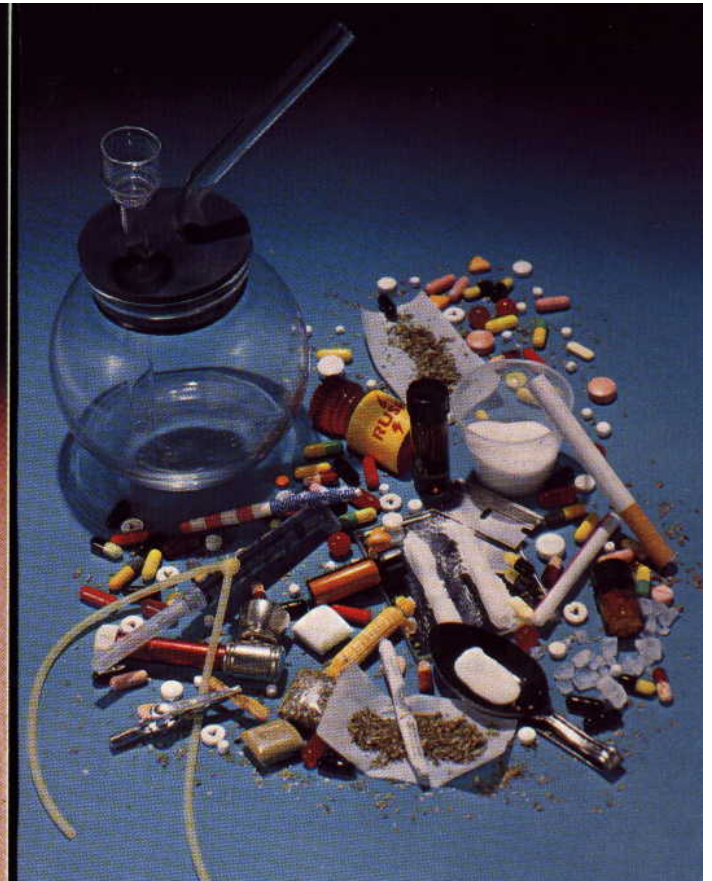


# PASCAS CARE

## Substance Dependence



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

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

**Queensland, Australia**

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

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## 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***

## **CONTROL of the BODY:**

Do you control your body, or does the body control you?

Ouch!

Until we take back control of our body then our greatest joy and growth during this sojourn is stunted.

The evidence that people in rich, modern societies have lost control of their bodies is widespread. Poor eating, drug use, and lack of exercise are common habits. Why is it that we have such difficulty gaining power over our bodies, and what can we do about it?

Here is a little mind trick that's helped others get control over their body many times. It's how to give up smoking, how to cut down on sugar, and how to manage to exercise even when you don't want to.

It is called teaching-a-small-child method.

We have a strange relationship with our bodies, they are part of us, and yet in many ways they are somehow separate. It's as if our brain has one personality and our bodies have another.

In fact, seeing this is a big part of this technique, view your conscious mind as the adult in the relationship and your body as a child to whom you're permanently connected.

The personality of our bodies, if you can call it that, shares many attributes with small children. Neither really has an understanding of the future and the consequences of today's actions.

Children don't understand why you shouldn't eat the whole tub of ice-cream right now. They haven't developed the ability to see a link between what they do today and what will happen tomorrow. All they can recognize is that there's immediate pleasure to be had, and more ice-cream means more pleasure. So why would you ever choose not to eat the whole tub?

Your body sees the world exactly the same way.

Children are also very needy. They depend upon their adult parents for food, safety, love and shelter. But given the chance, a child will quickly expand their list of needs. They don't just need food, they need "food that tastes like candy". They don't just need shelter, they need "their own room with a computer and a TV just like Johnny has".

Given the opportunity, children will expand their needs exponentially. Once a child can see that their every desire is going to be met, they will demand more and more just to see how far they can push their luck. The line between "wants" and "needs" blurs and vanishes.

We've all met children whose parents aren't strong enough to deny them anything, and seen the results of that situation. A spoiled child is likely to become a miserable and poorly-adjusted adult.

Your body's personality is almost exactly the same.

Dealing with your body involves the same strategy as a smart parent uses dealing with a child. It becomes a battle of wills, between the wise adult and the demanding, ignorant child.

Given the chance, the demands your body makes upon you will jump from “I want to be fed”, to “I only want to eat hamburgers and cake and everything else is just disgusting and I don’t like it”. How would you deal with a child who made such demands? Deal with your body in the same way.

Your body may want to lie around on the sofa, taking drugs, sleeping too much, and eating bad food. But your adult mind knows better and should establish its dominance.

If a child wins the contest of wills between themselves and an adult, the relationship is likely to become damaging. A child who gets everything they want is not a healthy child – emotionally or physically.

Because of this, most sensible adults are quick to establish authority with their children. “I love you, but I’m the one in charge,” is the message that must be gotten across.

With your body, it’s the same. You are the adult in the relationship, so you must establish control.

Your body, like a child, is likely to be constantly testing this authority. If it feels it can get away with asserting its will, then things are likely to deteriorate rapidly.

Unfortunately, bad body relationship skills are often learnt from our parents, just as bad parenting skills are. If your mother and father allowed their bodies’ “wants” to get the better of them, then you’re likely suffering the consequences.

Nevertheless, the relationship with your body is such an important one, that you must unlearn the habit of giving in to its demands. It’s not easy to do, but you must begin showing that things have changed and you’re the one in charge now.

A spoilt child, who suddenly finds their dominance challenged will almost certainly fight to keep control. They will scream and yell and beat their fists on the floor, determined to force the offending adult to give in.

Likewise, a spoilt body will use every trick it can come up with to make you back down if you try and re-establish control. It will complain of aches and pains, be tired, prevent you from sleeping, force through sharp demands to meet its “needs”, and whisper seductive things in your ear.

With the child and the body, the best reaction to these attempts is to be an immovable force. Let them see that it’s not going to work. Whatever they try, you are the one who’s in control and that’s that.

You are also advised not to follow the parent’s strategy of making excuses for their misbehaving offspring. Avoiding necessary discipline because a child is hyperactive, has ADD, or is sensitive is just a way to dodge difficult choices.

A body which has a bad metabolism, a low-addiction threshold, or any other number of excuses is simply

looking for a way out a tough situation. No matter what nonfatal affliction prevents you from doing what you know you should, there are probably millions of other people who have overcome the same thing. So should you.

Most people know what they have to do to fix many of their bodily problems. These things aren't rocket science. It's not a question of finding the right diet, the right clinic, or the right exercise device. It's just a matter of finding the willpower to do what you know you should.

Most importantly it is finding love for yourself and your body.

By seeing your body as a child who you're teaching the correct way to live, you give yourself a way of turning a difficult task into a contest and a game. Even better, like being the parent of a well-taught child, it gets easier with time. As soon as your body understands that it has become the subservient party in the relationship, it's much less likely to put up a fight when you ask it to do something difficult.

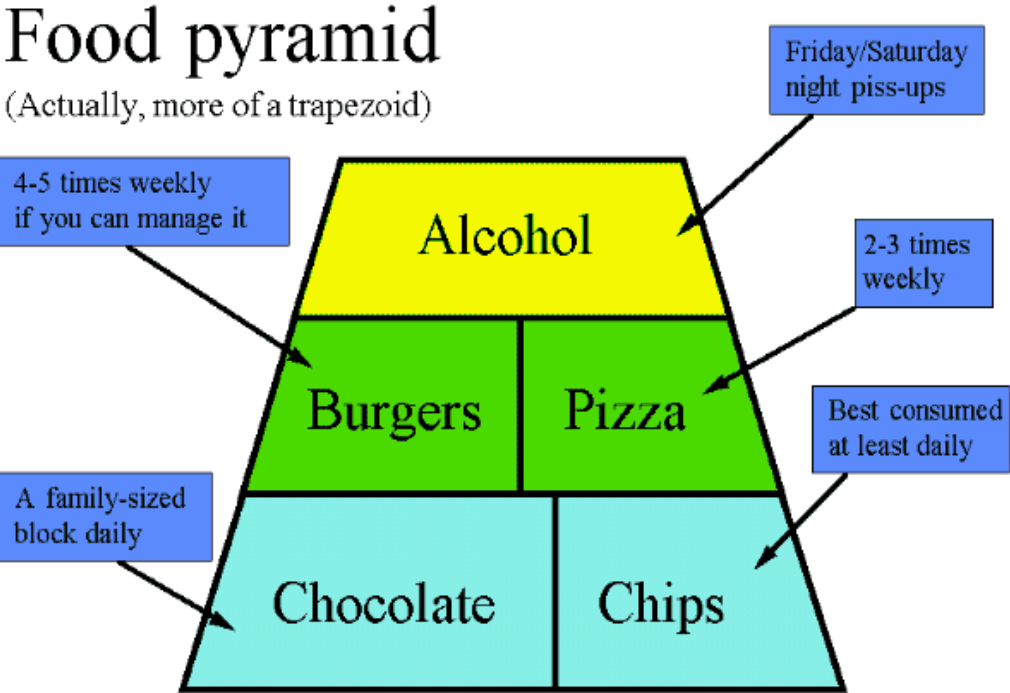
Follow this strategy, and good health will likely be the result.

Should one not overcome a substance dependency or a substance abuse then that task will be presented to them in the next or a subsequent incarnation to then complete the work of resolving and eliminating that dependency or abuse.

(True, this paragraph calibrates on the Map of Consciousness at 1,000)

Having or gaining control of your body is one of the greatest blessings possible to enjoy. This blessing will become universally possible during this era that we are now entering.

The fullness of what life can offer emerges when one has control of their body.



**ADDICTION RECOVERY and WEIGHT LOSS****Date:** Mon, 27 Jan 2020**Reply-To:** Monica <info@recoveringworks.org>

Name: Monica

E-Mail: info@recoveringworks.org

Hi,

When I was at the height of my addiction, I gained a LOT of weight. Losing it and getting back on a healthy track after I entered sobriety has really helped me in my recovery. Of course, maintaining a healthy weight is an important part of overall wellness for all of us, addiction or not. I'm glad there are sites like yours that encourage people to prioritize their health by losing excess weight (which can obviously lead to all sorts of adverse health effects). In case you're updating your site with weight loss/healthy weight management info, I wanted to pass these along to you in case you'd like to add them to a page like this one Pascas Care Cesium Chloride Complementary Cancer Therapy.

How to Start Exercising: A Beginner's Guide to Working Out

<https://www.healthline.com/nutrition/how-to-start-exercising>

How To Motivate Yourself Into an Exercise Routine You'll Actually Stick To

<https://lifehacker.com/how-to-motivate-yourself-into-an-exercise-routine-youll-5950484>

The Nutrition Basics: How to Best Fuel Your Body

<https://www.lesmills.com/us/fit-planet/nutrition/nutrition-basics/>

Feeding Your Family's Vegetarians and Meat Eaters: Ideas to Keep Everyone in Your Home Happy, Healthy, and Well-Fed

<https://www.homeadvisor.com/r/feeding-your-family-vegetarians-and-meat-eaters/>

How Fast Should You Lose Weight?

<https://www.fitday.com/fitness-articles/nutrition/how-fast-should-you-lose-weight.html>

Three Ways Using a Fresh Food Delivery Service can Help You Lose Weight

<https://thefoodoasis.com/three-ways-using-a-fresh-food-delivery-service-can-help-you-lose-weight/>

What's the Best Diet for Newly Sober Alcoholics and Addicts?

<https://health.usnews.com/wellness/food/articles/2017-01-09/whats-the-best-diet-for-newly-sober-alcoholics-and-addicts>

I hope these are helpful.

Thank you,  
Monica

info@recoveringworks.org



## HOW do we SUPPRESS our CHILDHOOD EXPERIENCES?

Caffeine is the most widely used drug in the world. In the United States, more than 90% of adults use it regularly. Caffeine in coffee and soft drinks combined with alcohol, tobacco, party drugs, prescription drugs and certain foods (chocolate), very few adults are without some form of substance abuse.

We use every method to dumb ourselves down so we can suppress the subtle but relentless abuse that we each endured during our forming years, from conception to around the age of six years.

Amazingly, due to the attitudes instilled into each of us during our forming years, humanity, overall, considers war to be 'socially acceptable'!!!

When we decide to become a soldier we are really approving of being killed or killing. So, each year some 50,000 soldiers die. It is collateral damage that some 200,000 civilians die as of an incidence of war. They did not buy into war.

Being brought up in semi to outright abusive families, murder is common place. Worldwide each year we have 500,000 murders. That is outside of the accidental deaths due to guns!

Aggressive contact sports are an expression of one's childhood suppression and repression. The harm from our childhood upbringing goes on. The costs of 'drug abuse' to a society is the equivalent of either a nations military budget or public medical services alone. Substance abuse cost is much, much greater.

Society is so dumbed down that it functions as walking zombies do. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.



**FOR YOUR OWN GOOD:**

by Alice Miller – psychologist

(Alice Miller, born as Alicija Englard, was a Swiss psychologist and psychoanalyst of Polish-Jewish origin, who is noted for her books on parental child abuse, translated into several languages.)

The greatest cruelty that can be inflicted on children is to refuse to let them express their anger and suffering except at the risk of losing their parents' love and affection. The anger stemming from early childhood is stored up in the unconscious, and since it basically represents a healthy, vital source of energy, an equal amount of energy must be expended in order to repress it. An upbringing that succeeds in sparing the parents at the expense of the child's vitality sometimes leads **to suicide or extreme drug addiction, which is a form of suicide. If drugs succeed in covering up the emptiness caused by repressed feelings and self-alienation, then the process of withdrawal brings this void back into view. When withdrawal is not accompanied by restoration of vitality, then the cure is sure to be temporary.** Christiane F. subject of an international bestseller and film, paints a devastatingly vivid picture of, a tragedy of this nature.

**The War of Annihilation Against the Self The Last Opportunity of Puberty**

PARENTS often have such success with the numerous methods they use to subdue their children that they don't encounter any problems until the children reach puberty. The "cooling off" of feelings and drives during the latency period abets parents in their desire to have model children. In the book *The Golden Cage* by Hilda Bruch, parents of anorexic daughters describe how gifted, well-mannered, successful, well-adjusted, and considerate these children had been. The parents cannot understand the sudden change; they are left helpless and uncomprehending by an adolescent who seems to be rejecting all norms and whose self-destructive behaviour cannot be modified by logical arguments or by the subtle devices of "poisonous pedagogy." (pedagogy – the method and practice of teaching)

At puberty, adolescents are often taken totally by surprise by the intensity of their true feelings, after having succeeded in keeping them at a distance during the latency period. With the spurt of biological growth, these feelings (rage, anger, rebelliousness, falling in love, sexual desire, enthusiasm, joy, enchantment, sadness) seek full, expression, but in many cases this would endanger the parents' psychic balance. If adolescents were to show their true feelings openly, they would run the risk of being sent to prison as dangerous terrorists or put in mental institutions as insane. Our society would no doubt have nothing but a psychiatric clinic to offer Shakespeare's Hamlet or Goethe's Werther, and Schiller's Karl Moor would probably face the same fate. **This is why drug addicts attempt to adapt to society by struggling against their authentic feelings,** but since they cannot live entirely without them in the storm of puberty, they try to regain access to them with the help of drugs, which seem to do the trick, at least in the beginning. But society's views, which are represented by the parents and which the adolescent has long ago internalized, must prevail: the consequences of having strong, intense feelings are rejection, isolation, ostracism, and threat of death, i.e., self-destruction.

**The drug addict punishes himself for seeking his true self –certainly a justifiable and essential goal--by destroying his own spontaneous feelings, repeating the punishment that was inflicted on him in early childhood when he showed the first signs of vitality. Almost every heroin addict describes having initially experienced feelings of hitherto unknown intensity, with the result that he becomes even more conscious of the vapidness and emptiness of his usual emotional life.**



He simply can't imagine that this experience is possible without heroin, and he understandably begins to long for it to be repeated. For, in these out-of-the-ordinary moments, the young person discovers how he might have been; he has made contact with his self, and as might be expected, once this has happened, he can find no rest. He can no longer act as though his true self had never existed. Now he knows that it does exist, but he also knows that ever since early childhood this true self has not had a chance. And so he strikes a compromise with his fate: he will encounter his self from time to time without anyone finding out. Not even he will realize what is involved here, for it is the "stuff" that produces the experience; the effect comes "from outside" and is difficult to bring about. It will never become an integrated part of his self, and he will never have to or be able to assume responsibility for these feelings. The intervals between one fix and the next--characterized by total apathy, lethargy, emptiness, or uneasiness and anxiety--bear this out: the fix is over like a dream that one can't remember and that can have no effect on one's life as a whole.

Becoming dependent on an absurd compulsion is likewise comprehensible in terms of the addict's previous history: since dependence has typified his entire previous life, he is hardly aware of it as such. A twenty-four-year-old woman who has been addicted to heroin since age sixteen appears normal and explains that she supports her habit by means of prostitution and has to take drugs to be able "to put up with those animals." She makes a very sincere impression, and we can appreciate and sympathize with everything she says. Only the matter-of-factness with which she regards this vicious circle as the only possible way of life for her puzzles us. This woman obviously cannot imagine a different life, free of her addiction, because she has never known anything like a free decision. The only life she has ever known has been one dominated by a destructive compulsion, and this is why she is unable to grasp the absurdity of such a path, it will not surprise us to learn that she continues to idealize both parents, as is frequently the case with drug addicts. She feels guilty for being so weak, for disappointing and disgracing her parents. She also says "society" is to blame--which of course cannot be denied. But the real predicament, the conflict between her search for her true self and the necessity of adapting to the needs of her parents, cannot be recognized as long as she continues to protect her parents from self-reproach. The concrete example of Christiane F.'s life story can help us to understand this predicament.

**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.**

**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

**ADDICTION TRAVELS with YOU when ENTERING the SPIRIT WORLD!**

**SHINING TOWARD SPIRIT:**  
**685. The Story of My Beginning**

Vol III, p. 173, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas  
[www.lulu.com](http://www.lulu.com)

Feeling the Love (Divine Love) is a beautiful experience for me. If I can be honest in my word, I didn't feel too much in my relatively short human life. I passed into the spirit world by the mishap of substance abuse. Much of my human life was a blur and I was numb to most things. When I became a spirit I was amazed that I was still alive. My problem in my spirit body was the memory of my addiction. I still had this in the beginning of my spirit life. I didn't think that I would ever overcome it.

I also realised how ashamed I was at the lack of any love living in my life. I was in a poor condition. Thankfully I received guidance from a saintly looking woman who herself had become a spirit over a hundred years ago. She told me that she had helped individuals who were in my condition and that I needed to trust her, which I did. I was aware that my life experience had changed and that I needed help to relieve myself from the memories that somewhat haunted me.

A little time passed and I gradually learnt self-respect and self-love, which was reflected in my spirit body becoming more vivid to me in its attribute. I have learnt that love has real form and energy to it by the way that love fulfils the spirit body. I am now in the 1<sup>st</sup> Natural sphere, which is where I first began my spirit life, only my condition (soul condition) took me to a lower sphere. I have returned with true guidance and now I will learn more about this Love (Divine Love) that spirits are living with that makes them bright in their appearance. What I have shared with you is the beginning of my story, for now I have the confidence that my addiction was the greater need in my soul to feel loved and not isolated and alone in fear.

I have enjoyed my being able to communication with you, which I have struggled with had I not received encouragement and guidance from a brighter spirit present.

Trevor

**ASK!** **ASK!**  
**Ask!** **ASK!**  
**ASK!** **ASK!**



**Ask for, long for and receive  
our Parents' Divine Love.**

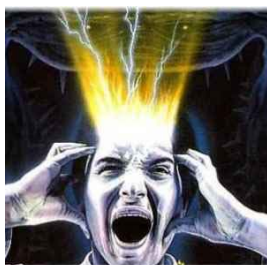
**The energy substance of Divine  
Love assist in releasing errors.**

**The Love will grow one's  
soul in radiance.**

### LACK of SELF- LOVE:

- A composite of:
- lack of self-worth
  - lack of self-acceptance
  - arrogance and pride
  - self-loath and hatred
  - lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

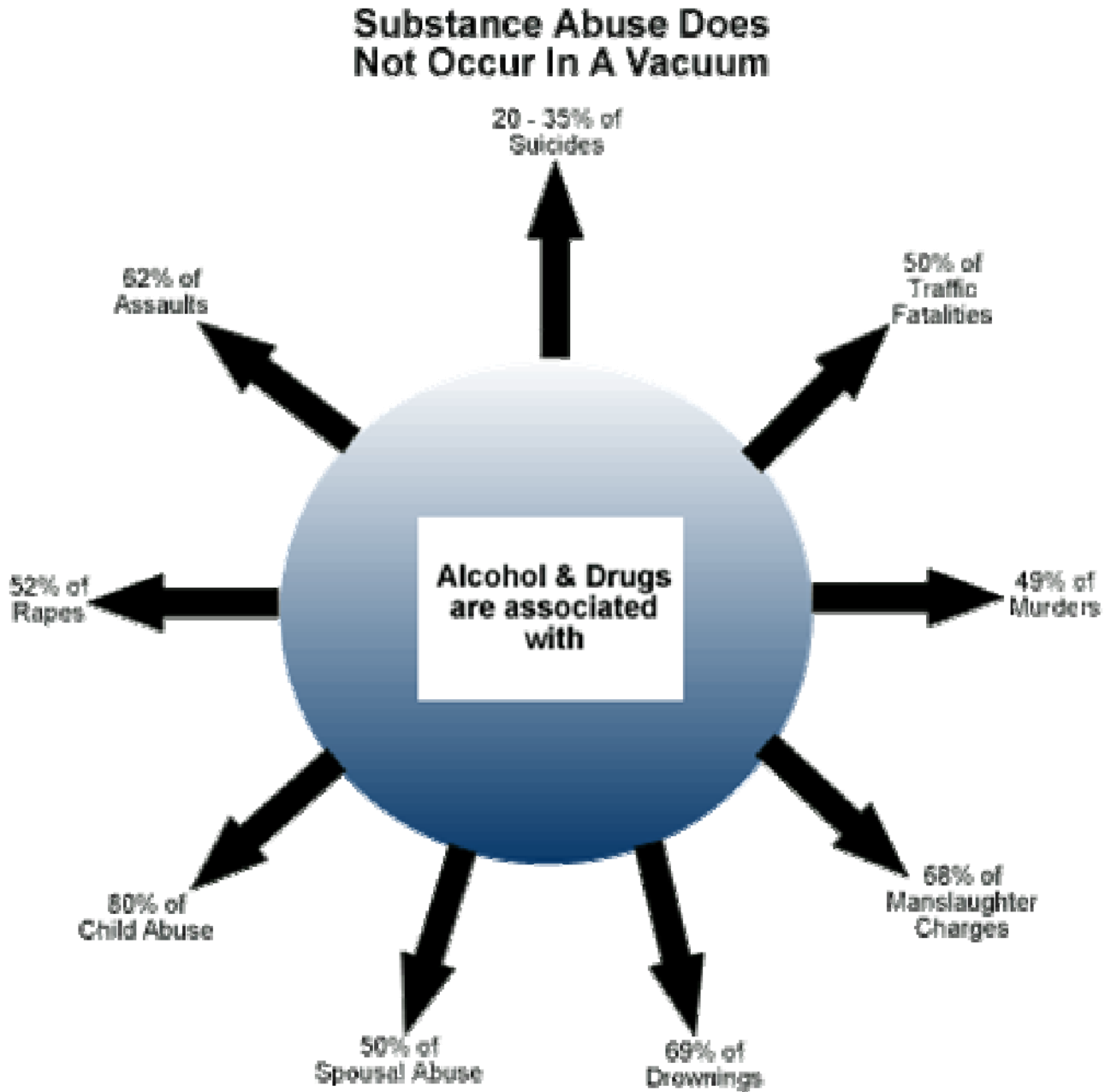
The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.

I ♥  
ME

**INCREDIBLE:**

**CO-OCCURRING DISORDERS**

There is a strong correlation between substance abuse and other social welfare problems, such as mental illness, poor health and injuries, child abuse and neglect, school failure, juvenile delinquency, employment problems, and criminal behaviour.



**Mental Health:** The overlap between major mental illness and substance abuse is estimated to be in the range of 30% to 50%.

In addition to counselling, clients can receive medication management services from physicians. Dual-diagnosis staff are trained and receive ongoing clinical supervision to work effectively with this fragile special needs population. In addition, Pascas will screen and make appropriate treatment referrals for clients presenting in mental health emergencies which might also be substance abuse related.

**Health and Injuries:** Nursing staff screen all new clients admitted to residential treatment for communicable diseases, such as Tuberculosis, HIV, and Hepatitis C since there is a high frequency of those communicable diseases among substance abuse treatment clients. Pascas is to work closely with hospitals and local physicians to screen clients seeking detoxification services for potentially dangerous medical complications prior to admission.

**Child Abuse and Neglect:** The overlap between child abuse and neglect and substance abuse is reported to be between 60% and 80%. Pascas will work closely to coordinate case management services and to arrange treatment and drug screening services for parents of children under the supervision of appropriate governmental departments.

**School Failure:** School can be a miserable experience for poorly performing students, students with learning disabilities and children with high numbers of risk factors. Substance abuse often is a result of poor academic performance and social and family pressures. Substance abuse can also be a cause of poor academic performance. Prevention programs will target high risk children for specialized intervention services designed to minimize or prevent drug and alcohol specific behaviour.

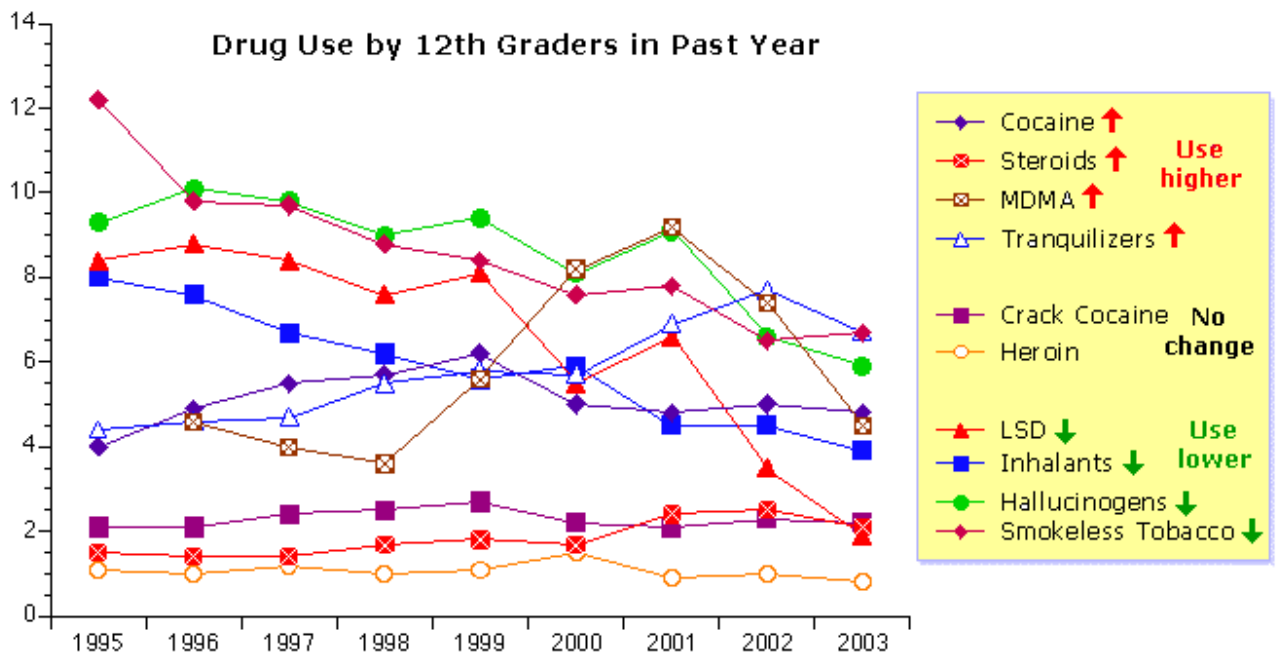
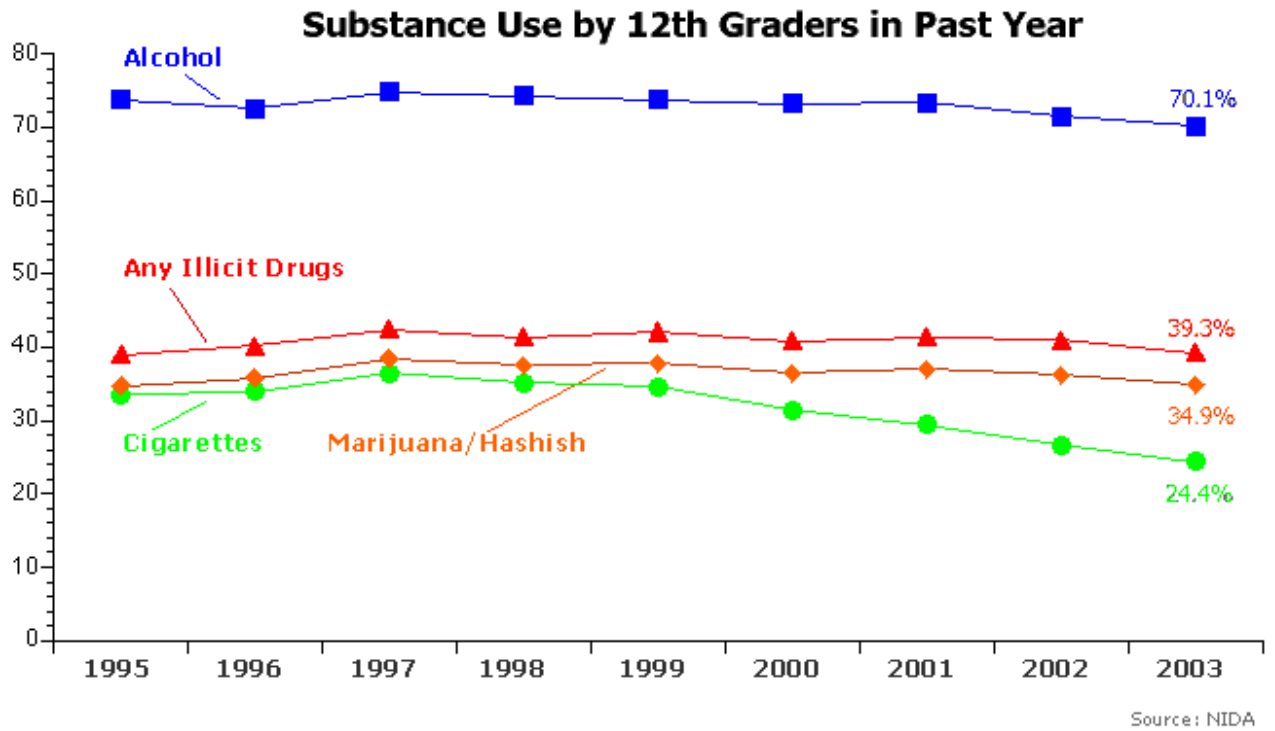
**Juvenile Delinquency:** Nearly 90% of youth involved with the juvenile justice system have substance abuse problems intertwined with their delinquent behaviour. Pascas aims to provide intervention and treatment services within facilities and programs serving youth involved with the legal system.

**Employment Problems:** A high percentage of adults seeking publicly funded substance abuse treatment services do not have a high school diploma or training to enable employment. As a result, employment prospects and earning ability are severely limited. Pascas looks to assist clients in obtaining diplomas or pathway which opens up greater employment opportunities.

**Criminal Behaviour:** Each \$1 spent on substance abuse treatment can save up to \$7 in the costs of incarceration in prisons and jails. Eighty-five percent of incarcerated adults have some drug or alcohol related problem contributing to their conviction.







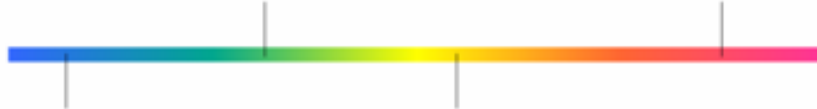
# Spectrum of Psychoactive Substance Use

## Casual/Non-problematic Use

- recreational, casual or other use that has negligible health or social effects

## Chronic Dependence

- Use that has become habitual and compulsive despite negative health and social effects



## Beneficial Use

- use that has positive health, spiritual or social impact:
- e.g. medical pharmaceuticals; coffee/tea to increase alertness; moderate consumption of red wine; sacramental use of ayahuasca or peyote

## Problematic Use

- use that begins to have negative consequences for individual, friends/family, or society
- e.g. impaired driving; binge consumption; harmful routes of administration



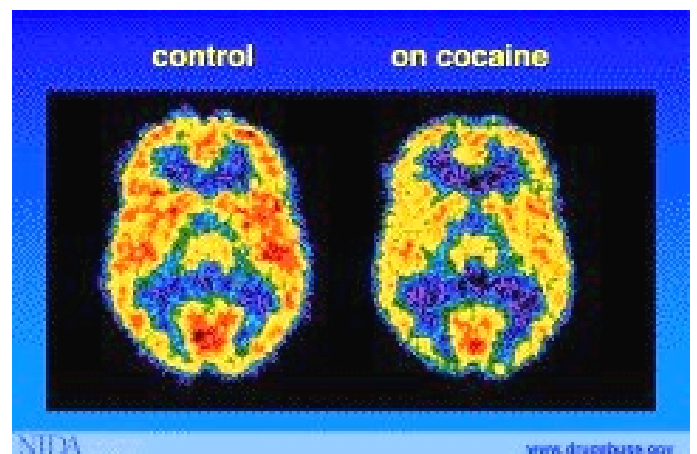
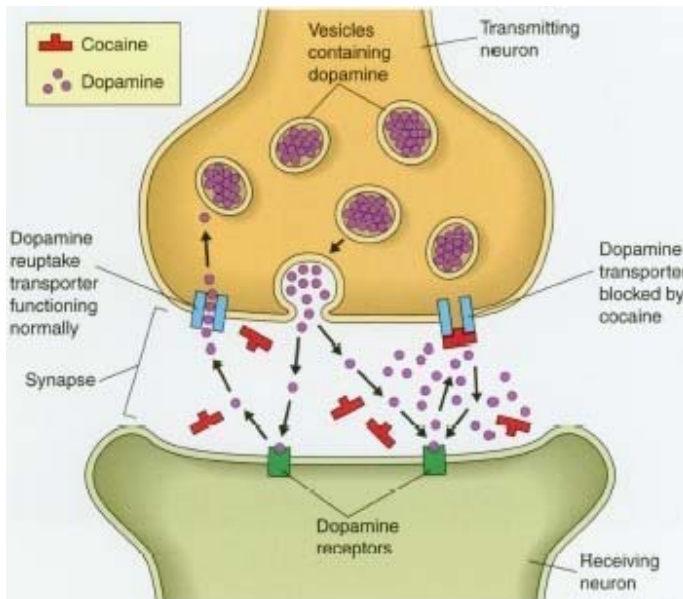
RAW OPIUM ON POPPY PLANT



POPPY GROWING NATIONS OF WORLD



HEROIN, HORSE, SMACK, CHINA WHITE



NIDA

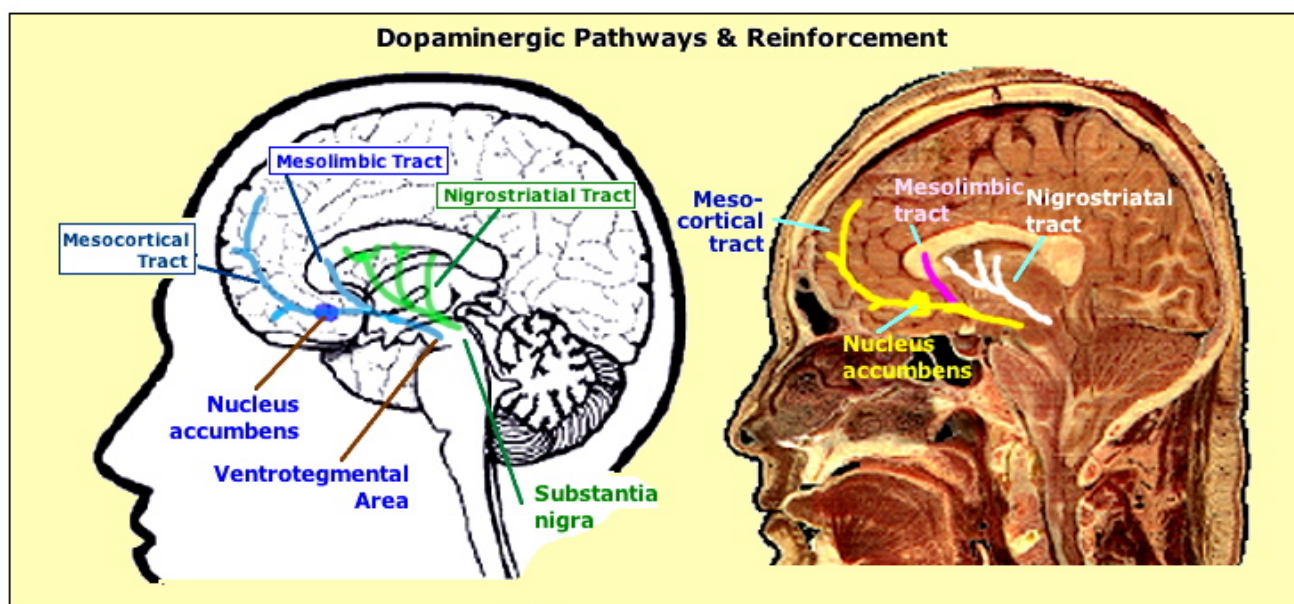
www.drugabuse.gov

## SUBSTANCE ABUSE:

A. **Substance Abuse:** A maladaptive pattern of substance use leading to **clinically significant impairment or distress** as defined by the APA (1994) in the DSM-IV (p. 182). Abuse is not **Substance Dependence** which further requires (1) withdrawal symptoms and (2) addiction or compulsive use of the drug.

### B. Synapses, Reinforcement, and Drug Use

1. **James Olds** and **Peter Milner** (1954) conducted the first brain reinforcement experiments by implanting electrodes in the brains of rats and allowing them to press a lever to produce **self-stimulation of the brain**.



a. Later experiments showed that the reinforcing brain stimulation almost exclusively activated tracts of axons that release **dopamine**, especially in an area called the **nucleus accumbens**. Cells located in the nucleus accumbens are inhibited by increased DA activity (most abused drugs, as well as ordinary pleasures, lead to increased DA activity); some hypothesize that this phenomenon occurs with drug addiction.

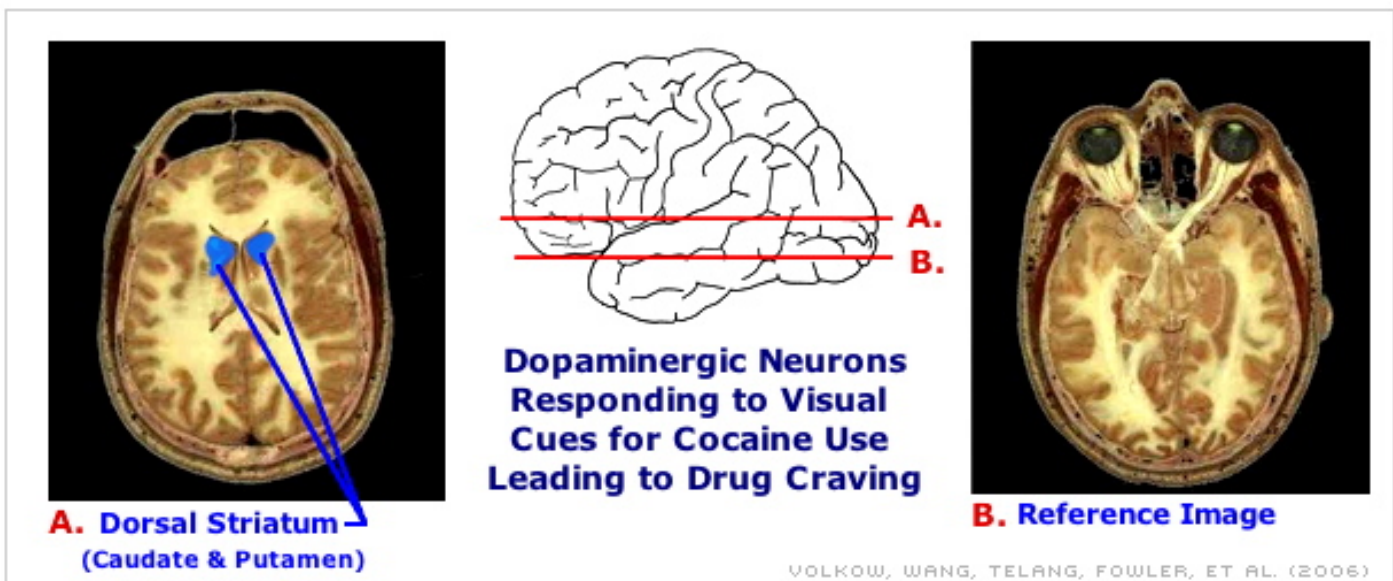
b. Because of its role in reinforcement the nucleus accumbens is regarded by many as the pleasure area and dopamine as the pleasure chemical.

c. The nucleus accumbens is part of one pathway which uses dopamine (see diagram above): beginning in the **ventro tegmental area** of the midbrain, the pathway splits into two parts: the **mesolimbic tract** and the **mesocortical tract**. A second pathway nearby, the **nigrostriatal tract**, begins at the **substantia nigra** and connects to the **striatum** (dorsal region of the putamen & caudate).

d. The work of Anna-Rose Childress and her colleagues has focused upon the **craving** for drugs (especially cocaine) induced by:

- (1) cessation (withdrawal from its use)
- (2) administering stimulants or priming doses of the drug, and
- (3) exposure to cues associated via past experience with the drug.

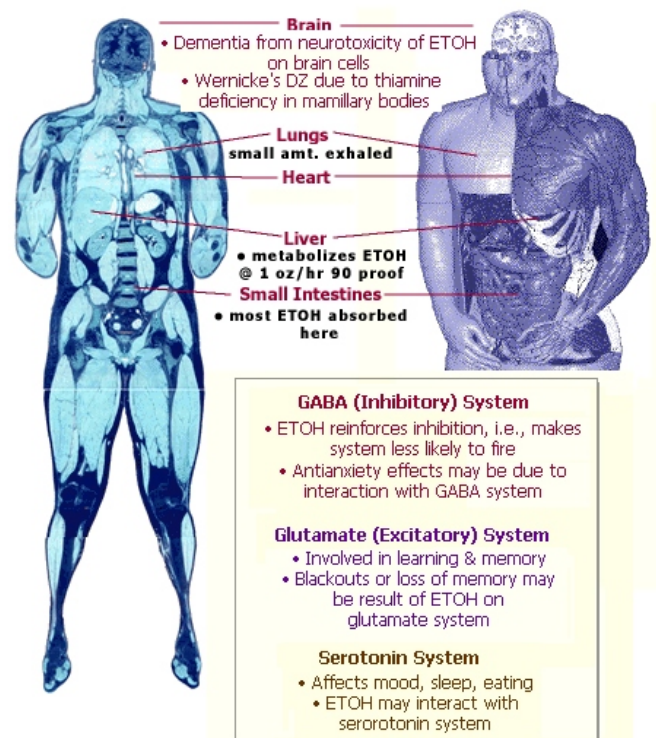
Childress uses **functional imaging** of the brain to see what is happening when persons are exposed to the different situations inducing craving. She **REJECTS** the proposal the idea that craving comes from overly sensitized DA neurons.



## C. Alcohol and Alcoholism

1. **Alcoholism** or **alcohol dependence**: A common type of substance abuse that produces significant harm to people's lives, and those people often find themselves continuing to drink in excess even after deciding to quit or reduce their drinking.

2. **Alcohol**: Inhibits Na<sup>+</sup> ion flow across the neuron membrane; decreases serotonin activity, facilitates transmission at the GABAA receptor, blocks glutamate receptors, and increases dopamine activity.





3. Researchers distinguish two major types of alcoholism:

- a. **Type I** (or Type A) **Alcoholism**: This type of alcoholism is less dependent on genetic factors, develops gradually over years, affects men and women equally, and is generally less severe.
- b. **Type II** (or Type B) **Alcoholism**: This type of alcoholism has a strong genetic basis, a rapid and early onset, affects men primarily, is more severe, and more associated with criminality.

#### 4. Alcohol Metabolism and Antabuse

- a. **Acetaldehyde**: A poisonous substance created when ethyl alcohol (drinking alcohol) is metabolized in the liver. Acetaldehyde is then further metabolized into **acetic acid**, a chemical the body can use as a source of energy.
- b. **Acetaldehyde dehydrogenase** is the enzyme used to convert acetaldehyde into acetic acid.
- c. Some people have an abnormal gene for acetaldehyde dehydrogenase so they metabolize alcohol slowly. Approximately 50% of people in China and Japan have the gene that slows acetaldehyde metabolism.
- d. **Anatabuse** (*disulfiram*): A drug that blocks the effects of the enzyme acetaldehyde dehydrogenase by binding to its copper ion. Anatabuse is used to treat alcoholism, because Antabuse causes the ingestion of alcohol to lead to sickness.

#### 5. Risk Factors for Alcohol Abuse

- a. Less than average intoxication after drinking a small to moderate amount of alcohol.
- b. Experiencing more than average relief from tension after drinking alcohol.
- c. Having a smaller than normal amygdala in the right hemisphere.

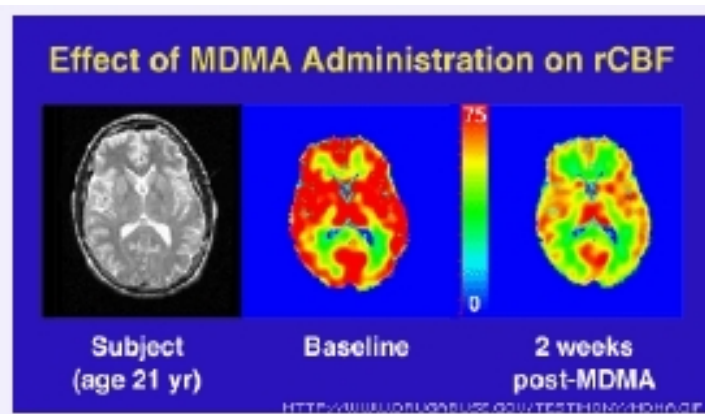
#### D. Other Common Drugs and Their Synaptic Effects

1. **Stimulant drugs** (e.g., amphetamines, cocaine, etc.) produce excitement, alertness, elevated mood, decreased fatigue, and sometimes motor activity. **Each of these drugs increases activity at dopamine receptors, especially at D2, D3, and D4 receptors.** Stimulant drugs are often highly addictive.
  - a. **Amphetamine** increases **dopamine release** from presynaptic terminals by reversing the direction of the dopamine transporter.
  - b. **Cocaine** blocks the reuptake of catecholamines and serotonin at the synapse. The behavioural effects of cocaine are believed to be mediated primarily by dopamine and secondarily by serotonin.
  - c. The effects of amphetamine and cocaine are both short-lived, because of the depletion of dopamine stores and tolerance.

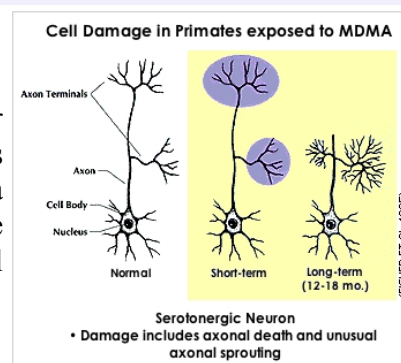


d. **Methylphenidate (Ritalin®)**: Stimulant currently prescribed for Attention Deficit Disorder (ADD); works like cocaine by blocking reuptake of dopamine at presynaptic terminals. The effects of methylphenidate are much longer lasting and less intense as compared to cocaine.

e. **Repeated use of stimulants**, such as cocaine or MDMA (methylenedioxymethamphetamine or "Ecstasy"), can have permanent effects on brain functioning. Both stimulants eventually decrease overall brain functioning. In the diagrams below, the brain on cocaine shows significantly lower activity across the entire brain. Similarly, the effect of *Ecstasy* (MDMA) on regional cerebral blood flow (rCBF) two weeks following ingestion of MDMA shows markedly decreased brain activity.



What happens to cause decreased overall brain activity? Several major studies by Ricourte and his colleagues (e.g., Fisher et al., 1995) shows the effects of MDMA on the brains of non-human primates. Their data reveals significant damage to serotonergic brain neurons from exposure to even a single-dose of MDMA similar to that ingested in recreational use by humans.



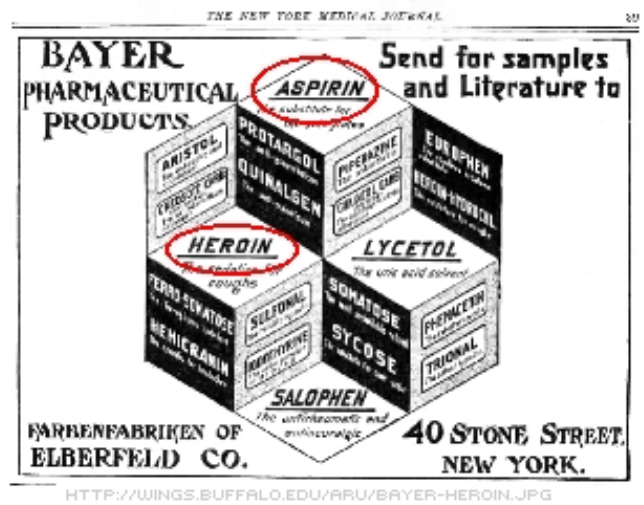
2. **Nicotine**: Compound found in tobacco.

- Stimulates the **nicotinic** receptor (a type of acetylcholine receptor) both in the central nervous system and neuromuscular junction of skeletal muscles.
- Can also increase dopamine release by attaching to neurons that release dopamine in the nucleus accumbens.



3. **Opiate Drugs:** Derived from (or similar to those derived from) the opium poppy. Common opiates include:

- **morphine**
- **heroin**
  - Synthesized 1874 by English chemist, C. R. Wright.
  - Commercial use recognized by Bayer's phycologist, Heinrich Dresser, in 1898. Sold in US & Europe as a treatment for cough and other conditions. Eventually, the use of Heroin was outlawed in the US and elsewhere.
- **methadone**, a synthetic ("man made") drug rather than from the poppy plant.



Opiates have a net effect of increasing the release of dopamine by stimulating *endorphin* receptors. Opiates also decrease activity in the locus coeruleus which results in decreased response to stress and decreased memory storage.

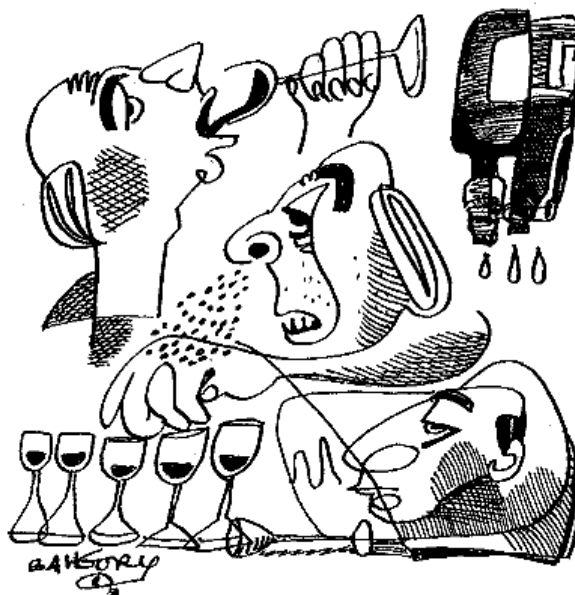


4. **Marijuana:** Contains the chemical **delta-tetrahydrocannabinol** (delta-THC) and other **cannabinoids** (chemicals related to delta-THC); D-THC works by attaching to cannabinoid receptors (particularly in hippocampus, basal ganglia, & cerebellum). These are found only on the presynaptic membrane and form negative feedback loops with postsynaptic GABA or glutamate membranes.

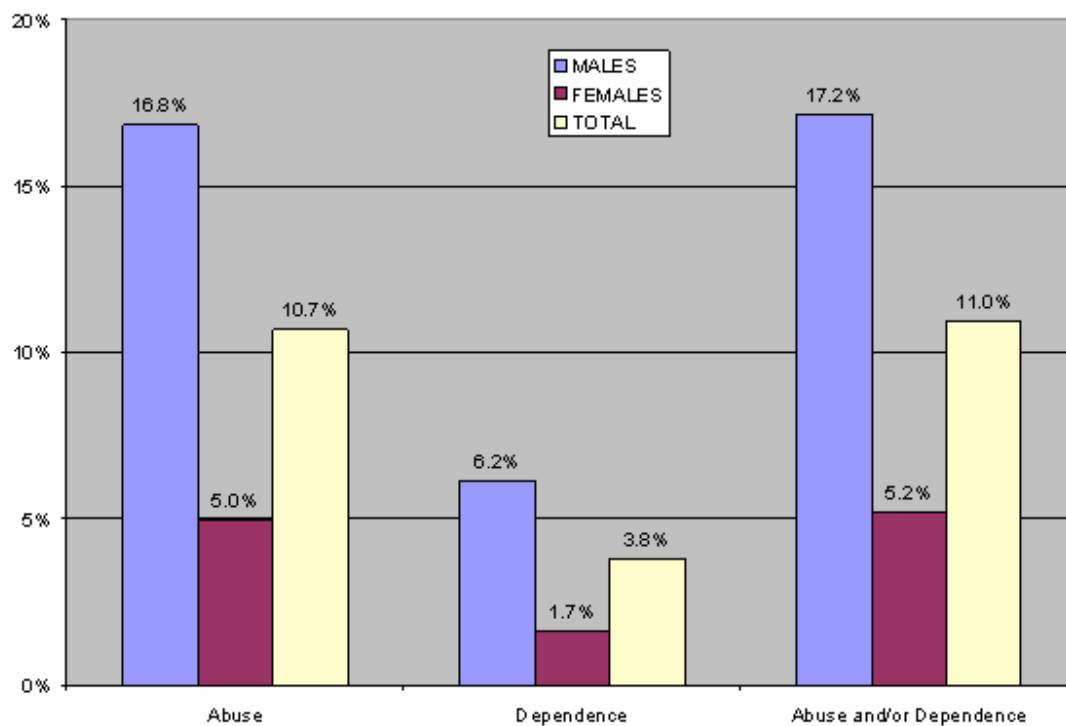
- Lipid soluble (dissolves / stored in fatty tissue)
  - -slows down withdrawal effects
  - -can test positive for MJ for 4-6 weeks afterwards
- heavy use impairs memory

**Anandamide** ("the bliss molecule") is a brain chemical that binds to cannabinoid receptors. Also, the molecule 2-AG (sn-2 arachidonylglycerol).

5. **Hallucinogenic drugs:** e.g., mescaline, LSD, psilocybin mushrooms, peyote, etc. Drugs that distort perception. Many hallucinogenic drugs resemble serotonin and bind to serotonin type 2A (5-HT<sub>2A</sub>) receptors.



Lifetime prevalence of adults with alcohol abuse or alcohol dependence:



## MARIJUANA

### SETTING THE RECORD STRAIGHT !

Marijuana is NOT a Safe Drug...  
in fact, it is a **VERY DANGEROUS DRUG**.

- According to the Drug Abuse Warning Network, in 2002, there were **119,472 marijuana related admissions into hospital emergency rooms** (a 164% increase since 1995.)
- According to the Department of Health and Human Services TEDS (Treatment Episode Data Set), in 2001 there were **255,394 admissions of people into drug treatment programs who stated that marijuana was their primary drug of addiction** (a 176% increase since 1992.)
- Marijuana is the gateway drug for harder drugs: more than 60% of marijuana users progress to harder drugs (while the odds for non-users are 98 to 1);
- There are scores of scientific studies that prove that marijuana is a harmful and addictive drug. New research now links marijuana use to:
  - Foetal Drug Affects
  - Cancer
  - The A Motivation Syndrome
  - Mood Changes
  - Depression
  - Fatigue
  - Memory problems
  - Hypersensitivity to Criticism
  - Underachievement
  - Confusion or mental impairment
  - Deteriorating Academic Performance
  - Outbursts of Anger
  - Panic Attacks
  - Hostility with lack of Insight/Remorse
  - Driving While Impaired
  - Accidents
  - Tolerance and Physical Addiction



**Marijuana use is SERIOUS. It should not be minimized.**





The DOWNWARD SPIRAL:



Release one's pain through expressing one's feelings.

in conjunction with

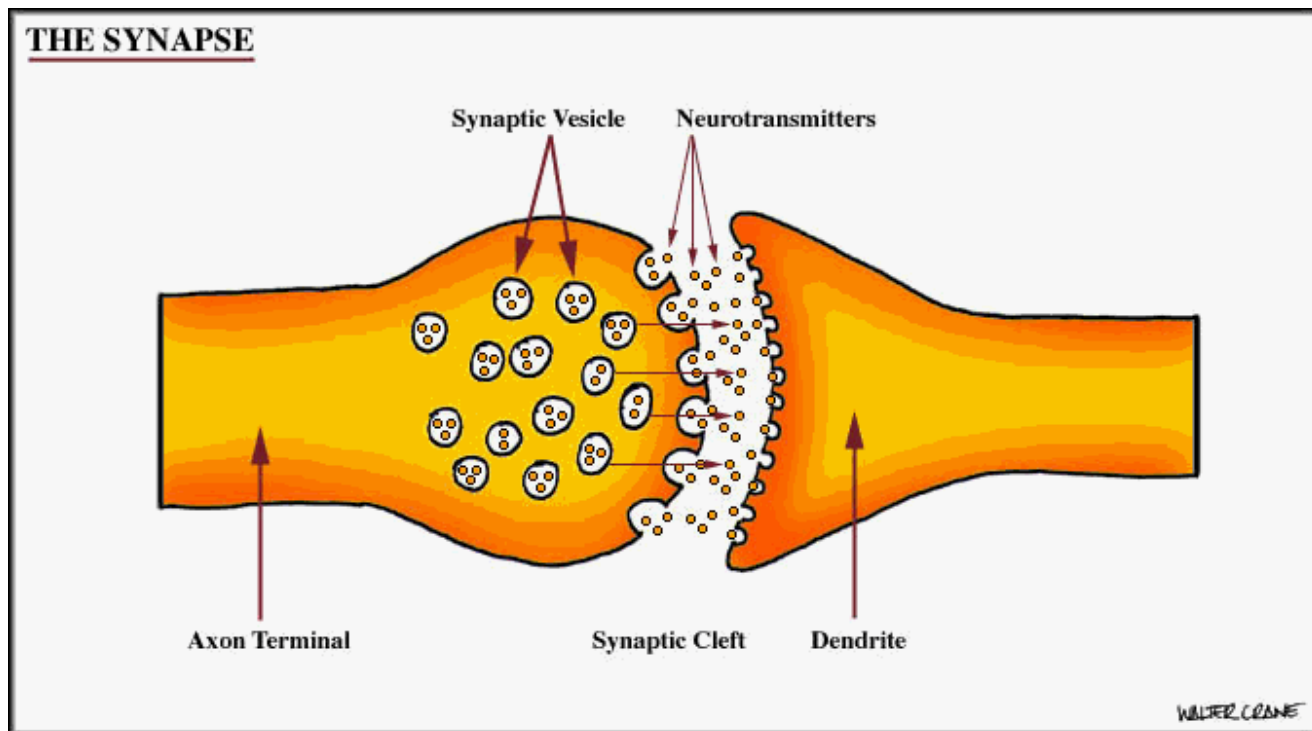
Longing for the Truth when also longing for Divine Love.



**DISEASE CONCEPT and BRAIN CHEMISTRY of ALCOHOLISM and DRUG ADDICTION:**

<http://www.nicd.us/thediseaseconcept.html>

This is brought to you by, NICD, National Institute on Chemical Dependency.



People talk to each other by using words to convey a message. Some messages we send may request an action be performed from the person we are communicating to. Our brains communicate from one cell to the other via chemicals, and these are called neurotransmitters. When one cell communicates to another these chemicals may also require an action be taken or sensation produced, (like breathing, muscle contraction, body temperature regulation, and also feelings).

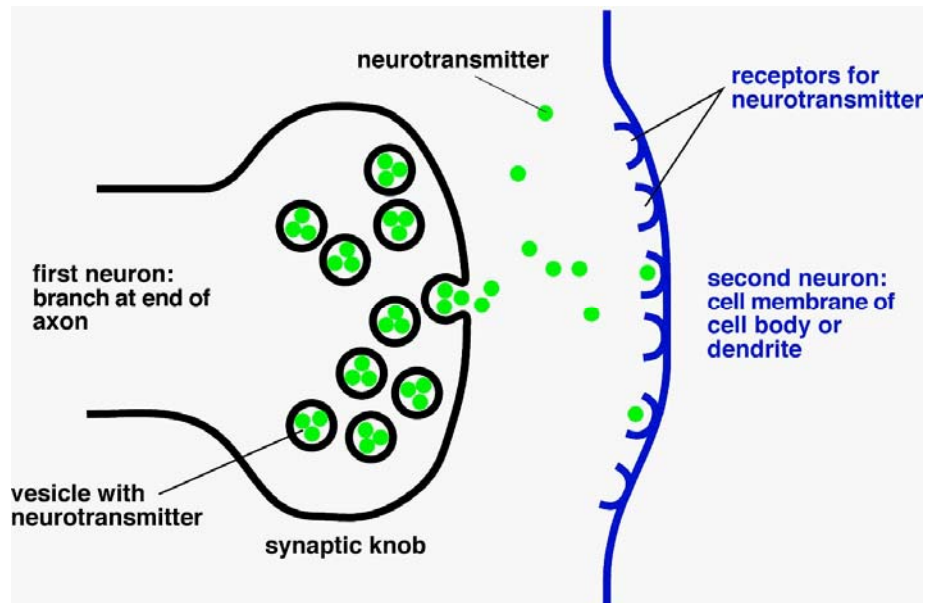
There are 5 main neurotransmitters affected by the disease of alcoholism and drug addiction. Two of these chemicals, dopamine and serotonin, have a profound affect upon the alcoholic and/or drug addict. These two neurotransmitters affect the addicted person by changing how they respond under stress, what moods are experienced, and also communicate feelings of pleasure and/or pain.

Dopamine, when depleted by alcohol and/or drug use, can leave a person with a high tolerance to pain and reduced level of pleasure one feels when doing an activity.

Serotonin depletion can lead to sensory deprivation, body temperature anomalies, and also depression.

These two chemicals, needed by the brain to convey feelings of health and wellness, can when affected by alcohol and drugs, lead to an inability to function in society.

In this diagram you can see how the mechanism of brain chemistry functions. The cell on the left is communicating to the cell on the right via neurotransmitters like dopamine and serotonin. When there is a lack of serotonin in the synapse we experience this by having depression. In alcoholics and addicts this brain chemical depletion is common place.



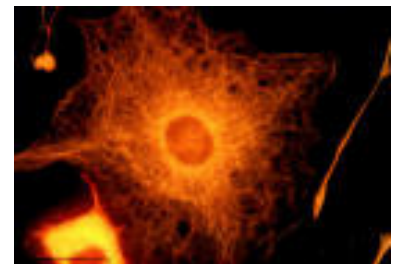
The brain chemistry imbalance in alcoholics and addicts is one of permanent damage.

It's like taking a cucumber and changing it into a pickle- you can't go back once the change occurs. There is hope and help for this condition, and we will address this later.

Ask yourself this question, "Can you say how many serotonin molecules are in the synapse right now?" You can't. If you have too few you could say that you have depression, and this is manifested by feeling sad. This is also evident by the fact that you may be isolative, have poor hygiene, and are apathetic.

If asked the same question again, but added the four other chemicals in imbalance you still would be unable to answer the question; however, if you had no symptoms you would think all is alright within you. Here is the catch, the alcoholic and addict have all this brain chemistry imbalance going on, and keeping in mind they can't tell they have serious neurotransmitter depletion, they think all's well. This is why the disease of alcoholism / drug addiction is a disease that tells you, you don't have it.

For years the alcoholic and addict has been playing neurochemistry without a license, and damage has occurred. Sometimes the damage is severe, and sometimes it is minor. Some of the damage is irreversible, but even this can be dealt with effectively. The damage that is permanent is usually in the areas of thinking and acting. It is true that, once an alcoholic / addict, always an alcoholic / addict. This is said because of the altered brain chemistry. The good news is that this can be worked out through action-taking steps. Stress in sobriety produces the same brain chemistry reaction as when a person is drinking and/or taking addictive drugs; hence, the correlation between unresolved stress in recovery and relapse- it is the brain chemistry that can fuel a relapse.



So what is the answer to the brain chemistry imbalance problem? Are alcoholics and addicts doomed to a life of relapses? How can others help? Do I need to walk on eggshells around them? And what does the alcoholic and/or addict need to do to improve their chances at staying sober?

The road map to success follows.

The chemical imbalances can be addressed by seeing a medical professional. Sometimes a person may need to take an anti-depressant to correct the imbalance and start to get un-depressed. An important factor to consider is old drug seeking thoughts and behaviours. If a person states they have anxiety, it may not be in their best interest to seek medication for this condition.

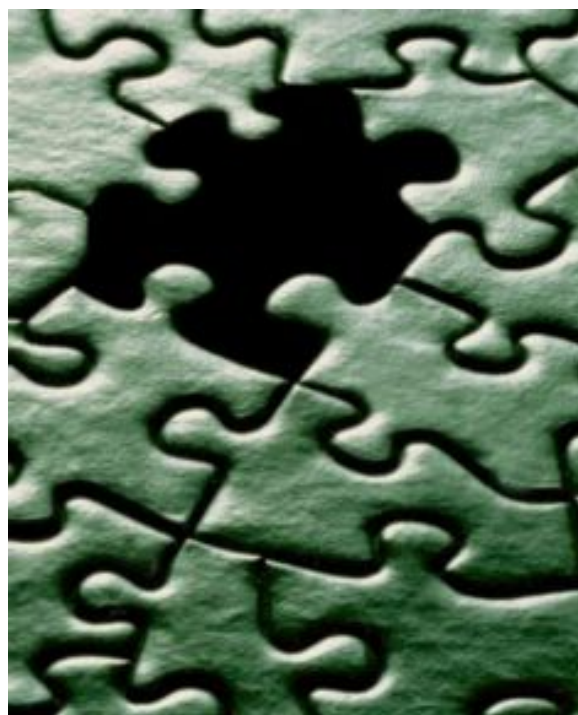


Many in early recovery experience what is known as PAWS, (Post Acute Withdrawal Symptoms). PAWS can be felt by a recovering person in many ways. These are described as mental confusion, lethargy, difficulty concentrating, memory loss, physical aches, unsteady gait, and anxiety to name a few. Anti-depressants are non-addicting, non-narcotic, and correct the brain chemistry imbalance.

Anti-anxiety medications are typically mood altering, addictive, and do not address or correct the problem. These types of medications only mask the real problem- that of not having the coping mechanisms to deal with life on life's terms. If a person stays sober and works a good program of recovery, the signs and symptoms of PAWS will disappear without having to take narcotics, sedatives, and other mood altering chemicals.

Which brings us to the solution part of the problem. Utilizing resources, like 12-Step attendance, is an excellent way of attacking and finding a solution to the problem.

The first thing alcoholics and addicts must do is get out of the victim role. Once in recovery, the alcoholic and addict can't blame their behaviour on having a disease. Recovery from alcoholism and drug addiction is the sole responsibility of the person suffering with the disease. They must do what is necessary to stay sober. The family, friends, employers, etc. of the alcoholic and addict must never feel they need walk on eggshells. Being open, honest, and understanding, without enabling, is what is needed most from all who are in support of the individual who is in recovery.



### 12 Healing Steps

If we have a leaking water pipe we fix it. If we have the flu we need time to heal- we can't fix the flu. Stopping alcohol and drugs is the fix; however, the healing process takes a long time- there is no fix, just a recovery period which takes a lifetime of healing.

We have included a list of the minimums to working a healthy recovery program that, if followed, will keep a person sober.

1. Meetings (90 meetings in 90 days at the start and then regular attendance- at least three per week after that)
2. Sponsor (called every day)
3. Home Group
4. Working the Steps (with their sponsor)
5. Reading recovery literature

Additional suggestions:

1. Prayer and Meditation
2. Service Work
3. Working with others

### Final Thoughts

It doesn't matter whether you, as a family member, friend, employer, etc., believe it's a disease. What really matters is that the person who is an alcoholic and/or addict believes it's a disease, that they have it, and that it must be treated.

"When I started using this One Proven Method, I began to experience tremendous growth and positive changes in my own recovery." Rev. Stephen J. Murray, MCRC, NICD Director [See this link for more about our Director and Founder](#)

NICD Web Sites: [www.ni-cor.com](http://www.ni-cor.com) and [www.nicd.us](http://www.nicd.us)

Before we get into what the One Proven Method is, allow us to share with you some staggering research results when using this Method:

Studies have shown by using this One Proven Method you will increase your chance of reaching your goals (career goals, financial goals, fitness goals, relationship goals) by as much as 82%! We read one study that said people who use this technique have more than 51% less colds, stronger immunity and half as many visits to their doctor. It is also proven that people who follow this method easily move through challenges and adversity and it helps them, more than anything else; keep focused on their reason for being.

Additional research revealed that addiction recovery, insomniacs, the panic-prone and depressed, cancer patients, and people trying to lose weight have All benefited through this One Proven Method.

Here is Doreene's story

"One day, as I was driving down the freeway, I was struck by Divine inspiration with a brilliant idea for people to put into practice this One Proven Method. And, this method is far more effective than anything I had ever seen before. In my heart of hearts I knew I had to bring it to the world.

The idea was so profound, and at the time, I had the thought, this is so simple it must be out there. Yet,

when I looked for it I could not find it anywhere. And, from this inspiration came the birth of a profoundly unique and life-changing tool called The 5 Year Journal.”

Unlike what you may be thinking, journaling takes only a few minutes a day, and you do not have to do it every day to have a lasting effect.

For as long as humans have had their own stories to tell we've been writing them down. We jot notes, make lists and write letters. And sometimes, when we need someone to talk to, a best friend, a confidante, a place to take our deepest secrets and our fears, or when we just want to record our thoughts, we write in journals.

The journal is communicating from the heart. It is a place we can go to protect our reminiscences and work through our difficult emotions. Our journal archives our growth and gives us perspective. Within the journal's safe pages, we can try out ideas and explore feelings. And since there's no right or wrong way to keep a journal, anyone can do it.

If your life is worth living, is not it worth recording?

The 5 Year Journal is beautiful hardcover book with place marker ribbon, 272 acid-free pages and over 100 motivational quotes. It includes an easy to follow how-to journal section, and work book sections.

This One Proven Method is for you, for someone who is new to recovery, recovered, and it is also a wonderful gift for family, friends, co-workers, anyone. NICD is in need of your support, so we may help more families to cope with the turmoil of addiction. By making a purchase 25% of each journal sold goes to [www.nicd.us](http://www.nicd.us) and [www.ni-cor.com](http://www.ni-cor.com).





- ACNE
- BLOOD VESSELS
- BREATH ODOR
- FACE**
- GENITALIA
- HAIR
- LUNG CANCER
- LUNGS
- MOUTH
- NAILS
- SPERM
- STOMACH
- STRESS
- WRINKLES

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**SMOKER**

The smoker's skin looks unhealthy, because the chemicals in cigarette smoke makes the skin's elastic fibers snap more easily. This causes the skin to lose its elasticity. A weary face is not a popular one; out of the 100 most popular profile pictures in a dating service only two were pictures of smokers.

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**NON-SMOKER**

The non-smoker's face looks healthy, because there are no skin-weakening substances circulating in his blood. Not smoking has the same effect as cosmetics: the skin stays healthy and attractive.

- ACNE
- ARM HAIRS
- BLOOD VESSELS
- BREATH ODOR
- FACE**
- FACIAL HAIR
- GENITALIA
- HAIR
- LUNG CANCER
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## **The BRAIN: UNDERSTANDING NEUROBIOLOGY:**

### *Addiction is a Brain Disease*

By **ALAN I. LESHNER, MD**

A core concept evolving with scientific advances over the past decade is that drug addiction is a brain disease that develops over time as a result of the initially voluntary behaviour of using drugs. (Drugs include alcohol.)

The consequence is virtually uncontrollable compulsive drug craving, seeking, and use that interferes with, if not destroys, an individual's functioning in the family and in society. This medical condition demands formal treatment.

- We now know in great detail the brain mechanisms through which drugs acutely modify mood, memory, perception, and emotional states.
- Using drugs repeatedly over time changes brain structure and function in fundamental and long-lasting ways that can persist long after the individual stops using them.
- Addiction comes about through an array of neuro-adaptive changes and the lying down and strengthening of new memory connections in various circuits in the brain.

### **The High jacked Brain**

All the relevant mechanisms are not yet known, but the evidence suggests that those long-lasting brain changes are responsible for the distortions of cognitive and emotional functioning that characterize addicts, particularly including the compulsion to use drugs that is the essence of addiction.

It is as if drugs have high jacked the brain's natural motivational control circuits, resulting in drug use becoming the sole, or at least the top, motivational priority for the individual.

Thus, the majority of the biomedical community now considers addiction, in its essence, to be a brain disease:

This brain-based view of addiction has generated substantial controversy, particularly among people who seem able to think only in polarized ways.

- Many people erroneously still believe that biological and behavioural explanations are alternative or competing ways to understand phenomena, when in fact they are complementary and integrative.

Modern science has taught that it is much too simplistic to set biology in opposition to behaviour or to pit willpower against brain chemistry.

- Addiction involves inseparable biological and behavioural components. It is the quintessential bio-behavioural disorder.

Many people also erroneously still believe that drug addiction is simply a failure of will or of strength of character. Research contradicts that position.

### **Responsible For Our Recovery**

However, the recognition that addiction is a brain disease does not mean that the addict is simply a hapless victim. Addiction begins with the voluntary behaviour of using drugs, and addicts must participate in and take some significant responsibility for their recovery.

- Thus, having this brain disease does not absolve the addict of responsibility for his or her behaviour.

But it does explain why an addict cannot simply stop using drugs by sheer force of will alone.

### **The Essence of Addiction**

The entire concept of addiction has suffered greatly from imprecision and misconception. In fact, if it were possible, it would be best to start all over with some new, more neutral term.

The confusion comes about in part because of a now archaic distinction between whether specific drugs are “physically” or “psychologically” addicting.

The distinction historically revolved around whether or not dramatic physical withdrawal symptoms occur when an individual stops taking a drug; what we in the field now call “physical dependence.”

- However, 20 years of scientific research has taught that focusing on this physical versus psychological distinction is off the mark and a distraction from the real issues.

From both clinical and policy perspectives, it actually does not matter very much what physical withdrawal symptoms occur.

- Physical dependence is not that important, because even the dramatic withdrawal symptoms of heroin and alcohol addiction can now be easily managed with appropriate medications.
- Even more important, many of the most dangerous and addicting drugs, including methamphetamine and crack cocaine, do not produce very severe physical dependence symptoms upon withdrawal.

What really matters most is whether or not a drug causes what we now know to be the essence of addiction, namely

- The uncontrollable, compulsive drug craving, seeking, and use, even in the face of negative health and social consequences.

This is the crux of how the Institute of Medicine, the American Psychiatric Association, and the American Medical Association define addiction and how to use the term.

It is really only this compulsive quality of addiction that matters in the long run to the addict and to his or her family and that should matter to society as a whole.

Thus, the majority of the biomedical community now considers addiction, in its essence, to be a brain disease:

- A condition caused by persistent changes in brain structure and function.

This results in compulsive craving that overwhelms all other motivations and is the root cause of the massive health and social problems associated with drug addiction.

### **The Definition of Addiction**

In updating our national discourse on drug abuse, we should keep in mind this simple definition:

- Addiction is a brain disease expressed in the form of compulsive behaviour.

Both developing and recovering from it depend on biology, behaviour, and social context.

It is also important to correct the common misimpression that drug use, abuse and addiction are points on a single continuum along which one slides back and forth over time, moving from user to addict, then back to occasional user, then back to addict.

Clinical observation and more formal research studies support the view that, once addicted, the individual has moved into a different state of being.

- It is as if a threshold has been crossed.

Very few people appear able to successfully return to occasional use after having been truly addicted.

### **The Altered Brain – A Chronic Illness**

Unfortunately, we do not yet have a clear biological or behavioural marker of that transition from voluntary drug use to addiction.

However, a body of scientific evidence is rapidly developing that points to an array of cellular and molecular changes in specific brain circuits. Moreover, many of these brain changes are common to all chemical addictions, and some also are typical of other compulsive behaviours such as pathological overeating.

- Addiction should be understood as a chronic recurring illness.
- Although some addicts do gain full control over their drug use after a single treatment episode, many have relapses.

The complexity of this brain disease is not atypical, because virtually no brain diseases are simply biological in nature and expression. All, including stroke, Alzheimer's disease, schizophrenia, and clinical depression, include some behavioural and social aspects.

What may make addiction seem unique among brain diseases, however, is that it does begin with a clearly voluntary behaviour- the initial decision to use drugs. Moreover, not everyone who ever uses drugs goes on to become addicted.

- Individuals differ substantially in how easily and quickly they become addicted and in their preferences for particular substances.

Consistent with the bio-behavioural nature of addiction, these individual differences result from a combination of environmental and biological, particularly genetic, factors.

In fact, estimates are that between 50% and 70% of the variability in susceptibility to becoming addicted can be accounted for by genetic factors. Although genetic characteristics may predispose individuals to be more or less susceptible to becoming addicted, genes do not doom one to become an addict.

- Over time the addict loses substantial control over his or her initially voluntary behaviour, and it becomes compulsive. For many people these behaviours are truly uncontrollable, just like the behavioural expression of any other brain disease.

Schizophrenics cannot control their hallucinations and delusions. Parkinson's patients cannot control their trembling. Clinically depressed patients cannot voluntarily control their moods.

Thus, once one is addicted, the characteristics of the illness- and the treatment approaches- are not that different from most other brain diseases. No matter how one develops an illness, once one has it, one is in the diseased state and needs treatment.

### **Environmental Cues**

Addictive behaviours do have special characteristics related to the social contexts in which they originate.

- All of the environmental cues surrounding initial drug use and development of the addiction actually become "conditioned" to that drug use and are thus critical to the development and expression of addiction.

Environmental cues are paired in time with an individual's initial drug use experiences and, through classical conditioning, take on conditioned stimulus properties.

- When those cues are present at a later time, they elicit anticipation of a drug experience and thus generate tremendous drug craving.

Cue-induced craving is one of the most frequent causes of drug use relapses, even after long periods of abstinence, independently of whether drugs are available.



The salience of environmental or contextual cues helps explain why re-entry to one's community can be so difficult for addicts leaving the controlled environments of treatment or correctional settings and why aftercare is so essential to successful recovery.

- The person who became addicted in the home environment is constantly exposed to the cues conditioned to his or her initial drug use, such as the neighbourhood where he or she hung out, drug-using buddies, or the lamppost where he or she bought drugs.
- Simple exposure to those cues automatically triggers craving and can lead rapidly to relapses.

This is one reason why someone who apparently overcame drug cravings while in prison or residential treatment could quickly revert to drug use upon returning home.

In fact, one of the major goals of drug addiction treatment is to teach addicts how to deal with the cravings caused by inevitable exposure to these conditioned cues.

### **Implications**

It is no wonder addicts cannot simply quit on their own.

They have an illness that requires biomedical treatment.

- People often assume that because addiction begins with a voluntary behaviour and is expressed in the form of excess behaviour, people should just be able to quit by force of will alone.
- However, it is essential to understand when dealing with addicts that we are dealing with individuals whose brains have been altered by drug use.

They need drug addiction treatment.

We know that, contrary to common belief, very few addicts actually do just stop on their own.

Observing that there are very few heroin addicts in their 50s or 60s, people frequently ask what happened to those who were heroin addicts 30 years ago, assuming that they must have quit on their own.

- However, longitudinal studies find that only a very small fraction actually quit on their own. The rest have either been successfully treated, are currently in maintenance treatment, or (for about half) are dead.

Consider the example of smoking cigarettes: Various studies have found that between 3% and 7% of people who try to quit on their own each year actually succeed.

Science has at last convinced the public that depression is not just a lot of sadness; that depressed individuals are in a different brain state and thus require treatment to get their symptoms under control. It is time to recognize that this is also the case for addicts.

## **The Role of Personal Responsibility**

The role of personal responsibility is undiminished but clarified.

Does having a brain disease mean that people who are addicted no longer have any responsibility for their behaviour or that they are simply victims of their own genetics and brain chemistry? Of course not.

Addiction begins with the voluntary behaviour of drug use, and although genetic characteristics may predispose individuals to be more or less susceptible to becoming addicted, genes do not doom one to become an addict.

This is one major reason why efforts to prevent drug use are so vital to any comprehensive strategy to deal with the nation's drug problems. Initial drug use is a voluntary, and therefore preventable, behaviour.

Moreover, as with any illness, behaviour becomes a critical part of recovery. At a minimum, one must comply with the treatment regimen, which is harder than it sounds.

- Treatment compliance is the biggest cause of relapses for all chronic illnesses, including asthma, diabetes, hypertension, and addiction.
- Moreover, treatment compliance rates are no worse for addiction than for these other illnesses, ranging from 30% to 50%.

Thus, for drug addiction as well as for other chronic diseases, the individual's motivation and behaviour are clearly important parts of success in treatment and recovery.

## **Alcohol/ Drug Treatment Programs**

Maintaining this comprehensive bio-behavioural understanding of addiction also speaks to what needs to be provided in drug treatment programs.

- Again, care must be taken not to pit biology against behaviour.

The National Institute on Drug Abuse's recently published Principles of Effective Drug Addiction Treatment provides a detailed discussion of how we must treat all aspects of the individual, not just the biological component or the behavioural component.

As with other brain diseases such as schizophrenia and depression, the data show that the best drug addiction treatment approaches attend to the entire individual, combining the use of medications, behavioural therapies, and attention to necessary social services and rehabilitation.

- These might include such services as family therapy to enable the patient to return to successful family life, mental health services, education and vocational training, and housing services.

That does not mean, of course, that all individuals need all components of treatment and all rehabilitation services. Another principle of effective addiction treatment is that the array of services included in an individual's treatment plan must be matched to his or her particular set of needs. Moreover, since those

needs will surely change over the course of recovery, the array of services provided will need to be continually reassessed and adjusted.

Holistic approaches ranging from brain wave biofeedback to yoga and acupuncture are an important part of the "array of services" to be considered.

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National Institute on Drug Abuse, Preventing Drug Use Among Children and Adolescents: A Research-Based Guide (National Institutes of Health, Bethesda, MD, March 1997) (<http://165.112.78.61/Prevention/Prevopen.html>).

E. J. Nestler, "Genes and Addiction," *Nature Genetics* 26 (2000): 277~281 ([http://www.nature.com/cgi-taf/DynaPage.taf?file=/ng/journal/v26/n3/full/ng1100\\_277.html](http://www.nature.com/cgi-taf/DynaPage.taf?file=/ng/journal/v26/n3/full/ng1100_277.html)).

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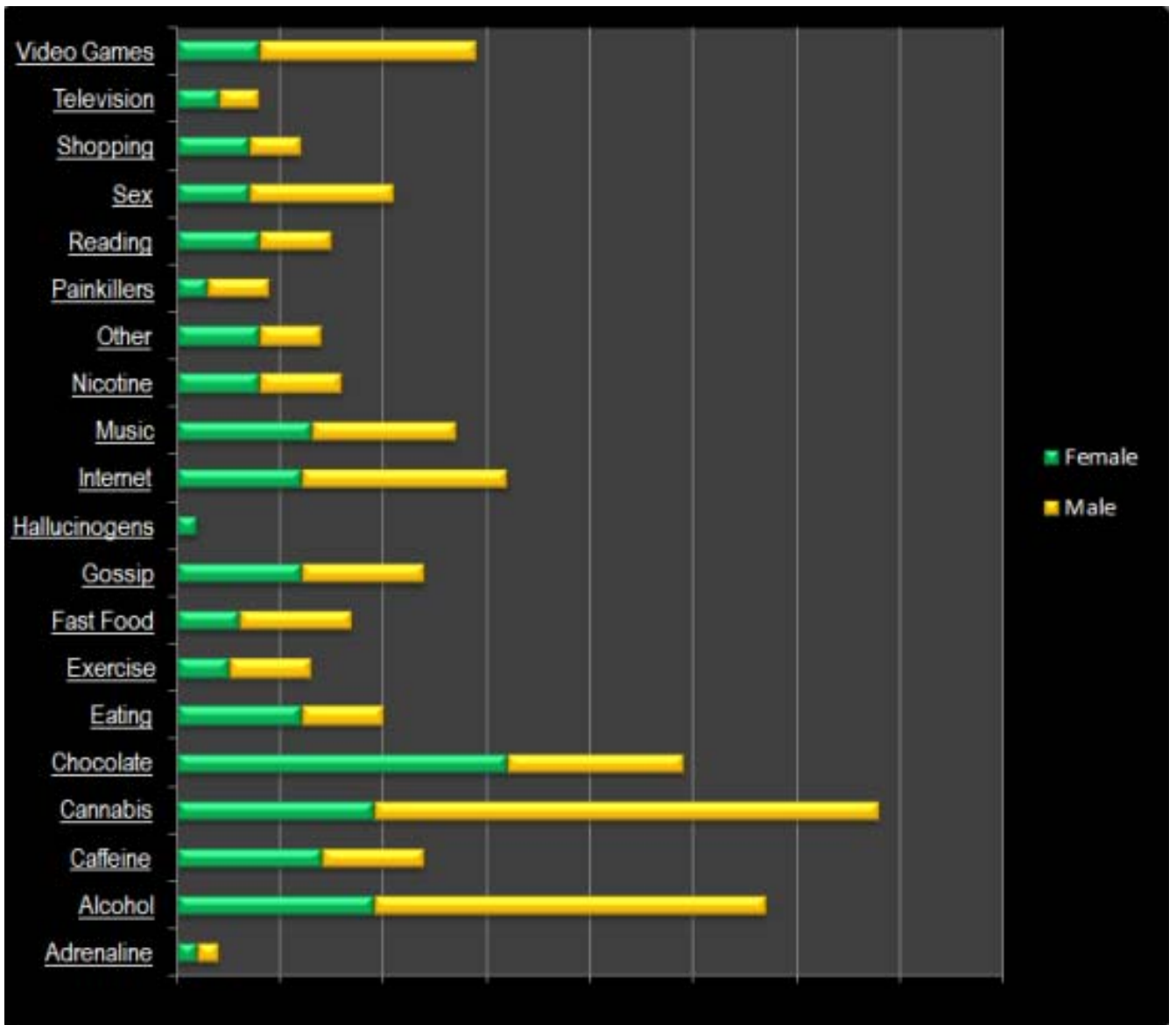
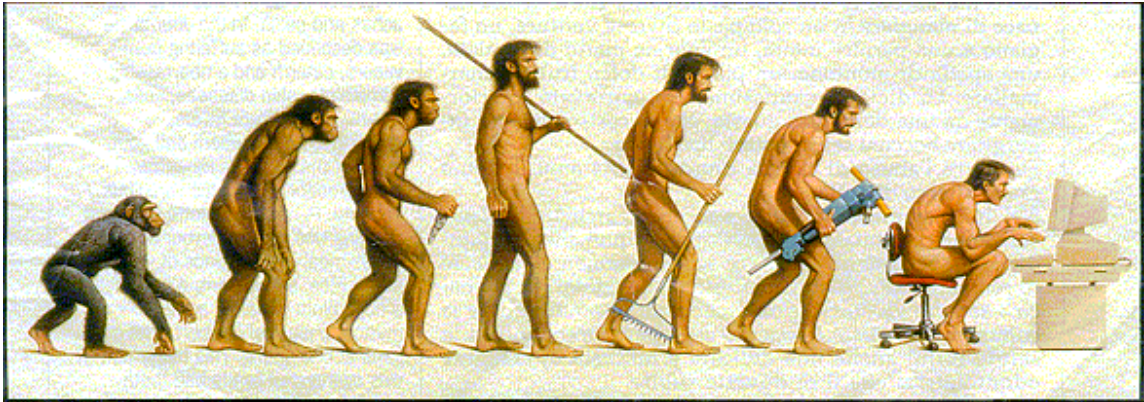
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PASCAS  
HEALTH









**U.S. SUBSTANCE ABUSE TREATMENTS and DIAGNOSTICS MARKET REVENUES to CROSS US\$1.3 BILLION by 2008:**

The areas of substance abuse have various consequences in families, in the healthcare system, in the criminal justice system, and in the very core of the American way of life. Substance abuse encompasses a large menu of drugs, which include social drugs (alcohol, nicotine, caffeine), prescription drugs (narcotic analgesics, sedatives, amphetamines), over-the-counter (OTC) drugs, and illicit drugs (marijuana, heroin, hallucinogens, inhalants, cocaine). Abuse of and dependence on a variety of drugs are so common that one in four individuals is estimated to have personal experience with a family member or friend who is, or was, substance dependent. The prevalence of substance abuse and related medical problems ensures the problem is not diminishing but growing.



According to a soon-to-be-released report from Business Communications Company, Inc. ([www.bccresearch.com](http://www.bccresearch.com)) *RB-189 U.S. Market for Addiction and Substance Abuse treatment*, the U.S. addiction and substance abuse treatment and diagnostics markets are estimated at US\$1.1 billion in 2003, growing at an AAGR (average annual growth rate) of 4.1% to exceed US\$1.3 billion by 2008. This market includes two general segments, namely, the prescription and OTC pharmaceutical treatments and point of care and home diagnostic testing.

Both of these markets are forecast to grow due to advancements in technology, making testing more accessible and easy to accomplish; advancements in quality and design of tests, making the tests more accurate and cost effective; and increasing trends by the general public to take responsibility for health care. Also influencing the growth of the substance abuse diagnostic testing arena is the desire to have instant results at an affordable price.

The pharmaceutical treatments segment accounts for the largest portion of revenues with an estimated US\$922.1 million in 2003. This is due to steady use of drug abuse treatment products, namely smoking cessation. By 2008, the pharmaceutical treatments segment is expected to reach US\$1.09 billion, growing at an AAGR of 3.5%.

Diagnostic testing products account for approximately 15% of the substance abuse market, or revenues of US\$162.8 million in 2003. Technological advancements are expected to result in an AAGR of 7.1%, raising revenues to US\$229.6 million by 2008.

The leading competitor in the U.S. addiction and substance abuse treatments and diagnostics market in 2003 is GlaxoSmithKline with a 37.1% market share. Other companies involved in the market include Roxane Laboratories, Novartis, Reckitt Benckiser, Pfizer, Barr, Psychomedics, Wyeth, Roche, and a host of others.

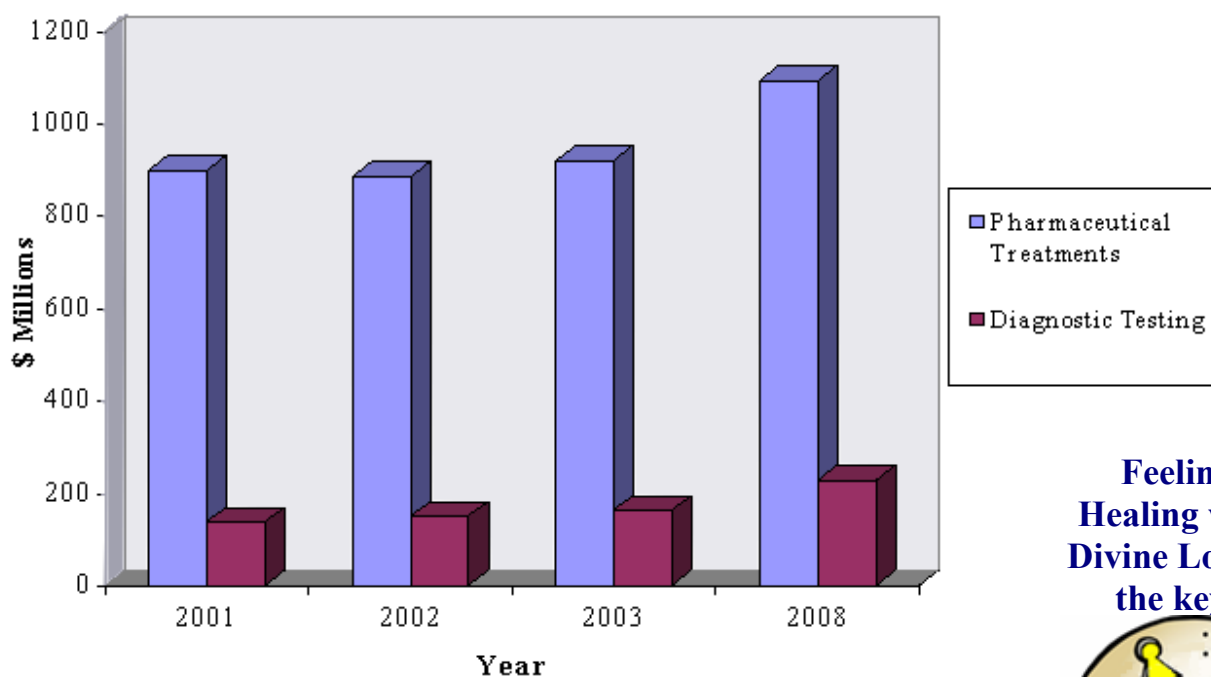
Market Size of Substance Abuse Treatments and Diagnostics Revenues at U.S. Manufacturer Sales Levels, through 2008

(US\$ Millions)

Category	2001	2002	2003	2008	AAGR% 2003-2008
Pharmaceutical Treatments	900.2	885.6	922.1	1,094.8	3.5
Diagnostic Testing	138.1	149.9	162.8	229.6	7.1
Total Substance Abuse Market	1,038.3	1,035.5	1,084.9	1,324.4	4.1

Source: BCC, Inc.

Market Size of Substance Abuse Treatments and Diagnostics Revenues  
at U.S. Manufacturer Sales Levels, through 2008  
(US\$ Millions)



Feeling  
Healing with  
Divine Love is  
the key!



### **Substance Dependence or Separation Anxiety Disorder (SAD):**

Recollection of studying the relationship between food and addiction a couple of years ago.

It seemed that certain foods, in women : chocolate and pastries.  
in men, consider : meat and cheese  
(Note: we are missing potato chips from the equation.)



Had the equivalent effect on brain chemistry that methadone did.

So certain foods were producing a significant alteration in brain chemistry, similar to very addictive drugs. Using similar techniques, people may have wanted less chocolate when given methadone.

Obesity is one side effect of addiction and that is having tremendous consequences. Anorexia, nervosa and other eating conditions could be viewed the other end of that scale just for a metaphor of range of eating disorders in relation to addiction.

Let's rename addiction – separation anxiety disorder(SAD) for a moment.

When we feel a trigger of separation at the level of the mind, let us imagine that from there it goes to the brain and creates the changes in brain chemistry that are measured by scientists as changes in neuro transmitters and felt as craving (to reconnect with God).

When we have our peace (note spelling) of chocolate, we alter the brain chemistry and feel balanced (temporarily) again on the physical and emotional level. Of course there is guilt that goes with running to the fridge or the cigarette pack, but adding in the guilt we feel when we get our fix is another shame feedback loop, needless to say it is an aggravating factor in the addiction cycle.

Now let me put something together.

Aboriginal obesity syndrome. (AOS) It is well known that some aboriginal groups, namely North American Indians, Native Hawaiians, and Australian Aboriginals all are over represented in the realm of addiction and obesity.

What is the factor that links them?

SEPARATION FROM THEIR LAND, or SOMETHING ELSE THEY VALUE.

The separation wound of land displacement is a vivid reminder of the initial separation from the Father. (The fall of Man).

How does this play out? Right at the level of the PANCREAS. The Pancreas spiritually speaking is where the wound of victimization sits in the physical body.

It transduces down from the etheric.

You will find flukes and other detrimental items in the pancreases of aboriginals when you use the highly advanced biofeedback devices (SCIO).

So the pancreas is damaged, and the diabetic syndrome is initiated. The sugar cravings begin and the aboriginals get fat and sick and die young. That is distressing and it is expensive on the health care system.

But depending on the level of consciousness of the displaced group you get different reactions. From apathy to violence. Ghandi had it right.

Certain self identified victim groups – react with violence, some with obesity. (The Black Panthers, Militant Islam, Mohawk Tribes, etc.)

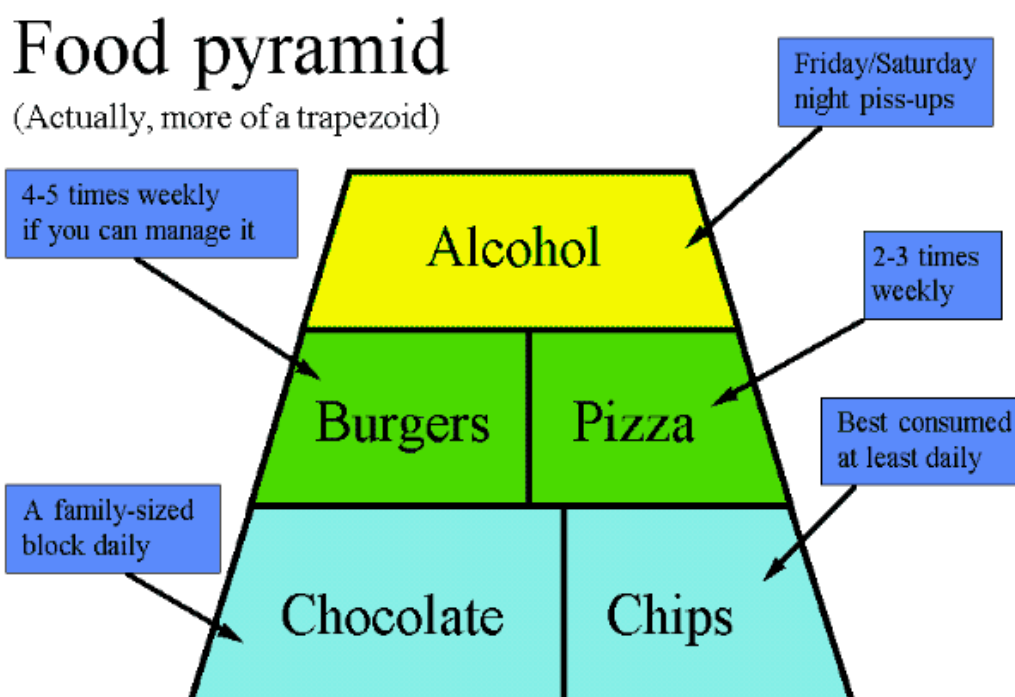
So what to do. Give the land back? Settle the claims? How about a little of that but a lot of letting go of the illusion of loss of ownership of land, and maybe a better understanding of Karma.

This loss of land sits squarely in the realm of illusion at the level of the absolute.

The "victim" must forgive and yes the "abuser" must apologize but the wound needs to be healed at the level of MIND / SPIRIT. Constellation Therapy (Bert Hellinger) but on a global scale.

It is time to consider applying our models to the sub group mind collectives.

We call those nations or cultures or peoples.





Naltrexone Implant treatment programs as developed by Dr George O'Neil are very beneficial in assisting patients with addictions such as alcohol and other drug abuses.

### **Purpose**

- (a) Fresh Start Private (FSP) is committed to providing a programme that will break the cycle of alcohol addiction and will promise each patient, their families and friends a life celebrating freedom from the past and hope for the future;
- (b) FSP will celebrate freedom with each patient as they live their life without the problems of alcohol as they unleash themselves from a debilitating disease;
- (c) FSP will celebrate bringing loved ones back into families and friendships and the freedom to love again.
- (d) FSP will celebrate life free from alcohol and life as it should be lived. FSP will also celebrate happy, healthy, productive lives free from the damaging impact of alcohol; and
- (e) FSP will celebrate each success as our organization touches and changes people's lives free from alcohol.
- (f) This program has also been successfully employed in treating other addictions such as for heroin, etc.

### **Mission**

Fresh Start Private (FSP) is the expansion of our purpose through:

- (a) The innovative and proprietary O'Neil Naltrexone™ Implant;
- (b) The *On-Purpose*® Fresh Start Coaching Programme;
- (c) The Family and Friends Rebuilding Programme and, Retreat for the Continuing Care Programme; and
- (d) A commitment to on-going research.

### **Product Description**

The FSP Programme is an alcohol rehabilitation programme developed by Dr George O'Neil with the assistance of Michael Twohill and pharmacist Maria Chiam. The FSP Programme incorporates a naltrexone implant administered via a minimally invasive medical procedure to inhibit addiction cravings with coaching addressing an alcoholic's underlying psychological problems. Other addictions can be



treated similarly. The FSP Programme inhibits an alcoholic's cravings through the use of the unique O'Neil Naltrexone™ Implant. Created by Dr O'Neil, the State-of-the-Art biodegradable implant offers patients uninterrupted access to more than six months of Naltrexone therapy helping to eliminate the patient's desire to consume alcohol and, therefore, allowing successful recovery from the addiction.

Along with the implantation of the O'Neil Naltrexone™ Implant, the FSP Programme provides two weeks of personal *On-Purpose*® Fresh Start Coaching from Professor Edward Gifford for both the alcoholic and their support persons on the Gold Coast. The programme offers the alcoholic and their family an environment free from the burdens and distractions of their home base. The Programme also provides three months of ongoing support from FSP physicians and *On-Purpose*® coaches upon their return to the United States or elsewhere.

### ***Key Benefits of the FSP Programme***

- (a) **Single Focus on Treatment of Alcohol Addiction**  
The FSP Programme is exclusively designed for the treatment of alcohol addiction. By focusing narrowly on alcoholism the programme has been tailored to address the issues and problems unique to alcoholics;
- (b) **Comprehensive Approach to Treatment**  
FSP recognises that alcoholism is a disease of the body, mind and spirit and has established a programme to treat all of these aspects. FSP addresses the psychological cause as well as the physical cravings of alcohol addiction through a comprehensive recovery programme. The FSP Programme combines medical intervention with individually tailored *On-Purpose*® life enrichment sessions, rebuilding family and friend connections and post treatment continuing care;
- (c) **Focus on Family and Friends**  
FSP has identified that repairing relationships that have been damaged due to addiction is critical to a patient's recovery process. Based on this, FSP has made family and friends an essential part of the patient's recovery during both the initial treatment stage and the patient's long term recovery;
- (d) **FSP's treatment stage removes the physical cravings for alcohol for an extended period, then works to realign the mind through counselling programmes. Once cravings have been eliminated, the patient is free to concentrate on dealing with the mental, emotional and spiritual issues that are related to the alcoholism;**

### ***Points of competitive differentiation***

- (a) **FSP differs from other alcohol rehabilitation programmes as it is exclusively customised for alcohol addiction and not marketed as a "cure-all" for multiple types of addictions like many other recovery programs. Based on FSP research, very few programmes are designed to only treat alcohol addiction. This factor defines the FSP Programme from its competitors;**
- (b) **The FSP Programme is unique as it offers the Naltrexone implant to patients. The O'Neil Naltrexone™ implant eliminates the need for patients to self-administer medication and it is the only implant in the world that offers a duration of therapeutic action for an average of approximately 200**

days and up to as many as 390 days. Existing approved sustained release Naltrexone formulations currently on the world wide market only offer up to 30 days of Naltrexone duration. The O'Neil Naltrexone™ implant is not offered by any other medically based alcohol rehabilitation programme;

- (c) Residential rehabilitation centres are the closest competitors for the FSP Programme. They offer accommodation to addicted patients along with medical treatment and some counselling services. The main difference between those facilities and the FSP Programme is twofold:
- i) FSP offers services specifically catering to the needs of alcoholics and their families whereas residential programs only cater for alcoholics and not their families; and
  - ii) The FSP Program offers a coaching, not a counselling program. Coaching is solution-focussed and results-oriented and utilises systematic processes in which the coach assists the client to move from where they are to where they want to be in the future. Counselling is about personal healing and resolution of personal issues which hold someone back from living fully. Thus, the FSP Program works with the present with an eye on the future, rather than healing the past by working on the present (counselling). None of the residential rehabilitation centres offer coaching or a comprehensive program customised for alcoholics;
- (d) A hospital stay reinforces to the alcoholic the concept of illness. This can be a negative experience for them. The FSP Programme creates a positive experience for the alcoholic and their family by allowing them to recover in a pleasant, restful, different and private environment where they are surrounded by those closest to them providing full support for their recovery. The FSP 14 day in-patient retreat program is efficient and effective and the continuing care program supports the alcoholic and his family after the retreat stay. Thus, the FSP program does not reinforce the concept of illness but focuses on recovery and the future.
- (e) Organizations such as Alcoholics Anonymous that target alcoholics specifically provide support services based around counselling and assistance from other addicted individuals. They do not provide medical treatments and have a very low success rate (no more than 5% for ongoing rehabilitation). There are a number of self-help programmes also available to alcoholics, including on-line and phone based help lines. The FSP Program is a fully comprehensive rehabilitation program that provides greater positive outcomes than support based programmes alone.
- (f) Pricing positioning and strategy

As stated in the 2004 National Survey on Drug Use and Health: National Findings, USA. Most binge and heavy alcohol users were employed. Among the 51.9 million adult binge drinkers in 2004, 41.2 million (79.3 percent) were employed either full or part time. Similarly, 12.7 million (79.5 percent) of the 16.0 million adult heavy drinkers were employed.

The programme is structured for two markets, the first is for those that can afford all the comforts (this includes all medical care, costs for the minimally invasive procedure, O'Neil Naltrexone™ Implant, *On-purpose*® Fresh Start Coaching, Family and Friends Rebuilding Program and Retreat, Continuing Care Program, all transportation and travel costs, and accommodation expenses). The FSP Program is more comprehensive and is specific for alcohol addiction treatment, shorter in

duration during the in-patient stay, provides practical continuing care and follow –up, offers more privacy and most importantly, utilises a long-term solution for alcohol addiction through the use of the O’Neil Naltrexone™.

In addition to alcoholics who are seeking treatment for the first time, it is expected that many of the people who will ultimately enrol in the FSP Programme will have attempted alcohol rehabilitation through various other programmes such as Alcoholics Anonymous or other private clinics such as the Betty Ford Clinic to treat the addiction. Such people are looking for alternative solutions to what has been tried before. FSP aims to reach out to these people through FSP’s marketing activities.

The second platform is through the Pascas Health Clinics and structured to be significantly more affordable and accessible to those who need this support and seek it.

### ***FSP Audiences***

The three specific audiences for the FSP Programme are as follows:

(a) Alcoholics

People suffering from alcohol addiction are the primary audience and indeed the ultimate client of the FSP Programme. In the United States alone there are in excess of 16 million people suffering alcohol addiction. Research by FSP suggests that there are approximately 1.6 million potential patients in the United States alone who, on statistics, could access the programme. If, however, assuming for the moment that .025% of the sufferers participate in the treatment which is quite feasible with the right marketing programme in the United States, one could assume that no fewer than 1,250 patients per year would access the programme.

(b) Families of Alcoholics

It is equally important to target families of people suffering alcohol addiction. These people will have watched their alcoholic-addicted family member as their addiction worsened and are likely to have tried several times to help them rehabilitate. It is for this purpose that we target the families and support persons of the alcoholics and encourage them to travel to Australia with the alcoholic and two of their children and remain with them during the two week duration of the programme;

(c) Medical Industry and Allied Professionals

The medical industry and allied professionals are a critical audience for our programme. Many alcoholics and their families will speak to members of this industry in their search to find alcohol treatment.

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PAPERS**

### ***The FSP Programme Itinerary***

The following provides an overview of the patient's itinerary during their stay:

#### **Day 1**

Arrive at resort on Australia's Gold Coast and check in to recovery suite.  
Remainder of day is open for relaxation and preparation for implant procedure.  
Check-up with Physician if recommended for blood test and general health check.

#### **Day 2**

Receive O'Neil Naltrexone™ Implant in the morning and return to recovery suite for relaxation (medication will curb alcohol cravings within hours).

#### **Day 3**

Relaxation at resort with recovery partner and children.  
Physician check-up if recommended.

#### **Day 4**

Participate in initial half day *On-Purpose*® Fresh Start Programme session.  
Remainder of day is open for relaxation at resort.

#### **Day 5**

Participate in second half day *On-Purpose*® Fresh Start Programme session.  
Remainder of day is open for relaxation at resort.

#### **Days 6 – 12**

Days reserved for vacation activities of choice \* with recovery partner and children (FSP to coordinate logistics for all activities). Physician check-up on day 6 for removal of sutures.

#### **Day 13**

Participate in final half day *On-Purpose*® Fresh Start Programme session.  
Final Physician check-up and general information appointment



#### **Day 14**

Return home with medical records and appropriate physician referral information.

\* Activities available on Australia's Gold Coast:

Beach day trip	Scuba diving	Surfing	Parasailing
Deep sea fishing	Water skiing	Fly fishing	Shopping
Hot air balloon rides	Golfing	Dining	Great Barrier Reef day trips

\* Local Internationally Acclaimed Theme Parks and Attractions:

Sea World	DreamWorld	Warner Bros Movie World
Wet 'n' Wild Water World	Australian Outback Adventure	Steve Irwin's Australia Zoo

### UNLOVING PERSONALITY

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is choked of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

### LOVING PERSONALITY

Spirit body mind is clear of man-made negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.



### POOR SOUL CONDITION is DARKNESS:

Using Kirlian photography, this is an auric photo showing an individual who is a drug addict... notice no connection with God or Source, no love and light.

Such soul condition is reflective of the man-made emotions such as apathy, despair, depression, hatred, loathing, etc.

Even when such a personality is in an environment of bright light and vibrancy, such a personality can still only see and perceive darkness.

It is this darkness of soul that fits the person for an environment that is only of darkness. The locations to which they arrive within are of perpetual darkness and are miserable environments until they, through their own endeavours, grow in love. This may take centuries, or they can embrace the great gift of the Source Soul and ask for the Divine Love.





**SUBSTANCE ABUSE or DEPENDENCE TRANSFERS from ONE LIFETIME to the NEXT:**

Kinesiological research confirms:

Should one not overcome a substance dependency or a substance abuse then that task will be presented to them in the next or a subsequent incarnation to then complete the work of resolving and eliminating that dependency or abuse.

(True, this paragraph calibrates on the Map of Consciousness at 1,000)

Thus the karmic consequence is that the addiction is to be overcome even should that require many further incarnations by the addict. The task is not avoided by one's death. The task must be accomplished sooner or later.

The higher levels of potentiality in enlightenment are elusive until one has overcome such addictions.

Addictions and substance abuse are related to unhappiness which prevails in the lower energy levels of humanity.

**What are the various karmic potentialities of consciousness after death of the body?** The various karmic potentialities of consciousness after death of the body calibrate as follows:

On the Map of Consciousness =

		650 – 780 3 <sup>rd</sup> sphere
Levels 600 +	= Higher Heavens (Non-form)	
Levels 500 – 600	= Celestial Realm	500 – 650 2 <sup>nd</sup> sphere
Levels 240 – 500	= Higher Astral Planes	} Earth Planes 1 – 500 1 <sup>st</sup> sphere
Levels 200 – 240	= Inner Astral Planes	
Levels below 200	= Various Levels of Hells and the Lower Astral Domain	
		Hells 1 – 200

(these being levels of intensive introspection, self analyse, and remoulding if required – not punishment)

Hell is a state of life on Earth!

SOUL DEVELOPMENT LEVELS	
Level 6 – Highly Advanced	few
Level 5 – Advanced	1%
Level 4 – Upper Intermediate	9%
Level 3 – Intermediate	17%
Level 2 – Lower Intermediate	31% 73%
Level 1 – Beginner	42%

World wide average	207
<b>MoC – Consciousness Calibrations Worldwide</b>	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%

The reality is that living with an addiction is living in hell. Hell is an earthbound experience which is currently being experienced by some 78% of humanity as they, themselves work and struggle to transcend the levels of consciousness of 200 and achieve a relative happiness.

The consciousness or energy level one dies at is the consciousness or energy level one reincarnates at. Thus, should one's spiritual growth be impeded by a substance addiction or abuse, then that impedes one's growth and is reflected in one's subsequent energy level upon reincarnation and the quality of one's subsequent life during that following incarnation.

Suicide with a substance abuse or addiction is compounded. The ending of the life of a physically sound body before the allotted time as a means of avoiding the pain prevailing during this life, is replaced with a significantly higher hurdle in the ensuing life. Suicide is one very significant blemish that brings with it a very serious lesson that is of greater difficulty than the lesson originally being confronted, during the life in which one has taken one's own life.

Society has to consider the ongoing consequences of a member suffering the hurdle of overcoming a substance abuse or addiction by the fact that this illness will be presented to society by the sufferer during ongoing incarnations until the lesson and illness is resolved and overcome.

Addicts who commit suicide will present themselves in subsequent incarnations with the same or greater addiction until the lesson and karma are resolved. This is a massive impost on any community that is best addressed and have aid brought to hand now in the most focused way possible.

<b>Correlation of Levels of Consciousness and Society Problems</b>				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

**Note:**

**The Map of Consciousness scale is from 1 to 1,000**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

### **LIGHT BODY HEALTH SCIENCES:**

‘Light Body Health Sciences’, being Energy Medicine, is the next major advancement in health management:

Kinesiology is the interface between the linear and the non-linear. At the level of consciousness level of 600 and above, everything is considered possible and probable.

Anything below 200 is negative, false, anti-life and in error. Everything above 200 is pro-life.

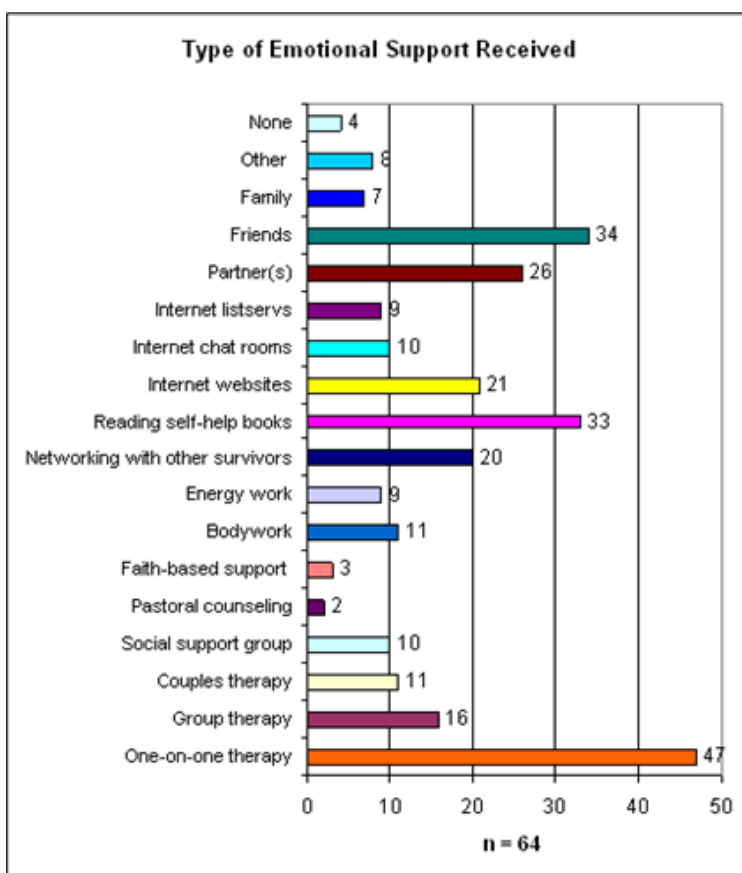
<b>LIGHT BODY HEALTH SCIENCE</b>	<b>Energy Calibration</b>
<b>Jhana Yoga – Advaita pathway</b>	
<b>Bhakti Yoga</b>	
<b>Raja Yoga</b>	
<b>Karma Yoga</b>	
<b>Nova Siliqua (practitioner + modality)</b>	
<b>Svaroopaa Yoga (The Bliss Yoga) (practitioner + modality)</b>	
<b>Homeopathy David Little (practitioner + modality)</b>	
<b>Profound Healing Touch</b>	
<b>Reiki Angela (practitioner + modality)</b>	
<b>Om (pronounced òm as in loan) A-U-M</b>	
<b>Homeopathy Rajan Sakaran (practitioner + modality)</b>	
<b>Oneness Blessing</b>	
<b>Young Living Essential Oils</b>	
<b>Resonance</b>	
<b>Svaroopaa Yoga</b>	<b>615</b>
<b>Asana Pranayama Mudra Bandha Yoga</b>	<b>610</b>
<b>Reiki Platform (practitioner + modality)</b>	<b>610</b>
<b>Body Cleanse – full body cleanse</b>	<b>610</b>
<b>Consciousness Levels Calibrations – Kinesiology</b>	<b>605</b>
<b>Clinical Kinesiology</b>	<b>600</b>
<b>Orion Healing</b>	<b>600</b>
<b>Journey Process</b>	<b>600</b>
<b>Light Body Work (practitioner + modality)</b>	<b>600</b>
<b>Homeopathy Soham Foundation (practitioner + modality)</b>	<b>550</b>
<b>TWELVE-STEP RECOVERY PROGRAMS</b>	
<b>Alcoholics Anonymous</b>	<b>540</b>
<b>Kundalini Yoga</b>	<b>510</b>
<b>SCIENCE CLINICAL</b>	
<b>Psychoanalysis (Freud)</b>	<b>460</b>
<b>Psychoanalysis (Jung)</b>	<b>460</b>
<b>Energy Medicine</b>	<b>460</b>
<b>Pharmacology</b>	<b>450</b>
<b>America’s Best Hospitals</b>	<b>450</b>

<b>Surgery</b>	<b>440</b>
<b>Internal Medicine</b>	<b>440</b>
<b>Medicine, General</b>	<b>440</b>
<b>Medicine, Holistic</b>	<b>440</b>
<b>Psychiatry</b>	<b>440</b>
<b>Kriya Yoga</b>	<b>410</b>
<b>Acupuncture</b>	<b>405</b>
<b>Oriental Medicine</b>	<b>395</b>
<b>Hatha Yoga</b>	<b>390</b>
<b>DBT Psychology</b>	<b>385</b>
<b>Clinical Psychology</b>	<b>380</b>
<b>Psychiatric Hospitals</b>	<b>355</b>
<b>Homeopathy General</b>	<b>200</b>
<b>Nursing Homes</b>	<b>200</b>
<b>Hospitals</b>	<b>180</b>
<b>DRUGS &amp; ALCOHOL</b>	
<b>Alcohol Addiction</b>	<b>90</b>
<b>Cigarettes</b>	<b>85</b>
<b>Marijuana</b>	<b>80</b>
<b>Cocaine, Heroin, Methamphetamines</b>	<b>6</b>

Note the extra-ordinary low calibrations associated with addictive substances.

Energy based medical research is confirming why the TWELVE STEP RECOVERY PROGRAMS are effective. At the energy level of 540, being unconditional love, one is able to move from the entrapment of substances abuses. Should the management practitioners supporting such a facility calibrate in the mid to high 500's then that unit is effective. In other cases, the programs struggle to achieve results.

Programs to support substance sufferers will be development and found significantly more efficacious from within the light body health sciences that calibrate over 600 on the Map of Consciousness.



## **FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:**

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your



will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

### Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

### Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about

uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

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.

**To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

**WE ARE NOT MEANT TO BE ALONE:**

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

**‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’**

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make yourself feel better.



And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.

‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

**ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:**

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I to ok over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation.

Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”



**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 EDURE 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 of some 200,000 years ago and then the Default of 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 as being 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.

**DRUG HIGHS HITTING NEW LOW:**

Page 13, Gold Coast Bulletin 7 July 2014

Australia, a country of sporting champions, innovators – and drug takers.

The Australian nation has the inglorious distinction of having the highest proportion of recreation drug users in the world – an embarrassing new low, albeit from people getting high.

Our collective craving for a hit is only set to heighten, with the number of drug users continuing to rise steadily.

The frightening statistics in the United Nation's 2014 World Drug Report confirm Australia as leading the world in the use of party drug ecstasy, third in the use of methamphetamines and fourth in the use of cocaine.

Of greater concern in Australia's sudden and sharp addiction to prescribed or black market opioids such as codeine and morphine. We rank second only to the US, with 3.1% – 3.6% of the population aged between 15 and 65 regular users, and most are women.

And more than 10% of the working-age population are regular users of cannabis.

While we top the pile on ecstasy use, the data suggests it is the only drug category which is declining.

“In Australia, expert opinion points to an increase in the consumption of cannabis, cocaine, hallucinogens, and solvents and inhalants, but a decline in the use of ecstasy,” it said. “There is a wide range of drug analogues and new psychoactive substances on the Australian illicit drug market.”

Dr Alex Wodak said the cause behind Australia's burgeoning appetite for illicit drugs was paradoxical – fuelled by both a cashed-up and unfettered new generation and an underclass of Australian who have been disadvantaged by the nation's growing social and economic inequality. It's a cocktail of party and poverty.

“There is certainly greater demand for drugs and that is likely because of economic and social conditions,” Dr Wodak said. “People on one hand have more money to spend and on the other there are more people who are at risk are getting worse because of high unemployment, poor job prospects, lack of optimism.”

He claimed the rise in drug use was being matched by an increase in the number of deaths attributed to overdose.

More than three Australians die every day from a drug overdose, most opioid pill-popping by women.

“Overdoses have been rising steadily for some years,” Dr Wodak said.

“In the past 10 years, figures started heading in the wrong direction; deaths from ecstasy, deaths from heroin, but more concerning is prescription opioids which now outnumber the deaths from heroin and are continuing to rise.”

**The GREATEST HEALTH CARE MANAGEMENT PROGRAM is RAISING ONES CONSCIOUSNESS = SOUL CONDITION:**

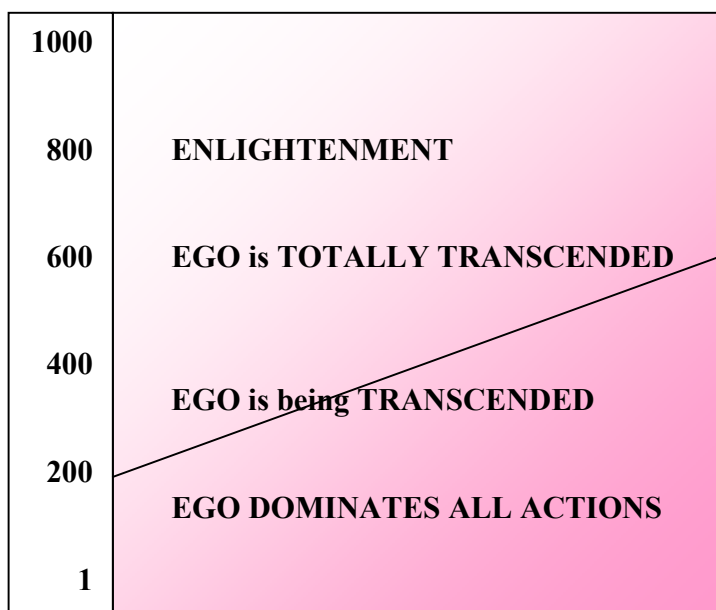
The energy / consciousness level that we are at when we leave our current human bio-suite is the energy level at which we return at ones subsequent rebirth. Thus the benefits of focusing upon raising ones consciousness level continues for ever and cannot be over emphasised.

It is for these reasons that capital punishment is an error. A person in a very diminished level of consciousness is subsequently re-born with the same propensity to crime, same level of consciousness. Thus, capital punishment denies the person the opportunity to recover as well as pushing the issues of rehabilitation to a subsequent life and generation to deal with for that particular person.

The time of ones death is set at precisely the time of ones birth. The way of death is not, but ones time of death is set, so that is one more thing you do not need to worry about!

Death: If you are living in the exact moment you are not having a problem. Whack. Ones head is severed or some other critical event

occurs. At the instant of death ones spirit arises and he witnesses his head roll away. No one experiences his own death. It's not possible. At the moment of death, one goes out of body and witnesses what is happening in the phenomenal world but it is not possible to experience your own actual death. The actual death of the body occurs as a result of you, being spirit, leaving ones body! So the exit from ones human bio-suite is no big issue, maybe inconvenient for others at the time, but you cannot experience the death of your body. Physical death is relatively nothing at all. There is a sudden leaving of the body, and life goes on, re-emerging as another embodiment.



**Correlation of Levels of Consciousness and Society Problems**

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

Upon re-incarnation, even though we select our own parents, we as children tend to reflect the calibration of one of our parents. The children in any given family tend to calibrate at the same level as each other and also at the same level as one of the parents. Parents tend to calibrate closely together. It is when parents tend to diverge in their levels of consciousness that they tend to separate and reform new marriage relationships.

Children, on reaching maturity and entering into marriage relationships of their own, then tend to find a new level as a result of their new social structure.

With the evolutionary jump now occurring with the emergence of homo spiritus, there will be a significant achievable shift in consciousness, firstly with that group and then progressively encapsulating an ever expanding proportion of humanity worldwide.

It is important that advantage of the Roger Banister factor be considered and employed. Roger Banister broke the four minute mile, thought to be impossible, now many routinely do so. There are occasional stumbling blocks, namely impediments that a spiritual aspirant does not comprehend that frustrate many who seek enlightenment and they subsequently become stuck at a given point.

Your ultimate guide is actually the inner Self. The Self is the inner Teacher whose qualities need only be noted and appreciated.

The circumstances of our birth and life are precisely karmically perfect. All that we face and endure – the obstacles, the challenges – serves the evolution of consciousness in which we simultaneously undo the negative consequences of the past and derive advancement for spiritually positive choices. (cal. 998)

This discovery – that we are all passengers on an evolutionary train – recontextualizes life in that all that we suffer, endure, and ultimately transcend serves our individual and collective, ultimate goals.

## **HEALTH**

By the time consciousness levels reach the 500s, and especially in the high 500s, this energy tends to flow in a generalised way and influences not only subjectivity but perceived experience as well. Life experiences become progressively more benign and fortuitous. What is held in mind tends to present itself almost effortlessly as though by the miraculous.

The spiritual energy brings about spontaneous healings of bodily ailments that may well have been chronic and intractable. This phenomenon also occurs to various persons who come within the province of the field in an unpredictable fashion. There appears to be a karmic ripeness associated with these healing phenomena that again occur spontaneously and independently of any volition. The unfolding of life no longer is explicable or comprehensible by mere logic or reason, which are knowably inapplicable and irrelevant to the unfolding of phenomena. With constant surrendering, for instance, even the impaired eyesight of childhood corrects itself, and the previously indistinct, fuzzy world becomes distinct and clear within a sudden, unexpected split second.

**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.**

## **The MOST EFFECTIVE LONG TERM HEALTH CARE MANAGEMENT SYSTEM EVER!**

Raising ones energy / consciousness level towards 600 and even higher, enhances ones physicality and puts the body into a frequency level where illness does not prevail. In fact, illness cannot and does not occur in any significant way at such high energy levels.

This state prevails with you and supports the wellness of ones body into further incarnations. Thus, focusing upon raising ones energy level has benefits beyond this life time, through eons of time; forever.

The pursuit of enlightenment is spirituality's greatest gift towards universal long term wellness for humanity.

Every enlightenment step being the discovery of fundamental truth, raises ones energy / consciousness level thus taking them progressively away from an illness (dis-ease) environment towards wholeness and health.

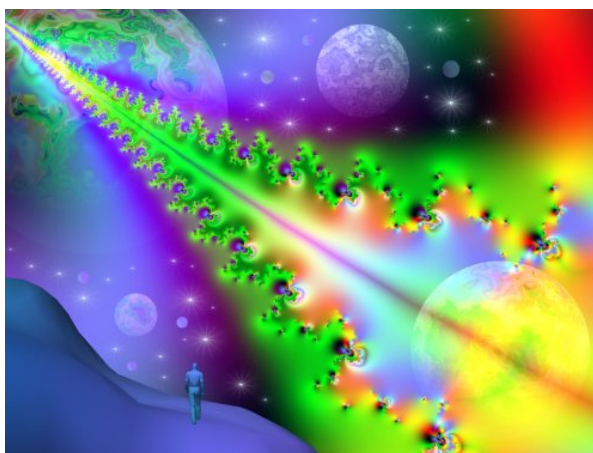
The rebirth of Christ – from a spiritual viewpoint, means the displacement of falsehood by truth, of darkness by light, of ignorance by awareness. P.45 The Eye of the I by David Hawkins.

All true religions reaffirm that salvation is a consequence of surrendering to and acknowledging God through faith, worship, good deeds, prayers, and declarations. As the ego dissolves into the Presence as Allness, the mind falls silent in the stillness and silence; thus, no nominalization is possible. This was also the teaching of the Buddha and all Enlightened Sages throughout recorded time.

With more than 22,000 Christian based churches and potentially more than 50,000 separate churches / religions around the world, confusion must currently prevail.

Everyone is already a mystic and innately attracted to Enlightenment.

With the realisation of enlightenment and the achievement of consciousness, calibrations in the 600's, will come many technological innovations thus making renewable free energy readily available, which supports the delivery of education in all areas of the planet, which enables further growth in enlightenment by all throughout the world, which engenders the availability of abundant nutritious food, safe haven and long term health as a result of global spirituality based on truth.





# FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**



## Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!  
 It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.  
 Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.  
 You might not like feeling bad, but it's okay to feel bad.  
 You are allowed to feel bad. Give yourself permission to feel bad.  
 Bad feelings shouldn't be dismissed.  
 Bad feelings already feel unwanted, why make them feel more rejected?  
 You are your bad feelings – if you reject them, you are rejecting yourself.  
 Why are you rejecting yourself? Why are you rejecting your bad feelings?  
 Is this how you want to live – rejecting a natural part of yourself?  
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.  
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.  
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.  
Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

### So Remember:

Feeling bad is Good!  
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

### The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

**We are to be true to our soul by living true to our feelings.**

To want to live true; true to how you feel, is to want to be perfect.  
And your feelings are the way.

# FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

## FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

# Heartfelt TRUTH

# REVELATIONS



**Revelation 1:** Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



**Immortality with the Love.**



# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

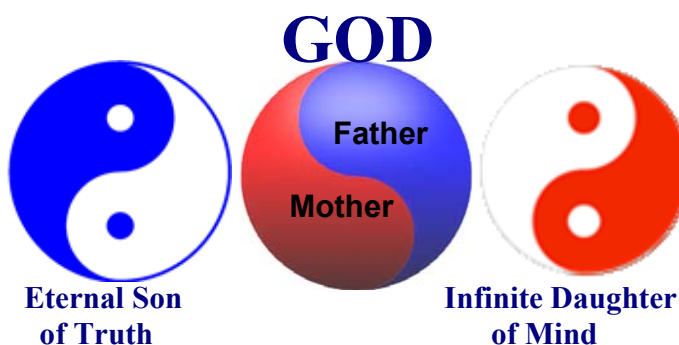
Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018







PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
2. **ETERNAL SON (ES) – Divine Truth**
3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

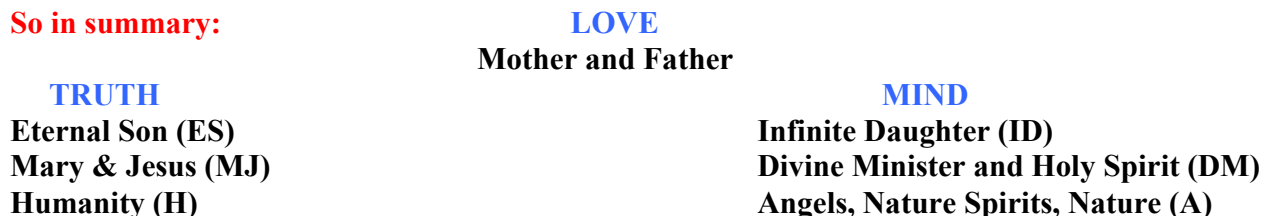
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS (MF) – Love – the Living Truth**
2. **DIVINE MINISTER (ID) – Mind (and her Holy Spirit)**
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

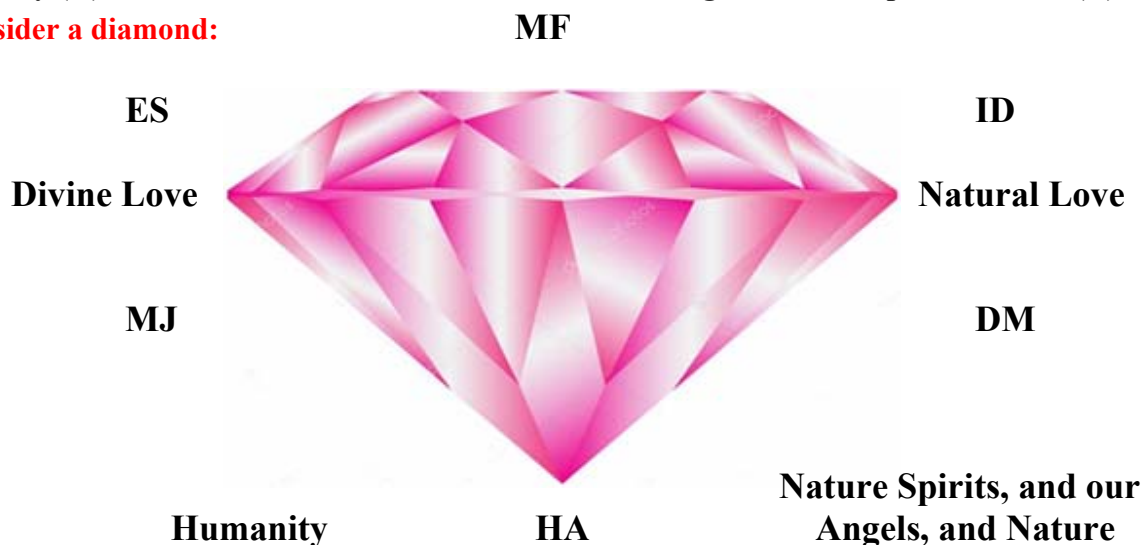
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR – the Feeling Healing process – incarnate**
2. **DAYNAL – TEACHER PAIRS – they do not incarnate**

So in summary:



Consider a diamond:



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

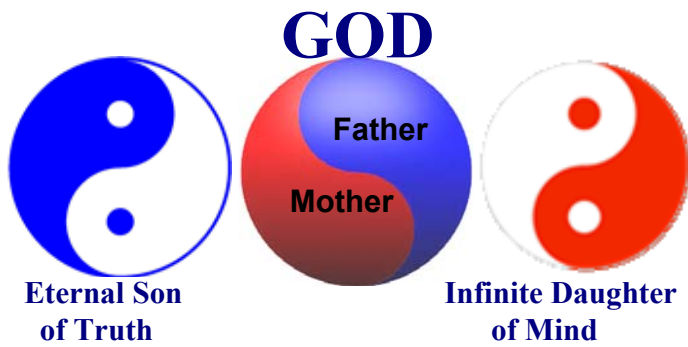
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.





**CREATION of SOUL and SPIRIT:**

God is *The Paradise Trinity* — the eternal Deity union of the Personalities: the Universal Mother and Father; the Eternal Son of Truth; and the Infinite Daughter Spirit of Mind.

The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

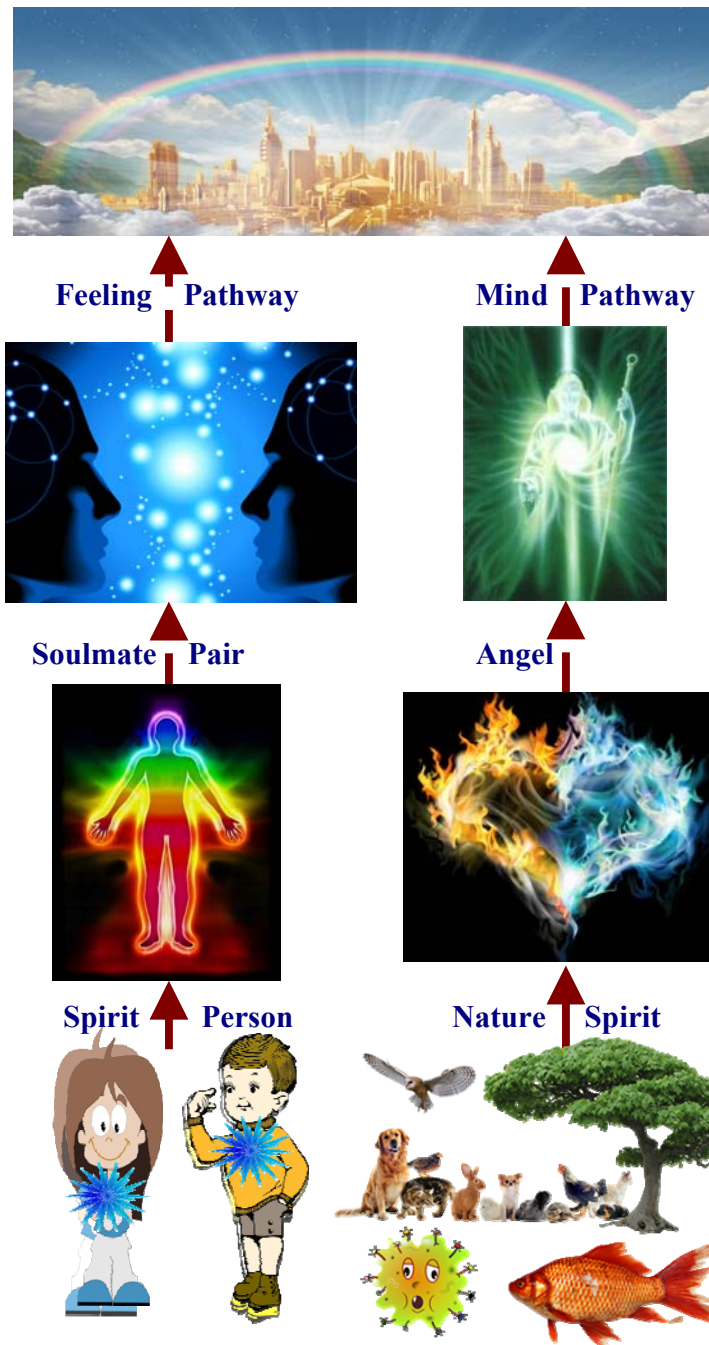
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, as we progress in truth up through the Mansion Worlds, celestial heavens and all the way to Paradise.

The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.





## WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus' Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

**HUM:** Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It's that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

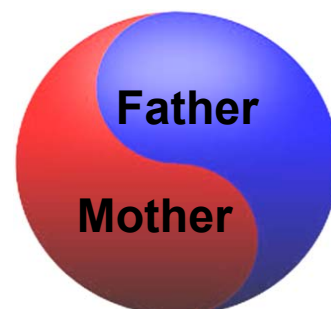
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**AVO:** We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair's guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world's spirits.

**J&M:** We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

**M&F:** Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.

# GOD



**M&F**



**J&M**



**AVO**

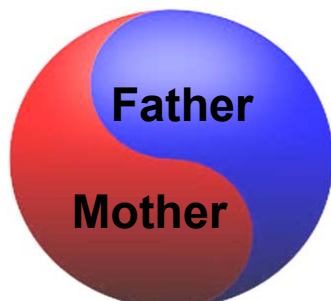


**HUM**

**WE ARE Children of God**

**WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:**

**GOD**



**M&F**

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.  
We are to long for the truth of what we are feeling.  
We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



**J&M**

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.

In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.



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

**AVO**



**HUM**

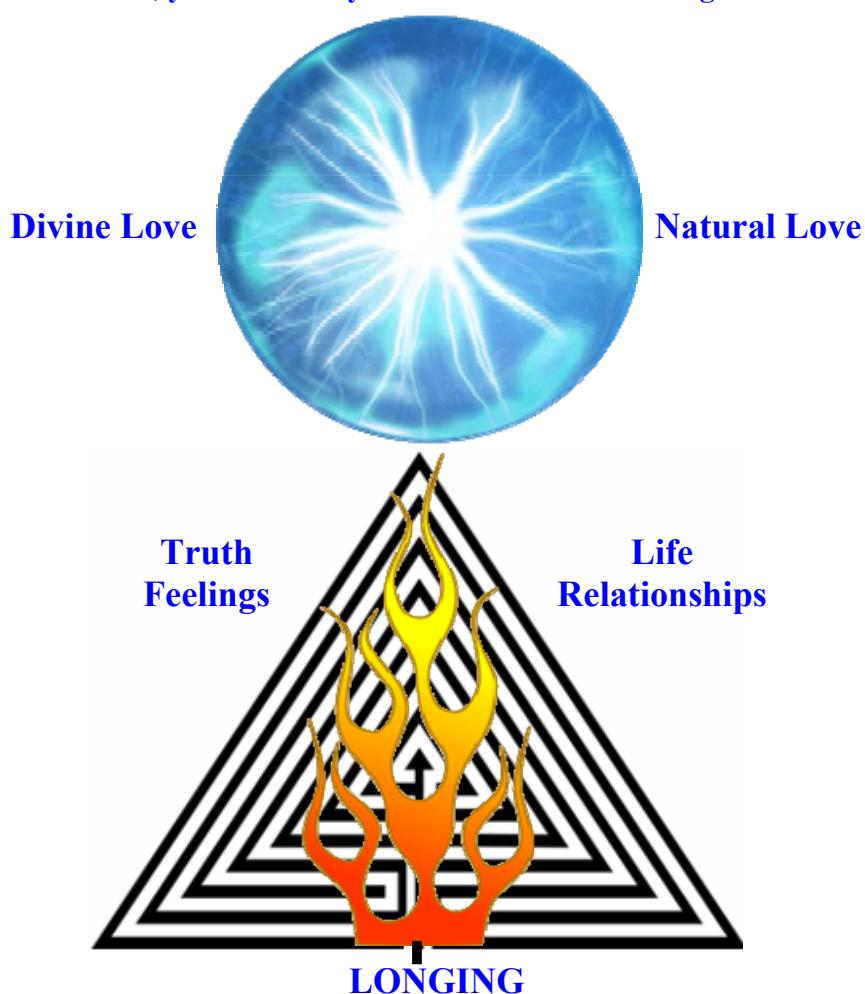
As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nebadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**



**HOW TO GET TO PARADISE:****Long for the Divine Love****Long for the Truth****Long for the truth of your feelings****Don't deny any feelings: accept, express and want to know the truth of them****Know your feelings are the key; your feelings are the Way****Want to end your falseness and being untrue****Want to understand the truth of your early life****Use your surface feelings to move deeper into yourself, bringing up your repressed feelings****Want and long to know the whole truth of yourself****Want to do it all with God, your Heavenly Mother and Father – long to Them for help.****The Key**

**Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.**

### MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

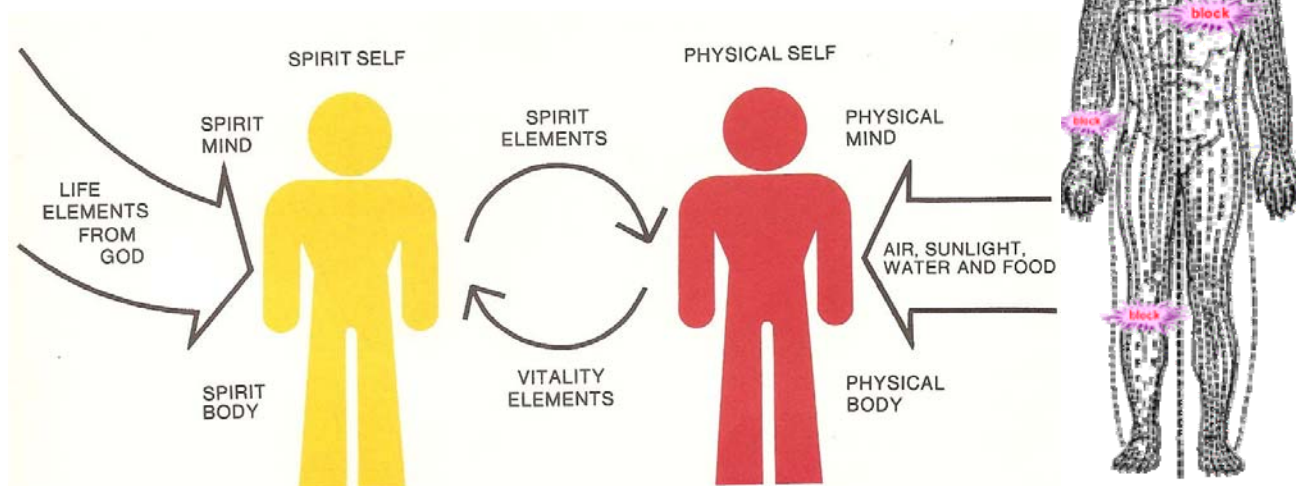
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

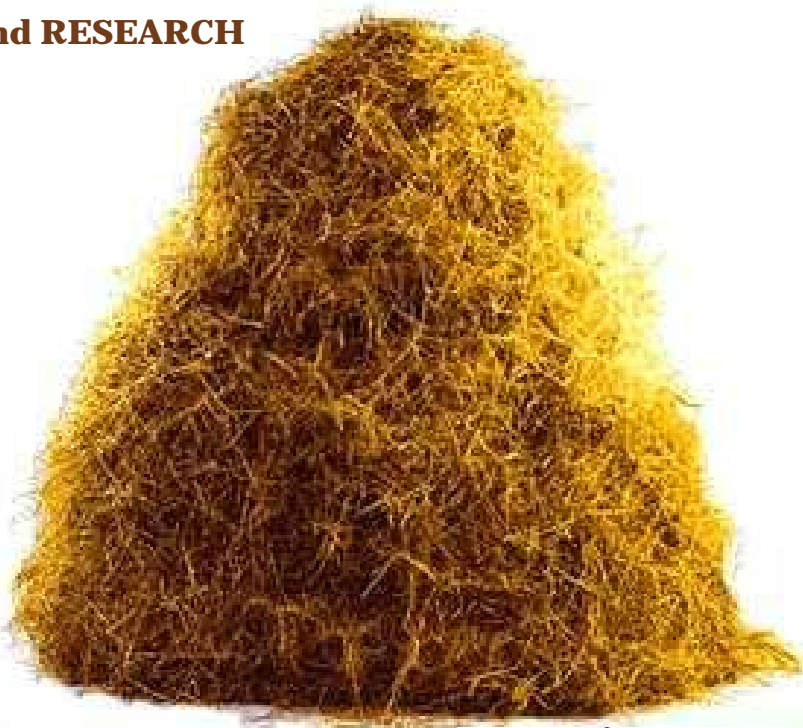
We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

## MEDICAL PROCEDURES and RESEARCH



### Sometimes You Can Find a Needle in a Hay Stack!

While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



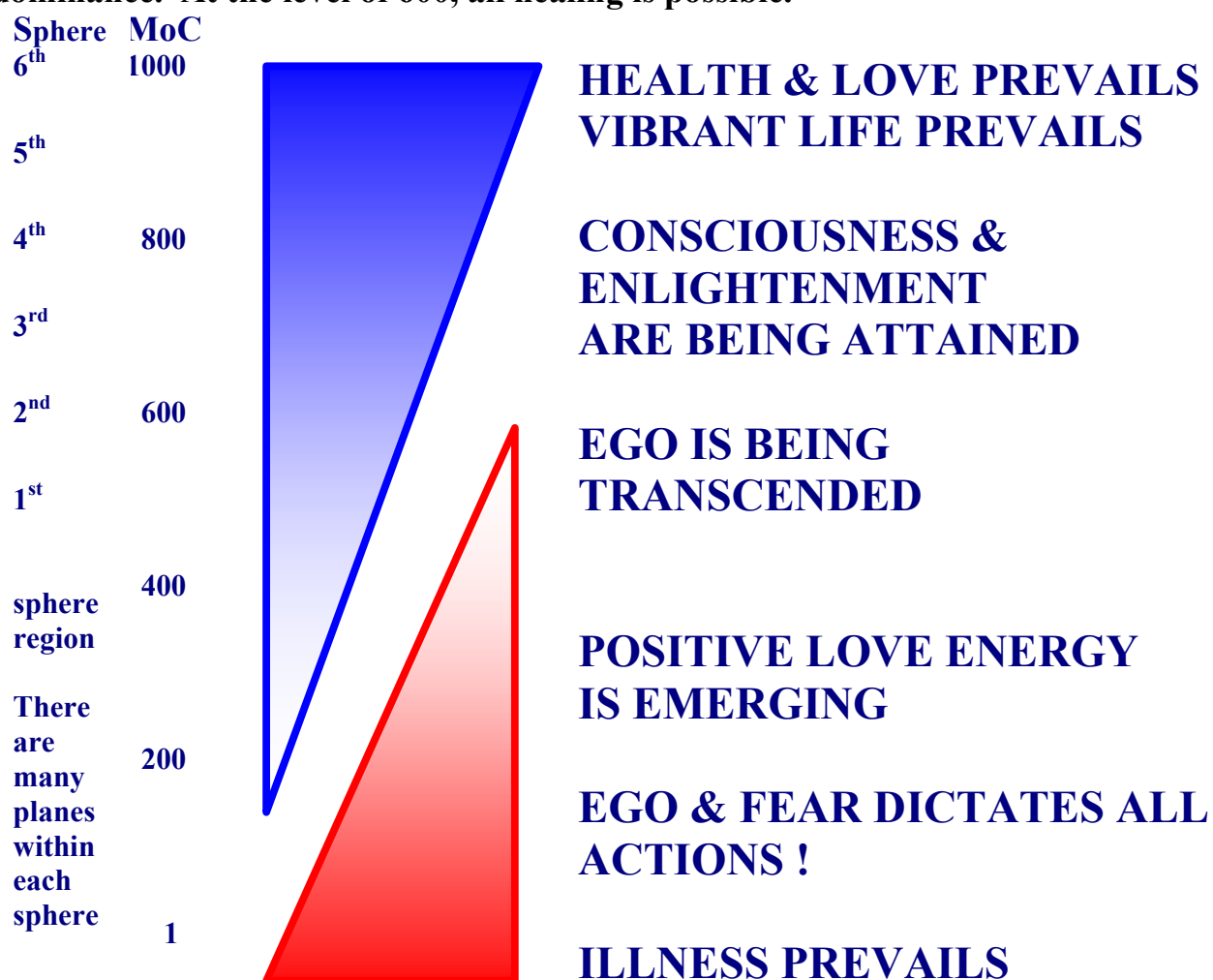
The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your soul and spirit body is the home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.

## **“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”**

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



In the presence of the Creator, all suffering ceases. One has returned to one’s Source, which is not different from one’s own Self. It is as though one had forgotten and now awakened from a dream. All fears are revealed to be groundless; all worries are foolish imaginings. There is no future to fear nor past to regret. There is no errant ego / self to admonish or correct. There is nothing that needs changing or bettering. There is nothing about which to feel ashamed or guilty. There is no ‘other’ from which one can be separated. No loss is possible. Nothing needs to be done, no effort is required, and one is free from the endless tug of desire and want.

**LIFE beyond DEATH:**

Tony Bushby ISBN 0 9751594 1 0

Blinding light and overwhelming illumination, is the predominant feature of entry into the life between life. No earthly bliss can compare with the unalloyed ecstasy that engulfs all who cross the threshold. Love is everything. All-powerful rapture obliterates fear and negativity as the soul is reabsorbed into the undifferentiated oneness of existence.

‘Its so bright, so beautiful, so serene. It’s like going into the sun and being absorbed without any sensation of heat. You go back to the wholeness of everything. One does not want to come back. Everything makes sense, everything is perfectly just. Its wonderful to know that love is really in control.’

**Judgement**

For the purposes of self-assessment, the soul is confronted with an instantaneous panoramic flashback which contains every single detail of its life. The comments of the Experienced is that the process is immediate and all-enveloping; an absolute reliving of the last life.

Said one person:

‘It’s like climbing right inside a movie of your life. Every moment from every year of your life is played back in complete sensory detail. Total, total recall. And it all happens in an instant.’

The individual’s hopes, friendships, ideals, aesthetic inclinations and mental processes all form part of the review. Emotionalism is kept to a minimum as the judges gently assist the soul in an objective understanding of its actions within the larger context of many lives. Only by observing karmic trends and patterns ... always difficult to discern within a single lifetime ... can the soul gain some measure of its progress on the long, long journey of spiritual evolution.

Some near death Experiencers (NDE) go so far as to say that in the course of this panorama, every single day of their life was presented before them.

‘Then the Judgement was put on and I was the Judge.’ This is a very crucial way of judging people because the harshest judge you can have of everything you do, is yourself. You are harsher on yourself than you are on anyone else.

Judgement day, is in fact, every day and you are your own judge!

During our married life time, should we digress from the level of our partner’s consciousness level by a significant amount, then it is time to separate and find a new partner. A major differentiation in consciousness levels between partners is unbearable and it is a relief to both partners should they separate under those circumstances.

Our senses travel with our spirit /soul. Thus, should one experience an out of body episode, you will find that all your senses travel with you.



There are different realms of the spiritual world. Most people do not tap into the spirit world, and do not channel guidance from the spiritual world, for they are not open to having that happen. This is particularly true of Christians, because of the blinders that the Church has put on its flock.

Others that are open vessels can receive / channel from the spirit world inspiration, wisdom, etc. But if a person does not use discernment and have pure intentions, they can receive influence from the lower levels of the spiritual world, as opposed to the higher level, where the masters reside. At the lower levels are souls that, using the Map of Consciousness calibration, would have left their Earth life with energy levels well below 200, even though they may have had strong personalities, high intellects. Thus, those influenced by them manifest just the opposite of love and compassion and truth to their fellow humans on Earth.

To enhance the potential quality of one's spirit life then one should focus upon raising one's own consciousness / energy level, not only for ongoing quality health but for happiness and for the joy of living.



<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)



**The life and Teaching of the Masters of the Far East by Baird Spalding:**

P110 – 111

We know that the ideals we see in the lives of others take root in our lives and, in compliance with the Divine Law, bring forth after their kind. As long as we believe in the power of sin and see the effect of sin as a reality, the punishment of that sin will be vital in our own lives. But, as we give to ourselves and others truly righteous thoughts for all inharmonious ones, we are making ready the harvest of a great spiritual feast which is certain to follow the seedtime. Thus forgiveness has a two fold mission. It frees both the erring and the loving one, for back of the application of forgiveness is a deep and radiant love, a love founded on principle, a love that desires to give for the joy of giving with no thought of reward save that of the Father's approval in the words, 'This is My beloved Son in whom I am well pleased.'

These words are just as true for us as they are true of Jeshua. Your sins, sickness, or discord are no more a part of God, or your true self, than fungi are a part of the plants to which they attach themselves. They are the false excrescences which have gathered upon your bodies as the result of wrong thinking. The thought of the disease and the disease are merely the cause and the effect. Erase, forgive the cause and the effect disappears. Erase the false belief and sickness vanishes.

This was the only method of cure that Jeshua ever resorted to. He erased the false image in the consciousness of the one to whom he ministered. He first raised the vibrations of his body by connecting his own thoughts with those of Divine Mind and holding his own thoughts steadfastly in accord with those of the perfection of the Divine Mind for man. Then the vibrations of his body became equal to the vibrations in Divine Mind. Having thus raised the vibrations of his own body by his steadfast thought of the Divine Perfection, he was able to raise the vibrations of the body of the applicant with the withered arm to point where he could erase the image of the withered arm from his own consciousness. Then Jeshua could say to him, 'Stretch forth your hand.' He stretched it forth and it became whole. Thus Jeshua raised the vibrations of his own body by seeing the Divine Perfection for all and this enabled him to raise the vibrations of the one he healed until the image of imperfection was entirely erased; then perfection was instantaneous and the forgiveness was complete.

You will soon find that, by fixing your thoughts and attention steadfastly on God and His divine perfection you can raise the vibrations of your body so that they will blend so harmoniously with those of the divine perfection and thus one with god. You are then able so to influence the vibrations of the bodies of others with whom you come in contact that they see the perfection that you see. Thus you may fulfill the divine mission and your part is complete. Or you may see imperfection and thus lower the vibrations until imperfection is the result but if you do this, you cannot escape reaping the harvest of the seed you have sown.



**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

## **KINESIOLOGY MUSCLE TESTING – GENERAL INFORMATION:**

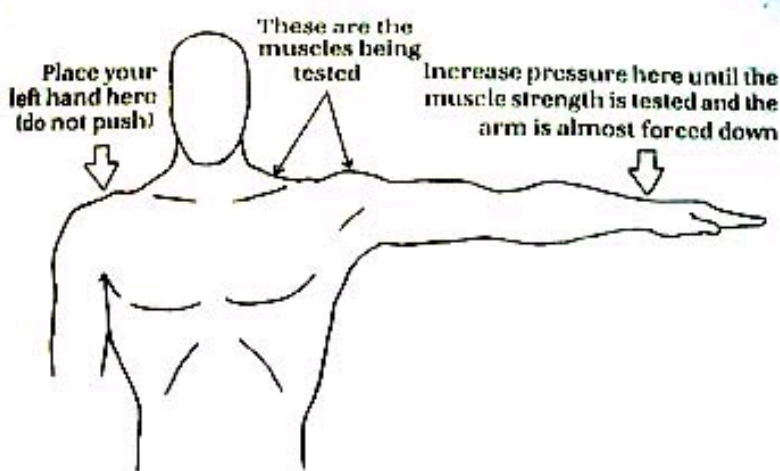
David R Hawkins – Transcending the Levels of Consciousness P.372

The energy field of consciousness is infinite in dimension. Specific levels correlate with human consciousness, and these have been calibrated from “1” to “1,000”. See the Map of Consciousness. These fields reflect and dominate human consciousness.

Everything in the universe radiates a specific frequency or minute energy field that remains in the field of consciousness permanently. Thus, every person or being whoever lived and anything about them, including any event, thought, deed, feeling, or attitude, is recorded forever and can be retrieved at any time in the present or the future.

### TECHNIQUE

The kinesiological response (muscle testing) is a simple “yes” or “not yes” (no) response to a specific stimulus. It is usually done by the subject’s holding out an extended arm and the tester pressing down on the wrist (bony bit) of the extended arm, using two fingers and light pressure. Usually the subject holds a substance to be tested over their solar plexus with the other hand. The test says to the test subject, “Resist”, and if the substance being tested is beneficial to the subject, the arm will be strong. If it is not beneficial or has an adverse effect, the arm will go weak. The response is very quick and brief.



*Basics of Muscle Testing*

**It is important to note that the intention, as well as both the tester and the one being tested, must calibrate over 200 in order to obtain accurate responses.**

**If either the tester or the one being tested is dehydrated, errors will occur. A large glass of water will promptly remedy this situation.**



Solar plexus is that region about 2.5 inches above your belly button. The test subject holds the item over their solar plexus with one hand and extends the other arm for response in the normal way.

The higher the levels of consciousness of the test team, the more accurate are the results. The best attitude is one of clinical detachment, posing a statement with the prefix statement, “In the name of the highest good, \_\_\_\_\_ calibrates as true. Over 100 on the Map of Consciousness. Over 200, etc.” The contextualization “in the highest good” increases accuracy because it transcends self-serving personal interest and motives.

## MAP of CONSCIOUSNESS

<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

**Power vs Force** by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour  
 ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd [www.hayhouse.com.au](http://www.hayhouse.com.au)  
 Or [www.veritaspub.com](http://www.veritaspub.com) for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

***Cause No Harm*** < to OTHERS  
to MYSELF

**Strive to love others as I am to love myself**

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

God's Divine Love: Pray for it, ask for it, and receive it.

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother, Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

"True Soul God, I am here, I am aware of your Love.

Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Father and Mother, may I receive Your LOVE."



Maybe we could simply long for and ask:

*Please, Mother and Father, I want some more of your Love!*



MoC 1,471

To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

**Our salvation IS by embracing Feeling Healing with the Divine Love.**

**God's Divine Love: Pray for it, ask for it, and receive it.**

**Please Mother and Father, may I receive Your LOVE.**

**“Every day is a day of devotion.”**

**Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.**

**“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”**

**“Mother – Father, I desire your Love and I am loving you.”**

**“Soul God, I love you and I love receiving and experiencing your Divine Love.”**

**“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”**

**Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.**

**One can simply receive the Love without following any religious or spiritual teaching taught by man!**

**Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.**

### **Three Great Truths:**

- **God is Soul, being Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.  
 Should you click on the audio files, you will also be able to download the audio file onto your computer.  
**Prayer for Divine Love – from the Padgett Messages** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>  
**The Voice of Divine Love** (Medical – Spiritual References)  
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>



<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>Paul – City of Light</b>
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – Joseph Babinsky</b>
<b>containing the Padgett Messages or</b>		
<b>Little Book of Truths</b>		<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>	<b>xxx</b>	<b>– Geoff Cutler</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx – James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx – James Moncrief</b>
<b>Mary Magdalene and Jesus'</b>		
<b>comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx – James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx – James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx – James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>		
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx as primary reading</b>
<b>Divine Love supporting reading:</b>		
<b>Revelations</b>	<b>1954 – 1963</b>	<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>	<b>– Geoff Cutler</b>
<b>The Golden Leaf</b>	<b>2008</b>	<b>– Zara &amp; Nicholas</b>
<b>The Richard Messages</b>	<b>2012 – 2013</b>	<b>– James Reid</b>
<b>The Divine Universe</b>	<b>2012 – 2013</b>	<b>– Zara &amp; Nicholas</b>
<b>Family Reunion Afterlife Contact</b>	<b>2014 – 2015</b>	<b>– Joseph Babinsky</b>
<b>Traveller, An Immortal Journey</b>	<b>2014 – 2015</b>	<b>– Zara &amp; Nicholas</b>
<b>Destiny, Eternal Messages of Divine Love</b>	<b>2015 – 2016</b>	<b>– Zara &amp; Nicholas</b>
<b>Feeling Healing</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>The Way of Divine Love</b>		<b>– Joseph Babinsky</b>
<b>Divine Love – The Greatest Truth in the World</b>		<b>– Joseph Babinsky</b>
<b>The Human Soul</b>		<b>– Joseph Babinsky</b>
<b>Divine Love Flowing</b>		<b>– Joseph Babinsky</b>
<b>The Truth</b>		<b>– Werner Voets</b>
<b>Through the Mists, The Life Elysian, The Gate of Heaven</b>		<b>– Robert James Lees</b>
<b>Life in the World Unseen</b>		<b>– Anthony Borgia</b>
<b>Gone West</b>		<b>– J M S Ward</b>
<b>Post Mortem Journal</b>		<b>– Jane Sherwood</b>
<b>After Death / Letters from Julia</b>		<b>– William T Stead</b>
<b>Thirty Years Among the Dead</b>		<b>– Carl A Wickland</b>
<b>A Wanderer in the Spirit Land</b>		<b>– Franchezzo</b>
<b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>		<b>– Geoff Cutler</b>
<b>The Holy Bible from the Ancient Eastern Text</b>		<b>– Dr George M Lamsa</b>

Available generally from:

[www.lulu.com](http://www.lulu.com)

[www.amazon.com](http://www.amazon.com)

[www.bookdepository.com](http://www.bookdepository.com)

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm>

**James Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945  
The Urantia Book (see suggested papers to read below)

**James Moncrief Books:**

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

**Religion of Feelings**

<http://religionoffeelings.weebly.com/>

**Introduction to Divine Love Spirituality**

<http://dls spirituality.weebly.com/>

**Main website of DLS**

<http://divinelovesp.weebly.com/>

**Childhood Repression website**

<http://childhoodrepression.weebly.com/>

**DLS and CR forum**

<http://dlscr.freeforums.net/>

<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>

**FEELING HEALING and SOUL HEALING with the DIVINE LOVE:****James Moncrief Publications:****all publications are free downloads:**<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

These four books encapsulate the second of the revelations with the first having been introduced by James Padgett one hundred years previously. These four books provide a wide range of guidance that has never previously been made available.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel and it's been criticised as being too heavily clichéd, but that's the point because it's a reflection of how he was back then.

**Ann and Terry**

For an example of people who might want to immediately start working on them selves and doing their Healing.

**Feeling Bad? Bad feeling are GOOD**

For more understanding about our denial of our feelings and why we should not deny our feelings, and it includes how it all came about for James, using himself as an example.

**Feeling bad will make you feel BETTER – Eventually!**

This includes specific examples of Marion and James working on expressing particular bad feelings, again with the hope that it will help others gain something of an idea as to what's involved in doing your Feeling Healing.

**Sage – and the Healing Angels of Light**

Through Sage who's 13 years old, the story is primarily about the two aspects of healing; that being, with the help of our angels, and the full Healing we can do by looking to our feelings for their truth.

**Religion of Feelings  
Feeling Healing****Welcome to LOVE – the Religion of Feelings  
you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

### **FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

*A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.*

**Firstly, consider discovering the truth of your emotional pain 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.**

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

### **PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

**PASCAS INTRODUCTION NOTES:** *All papers below can be found at Library Downloads link..*

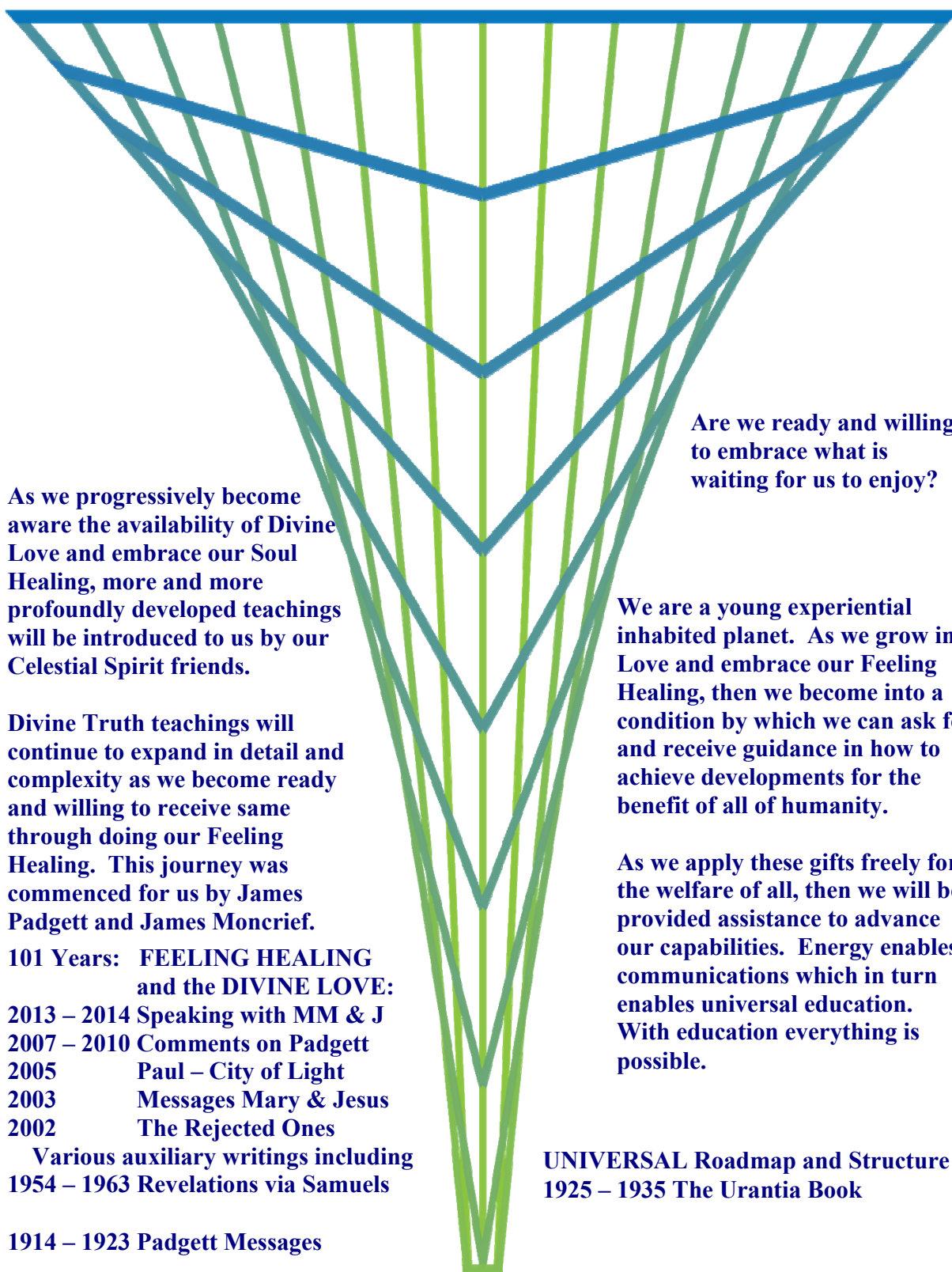
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

### **MEDICAL – EMOTIONS:**

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

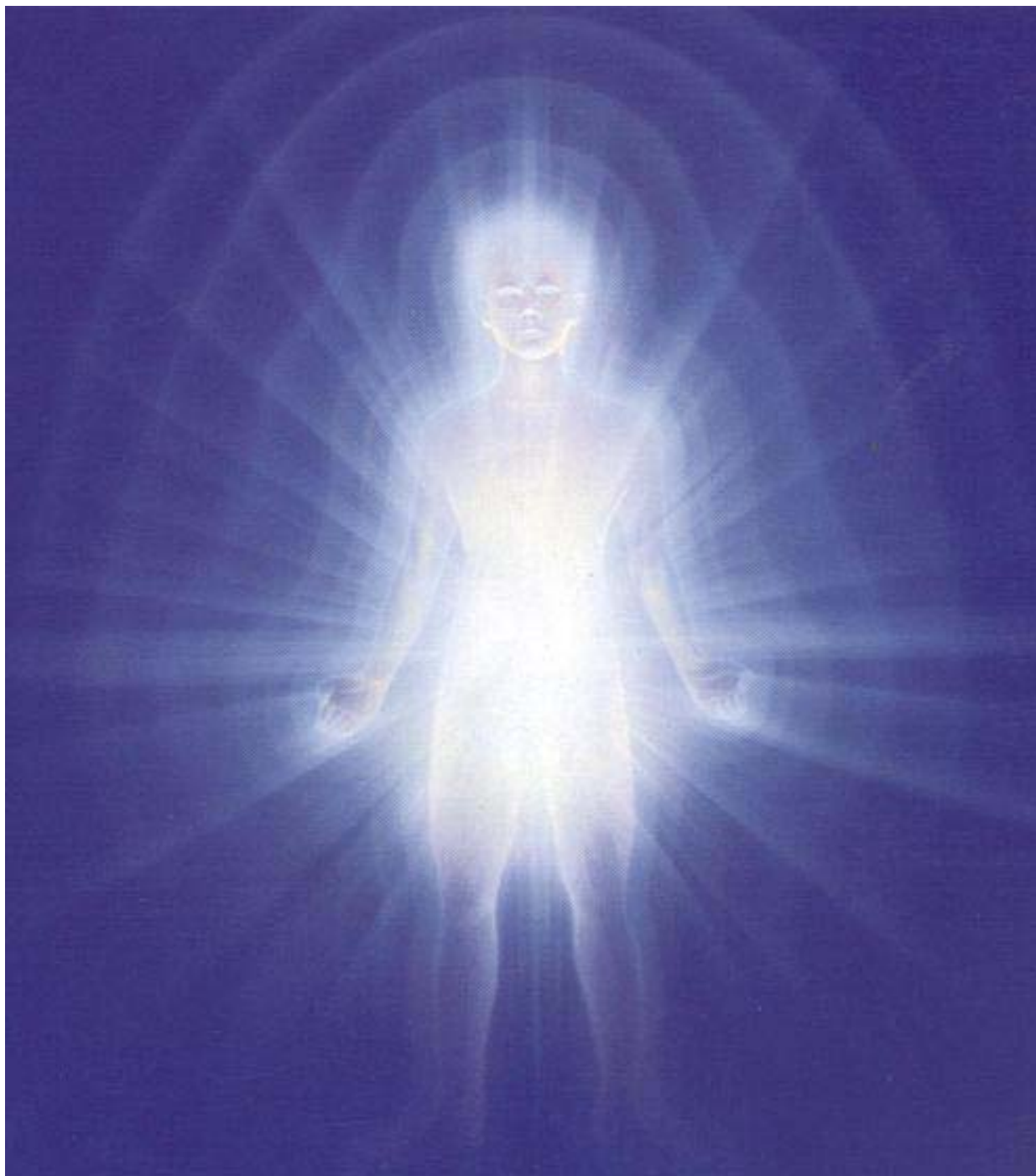
**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**





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



# PASCAS CARE

## "Beacons of Light"

### around the globe



This document overall:

Map of Consciousness calibration 880