

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



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There are five pathways of Elysium that will be focused on in depth that supports the Universal Harmonization Program. These are also 5 stages that earth and her people will need to move through in order to come into a permanent state of peace.

#### FIVE PATHWAYS OF ELYSIUM

The Field of Love

The Field of Compassion

The Field of Health & Harmony

The Field of Grace

The Field of Freedom

We invite the Diplomats of Love and Ambassadors of Peace to meditate on each one of these fields and to experientially study each one in depth especially as to how they relate to the creation of permanent peace and taking our place among civilized worlds. Take a week to meditate on each one and ask the Universal Field of Infinite Love and Intelligence to show you clearly in meditation and via life experiences, exactly what you need to understand about each one. When we live our lives anchored in the field of the purest love and act always with compassion then we find ourselves enjoying increased levels of both health and harmony and also experiencing a stronger flow of grace which eventually frees us from many limiting paradigms.

A brief look at these five fields:-

1. The Field of Love:- This field contains many layers from self love, love of others, conditional and unconditional love, divine love, love's field of the deepest peace and contentment, love's field of pure joy with its cosmic orgasm and the layer that melts us into itself where mind disappears and all questions are answered. For transformation to be lasting it must be birthed with love. This is the field that many meditators and metaphysicians have been exploring for the last few decades as love of our divine

nature, understanding it and experiencing its' love, allows us to operate more effectively on all levels of our life. Love of self, love of others, love for our world - it all begins here for what we love, we tend to cherish and take care of.

2. The Field of Compassion:- In order for earth to enter into a higher paradigm among civilized worlds her people need now to exercise compassion toward those in need. New priorities need to be agreed to such as the redistribution of the world's resources so that basic human rights are addressed and poverty is eliminated. The pragmatics of this have been outlined in The Madonna Frequency Planetary Peace Program. At the EMBASSY OF PEACE we have found in order to evolve we must become compassionate regarding the suffering of others and pragmatically address their needs via the programs we share in this manual.

In his book *Cosmic Inner Smile* Taoist Master Mantak Chia states: "Compassion is the highest expression of human emotion and virtuous energy. It is a level of development that takes hard work and serious meditation before it can blossom into one's life. It is not a single virtue, but the distillation and culmination of all virtues, expressed at any given moment as a blend of fairness, kindness, gentleness, honesty, respect, courage and love. It is the most beneficial energy to share with others. The power to express any or all of these virtues at the appropriate moment indicates that a person has internally unified him or herself into a state of compassion."

3. The Field of Health & Harmony:- At the Embassy we talk about health in relation to physical, emotional, mental and spiritual levels and we know that health and happiness and harmony levels come into a stronger state of being via the practice of the Luscious Lifestyles Program as happiness, health and harmony are determined by how we spend our time.

In the book *The HeartMath Solution*, authors Doc Childre and Howard Martin explain how the electromagnetic fields radiating from the heart affect the fields around us, they also show us how to move into sensing life with the intuitive nature of our heart's brain rather than operating only from cranium's brain of limited linear thinking.

They say that "Heart intelligence is the intelligent flow of awareness and insight that we experience once the mind and the emotions are brought into balance and coherence through a self initiated process. This form of intelligence is experienced as direct intuitive knowing that manifests in thoughts and emotions that are beneficial for our selves and for others." (page 6 of HMS).

According to research at the IHM "our feelings affect the information contained in the heart's electromagnetic signals" (page 59 HMS) and spectral analysis has revealed that when the heart's rhythms become more coherent and ordered then so does its electromagnetic field emanations, emanations that they have also found *can influence other peoples' brain wave patterns*. Spectral analysis can determine the mix of frequencies present in a field i.e. an electromagnetic fields ingredients.

Emotions such as appreciation and compassion create heart coherence and improve our health and harmony levels just as anger and frustration create incoherence, consequently as we alter our perceptions in life, we alter our emotional flow which in turn alters our physical heart rhythms and allows us to alter our internal and external radiation levels and increase or decrease pranic flow.

Choosing to see the perfection of each situation, choosing to see the Divine spark in all, choosing to enjoy the fullness and simplicity of each moment, all of this alters our heart rhythm and our rhythm in our world and the type of rhythms that return to

surround us and move through us. Research at the IHM has found that “when a system is coherent, virtually no energy is wasted, because its component parts are operating in sync.” (page 63 HMS). <http://www.heartmath.org/>

4. The Field of Grace:- *"All good things come to the one who stands firm in the field of Grace."* Being anchored permanently into this field allows us to co-create with joy, ease and grace in a way that benefits all. Accessing and staying anchored in the Field of Grace is a basic requirement for our Diplomats and Ambassadors self training Program where our motto is 'Maximum impact for minimum effort.' As soon as we commit our lives to using our energy to support an evolutionary process that is beneficial for all, we immediately begin to attract more Grace into our own life and also to support us with our paths of compassionate action.

5. The Field of Freedom:- This means having the freedom to manifest the best of our human nature in a way that is harmonious for all, it also means the freedom to co-create a world that is worthy of knowing its galactic kin and a future that our children will thrive in. Training in this field - via experientially understanding what it is like to be free from many self imposed limitations - will allow us to experience much more of our pure and perfect ascended nature.

The 5 fields must be explored experientially. As we live our own lives fully in these fields then we can be truly effective in our service. Again we invite you to ask your Divine Self to allow you understand each of these fields in a way that is perfect for you and in a way that allows you to live in harmony with all life.