



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

Step by Step ...

A compassionate action program: Over the last 4 decades, we have been working diligently to discover, formulate and then refine a pragmatic method of co-creating peace globally and individually, through self-knowledge and self-mastery. Below is a step-by-step program that will fulfill our "Loving Life! Happy to be here! All is well with us all!" goal.

- Step 1: Choose to enjoy [health and heart harmonics](#) in a way that benefits us all. Be responsible for your personal energy emanations and how they affect all worlds. So BE impeccable in all that you do!
- Step 2: Understand Inter-dimensional Energy Field Science and live life by Universal Law as per our [Relaxing and Enjoying](#) segment.
- Step 3: Share what works for you with others. Download and distribute our free [Personal Harmonization Program](#). Discuss it within your networks and, if required refine everything we have shared to make it better.
- Step 4: Apply the New Millennium Guidelines for Peace - [video link](#).
- Step 5: Experience the deepest currents of the purest streams of love that constantly flow through the Matrix of creation, including through us. The [Love Breath Meditation](#) will allow you to do this, as will the [Luscious Lifestyles Program](#) as both will change your personal frequency field.
- Step 6: Apply some Baseline Programming into your own energy fields. Powerful Baseline Programs are offered in the 'Liquid Universe - Advanced Bioshield Programming' discourse - [meditation](#) below.
- Or apply Peace Path 8 - Success Codes - which provides detailed programming codes and pragmatic insights into creating a peace filled, fulfilling life, via working with the universal law of resonance with its natural processes of magnetic attraction. [For more on this path...](#)
- A good baseline programming code is:- "Perfect harmony all fields now!" said as if commanding, or inviting the quantum field to deliver this. Also apply the [Codes of Alignment](#) below.

Also:- Contemplate the insights we have shared so far and apply what feels right for you. Watch the videos already mentioned plus the videos on [Consciousness & Calibration](#); [Field Feeders & Calibration](#); The [Law of Love & Brain Wave](#) Patterns. These videos are insightful for healthy living. Enjoy the meditations we suggest - either apply the [free meditations](#) or tune to our [meditations](#) that are longer and deeper. Next absorb what feels right for you in our [Our World](#) & [Our Universe](#) sections.

Mahatma Gandhi once invited us to BE the change we wish to see in the world, and so the Embassy of Peace offers life enhancing programs to inspire and guide us to create changes in our own lives and in our world. Enjoying healthy and happy lives, loving deeply and contentedly, having permanent peace, rising into new paradigms and staying risen, joining

truly civilized worlds and knowing the benefits of this – all of this is ours by applying what we offer freely in the Cosmic Internet Academy.