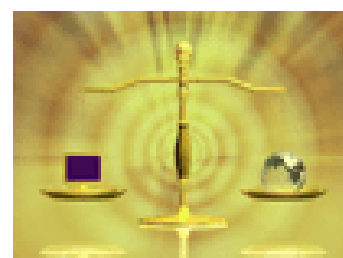
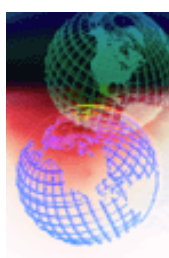
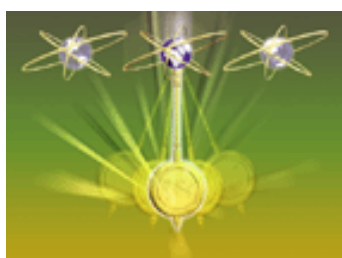
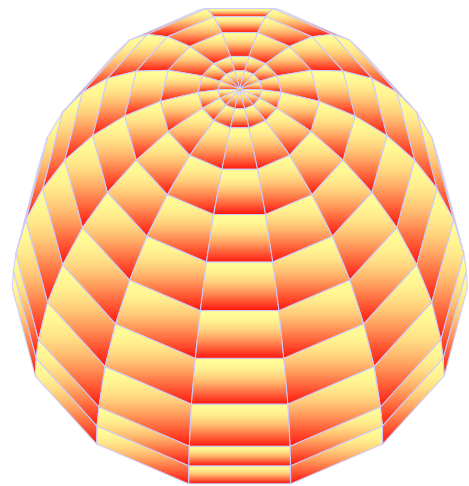


# PASCAS CARE

## MEDICAL

## HOLOGRAM

## Visual Display



**“Peace And Spirit Creating Alternative Solutions”**

**PASCAS FOUNDATION (Aust) Ltd**  
**ABN 23 133 271 593**

**Queensland, Australia**

**Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)**  
**Em: [info@pascashealth.com](mailto:info@pascashealth.com)**

**Pascas Foundation is a not for profit organisation**

**[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)**

## PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

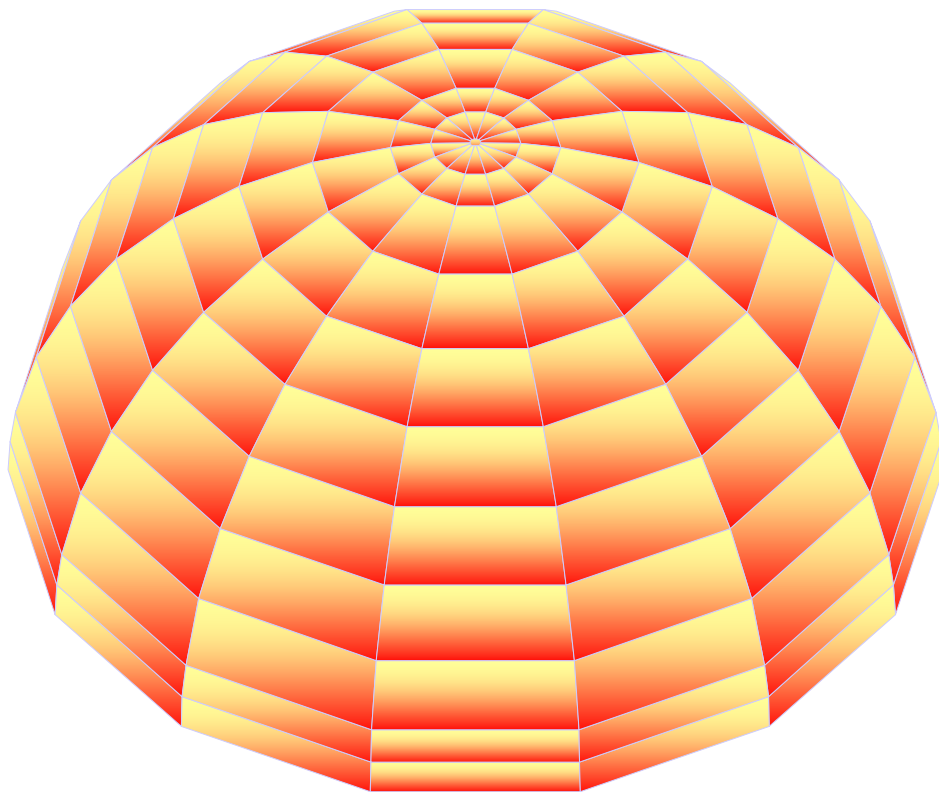
# PASCAS HEALTH SANCTUARY GLOBAL CENTRES of EXCELLENCE



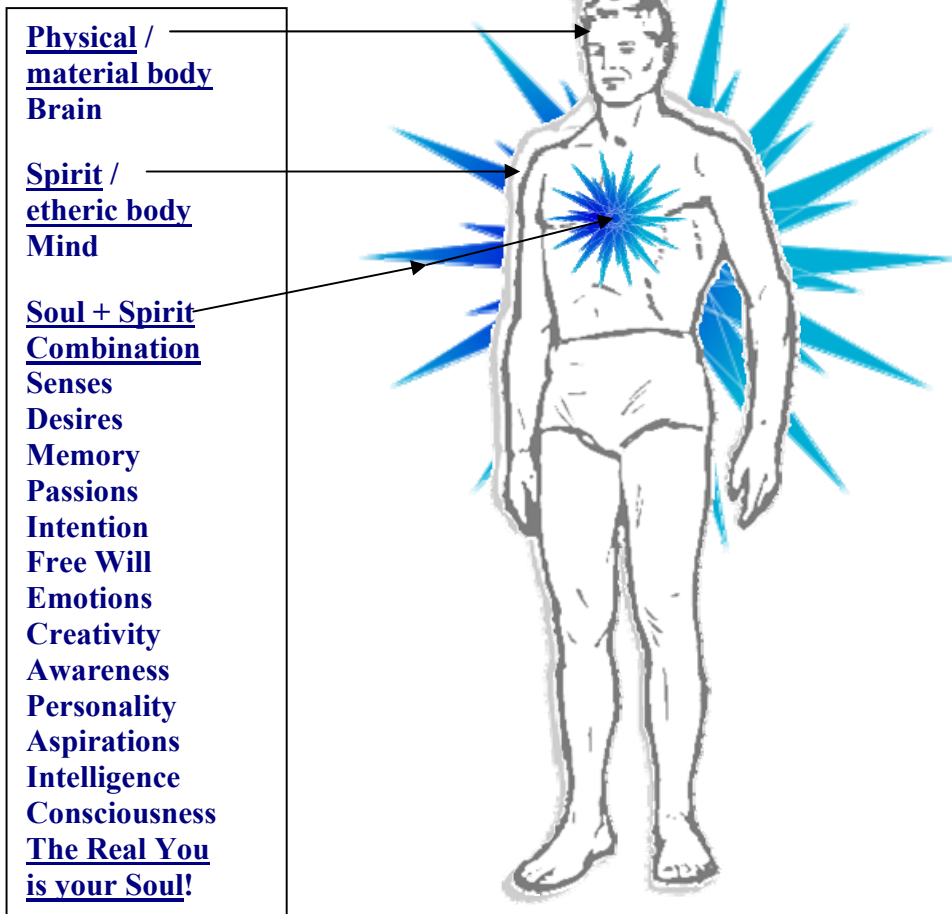
**Brazil**      **Nigeria**      **Australia**  
**South Africa**



# MEDICAL HOLOGRAM



- ✓ **Pascas Care is melding the science of Western Medicine with the truth and wisdom of traditional medical practices.**
- ✓ **Complementary medicine with modern allopathic sciences, combined, is the pinnacle in health and well being systems.**
- ✓ **It is the employment of proven complimentary therapies whose efficacy is assured in supporting western allopathic medical practices that is required to achieve desired outcomes.**
- ✓ **Pascas Care brings together credible practices from all walks of life within the medical and personal well-being services and systems.**
- ✓ **The synchronicity of ALL health streams enables complete healing.**

ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

**At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul embraces Feeling Healing, and receives Divine Love, it will grow, and grow, and grow in brilliance and into that which is Divine.**

# Visual Display

PASCAS CARE MEDICAL HOLOGRAM VISUAL DISPLAY		
Left side: Major Elements	Corridor	Right side: Further Detail
1. Family Unit		101. Five senses – Inside the Eye
2. 10 Human Body Systems		102. Five senses – Up the Nose
3. a. Skeleton		103. Five senses – On the Tongue
4. b. Muscular System		104. Five senses – In the Ear
5. c. Nervous System		105. Five senses – Under the Skin
6. d. Endocrine System		106. Sixth sense – Intuition
7. e. Cardiovascular System		107. Seventh sense – Direct Knowing
8. f. Respiratory System		108. Eighth sense – Sense of Emotions
9. g. Lymphatic System		109. Ninth sense – Sense of Love
10. h. Digestive System		110. Cells & Blood
11. i. Urinary System		111. Your Blood Type
12. j. Reproductive Organs		112. Immune System Chart
13. Energy delivers the Physical		113. DNA Strands
14. Human Energy Field (HEF)		114. Heart
15. The Seven Levels of the Auric Field		115. Lungs & Breathing
16. Seven Layer Auric Body – Diagnostic		116. Brain
17. 1 <sup>st</sup> – Etheric Body		117. Nervous System
18. 2 <sup>nd</sup> – Emotional Body		118. Lymphatic – Immune System
19. 3 <sup>rd</sup> – Mental Body		119. Joints
20. 4 <sup>th</sup> – Astral Body		120. Visual Range & Third Eye
21. 5 <sup>th</sup> – Etheric Template Body		121. Harmonics
22. 6 <sup>th</sup> – Celestial Body		122. Electromagnetic Field
23. 7 <sup>th</sup> – Ketheric Template Body		123. Blood Purification
24. Seven Major Chakras		124. Birth & Death
25. Energy Chain in via the Chakras		125. Organic Food
26. Interconnecting Cords via Chakras		126. Energetic Food – Life Supporting
27. Conception Process		127. Map of Consciousness
28. Dis-ease Orientation per Chakra		128. Consciousness versus the Ego
29. Haraic Line distorted		129. The Two Emotions, Prayer and Meditation
30. Laying of Hands		130. Walking of the Beach
31. Hara of a Healthy Person		131. Negative Environments
32. The Core Star		132. Dangers of Alcohol
33. Our Divine Core		133. Dangers of Smoking
34.		134. Beacons of Light
<b>Display to be a pass through service leading to medical centre and product sales area.</b>		

Scale of models to be two thirds (6 foot person is scaled at 4 feet). Models to sit on cabinets / tables at normal desk height. The cabinet to be employed to add explanation and complimentary material. Visual effects of models to be developed as being those employed within the movie industry. Source material is to be identified and profound statements are to be calibrated (Map of Consciousness 1 – 1,000).

**Display 1****FAMILY UNIT**

The adopted family being represented is to have global representation.

This material and complementary presentations and advertising material should be uniform in all markets and agendas of the Pascas Care. Would should be discernable is the core cause of any pain or illness that anyone may be experiencing. This has never been revealed before. This is a major development in our way to evolve.

**Feeling  
Healing with  
Divine Love is  
the key!**



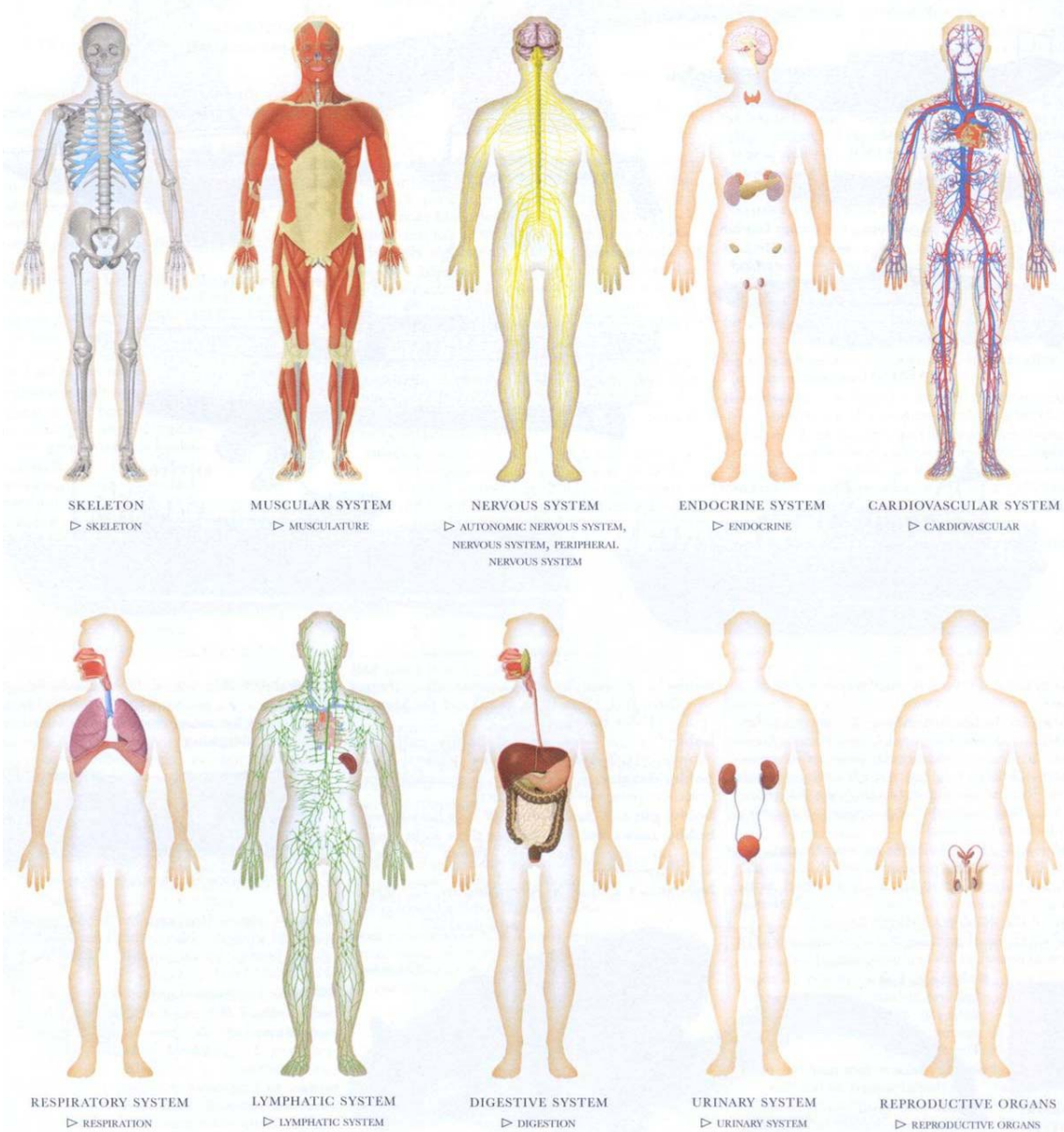
**Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.**

## Display 2 10 HUMAN BODY SYSTEMS

The human body is like a complex organization that has an important job to get done on a tight deadline. In order to get everything done perfectly and on time, it has to use a system. Actually, the human body uses many systems that work side by side.

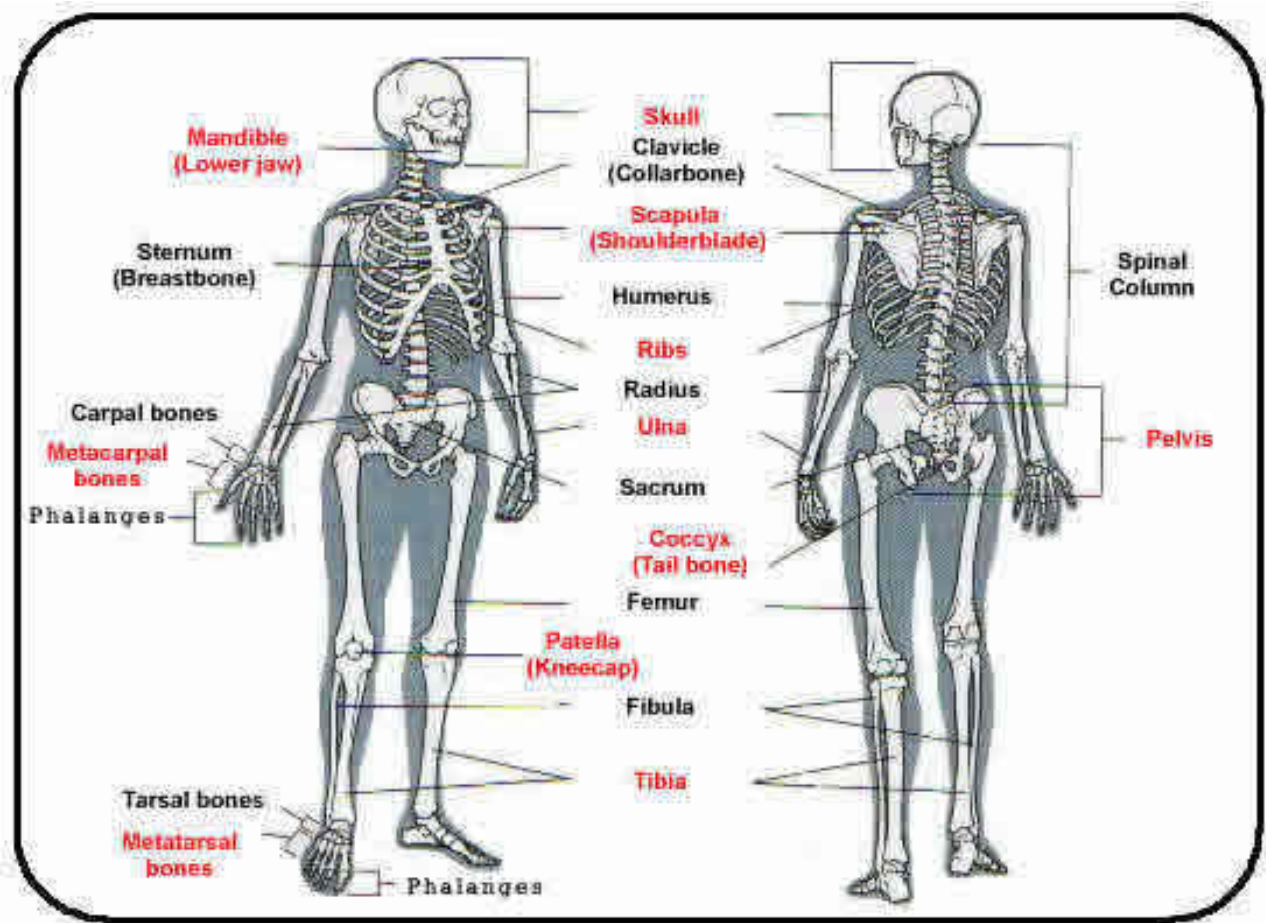
Some of the body's systems are directly connected to the heart, while others are not. Of course, the heart is like the president of the organization. Even if it is not directly involved in the system, it still plays a part. Obviously, if the heart isn't working, nothing else is working either. The heart actively participates in the circulatory system, while it just keeps an eye on the respiratory and excretory systems.

### SYSTEMS OF THE HUMAN BODY





### Display 3      Skeleton      (3 dimensional full body representation)



The Skeleton is the name given to the collection of bones that holds the rest of our body up. Our skeleton is very important to us. It does three major jobs.

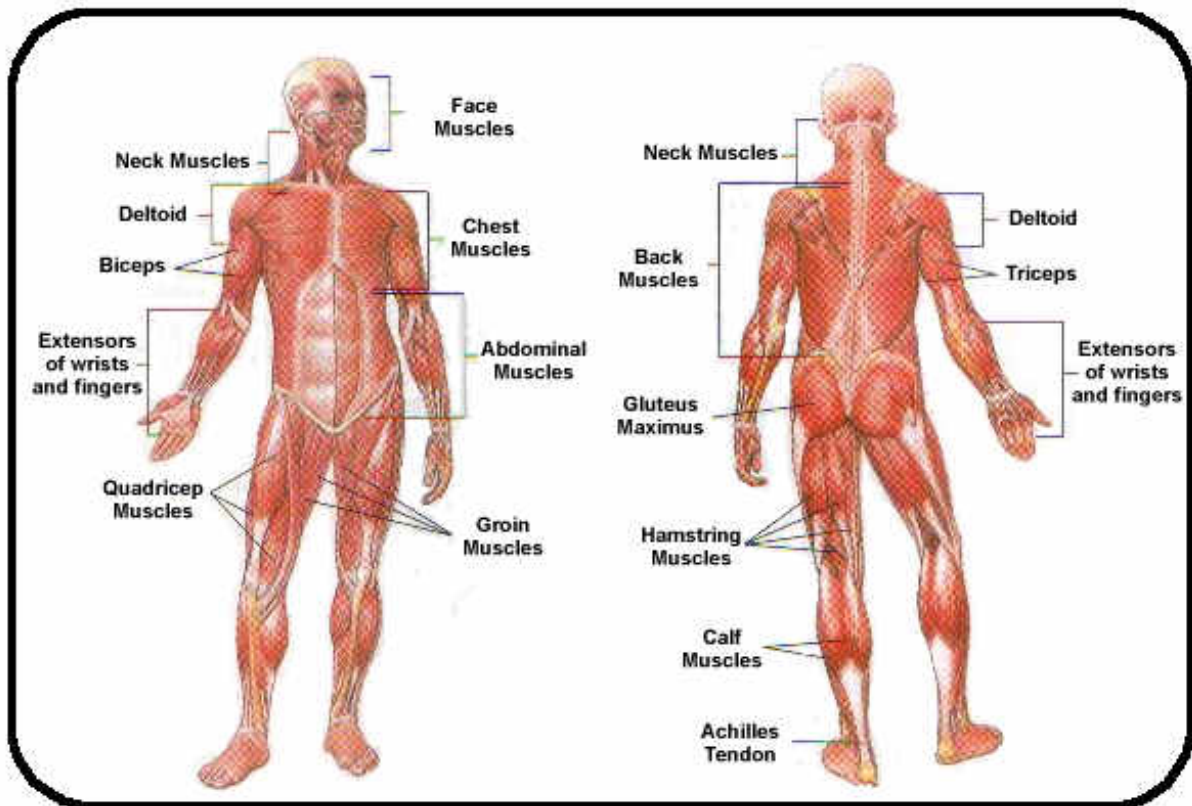
1. It protects our vital organs such as the brain, the heart and the lungs.
2. It gives us the shape that we have. Without our skeleton, we would just be a blob of blood and tissue on the floor.
3. It allows us to move. Because our muscles are attached to our bones, when our muscles move, they move the bones, and we move.

When you were born, your skeleton had around 350 bones. By the time you become an adult, you will only have around 206 bones. This is because, as you grow, some of the bones join together to form one bone.

## Display 4

## Muscular System

## (3 dimensional full body representation)



Almost half the body's weight is muscle. Muscles are the part of our body that allow us to move. They are made up of special tissues that can contract, or shorten, when they receive a signal from the brain. The muscles are attached to bones by stretchy tissue called tendons. When the muscles contract, they pull on the tendons which pull on the bones and cause our limbs to move.

There are more than 640 muscles, and they hardly ever work alone. Muscles can get shorter and pull, but they cannot push. So most muscles are arranged in opposing teams. One team pulls the body part one way, then the other team pulls it back again. As each team pulls, the other team relaxes and gets stretched. Muscles band together to form muscle groups which work together.

Voluntary muscles, such as your arms and legs can be controlled by your thoughts.

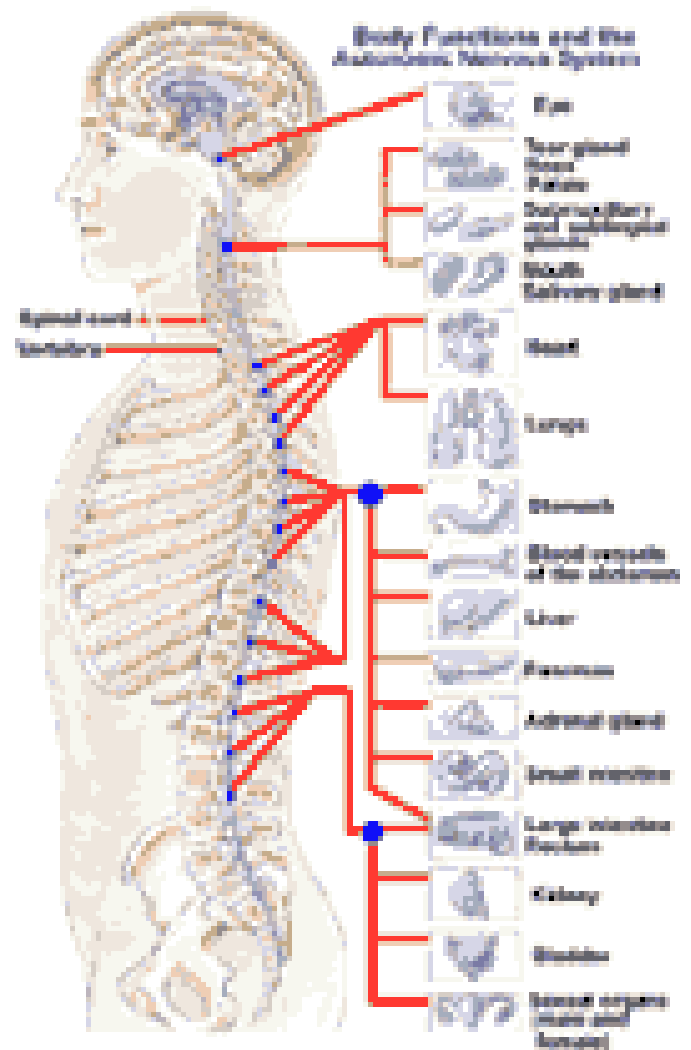
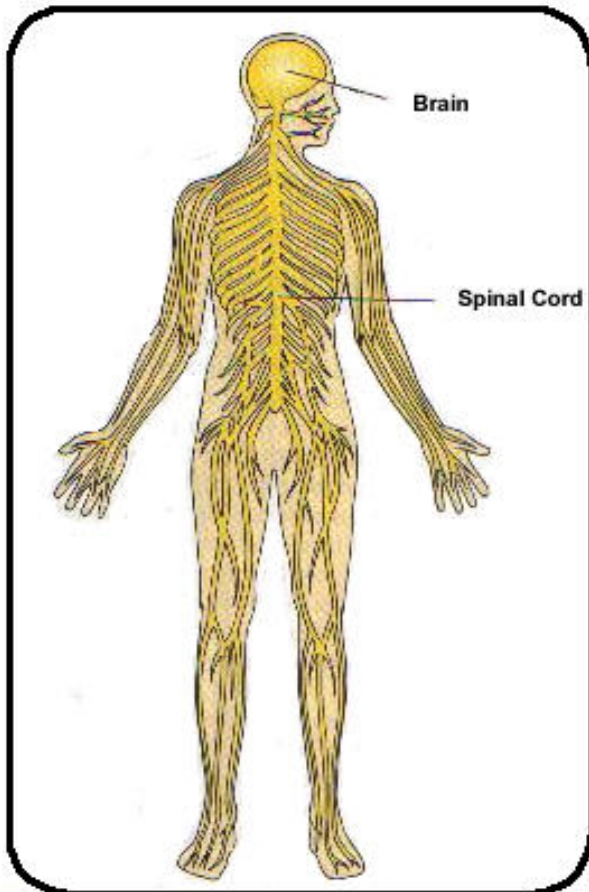
All this muscle action is controlled by your brain, which sends and receives signals through your nervous system.

Muscle actions can be voluntary or involuntary. Involuntary muscles, such as the heart, diaphragm and intestines, are automatically controlled by the brain. You don't have to think about making them work. For example the heart beats between 60 and 80 beats every minute without you having to think about it.

## Display 5

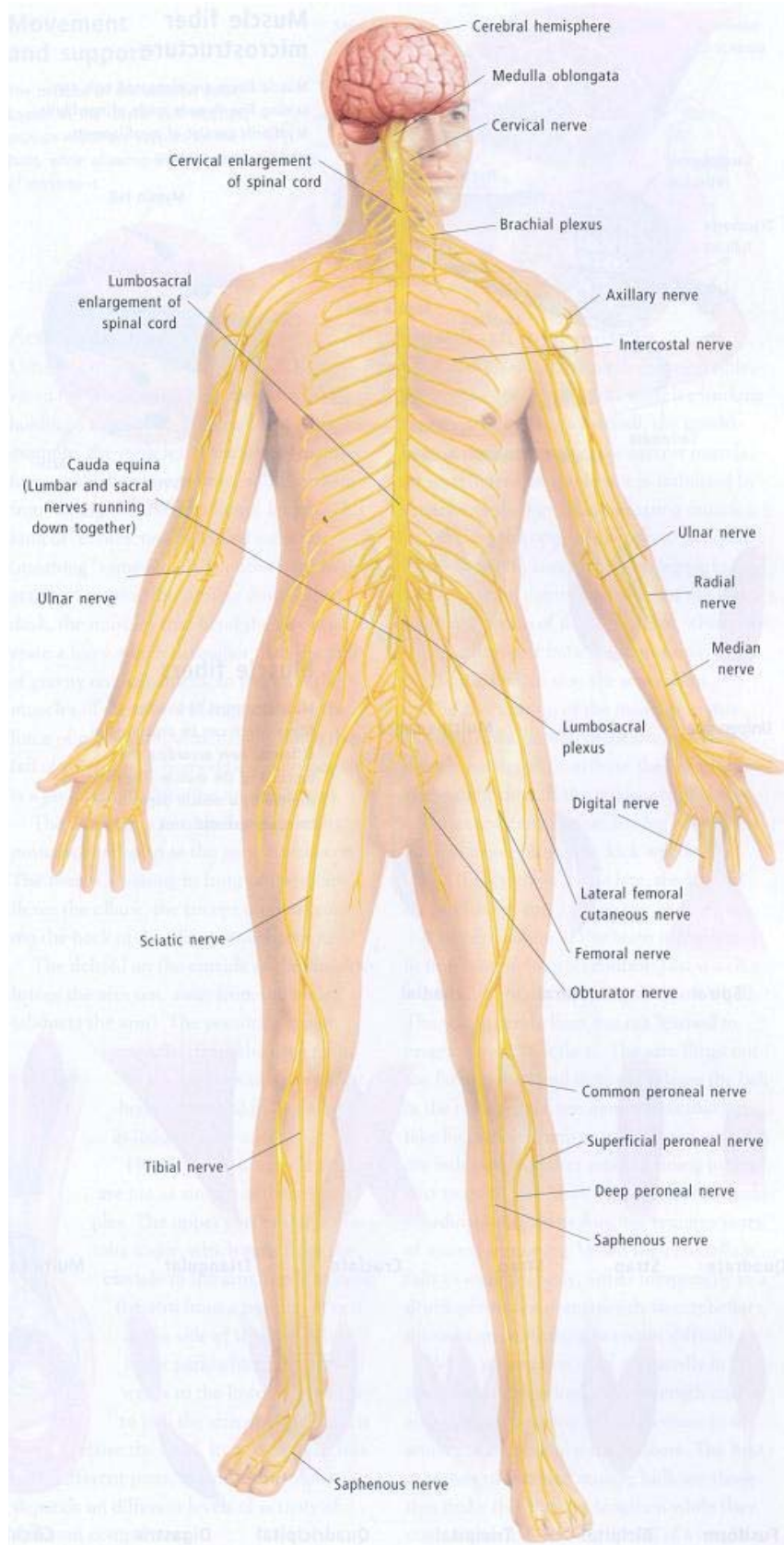
## Nervous System

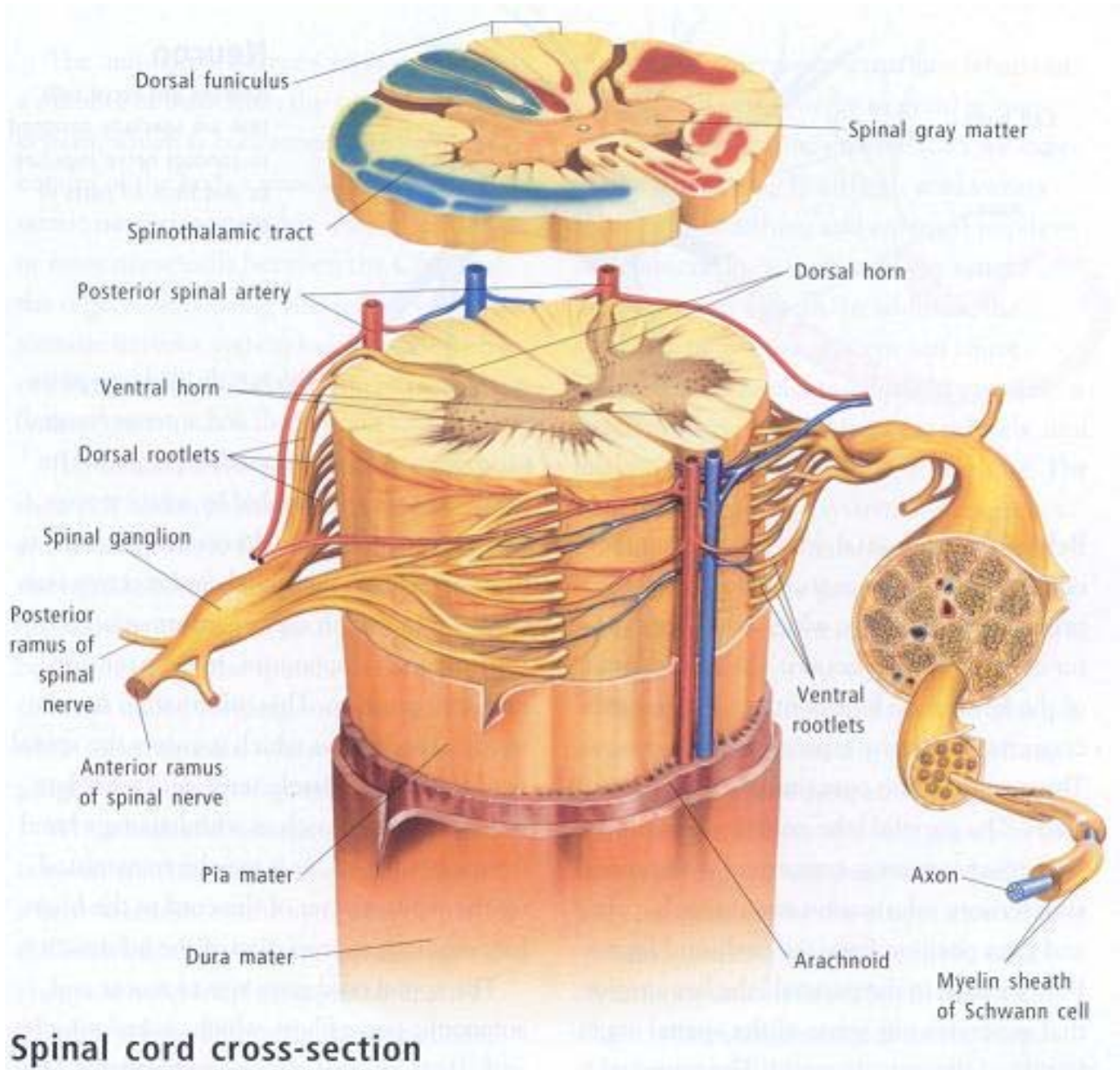
(3 dimensional full body representation)



The nervous system is made up of the brain, the spinal cord, and nerves. One of the most important systems in your body, the nervous system is your body's control system. It sends, receives, and processes nerve impulses throughout the body. These nerve impulses tell your muscles and organs what to do and how to respond to the environment. There are three parts of your nervous system that work together: the central nervous system, the peripheral nervous system, and the autonomic nervous system.

- The **central nervous system** consists of the brain and spinal cord. It sends out nerve impulses and analyzes information from the sense organs, which tell your brain about things you see, hear, smell, taste and feel.
- The **peripheral nervous system** includes the craniospinal nerves that branch off from the brain and the spinal cord. It carries the nerve impulses from the central nervous system to the muscles and glands.
- The **autonomic nervous system** regulates involuntary action, such as heart beat and digestion.

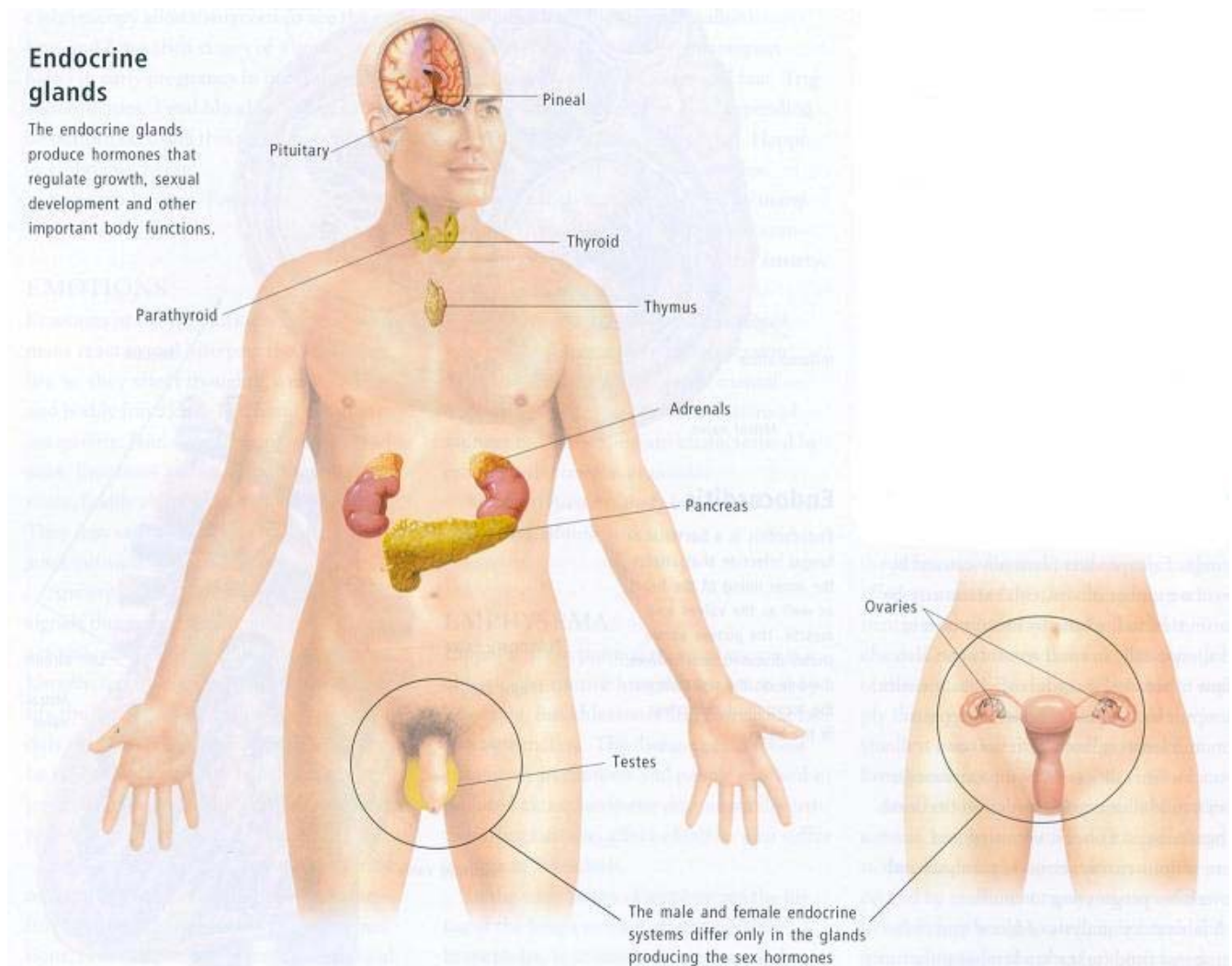




## Display 6      Endocrine System      (3 dimensional full body representation)

Endocrine glands produce hormones that the body needs in order to grow properly and work smoothly. The hormones are secreted directly into the circulatory system, and carried in the bloodstream towards target tissues.

The endocrine system is made up of a group of glands that produce the body's long-distance messengers, or hormones. **Hormones** are chemicals that control body functions, such as metabolism, growth, and sexual development. The **glands**, which include the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, thymus gland, pineal body, pancreas, ovaries, and testes, release hormones directly into the bloodstream, which transports the hormones to organs and tissues throughout the body.





**Two systems control all physiologic processes:**

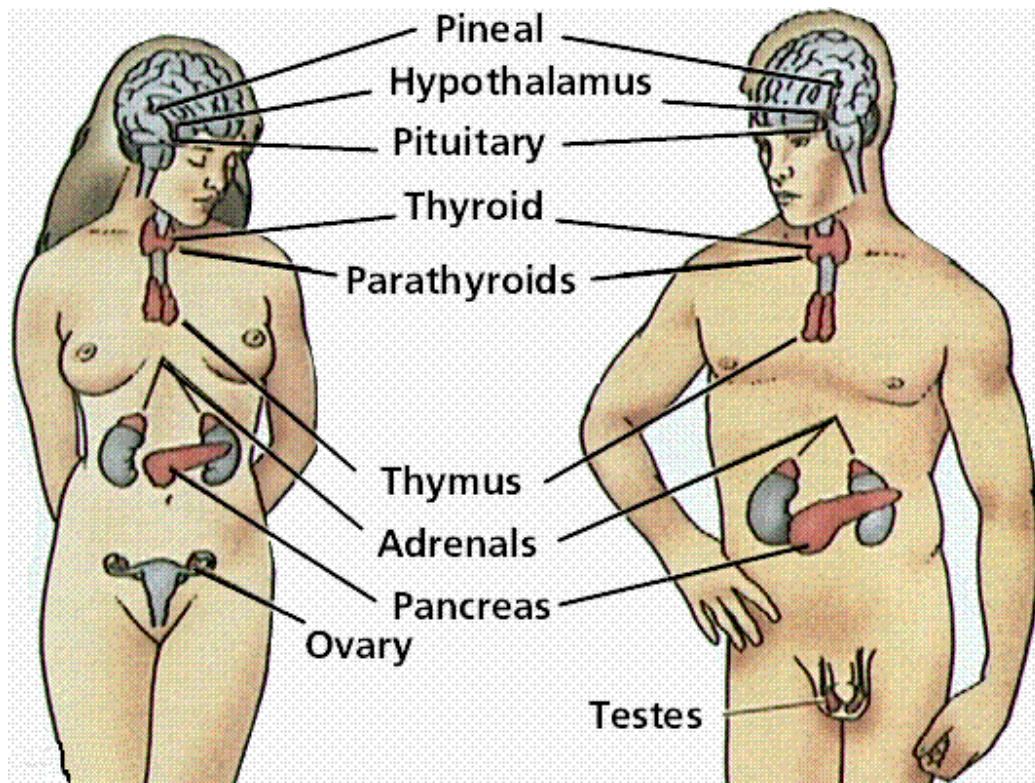
- **The nervous system** exerts point-to-point control through nerves, similar to sending messages by conventional telephone. Nervous control is electrical in nature and fast.
- **The endocrine system** broadcasts its hormonal messages to essentially all cells by secretion into blood and extracellular fluid. Like a radio broadcast, it requires a receiver to get the message – in the case of endocrine messages, cells must bear a *receptor* for the hormone being broadcast in order to respond.

The nervous and endocrine systems often act together to regulate physiology. Indeed, some neurons function as endocrine cells.



The major glands that make up the human endocrine system include the:

- hypothalamus
- pituitary gland
- thyroid
- parathyroids
- adrenal glands
- pineal body
- reproductive glands (which include the ovaries and testes)



## Display 7                      Cardiovascular System

(3 dimensional full body representation)

A typical person has around 4-5 litres of blood. The blood is the transport system by which oxygen and nutrients reach the body's cells, and waste materials are carried away. In addition, blood carries substances called hormones, which control body processes, and antibodies to fight invading germs. The heart, a muscular organ, positioned behind the ribcage and between the lungs, is the pump that keeps this transport system moving.

Your heart is about the size of your clenched fist. It has thick muscular walls and is divided into two pumps. Each pump has two chambers. The upper, smaller, thin-walled atrium receives blood coming in from the veins. The blood flows through a one-way valve, which makes sure it always moves in the correct direction, into the larger, lower chamber called the ventricle. It has thick strong walls that contract to squeeze blood through another valve, out into the arteries.

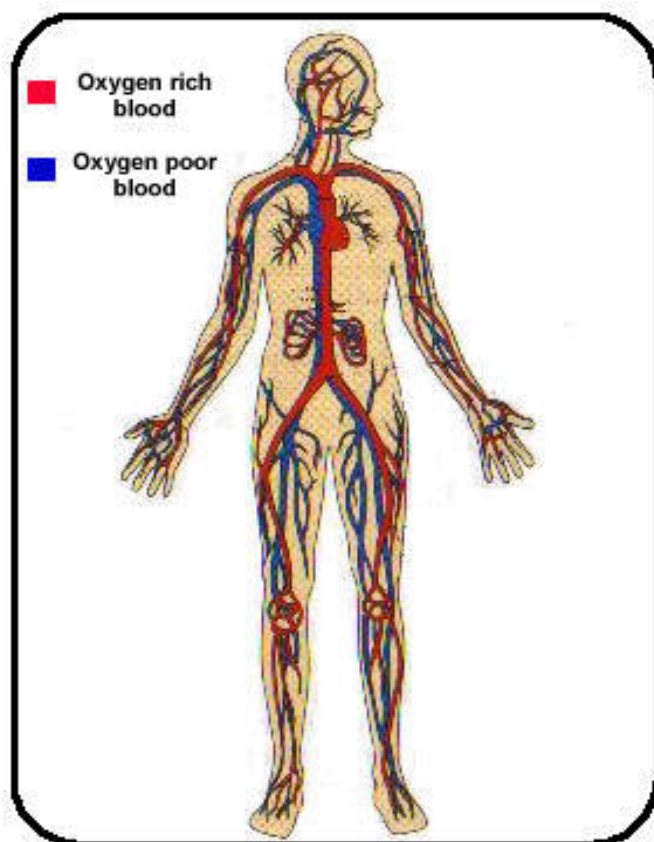
### Two-part Circulation

The body's circulation has two parts, with the heart acting as a double pump. Blood from the right side pump is dark red (bluish) and low in oxygen. It travels along pulmonary arteries to the lungs where it receives fresh supplies of oxygen and becomes bright red. It flows along pulmonary veins back to the heart's left side pump.

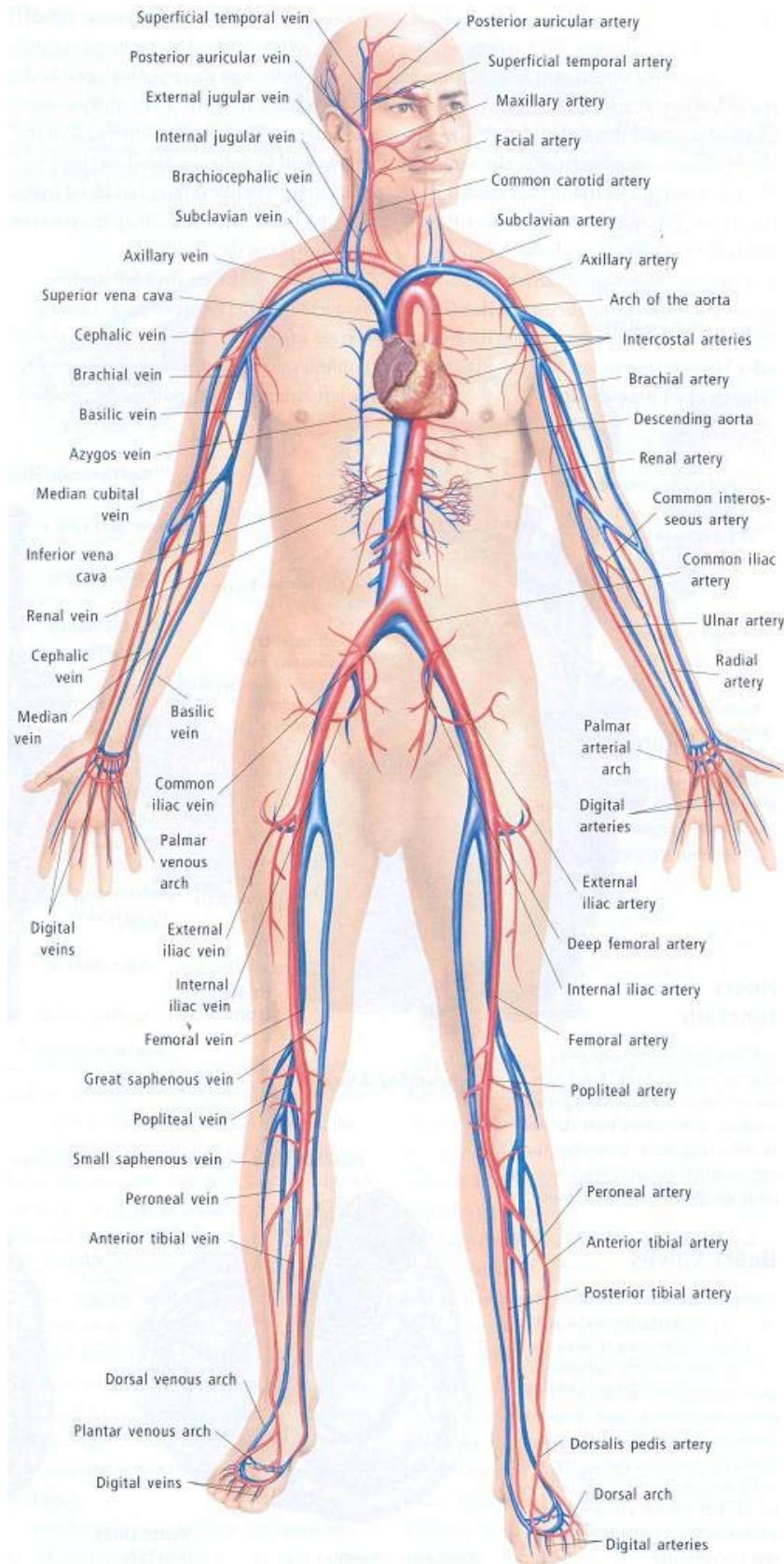
Blood leaves the left side of the heart and travels through arteries which gradually divide into capillaries. In the capillaries, food and oxygen are released to the body cells, and carbon dioxide and other waste products are returned to the bloodstream. The blood then travels in veins back to the right side of the heart, and the whole process begins again.

There are three varieties of blood vessels: arteries, veins, and capillaries. During blood circulation, the arteries carry blood away from the heart. The capillaries connect the arteries to veins. Finally, the veins carry the blood back to the heart.

If you took all of the blood vessels out of an average child, and laid them out in one line, the line would be over 60,000 miles long (100,000 kilometres long)! An adult's vessels would be closer to 100,000 miles long (160,000 kilometres)!





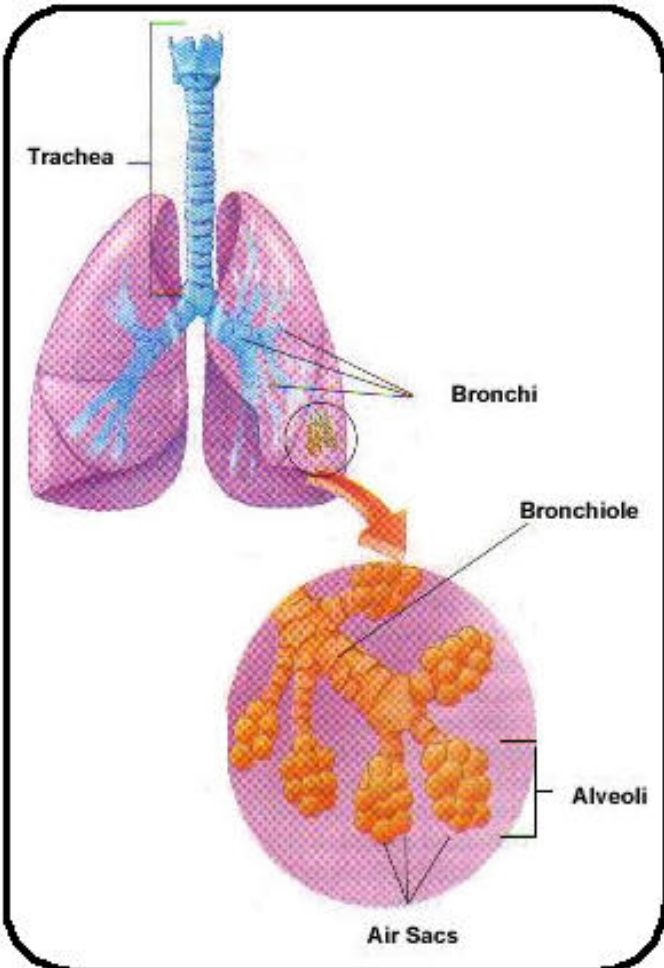
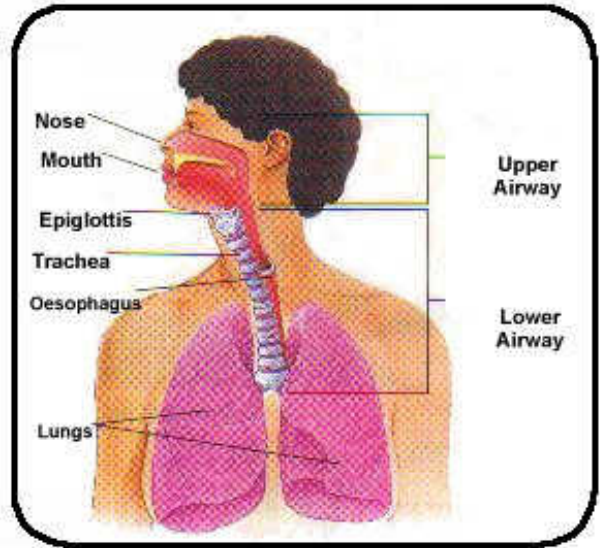


**Display 8                      Respiratory System**

**(3 dimensional full body representation)**

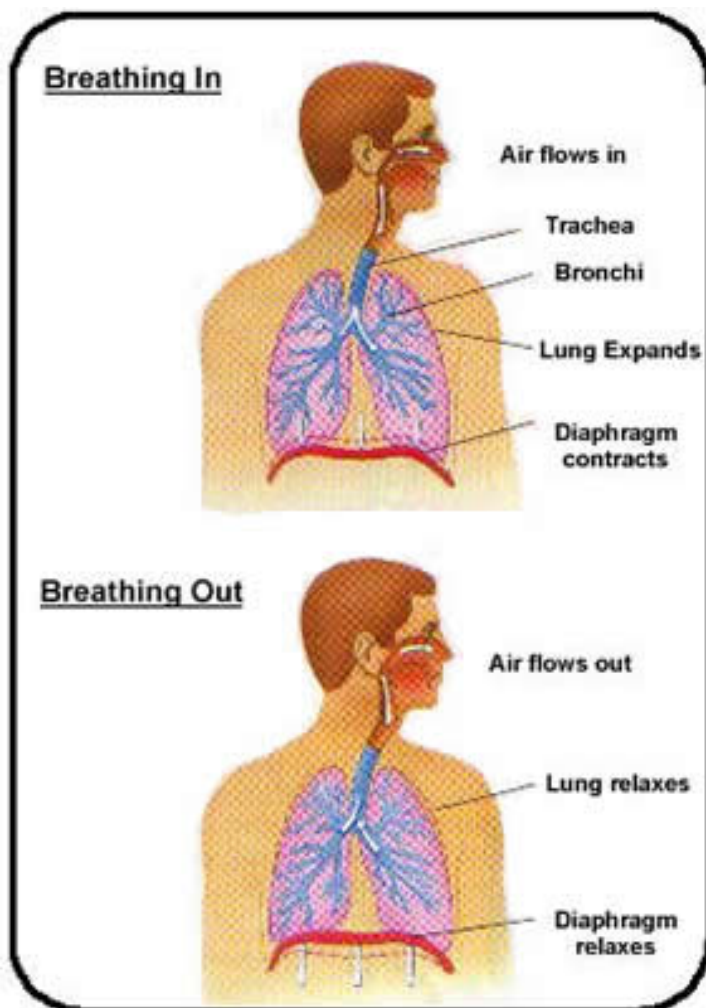
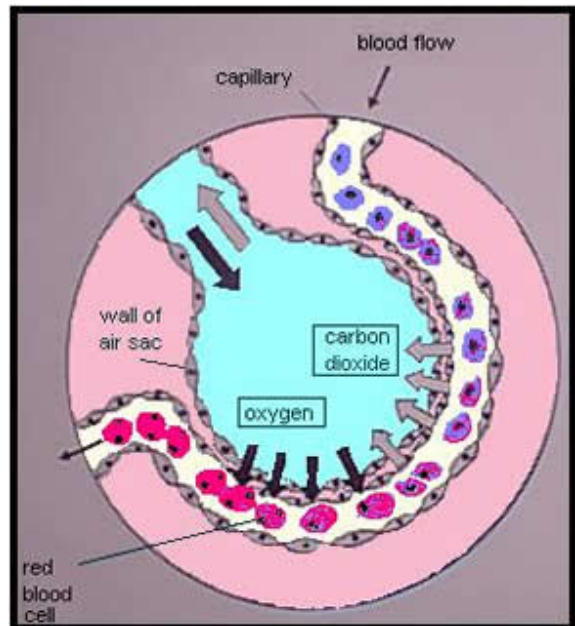
The respiratory system is the system of the body that deals with breathing. When we breathe, the body takes in the oxygen that it needs and removes the carbon dioxide that it doesn't need.

First the body breathes in the air which is sucked through the nose or mouth and down through the trachea (windpipe). The trachea is a pipe shaped by rings of cartilage. It divides into two tubes called bronchi. These carry air into each lung.

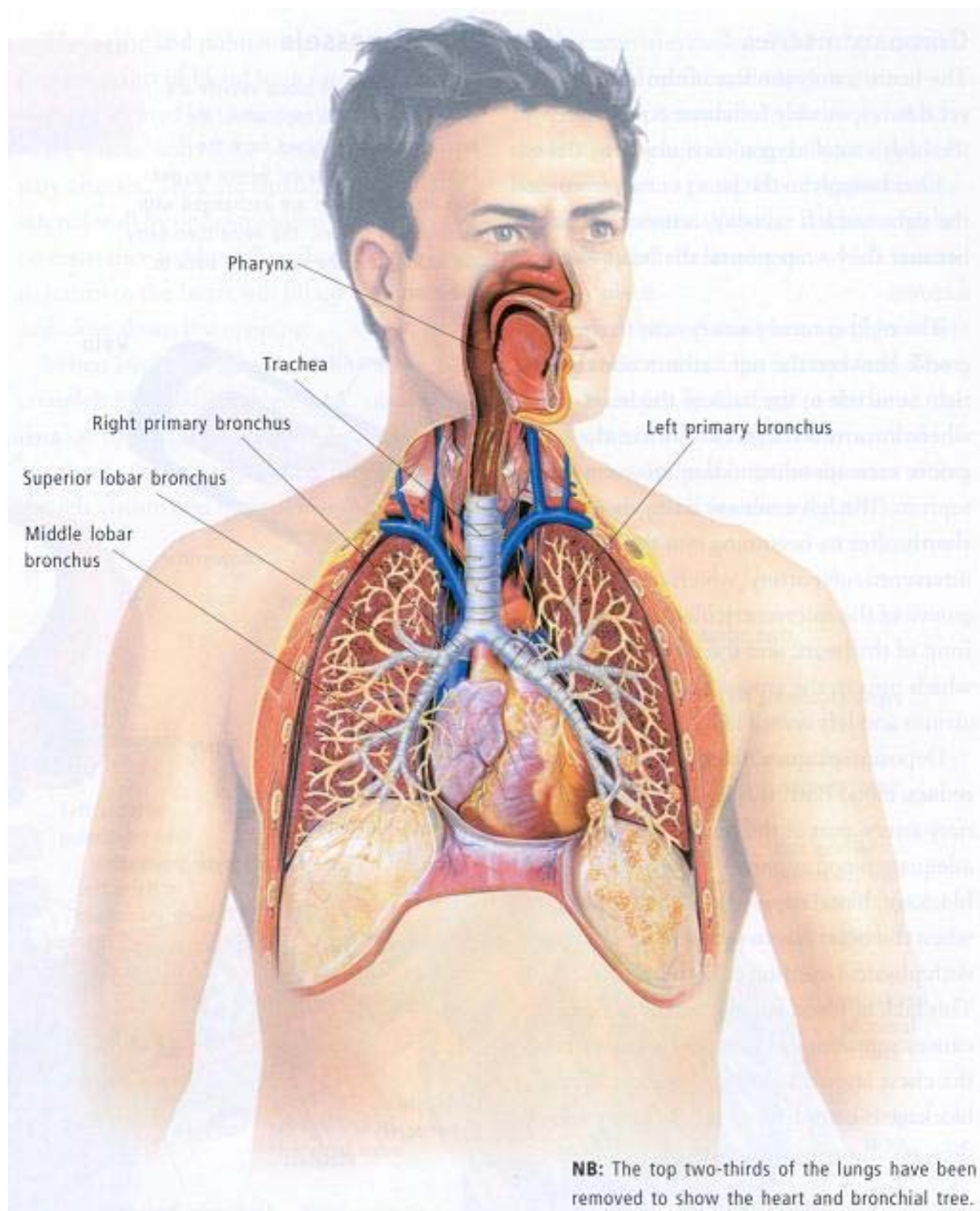


Inside the lung, the tubes divide into smaller and smaller tubes called bronchioles. At the end of each of these tubes are small air sacs called alveoli.

Capillaries, which are small blood vessels with thin walls, are wrapped around these alveoli. The walls are so thin and close to each other that the air easily seeps through. In this way, oxygen seeps through into the bloodstream and carbon dioxide, in the bloodstream, seeps through into the alveoli, and is then removed from the body when we breathe out.

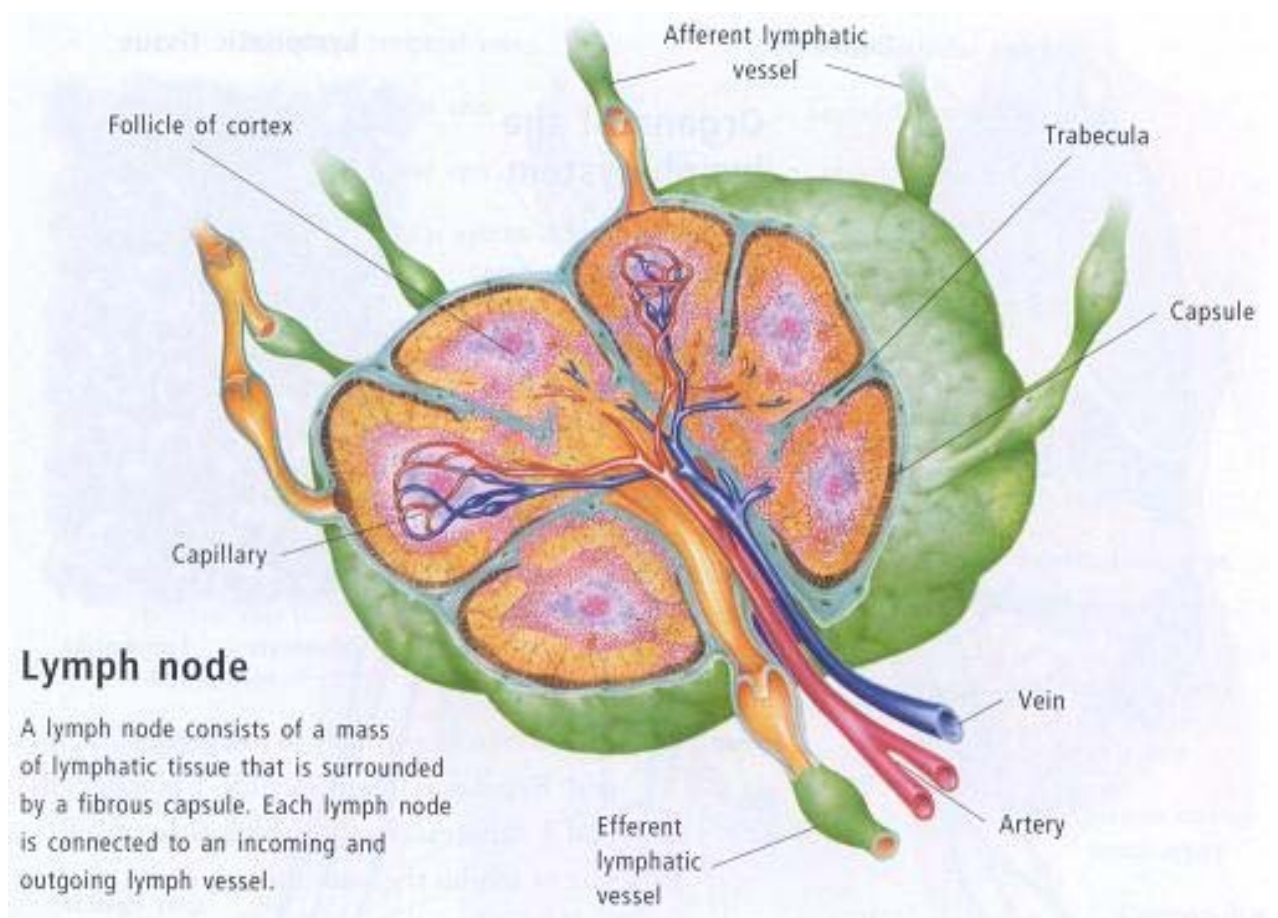


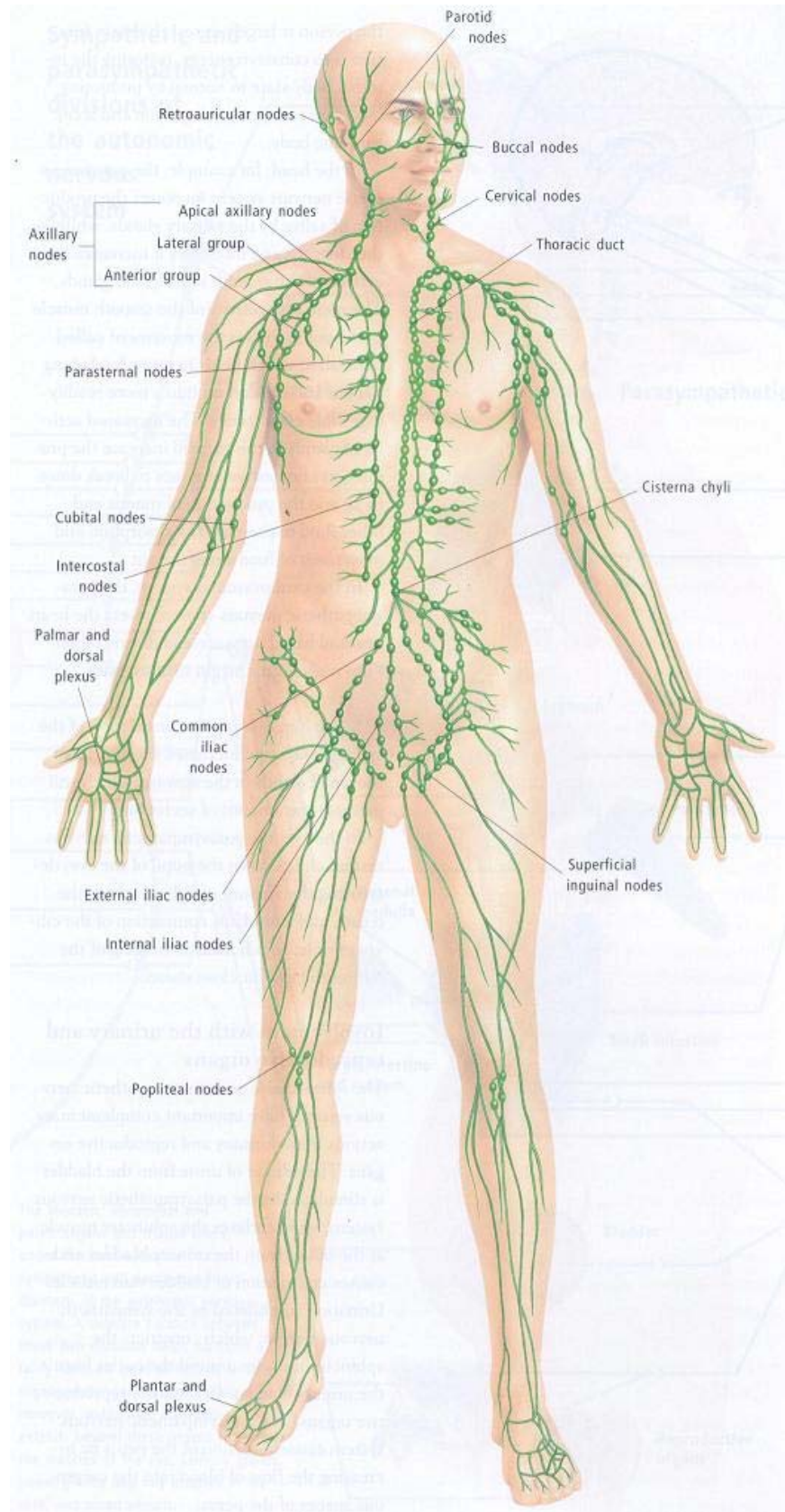
The diaphragm is the muscle that controls the breathing process. As the diaphragm flattens it causes the chest to expand and air is sucked into the lungs. When the diaphragm relaxes, the chest collapses and the air in the lungs is forced out.



## Display 9      Lymphatic System      (3 dimensional full body representation)

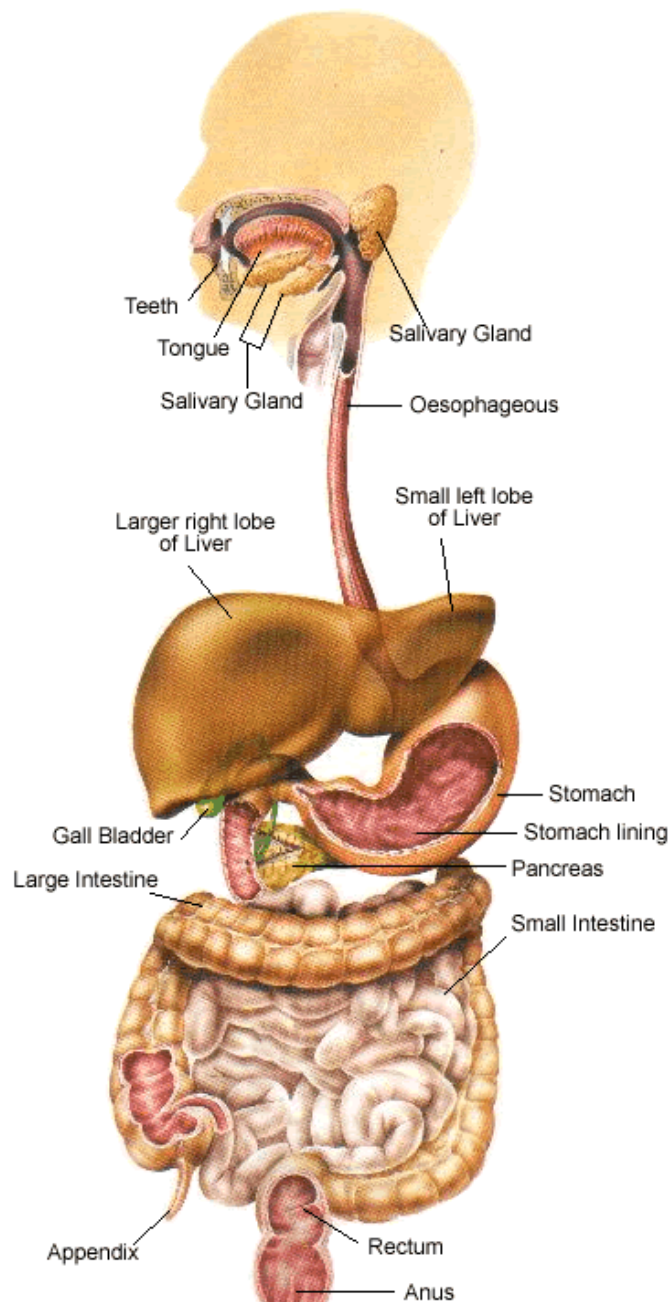
The lymphatic system is also a defence system for the body. It filters out organisms that cause disease, produces white blood cells, and generates disease-fighting antibodies. It also distributes fluids and nutrients in the body and drains excess fluids and protein so that tissues do not swell. The lymphatic system is made up of a network of vessels that help circulate body fluids. These vessels carry excess fluid away from the spaces between tissues and organs and return it to the bloodstream.





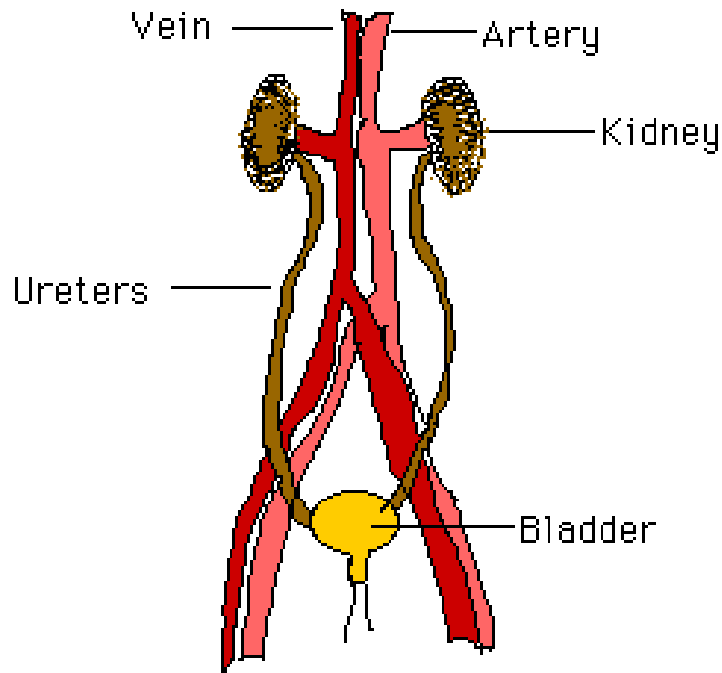
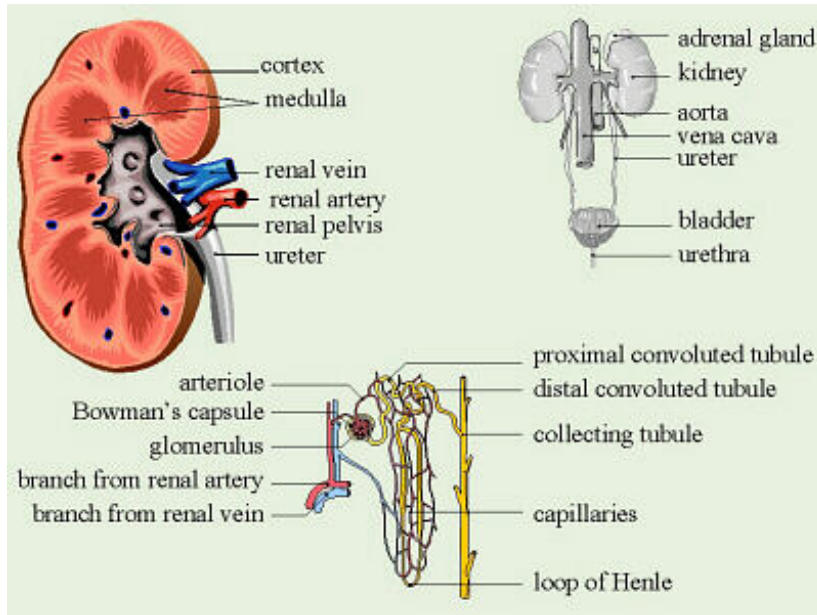
**Display 10                      Digestive System                      (3 dimensional full body representation)**

The digestive system is made up of organs that break down food into protein, vitamins, minerals, carbohydrates, and fats, which the body needs for energy, growth, and repair. After food is chewed and swallowed, it goes down the esophagus and enters the stomach, where it is further broken down by powerful stomach acids. From the stomach the food travels into the small intestine. This is where your food is broken down into nutrients that can enter the bloodstream through tiny hair-like projections. The excess food that the body doesn't need or can't digest is turned into waste and is eliminated from the body.



**Display 11                      Urinary System                      (3 dimensional full body representation)**

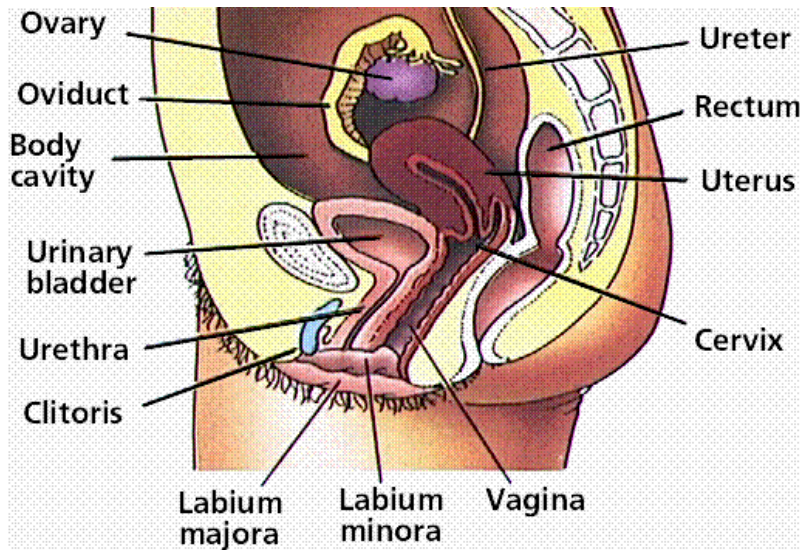
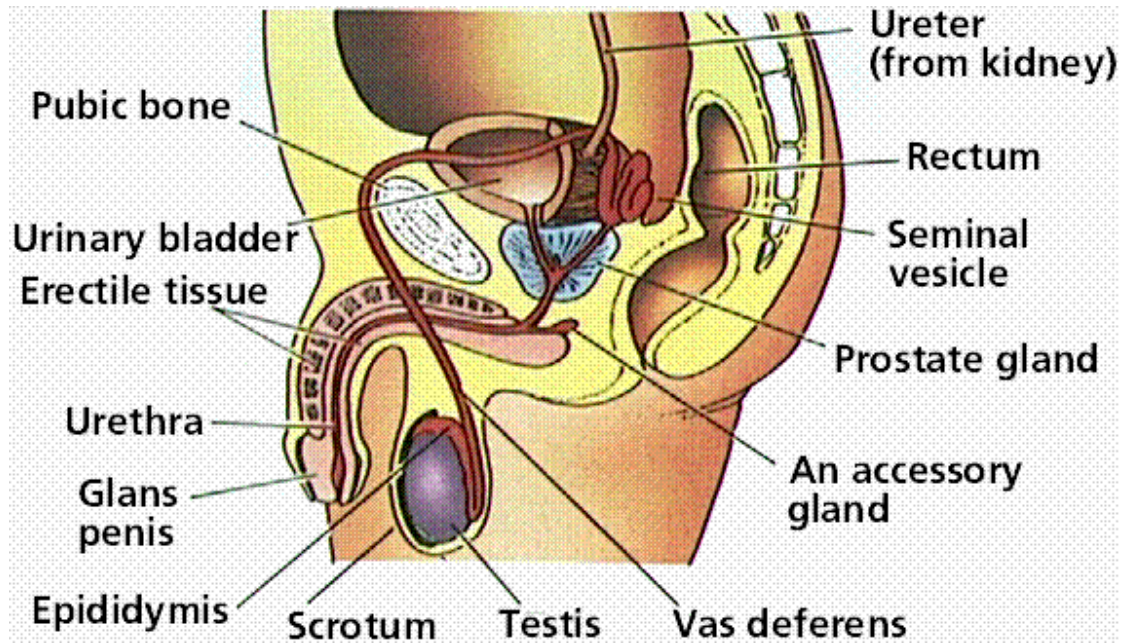
The urinary system eliminates waste from the body, in the form of urine. The kidneys remove waste from the blood. The waste combines with water to form urine. From the kidneys, urine travels down two thin tubes called ureters to the bladder. When the bladder is full, urine is discharged through the urethra.





**Display 12                      Reproductive System                      (3 dimensional full body representation)**

The reproductive system allows humans to produce children. Sperm from the male fertilizes the female's egg, or ovum, in the fallopian tube. The fertilized egg travels from the fallopian tube to the uterus, where the fetus develops over a period of nine months.



### **Display 13                      Energy delivers the Physical**

The energy field exists before the physical body.

**That is, all matter is materialised out of energy, energy increases in intensity and density to form matter.**

Since the physical body arises out of the energy field, an imbalance or distortion in this field will eventually cause a disease in the physical body that it governs. Therefore, healing distortions in the field will bring about healing in the physical body. Healing is a matter of learning how to heal the field by restructuring, balancing, and charging it.

Energy events within the auric field are primary to and always precede a physical event. They precipitate it. That means that any illness will show in the field before it shows in the physical body and can therefore be healed in the field before it is precipitated into the physical body.

The auric field is a quantum leap deeper into our personality than is our physical body. It is at this level of our being that our psychological processes take place. The aura is the vehicle for all psychosomatic reactions. From the viewpoint of a healer, all disease is psychosomatic. A balanced functioning of our auric field is necessary to maintain health.

Yet the auric field is not the source of the event. It is the vehicle through which the creative consciousness from the core reaches the physical.

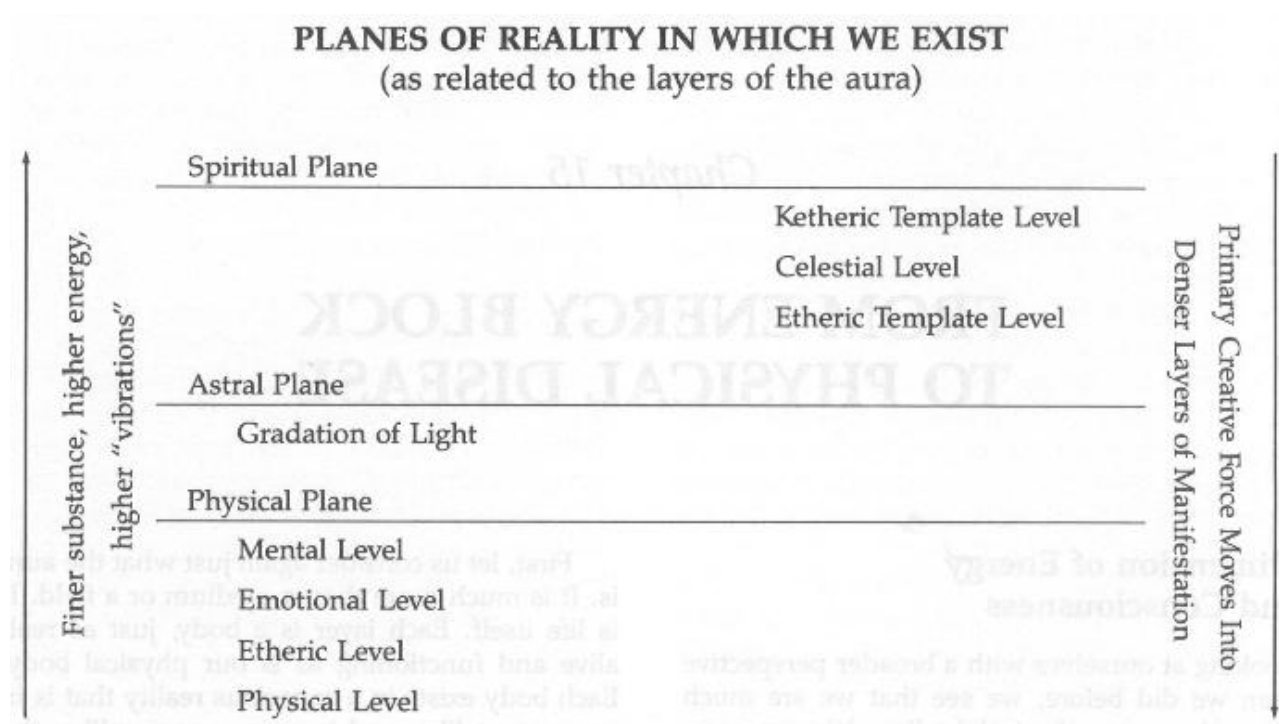
Each level of the auric field penetrates through the body and extends outward from the skin. Each successive level is of a “higher frequency” or a “higher octave”. Each extends out from the skin several inches farther than the one within it of lower frequency. The odd-numbered levels are structured fields of standing, scintillating light beams. The first, third, fifth, and seventh levels of this field are structured in a specific form. The even numbered levels – the second, fourth and sixth – are filled with formless substance / energy. The second level is like a gaseous substance, the fourth is fluidlike, and the sixth is like the diffuse light around a candle flame. It is the unstructured level of the energy field that has been related to plasma and dubbed bioplasma. This bioplasma flows along the lines of the structured levels. It correlates directly with our emotions.

The combination of a standing light grid with bioplasma flowing through it holds the physical body together in its form, nurtures it with life energy, and serves as a communication and integration system that keeps the body functioning as a single organism. All of these levels of the human energy field act holographically to influence each other.

These levels, or energy bodies as many people call them, cannot be considered less real than our physical body. If all of your energy bodies are strong, charged, and healthy, you will have a full life in all areas of human experience. If your energy field is weak at any level, you will have difficulty having experiences that are associated with that level, and your life experience will be limited. The more levels or bodies that you have developed, the fuller and broader your life experience will be.

We have the tendency to assume that all life experience is the same as it is in the physical dimension. It is not. Rather, life exists on many vibrational levels. Each level is different to the makeup of energy-consciousness in that level. This gives us a wide variety of life experience from which to learn. The seven levels of the auric field corresponds to seven different levels of life experience. Each level is different in vibrational frequency range, intensity, and composition of bioplasma. Each therefore responds to stimuli according to its makeup.

P.19 Light Emerging – Barbara A Brennan



**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

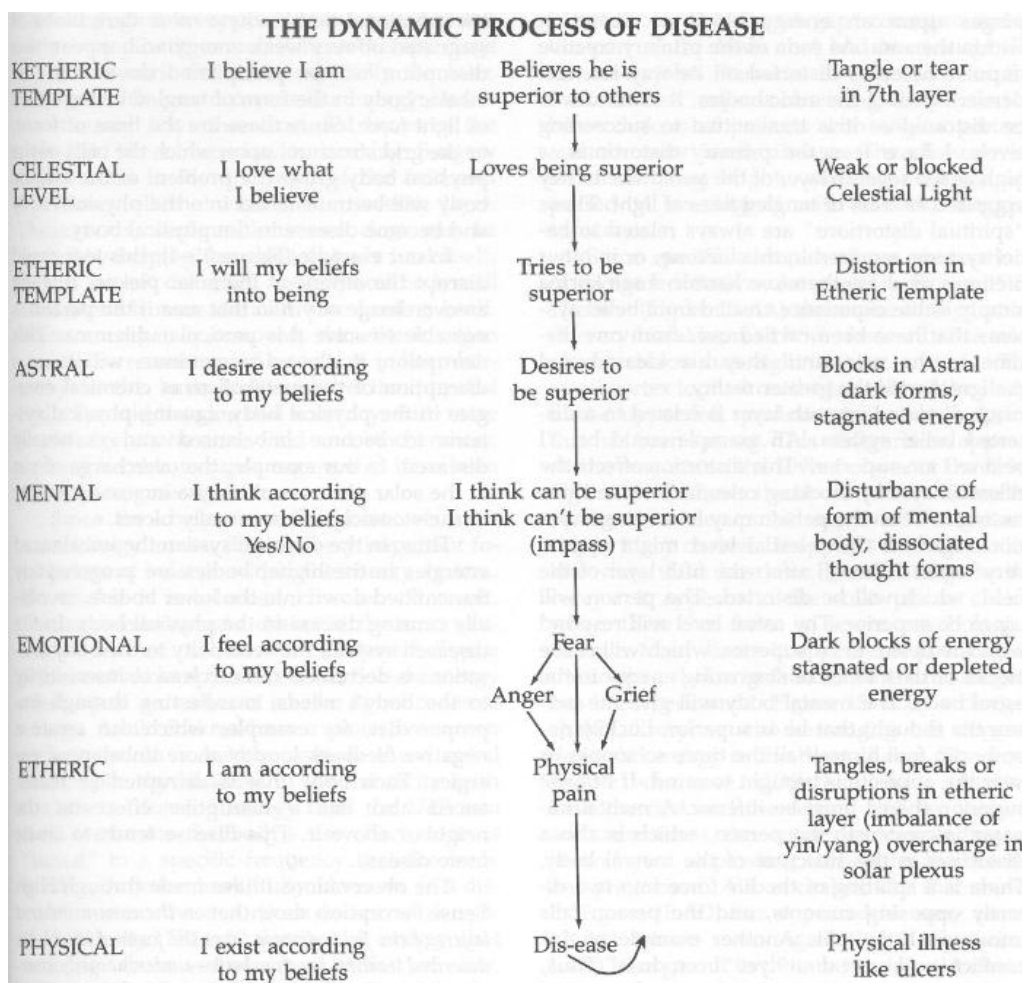
## Display 14 Human Energy Field (HEF)

Working with the human energy field is actually more useful in some illnesses than our regular medicine. Healers usually get the people with diseases that our medical system isn't very successful with. People with cancer, colitis, immune disorders, viruses, migraines, and so on. P.60 Light Emerging.

The first, third, fifth and seventh levels of the auric field are structured in a way such that they contain all of the organs that we know about in the physical body, plus the charkras, which are intake organs that metabolise energy from the Universal Energy Field (UEF) for the area of the body in which they are located. The even-numbered layers are not structured. They look like blobs or clouds of fluid in motion. The fluid flows along the standing light lines of the structured layers. P.71 Light Emerging.

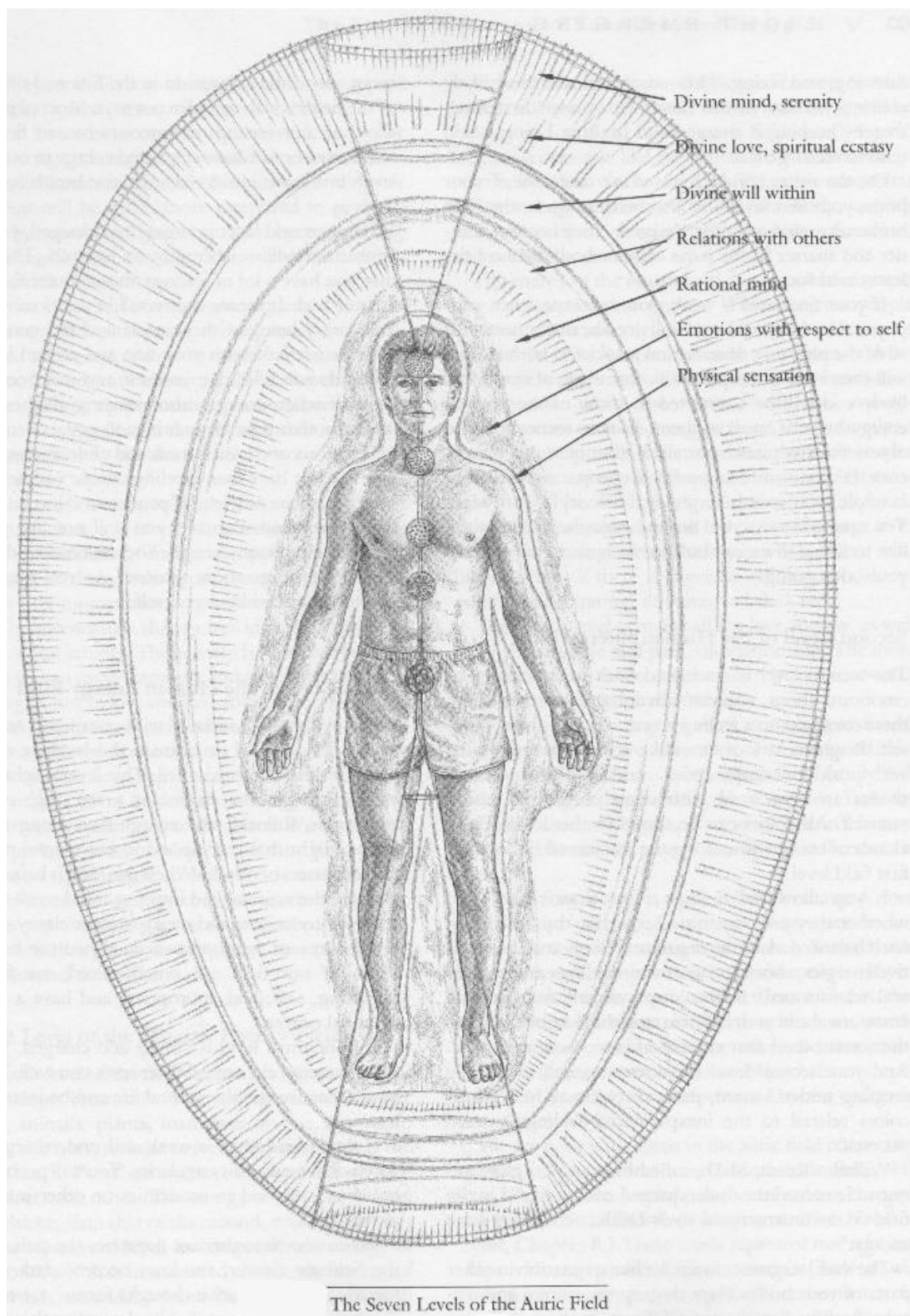
Hands-on healing work usually decreases healing time by one-third to one-half the normal time, decreases the amount medications needed, and greatly reduces side effects of invasive modalities. P. 72 Light Emerging.

The Human Energy Field (HEF) is directly connected to and expresses human physical, emotional, mental, and spiritual levels of being. P.92 Light Emerging.



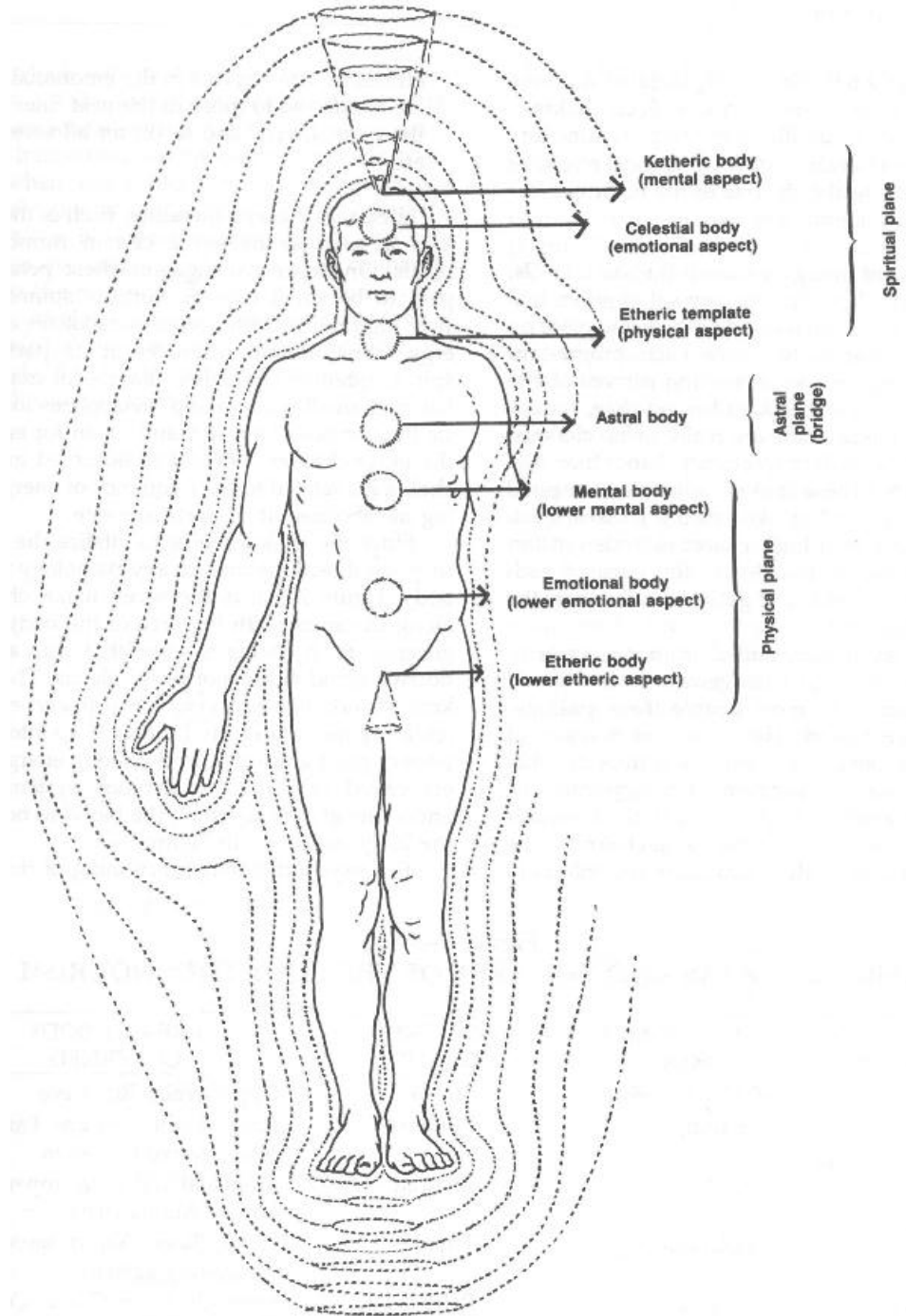
Display 15

The Seven Levels of the Auric Field



Display 16

Seven Layer Auric Body System – Diagnostic View



The Seven Layer Auric Body System  
(Diagnostic View)

**Display 17****First Layer – Etheric Body – I Exist**

Within this level you feel all physical sensations, painful and pleasurable.

It includes the pleasures of tasting, smelling, listening and seeing.

This is also a blue print of the body reflecting all organs and defining acupuncture meridians.

**Display 18**

**Second Layer – Emotional Body – Real Feeling**



The second level is associated with your feelings or emotions about yourself.



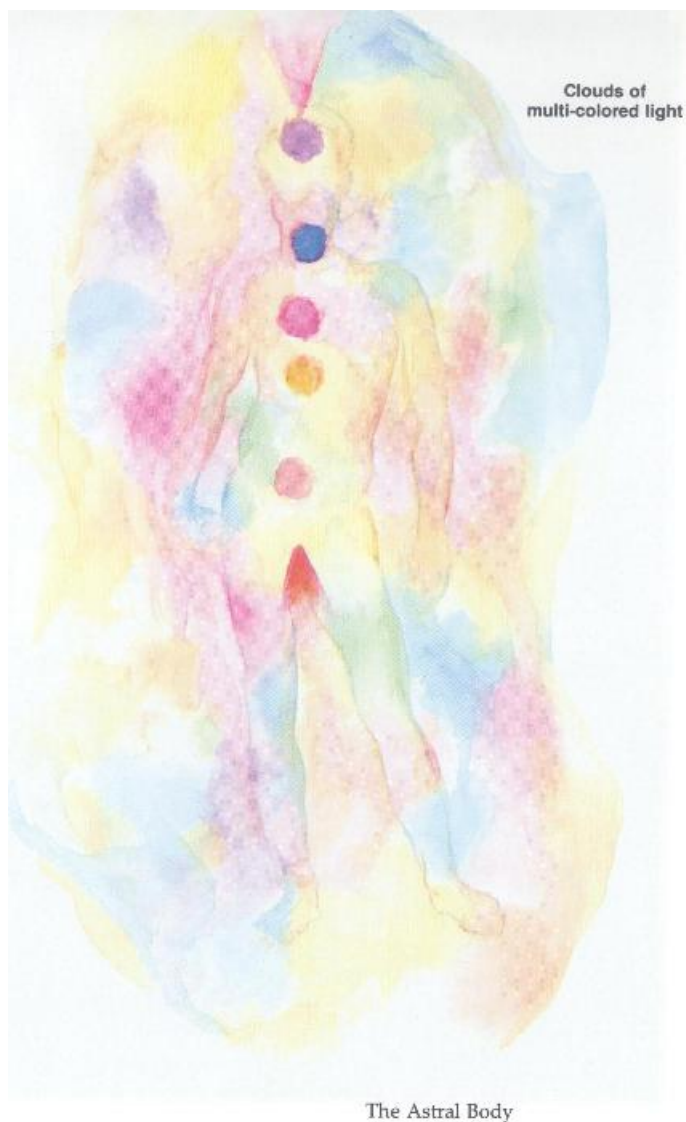
**Display 19****Third Layer – Mental Body – Clear Thinking – Domain of the Ego**

The third level is associated with our mental or rational world.

The first three levels of the aura represent the physical, emotional, and mental experience of our world in the physical body. The fourth level of relationship represents the bridge between the physical and spiritual worlds. The higher three levels represent our physical, emotional, and mental experience of our spiritual world. They are the template for the three lower levels. That is, the seventh level is the template for the third, the sixth is the template for the second, and the fifth level is the template for the first level. Each higher level serves as a pattern for the corresponding lower level.

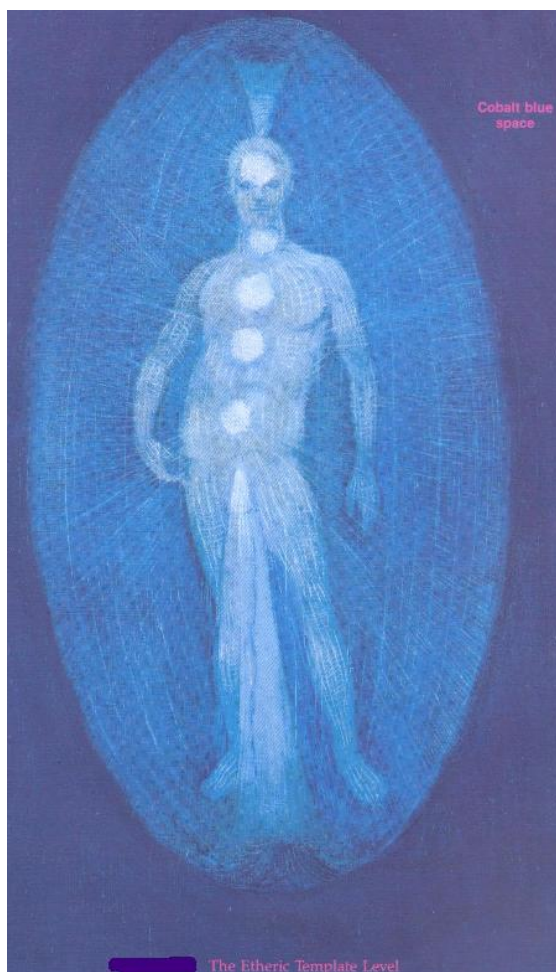
## Display 20

## Fourth – Astral Body – Loving



The fourth level of the field carries our whole world of relationships. From this level, we interact with other people, animals, plants, inanimate objects, the Earth, the Sun, the stars, and the universe as a whole.

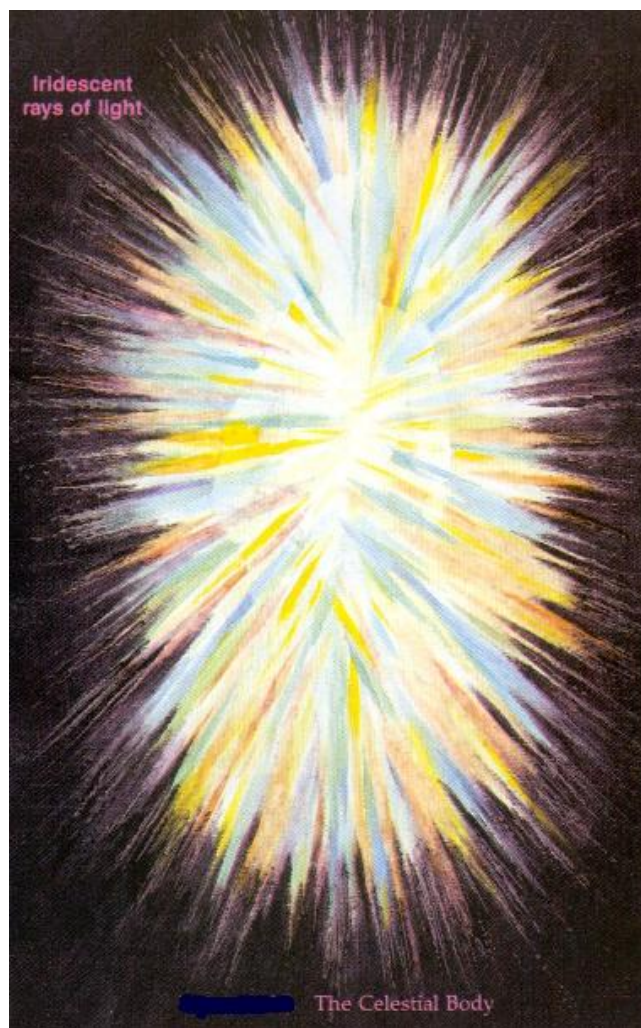
The energy of the fourth level can be extended across the room to another person. Whenever two people interact, either overtly or covertly, great streams of coloured fluid like bioplasma reach out from each to touch the other's field. The nature of the interaction corresponds with the nature of the energy-consciousness of these energy streams. For example, if there is a lot of love in the interaction, there will be a lot of sweet rose energy that flows in soft waves. If there is envy, it will be dark, grey-green, slimy and sticky. If there is passion, the rose will have a lot of orange in it, with a stimulating effect. The waves will be faster, with higher peaks. If there is anger, it will be harsh, sharp, pointed, penetrating, invasive, and dark red.

**Display 21****Fifth Layer – Etheric Template Body – Divine Will**

The fifth level contains not only the form for your body but the form of all other life. The fifth level of the field contains the unfolding evolutionary pattern of life that manifests into form. Divine will is divine intent manifested into pattern and form.

## Display 22

## Sixth Layer – Celestial Body – Divine Loving



This is the level of feelings within the world of our spirit; it is the level of our Divine Love. It contains the ecstasy within our spirituality. It is experienced as spiritual love, as joy, elation, and bliss. We reach this level of experience by silencing the noisy mind and listening. Here are great feelings of expansion where we commune in brotherhood with all the beings of the spiritual worlds of various heavens as well as all of humanity, plants, and animals on Earth.

## Display 23

## Seven Layer – Ketheric Template Body – Divine Knowing



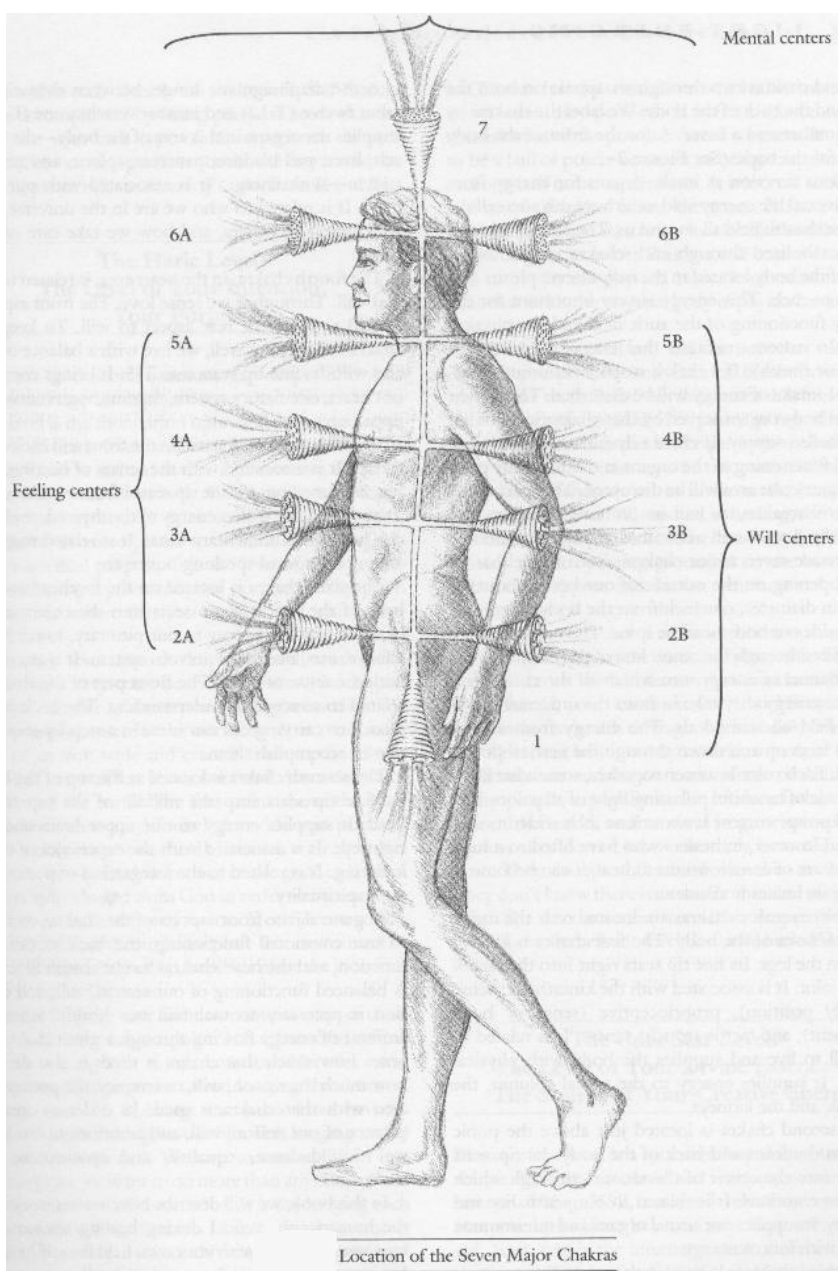
When the seventh level of the human energy field is healthy; it is composed of beautiful, extremely strong golden lines of energy that scintillate at a very high frequency. They are interwoven to form all the physical components of your physical body. They extend out from your body three to three and a half feet. At this distance, the seventh level forms into a golden egg that surrounds and protects everything within it. The outer edge of this egg is thicker and stronger, like an eggshell. It regulates a proper flow of energy out from the entire aura into the space beyond. It prevents energy leakage out of the field, as well as penetration by unhealthy energies from the outside. The seventh level serves to hold the entire field together.

The seventh level is the level of divine mind. When it is healthy and we bring our conscious awareness to this level, we experience divine mind within us and enter into the world of the universal divine mind field. Here we understand and know that we are part of the great pattern of life. Experiencing this truth of the universe makes us feel very safe. Here we know perfection within our imperfections.

It takes good functioning of all your bodies to bring your creative ideas into manifestation on the physical plane. This includes your health. If you want to have good physical health and a full life, it is necessary to clear, charge, and balance all your bodies and therefore all the areas of human experience.

## Display 24

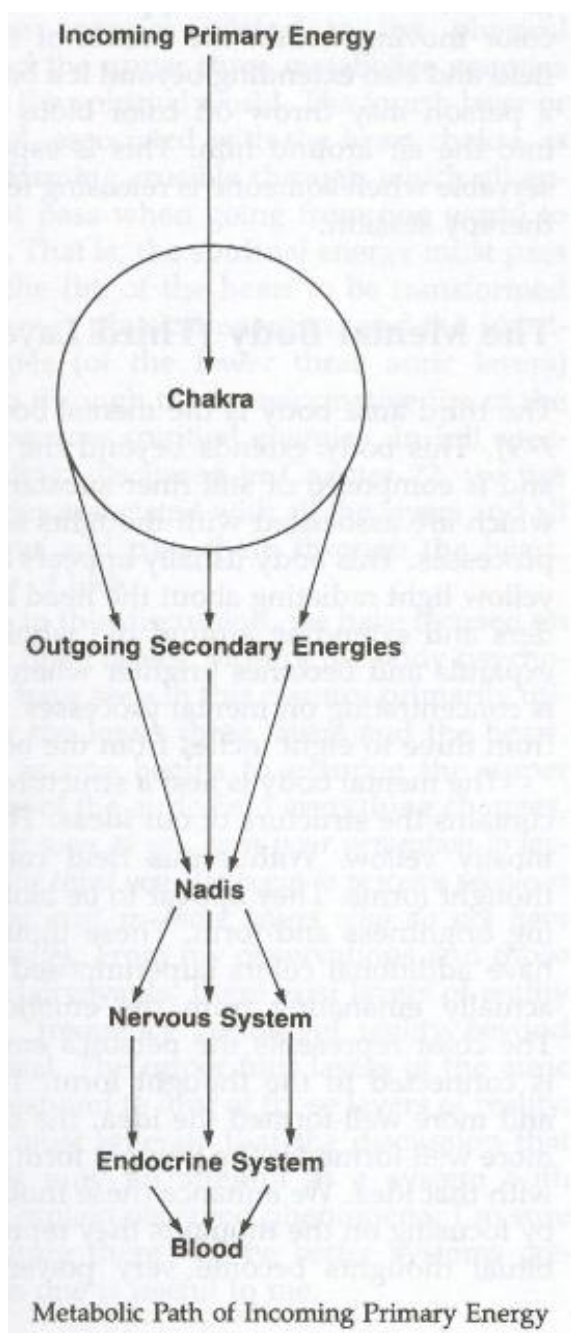
## Seven Major Chakras



There are seven major charkas. Each funnel has its wider opening on the outside of our body, about six inches in diameter, one inch from the body. The small tip is inside our body near the spine. The vertical power current lies through the centre line of the body. It is the large channel of energy into which all the charkas release energy the energy they take in from the universal life or health field all around us. The energy from all the charkas laces up and down through the vertical power current. Each colour is woven together, somewhat like a rope made of beautiful pulsating light of all colours. The vertical power current is about one inch wide in most people. However, in healers who have lifted to a high altered state of consciousness to heal, it can become as large as six inches in diameter.

## Display 25

## Energy Chain in via the Chakras

**Toward a Holistic System of Healing**

The holistic healing systems of the future will combine the tremendous body of the “analyzed” knowledge of the traditional medical profession with the “synthesized” knowledge of the higher body energy systems. The future holistic healing systems will diagnose and prescribe healing for all the energy bodies and the physical body simultaneously as needed by the patient and incorporate both the inner and the outer healing

processes. Medical doctors, chiropractors, homeopaths, healers, therapists, acupuncturists, etc. will all work together to aid the healing process. The patient will be seen as a soul on its journey back home to the true self, the Godself, and disease will be seen as one of ways to point the traveller in the right direction.

To do this, we need to use the analytic methods developed by the medical profession to delve into the mysteries of the higher body in order to gain a practical knowledge of their functioning and structure. We need joint research projects in which the higher body healing methods are tested along with current allopathic (western medicine) scientific medicine to see the combined effects. How do allopathic drugs and homeopathic remedies work together? Which are in harmony with each other, supporting and enhancing a cure? Which are inimical and should not be used together?

We must concentrate on finding a detection method to observe the energy bodies. Since the etheric is of the coarsest matter, is most like the physical body and is probably the easiest to detect, we should concentrate first on it. What a tremendous tool we would have if we could produce a picture of the grid structure of the etheric to show energy balances and imbalances. With this information and further study, we could then find more practical and efficient methods to rebalance the energies in the etheric. In the future we would move on to discover methods to apply to the higher bodies.

**Thus we could heal the disorder before it is precipitated into the physical body as physical disease.**

 CHAKRAS 	LOCATION	NUMBER OF ROTATIONS	COLOR PERFECTED	ORGANS OF CONTROL	SPIRITUAL PURPOSE
 <b>BASE</b> {Mūlādhāra} <small>Planet-1 Mercury-4</small>	Base of Spine	4	Red Center, White Petals <small>Tomato</small> White Center, Red Petals <small>Evolved</small>	Last 3 <sup>rd</sup> lower digestive tract, Bones, Blood Adrenal Glands	WILL TO BE
 <b>SACRAL</b> Physical Creativity {Svādhisthāna} <small>Mars-4 Mercury-7</small>	Top of Pelvis to Below Naval	6	Orange, Peach Pink, Salmon Lilac	Sexual Organs, Bladder, absorbing and digestive parts of Intestines	WILL TO FEEL
 <b>SOLAR PLEXUS</b> {Manipura} <small>Mars-6 Neptune-6</small>	Just Above Naval to Just Below Sternum	10	Creamy Sun Yellow	Stomach, Liver, Gall Bladder, Pancreas, Kidneys, Skin, Nerves, Lower Lobes of Lungs, Upper Digestive Tract	WILL POWER
 <b>HEART</b> {Anāhata} <small>Jupiter-2 Sun-2</small>	Over The Physical Heart	12	Emerald Green	Heart, Immune System, Thymus Gland, Upper Lobes of Lungs	GOODWILL OR WILL TO LOVE
 <b>THROAT</b> Higher Creativity {Vishuddhā} <small>Saturn-3</small>	Throat	16	Sky Blue Silver	Neck, Hands, Arms, Nose, Ears, Medulla Oblongata, Thyroid Gland	WILL TO CREATE
 <b>THIRD EYE</b> {Ajna} <small>Venus-1</small>	Middle of Forehead	96	Indigo	Pituitary Gland, Eyes, Right and Left Hemispheres of Brain	WILL TO SERVE THROUGH WISDOM
 <b>CROWN</b> {Sahasrāra} <small>Vulcan-3</small>	Top of Head	972	Violet	Pineal Gland, Upper Portions of the Brain	WILL TO DO
 <b>SOUL</b> {Atman}	18" Above Head to the Heart Chakra	12 {1000}	Rainbow or Silvery White	ALL	WILL TO EVOLVE 



Display 26

Interconnecting Cords via Chakras



The Auric Fields of a Couple in Love

## Display 27                      Conception Process – Babies choose their Parents!

A type of auric interaction in relationship is through the cords of auric light that connect us to each other through our charkas. These cord connections occur between all like charkas. That is, people connect to each other with cords from first chakra to first chakra, from second chakra to second chakra, from third chakra to third chakra, and so on.

### The Genetic Cords

Our genetic cords first connect deep into the interior of the heart charkas of a mother-and-child-to-be **before conception takes place!** It has been seen (high sense perception HSP) the field of the baby-to-be floating just outside the field of its mother-to-be. The effort to connect the first cord comes from the person who is incarnating. If the mother is afraid of pregnancy, she may not allow the place that is deep within her heart chakra to open in a way that the connection from the child-to-be can be made. She will not get pregnant until she does this. This can be a cause of infertility in women. She can pray and meditate to face her fear. Her fear will arise so that she can deal with it in process and thereby open that very deep place within her heart. This heart chakra opening will activate the thymus gland. Then, assuming that the other endocrines – especially the ovaries and pituitary – are balanced with it, she is ready for conception.

There are also cords that connect from the mother's heart chakra to her egg and from the father's heart chakra to his sperm. When the egg and sperm come together, these cords are then connected between each parent and to the child who results from the conception. In this way, the parents are also connected to each other through the child.

Once the initial genetic cord connections through the mother's heart chakra are made, genetic cord connections are made through all the other charkas. Thus, you are connected through all your charkas to your parents.

It is through these original birth cords that we carry our genetic heritages on the auric level.

P.184 Light Emerging

### In a physical life, when does karma begin?

The human soul or spirit does not enter the embryo until the end of the third month of gestation. Consciousness research has verified this fact repeatedly. The embryo is like a house that is being built for a later occupant. Until the end of the third month, there is no intrinsically human occupant as such. If the embryo aborts or dies in utero, the soul has to find another viable embryo in which to incarnate.

P.268 "I" Reality & Subjectivity – David R Hawkins (999.8)

**(Soul is separate to spirit body – spirit body and physical body are conceived then soul connects to spirit body.)**

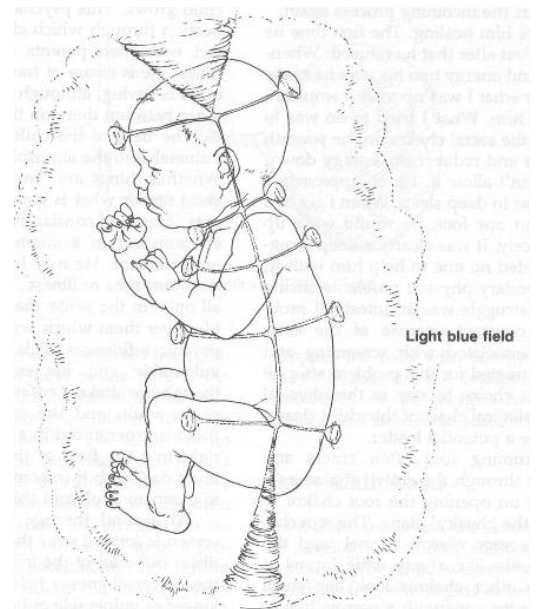
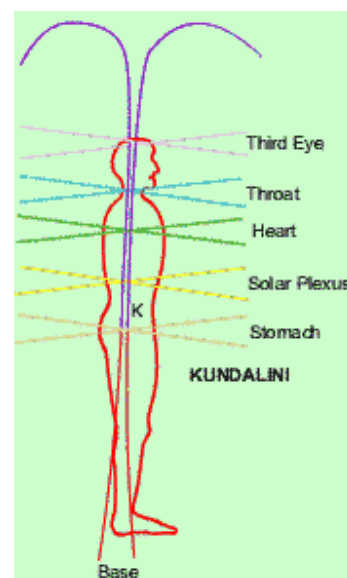


Figure 8-1: Normal Aura of a Baby  
(Diagnostic View)

## Display 28 Dis-ease Orientation per Chakra

Since every disease is associated with the dysfunction of certain charkas, and the dysfunctioning chakra needs to be nourished with the colour it is lacking, colour can be used for the treatment of different diseases.

**All cancer patients need gold, since all cancer has a torn-open aura on the seventh level which is gold. Cancer patients also need the colour of the chakra in the area that the cancer is located in body.**



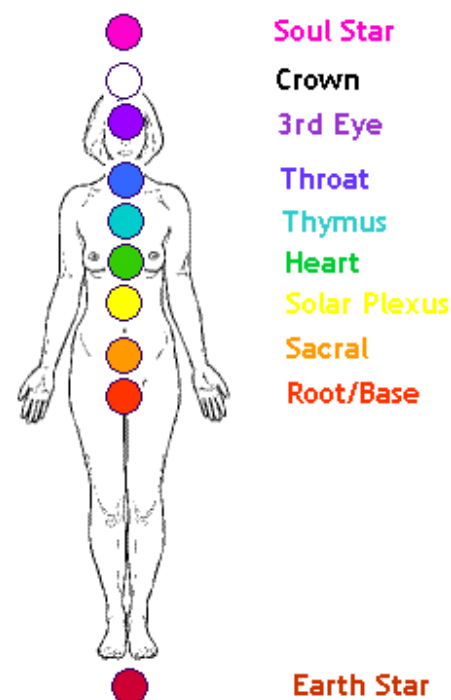
### First Chakra Cords

Weakness in the first chakra cords weakens the energy field of the physical body to such an extent that ultimately, all illness is, directly or indirectly, related to it. At first, the weakness may show as a lack of physical energy. Then it could show in the adrenals. Later, it could become cancer, AIDS, or an autoimmune disease like rheumatoid arthritis. Usually, how the disease manifests later has a great deal to do with the state of the other charkas and cords.

### Second Chakra Cords

Damage to second chakra cords are:

- Depressed sexuality that results from sexual abuse.
- Sexual perversion (from all types of sexual abuse).
- Inability to achieve orgasm.
- Inability to conceive.
- Impotence with a particular person.
- Prostrate cancer.
- Vaginal infection.
- Ovarian infection.
- Pelvic inflammatory disease.
- Homosexuality from repeated rape by a person of the same sex (this does not imply that homosexuality is an illness).



### Third Chakra Cords

The most common illnesses that result from damage to the third chakra cords are illnesses of the organs in the area of the third chakra. Broken or embedded cords on the left side of the third chakra that originate from problems in the relationship with one's mother result in a problem such as hypoglycaemia, diabetes, pancreatic cancer, indigestion, or ulcer.

Broken or embedded cords on the right side of the third chakra that originate from problems in the relationship with one's father result in a problem such as sluggish or under-functioning liver, infectious liver disease, or liver cancer.

### **Fourth Chakra Cords**

The most common cause of damage to heart chakra cords seen in clients is from being hurt in an intimate love relationship. The diseases that result from this are heart pain, palpitations, atrial fibrillation, and damage to heart tissue that later results in heart attack.

### **Fifth Chakra Cords**

Illnesses most often seen include hypoactive thyroid, goiter, misalignments in the neck and lung diseases.

### **Sixth Chakra Cords**

Damage to cords from the sixth chakra can result in headaches, confusion, disorientation, brain disorders like schizophrenia, and learning disabilities.

### **Seven Chakra Cords**

Damage to cords from the seventh chakra can result in depression, inability of the physical body's normal development through the maturation process, headaches, and mental disorders like schizophrenia.

Seventh chakra cords tend to get damaged before birth, at conception, or in the womb.

### **Overview**

Thus we have seven major chakra locations and each chakra has seven layers each penetrating into the body in the same location but extending further out from the body.

Each succeeding layer of the aura interpenetrates completely all the layers under it, including the physical body. Thus the emotional body extends beyond the etheric body and includes both the etheric and physical bodies. Actually, each body is not a "layer" at all, although that is what we may perceive. It is rather, a more expansive version of our self that carries within it the other, more limited forms.

Hands of Light. Barbara A Brennan

### **Summary**

Our reality is deeply intertwined with others, through our auric interactions and connections, through our past history of relationships, and through our genetic cords.

What makes us sick is not our relationships per se but our energetic and psychological reactions to these relationships. Chapter – Creating Healthy Relationships – Light Emerging. Barbara A Brennan



## Display 29

### Hara Line distorted

The hara exists on a dimension deeper than the auric field. It exists on the level of intentionality. It is an area of power within the physical body that contains the tan tien. It is the one note with which you have drawn up your physical body from your mother the Earth. It is this one note that holds your body in physical manifestation. Without the one note, you would not have a body. When you change this one note, your entire body will change. Your body is a gelatinous form held together by this one note. This note is the sound the centre of the Earth makes. Channelled by Heyoan P.288 Light Emerging.

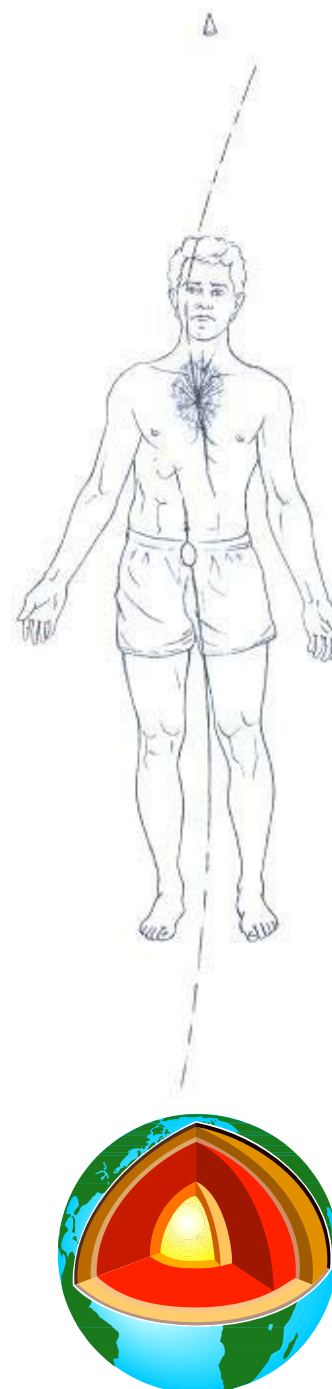
The hara line originates in a point that is 3.5 feet (1.07 metres) above the head which is the individuation point, or ID point. It looks like a very small funnel whose larger end, one-third inch in diameter, points down over the head. The hara line connects down through a point in the upper chest area called the soul seat. The soul seat is usually one to two inches in diameter but can expand to a fifteen foot diameter in meditation. The hara line continues down into the tan tien in the lower abdomen. The tan tien is located about two and one-half inches below the navel. It is about one and one-half inches in diameter, and it doesn't change in size. It looks a bit like a hollow rubber ball in that it has a membrane. The tan tien is traditionally referred to as the centre of gravity in the body. The hara line continues down from the tan tien deep into the centre of the Earth's core. Here we are connected to the Earth and to the sound that the centre of the Earth makes.

A healthy line is located in the centre line of the body and is straight, well formed, energised, and well rooted into the Earth's core.

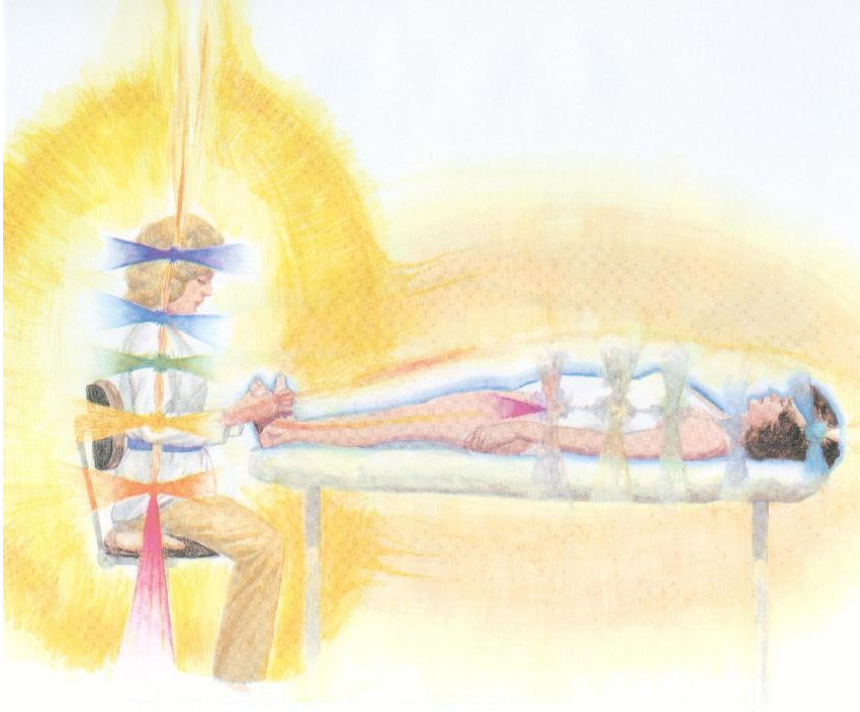
#### Dysfunction in the Tan Tien

Dysfunction in the tan tien shows in several ways. It can be displaced. It can be too far forward, backward, or to one side of the body. It can be misshapen. The membrane enclosing the tan tien can be torn, half of it blown open, or even worse.

The result of tan tien dysfunction is chronic back problems. If the tan tien is too far forward, the lower part of the pelvis will be tipped backward. Such clients are trying to jump ahead of themselves. If the tan tien is too far back, the lower pelvis will be tilted forward. Such clients are "holding back" from their life task. Both of these will show in the body as lower back problems. Chapter 17. Light Emerging.



Display 30      Laying of Hands



Balancing Auric Field of Patient, Healer and Universal Energy Field



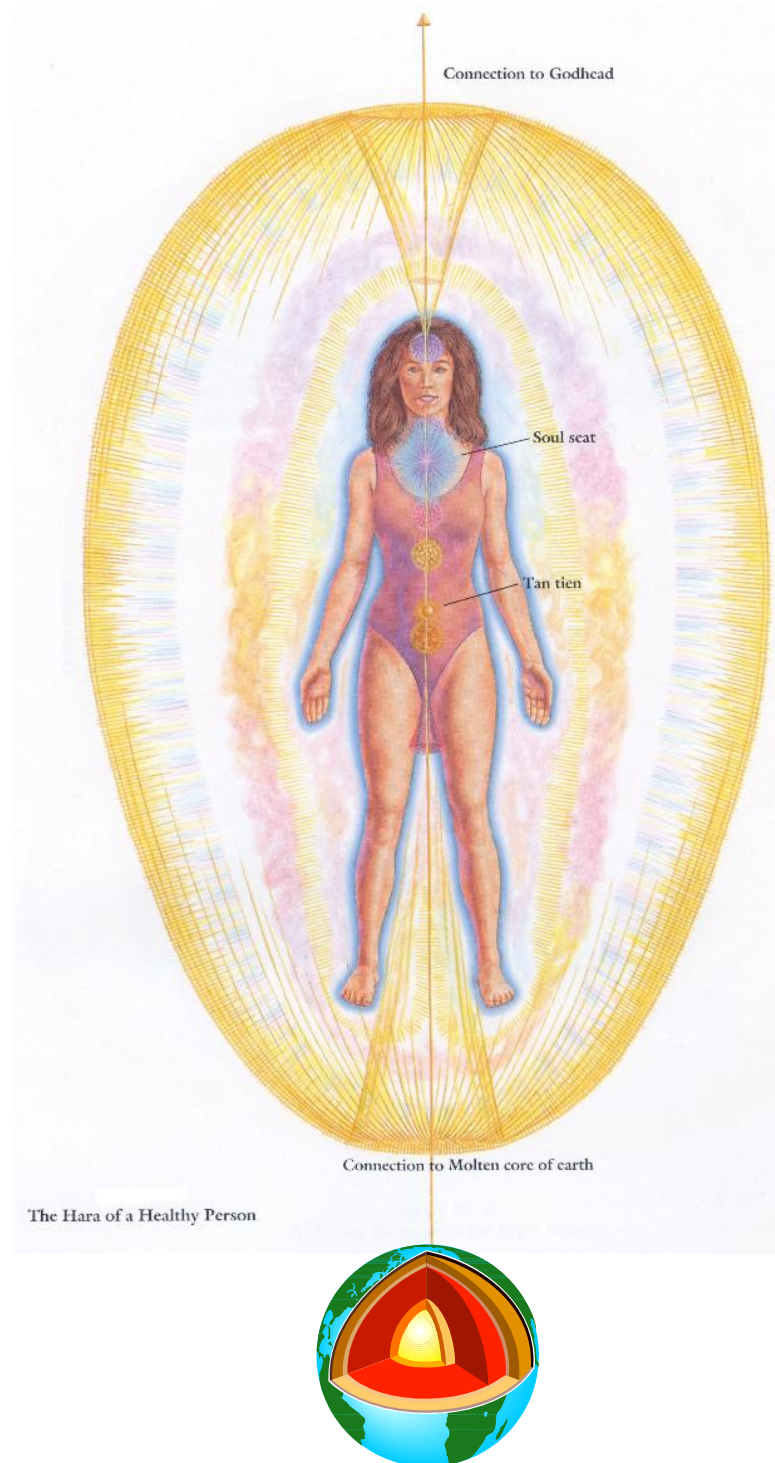
Hands of Light

PASCAS  
HEALTH



## Display 31

## Hara of a Healthy Person



The haric level is one quantum leap deeper into your nature and one dimension deeper than the aura. The haric level is the foundation upon which the aura rests.

**Display 32****The Core Star (level 26 of the Auric field)**

The Core Star

The core star level is a quantum leap deeper into who we are than the haric level and related to our divine essence. Each star is the internal source of life within. In this inner place, we are the centre of the universe. Here is localised the divine individuality within each of us. From this place within each of us, we live and have our being. We recognise it easily as that which we have always known ourselves to be since birth. In this place, we are wise, loving, and full of courage.

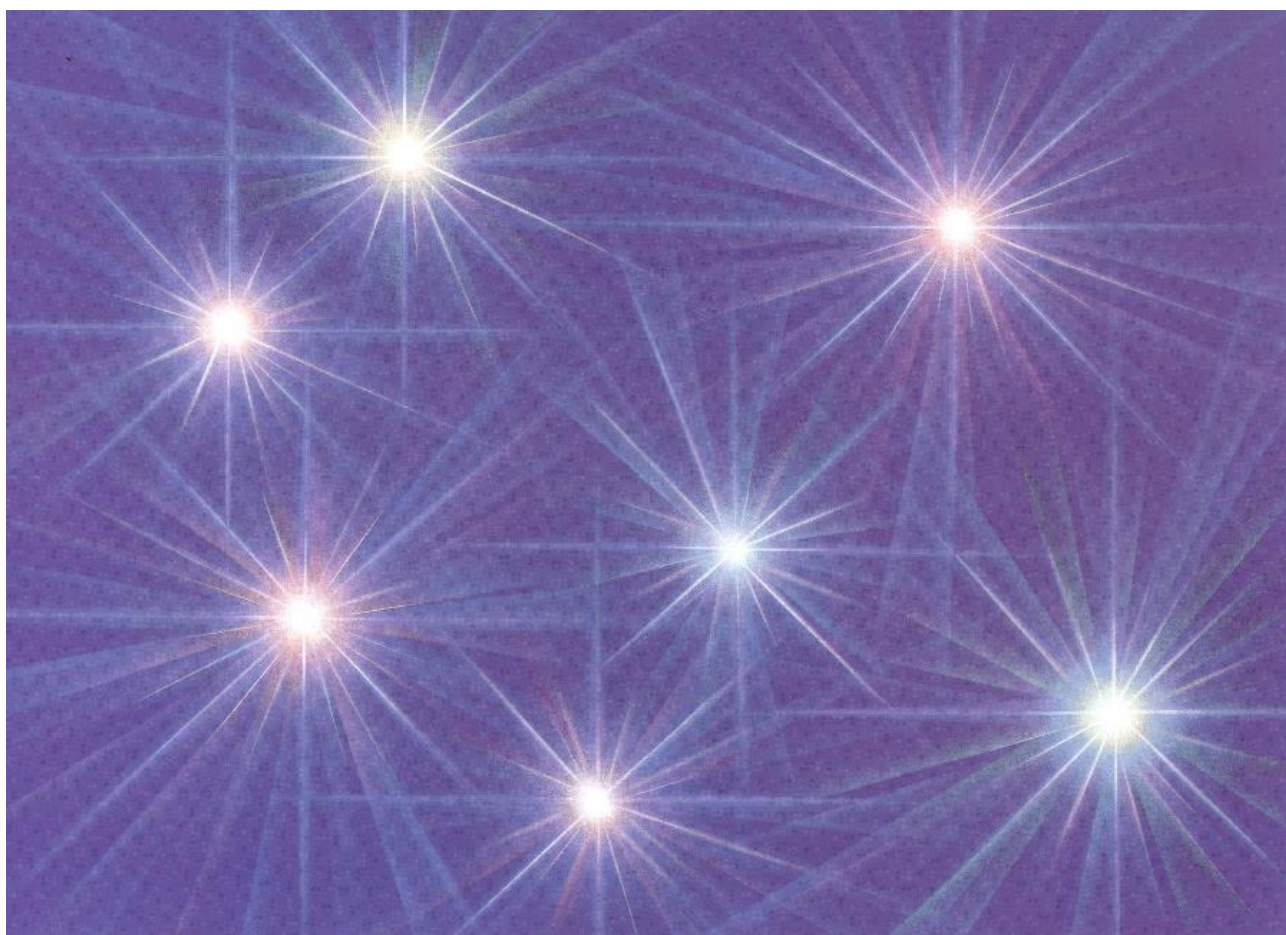


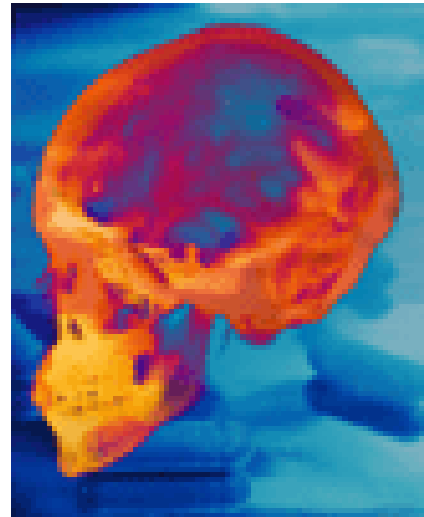
## Display 33

## Our Divine Core

(We have nothing of the Divine within us until we ask for and receive Divine Love.)

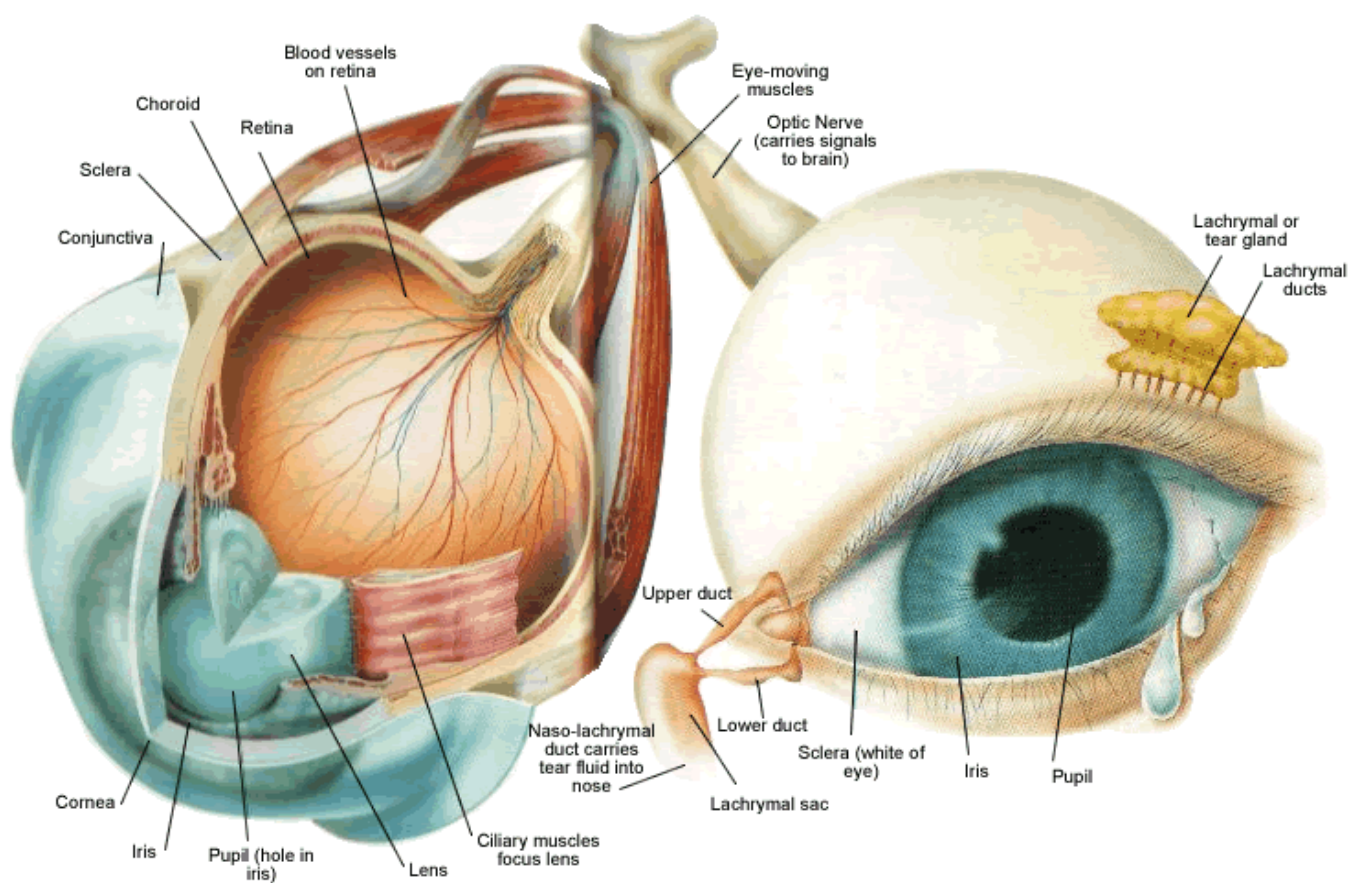
Beneath the haric dimension lies the dimension of your deeper core. The core is the eternal “I am what is, was, and ever will be”. Here is the origin of your creative force. Your core is the internal source of the divine. With high sense perception (HSP), it looks like a star, a core star. This light is a signature of the eternal essence of each person. It exists outside of time, space, physical incarnation, and even the concept of the soul. It seems to be the source of life itself. It is the unique individual God within each of us. It is the source from which all incarnation stems, and yet it remains in complete peace and serenity. Where the core light emerges, it brings health. Where it is blocked, dis-ease occurs.





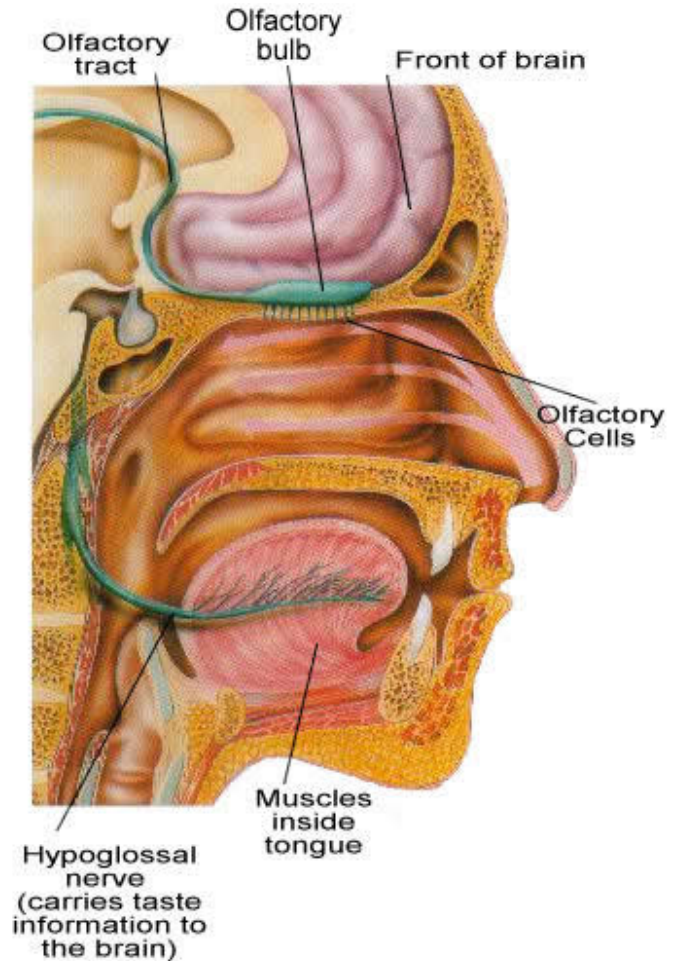
**Display 101****Inside the Eye****One of the nine human senses****Inside the Eye (Sight)**

The eyeball's tough, white outer layer is the sclera. Inside this is a soft, blood-rich, nourishing layer, the choroid. Within this, around the sides and back of the eye, is the retina. This layer detects patterns of light rays and turns them into nerve signals, which travel along the optic nerve to the brain. The bulk of the eyeball is filled with a clear jelly called vitreous humour. At the front of the eye is the dome-shaped cornea, through which light rays enter. They pass through a hole, the pupil, in a ring of muscle, the iris. Then the rays shine through the bulging lens, which bends or focuses them to form a clear picture on the retina.



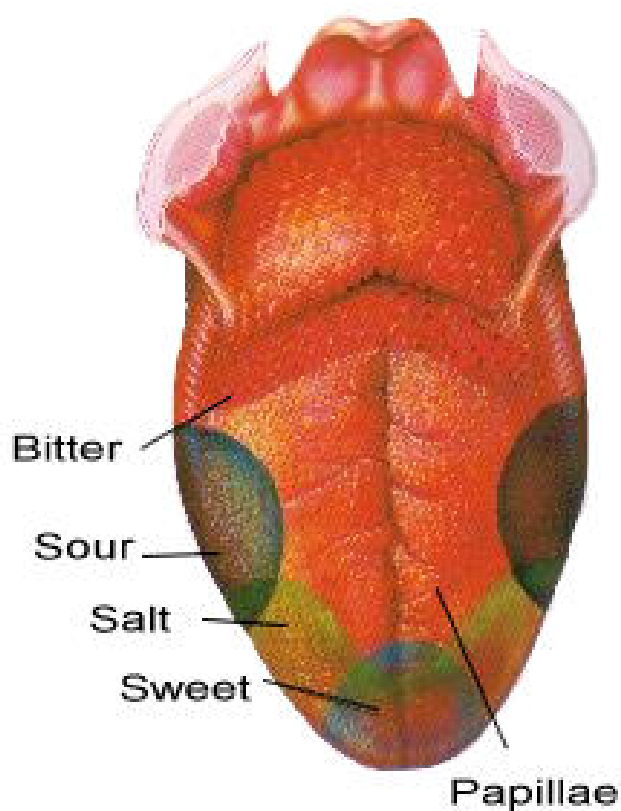
**Display 102****Up the Nose****Up the Nose (Smell)**

Inside each side of the nose is an air chamber, the nasal cavity. Air comes in through the nostril and flows down, around the rear of the roof of the mouth, into the throat. But when you sniff, air swirls up into the top of the cavity. Here is a small patch of about 10 million specialised olfactory (smelling) cells. They have long micro-hairs, or cilia, sticking out from them. Odour particles in the air stick on to the cilia and make the olfactory cells produce nerve signals, which travel to the olfactory bulb. This is a pre-processing centre that partly sorts the signals before they go along the olfactory tract to the brain where they are recognised as smells.

**One of nine human senses**

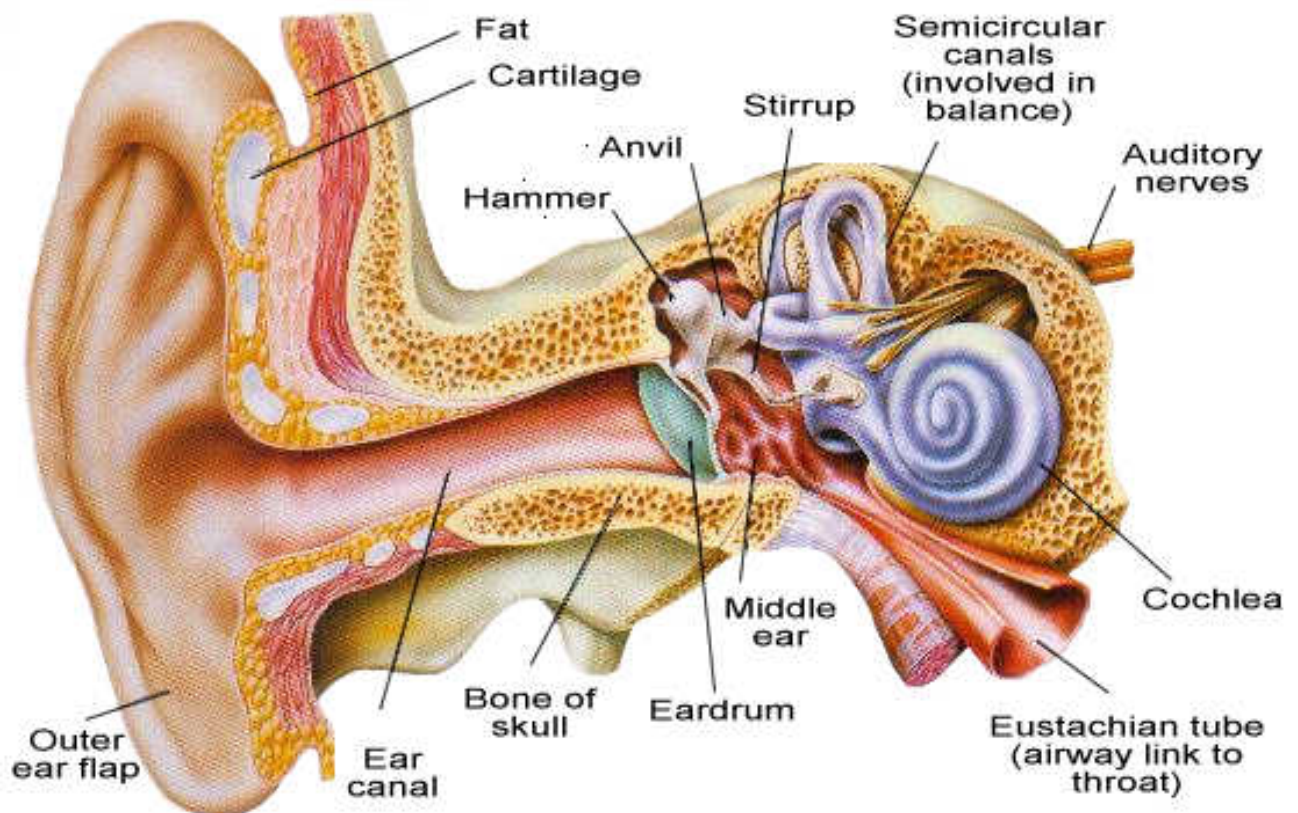
**Display 103****On the Tongue****One of nine human senses****On the Tongue (Taste)**

The tongue is covered with dozens of pimple-like projections called papillae. These grip and move food when you chew. Around the sides of the papillae are about 10,000 microscopic taste buds. Different parts of the tongue are sensitive to different flavours: sweet, salt, sour and bitter.



**Display 104****In the Ear****One of nine human senses****In the Ear (Hearing)**

Sound waves funnel into the outer ear – the flap of skin and cartilage on the side of the head. They pass along a narrow tube, the ear canal, to a small patch of rubbery skin at its end, the eardrum. The sound waves bounce off the eardrum and make it shake to and fro, or vibrate. The eardrum is connected to a row of three tiny bones linked together, the hammer, anvil and stirrup. The vibrations pass along these bones. The stirrup presses against a small, fluid-filled, snail-shaped part, the cochlea, deep inside the ear. The vibrations pass as ripples into the fluid inside the cochlea. Here, they shake thousands of tiny hairs that stick into the fluid from hair cells. As the hairs shake, the hair cells make nerve signals, which go along the auditory nerve to the hearing centre of the brain.



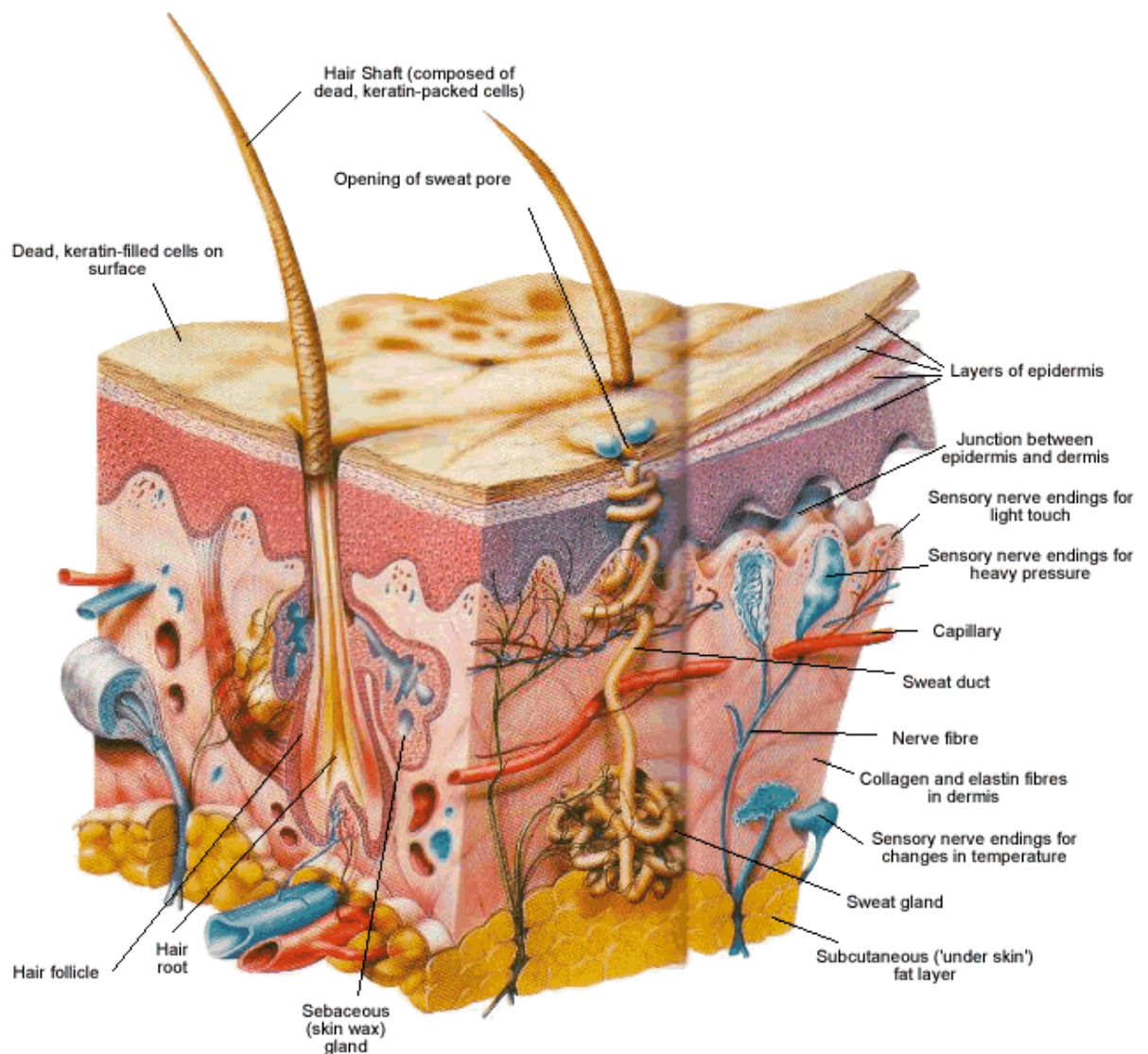
## Display 105

## Under the Skin

## One of nine human senses

## Under the Skin (Touch)

The sense of touch is the name given to a network of nerve endings that reach just about every part of our body. These sensory nerve endings are located just below the skin and register light and heavy pressure on the skin and also differences in temperature. These nerve endings gather information and send it to the brain.



**Display 106                      Intuition                      One of nine human senses**

Intuition – immediate apprehension by the mind or by a sense.

The intuitive impressions we receive come to us in a variety of different ways. As you read the following descriptions and examples, we hope that you catch a glimpse of the intriguing and often unanticipated ways that intuitive impressions can be experienced. Perhaps you will recognize your own talents below and realize that you are psychic after all!

CLAIRVOYANCE (clear seeing or clear vision) is experienced when an individual discerns objects, people, or situations, not with the physical eyes, but with an internal sense sometimes referred to as the "third eye". Such "visions" concern something beyond one's physical view, e.g., in the next room, down the street, or a thousand miles away.

In its truest form clairvoyancy is all knowing and involves the assimilated migration of the Godself spirit thought from the Seer with the recipient.

By connecting with the individual coded record of life that being of eternal life, the sense is multi-dimensional. It is therefore, a film of life that touches the face of God, the blue spark of life of human at cellular level including memory and preprogrammed destinies.

The past, present and future are in themselves all encompassing in the realm of spirit.

Life is always static, yet eternally moving albeit a membrane away.

It is static when the snapshot of clairvoyancy is invoked. It is moving when the realm of spirit connects to the recipients spirit with those in spirit who are connected to the life force.

CLAIRAUDIENCE (clear hearing) is the ability to receive thoughts or information about a person or situation through an auditory sense instead of a visual one. This information is actually inaudible to the normal hearing range. It can be experienced as delicate sounds such as music, bells, or singing. It might also manifest as a knocking, siren, or other attention-getting sound. Most often, it comes as a voice that is literally heard either directly in the brain or through the auditory sense, as if it comes from beside or behind the person.

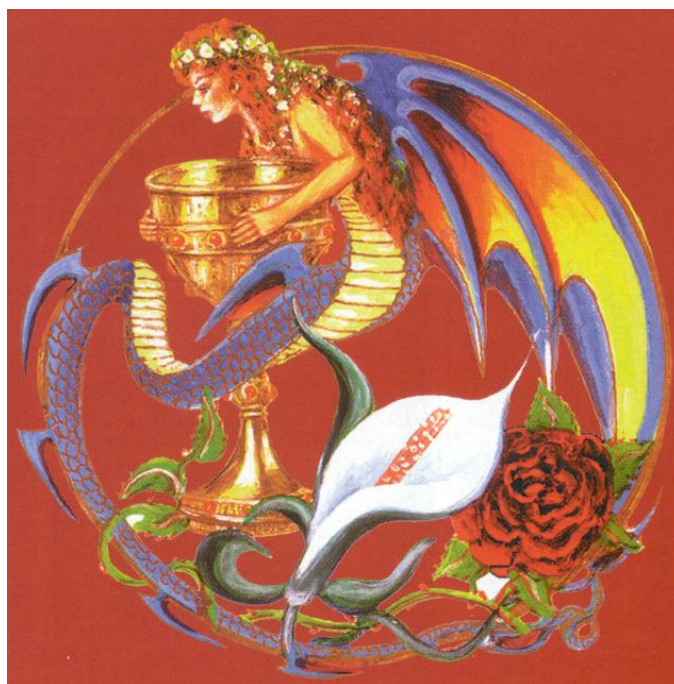
This voice can have many aspects, at times sounding like the person's own, and at others taking on a change of tone, volume, or pitch and sounding like someone else. It can take on an authoritarian tone or that of warning, gentle prodding, or encouragement. It can also be very objective and matter-of-fact.

CLAIRSENTIENCE (clear sensing) is probably the most frequent way intuition manifests in our lives, through hunches, gut feelings, or a sense of knowing without knowing how one knows. This "sensing" is often accompanied by a physical sensation -- for some people in the solar plexus, for others in the heart area. Some feel a prickling of their skin. The physical sensation can vary with each person.



This information comes to us in a variety of ways. At times, it comes as a thought that walks across the mind in a natural, subtle manner. When intuition comes to us in this way, it is so much like the regular musings of our mind that we can easily miss it, dismiss it, or mistake it for our own ruminations.

<http://www.innerself.com/Miscellaneous/awareness.htm>



**Display 107****Direct Knowing****One of nine human senses**

Knowing – the state of being aware or informed of any thing.

The crown chakra is called the prophetic. This is the one you are using when you experience the feeling of knowing; you know that it just is. You don't need anything more ... you just know.

Direct knowing, by definition, cannot be false -- if it were, it would not be knowing. However, it is always susceptible to perceptual distortion. It is also easy to accept error as knowing, and fantasy for truth. What seems a deep insight can be wishful thinking, the expression of subconscious fears or hopes, the desire for certainty, the hunger for mystery or whatever. What intuition offers is not certainty, but a new direction for thought and inquiry. It is always subject to analysis to decide whether what it seems to say should be accepted or not, or if clarification or modification is needed. If the insight passes this test, its connections to what is known (or thought to be so) then must be explored to evaluate its significance and reasonableness; failure *vis-a-vis* this measure may not be decisive, but it cannot be ignored. Where these tests are not conclusive, the revelation must remain a hypothesis that may be psychologically useful or interesting, but no more. To deny this kind of analysis and accept intuition blindly is to live in a dream world that may be fun, but no more.

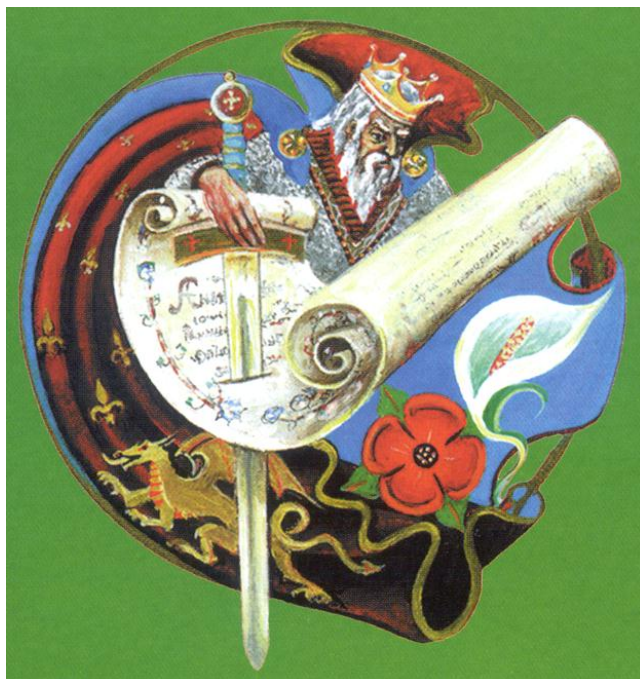
“Wisdom is not a product of thought. The deep *knowing* that is wisdom arises through the simple act of giving someone or something your full attention. Attention is primordial intelligence, consciousness itself. It dissolves the barriers created by conceptual thought, and with this comes the recognition that nothing exists in and by itself. It joins the perceiver and the perceived in a unifying field of awareness. It is the healer of separation.”

P.16 Stillness Speaks – Eckhart Tolle



**Display 108****Sense of Emotions****One of nine human senses**

Empathic psychic sense. This located in your solar plexus, which is between the ribs and the stomach. This is the one you use when you know how people feel about you when you enter a room. You can tell if you are liked or disliked.



**Display 109****Sense of Love****One of nine human senses****Energy Level 500: LOVE**

Love is just another word for resonance or harmonious vibration.

P.197 You Were Born Rich – Bob Proctor

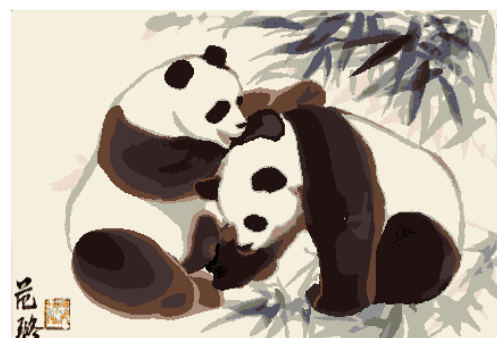
Love as depicted in the mass media is not what this level is about. What the world generally refers to as love is an intense emotionality combining physical attraction, possessiveness, control, addiction, eroticism and novelty. It is usually evanescent and fluctuating, waxing and waning with varying conditions. When frustrated, this emotion often reveals an underlying anger and dependency that it had masked. That love can turn to hate is a common concept, but what is being spoken about then, rather than Love, is likely an addictive sentimentality. Hate stems from Pride, not Love; there probably never was actual love in such a relationship.



The 500 level is characterised by the development of a love which is unconditional, unchanging and permanent. It does not fluctuate because its source within the person who loves is not dependent on external factors. Loving is a state of being. It is a way of relating to the world which is forgiving, nurturing and supportive. Love is not intellectual and does not proceed from the mind; love emanates from the heart. It has the capacity to lift others and accomplish great feats because of its purity of motive.

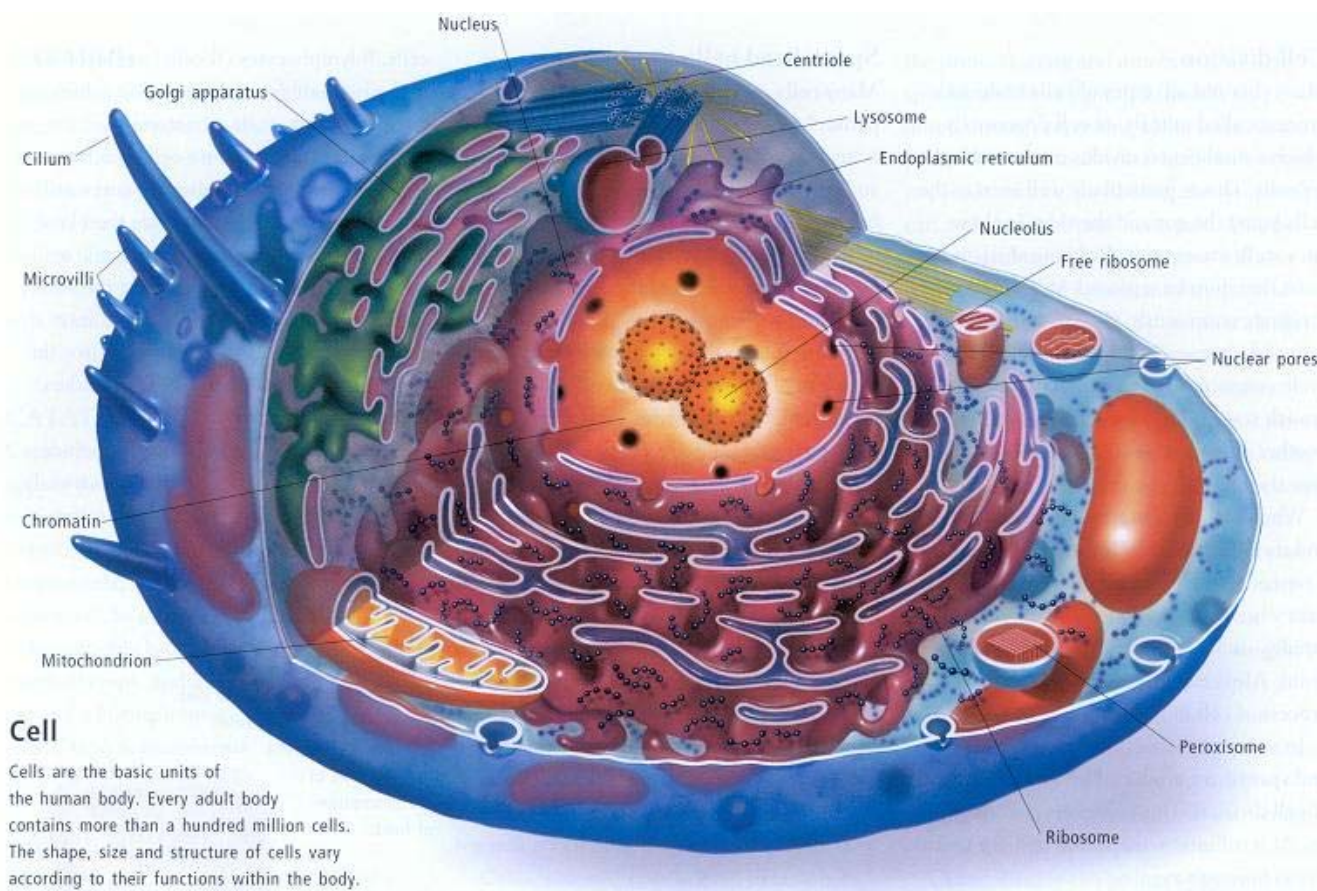
At this level of development the capacity to discern essence becomes predominant; the core of an issue becomes the centre of focus. As reason is bypassed there arises the capacity for instantaneous recognition of the totality of a problem and a major expansion of context, especially regarding time and process. Reason deals only with particulars, whereas love deals with wholes. This ability, often ascribed to intuition, is the capacity for instantaneous understanding without resort to sequential symbol processing. This apparently abstract phenomenon is, in fact, quite concrete; it is accompanied by a measurable release of endorphins in the brain.

Love takes no position and thus is global, rising above the separation of positionality. It is then possible to be “one with another” as there are no longer any barriers. Love is therefore inclusive and expands the sense of self progressively. Love focuses on the goodness of life in all its expressions and augments that which is positive. It dissolves negativity by recontextualising it rather than by attacking it.



This is the level of true happiness, but although the world is fascinated with the subject of love, and all viable religions calibrate at 500 or over, it is interesting to note that only 0.4% of the world’s population ever reaches this level of evolution of consciousness.

P.71 Power vs Force – David R Hawkins (calibration 850)

**Display 110 (a)****Cells**

“The molecules of emotion run every system in our body, and this communication system is in effect a demonstration of the bodymind’s intelligence, an intelligence wise enough to seek wellness, and one that can potentially keep us healthy and disease-free without the modern high-tech medical intervention we now rely on.”

**Repressed Memory Cells**

We experience that emotional illness is, in fact, a symptom – an expression – of all the unresolved hurts we have accumulated. Over time, the hurts that our systems could not withstand, assimilate, or release gather more and more "weight". This pile of "unfinished history" is the illness.

Single-celled microorganisms in a toxic environment often survive by absorbing – yet containing – the toxic materials within "bubbles" called vacuoles. To regain health, they release the toxic contents of the vacuoles when they are in a less toxic environment. As multi-cellular creatures, we follow the same principle with emotional illness and healing. Our entire history of toxic hurts are stored as imprinted patterns in our bodies and brains. To heal we need to revisit these trapped memories and release them – through expression of feeling – into a safe environment.

When people allow full expression of their painful feelings, they release the untouched emotional content of hurtful situations within their normal memory recall – and beyond. Sometimes the traumatic memories were imprinted in infancy, birth, and even in the womb. Many people who have experienced these early feelings have had their memories independently corroborated by medical records and eyewitness reports. Everything has a history, and our cells store the memory of that history.

Although this essential, common-sense theory was created and proven through the experience of thousands, mainstream medicine and psychology are still in denial. In spite of recent research to the contrary, medical science still says that early memory is impossible. Since the causes of emotional illness are deemed inaccessible, most modern "health" practitioners limit themselves to manipulating symptoms with drugs and behavioural engineering. Unfortunately, symptom "treatment" is only symptom treatment. It is no different than painting withered leaves green – or white roses red!

The "limited memory" argument states that the nervous system and brain are the only organs that can record information and recall it (memory). Neurons (brain cells) cannot code memory until they are fully protected by a myelin sheath. The process of myelination begins on the spinal cord during the second trimester of pregnancy and continues up into the brain until the age of twenty. Since most of the brain is not myelinated at birth and early infancy, scientists conclude that early memory recall is impossible.

Essentially, mainstream science is saying, "If you can't prove something by our methods, it doesn't exist". This is virtually the definition of the word denial. Instead of this scientific irrationality, the logical approach would be to look for clues to another memory system in addition to the myelinated neuron. If the neuron is a cell, and it can record memory, it is reasonable to assume that other cells may be able to imprint experience as well. And if groups of neurons (intrabrain organs) can record complex patterns of information, maybe other organs also have this capability. After all, even a single-celled organism will experience a stimulus, register it, and base future actions on that experience, which is a rudimentary form of memory and learning.

Dr Candace Pert, Ph.D, author of *Molecules of Emotion*, ISBN: 0684846349, has spoken to the US Congress on the effect that repressed emotions have on our cells. If these effected cells remain blocked over a long period of time then there is an increased likelihood that if disease occurs, it will occur in the part of the body where the cell receptors are blocked.

In order to negatively programme our cells, we have to be in a peak emotional state *and* we have to repress that emotion at the time. This repressive action is what released the chemistry that can begin the programming or blocking process.

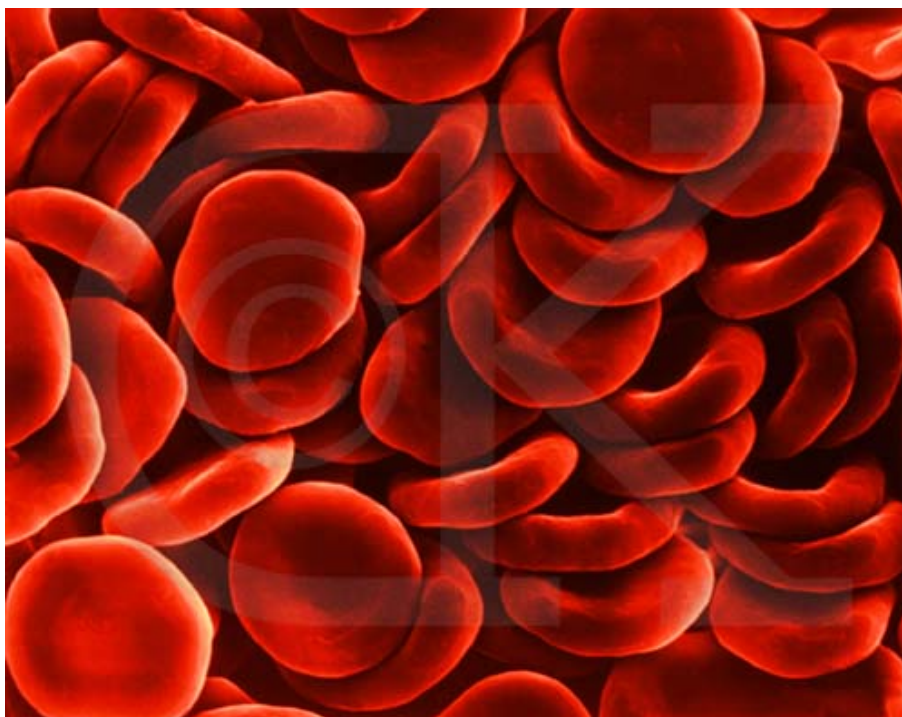
What Dr Candace Pert also observed is that when we feel and express our emotions healthily, fully and wholesomely, our cell receptors remain open.

What The Journey process does is to guide you in a safe, gentle and wholesome way to specific cell memories, so that you can finally feel and release the stored pain, let go of the story and memory and forgive the people involved. Then you are given healthy, empowering internal emotional resources so that you can wholesomely and freely respond to life in the future.

The Journey – Brandon Bays  
The Journey for Kids – Brandon Bays

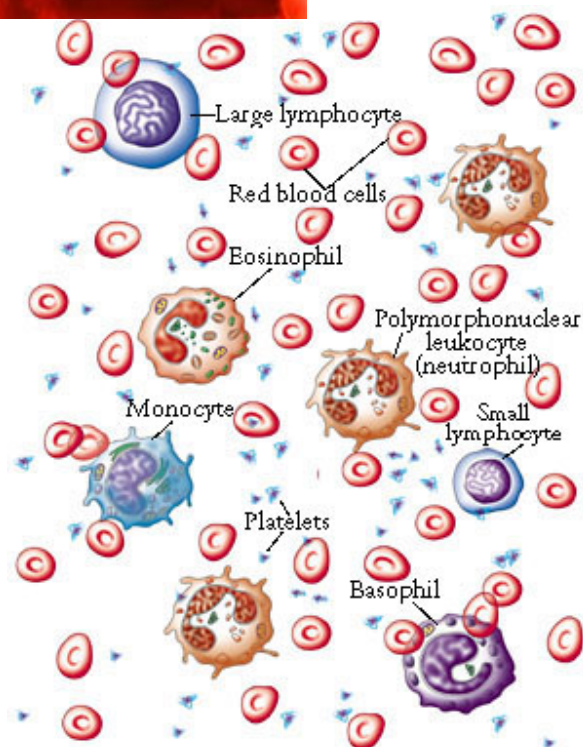
## Display 110 (b) Blood

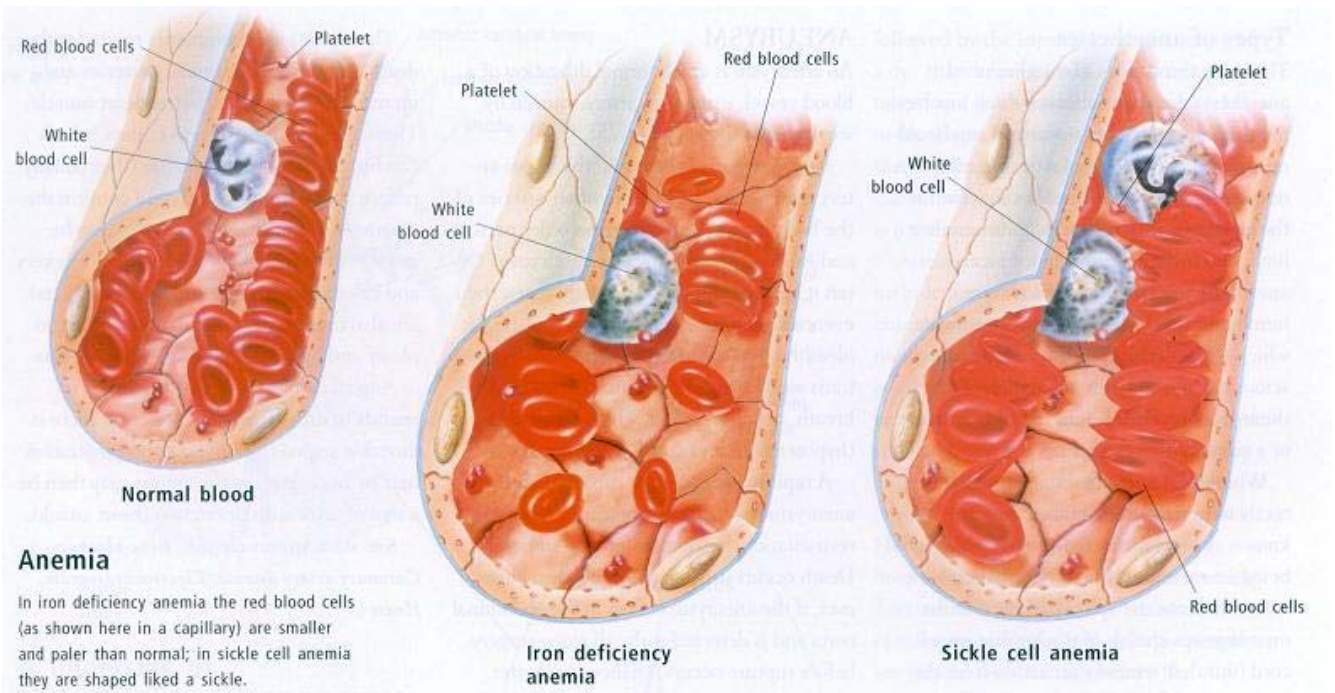
All blood cells are manufactured by stem cells, which live mainly in the bone marrow, via a process called **hematopoiesis**. The stem cells produce hemocytoblasts that differentiate into the precursors for all the different types of blood cells. Hemocytoblasts mature into three types of blood cells: **erythrocytes** (red blood cells or RBCs), **leukocytes** (white blood cells or WBCs), and **thrombocytes** (platelets).



The leukocytes are further subdivided into **granulocytes** (containing large granules in the cytoplasm) and **agranulocytes** (without granules). The granulocytes consist of neutrophils (55–70%), eosinophils (1–3%), and basophils (0.5–1.0%). The agranulocytes are **lymphocytes** (consisting of B cells and T cells) and **monocytes**. Lymphocytes circulate in the blood and lymph systems, and make their home in the lymphoid organs.

All of the major cells in the blood system are illustrated here.



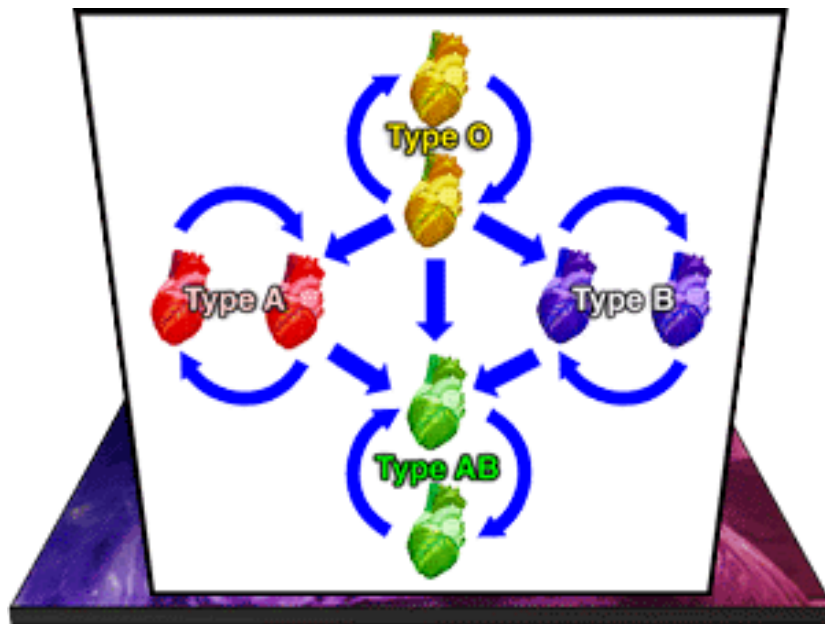


**PAPER S**



## Display 111

## What is your Blood Type



In some ways, every person's blood is the same. But, when analyzed under a microscope, distinct differences are visible. In the early 20th century, an Austrian scientist named Karl Landsteiner classified blood according to those differences. He was awarded the Nobel Prize for his achievements.

Landsteiner observed two distinct chemical molecules present on the surface of the red blood cells. He labelled one molecule "A" and the other molecule "B." If the red blood cell had only "A" molecules on it, that blood was called type A. If the red blood cell had only "B" molecules on it, that blood was called type B. If the red blood cell had a mixture of both molecules, that blood was called type AB. If the red blood cell had neither molecule, that blood was called type O.

If two different blood types are mixed together, the blood cells may begin to clump together in the blood vessels, causing a potentially fatal situation. Therefore, it is important that blood types be matched before blood transfusions take place. In an emergency, type O blood can be given because it is most likely to be accepted by all blood types. However, there is still a risk involved.

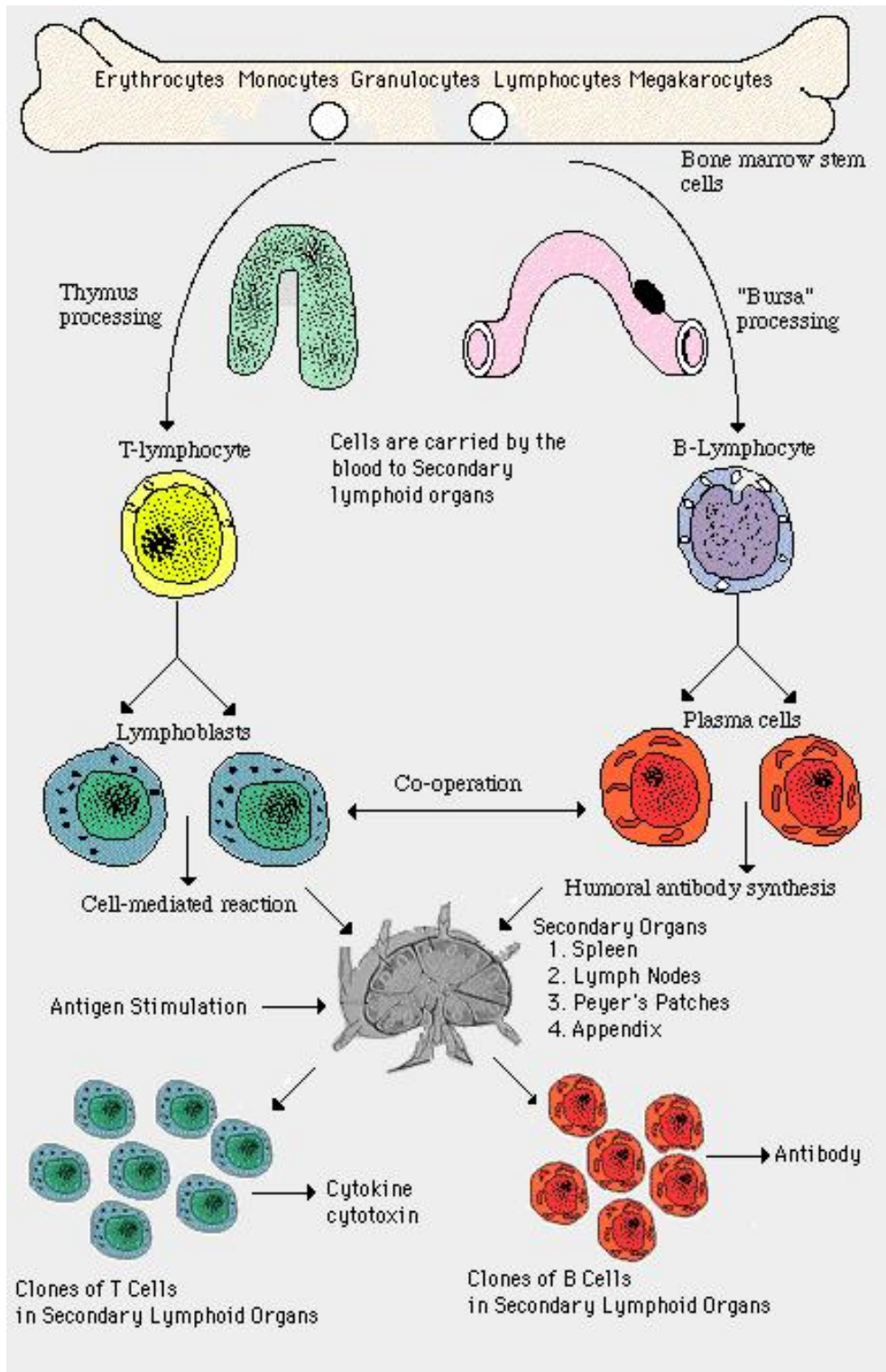
A person with type A blood can donate blood to a person with type A or type AB. A person with type B blood can donate blood to a person with type B or type AB. A person with type AB blood can donate blood to a person with type AB only. A person with type O blood can donate to anyone.

A person with type A blood can receive blood from a person with type A or type O. A person with type B blood can receive blood from a person with type B or type O. A person with type AB blood can receive blood from anyone. A person with type O blood can receive blood from a person with type O.

Because of these patterns, a person with type O blood is said to be a universal donor. A person with type AB blood is said to be a universal receiver. In general, however, it is still best to mix blood of matching types and Rh factors.

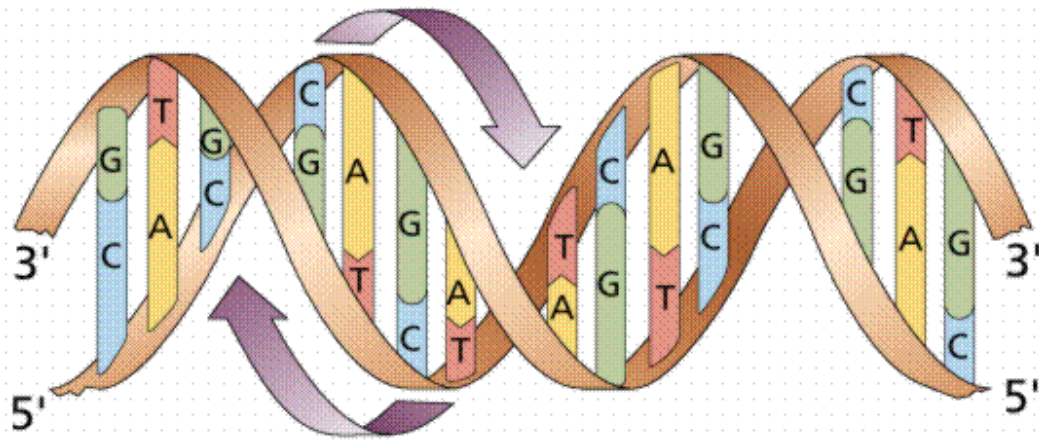
Display 112

Immune System Chart



## Display 113

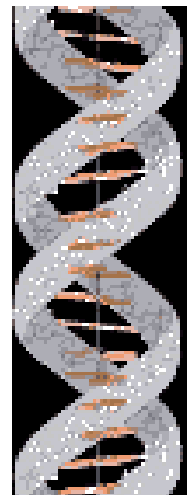
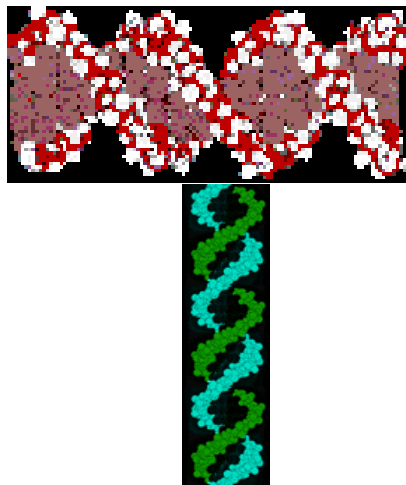
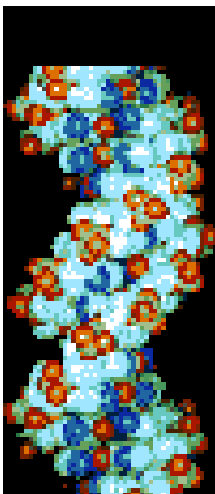
## DNA Strands



DNA stands for **DeoxyriboNucleic Acid**. It is the genetic material of a cell. The chromosomes inside the nucleus (control centre) of the cell are made of DNA. Lots and lots of DNA. It is very fine and tightly coiled but there may be as much as a metre in a single cell.

How can a chemical contain information? Looking at the DNA shape from the outside, DNA appears to be pretty boring. It just goes on and on... Until the structure was figured out, many scientists thought DNA was too simple and could not be the Instruction Manual for the body.

DNA is actually an endless march of characters in a 4-letter alphabet, but you don't see that until you open up the helix and look inside....



If you could pull apart the double helix, you would see the exposed ends of four different chemicals waving in the air. Those four chemicals, called **bases** carry the information used to make a body and to keep it running.

Scientists named each of the four bases with a letter, G, A, T or C. All of the letters in one cell make up the human **genome**, a complete set of instructions for making a person.

In a complete helix, the A's always line up with the T's and the G's with the C's. In the picture, the white and red bases always hook up together and blue and green are always together.



### Reading DNA

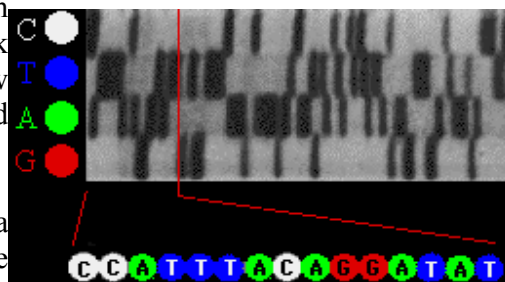
Here you can see how the bases of a helix become a DNA sequence.

When you write a letter, you put together words using different letters of the alphabet. With twenty-six letters you can say anything you want. It is important that the letters go in the right order. This sentence stops making sense whenthaliekrnviserhflker are in the wrong order.

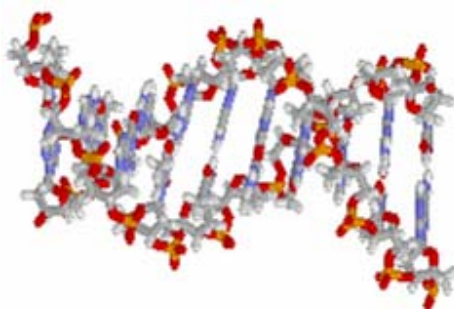
When you make new cells, your body is putting together different letters of the DNA alphabet. Even with just four letters, the DNA alphabet spells out all of the information you need to create new cells and to stay healthy. The order of the DNA bases is called the sequence. Just like the order of the letters in a sentence, the sequence of the bases in DNA can spell all the instructions for your body -- even with only four letters.

### Sequences Matter

Scientists figure out the order of bases in a piece of DNA from an X-ray film like this. This is called sequencing. Each dark band on the X-ray ladder matches a coloured base. Each row of bands corresponds to one of the four bases. You can read the sequence from left to right, in order.

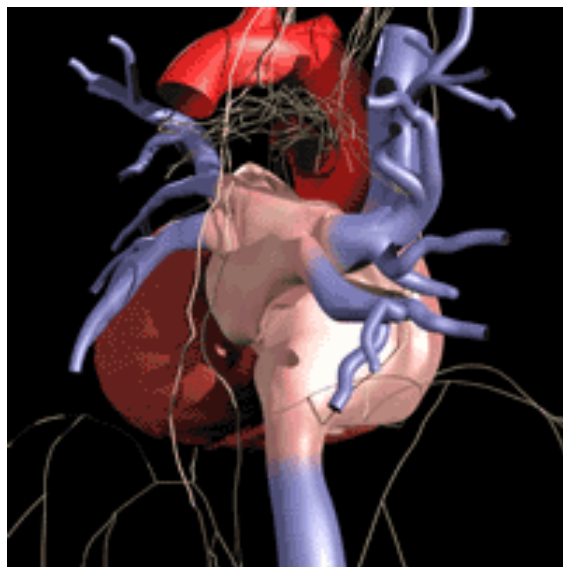
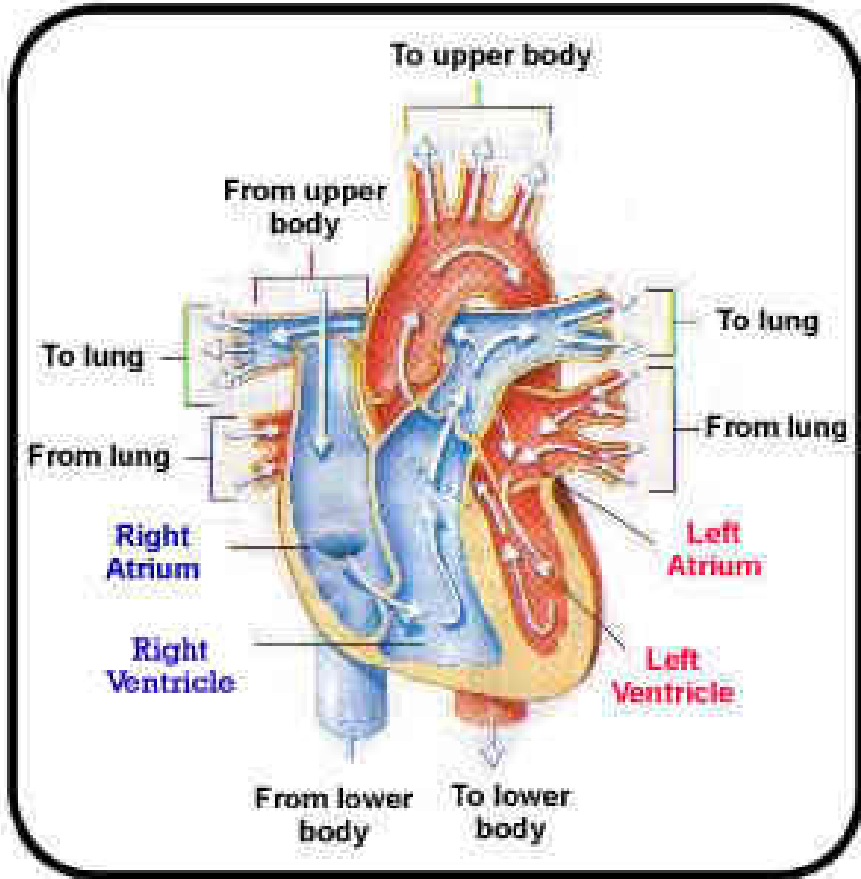


Right now, scientists are trying to sequence every base in a human cell. They're trying to create a complete map of the human genome. With this information they hope to cure disease.

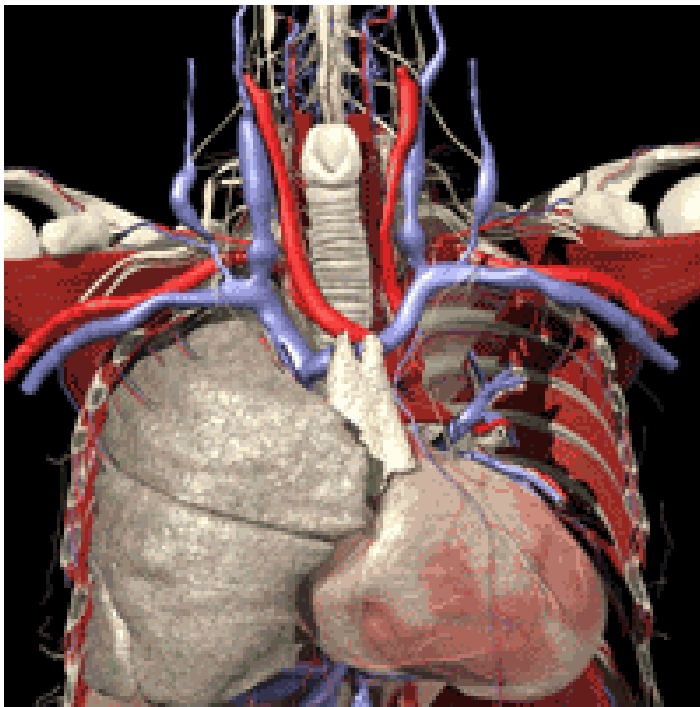
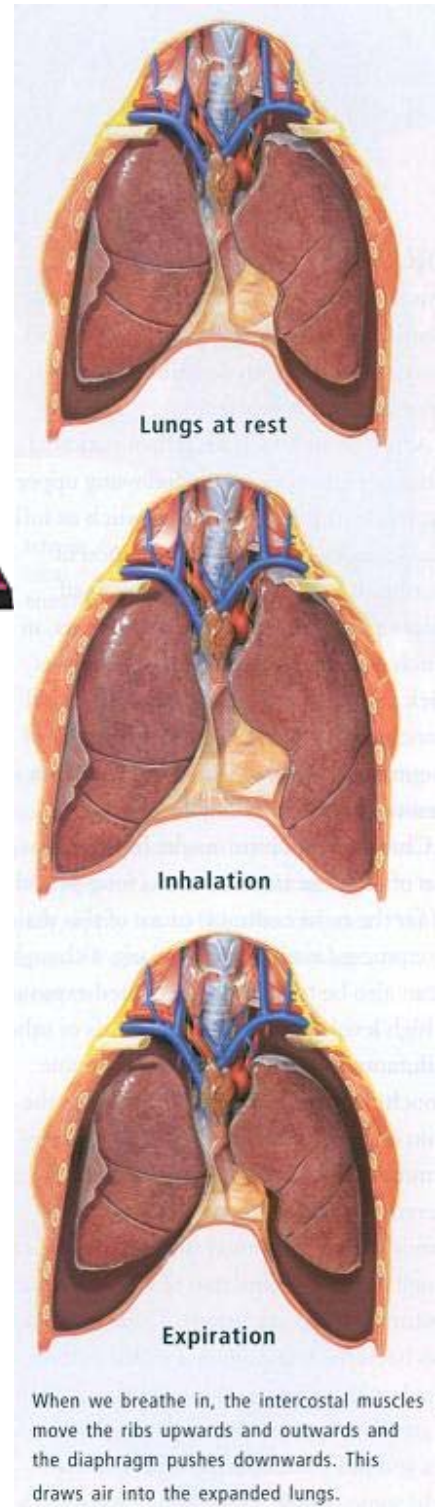
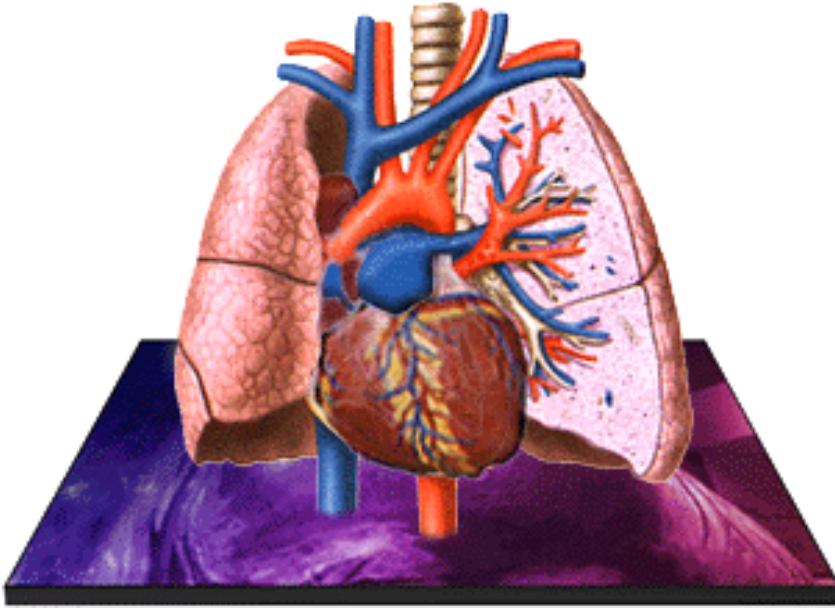


Display 114

Heart



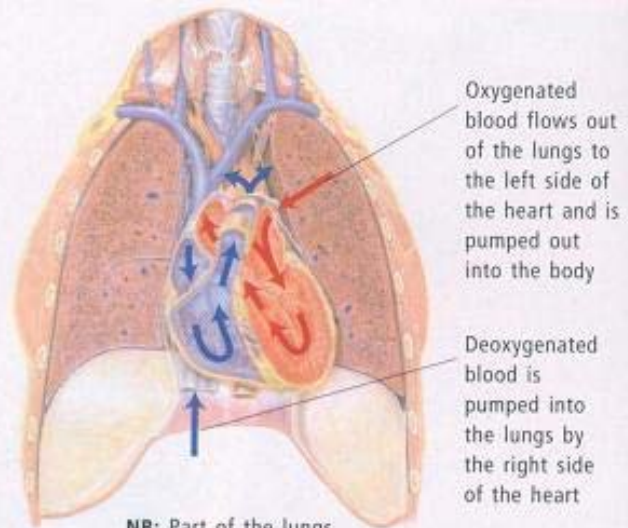
**Display 115 (a)      Lungs**



When we breathe in, the intercostal muscles move the ribs upwards and outwards and the diaphragm pushes downwards. This draws air into the expanded lungs.

### Moving oxygen around the body

Blood travels continuously through two different types of circulatory systems: the pulmonary (lung) and the systemic (body) circulations. The heart pumps deoxygenated blood from the veins of the systemic circulation into the arteries of the pulmonary circulation. This blood is oxygenated by the lungs and then flows back to the heart to be pumped into the arteries of the systemic circulation. Once the oxygen has been extracted by the body's tissues, the blood flows back to the heart and is pumped again into the pulmonary circulation.

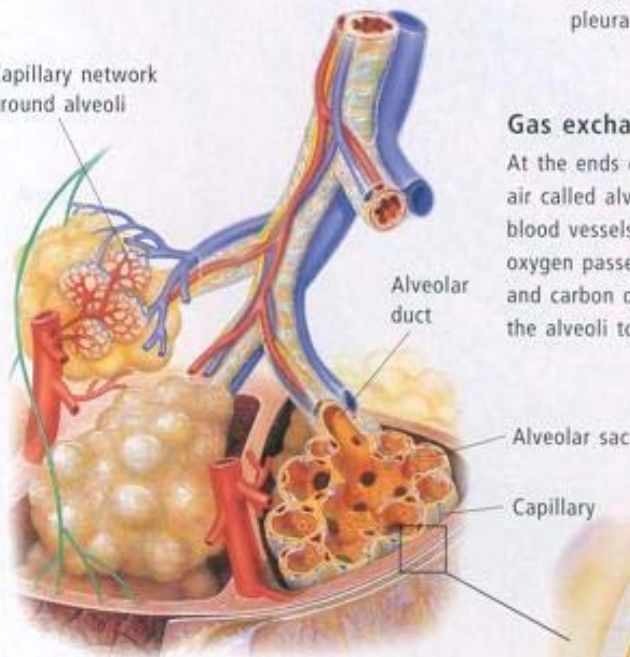


Oxygenated blood flows out of the lungs to the left side of the heart and is pumped out into the body

Deoxygenated blood is pumped into the lungs by the right side of the heart

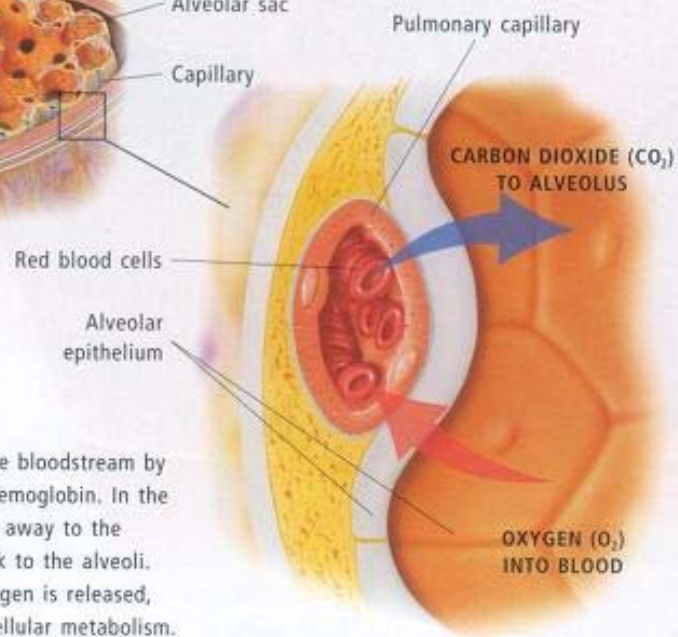
**NB:** Part of the lungs has been removed to reveal the pleura covering the diaphragm

Capillary network around alveoli



### Gas exchange in the alveoli

At the ends of the airways are tiny sacs full of air called alveoli. They are surrounded by small blood vessels called capillaries. It is here that oxygen passes from the air into the bloodstream and carbon dioxide passes from the blood into the alveoli to be breathed out.

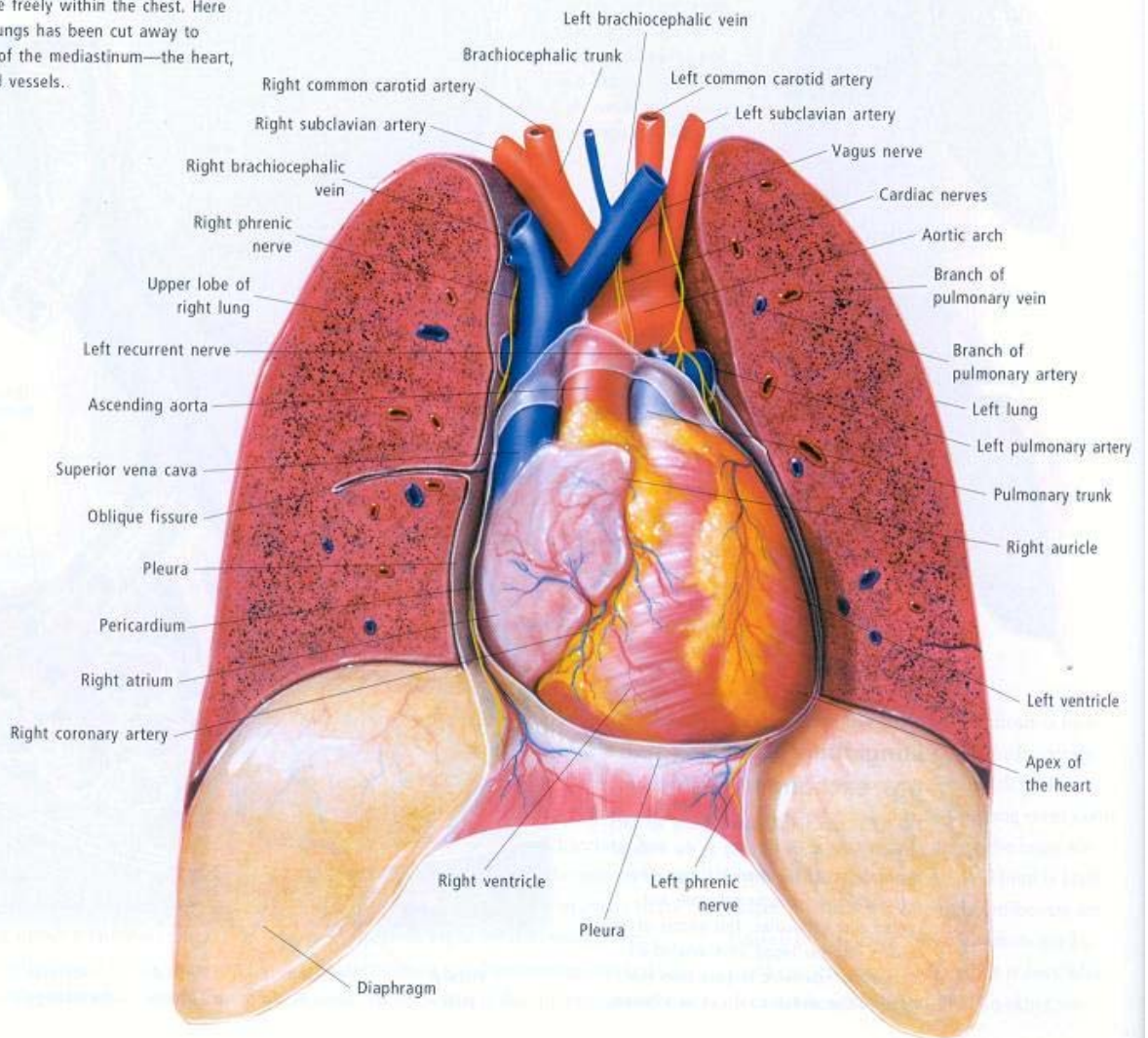


### Oxygenation at cell level

Red blood cells carry oxygen into the bloodstream by combining it with a protein called hemoglobin. In the alveoli, red blood cells carry oxygen away to the tissues and pass carbon dioxide back to the alveoli. When it reaches the tissues, the oxygen is released, absorbed by the cells and used in cellular metabolism.

## Lungs and heart

Pleural sacs around the lungs provide a smooth, low friction surface, allowing the lungs to inflate and deflate freely within the chest. Here the front of the lungs has been cut away to show the organs of the mediastinum—the heart, trachea and blood vessels.





**Display 115 (b)****Lungs and Breathing Exercises**

Breathing exercises are especially useful upon the realisation that one is ‘stuck’ on a lower level and too much energy has accumulated in the lower chakras. To utilise breathing exercises, it is necessary to have some simple understanding of the etheric body and the chakra energy system. Sexual energy can accumulate in the base chakra. Hatred, envy, jealousy, revenge, and spite are energies in the spleen, while ambition, gain, control, aggression and selfishness are energies centred in the solar plexus.

The heart is the centre for love and forgiveness. The throat relates to communication, expression and creativity. The third eye or brow chakra relates to spiritual vision, and the crown chakra relates to God-consciousness.

The basic spiritual / life energy is usually referred to as “chi”, or kundalini energy, and runs not only up a special channel in the spine but also along the body’s acupuncture and nervous systems and down the twelve main meridians that eventually supply life energy to all the body’s vital organs. These energies and acupuncture points are simultaneously related to all the specific muscles and muscle groups. This is the basis for clinical kinesiology, which is used both diagnostically and therapeutically. The distribution of the energy flow is altered by attitudes and mental positionalities. In clinical kinesiology, the weakness of a muscle group reveals which organ is being pathologically affected and relates to a specific acupuncture point. The negative attitude or belief system is uncovered by further kinesiologic testing and a reparative affirmation is prescribed.

Overall, the energy level of the spiritual / acupuncture energy system is mediated by the thymus gland, which lies just behind the upper sternum. The function of the thymus is to support the body’s immune system. It produces so-called ‘killer cells’, or T-cells, which destroy invading organisms. The energy of the thymus is depleted by internal and external stresses caused primarily by negative emotions and attitudes that calibrate below level 200.

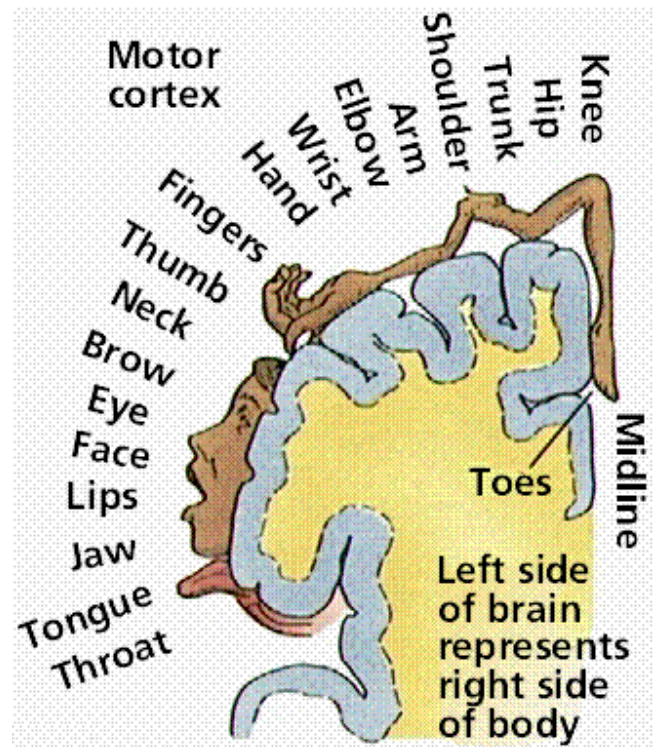
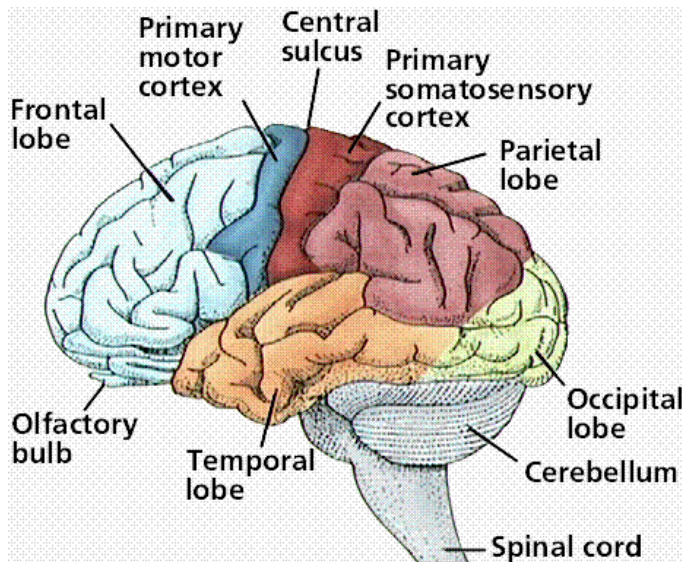
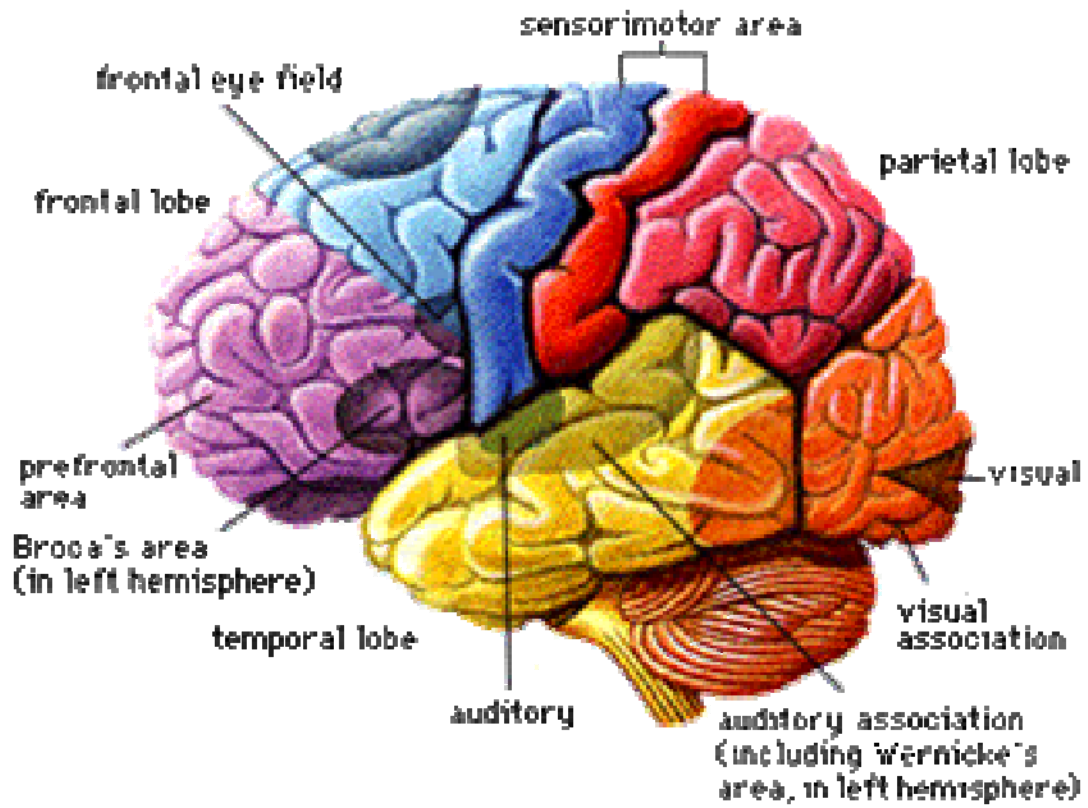
The most basic, simple, and effective breathing exercise consists of breathing the spiritual energy up the spinal channel, through which it flows from the base or lower chakras, up to the heart, the Third Eye, or the crown chakra. This is the basic technique used in many spiritual schools in which one simply pictures the energy flowing up the spinal channel with each inhalation. At the same time, the energy is willed to flow to a higher locus. The practice is often used during the initial phase of formal meditation but it can, in and of itself, constitute the meditative practice.

As one pictures the light of consciousness as energy flowing up the spine to the higher chakras, one will almost immediately feel a shift of energies and a change of inner sensation. In addition to the traditional bodily chakras, there are spiritual energy bodies above the crown chakra. One can pull the energy up through the higher chakras and picture it going through the crown to the higher spiritual bodies and on up to God. The energy is usually pictured as light or illuminated love energy of divine origin.

P.235 I, Reality and Subjectivity – David Hawkins (calibration 999.8)

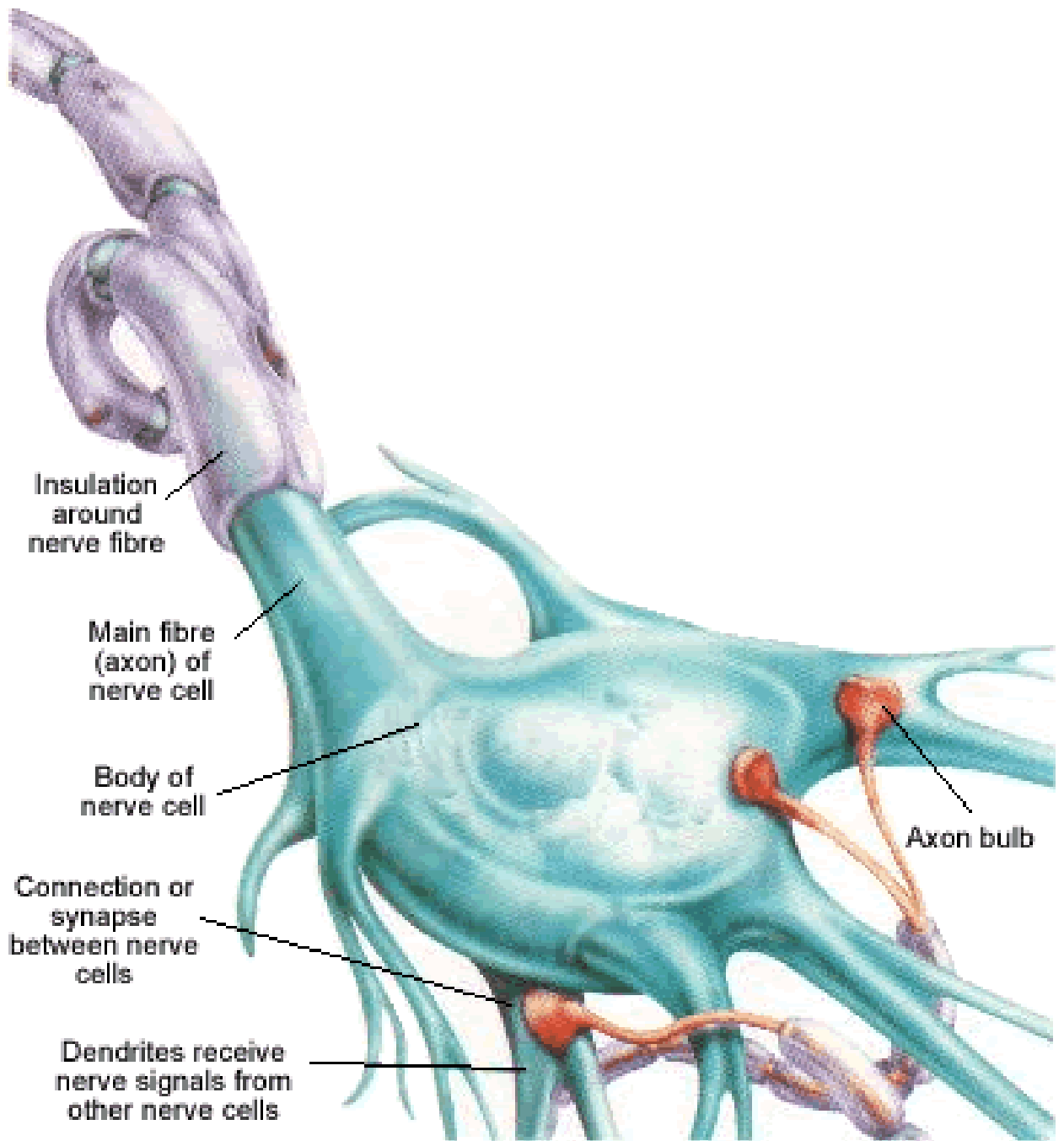
Display 116

Brain



Display 117

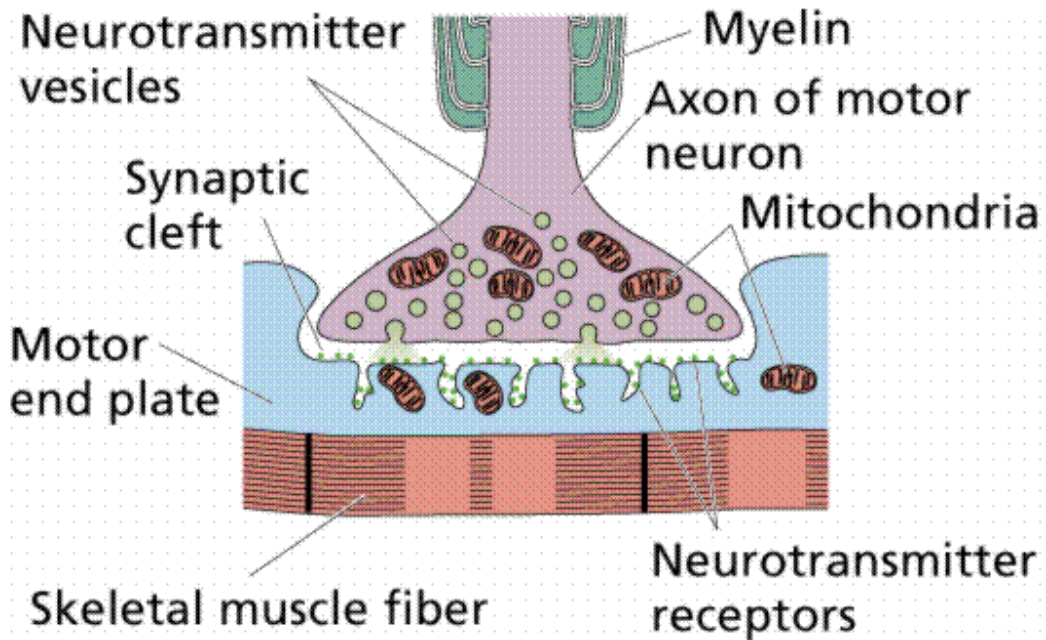
Nervous System



### Nervous System – end of nerves

#### Synapses

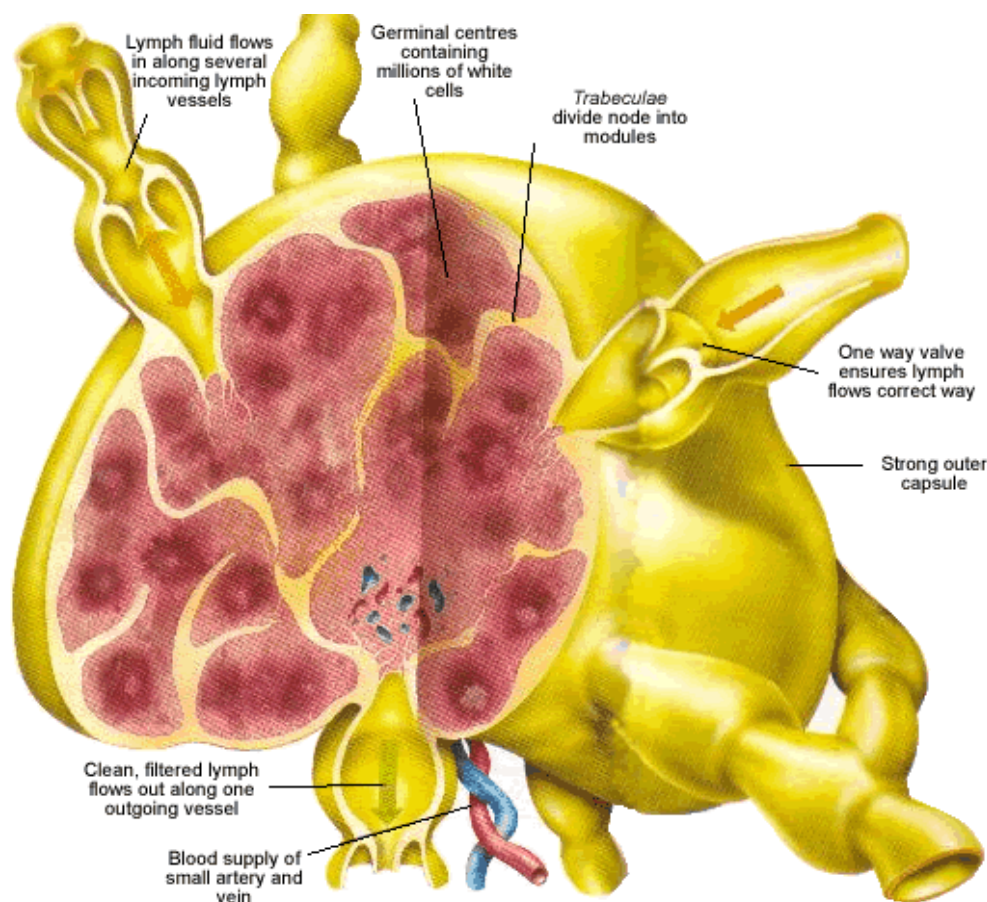
The junction between a nerve cell and another cell is called a synapse. Messages travel within the neuron as an electrical action potential. The space between two cells is known as the synaptic cleft. To cross the synaptic cleft requires the actions of neurotransmitters. Neurotransmitters are stored in small synaptic vesicles clustered at the tip of the axon.



PASCAS  
HEALTH



## Display 118 Lymphatic – Immune System



Even in a clean and spotless place, there are probably a few germs. These microscopic living things, such as bacteria and viruses, get on to our skin, into the food we eat, the drinks we consume and even the air we breathe. They may also get into our body through a cut or wound. If enough germs get into the body, they can start to multiply and cause problems. This is an infection.

But the body has several sets of defences against germs. These include the skin, the moist germ-trapping linings of the breathing and digestive passageways, the way blood clots to seal wounds and leaks, white cells and other substances in the blood, the thymus gland in the chest, and small lymph nodes or glands spread all over the body. Together, all these parts form the body's immune defence system.

The body's immune system includes several kinds of white cells in blood, body fluids, and lymph nodes. These white cells attack any germs that are in the body.

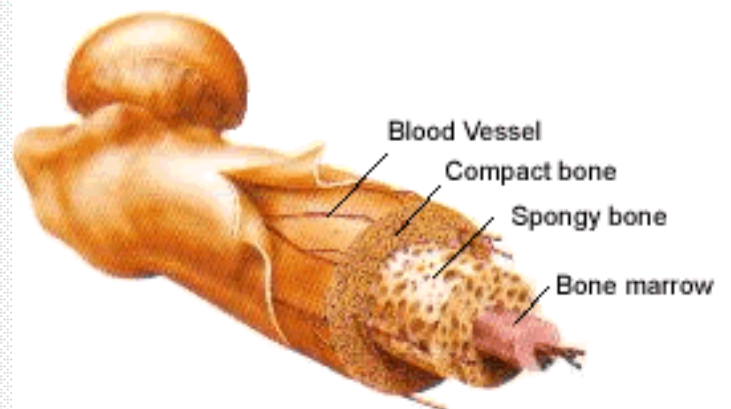
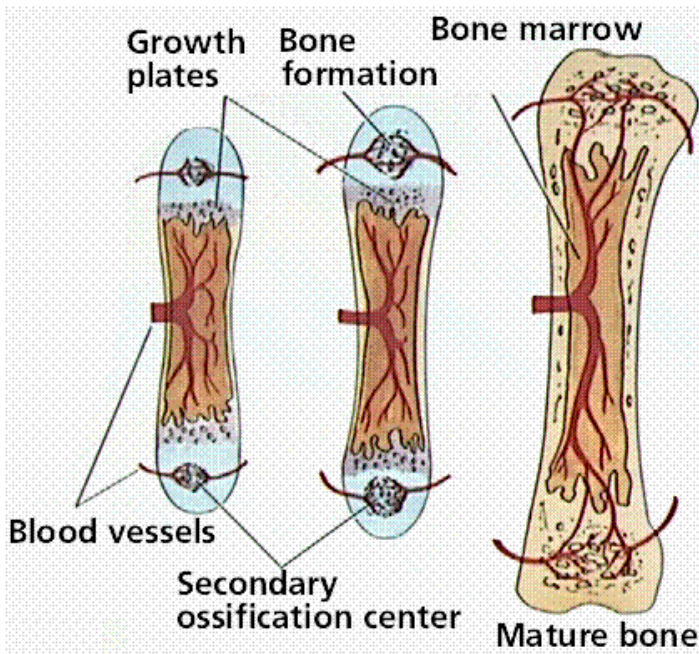
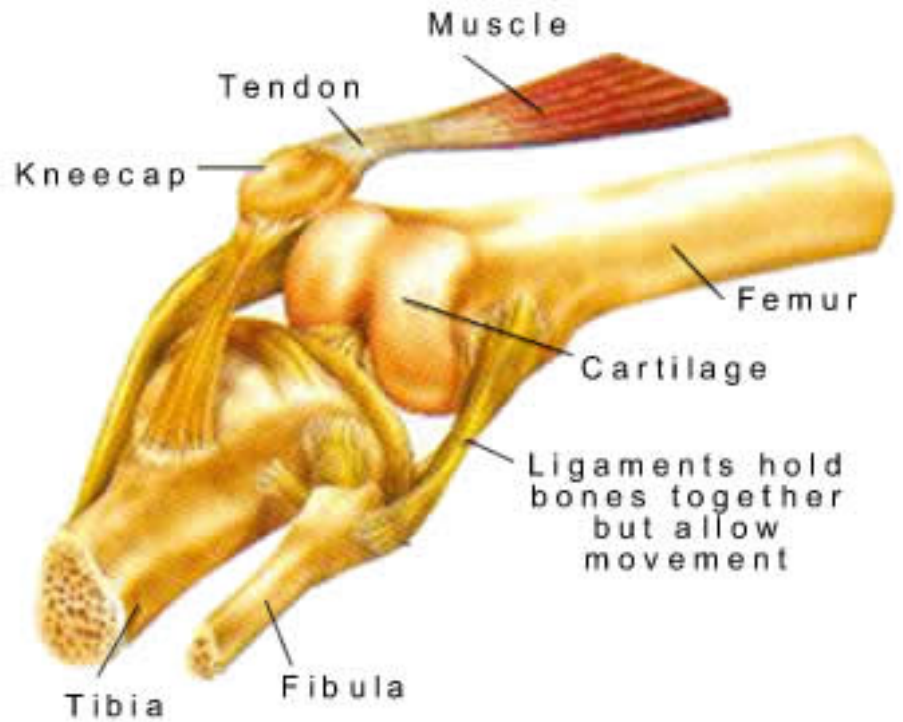
When the body is ill with an infection, various glands swell up. Many of these are lymph nodes. When you are healthy they are about the size of a pea or grape, but during illness they can be as big as golf balls.

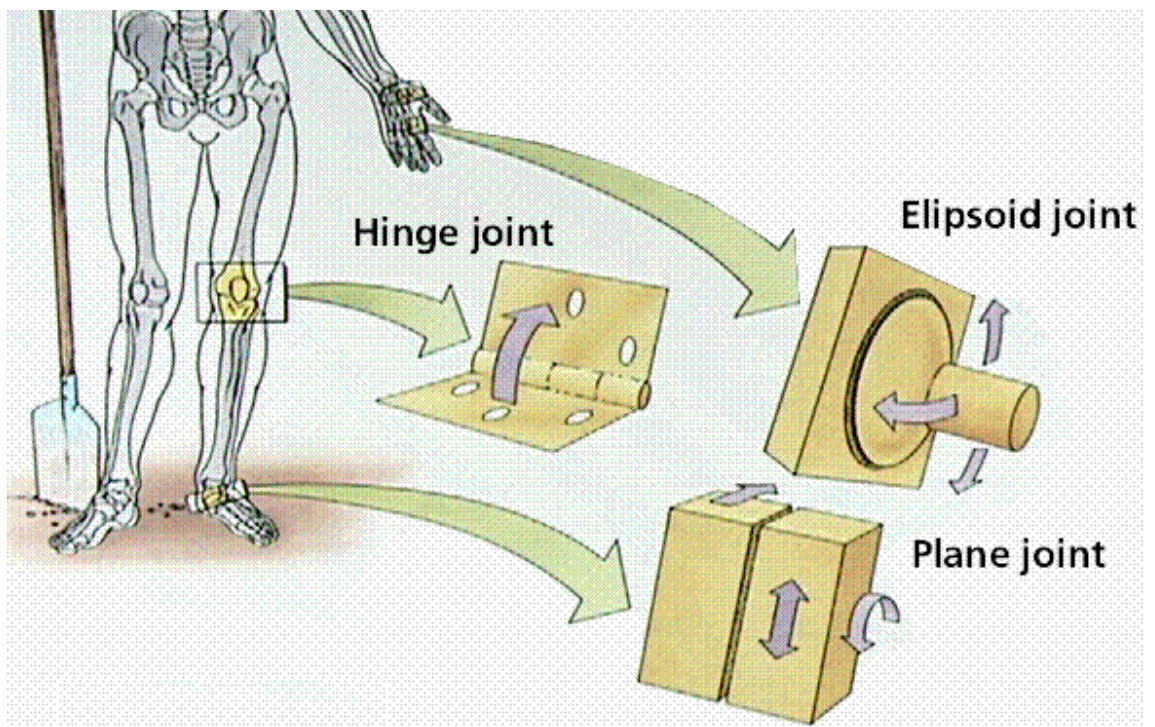
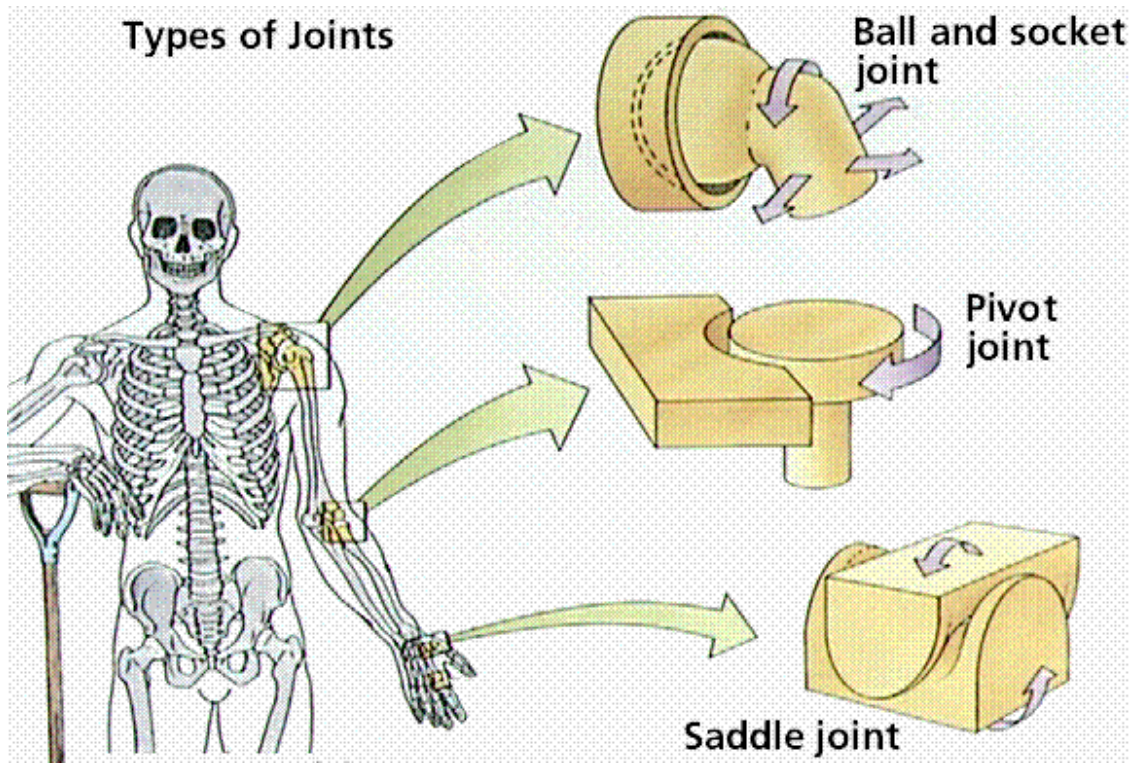
Lymph nodes contain billions of white cells, multiplying rapidly to fight the invading germs. During illness they fill with millions of extra white cells and also dead germs.

Display 119

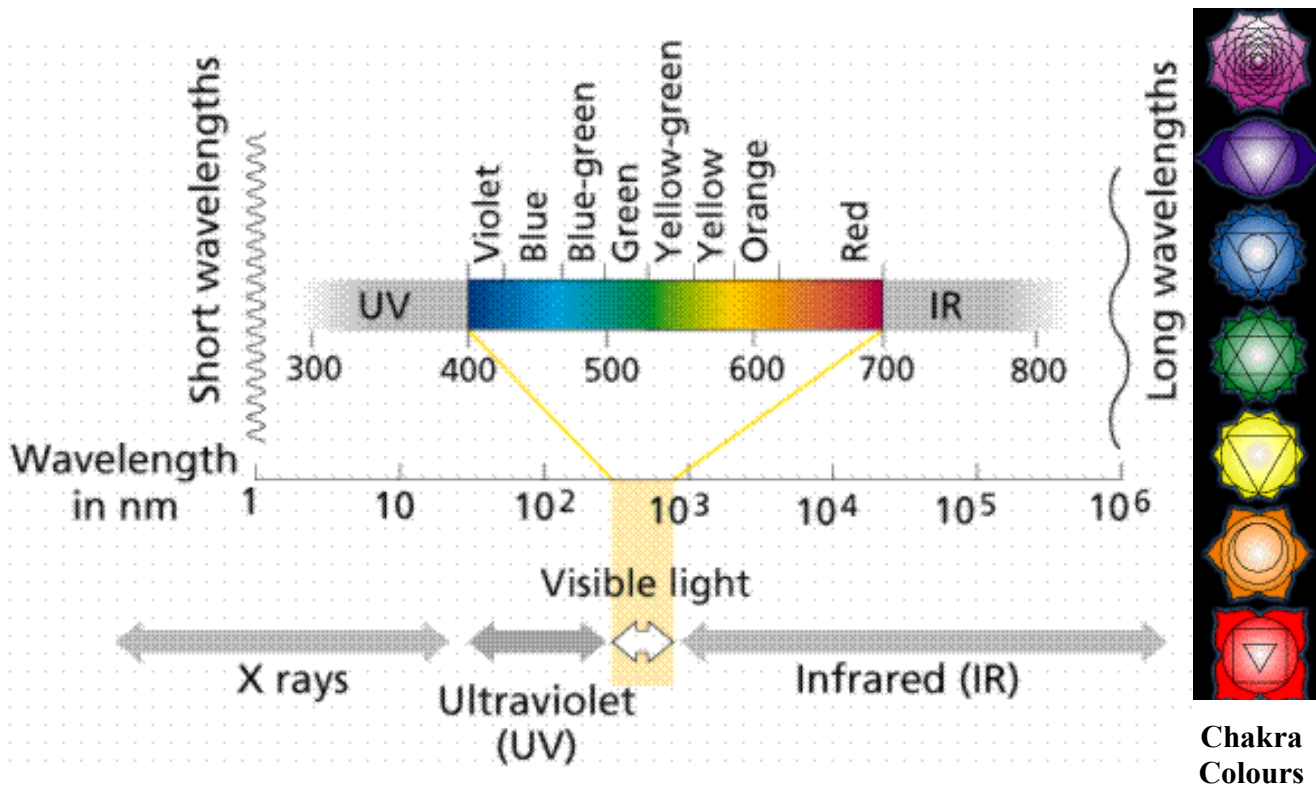
Joints

### Knee Joint





## Display 120 (a) Visual Range



### Photoreceptors Detect Vision and Light Sensitivity

The human eye can detect light in the 400-700 nanometre (nm) range, a small portion of the electromagnetic spectrum, the visible light spectrum. Light with wavelengths shorter than 400 nm is termed ultraviolet (UV) light. Light with wavelengths longer than 700 nm is termed infrared (IR) light.

### Eye

In the eye, two types of photoreceptor cells are clustered on the retina, or back portion of the eye. These receptors, rods and cones, apparently evolved from hair cells. Rods detect differences in light intensity; cones detect colour. Rods are more common in a circular zone near the edge of the eye. Cones occur in the centre (or fovea centralis) of the retina.

Light reaching a photoreceptor causes the breakdown of the chemical rhodopsin, which in turn causes a membrane potential that is transmitted to an action potential. The action potential transfers to synapsed neurons that connect to the optic nerve. The optic nerve connects to the occipital lobe of the brain.

Humans have three types of cones, each sensitive to a different colour of light: red, blue and green. Opsins are chemicals that bind to cone cells and make those cells sensitive to light of a particular wavelength (or colour). Humans have three different form of opsins coded for by three genes on the X chromosome. Defects in one or more of these opsin genes can cause colour blindness, usually in males.



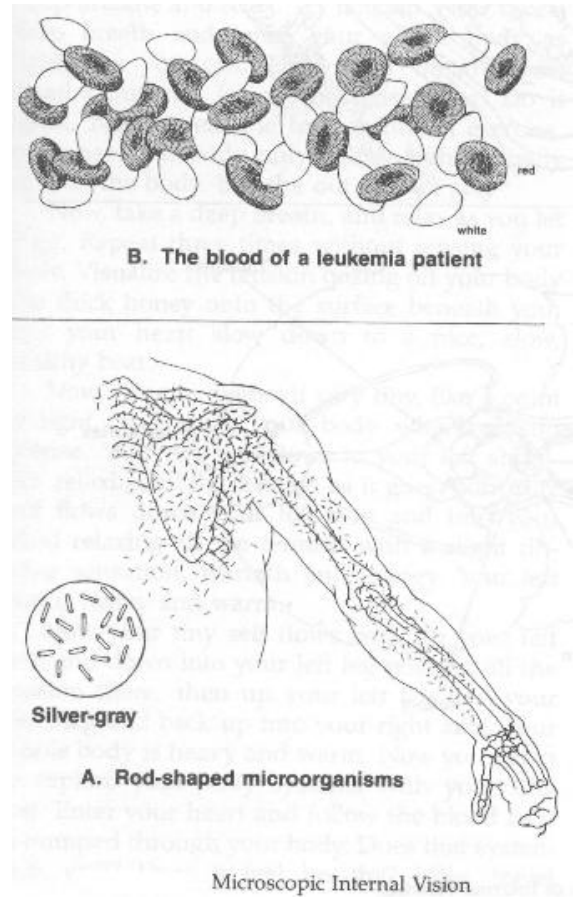
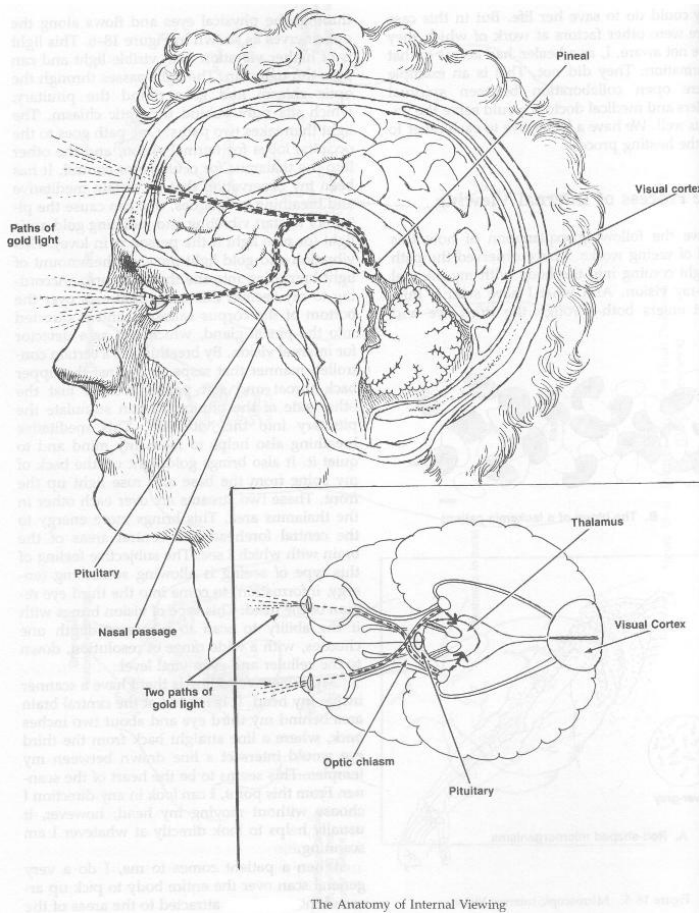
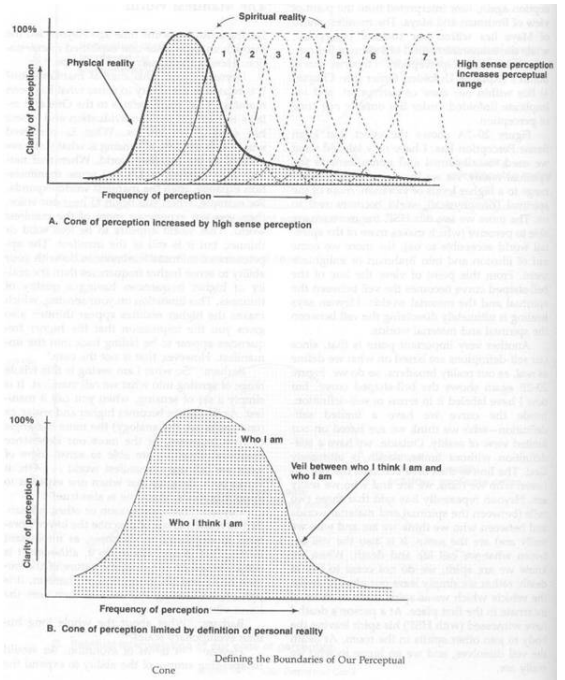
**Display 120 (b) Third Eye**

As you expand your cone of vision, you can progress to a level that enables Internal Vision.

The auric fields firstly become observable and further development achieves internal visions capabilities.

It is though you have a scanner inside your head. It is located at the central brain area behind your third eye and about two inches back, where in a line straight back from the third eye would intersect a line drawn between your temples.

Chapter 18, Hands of Light – Barbara A Brennan (calibration 710)



## Display 121                      Harmonics

Heyoan explained that our haric level, where our intentionality is found, is the foundation upon which the auric field is formed.

There is a big difference between the physical world that we can see with our eyes and the world of the auric field that we can see with high sense perception (HSP). The auric field exists in four dimensions. It behaves according to the physics of bioplasma and light. On the auric level, time is much different from the way it is in the physical. Every thought, feeling, or other type of life experience shows immediately in the auric field as energy-consciousness movement in form and colour. On the auric level, energy and consciousness cannot be separated.

The hara line continues down from the tan tien deep into the centre of the Earth's core. Here we are connected to the Earth and to the sound that the centre of the Earth makes.

Sound means more than just sound. Rather, it probably refers to a vibratory life source. By connecting down into the centre of the Earth through the hara line, we can synchronise our field pulsations with those of the Earth's magnetic field and therefore entrain energy from the Earth's field.

A healthy hara line is located in the centre line of the body and is straight, well formed, energised, and well rooted into the Earth's core. Each of the three points along the line are in balance, in form, and firmly connected to each other along the laser like hara line. People with this configuration are healthy, centred in their purpose, and on line with their life tasks. When this alignment is held, it is holographically true both in the moment and for all moments of the person's life.

When your hara line is aligned, you are synchronised with the whole. When your haric level is healthy, you will feel a lot of personal integrity, power, and personal purpose, because you are synchronised with universal purpose. That's when you have those wonderful days in which everything flows easily, just as it ought to.

As Heyoan said, the tone of this note is the one note that holds our physical body in physical manifestation. That note is a harmonic of the sound that the molten core of the Earth makes.

The one note is more than a simple tone that can be heard with normal auditory perception. Rather, this note also exists in the HSP range. The closest thing to it in the normal sound range is the cry that a karate master makes when chopping bricks in half with a light blow.                      Chapter 17. Light Emerging.

(now to replicate such a sound for audible presentation via head phones)



## Display 122      Electromagnetic Field

It is clear that what healers call grounding into the Earth is the action of linking up with the magnet field of the Earth, both in frequency and in phase. Dr John Zimmerman has found that once healers have linked up with the Schumann waves, the right and left hemisphere of the brain become balanced with each other and show a 7.8 – 8.0 Hz (hertz = cycles per second) alpha rhythm. After they link with the patient for some time of laying on of hands healing, it has been shown that patients' brain waves also go into alpha and are phase-synchronised with the healers', as well as right-left balanced. The healer has, in effect, linked the client with the Earth's magnetic field pulses and has thereby tapped into a tremendous energy source for healing.

Dr Robert Beck, a nuclear physicist, travelled the world measuring the brain waves of healers. He found that all healers exhibit the same brain-wave pattern of 7.8 – 8.0 Hz during the times they are giving healings.



He then asked to what drummer they were marching. And indeed, why. He found the answer in the fluctuations of the Earth's magnetic field. It fluctuates between 7.8 – 8.0 Hz. These fluctuations are called Schumann waves. Upon further investigation he found the healer's brain waves pulse not only at the same frequency but also at the same times as the Earth's Schumann waves.

It is this environment that Magnacare has been able to replicate for continuous access by clients be they in their home, office or travelling. The Magnafield 2000 has been successful.

### OSCILLATING MAGNETIC THERAPY

This involves an energy field that is oscillating back and forth in positive and negative modes, biased towards more negative. The waveform must be close to that of the human body. Sinusoidal, sawtooth, or square waveforms are not common to the body, but were developed for communications, radio, TV and computers, and are usually filtered to remove the 'hash' or harmonics that interrupt a clear signal. Medical researchers found that the body needs and uses these harmonics.



There also must be a correct ON-OFF ratio for each pulse, and there must be a period of time for the treatment followed by at least a similar period of time of rest or 'pause' before the subsequent treatment. Ideally, the treatment using the Magnafield system involves placing an applicator pad on the floor under the bed and leaving it operating 24 hours a day, seven days a week. Many have done this without

removing or turning it off for more than 15 years. The greatest benefits are received during the sleeping hours. There are no contraindications.

It is also good for those aches and pains that annoy many people who do not want to rely on pharmaceutical drugs with their side effects.

Some of the functions and benefits from this therapy include:

- Healthy cells have different EMF characteristics and DNA /RNA spirals from cancer cells. Under the influence of 0.5Hz Magnafield treatments cancerous cells are inhibited from division or 'mitosis', they just unravel and die off, and are dealt with and removed by the body, as are all other dead cells.
- At 0.5Hz and particularly at 2Hz the Thymus is stimulated to produce more "T" killer and helper cells, to assist and build up the immune system defences. This is a balancing system, it does not over-stimulate.
- Analgesic effects (pain relief) are best at 0.5Hz to 4 Hz.
- Tissue healing is initiated first at 0.5Hz, and then at 2Hz or 4 Hz, followed by using 8 Hz until healed.
- DNA synthesis is enhanced at 5Hz. Also cellular signalling, repair and health.
- Inflammation is reduced at 0.5Hz, swelling and oedema reduced at 3Hz.
- Peripheral circulation is helped initially at 15Hz, but maintained best at 12Hz.
- Joint mobility is improved at 0.5Hz initially, and then at 4Hz, 8Hz and 12Hz using the 'Auto Cyclic' function.
- Liver function may be assisted at 10Hz. Also a neutralising or energy balancing frequency.
- At all frequencies there is a promotion of nutrient and oxygen transport and uptake into the cells.
- Calcium, potassium and sodium balance may be restored, essential for normal cell function and health.
- Acid / alkaline pH balance assisted, and helps to reduce excessive acid conditions, and much more.

Many with cancer and those who have beaten cancer use the Magnafield as part of their cancer-fighting program with great success. Firstly, it seems to have halted the spread of cancer cells. Secondly, it has enhanced the immune system to help fight any remaining cancerous cells. Also, the patient's energy levels have improved dramatically and the oxygen and nutrient acceptance has increased, allowing for a faster healing process.

With this corrective form of treatment, using the proven frequencies, waveforms, and low intensity magnetic energy resonant induction therapy, inhibition of cancer cells has been noted and proved for over 15 years, but still not accepted in most orthodox establishments!

#### The FOUR FREQUENCIES of the BRAIN

Normal thinking and communication is at the Beta wave frequency of 14-28 cycles.

In an Alpha state your brain waves are moving at a frequency of between 7-14 cycles per second. The Alpha frequency is likened to a very relaxed, meditative state of mind. Reiki practitioners utilise the high Alpha brain wave. Alpha waves "take out" so much pain and relax the body.

A Theta state is a very deep state of relaxation; the state used in hypnosis. The brain waves are slowed to a frequency of 4-7 cycles per second. In fact, Sages meditate for hours and hours to reach this state. In this state they are able to access absolute, perfect calmness. Theta brain waves can be thought of as the subconscious. They govern that part of our mind that is layered between the conscious and the unconscious. They hold memories and sensations. They also govern your attitudes, your beliefs and your behaviours. Theta brain waves are always creative, inspirational, and characterised by very spiritual sensations.

In a Delta state the brain waves are slowed to a frequency of 0-4 cycles per second. It is also this brain wave that is utilised when the phone rings and you know whom it is that is calling. The brain is constantly producing brain waves in all frequencies. When you are active and alert, the brain waves are in Beta.

## Display 123      Blood Purification

There are two major functions involved in the process of blood purification. The first is Vos Amo Ultra. This is the Recirculatory Haemoperfusion (RHP) process, 'similar to dialysis', where the blood is drawn from the patient in an extra- corporal loop and by using a specialised mixing chamber as pictured.



This technique has evolved over 22 years of research into what is believed to be the most up to date procedure yet and involves the purification of blood on a cell to cell basis. Very simply, it is a process where blood is taken from one arm mixed with ozone and purified through a micro-fibre filter, removing the waste and returned to the body as charged blood that in turn shares that energy with your complete body system and in time reaching every cell possible.

This system has been tested on patients and animals in thousands of studies and has been found to have absolutely no side-effects (no contra-indications) to anyone when applied in the correct technical manner with the correct equipment under trained supervision.

The oxygen atom when excited through this process has many notable actions which include anti-viral, anti-bacterial, anti-fungal and anti-parasitical to name a few. It has also been proven to increase interferon along with an increase in Tumour Necrosis Factor and Interluken II.



The second method is by IV injection, which is known as Vos Amo Direct. This method encompasses the use of direct vein injection into the bloodstream of ozone gas anywhere from 2 – 4 millimetres (mls) a minute and is dependant on weight for its total volume. The healing mechanisms of ozone and its sub-species are a function of Ionization, Oxidation, phillo-electric exchange plus the denaturing of the protein structures of diseased cells and inhibiting target ligand viral attachments. Oxidation will also breakdown the lipid membranes of infected cells. It is important to note that there are also numerous other combatant forms of molecular reactions, which occur in the eradication of diseased tissue and cells when using these two methods.

A major contribution in which this new blood purification system can be applied, is in the treatment of stored blood and blood components, particularly in the application from donor to bag, from bag to bag, and from bag to recipient. Proven efficacy of the technology has been in the total elimination of other viral and biological warfare proteins without any harm to total blood or blood products.

One of the most important mechanisms of this process is in stimulation of the immune system and the detoxification of bodily functions. The application of these treatments are very easily applied, allowing doctors and nurses to be trained comfortably within 72 hours by fully competent international trained personnel.

What you are seeing here is the very dark, almost black, unhealthy blood as it leaves the body of the patient. The other hose with the red blood is what it looks like after it is treated and purified with ozone. You can see the dramatic change in the colour of the blood. It is now clean and is the colour of healthy blood and is ready for reintroduction to the blood stream. This process is completely painless and the patient is free to leave five minutes after receiving the treatment.



**Display 124 (a)****Birth****BABY SAM at 21 WEEKS:**

Not for the feint hearted but worth a look....but do read the story first to make the most of it.

A picture began circulating in November 03. It should be "The Picture of The Year," or perhaps, "Picture of the Decade."

It won't be. In fact, unless you obtained a copy of the US paper which published it, you probably will never see it.

The picture is that of a 21-week-old unborn baby named Samuel Alexander Armas, who is being operated on by a surgeon named Joseph Bruner.

The baby was diagnosed with spina bifida and would not survive if removed from his mother's womb. Little Samuel's mother, Julie Armas, is an obstetrics nurse in Atlanta. She knew of Dr. Bruner's remarkable surgical procedure. Practising at Vanderbilt University Medical Center in Nashville, he performs these special operations while the baby is still in the womb.

During the procedure, the doctor removes the uterus via C-section and makes a small incision to operate on the baby.

As Dr. Bruner completed the surgery on little Samuel, the little guy reached his tiny, but fully developed, hand through the incision and firmly grasped the surgeon's finger. In a Time Europe article highlighting new pregnancy imagery that show the formation of major organs and other significant evidence of the formation of human life but a few days after conception, Dr. Bruner was reported as saying that when his finger was grasped, it was the most emotional moment of his life, and that for an instant during the procedure he was just frozen, totally immobile.

The photograph captures this amazing event with perfect clarity. The editors titled the picture, "Hand of Hope." The text explaining the picture begins, "The tiny hand of 21-week-old foetus Samuel Alexander Armas emerges from the mother's uterus to grasp the finger of Dr. Joseph Bruner as if thanking the doctor for the gift of life."

Little Samuel's mother said they "wept for days" when they saw the picture.

She said, "The photo reminds us my pregnancy isn't about disability or an illness, it's about a little person."

Samuel was born in perfect health, the operation 100 per cent successful.

Now see the actual picture, and it is awesome...incredible.



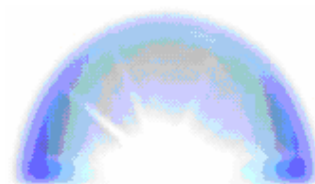
This is baby Sam at 21 weeks during a life saving operation.



**Display 124 (b)****Death**

Eventually we find that the person's body died because the etheric / life / energy / spirit body that had inhabited the body had left.

P.210 The Eye of the I – David Hawkins (calibration 980)



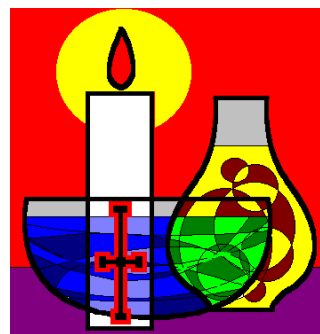
Anyone who has ever had an out-of-body experience remembers that all modalities of sense were the function of that etheric body which was associated with their consciousness and sense of self. Sight and hearing continue even if the physical body is in a dormant or unconscious state. The 'self' experience migrates out of the body along with the sense of positionality or movement. In that state, the 'I' sense is located within the energy body and the physical body becomes an 'it'. It is seen as 'a body', not 'my body'.

Thus, we can say that we inhabit a physical body but we are not a physical body.

Distant viewing and clairvoyance are the partial projections of the sensory faculty of the energy body. The 'experiencer' is the inner presence within what has been variously called the astral, etheric, soul, or spirit body. The spirit body is not controlled by the usual forces called physical, but instead exists on another dimension or plane.

Mind also travels with the spirit body and realises that it is separate from the brain. Consciousness does not depend on physicality but exists independently of it. When localised, however, it tends to identify itself with form and location.

P.229 The Eye of the I – David Hawkins (calibration 980)



No one experiences his own death. It is not possible.

One does not really experience one's own physical death, for at the moment of the body's expiration / witness / awareness faculty instantly and painlessly leaves the body and one immediately feels free and greatly relieved. The surprise is the discovery that one isn't dead after all, but quite alive. The former body is witnessed as not even being attractive or desirable. The reborn self now becomes entranced with its rediscovery of immortality and the new potentialities to which one awakens. The body was like a cage from which one is now liberated. The body was never the source of the sense of 'I' or existence but merely part of its identification with content.



The time of physical death has already been karmically set. Although the timing has been determined at birth, the nature and circumstances surrounding the event are not preset but are influenced by other factors and choices.

Just to know that one does not and, in fact, cannot experience one's own physical death, and that the time is already preset, relieves a lot of needless worry. The only real 'death' which actually possible to experience is the final death of the sense of self as the ego. Even that ordeal need not be experienced

because it can be refused for as long as one wishes, and even that actual death cannot occur without one's inner consent.

Because the ego presumes it is a body, it believes that 'nobody has ever survived death to tell us what it was like'. That is a fallacious belief which disappears beyond consciousness level 600, where previous incarnations and physical deaths are not only easily remembered but the circumstances and significance of each death are recalled very clearly.

It is not the physicality of prior lifetimes that is important but the spiritual lessons that were learned. In looking at a sequence of lifetimes, one can see the evolution of consciousness through its various stages of learning.

It is said that after physical death, it takes the average soul approximately three days to completely disidentify with the body and detach from it, including working through the stages of denial, grieving, and letting go of attachment. Therefore, a wait of three days is generally recommended before burial or cremation to avoid interruption of the separation process. In each case, the appropriate time can be determined by kinesiologic testing.

P.229 I, Reality and Subjectivity – David Hawkins (calibration 999.8)

If death is sudden, the soul / spirit leaves the physical body instantly. If death is slow, it starts to leave before actual physical death. In cases of senility, Alzheimer's Disease, or progressive, severe disability, the aware aspect of the spirit departs and begins to locate in the spiritual dimensions. Anyone who has worked in nursing homes has observed this phenomenon as commonplace. The family will also say that the person "isn't there anymore". The etheric energy body still remains with the physical body until the end of the physicality, but the mental consciousness is no longer dominant.

When consciousness begins to depart from the physical body, there is a progressive loss of memory, orientation, and the capacity to recognise family members. Cognition and comprehension no longer function. Prior to or concurrently, there may be a period during which the person has 'cat naps', and they report visiting various heavenly realms. The majority of dying persons exhibit a profound sense of peace.

P.269 I, Reality and Subjectivity – David Hawkins (calibration 999.8)

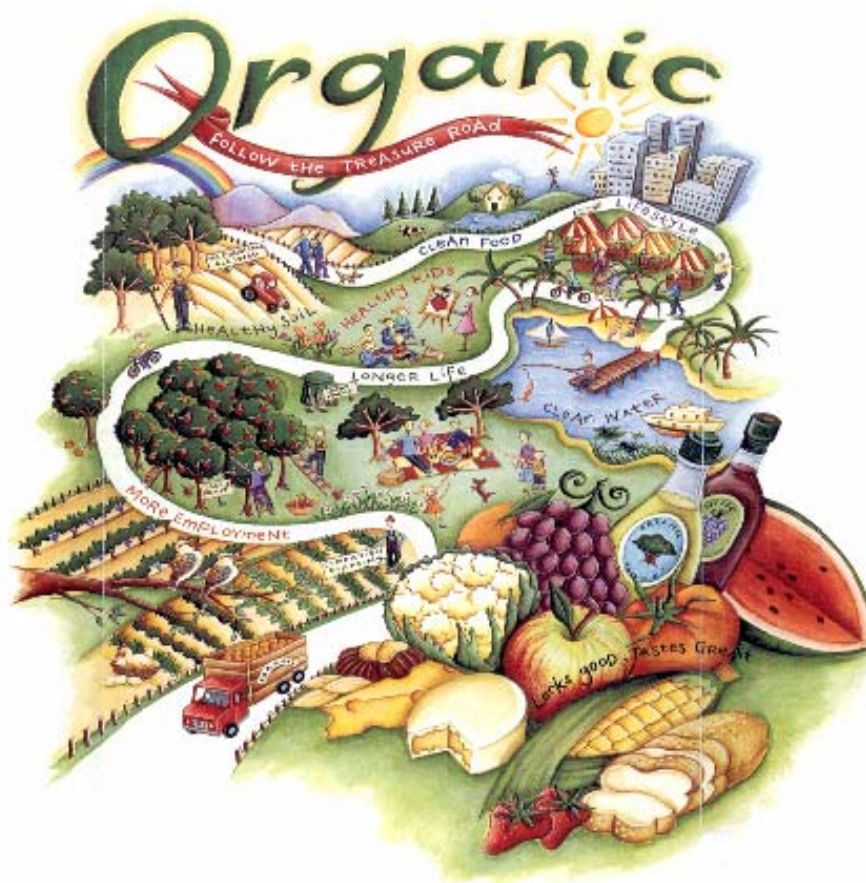


## Display 125      Organic Food

According to Dr Hazel Parcelles, there are two major things that decrease the life energy rates in food. The first is pollution from such things as pesticides and acid rain. In order for food to be healthy, it must maintain an auric pulse rate that is at least as high as the human energy field pulse rate. Fresh, naturally grown foods always have higher energy than those that are polluted with pesticides. Organic food contains the life energy vibratory patterns we need for our health. Organic food is healthy not only because it maintains the normal energy pattern of the produce but because it maintains an intensity and vibration rate high enough to sustain life. It also contains more natural nutrients such as vitamins and minerals.

P.122 Light Emerging – Barbara Brennan.

Natural or synthetic? New SNIF-NMR assures quality, authenticity of food ingredients. (Site-specific Natural Isotope Fractionation-Nuclear Magnetic Resonance). New SNIF-NMR assures quality, authenticity of food ingredients. The authenticity of ingredients and food products is a constant concern of food processors and regulators. Is that really pure vanilla extract? Is that really 100% pure orange juice, or has it been diluted and sweetened? These questions and many others can now be answered by a powerful Nuclear Magnetic Resonance (NMR) technique in conjunction with an extensive proprietary database. Mass spectrometry methods can measure the levels of certain isotopes, such as [C.sup.13], in a molecule and identify whether a substance is of natural or synthetic origin in some cases. But the Site-specific Natural Isotope Fractionation (SNIF) NMR technique improves analytical precision to distinguish natural and synthetic origins with great specificity. It can identify which plant a sugar came from, and the country of origin of a wine. Natural Isotopic Ratios (energy and food value) can be determined in food.



## Display 126 Energetic Food – Life Supporting

All of the food that you eat is filled with life energy. Different foods carry different energy combinations. This means that when you eat food, you imbibe the energy in the food. If this energy is what your auric field needs, it will help your body and your health. If the energy in the food you eat is not what your field needs, then it will interfere with your health. P.121 Light Emerging.

Kinesiology Testing –

David R Hawkins – Power vs Force video

Hold the food over your solar plexus and test the following statements:

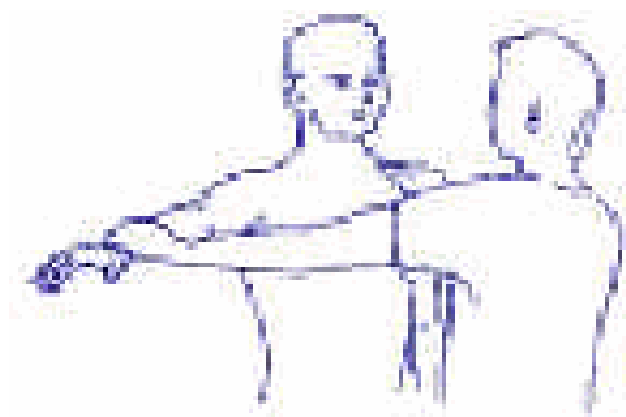
This food is positive for me.	Yes / No
This food has positive energy.	Yes / No
This food tests over 200 on the Map of Consciousness scale 1 – 1,000	Yes / No
Then proceed to determine the energy level – more than 250	
more than 280	
more than 300	

Until it is no longer ‘more than’ – then you have the energy level of that particular substance.

You can also test your pharmaceutical prescriptions in the same way! Try it.

**Kinesiology muscle testing is the bridge to truth.** The human mind has no capacity to differentiate truth from falsehood. If the statement being tested is true, then the responders are will remain strong, if false, the responders arm will weaken.

With this simple tool, the exact nature of everything in the universe, anywhere in time, can be explained and document. All that ever is or was, without exception, radiates forth a frequency and a vibration as a permanent imprint in the impersonal field of consciousness and can be retrieved by this test through consciousness itself. That “all will be revealed” has become a fact.

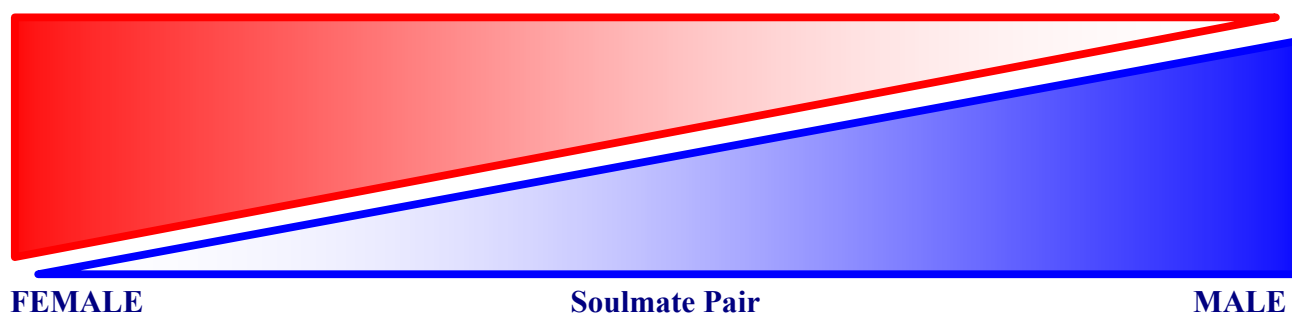


Display 127

Map of Consciousness – David R Hawkins

<b>MAP of CONSCIOUSNESS</b>					
<b>God-view</b>	<b>Life-view</b>	<b>Level</b>	<b>Log</b>	<b>Emotion</b>	<b>Process</b>
Self	Is	<b>Enlightenment</b>	<b>700 – 1,000</b>	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	<b>Peace</b>	<b>600</b>	Bliss	Illumination
		↑			
One	Complete	<b>Joy</b>	<b>540</b>	Serenity	Transfiguration
		↑			
Loving	Benign	<b>Love</b>	<b>500</b>	Reverence	Revelation
		↑			
Wise	Meaningful	<b>Reason</b>	<b>400</b>	Understanding	Abstraction
		↑			
Merciful	Harmonious	<b>Acceptance</b>	<b>350</b>	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	<b>Willingness</b>	<b>310</b>	Optimism	Intention
		↑			
Enabling	Satisfactory	<b>Neutrality</b>	<b>250</b>	Trust	Release
		↑			
Permitting	Feasible	<b>Courage</b>	<b>200</b>	Affirmation	Empowerment
		↓			
Indifferent	Demanding	<b>Pride</b>	<b>175</b>	Scorn	Inflation
		↓			
Vengeful	Antagonistic	<b>Anger</b>	<b>150</b>	Hate	Aggression
		↑			
Denying	Disappointing	<b>Desire</b>	<b>125</b>	Craving	Enslavement
		↓			
Punitive	Frightening	<b>Fear</b>	<b>100</b>	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	<b>Grief</b>	<b>75</b>	Regret	Despondency
		↓			
Condemning	Hopeless	<b>Apathy</b>	<b>50</b>	Despair	Abdication
		↓			
Vindictive	Evil	<b>Guilt</b>	<b>30</b>	Blame	Destruction
		↓			
Despising	Miserable	<b>Shame</b>	<b>20</b>	Humiliation	Elimination
<p><b>Power vs Force</b> by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour  ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd <a href="http://www.hayhouse.com.au">www.hayhouse.com.au</a>  Or <a href="http://www.veritaspub.com">www.veritaspub.com</a> for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.</p>					

**The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:**



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that will lead and assist the male in their Feeling Healing process, while progressing with her own. The male cannot do this on his own, only the female is capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

rational

analysis

reductionist

linear

Values = Mechanistic

expansion

competition

quantity

domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

intuitive

synthesis

integrative

non-linear

Values = Holistic

conservation

co-operation

quality

partnership

Child like

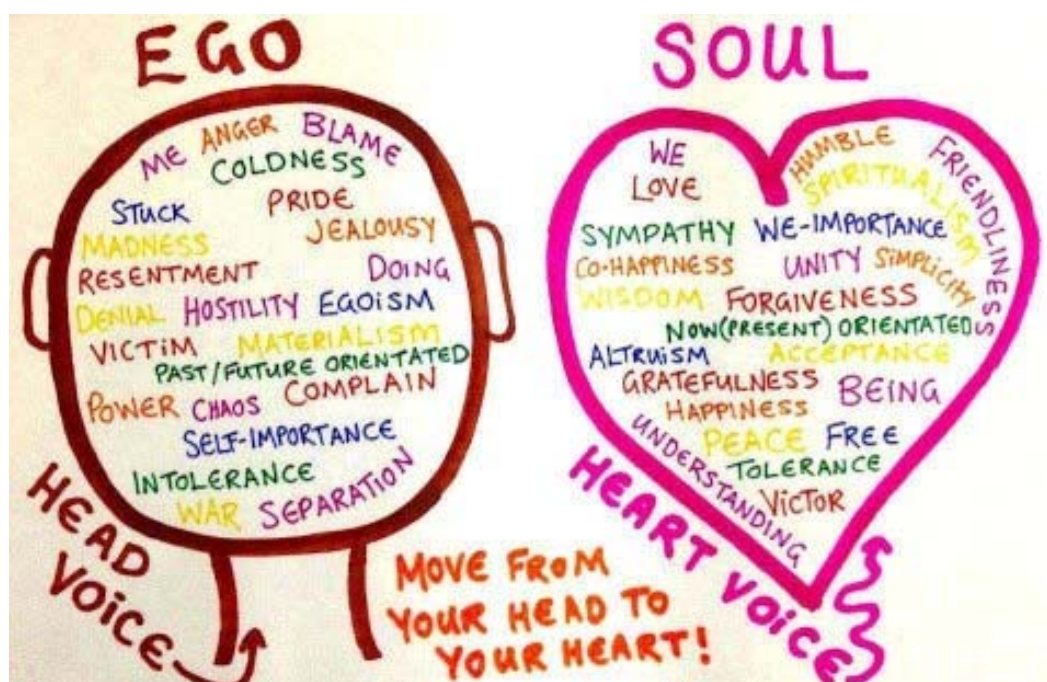
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

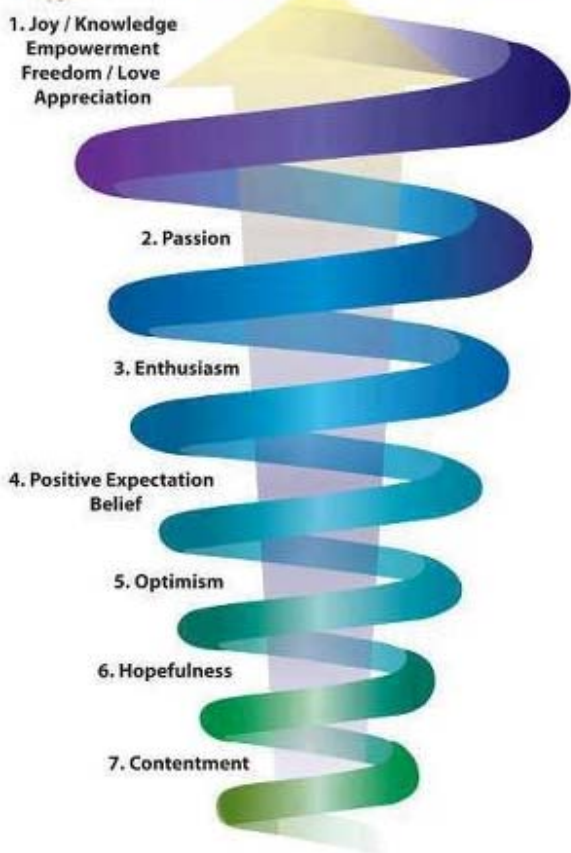






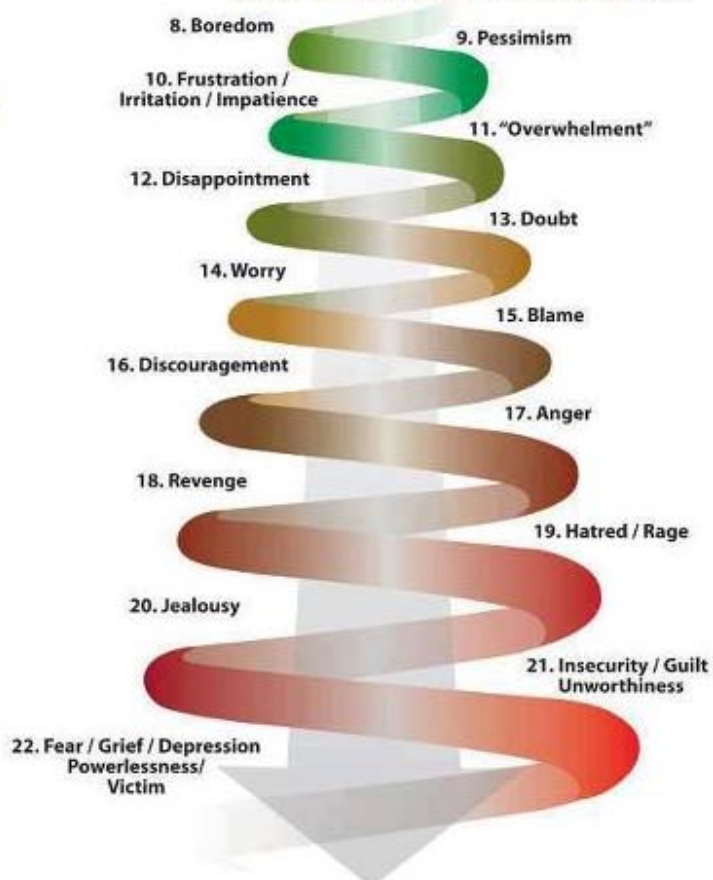
# THE EMOTIONAL GUIDANCE SCALE

## UPWARD SPIRAL HPF



Feeling loved, wanted and accepted.

## DOWNWARD SPIRAL LNF



Feeling unloved, unwanted and rejected.

## MAP OF CONSCIOUSNESS

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

### PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

**MAP OF CONSCIOUSNESS**

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.

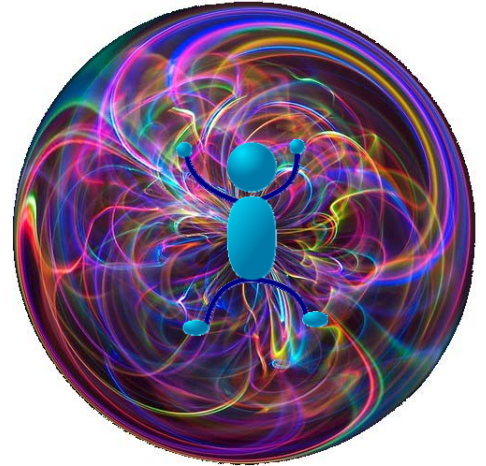
Man made emotions are those calibrating 200 or lower.



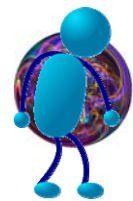
**Core Emotions**

Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

1,000	
700	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy, hatred
30	Guilt
20	Shame
0	Death of body



Soul expands as it grows in love and condition.



The inner core of our soul is blessed with natural love emotions that all have a high frequency or higher.

Man erroneous emotions all have a low frequency or a very low frequency.



**Core Emotions**  
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

Human Emotion	Energy Frequency
40.0 Serenity of Being	Ultra-high Frequency
30.0 Postulates	
20.0 Action	Very-high Frequency
8.0 Exhilaration	
6.0 Aesthetic	
4.0 Enthusiasm	
3.5 Cheerfulness	High Frequency
3.3 Strong Interest	
3.0 Conservatism	
2.9 Mild Interest	Low Frequency
2.8 Contented	
2.5 Boredom	
2.4 Monotony	
2.0 Antagonism	
1.9 Hostility	
1.8 Pain	
1.5 Anger	
1.4 Hate	
1.3 Resentment	
1.2 No Sympathy	Very-low Frequency
1.15 Unexpressed Resentment	
1.1 Covert Hostility	
1.05 Anxiety	
1.0 Fear	
0.98 Despair	
0.96 Terror	
0.9 Sympathy	
0.8 Propitiation	
0.5 Grief	
0.4 Making Amends	
0.3 Undeserving	
0.1 Victim	
0.08 Hopeless	
0.07 Apathy	
0.06 Useless	
0.06 Failure	
0.04 Pity	
0.03 Blame	
0.02 Regret	
0.01 Dying	
0.0 Body Death	

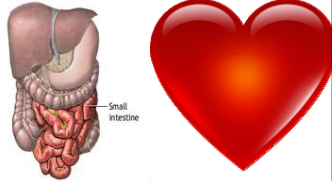
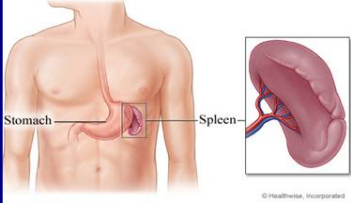
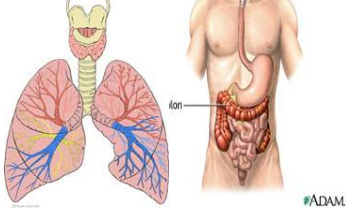
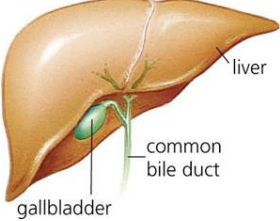
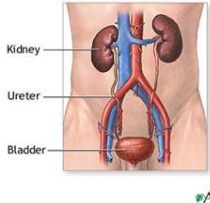
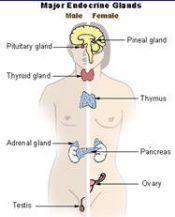
**Happiness Domain**

**Un-happiness Domain**

Primary emotion	Secondary emotion/feelings	Tertiary feelings/emotions
<u>Love</u>	<u>Affection</u>	<u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>
	<u>Lust/Sexual desire</u>	<u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>
	<u>Longing</u>	<u>Longing</u>
	<u>Cheerfulness</u>	<u>Amusement</u> · <u>Bliss</u> · <u>Gaiety</u> · <u>Glee</u> · <u>Jolliness</u> · <u>Joviality</u> · <u>Joy</u> · <u>Delight</u> · <u>Enjoyment</u> · <u>Gladness</u> · <u>Happiness</u> · <u>Jubilation</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</u>
<u>Joy</u>	<u>Zest</u>	<u>Enthusiasm</u> · <u>Zeal</u> · <u>Excitement</u> · <u>Thrill</u> · <u>Exhilaration</u>
	<u>Contentment</u>	<u>Pleasure</u>
	<u>Pride</u>	<u>Triumph</u>
	<u>Optimism</u>	<u>Eagerness</u> · <u>Hope</u>
<u>Surprise</u>	<u>Enthrallment</u>	<u>Enthrallment</u> · <u>Rapture</u>
	<u>Relief</u>	<u>Relief</u>
	<u>Surprise</u>	<u>Amazement</u> · <u>Astonishment</u>
	<u>Irritability</u>	<u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</u>
<u>Anger</u>	<u>Exasperation</u>	<u>Frustration</u>
	<u>Rage</u>	<u>Anger</u> · <u>Outrage</u> · <u>Fury</u> · <u>Wrath</u> · <u>Hostility</u> · <u>Ferocity</u> · <u>Bitter</u> · <u>Hatred</u> · <u>Scorn</u> · <u>Spite</u> · <u>Vengefulness</u> · <u>Dislike</u> · <u>Resentment</u>
	<u>Disgust</u>	<u>Revulsion</u> · <u>Contempt</u> · <u>Loathing</u>
	<u>Envy</u>	<u>Jealousy</u>
	<u>Torment</u>	<u>Torment</u>
	<u>Suffering</u>	<u>Agony</u> · <u>Anguish</u> · <u>Hurt</u>
<u>Sadness</u>	<u>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
	<u>Horror</u>	<u>Alarm</u> · <u>Shock</u> · <u>Fear</u> · <u>Fright</u> · <u>Horror</u> · <u>Terror</u> · <u>Panic</u> · <u>Hysteria</u> · <u>Mortification</u>
<u>Fear</u>	<u>Nervousness</u>	<u>Anxiety</u> · <u>Suspense</u> · <u>Uneasiness</u> · <u>Apprehension (fear)</u> · <u>Worry</u> · <u>Distress</u> · <u>Dread</u>

**EMOTIONS affect SPECIFIC ORGANS:**

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.** Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.



**FEELING HEALING is to LIBERATE OUR TRUE SELVES:**

**One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.**

**Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.**

**Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.**

**Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.**

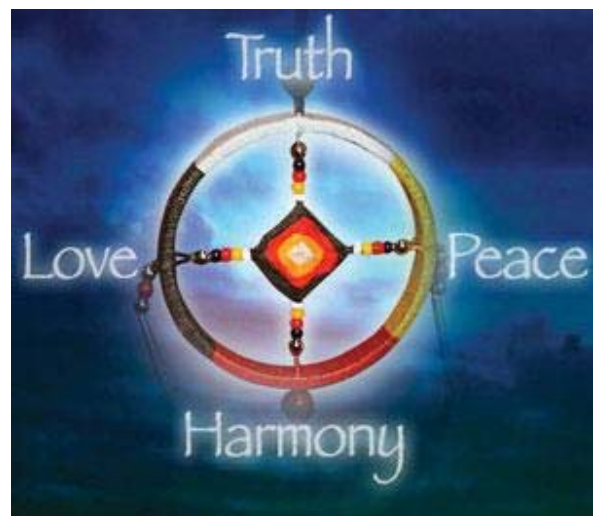
**When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.**

**Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.**

**MIND**



**SOUL**



### **WHAT IS THIS ALL ABOUT?**

**Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.**

**At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.**

**Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents control natures, we are best considered to be 'trophy'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!**

**Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding one's progression with mind based limited understandings.**

**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.**

**Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.**

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.**

**We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing. By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.**



**The whole human race is suffering from repressed childhood and mind control.**

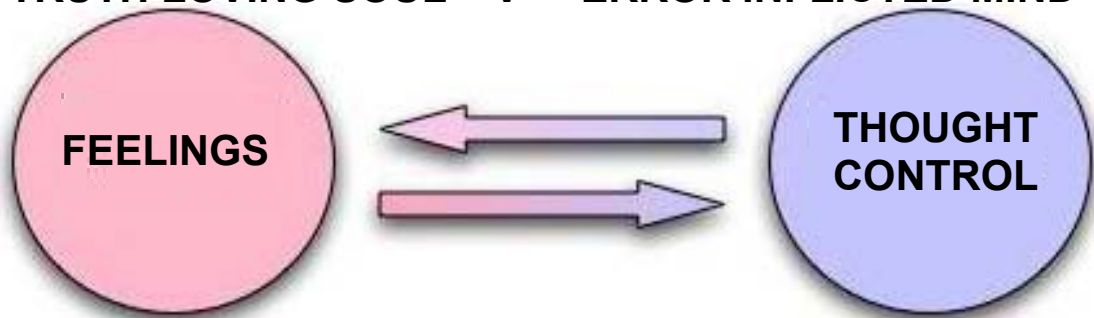


**Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.**

**Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them that we set ourselves free and grown in love.**



**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



## Display 128      Consciousness versus the Ego

### Power of Now – Eckhart Tolle – Chapter One

The greatest obstacle to enlightenment is the noise coming continuously at you from your mind. The ego which resides in your mind needs to be quietened.

This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being. It also creates a false mind-made self that casts a shadow of fear and suffering.

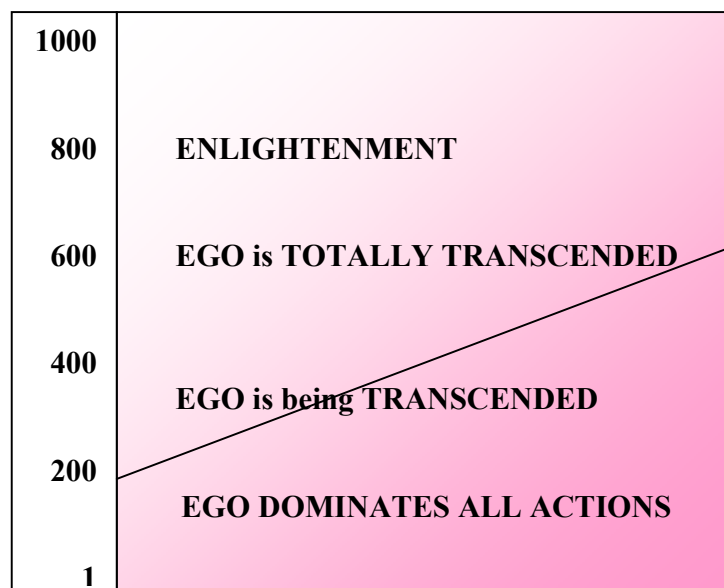
Thinking has become a disease. Disease happens when things get out of balance.

The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly – you usually don't use it at all. It uses you. This is the disease. You believe that you are your mind. This is the delusion. The instrument has taken you over.

Use the “off” button.

Stop thinking. Wait for a thought to come into your mind. What you'll soon realise: there is the voice, and here I am listening to it, watching it. This I am realisation, this sense of your own presence, is not a thought. It arises from beyond the mind.

When a thought subsides, you experience a discontinuity in the mental stream – a gap of “no-mind”. At first, the gaps will be short, a few seconds perhaps, but gradually they will become longer. When these gaps occur, you feel a certain stillness and peace inside you. This is the beginning of your natural state of felt oneness with Being, which is usually obscured by the mind. With practice, the sense of stillness and peace will deepen. In fact, there is no end to its depth. You will also feel a subtle emanation of joy arising from deep within: the joy of Being.



### Quotes from ‘Stillness Speaks’ by Eckhart Tolle:

When you become aware of silence, immediately there is that state of inner still alertness. You are present. You have stepped out of thousands of years of collective human conditioning.

Is stillness just the absence of noise and content? No, it is intelligence itself – the underlying consciousness out of which every form is born. And how could that be separate from who you are?

The next step in human evolution is to transcend thought. This is now our urgent task. It doesn’t mean not to think anymore, but simply not to be completely identified with thought, possessed by thought.

There is an aliveness in you that you can feel with your entire Being, not just in the head. Every cell is alive in that presence in which you don’t need to think. Yet, in that state, if thought is required for some practical purpose, it is there. The mind can still operate, and it operates beautifully when the greater intelligence that you *are* uses it and expresses itself through it.

Become at ease with the state of “not knowing”. This takes you beyond mind because the mind is always trying to conclude and interpret. It is afraid of not knowing. So, when you can be at ease with not knowing, you have already gone beyond the mind. A deeper knowing that is non-conceptual then arises out of that state.

Whenever you become aware of yourself “living for the next moment”, you have already stepped out of that egoic mind pattern, and the possibility of choosing to give full attention to this moment arises simultaneously.

By giving your full attention to this moment, an intelligence far greater than the egoic mind enters your life.

The Power of Now – Eckhart Tolle  
Stillness Speaks – Eckhart Tolle  
Practicing the Power of Now – Eckhart Tolle

The ego likes to pretend that evil exists ‘out there’ and seduces the hapless, innocent ego into inadvertently falling into the trap of seduction. The real tempter is the ego’s desire for gain, whether that be sensation, excitement, advantage, prestige, or the pleasure of controlling others.

To realise the truth of the above releases one from the bondage of guilt and hate that ensues from the classic duality of good versus evil which has prevailed since the allegory of Adam and Eve. The presumed devil represents the ego’s own proclivities and repressed desires. Man is therefore the victim of the inability to tell truth from falsehood as well as the seductions of the ego.

P.175 I, Reality and Subjectivity – David Hawkins (calibrates 999.8)

One’s inner spiritual evolution is of greater value to society than any form of doingness. The level of compassion radiates out and contributes silently to mankind’s wisdom.

P.301 I, Reality and Subjectivity – David Hawkins (calibrates 999.8)

**OUR INDIVIDUAL STRUCTURE:**

**Our base and focus is our physical body:**

**Ketheric Template Body – Causal Body – Divine Knowing – Spiritual Body (soul, senses and memory)**



**Celestial Body – Divine Loving**



**Etheric Template Body – Divine Will**



**Astral Body – Loving**



**Mental Body (very active mind, consciousness and domain of the ego)**



**Emotional Body – Real Feeling**



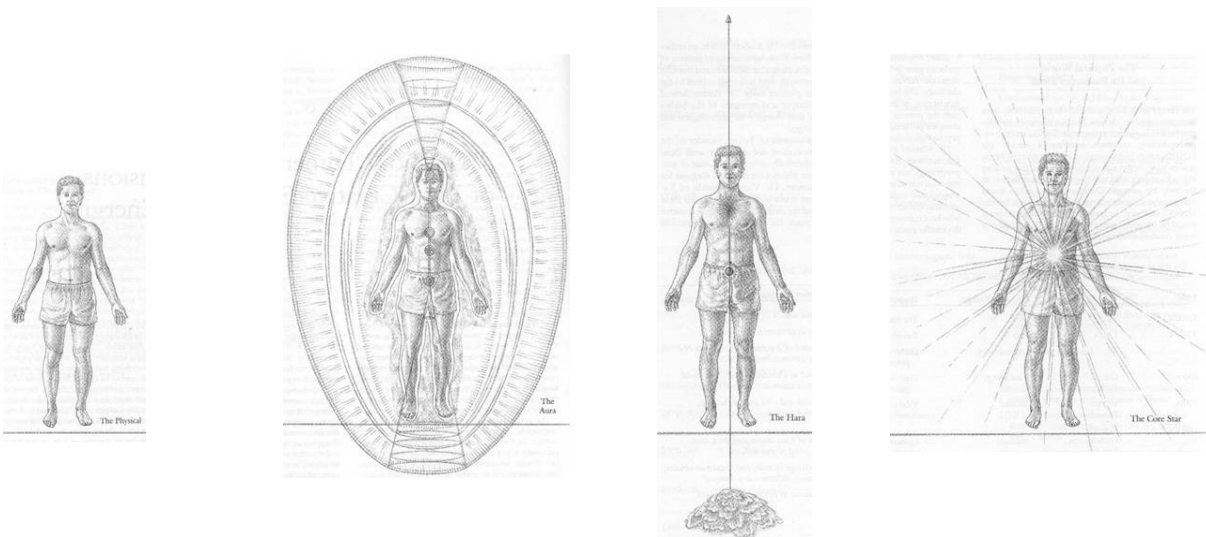
**Etheric Body (incorporates Chakras) – I Exist**



**Physical Body (including the brain) – Beingness**



**The FOUR DIMENSIONS of HUMANKIND:**



**The Physical → The Aura → The Hara → The Core Star**

**Each level is a quantum leap over the prior.**

**The Core Star is said to be the 26<sup>th</sup> level of the Auric field OR is it the sum or all levels?**

**Display 129 (a)      The TWO Emotions, Prayer and Meditation**

**We experience only two emotions:**

**LOVE which emanates from your higher spiritual being (auric level 4 and upwards)**

**FEAR which emanates from your mind and ego (auric level 3). Your mind/ego shuts off contact with your higher self, thus causing tension, dis-ease and stress.**

Most people's lives are run by desire and fear.

Desire is the need to *add* something to yourself in order to *be* yourself more fully. All fear is the fear of *losing* something and thereby becoming diminished and *being* less.

These two movements obscure the fact that Being cannot be given or taken away. Being in its fullness is already within you, Now.

P.58 Stillness Speaks – Eckhart Tolle (calibration 815)

The ego is exclusive whereas the spirit is inclusive.

The propensity to error is built-in defect of the ego/mind because it selects data that supports its presumptions and positionalities and ignores the data that would suggest contrary conclusions.

The ego is capable of what can only be adequately described as colossal ignorance.

To the ego, peace sounds inactive and passive because the ego thinks in terms of 'doing' something, such as seeking control, gain, or avoidance. The ego darts through traffic, pushes the speed limit, and watches for police cars. It fumes at delays and stupid drivers; it tailgates and curses under its breath at slow traffic. It blows its horn and passes on curves. It is driven by the hope of beating time and jumping the line. It shakes its fist at the driver who moves ahead in line and vows terrible vengeance. While all this is going on, simultaneously, the ego is planning work strategies, talking on the cell phone, and listening to the radio.

In contrast, aware mind flows with the traffic and enjoys being courteous and letting some poor soul into the traffic line in front of it. "Give the guy a break" is okay to the easy-going perspective of awareness.

P.316 – 319 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

Man is therefore the victim of the inability to tell truth from falsehood as well as the seductions of the ego.

P.175 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

**To live with care and kindness is all that is necessary; the rest reveals itself in due time. The commonplace and God are not distinct.**

P.xxv "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

**Display 129 (b) PRAYER: True Prayer**

Prayer is a way offered by the Holy Spirit to reach God. It is not merely a question or an entreaty. It cannot succeed until you realize that it asks for nothing. How else could it serve its purpose? It is impossible to pray for idols and hope to reach God. True prayer must avoid the pitfall of asking to entreat. Ask, rather, to receive what is already given; to accept what is already there.

You have been told to ask the Holy Spirit for the answer to any specific problem, and that you will receive a specific answer if such is your need. You have also been told that there is only one problem and one answer. In prayer this is not contradictory. There are decisions to make here, and they must be made whether they be illusions or not. You cannot be asked to accept answers which are beyond the level of need that you can recognize. Therefore, it is not the form of the question that matters, nor how it is asked. The form of the answer, if given by God, will suit your need as you see it. This is merely an echo of the reply of His Voice. The real sound is always a song of thanksgiving and of Love.

You cannot, then, ask for the echo. It is the song that is the gift. Along with it come the overtones, the harmonics, the echoes, but these are secondary. In true prayer you hear only the song. All the rest is merely added. You have sought first the Kingdom of Heaven, and all else has indeed been given you.

The secret of true prayer is to forget the things you think you need. To ask for the specific is much the same as to look on sin and then forgive it. Also in the same way, in prayer you overlook your specific needs as you see them, and let them go into God's Hands. There they become your gifts to Him, for they tell Him that you would have no gods before Him; no Love but His. What could His answer be but your remembrance of Him. Can this be traded for a bit of trifling advice about a problem of an instant's duration? God answers only for eternity. But still all little answers are contained in this.

Prayer is a stepping aside; a letting go, a quiet time of listening and loving. It should not be confused with supplication of any kind, because it is a way of remembering your holiness. Why should holiness entreat, being fully entitled to everything Love has to offer? And it is to Love you go in prayer. Prayer is an offering; a giving up of yourself to be at one with Love. There is nothing to ask because there is nothing left to want. That nothingness becomes the altar of God. It disappears in Him.

This is not a level of prayer that everyone can attain as yet. Those who have not reached it still need your help in prayer because their asking is not yet based upon acceptance. Help in prayer does not mean that another mediates between you and God. But it does mean that another stands beside you and helps to raise you up to Him. One who has realised the goodness of God prays without fear. And one who prays without fear cannot but reach Him. He can therefore also reach His Son (you), wherever he may be and whatever form he may seem to take.

Praying to Christ in anyone is true prayer because it is a gift of thanks to His Father. To ask that Christ be but Himself is not an entreaty. It is a song of thanksgiving for what you are. Herein lies the power of prayer. It asks nothing and receives everything. This prayer can be shared because it receives for everyone. To pray with one who knows that this is true is to be answered. Perhaps the specific form of resolution for a specific problem will occur to either of you; it does not matter which. Perhaps it will reach both, if you are genuinely attuned to one another. It will come because you have realised that Christ is in both of you. That is its only truth.

P.1 The Song of Prayer – Foundation for Inner Peace (calibration 800)

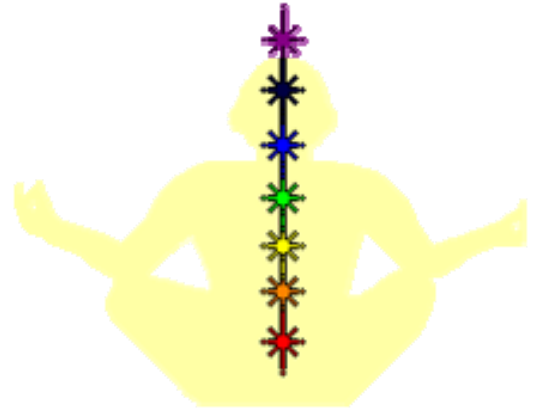


## Display 129 (c) MEDITATION: What is meditation?

There are many types of meditation. The one definition that fits almost all types is... "**Consciously directing your attention to alter your state of consciousness.**"



There's no limit to the things you can direct your attention toward... symbols, sounds, colours, breath, uplifting thoughts, spiritual realms, etc. Meditation is simply about attention... where you direct it, and how it alters your consciousness.



### What is the purpose of meditation?

Traditionally meditation was (and still is) used for spiritual growth...i.e. becoming more conscious; unfolding our inner Light, Love, & Wisdom; becoming more aware of the guiding Presence in our lives; accelerating our journey home to our True Self... our Spirit.

More recently, meditation has become a valuable tool for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world.

### Other uses include:

- Healing
- Emotional cleansing & balancing
- Deepening concentration & insight
- Manifesting change
- Developing intuition
- Unlocking creativity
- Exploring higher realities
- Finding inner guidance



### General Guidelines for Meditation

1. Put your expectations aside, and don't worry about doing it right. There are infinite possibilities and no fixed criterion for determining right meditation. There are, however, a few things to avoid.

They are...

- Trying to force something to happen.
- Over-analyzing the meditation.
- Trying to make your mind blank or chase thoughts away.
- Putting too much emphasis on doing it right.



2. It's not necessary – or advisable – to meditate on a completely empty stomach. If you're hungry, have a little something to eat before meditating.
3. Find a quiet, comfortable place to meditate. You can sit in a comfortable chair, on the bed, on the floor... anywhere that's comfortable. It's not necessary to sit cross-legged. Your legs can be in any position that is comfortable.
4. Eliminate as much noise and as many potential distractions as possible. Don't worry about those things that you can not control.
5. When you sit to meditate, sit comfortably, with your spine reasonably straight. This allows the spiritual energy to flow freely up the spine, which is an important aspect of meditation. Leaning against a chair back, a wall, headboard, etc. is perfectly all right. If, for physical reasons, you can't sit up, lay flat on your back.
6. Place your hands in any position that is comfortable.
7. If it does not go against your beliefs, call on a "higher source" for assistance in your meditation. Any form is all right. This can be quite helpful, but is not absolutely necessary.

### **Some Misconceptions about Meditation**

**Misconception #1.** Meditation is turning off your thoughts or making your mind a blank.

**Not True** ...Inner quietness is experienced in meditation, but not by wilfully turning off thoughts. Quieting the mind results naturally from:

- the effectiveness of the method used... and
- an uplifting spiritual energy that is beyond our own efforts.

**Misconception #2.** Meditation is difficult and requires great concentration.

**Not True** ...Meditation can be easily learned and practiced. Meditation is only difficult if we become too concerned with doing it correctly or incorrectly. Although staying focused in meditation does become easier with time and practice, it is definitely not a requirement for beginning to meditate. Thinking that we should be good at focussing when first starting out, is essentially putting the cart before the horse.

**Misconception #3.** Meditation is not successful unless we see interesting things in our mind.

**Not True**...Although some meditations are specifically for visualizing, many are not. In those meditations, seeing things may be entertaining, but is not essential. Even visualization does not necessarily require seeing. Some people sense or feel things inwardly, and that's all right.



### **Relaxation Through Meditation**

A preference would be to call meditation relaxation – conscious relaxation, chosen relaxation. These are words that are more universally understood, more comfortable. Constantly working toward the goal of discovering ones own ability to reach a state of serenity.

Meditating is actually easier than you might imagine. Most of us have dabbled in meditation by participating in conscious relaxation. Maybe during an exercise class or to manage pain at the dentist or anxiety before a test. We start by paying attention to our breathing. The practical effort to focus completely on our breathing takes our minds away from the "mind clutter" that constantly tries to invade our mind and eliminate feelings that will lead to a time of calm. With repeated effort the goal of clearing your mind – to think of nothing, does occur and the process of meditation takes on its own energy. The result is peace, serenity, calmness, eventually opening yourself to new insights.

### **Meditating for Life**

Too much stress, stress reduction, chill out, let it go, detach – familiar phrases to all of us. Our world is fast, fun and exciting. It is also challenging, trying, demanding and frightening. These two sides of our lives produce stress, emotional reactions, anxiety, worry and anticipation. Our bodies and minds can tolerate only so much of any of these. After a while, each of us reaches a saturation point and the results become uncomfortable at best; for some it may be unbearable, even unendurable.

No magic pill is available to eliminate these feelings. The reality is, as the wise old man said, the answer is inside all of us. To manage these universal concerns we must go inside ourselves. Among the steps we can take is the learning and practicing of meditation.

### **What to Expect**

With time and faith in the commitment to practice frequently, (daily meditating is ideal), during your meditation time you may "leave the moment". A feeling of separation exists where the mind is clear, clean and blank. You will still hear sounds around you, but they will not interfere with your meditation.

Sometimes you may weep -- you may not even be aware of what is making you weep. It is your own emotions having a voice of their own. Sometimes you may feel a smile across your face -- that is contentment showing itself. Sometimes you may fall asleep and awaken truly refreshed.

There is no right or wrong behaviour during your meditation. It is your time for you. Everyone deserves this kind of personal attention. This is a self-care activity; loving oneself! Teach it to your children instead of a time-out in their room or corner. Teach it to your friends, family, anyone who will listen. We can share this gift and get back as we give. We are all better because of each person who meditates. The peace and joy felt by those who meditate enters the world for all of us as positive energy. From it the world is a better place. Imagine if we all practiced meditation!



### Display 130      **Walking on the Beach**

Also a great form of meditation.

The sun charges the atmosphere with prana or orgone energy. To see this energy, defocus your eyes and gaze softly at the sky. Tiny dots of light appear and move in curved trajectories. If you observe the movement of the whole field of dots, you will see that the whole field of dots pulse together. These dots can be bright or dull. When it is sunny, they are bright and move briskly about. This high-energy orgone makes you feel very good.

The sea charges the energy in the air also. The damp salt air charges the auric field and helps clear it of vibratory frequencies that are too low to sustain life. Walking along an ocean beach causes the auric field to expand. Sometimes the field doubles in size and extends out over the water.

You can get a triple charge on the beach. The sun charges the auric field directly, the salt air charges and clears it, and a twenty-minute swim in the salt water deeply clears old stagnated mucus that may have accumulated through the dark winter months. Several days of these activities are great for the health of your auric field. P.106 Light Emerging.



## **Display 131            Negative Environments**

### Lighting

Fluorescent lights beat against your auric field, causing it to become incoherent. They produce dead orgone energy that can make you sick. P.117 Light Emerging.

Constructive use of Kinesiology:

On the Map of Consciousness scale 1 to 1,000, whatever calibrates above 200 supports life and therefore may be functionally defined as good, whereas whatever calibrates below 200 is destructive, non-supportive of life and can thus be declared functionally evil.

P.231 Power vs Force David R Hawkins

Computer Games:

The popular computer games are neither innocent nor harmless; they are calculated killing training machines to deaden the spiritual sensitivity by conditioning the mind to thoughtless maiming and killing.

P.45 Eye of the I. David R Hawkins (calibration 980)

Sometimes as children play video games, their brain waves slip into theta (4-7Hz). If you have observed your children playing their video games, you've probably noticed that they are in an almost complete trance state. Be cautious of what you allow your children to view and hear when you allow them tapes, CDs, DVDs and games that display destructive material, so that you are not training their subconscious to be destructive in the future.

General:

Drugs are not 'cool', but enslaving. Heavy-metal rock and rap music are neither liberating nor amusing; they are a deliberate mode by which to entrain the consciousness of youth. The media pretend to innocence as they rake in huge profits that stem from catering to man's lowest weaknesses and vulnerabilities.

P.45 Eye of the I. David R Hawkins (calibration 980)

Heavy Metal Rock Music:

The trappings of corruption spread as fashions of a pop youth subculture, its primary vehicle being an overt musical genre. But principles are implicit in trappings, and principles generate attractor fields (gather more of the same). The effects are all too familiar to any clinical psychiatrist practicing near an urban area. The destruction of energy fields is pathogenic. Victims become desensitised to distinctions between good and evil, a value inversion which can be clinically examined. Habitués are found to directly display "blown-out" acupuncture systems and desynchronisation of the cerebral hemispheres in response to repetitive negative patterns of associated music, the net result of which is, in effect, a hypnotic trance during which the listener is highly susceptible to the violent and blasphemous suggestion of the lyrics. In the sense, these children become literally enslaved, prone to later bouts of irrational destruction in which they, in truth, "don't know why" they act out posthypnotic suggestions. And the influence persists.

Youth subjected to such physical, emotional and sexual abuse can suffer permanent damage to the brain's neurotransmitter balance, becoming adult depressives who habitually seek out abusive partners and must endlessly struggle against an inclination to suicide that is, in fact, a lingering form of posthypnotic suggestion.

Your Music Collection:

Kinesiology muscle testing universally results in your immune system going weak. Anything that tests under 200 on the Map of Consciousness scale 1 – 1,000 is not life sustaining.

It is informative to kinesiology muscle test one's music collection. The negative group will include violent, sexist rap music and heavy metal rock. The positive pile will contain classical music, classic rock (the Beatles included), much Country Western (surprisingly, it calibrates generally at 520 – the problems of the heart), Reggae, popular ballads, etc.

Television

While the young are being programmed by specialised TV and computer games that glorify violence, their parents are being brainwashed by adult media. Kinesiological testing showed a fairly typical TV serial caused test subjects to go weak 113 times during a single episode. Each of these weakening events suppressed the observer's immune system; each weakening reflected an insult to the viewer's central as well as autonomic nervous system. Invariably accompanying each of these 113 disruptions of the acupuncture system were suppressions of the thymus gland; each insult also resulted in damage to the brain's delicate neurohormonal and neurotransmitter systems. Each negative input brought the watcher closer to eventual sickness and to imminent depression – now the world's most prevalent illness.

Subtle grades of depression kill more people than all the other diseases of mankind combined. There is no antidepressant that will cure a depression which is spiritually based, because the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life. The body is the reflection of the spirit in its physical expression, and its problems are the dramatisation of the struggles of the spirit which gives it life. A belief that we ascribe to "out there" has its effect "in here". Everyone dies by his own hand. That is a hard clinical fact, not a moral view.

P.229 Power vs Force David R Hawkins (calibration Map of Consciousness 850)

In the modern world, the disguises are more sophisticated and enormously seductive. For instance, by seducing man into intoxication, the negative energies create an opening into the psyche of the addict and attract by pleasure. The current most ingenious ruse is by means of the carrier wave that accompanies much of modern music. Naïve critics think that the negativity is represented by the lyrics, but that is not where the negative messages lie. As cited in previous writings, if the sound of such music as heavy metal is occluded by white-noise headphones so that the music cannot even be heard, the listener instantly goes weak when tested with kinesiology. The test subject calibrates below 200 and subsequently stays at that level for a period of time.

The psyche of the captured victim has now been enslaved by an energy frequency that dominates via well-known phenomenon of entrainment. An entrained psyche is now open, vulnerable, and easily influenced toward destructive activities and group identifications with whole subcultures that worship violence and

vulgarity. They dominate the airwaves and entertainment media aimed at the young people, who are most naïve and easily seduced by pleasure and glamour.

The motive of these energies that are threatened by spiritual truth is to counter truth by subverting it. The greatest entrance onto this planet of lower astral forces is through the media – television, movies, music, and especially video games – which blatantly glamorise evil in the forms of violence, seduction, and the denigration of spiritual symbols that are purposely mocked for shock value.

P.417 I, Reality and Subjectivity, David R Hawkins (calibration Map of Consciousness 999.8)

Your Books:

Consider kinesiology muscle testing your books for their level of truth. You will be surprised. Your books will end up in two piles. Reflection on the differences between the two can produce a revelation – many testers have found it one of the most valuable experiences of their lives.

Clinical Work:

Kinesiologic testing can be used to back up clinical judgements as well as scientifically controlled investigation, because it can transcend the built-in design limitation of double-blind research, which can of itself create the very error it is supposed to prevent. Statistics are no substitute for truth and in the complexity of bio-behavioural phenomena, proximal antecedents can easily become classified as ostensible causes.



**This or This**



<http://www.pascashealth.com/index.php/library.html>

## **Library Downloads – Pascas Papers**

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

[info@pascashealth.com](mailto:info@pascashealth.com)

Display 132

Dangers of Alcohol

# DANGERS OF ALCOHOL

**Liver**  
The liver is especially affected by chronic alcohol abuse. Complications can include fatty liver disease, an inflammation of fat deposits inside liver cells, alcohol-induced hepatitis and cirrhosis. In cirrhosis, liver cells die and scar tissue permanently changes the normal architecture of the liver.

**Nervous System**  
Alcohol can damage every body tissue including the brain and nerves. Excessive intake of alcohol can have a proven toxic temporary memory loss (blackout) or lead to a loss of consciousness, or coma. Heavy drinkers may suffer with some persistent short-term memory loss. Chronic alcohol use may also disrupt vision, loss of balance and profound memory loss. The alcoholic who regularly binge drinking may experience alcohol withdrawal symptoms which can include shaking, tremors, hallucinations and seizures. Permanent damage from alcoholism can include poor and loss of sensation in the arms and legs and loss of intelligence.

**Cardiovascular System**  
Heart-nerve effects from a drink may include an increased pulse rate and dilation of blood vessels throughout the body. Chronic alcohol use can cause several changes such as elevating your blood pressure, lowering cholesterol and causing arrhythmias (palpitations), a damaged and weakened heart muscle. In some people, however, heavy drinking can result from severe stroke and heart disease.

**Alcohol Absorption**  
Alcohol absorbed through the walls of the stomach and small intestine is carried by the blood vessels to the liver to be metabolized. Some alcohol is absorbed directly through the stomach walls and enters the liver. The liver, however, can only process about 1 oz of alcohol per hour. Any excess will continue to circulate throughout your entire body until the liver is able to process more.

**Digestive System**  
Alcohol can damage many of the organs of the digestive system. Irritation of the stomach lining, gastritis, can lead to vomiting or pain. Bleeding from small tears in the stomach lining, irritation can result in gastric and duodenal ulcers. Alcohol may also develop acids and chronic pancreatitis (occurring frequently in alcoholics with diabetes, esophageal cancer and liver disease). Chronic alcoholism which may include malnutrition, causes a range of death in alcoholics, is linked to alcohol consumption from drinking in the liver, esophagus, stomach and liver.

**Reproduction**  
Alcohol can cause long-term effects on reproductive or developmental and damage to sperm and eggs. Fetus in pregnant women drinks or abuse her baby. Alcohol can cause serious problems for an unborn baby that can affect the entire life. It can be born with fetal alcohol syndrome which can cause it to be underweight, grow slower and have brain defects. It may have a smaller brain and suffer with a heart (L), or mental retardation. Alcohol can also be passed along to a baby through breast milk.

**Intoxication**  
The blood alcohol concentration, the amount of alcohol in the blood, roughly reflects the level of impairment of mental and physical functions. Intoxication is linked to also in the air we breathe. The level of alcohol measured in breath is directly parallel to the blood alcohol concentration. Given the same amount of alcohol, levels three percent to percent can vary depending on body weight, body fat, breast muscle, and tolerance. Those alcohol in its blood the only effective test for intoxication is the blood legal limit, set at 0.08 mg/dl or 0.02 percent.

Intoxication Effects (0.05-0.10%)	Intoxication Effects (0.10-0.20%)
• mild intoxication	• alcohol record
• alcohol record	• impaired thinking
• impaired thinking	• coordination
• coordination	• increased inhibition
• increased inhibition	• euphoria followed by depression
• euphoria followed by depression	• hostility
• hostility	• impaired speech
• impaired speech	• double vision
• double vision	• slurred speech
• slurred speech	• stupor
• stupor	• coma

**Accidents**  
The intoxicating effects of alcohol increase the risk of death by a percentage equivalent death. In fact, 60% of fatal car accidents, suicides and homicides are alcohol-related.

**Alcohol**  
The drink of alcohol is drunk, often alcohol, is made from sugar, starch and other carbohydrates by fermentation with yeast. It is believed to be the "elixir of life." It is also known to be a neurotoxic substance, and a powerful sedative. Excessive alcohol drinking can lead to alcohol abuse and dependence, the chronic alcoholism. Excessive alcohol drinking can lead to alcohol withdrawal and loss of life. Alcohol consumption can include severe liver disease, malnutrition and damage to the brain, memory loss, depression, stomach pain, blood vessels, and various body.

©1996, 2000 Anatomical Chart Company, York, PA. Medical Illustrations by Elizabeth S. Wilmore. In consultation with David W. Hill.



# DANGERS OF SMOKING

**Brain**  
Smoking causes the arteries that supply the brain with blood to become narrowed. This can lead to a stroke, which is a sudden loss of brain function. Smoking also increases the risk of developing brain tumors.

**Mouth**  
Smoking causes the cells in the mouth to become abnormal. This can lead to the development of oral cancer, which is a type of cancer that starts in the mouth.

**Stomach**  
Smoking causes the cells in the stomach to become abnormal. This can lead to the development of stomach cancer, which is a type of cancer that starts in the stomach.

**Esophagus**  
Smoking causes the cells in the esophagus to become abnormal. This can lead to the development of esophageal cancer, which is a type of cancer that starts in the esophagus.

**Heart**  
Smoking causes the arteries that supply the heart with blood to become narrowed. This can lead to a heart attack, which is a sudden loss of blood flow to the heart. Smoking also increases the risk of developing heart disease.

**Lungs**  
Smoking causes the cells in the lungs to become abnormal. This can lead to the development of lung cancer, which is a type of cancer that starts in the lungs. Smoking also causes chronic obstructive pulmonary disease (COPD), which is a long-term condition that makes it difficult to breathe.

**Bladder**  
Smoking causes the cells in the bladder to become abnormal. This can lead to the development of bladder cancer, which is a type of cancer that starts in the bladder.

**Other Labels:** Brain, Mouth, Stomach, Esophagus, Heart, Lungs, Bladder, Blood Vessel, Blood, Artery, Vein, Capillary, Cell, Tissue, Organ, System, Body, Human, Anatomy, Physiology, Health, Disease, Cancer, Smoking, Tobacco, Nicotine, Tar, Carbon Monoxide, Oxygen, Hemoglobin, Red Blood Cells, White Blood Cells, Platelets, Blood Clot, Stroke, Heart Attack, Lung Cancer, Bladder Cancer, Esophageal Cancer, Stomach Cancer, Oral Cancer, Brain Tumor, COPD, Emphysema, Chronic Bronchitis, Asthma, Diabetes, High Blood Pressure, Heart Disease, Atherosclerosis, Coronary Artery Disease, Peripheral Vascular Disease, Anemia, Iron Deficiency, Vitamin Deficiency, Malnutrition, Obesity, Depression, Anxiety, Stress, Sleep Apnea, Chronic Pain, Substance Use, Alcohol, Drugs, Mental Health, Physical Health, Quality of Life, Life Expectancy, Mortality, Morbidity, Prevalence, Incidence, Risk Factor, Protective Factor, Preventive Care, Early Detection, Screening, Diagnosis, Treatment, Prognosis, Palliative Care, End-of-Life Care, Supportive Care, Rehabilitation, Self-Care, Patient Education, Health Promotion, Disease Prevention, Public Health, Epidemiology, Biostatistics, Clinical Research, Evidence-Based Medicine, Patient-Centered Care, Shared Decision-Making, Health Equity, Social Determinants of Health, Cultural Competence, Language Access, Health Literacy, Patient Engagement, Health Communication, Health Behavior Change, Health Policy, Health Law, Health Economics, Health Services Research, Health Systems Research, Health Care Delivery, Health Care Quality, Health Care Access, Health Care Costs, Health Care Financing, Health Care Reform, Health Care Innovation, Health Care Technology, Health Care Workforce, Health Care Regulation, Health Care Monitoring and Evaluation, Health Care Research and Evaluation, Health Care Improvement, Health Care Transformation, Health Care Future.

Display 134

Beacons of Light

# PASCAS CARE

## "Beacons of Light"

### around the globe



Beacons of Light painting by Di Skelly-Heron

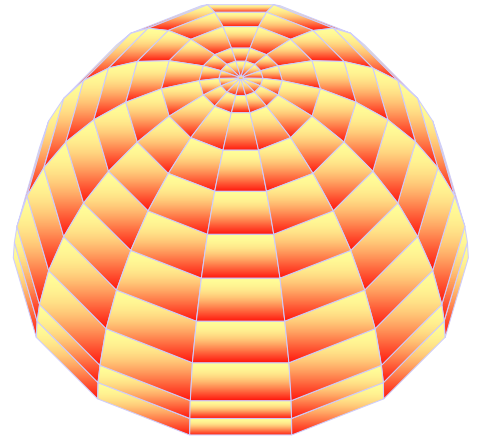
## **HEALTH DOME:**

The **Health Dome** needs to be viewed internally as a hologram.

Each health modality interconnects and is complimented and supported by each and every other health modality.

No one process or practice is an exclusive solution.

If you were to say that one practice or solution stands out above and beyond all others at the pinnacle of the **Health Dome** then that would be **Love and Forgiveness**.



All healing is a result of some kind of forgiveness, and all forgiveness leads to self-healing.

The basic malady found in people is self-hatred. Self-hatred is the basic inner illness in all of us, but just how that self-hatred and non-acceptance of the self manifests is shown in our different character structures. As we work to understand our dynamics on a daily level, we can learn to accept ourselves through this process. Self-love is the greatest healer, and self-love also requires daily practice.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual malfunction. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

**Finding the initiating cause of an illness is always a key part of healing.**

**The objective, from within the Pascas Care Health Dome, is to treat the cause much more so than just treat the symptoms. Re-occurrence of many illnesses is due to the non-treatment of the cause.**



**PASCAS  
HEALTH**



**“The SANCTUARY for HEALTH” lies within these precepts:**

People look without instead of within for guidance.

P.182 The Eye of the I – David Hawkins

In Reality, all is already known by all that has existences.

P.195 The Eye of the I – David Hawkins

A loving thought is enormously more powerful than a negative one.

P. 317 The Eye of the I – David Hawkins

Judgement Day is every day; it is already here and is constant and unending.

P.268 I, Reality & Subjectivity – David Hawkins

Life itself is not subject to death. If we track the life energy as it leaves the body, we note that it continues on at its calibratable level, the same as before.

P.266 I, Reality & Subjectivity – David Hawkins

To live with care and kindness is all that is necessary; the rest reveals itself in due time. The commonplace and God are not distinct.

P.xxv I, Reality & Subjectivity – David Hawkins

With kinesiologic testing, one can, for the first time in history, tell truth from falsehood about anything anywhere in time or space.

P.xxx I, Reality & Subjectivity – David Hawkins

All the descriptions of the Ultimate Reality by enlightened beings throughout history have been identical. There is only one Supreme Reality.

P. 3 I, Reality & Subjectivity – David Hawkins

“I love you my brothers and sisters, who are really Me but do not fully know it. Be grateful for the opportunities to forgive each other and thus yourselves. Replace your grievances with love. Let your minds be led to the peace of God, and the truth that is within you shall come to your awareness.”

P.408 The Disappearance of the Universe (calibrates 970)

**“All sickness is mind creates and all healing is done by the soul.”**

**“All healing is a result of some kind of forgiveness, and all forgiveness leads to self- healing.”**

P.299 The Disappearance of the Universe

**The acceptance of sickness as a decision of the mind, for a purpose for which it would use the body, is the basis of healing. And this is so for healing in all forms.**

A Course in Miracles

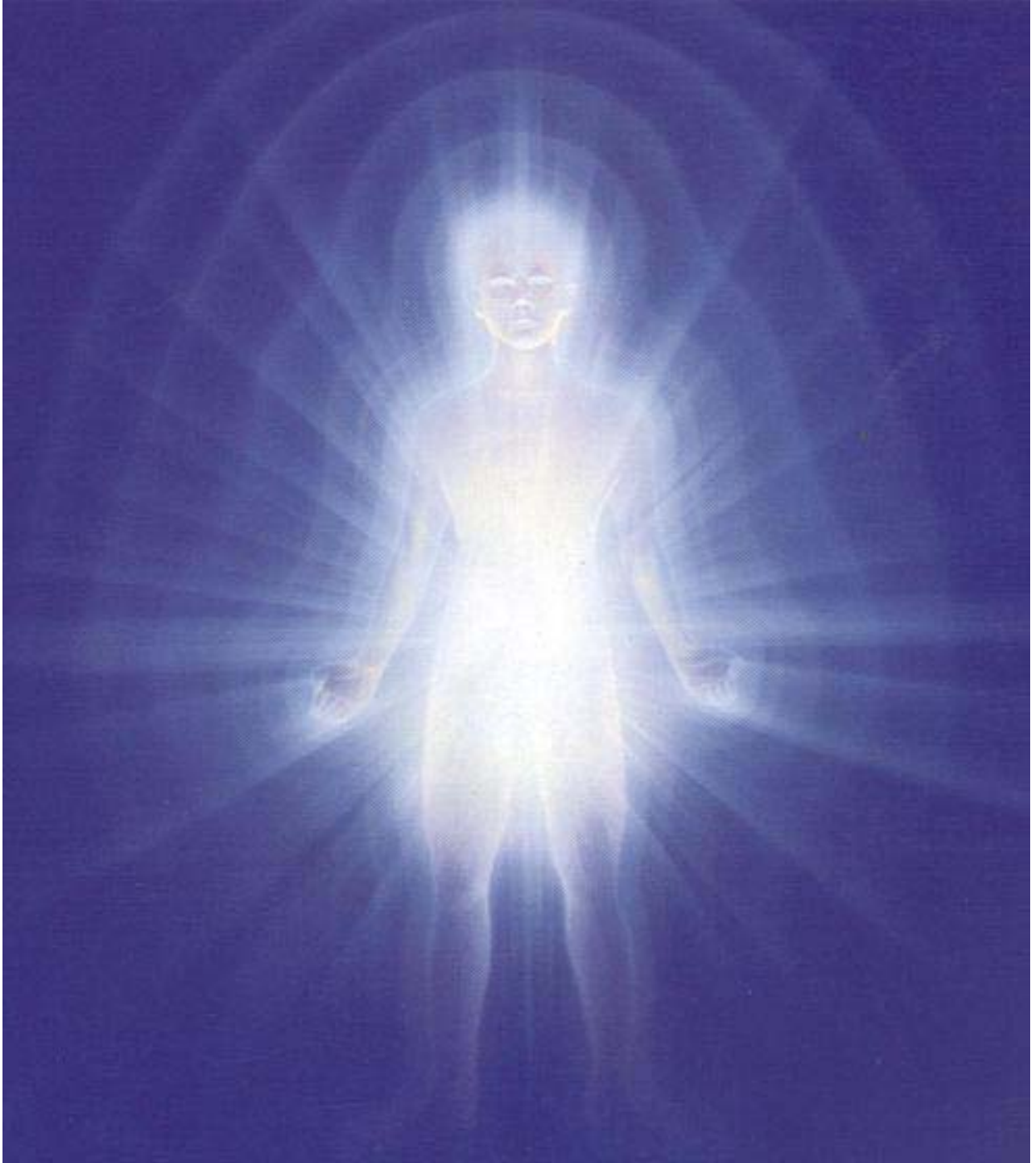
The Disappearance of the Universe

**“The reason why we are here is to care for and help others.”**

Dalai Lama of Tibet

Pope John Paul II

**To find our way home, we must remember who we are!**



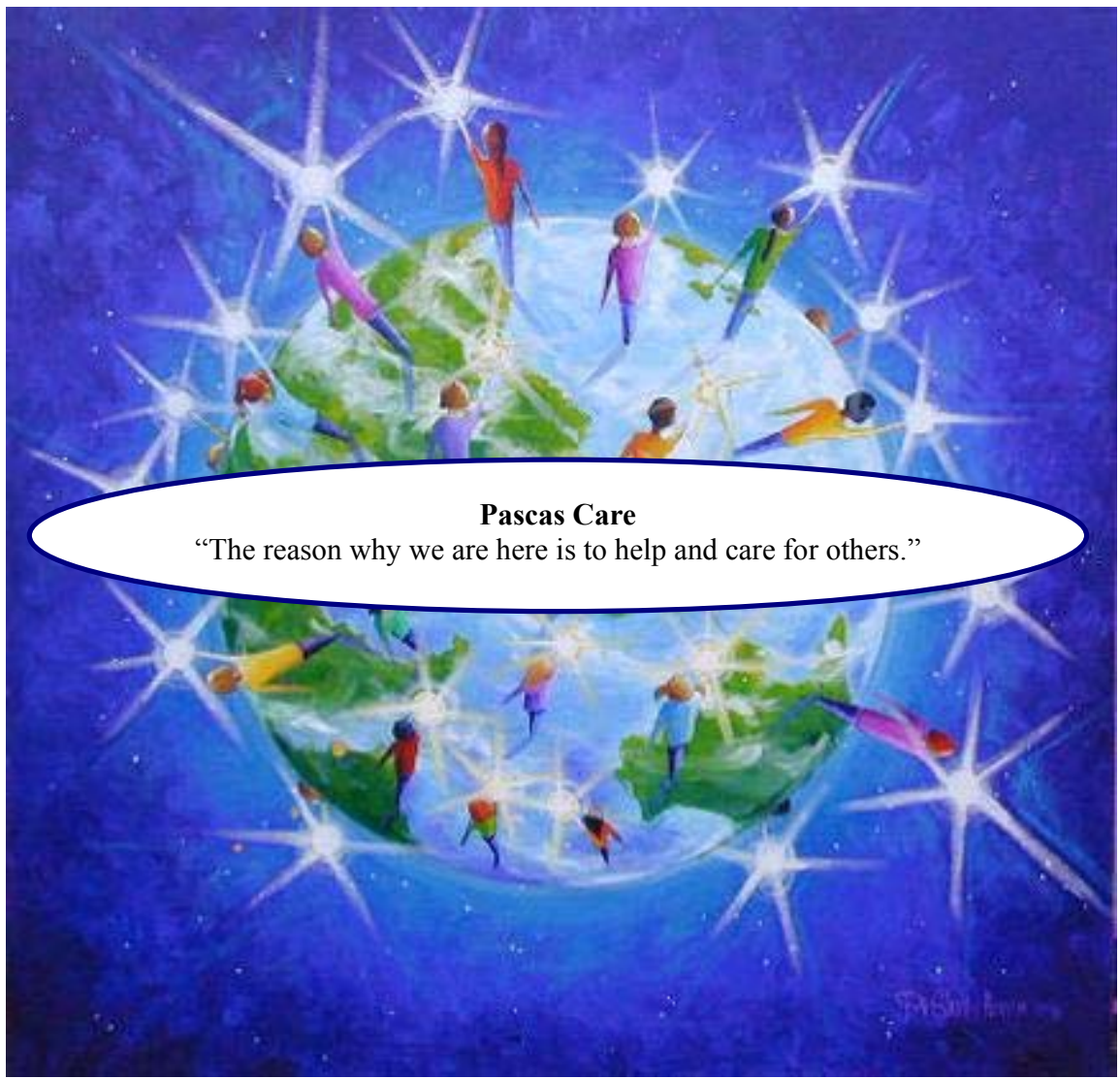
**Reference Material:**

Power vs Force by David R Hawkins www.veritaspub.com	(A – Andrew) (also Video of the same name)	ISBN 1 56170 933 6 Map of Consciousness calibration 850
The Eye of the I by David R Hawkins www.veritaspub.com		ISBN 0 9643261 9 1 Map of Consciousness calibration 980
I – Reality and Subjectivity by David R Hawkins www.veritaspub.com		ISBN 0 9715007 0 3 Map of Consciousness calibration 999.8
Bloodline of the Holy Grail by Laurence Gardner www.biblioz.com www.amazon.com www.ebay.com		ISBN 0 14 100615 3 Map of Consciousness calibration 640
The Isaiah Effect by Gregg Braden www.greggbraden.net	(D – 1 of the 70)	ISBN 0 609 80796 X Map of Consciousness calibration 545
The God Code by Gregg Braden www.greggbraden.net		ISBN 1 4019 0300 2 Map of Consciousness calibration 740
The Field by Lynne McTaggart www.thorsonselement.com		ISBN 0 00 714510 1 Map of Consciousness calibration 500
The Messengers by Julia Ingram & GW Hardin www.biblioz.com www.amazon.com www.ebay.com	(D – Paul)	ISBN 0 671 01686 5 Map of Consciousness calibration 615
The Power of Now by Eckhart Tolle www.hha.com.au	(A – Judas)	ISBN 0 7336 1912 6 Map of Consciousness calibration 870
Practicing the Power of Now by Eckhart Tolle www.hha.com.au		ISBN 0 7336 1454 X Map of Consciousness calibration 780
Stillness Speaks by Eckhart Tolle www.hha.com.au		ISBN 0 7336 1735 2 Map of Consciousness calibration 815
The Disappearance of the Universe by Gary R Renard www.fearlessbooks.com	(A – Thomas)	ISBN 0 9656809 5 9 Map of Consciousness calibration 845
A Course in Miracles www.acim.org	(Channelled – J)	ISBN 1 883360 17 X Map of Consciousness calibration 620
Psychotherapy: Purpose, Process and Practice www.acim.org	(Channelled – J)	ISBN 0 9606388 6 5 Map of Consciousness calibration 620
The Song of Prayer www.acim.org	(Channelled – J)	ISBN 0 9606388 4 9 Map of Consciousness calibration 800
Hands of Light by Barbara Ann Brennan www.barbarabrennan.com		ISBN 0 553 34539 7 Map of Consciousness calibration 710
Light Emerging by Barbara Ann Brennan www.barbarabrennan.com		ISBN 0 553 35456 6 Map of Consciousness calibration 770
The Journey by Brandon Bays www.thejourney.com		ISBN 0 7225 3829 1 Map of Consciousness calibration 815
The Journey for Kids by Brandon Bays www.thejourney.com		ISBN 0 00 715526 3 Map of Consciousness calibration 815

# PASCAS CARE

## "Beacons of Light"

### around the globe



**Pascas Care**  
"The reason why we are here is to help and care for others."

Beacons of Light painting by Di Skelly-Heron