



Expand awareness in all states,
Identify what complicates,
The most refined life satiates.

They're always matched, rest and
movement,
Static, dynamic improvement,
Shakti/Shiva has paid the rent.

To seduce, full moon and flute played,
Divine connection, man and maid,
To worship, bliss and treasure trade.

Guiding Arjuna in battle,
Gita teaches men aren't cattle,
The first complete yoga's rattle,

From physical turmoil retired,
Killed when a hunter's arrow fired,
The current age of Kali sired.

Krishna was beauty's avatar,
God is the mast, love is the spar,
Love and wisdom will travel far.



The Kabala Verse

Kabala is mysticism,
As seen through a Jewish prism,
Creative expressionism.

It's the path to divinity,
Returning to infinity,
Use refined will's agility.

Esoteric soul of Hebrew,
Torah's hidden teachings to woo,
From five books of the Bible grew.

Kabala is always oral,
Personal guide avoids coral,
Helpful as a mould for morals.

Search origin of creation,
Messages from God, elation,
Beyond physical sensation.

The Kabala's pattern's distinct,
Sacred geometry is linked,
In Hebrew letters, blindness blinked.



Star tetrahedron, Merkaba,
Rotation of consciousness car,
Movement to reality far.

Return to higher harmonic,
True love's not always platonic,
Desist to gain is ironic.

Emotion and linear time,
Thought creates duality's sign,
Experience, on which we dine.

The physical body we'll shed,
Higher, faster thought to be wed,
To lie in a waiting light bed.

Kabala is spelt many ways,
All indicating the same maze,
The greatest nights, the best of days.

Your inner voice gives fair warning,
A quest for answers is dawning,
It's alchemy of mind's morning.

Cooking purification's tart,
And loading transformation's cart,
Alchemy is known as "the art"

Images to trigger insight,
They're ripe for intuition's bite,
Eternal symbols, burning bright.

Alter brain waves with visuals,
A mystery inclined to pull,
Carpet designs, woven in wool.

Egyptian teachings to the west,
Mundane and spirituals' crest,
Enlightenment's spice, to add zest.

Alchemy's universal barge,
With chemistry, for camouflage,
Sulphur, mercury lead the charge.

Substantiation is the goal,
Invoke acceleration's role,
Age to youth, sick to well, through soul.

Health, wealth, and longevity's pie,
All attributes of soaring high,
Blessed is hidden from the eye.



Light may not be known by darkness,
Incomprehension may suppress,
But style is how you deal with stress.

Stalk imperfections with great stealth,
Find and connect with inner self,
Our changeless core, which holds real
wealth.

When tuned, choices are very clear,
Cause and effect world has no fear,
Known results from actions appear.

Having awareness of the past,
Hold present understandings fast,
Assurance of the future's cast.

The essence, the thing to be born,
Can be cultivated, like corn,
Many seeds from the cob can spawn.

Material things can entrap,
Achievements not earned leave a gap,
But giving first, turns on the tap.

Flattery, humility's foe,
Praising while present, ego sews,
The purity of giving grows.

Though clothed by our physical frame,
All true nature's flags are the same,
When focus and intent are tamed.

Words can be soothing, or may harm,
Encouragement's a healing balm,
So criticise while staying calm.

To find the philosopher's stone,
Which cleanses, and youthfulness hones,
Needs attributes which you must own.

With medical alchemical,
A formula nonsensical,
To obscure the real essential.

Perfect unity is the key,
To balance, pay discipline's fee,
For healing, and wisdom to see.

When you extract "the seed of gold",
Consumed, changes to young from old,
Devotion's ritual unfolds.

Outer character, which is base,
Converts to gold, a state of grace,
The magic stone refines the face.



Life's evolution's driving force,
The universal, binding sauce,
Sanctity of pure thought, the course.

On currency, "the eye of God",
Many faiths the solar disk trod,
Universe's architect's rod.

A talisman against danger,
Evil eye cast by a stranger,
Safe as the babe in the manger.

There's always a flaw in what's good,
Room to improve, knots in the wood,
Perfection's the next neighbourhood.

On Apollo's temple, spelt out,
Know thyself, to remove all doubt,
Nothing too much, also has clout.

Oracle of Delphi will speak,
When the "all seeing eye" can seek,
Detecting the source of the creek.

Kabala is the tree of life,
Spinning the Star of David's rife,
Complement of husband and wife.



Religion

The history of man has shown the great influences of religion, and consequently a study of religion involving an attempt to understand its significance, origins and many forms, is important, particularly since people's religious beliefs or lack of them greatly influence both their personal biofield and the social and global fields.

The 19th century saw the study of religion in the modern sense, in which techniques of historical enquiry and the physical sciences were brought to bear. Of course, there is ongoing dispute amongst scholars about the importance of faith in historical and physical considerations.

Religion is a human being's relationship to that which they consider as holy, sacred and divine. Religion is a metaphysical matter, which may be described as the philosophical study whose object is to determine the real nature of things. Metaphysicians would suggest that this is the most fundamental and comprehensive of inquiries in that it is concerned with reality as a whole.

In discussing religion, the first thing that is noted when an overview is taken of the work done by scholars and theologians, is the high level of commonality featured in all religions, and how each religion has, over a period of time, evolved out of a former, changing the characters and circumstances of the stories to fit local culture and times.

It can be shown how the Hindu faith evolved into the Buddhist that evolved into the Christian faith. In fact, scholars say that there are 50 major points of identical beliefs between Buddhist and Christian faiths, and only four main differences.

Religion is, of course, an intensely personal matter by definition. However, a study of the founders and teachings of the various religions is very beneficial.

Christian



Christianity is the first religion to be considered. The largest Christian groups are the Roman Catholic Church, the Eastern Orthodox Churches and the Protestant Churches. Of course, in addition, there are several independent Churches as well as numerous new Churches springing up throughout the world.

The basis of Christianity is the life and ministry of Jesus. The details of Jesus' life are surrounded by uncertainties. However, the period in which his ministry and death occurred, could be narrowed down with some accuracy on the basis of the dating of the appearance of John the Baptist, in AD28, which is confirmed by independent sources.

It is generally agreed that Jesus' birth was about seven years prior to the date celebrated. The tradition of Bethlehem as the place of Jesus' birth probably comes from the Old Testament view that the Messiah would be a descendant of David. However, Jesus' parents, Joseph and Mary, were residents of Nazareth. Some versions say they moved to Bethlehem for social reasons or political upheaval. Others say they were there temporarily to register as their family's place of origin.



The motif of Jesus' mother, Mary, being a virgin, is traditional in earlier Buddhist and Hindu faiths, both of which had virgin mothers of their prophets. However, the word in Hebrew means young woman, and was translated as virgin when the Greek version was written. The teaching, life and death of Jesus are generally well known. The main point of his teaching was not that of the Jewish day of judgment, so much as the fact that God consciousness was present in all, and could be realized should his example be emulated.

The first of the large groups of Christians are the Roman Catholics, and most would agree that Roman Catholicism has been the decisive spiritual force in the history of western civilization. There are more Roman Catholics in the world than there are believers of any other religious tradition. The Roman Catholic Church is an indispensable component of cultural literacy.

The history of the Roman Catholic Church is essentially that of a Jewish cult, which was initially persecuted, by the Romans, but by the end of the 4th century Christianity was the state religion of the Roman Empire. Its privileged position allowed the Church to flourish. The fall of the Roman Empire and the arrival of the Barbarians left the Pope and the Catholic Church the only effective force for order in the western world of that time.

The division of the Eastern Orthodox Churches happened in 1054, and was based on the Roman Churches insistence on elevating the rank of the son to before that of the mother in the Holy Trinity, suggesting that the son had issued forth before the mother, which was unacceptable to the Eastern Churches.

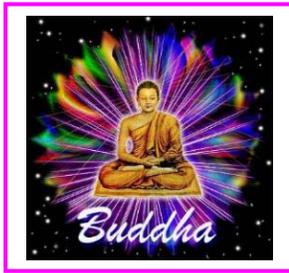
Further, in the 16th century a general demand for a thorough reform of the Church swept through the west as Calvin, Luther, and others attacked the corruption and lack of spiritual vitality in the Church. This reformation led to a break in the Church. The groups so spinning off termed themselves, and are still referred to, as Protestants.

The basic difference between the Protestants and the Roman Catholics was the Protestants held that the supremacy of the Holy Scripture outranked the authority of the Pope in matters of faith and order.

The Churches of Christian Eastern orthodoxy retained their identity and the loyalty of the people in the face of hostile Roman Catholic, Muslim and for much of the 20th century, communist domination. The Russian Church was the leader of world orthodoxy, and most orthodox Churches exported throughout the world, particularly in America, remain organized along ethnic lines, in Churches that retain their European ties.

The essence of eastern orthodoxy is the veneration of icons, from Christian belief that God became man in the person of Jesus, therefore divining human nature. The veneration of icons, that is formal paintings of Christ, the mother of God and the saints, play an important role in worship. All Eastern orthodox Bishops must be monks, and therefore celibate, although married men may become priests. Orthodoxy Churches have participated in the ecumenical movement of the twentieth century. Most Orthodox Churches have joined with major Protestant Churches as members of the World Council of Churches, and relations between orthodoxy and Roman Catholicism have improved in recent times.

Buddhism



The Buddha Gautama was born in the 5th or 6th century BC on the border of Nepal and India. He was the son of the King and was recognized at birth as having special qualities. At his name giving ceremony on his 5th day after birth, specialists in interpreting body marks predicted that if the child remained at home we would become a universal monarch. If he left home he would become a Buddha. On the 7th day after his birth his mother died and the child, whose name Siddhartha means “one whose aim is accomplished” was raised by his mother’s sister.

His father, the King, being very aware of the prediction that Siddhartha may leave home, went to great lengths to provide every comfort and luxury to keep his interests within the palace. However, the Buddha’s inclinations lay in other areas, and in due course he left the palace to become a monk.

The Buddhist teaching may be briefly summarized in two areas. First, the 4 noble truths, which are: the truth of misery, that the truth of misery originates within us from the craving for pleasure, the truth that this craving can be eliminated, and the truth that this elimination is the result of the methodical path that must be followed.

Buddha said there was an eight fold path to enlightenment, which consists of: right views, right aspirations, right speech, right conduct, right livelihood, right effort, right mindfulness and right meditation attainment.

Hinduism



The term “Hinduism” refers to the civilization of the Hindus, who were originally the inhabitants of the Indus River. The term “Hindu” properly denotes the Indian civilisation of around the last 2,000 years. As a religion Hinduism is a composite of diverse doctrines, cults and ways of life.

A Hindu may embrace a non-Hindu religion without ceasing to be a Hindu, because Hindus are disposed to regard other forms as worship as inadequate, rather than wrong or objectionable. They tend to believe that the highest divine powers complement one another, and that few religious ideas are irreconcilable. Because religious truth is said to transcend all verbal definition, it is not conceived in dogmatic terms. Hinduism is both a civilization and a congregation of religions yet it is not a central authority, with a hierarchy or organization. Every attempt at a specific definition of Hinduism has proved unsatisfactory. Even the scholars of Hinduism have emphasized different aspects of the whole.

Perhaps the most defining characteristic of Hindu belief is the recognition of the Veda, the most ancient body of religious literature as an absolute authority revealing fundamental truth. At the same time however, its content has long been practically unknown to most Hindus. Every traditional Hindu venerates the Vedas. Those who reject its authority are regarded as unfaithful to their tradition.

The Hindu revival of the 19th and early 20th century, was closely linked with the growth of Indian nationalism and the struggle for independence. Mahatma Ghandi was the most important leader for independence, and he appeared to his followers as the essence of the Hindu tradition. His austere celibate life was one that the Indian public had learned to respect implicitly.

Ghandi's message, particularly on non-violence, reached a wider public than any of the earlier reformers.

The increase in nationalism after the division of India into India and Pakistan in 1947, led to a widening gulf between the Hindus and the Muslims. The transfer of power in 1947 was accompanied by slaughter of huge proportions. Millions of Hindus left their homes in Pakistan for India, and millions of Muslims migrated in the opposite direction. The tension culminated in the assassination of Ghandi by a Hindu fanatic in January 1948.

In the modern Hindu state the government has passed legislation opposed to traditional Hindu prejudices. All forms against discrimination of lower classes are now forbidden, although enforcing the law is not easy. Legislation in the mid 1950's gave full rights of inheritance to widows and daughters, and permitted divorce on quite easy terms. Although a law forbidding dowries has been in force for many years, it is difficult to enforce because of the strength of social custom.

Hinduism is very popular in the form of mythological films, which are enjoying a renaissance. On both an intellectual and popular level, Hinduism is adapting itself to the new values and conditions that have been brought about by mass education and industrialization, and is responding to 21st century challenges.



Islam

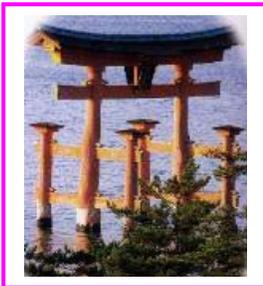
Islam is a major world religion, which was promulgated by the prophet Muhammad in Arabia. The Arabic term "Islam" literally means "surrender". Believers in Islam literally accept "surrender to the will of Allah". Allah is the Arabic name for God. The will of Allah to which man must submit is made known through the sacred scriptures of the Koran which was delivered in written form by Muhammad.

In Islam, Muhammad is considered the last of a series of prophets, which include Adam, Noah, Jesus and others. His message at once consummates and does away with the need for the revelations attributed to earlier prophets. Muhammad was born in Mecca in 570AD into a wealthy and influential family.

Muhammad grew to be a warrior leader and politician. Based in Mecca he had many major battles with the forces issuing from Medina.

The Muslim faith has given rise to the mystical Sufi grouping. While the mystics drew their vocabulary from the Koran, by rigid introspection and mental struggle, the mystic tried to purify his base self, from even the smallest signs of selfishness. For such students, meditation, minimal talk and fasting were the most important preparations for the spiritual life.

Shinto



Shinto is the name given to indigenous religious beliefs and practices of Japan. The word “Shinto” literally means “the way of Kami”. Kami means mystical, superior, generally sacred, or divine power. Shintoism came into use to distinguish indigenous Japanese belief from Buddhism that had been introduced into Japan in the 6th century AD. Shinto has no founder, no official sacred scriptures in the strict sense, and no fixed dogmas, but it has preserved its guiding beliefs throughout the ages.

Taoism



Taoism, along with Confucianism, is one of the two major religious traditions that have shaped Chinese life for more than 2,000 years. Broadly, a Taoist’s attitude towards life can be seen in the accepting and yielding joyful and carefree sides of the Chinese character.

This attitude offsets and complements the moral and duty conscious purposeful character ascribed to Confucianism. Taoism is characterised by a positive attitude towards the occult and

the metaphysical, whereas the pragmatic Confucian tradition considers these of only marginal importance, even though their reality is not denied.

The founder of Taoism, Lao-tzu, historically remains an obscure figure. The principal source of information about his life is a biography written in about 100 BC. He was said to be a court official advising in matters such as astrology and divination, and was in charge of the sacred books. The name Lao-tzu seems to represent a certain type of sage rather an individual, and the relevant books of instruction seem to have a number of authors.

Confucianism

Confucianism is a worldview, a political ideology, a scholarly tradition and a way of life. At times it is viewed as a philosophy, and sometimes as a religion. While Asians may profess themselves to be of a particular religion, seldom do they cease to be Confucians.

Although grouped with the major historical religions, Confucianism differs from them by not being an organised religion. Nevertheless it has spread to all East Asian countries under the influence of Chinese culture, and Chinese ethical values have served well for over two thousand years, as the source of inspiration for human interaction between individuals, communities and nations.

Confucius lived from 551BC in an era of political violence and social disintegration. He was a master teacher concerned with developing thought and action that could be restorative of order and harmony. As a school of thought and practice, Confucianism has passed from the scene of modern China, yet its principals remain embedded in Chinese culture.

Jainism

The guiding principle of Jainism is respect for life and all living things. Tradition says that the religion was founded in the Ganges Basin, India, in the 500s B.C. by Mahavira (the Great Hero).

Like the Buddha, who was a contemporary, Mahavira was born into a high-caste family, but at the age of 29, he renounced his wealth to live as a wandering beggar.



Tired of the ongoing cycle of birth, death, and rebirth, and dissatisfied with the prevailing religious teachings, he set out to find enlightenment for himself through practices that were increasingly ascetic (without material comforts). It is said that his first act was to tear out all his hair before leaving home. After 12 years of wandering, he achieved perfect knowledge (kevala) through fasting and meditation.

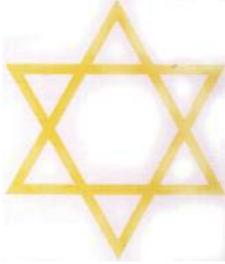
Once he had attained enlightenment, Mahavira gathered a small group of followers around him and taught and preached for the next 30 years before starving himself to death in the village of Pava, near to where he was born. Pava is still an important pilgrimage site for Jain followers.

The Five Great Vows: In Jainism, monks and nuns take Five Great Vows (Mahavratas) to help them on their path toward enlightenment. These are ahimsa: not to harm any living thing; satya: to speak the truth; asteya: not to steal; brahmacharya: to abstain from sexual activity; and aparigraha: to give up all worldly things and human attachments. The vow of non-violence or non-injury is central to Jainism, and novice monks are given a broom to sweep away living creatures so they do not tread on them accidentally and kill them.

By A.D.100, the religion had split into two sects. The Digambaras (literally, “sky clad”) believed that their total renunciation of worldly possessions meant that they should renounce clothing and (men, not women) should go completely naked. The Shvetambaras (“white clad”) believed that monks and nuns could wear simple white robes.

There are thought to be about four million Jains worldwide, most of who live on the Indian subcontinent, where they are members of the merchant, banking, and business community.

Judaism:



The world's oldest monotheistic religion, accepting that there is only one God who created the world. Like Christianity and the Moslem religion, Judaism traces its roots back to Abraham and claims that 3,500 years ago God revealed the ten commandments to Moses plus the first five books of the scripture known as the Torah which guides the Jewish people today. A guideline to living, the Torah focuses on personal morality, acting with kindness and respect of self and others.

People are attracted to different religions for many reasons, including birthplace and culture, and family history, the attraction of magnetic fields from other time lines, known as karma and the unfinished business that it brings. Attraction to a philosophy or religion also comes due to pre-agreed learning that is required for the soul's evolution.

As science replaces much of traditional religious belief, the mysticism of religion is far from extinct. The modern mystic is practical, not leaving an unredeemed world to its own ways. Not escape, but rather victory, is mysticism's inner urge and promise. Modern mystics do not merely withdraw, they also return, and attempt the ancient alchemy, that is the transformation of man. A solitary salvation does not satisfy either head or heart.

Other free e-books by Eltrayan

The Development of Human Consciousness

<http://www.selfempowermentacademy.com.au/htm/files/books/DevelopmentOfHumanConsciousness.pdf>

Also produced by The Self Empowerment Academy

EDUCATIONAL E-BOOKS & AUDIO

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

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 to shopping cart.](#)

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 book to shopping cart.](#)

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 book to shopping cart.](#)

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 honoured? These are the dreams of the Ambassadors of Light. [Add this book to shopping cart.](#)

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 utilising Divine power. Jasmuheen's 18th book. [Add this book to shopping cart.](#)

THE BIOFIELDS & BLISS TRILOGY:

BOOK 1: FOUR BODY FITNESS : Written as a simple education manual for schools, in this book Jasmuheen and Jeff share 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 book to shopping cart.](#)

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 book to shopping cart.](#)

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 – FRANCOISE – ITALIANO](#)

STREAMS OF CONSCIOUSNESS UNIFIED: A collection of recorded live channelling 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 book to shopping cart.](#)

NOW AVAILABLE: audio and also videos that are now available free from the C.I.A. website at the URL addresses of

<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

MEDITATION AUDIOS (MP3) with JASMUHEEN. Guided meditation audios are suitable for beginners to more advanced meditators. All meditations are in English and some have other language translations - these are categorized by language and country. English, Portuguese, French & German with more to come soon. Investment either USD \$5.55 or USD \$7.77.

ENGLISH: NEW LISTINGS: The following 5 meditations are live recordings taken from the International M.A.P.S. Ambassadors Retreat in Thailand 2002.

1. **Love Breath Meditation** - 30 mins with Jasmuheen - Cosmic Cable Hook-In to the channel of Divine Love,, Divine Wisdom & Divine Power using specific breathing rhythm. Learning to alter our external & internal energy fields using the Divine Love Breath. [Add this MP3 to shopping cart.](#)
2. **Divine Electricity of Love Meditation** - approx. 48 mins with Jasmuheen, music by Erik Berglund. Body Love Tool, violet light flooding & data downloads, pituitary & pineal gland activation. [Add this MP3 to shopping cart.](#)
3. **Divine Marriage** - merging our masculine & feminine selves, yin/yang blend, Divine Self connection - approx. 17 mins with Jasmuheen. Music by Erik Berglund. [Add this MP3 to shopping cart.](#)
4. **Tuning to your Guardian Angels**, downloading data re your gift to the world & your life purpose, spinning chakra & violet light feeding meditation & general self nurturing. 24 mins with Jasmuheen. [Add this MP3 to shopping cart.](#)
5. **Celestial Sounds & Galactic Civilisation tune-in.** 31 mins with Jasmuheen. Meeting your future self & bridging inner and outer worlds and timelines. Music with Brain Vale. [Add this MP3 to shopping cart.](#)
6. **The Breath of Life:** Breath and light techniques for deep relaxation and to connect consciously with and experience the universal life force within (22 minutes each one - with a discourse then a guided meditation. [Add this MP3 to shopping cart.](#)
7. **The Inner Sanctuary:** Creating the inner sanctuary for inner peace. Again using breath and light techniques and guided visualization for deep relaxation (22 minutes) [Add this MP3 to shopping cart.](#)

The Essence of Great Spiritual Teachings
in sacred Agni Verse - thrice eight syllable meter - with Eltrayan
Produced as a free e-book by the Self Empowerment Academy
www.selfempowermentacademy.com.au

- 8. Emotional Realignment:** Dealing effortlessly and effectively with negative emotions and releasing past emotional 'baggage'. Realigning the energy field of the emotional body to higher frequencies of light using visualization with breath and light for an inner 'spring clean' (33 minutes). [Add this MP3 to shopping cart.](#)
- 9. Empowerment Meditation:** Working with Ascended Master Lady Kwan Yin and the three-fold and violet flame. Connecting with and being empowered by the God / Goddess within (44 minutes) [Add this MP3 to shopping cart.](#)
- 10. Ascension Acceleration Meditation:** Powerful affirmations, mantras, breath and light techniques to increase our light quotient and harmonize our energy fields. Combines the work of Jasmuheen and Dr J D Stone (44 mins). [Add this MP3 to shopping cart.](#)
- 11. Self-Healing Meditation:** Meditation utilizing creative visualization and light to activate the light body and retune and revitalize the skeletal system, the nervous system, the bloodstream, the organs and increase the energy flow through the meridians. A gentle daily healing meditation to strengthen the physical body set to relaxing classical music. [Add this MP3 to shopping cart.](#)
- 12. Akashic Records Meditation** - Activating the Inner Pyramid & Accessing the Akashic Records: Activating the crown & brow chakras, the medulla oblongata, the pituitary & pineal glands to form the inner pyramid for active telepathy and higher communications. Then using energy grids for linking into the Akashic Records to gain information for our life purpose and blueprint. [Add this MP3 to shopping cart.](#)

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>

[Stay up to date with Jasmuheen's activities via the Cosmic Internet Academy's Contact list.](#)

1. C.I.A. & C.N.N. - [Cosmic Nirvana Network Updates List](#): For those of you who choose to register with our C.N.N. LIST, you will receive general monthly or quarterly updates or whenever we at the Self Empowerment Academy and the C.I.A. feel there is something of value to share with you. It may be a global meditation time or perhaps some positive personally or globally benefiting research. Of course we always have C.N.N. - our incorruptible innernet, or inner plane, communications system which we are all learning to access as we activate our 6th sense of intuition and our 7th sense of knowing! However this new C.N.N. list is for our internet system. For more data on C.N.N. click [here](#).
2. C.I.A. [Retreat data list - updates and announcements](#). This list is for those who wish to receive data on the C.I.A. Training Retreats. Again contact will probably be about 3 or 4 times per year unless there is something extra to share. Those who place themselves on this list will also be in the running to be part of our C.I.A. FREE RETREAT LOTTERY, where we will select each year, at random, people to come to our retreats as our guests or as part of our 'two for the price of one' lottery. For RETREAT data now go to www.jasmuheen.com/where.asp#retreat1 or www.selfempowermentacademy.com.au/htm/training.asp#RETREATS
3. [TEV - free online magazine subscription list](#). This list is for those who would rather receive notification of when each new issue of TEV is ready so that you can download it from our website/s at your leisure. For your free TEV - current & back issues - go to www.selfempowermentacademy.com.au/htm/tev.asp
4. C.I.A. - [Divine Nutrition Program Research Update list](#). The fourth list is for our C.I.A. - Divine Nutrition Program where we will keep you up to date on any new research with the living on light, pranic nourishment and Level 3 'freedom from physical limitations' phenomena that we discuss in the book "The Food of Gods". So if you are drawn to moving beyond physical limitations, then receiving data via this list may interest you.
5. C.I.A. & www.jasmuheen.com [MADONNA FREQUENCY PLANETARY PEACE PROGRAM update list](#) is for updating you all with the Madonna Frequency Planetary Peace Program which is now available in German, French, Spanish, Italian and of course English and can be downloaded as a free e-book at www.selfempowermentacademy.com.au/htm/peace.asp
6. C.I.A. & www.jasmuheen.com [MEDIA update list](#): As C.I.A. facilitator Jasmuheen has temporarily retired from doing most mainstream media work, updates to this list will be rare. Please note that your details are kept confidential at our C.I.A. and not passed on.

The Essence of
Great Spiritual Teachings

Sacred Agni Verse
with Eltrayan