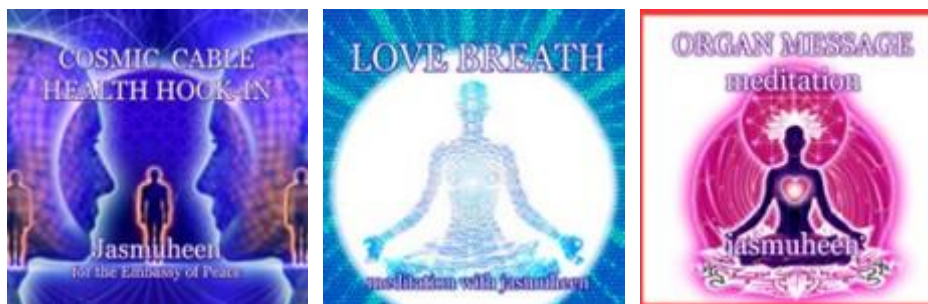




<http://selfempowermentacademy.com.au/ourselves/>

Meditations ... for Personal Fine-tunement! The below guided meditations have been created to improve individual health, happiness and harmony levels. These are:- Meditations for [Health](#); Meditations for [increasing chi flow](#); meditations for [tantra experience](#). Meditations for relaxing and enjoying life using [higher light science](#) & the law of attraction.

Meditations for Health – Cosmic Cable Hook-in; The Love Breath & Organ Message Meditations.



Cosmic Cable Health Hook-In Meditation:- This meditation is designed to help to improve our health and vitality and to also nourish and rejuvenate the body by hooking our individual energy systems into specific cosmic cables of nourishment. This meditation with Jasmuheen uses mind power, the Universal Law of Resonance, alchemical violet light transmissions & more. Background Music by: Brian Vale – Modulations.

- [YouTube video Intro & preview to this meditation](#); or to listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)

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

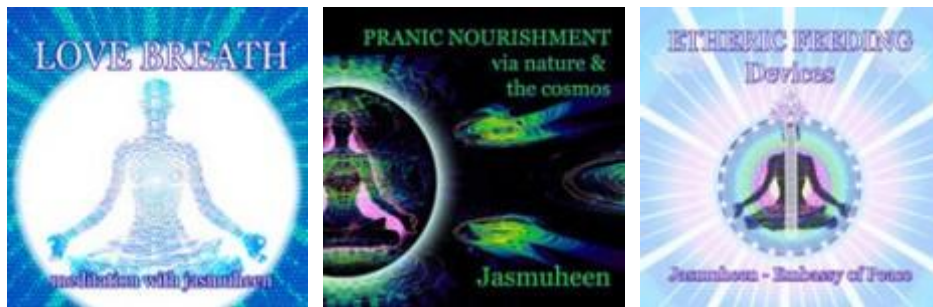
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Organ Message Meditation:- Improving our mind body connection. Listening to the voice of the body and receiving particular messages from the organs to improve physical and emotional health and vitality plus more. Also rebalancing & recalibrating each organ using violet light nutrition. This guided meditation uses breath techniques, creative visualization, programming & intention. Background music for this meditation by Erik Berglund www.erikberglund.com

- Introduction to this meditation - [YouTube video](#) or to listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)

Meditations for increasing chi flow – Love Breath; Pranic Nourishment & Etheric Feeding Devices



The [Love Breath Meditation](#) is one of the most powerful ways to align ourselves to the pranic fields of pure love

Pranic Nourishment Meditation:- A relaxing meditation with Jasmuheen on accessing alternate nourishment pranic flows from both the inner plane cosmic particle streams and from nature – connecting with Gaia’s heart & the cosmic heart plus some additional programming. Background Music by: Amoraea Dreamseed “Future Memories”. Note: It is recommended that you also apply the Etheric Pranic Feeding Devices Meditation with this to get the full benefit of etheric feeding PLUS live the lifestyle recommended in our Food of Gods research Manual. [Click here](#) for details of this book.

- [YouTube video Intro to this meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)

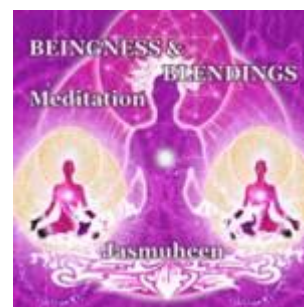
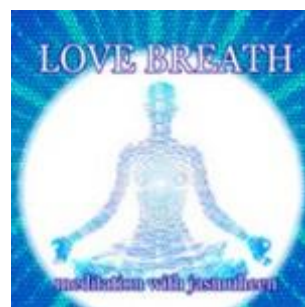
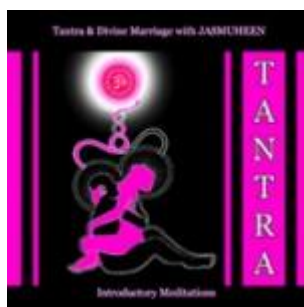
Etheric Pranic Feeding Devices Meditation: – A detailed meditation using the Higher Light Science & Alchemical practices to create inner plane, etheric body feeding devices to increase and boost our chi flows which can in turn improve health, happiness & harmony levels. Also enhancing our telepathic abilities via pituitary & pineal gland fine-tunement.

This meditation with Jasmuheen uses mind power, the Universal Law of Resonance, alchemical violet light transmissions & more. Background Music by: Brian Vale – Modulations. **Note:** It is recommended that you also apply the Pranic Nourishment Meditation with this to get the full benefit of etheric feeding PLUS live the lifestyle recommended in our Food of Gods research Manual. [Click here](#) for details of this book.

- [YouTube video Intro to this meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)

Meditations for tantra= oneness experience – Divine Marriage; Beingness & Blending; the Love Breath plus our new Relationships & Networks Upgrades Meditation!

NEW! Relationship & Networks Upgrades Meditation – A simple meditation and soundscape channelled through Jasmuheen that allows us to upgrade our relationships – with ourselves, those we love and our community and the people of our world – to the next perfect level that is right for us. Also refining our multi-dimensional and inter-dimensional relationships and networks. [Click here](#) for more.



Tantra – Divine Marriage Meditation:- A brief Introduction (1.55 mins) plus a two stage meditation journey with Jasmuheen on Tantra, Divine Marriage & Sacred Sexuality (1.11 hrs) plus opening to & manifesting the perfect experience of Tantra where Tantra=Onenes. This meditation also covers rebalancing limited past karmic relationship ties plus creating new energy pathways of exchange with our beloved. This guided meditation uses breath techniques, creative visualization, programming & intention. Recorded for the Embassy of Peace www.jasmuheen.com. Background Music by Tom “Beyond”.

- [YouTube video Intro to this meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)

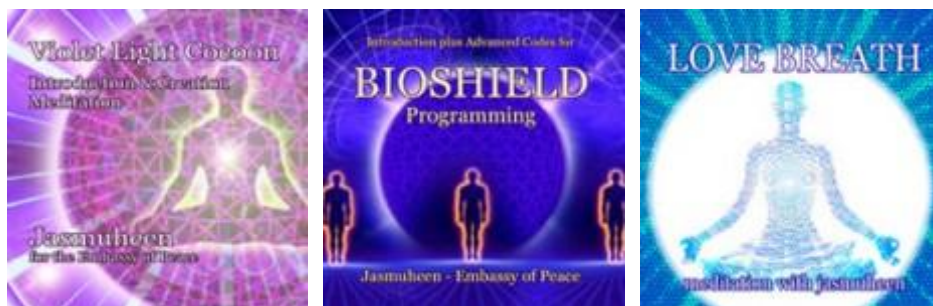
BEingness & Blending Meditation:- A brief introduction of 3.50 mins followed by a deep guided meditation of 49 minutes, moving through various states of Beingness in the Matrix of Oneness; Understanding the energy or just Beingness – the energy that supports the Matrix of Creation that lies in the here and now. This is the space that we rest in stillness to open to Universal mind and the Supreme flows of wisdom and peace from the original pulse of creation. This guided meditation uses breath techniques, creative visualization, programming & intention. Background Music by Tom “Beyond”

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Love Breath Meditation:- The most significant meditation we can offer for the refinement of your personal rhythm into the experience of Tantric oneness is the Love Breath Meditation. This meditation is designed to allow us to align more easily and powerfully to the divine essence within. It also incorporates specific mantras to allow this pure energy force to rise and flood through us and out into the world, thus feeding everything and to also relax us. This meditation is also designed to stimulate group unification and feelings of Oneness. Background Music by Robert Martin.

- [YouTube video introduction to this meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
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Meditations for relaxing and enjoying life using higher light science & the law of attraction – Violet Light Cocoon Creation; Advanced Programming Codes plus as usual the Love Breath Meditation.



The very popular & powerful [Love Breath Meditation](#) tunes us also to the field of Grace so that we are well served by the Quantum Field as we in turn serve others.

Violet Light Cocoon – Creation Meditation:- An in-depth meditation with Jasmuheen on the alchemical Violet Light Cocoon – it's benefits & application in fine-tuning ourselves through the Matrix into healthier, happier paradigms, creation & purpose as an external mind & shield of selectivity. Note: Although this meditation some good baseline programming codes, it can be followed by and made more more powerful by using the Advanced Bioshield Programming Codes.

- [YouTube video Intro to this meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [Click here](#). (MP3 purchase download price AU\$14.95.)

Liquid Universe – Advanced Bioshield Programming – discourse – meditation:- Introduction to programming plus Advanced Bio-shield Codes and mantras for the violet light cocoon plus creating incorruptible networks via perfect manifestation and mastery. New Codes are also now provided in the new book – [Pathways of Peace](#) Pragmatics. Background music for this meditation by Brian Vale. **Note:** It is recommended that you apply the Violet Light Cocoon meditation first to create the cocoon and then apply advanced programming codes.

- [YouTube video Introduction to this discourse-meditation](#); To listen to a free audio introduction to this meditation now [click here](#).
- Please note that the purchase of this meditation can occur in 3 ways:- To download this from our iTunes store [click here](#); to purchase and download this meditation from this site as an MP3 file [click here](#). (MP3 purchase download price AU\$14.95.)



Free YouTube Meditations for you for Personal Fine-tuning are now at our Meditation Magic [Playlist](#) as per below.

- [Meditation Magic](#) – Introduction to Meditation.
- [Life Clarity Meditation](#) - for manifesting fulfilling lives.
- [Mood Enhancer Meditation](#) – for a quick mood change.
- [Chakra Column Meditation](#) to energize ourselves.
- [Body Love Meditation](#) – to establish a good mind-body connection.
- [Love Breath Meditation](#) - a simple meditation that allows us to feel the Divine Love flow within.
- [Brain Food Meditation](#) - activation & changing brain wave patterns to increase clarity and creativity levels.
- [3 Mantras – Meditation to experience more of our Divine Essence](#) – reprogramming cellular structure back to our base essence energy.
- Pranic Feeding – from the [cosmos](#), from [nature](#) to increase our chi flow.
- [Because I Love You](#) insight