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addressing DOMESTIC VIOLENCE

5 May 2024



Addressing all aspects of Family Domestic Violence

DOMESTIC VIOLENCE

The cry out by the public to ‘stop violence against women’ is futile – until they come with a solution as well as a pathway.

The intriguing thing about this situation is that it is the public that are the culprits – more than a quarter of all families experience domestic violence!

Immediately prior to conception of a personality, kinesiology muscle testing used in relation to Dr David Hawkins’ Map of Consciousness suggests that the level of consciousness is near to 1,000 MoC which is near to being at the level of perfect natural love. We are without Divine Love until we begin to long for our Heavenly Mother and Father’s Love and receive such Love. Due to the influences of the emotional injuries and errors of belief that our parents hold as well as those carers who all participate in the caring and raising of a child, the child’s level of consciousness as per the Map of Consciousness degrades to that of the level of its physical mother or father, should they differ, thus we find that the level of consciousness remains constant for generation after generation unless there is some event that lifts a community’s level of truth. We as parents impose our injuries and errors upon our children – generation after generation.

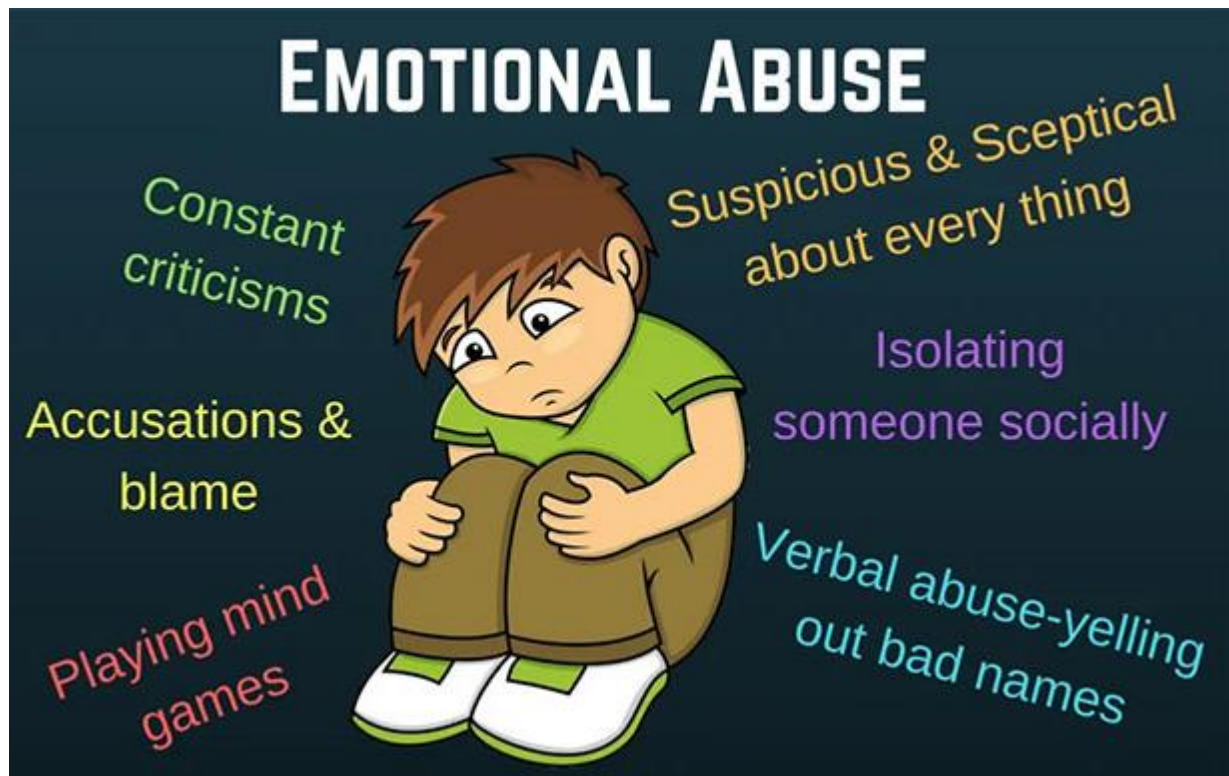
Thus the children living within families experiencing domestic violence issues may go on and living in a similar way when they form a home and family of their own. To address domestic violence is a whole of society endeavour to heal the emotional injuries and address the errors of belief that form the psychic barriers to mitigating and then ending such harmful experiences, generation after generation.

People who are out in the community who have very high levels of psychopathy, present as genuinely likable, charming, well adjusted, friendly, often very helpful people in reality. And generally speaking, psychopaths and sociopaths typically calibrate under 80 MoC! This is how adults that perpetrate domestic violence manage to do all the terrible things that they do, is because people don't see them coming. Usually it's some sort of perfect storm of multiple problems.

If a psychologist lined up all the children with psychopathy that he or she ever worked with over the years and all the healthy kids that they worked with over the years and asked you to pick out who was who, you'd never be able to tell. So this is the first part of making sure that you can protect yourself from psychopathy, it's just not assuming that it'll look like your stereotype of it. The most important thing you can keep track of is how people treat other people. It's very hard to detect in somebody you just met.



But if you get to know somebody for a little while, the things to look out for are first of all different people having extremely different impressions of them. Some people saying that this person is like a really horrible person, other people saying this person is the nicest person in the world. That kind of chameleon-like behaviour is not always indicative of psychopathy, but sometimes it is.



We consider that **Multicultural Family Organisation Inc**, Gold Coast, has drawn together the most comprehensive, all embracing, array of professional support platforms to address and provide practical assistance to those in need, be they homeless, escaping domestic violence, child abuse and/or experiencing a crisis that they need help with resolving and recovering from.

Should we consider housing accommodation on a social needs basis then presently units may be 30% one bedroom, 30% two bedroom, 30% three bedroom and 10% four bedroom. In times of crisis, the support immediately needed is intensive. Thus consider one counsellor per 10 adults, or one counsellor per 16 children including their carers. Such a configuration of units may be accommodating more than 300 children, women and men. With more than half being adults, then the counselling team required on site would be around 20 support professionals. Thus the complex may entail two levels of offices, meeting / counselling rooms and other support facilities.

Further, due to the very diverse nature of the needs of each woman, man and child, assistance required may be for a few weeks whereas others it may be a lifelong engagement. There is no one size fits all.

Such a social housing facility may involve a large unit complex or a large rural property. To deliver all the necessary elements, each facility is a large endeavour.

Due to the economic environment, 100 units per 300,000 population is minimum. As the complexities of economics and social ills deteriorate, the number of units required may be four fold of more than this.

This is a change to the whole of population way of living, otherwise the crisis continues indefinitely!

MIXED USE CONSTRUCTIONS

The safety and privacy of guests throughout a crisis housing facility is paramount.

However, the location may well see public facilities being part of the complex with apparent free flowing and intermingling of all concerned.

Essential elements are: Podium floors providing meeting and counselling facilities appropriate to support the women, men and children being accommodated and assisted.

Dormitories may be appropriate for students as well as homeless.

Retail for residents as well as the general public is most appropriate.



A national museum – Journey for Humanity – open to all may utilise several podium levels.

Balconies of dwelling units should be liveable yet private, not canaries in a cage. Louvres and tinted glass for screening residents from the public being applied.

Secure and private entry and access is required for those at risk.

The multiple use application of a social housing facility of this complexity requires a great deal of attention to detail to provide diversity for all potential needs of those who it is to assist and support. Support is for a longer term rather than an interim assist without resolving the crisis.

There is a great deal to be understood and then facilitated.





TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



DOMESTIC VIOLENCE

Australia's Prime Minister Anthony Albanese on Monday described domestic violence as a "national crisis" after thousands rallied around the country against violence toward women.

Rally – Sunday, 28 April 2024



Prime Minister Anthony Albanese at the rally in Canberra on Sunday to call for action to end violence against women. Albanese – who was heckled by the crowd in Canberra and branded a liar by the woman who organised it – may privately concede the “leadership” he demanded of Morrison on this issue is a lot more complicated when in government.

He sensibly refused to engage further in a bizarre argument about whether he had been invited to speak at the rally, insisting he didn't want it to distract from a “national crisis” of male violence against women.



Should we recognise a problem then come with TWO solutions!

Yes: Protestors in many cities around Australia on Sunday 28 April 2024 appeared not to have either defined what the problem was that they were rallying about, nor what was the solution or solutions that they wanted governments at all levels to implement.

Please, may we now resolve these issues with your input? Some questions to explore:

What constitutes Domestic Violence (DV) and/or Family Domestic Violence (FDV)?

‘Violence’ refers to behaviours that cause, or intend to cause, fear or harm. Violence can occur in the form of threat, assault, abuse, neglect or harassment and is often used by a person or people, to intimidate, harm or control others. Not all forms of violence are physical. Further, we are not to impose our will upon another – this is the Golden Rule!

The term FDV (family domestic violence) describes violence that occurs in two types of relationships – IPV (intimate partner relationships) and family relationships. In some contexts, it is appropriate to look at FDV combined – this provides a better sense of the violence that occurs overall within personal relationships. However, the risk factors, types of violence experienced and impacts can differ between IPV and family violence.



How do we recognise Domestic Violence?

Is someone you know being abused?

If you think that someone you know is being abused by a family member, an intimate partner, or others, it is important to act in a way that is safe and appropriate for everyone involved.

Family violence is not a private matter

Family violence causes significant health impacts and can be a matter of life or death. Our involvement could help improve the situation.

We might be concerned about getting involved because we feel that family violence is a private matter and none of our business, but it's important to remember that someone's life may depend on it.

Signs that someone may be a victim of abuse

Pay attention if someone...

- Seems sad, withdrawn, afraid or otherwise acts like they may be a victim of abuse.
- Is unreasonably angry or aggressive.
- Is nervous when a particular family member is around.
- Makes excuses for a family member's behaviour.
- Is sick or misses school or work a lot, or takes paid or unpaid time off that seems related to an abusive situation.
- Has a change in job performance: poor concentration, mistakes, slowness, inconsistent work quality.
- Tries to cover bruises.
- Drinks more than usual or uses drugs.

Or if you see...

- "Put downs" from one family member to another.
- One family member doing all the talking or dominating the conversation when the other family member is present.
- One family member trying to keep another family member away from her/his work or other activities.
- One family member acting as if he/she "owns" another.
- A family member contacting another while at work to say something that might scare or intimidate her/him.

What we can do

Family violence is never the victim's fault. Violence against another is never justified. The most important thing that we can do is offer our support without any blame or judgement...

- **Make sure everyone is safe**

Choose a time and place where we can have a private conversation.

Be careful about communication—a voice message, text or email could put someone in danger.

Never confront an abuser or do anything that makes you feel unsafe.

Get support for our *own* feelings from a friend or trusted professional.

- **Let the person be in charge**

Listen respectfully to what this person needs; don't try to take over. Don't give details about why we're concerned; just say that we want to be supportive. If the person doesn't want to talk, say that we are available whenever needed.

- **Offer support**

Before you approach the person, find services in your area that might help if and when they are ready.

Don't expect to know all the answers. Explore options together.

Ask direct questions like, "Do you want me to help you find someone to talk to?" or "Do you want to go somewhere safe?"

If a child or a young person tells you that they are being abused

- Believe the child.
- Listen. Don't interrupt or judge.
- React calmly. Don't ask for details.
- Tell the child that the abuse is not their fault, and that it was right to tell us.
- Write down what the child tells you in their own words.

What to do if you suspect child abuse:

If you know a child is being sexually abused, report it to the police immediately. In an emergency, call 911 or 000 – your local emergency help number.

Every state, province and territory has a law that says that any person who believes a child is being abused must report it. You will not get in trouble for making a report if you have reason to believe a child is being abused, even if it turns out that you/we were wrong.

If you have questions about how to recognise child abuse, here are some things you can do:

- Call your local child protection services.
- Talk to a nurse, social worker, doctor or teacher.
- Call the police.
- Call the Kids Help

What are the environments that lead to Domestic Violence?

Poverty, unemployment, lack of education that leads to employment, etc., but mostly how we were parented, being our childhood suppression. Our adult life is the outworking of our childhood suppression.

Essentially those who calibrate below 220 on Dr David Hawkins' Map of Consciousness are inclined to be oppressive and that constitutes 78% of the world's population.

Those who are brought up within an oppressive and violent family may consider that is the normal way of living and perpetrate the abuse within their own family that they form – that also represents more than 25% of Australia's population. More than 1 in 4 adult throughout Australia experiences abuse at home.

What is the core generator for a person to engage in Violence within a Domestic environment?

It has been observed that when the calibration differential based on the Map of Consciousness differs significantly between the partners then difficulties typically surface and separation / divorce follows. This may be as few as 20 or so points on the Map of Consciousness scale.

Mind generated love between partners is frequently based on compatible addictions of the partners. Mind generated love is not true love, it is grossly flawed and temporary, though such a temporary arrangement may last decades. **Mind-Love is of the Rebellion and Default – misleading AND misled!**

The childhood upbringing of a partner may have instilled the addiction to control and suppress to be the dominant or pronounced emotional injury or error of parent or parents. Thus, to suppress and impose one's will on a partner may follow as of a consequence of childhood family experiences.

Why is the parenting experience of a Domestic Violent person not considered?

Psychology departments of universities around the world appear to avoid questioning a student's upbringing experience or that of a domestic violence perpetrator. This appears to be orientated around the generating of fees for education institution as a core driver of attracting students are their parents.

Even though universities are seen as research centres, they appear to be reluctant to investigate the roll of parents in instilling the attributes leading to their children engaging in domestic violence. It may be found that all domestic violence is a continuation of the attributes of poor soul conditions (low calibration on the Map of Consciousness) of parents and their parenting patterns.

Until we recognise the core cause of how our Childhood Suppression is the foundation for subsequent Domestic Violence then DV will continue unabated. Why has Childhood Suppression been ignored?

Psychology departments of most universities worldwide have been reluctant as the administration of universities consider that they cannot jeopardise their relationship with parents as it is mostly parents that encourage their children to go to specific universities. Fees are consequently considered more important than truth.

Should Domestic Violence be recognised as being of the consequences of Childhood Suppression, then can we address the Childhood Suppression of the children now within such a family crisis?

Humanity is now being encouraged to undertake a Great U-Turn. That is, to change how we live. We are to put our dominant way of living, living mind-centric, aside and live feelings first. We are to embrace our feelings first and have our mind to follow in support. Our feelings are always in truth where as our mind cannot discern truth from falsehood, our minds are addicted to untruth as well as being addicted to control, control over the environment and also others.

Our minds present a glass ceiling to our potential and growth in consciousness and truth. MoC 499 is the pinnacle of our growth through living mind centric, whereas living true to our feelings, true to our Heavenly Mother and Father, then our consciousness development and growth is infinite. The Map of Consciousness table has no peak, it goes on to infinity.

Should we then address the Childhood Suppression of the perpetrators of Domestic Violence, are we then mitigating the continuance of Domestic Violence by the perpetrator?

Not only are we assisting perpetrators of domestic violence to mitigate their controlling ways, whatever growth they achieve in consciousness and truth also benefits their children depending upon the ages of the children.

Why is our Childhood Suppression being ‘overlooked’ by all sectors of society? No one has missed out on being suppressed throughout our childhood forming years:

We must tip our hats to the covert hidden controllers’ artful way that they have kept us entrapped in their web of deceit and suppression. While we continue living mind-centric then we remain trapped within these hidden controllers’ private agendas, we remain their slaves unable to escape.

Yes, we can progress through the mind spirit Mansion Worlds 1 to 2, then 4, but we cannot progress beyond 6. It is only when we begin to live Feelings First and commence to heal what we each have personally taken on of the Rebellion and Default (being System Rebellion, the system being that of Satania, and Planetary Default, the planet being Earth), then we progress through and from spirit Mansion World 1 to 3, then 5, complete our healing in 7, and through asking for and receiving our Heavenly Mother and Father’s Divine Love then we can progress into the 1st of the Celestial Heavens and begin our journey onwards to Paradise.

Few understand that our soul manifests two personalities, one is always a female and the other is always a male. This resembles our Creator who is both Mother and Father. This had been withheld from us by our hidden controllers who want males to keep women subservient to men as women are closer to their feelings and would expose the folly of these evil ones. Now we have domestic violence confronting us as of consequence of this deceit and lie.

Mitigating Domestic Violence requires the resetting of how children fit into society – Put Children First – and that requires the introduction of and education of:

How we are to bring up children:

We as parents have frequently wondered why little has ever been provided for us as intending parents as to how we should raise our children. This is introduced through www.pascashealth.com in the Library Download section by going to Pascas Care Parenting. Click on the documents to download and open.

Samantha McCabe has introduced a series of books for consideration. It is reasonable to consider that Sam is the first lady on Earth to complete her Feeling Healing, the first in humanity’s 993,500 year history and journey. Andon and Fonta lived 993,500 years ago – Adam and Eve only 38,000 years ago.

How we are to live, feelings first with our minds to follow in support of our feelings:



As we grow to automatically respond to what our feelings are prompting us to consider and do, then having our minds following in assisting in applying what our feelings prompt us to engage in, then our whole day and way of living is significantly more intuitive, productive and in truth.

Our mind causes our thinking and assumptions to be mostly in error, around 98% of the time in error! Consequently the reworking of applied ‘thinking’ and ‘assumptions’ sees most days being exhausting and wasteful.

Our feelings when explored for clarity of truth lead us to wonders that we never considered possible. This paper is the consequence of public protests a week ago and it is now finished. The Australian Government is being prompted to appoint a Royal Commission at a cost of AU\$300 million to NOT find the cause and pathway to mitigate family domestic violence. What they would require is herein.

How educators of children are to embrace living feelings first with the mind to follow:

Kindly go to www.pascashealth.com then Library Download page, scroll down to Medical – Emotions and/or Medical Education, and click on to open:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

How religious leaders and pastoral care is to recognise that women are closer to their feelings than are men and to treat women and men as equals as we are all to embrace our feelings:

Little is understood of the covert control imposed in the forming of the now 3,400 significant religions, and with their minor denominations, some 50,000 variations of the one truth. Each are necessary moral and social centres. However, they are each mind-centric ways of living with men dominating and suppressing women. Each, including the majors, are perpetuating the programs of the hidden controllers!

How we are to provide accommodation in communities that enable Domestic Violence families to re-establish themselves and thrive through living within a new environment:

Enabling support for victims to re-establish living without returning to the clutches of perpetrators is often not provided. Options to relocate into an environment and with the awareness and resources to commence living without fear and oppressive control is complex and requires special resources.

Children who grow up within a violent family may consider that is how they are to live their adult life. How children are to be embraced within an environment that violence is never justified:

Worldwide Level of Consciousness based on the Map of Consciousness

see Power vs Force by Dr David R Hawkins

6,000 years ago	72
At the time the Vedas were written	74
At the birth of Buddha	91
Prior to the conception of Jesus of Nazareth	101
After the birth of Jesus of Nazareth	147
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President	190
Lincoln was shot and killed	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2020: Revelations including Feeling Healing	220

Parenting typically takes on the pattern of how we grew up, how we were parented. We do not know anything differently. We do what was done to us. We take it that our childhood suppression was the appropriate way and that is best for our children now. This is to change – The New Way – Feelings First.

This is why we see generation after generation not evolving in truth and love. We impose upon our own children all of our emotional injuries and errors of belief that our parents imposed upon us.

Presently, the overall consciousness level of Earth's humanity is around MoC 220.

From the table above we can see that from the time of the last living Apostle of the Creator Daughter and Son, Mary Magdalene and Jesus, all the way through to the second half of the twentieth century, until the late 1980s, Earth's humanity has stagnated at around 190 on the Map of Consciousness, that is almost 2,000 years of no progress in consciousness worldwide! Recently, technology has made great progress in developments – we now can annihilate each other by pushing buttons! This we now can do in multiple ways! Technology has nothing to do with evolution in truth.

It is observed that there is no comprehension amongst services as to the underlying causes and the foundations of Domestic Violence nor any understanding as to the pathway for mitigation of Domestic Violence. This we are now introducing through this Pascas Paper and referenced papers.

Presently, the overall consciousness level of Earth's humanity is around MoC 220. The table is based on the common log of 10. Consequently about 78% of the world's population calibrates below MoC 220 – lower levels are environments for family domestic violence, illness, poverty and criminality.

We now have the pathway through the revelations now provided in detail to enable all societies to embrace The New Way, to aspire to Living Feelings First, thus enabling generational growth as for those who do begin to engage in their Feeling Healing, their children, depending on their age, do also benefit.

The Pascas Papers to be found at www.pascashealth.com in the Library Download page address all of the above from multiple aspects and exceed 60,000 pages of guidance.

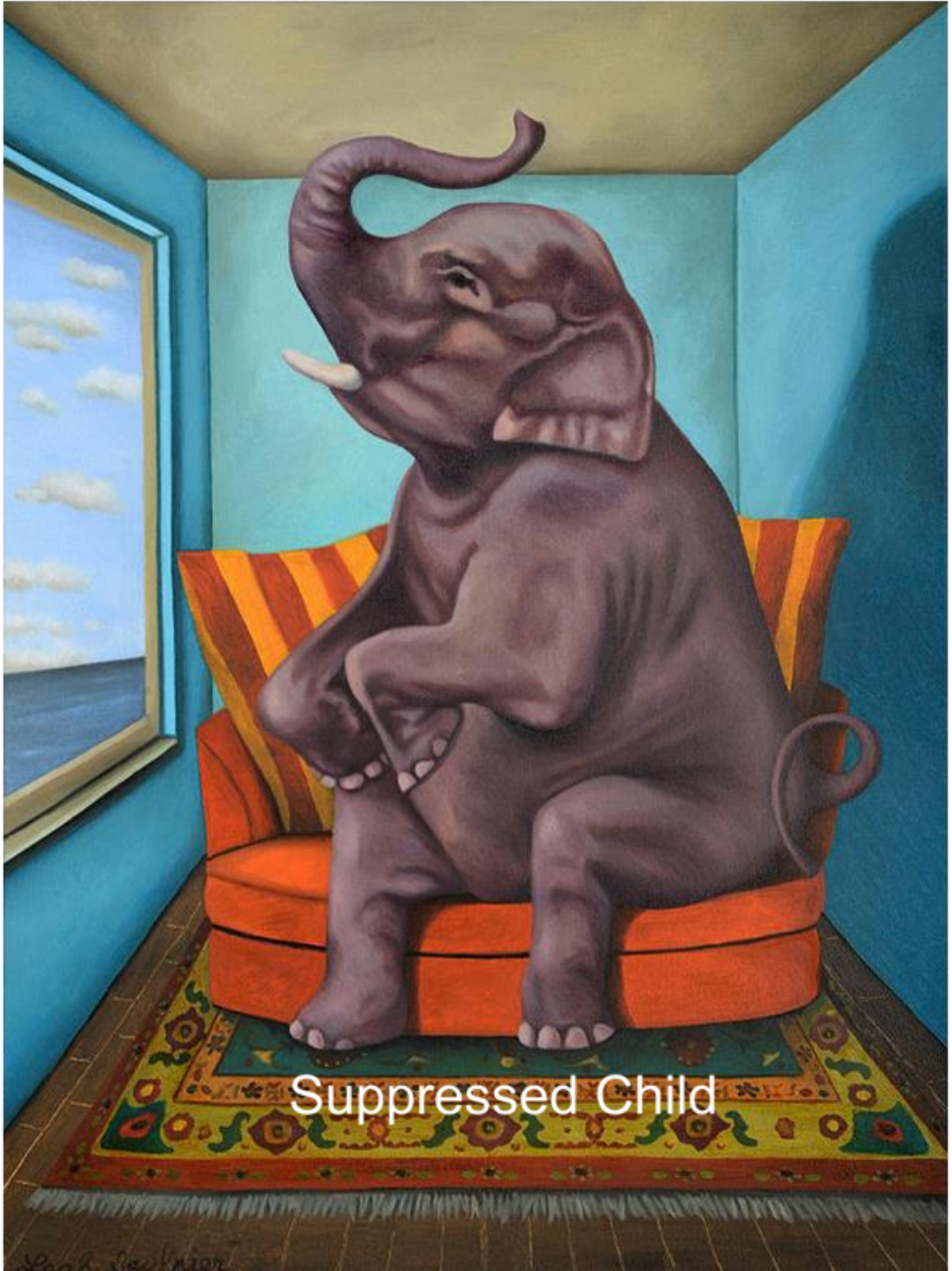
Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

Aspiring to Living Feelings First

Amber Ford, Antonella Russo, Asad Basit, Brian Iverach, Cornelia Babbage, Dean Rowley, Faiyel Hassan, Helen Adam, Graham Golding, Ian Dowling, Jim Baker, John Doel, Lahlan Riddel, Lillian Nielson, Marco Renai, Peter Wildin, Renata Jones and Vicky Rose

Pascas Foundation (Aust) Limited

Childhood Suppression is the elephant in the room!



Suppressed Child

My SOUL manifests TWO PERSONALITIES!

When we heal ourselves of our childhood suppression and repression, we THEN may become able to recognise who our soulmate / soul partner is.

While we remain living through our minds and not living feelings first and expressing our feelings as they arise, both good and bad, we remain bound in our rebellious nature that humanity has been in these past 200,000 years, rebelling against our soul and consequently our soulmate / soul partner.

Many will be astounded at how abusive and unloving they may have been to their soulmate / soul partner who is to be their companion for all of eternity, for their journey together home to our Heavenly Parents.



The injuries and errors that we are infused with during our early childhood forming years are the foundations of our social ills and physical illness that arise throughout our adult life.

We now know that through Living Feelings First which is engaging with our Feeling Healing that all these issues may be put aside. No other pathway or process can achieve this.



Violence against women: ‘tradition’ confronts Europe

<https://www.socialeurope.eu/violence-against-women-tradition-confronts-europe>

TEA KLJAJIĆ

2 May 2024

The European Commission recently proposed that EU accession negotiations be opened with Bosnia-Herzegovina.



NOTE: This article is exploring what is a nation’s psychic barrier that inhibits consciousness growth of all its people. Further, the golden rule is that we are not to impose our will upon another! This is being disregarded on a national scale as well as throughout most families of the nation’s people.

A placard on a protest against femicide in Sarajevo in 2022 ([Ajdin Kamber](#) / shutterstock.com)

In August 2023, in Gradacac, a small town in Bosnia-Herzegovina (B-H), Nermin Sulejmanović brutally murdered his ex-wife, Nizama Hecimovic, during a live stream, with their child in the room. On the morning of August 11th, the bodybuilder started the live stream with the chilling words that viewers were about to witness a murder. Having killed his wife, Sulejmanović went on to kill two other people before committing suicide.

Over 10,000 people watched the live stream, some even encouraging the violence. The victim had reported the perpetrator to the official institutions, which decided to ignore his previous violence. Indeed, in the live video Sulejmanović cited the fact that she had reported him as a reason for the killing. In B-H (Bosnia-Herzegovina), one in two women has experienced violence since turning 15. Violence against women, particularly in the home, remains a pervasive social issue. Despite the advocacy efforts of non-governmental organisations to enhance legal protection for women against violence in public and private domains, it continues to enjoy alarmingly wide social acceptance.

Nor is this phenomenon confined to B-H (Bosnia-Herzegovina). There are similar occurrences, of alarming frequency, in other western-Balkan countries: Croatia ranks as the third-highest country in the European Union for femicides. Simply being a woman in the western Balkans is perilous.

Suffering in silence

In B-H (Bosnia-Herzegovina), any woman can become a victim of violence, but women from rural areas and with less education are most at risk. Many who are victims suffer in silence, lacking support from institutions and often from their families. It is common for a woman’s family to distance themselves after she gets married, when she becomes ‘someone else’s problem’. In some areas, selective abortion of female foetuses is quite common too.

Intimate-partner violence is not just physical but emotional, financial and sexual. The story of violence against women in the region has a broader cultural and historical context. ‘Tradition’ in the western Balkans ‘dictates’ that a woman is subservient to her husband and financially dependent on him. Meanwhile, the man, as head of the household, is expected to assert his dominance, even if that means resorting to violence against his wife and children. Recently, a video circulated online featuring the Bosnian Muslim scholar Elvedin Pezić offering advice on how to hit a woman (the face should not be the target and no bruise should be left).

This derogatory view of women, as tied to the home and children, distances western-Balkan countries from European values. Their political and religious elites must be rendered aware that the ‘traditional’ values they advocate often do not align with the universal norms espoused by the European Union and the Council of Europe. Cultural and religious identity matters, but it cannot stand in the way of progress, human rights, equality and the rule of law.

Insufficient shelter

In B-H (Bosnia-Herzegovina), intimate-partner violence is regulated by criminal laws, family laws and anti-discrimination laws in the Muslim-Croat federation and *Republika Srpska*, the two entities stemming from the Dayton agreement of 1995. In both, the laws on protection from violence in the home have been amended several times.

B-H currently has eight refuges—five in the federation, three in *Republika Srpska*—with a total of 200 spaces. According to the latest information, all the refuges are full. In addition to insufficient shelter for victims of violence, B-H at state level lacks a unified data registry and a unified record of violence in the home.

It is crucial to work on preventing violence against women and children in B-H and to foster healthier family relationships. From a young age, girls and boys should be taught to recognise violence and report it, and to educate themselves about the consequences of all forms of violence. It is also essential to educate older individuals about the repercussions of rejecting their daughters after marriage because, in cases of violence, family can be the only sanctuary. Female children must not be viewed as a problem to be passed on to someone else.

Deeply flawed

It is however difficult for NGOs in B-H (Bosnia-Herzegovina) to advocate effectively for such problem-solving approaches to violence against women, in a political landscape so dominated by the ethnic tribunes that other actors are sidelined. Amid the wider collapse of former Yugoslavia, in 1995 the war in B-H was stopped by the signing of the Dayton agreement, which bequeathed a deeply flawed governance system, including the entities partitioned on ethnic lines. It is undeniable that this is a divided society, but it is humiliating that everything from politics and laws to human rights—even gender equality—should be perceived as revolving around ethnic and religious identity.

Two hundred spaces for women and children who are victims of violence in B-H is simply not enough. We must work on fundraising to increase the number of safe houses and facilities. Yet hiding victims away is not a permanent solution. In dealing with violence, there is no substitute for the rule of law, for punishing perpetrators—and building a society where women are economically independent, free and without fear.



Tea Kljajić

Tea Kljajić is an activist and author from Bosnia-Herzegovina. She is a frequent policy commentator, a writing fellow with Young Voices Europe and a volunteer with Students for Liberty.

NOTE: Bosnia-Herzegovina appears to have institutionalised suppression and violence against women. The environment reported here prevailed worldwide more than 2,000 years ago, further demonstrating that generation after generation the errors of belief and emotional injuries are passed down through families. We are not to impose our will upon another!

Demanding that Domestic Violence stops is not only futile, the circumstances do not change and generational cycles of ongoing violence will continue.

No one has understood the underlying causes, the conditions creating the environment for domestic violence is mostly our childhood suppression. Further, no one has embraced the pathway to mitigate domestic violence through our Feeling Healing.



CYCLE OF ABUSE

1. TENSIONS BUILD

The abuser creates tension and the survivor's stress builds.

2. INCIDENT

The abuser lashes out through physical, verbal, psychological or sexual abuse tactics to dominate the survivor.

4. CALM

Things seem peaceful, maybe even better than before. But often, this doesn't last long before the cycle starts over.

3. RECONCILIATION

The abuser makes excuses or attempts to apologize for the incident. Gaslighting is common, aka, "Nothing happened."

Consider asking yourself this question:

Who hurt me when I was a child?

FAMILY DOMESTIC VIOLENCE

TYPES OF ABUSE



1 PHYSICAL ABUSE

the intentional unwanted use of physical force to cause fear or harm. Sometimes physically abusive behaviour does not cause injury or pain, but it is abuse.



5 CONTROLLING BEHAVIOUR

usually starts slowly and isn't always obvious. The abuser may try to justify their actions by saying they are just concerned for the person or care about them.



2 VISA ABUSE

when someone in a family-like relationship exploits the fact that another person is without permanent residency or citizenship as a way to exert power and control.



6 FINANCIAL ABUSE

when one person uses money or finances as a means to gain power and control over someone else.



3 PSYCHOLOGICAL ABUSE

when someone makes you or other people question your sanity or recollection of reality through manipulation and lying.



7 DIGITAL ABUSE

a form of controlling behaviour that involves the use of technology as a means to coerce, stalk or harass another person.



4 SEXUAL ABUSE

any forced or coerced sexual activity by one person to exert power and control over another.



8 EMOTIONAL ABUSE

any act intended to undermine someone's self-esteem, intimidate them, or isolate them.

Symptoms of Child Abuse

Physical Abuse

- Unexpected burns, cuts, bruises or welts
- Bite marks, swollen and tender limbs
- Antisocial behavior
- Problems at school
- Fear of adults

Sexual Abuse

- Inappropriate interest or knowledge of sexual acts
- Nightmares and bed wetting/soiling
- Drastic change in appetite or behavior
- Over-compliance or excessive aggression
- Fear of a particular person or family member

Emotional Abuse

- Depression
- Hostility or stress
- Eating disorders
- Apathy or hopelessness

Neglect

- Unsuitable clothing for the weather
- Extreme hunger
- Dirty or unbathed
- Lack of apparent supervision

EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

Continuing with currently engaged methodology to mitigate the incidence of Family Domestic Violence will remain futile.

The problem is the poor level of consciousness of many throughout society.

It is now a simple process to establish the level of consciousness of anyone, anywhere, at any time, by kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness scale. With that established then introducing the revelations of Feeling Healing and aspiring to Live Feelings First enables both the perpetrator as well as the victims to begin to address the issues surrounding the Domestic Violence that they are experiencing and participating in.

NO PROBLEM CAN BE SOLVED
FROM THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED
IT.
-ALBERT EINSTEIN

Further, by introducing a similar set of understandings into the education systems then children will find that they also can mitigate their inclinations that have been instilled into them throughout their childhood forming years (from conception to age of six years) by their parents and carers.

Thus the long journey of healing and an evolutionary stepping up of consciousness can now unfold for all of humanity through the awareness of living feelings first and having our mind in support whereas continuing with mind in control and suppressing and avoiding our feelings may well lead to humanity destroying itself. That is not allowed – so we are to change the way we are to live and this Pascas Paper is an introduction as to how we may do so with a particular social issue in mind, however what is being introduced reaches into all aspects of living throughout society.

*We are to express our feelings,
both good and bad, emotionally!*

What percentage of the population are psychopaths?

About 1 percent (1%)

Robert D. Hare CM (born 1 January 1934) is a Canadian forensic psychologist, known for his research in the field of criminal psychology. He is a professor emeritus of the University of British Columbia where he specializes in psychopathology and psychophysiology.

Hare reports that about **one percent** (1%) of the general population meets the clinical criteria for psychopathy. Hare further claims that the prevalence of psychopaths is higher in the business world than in the general population. Figures of around 3% to 4% have been cited for more senior positions in business.

How common is psychopathy?

Although severe psychopathy affects just about 1% of people, some research suggests that **close to 30% of us have some level of psychopathic traits**. And we may even know people who fall under this broad umbrella.

What percentage of serial killers are psychopaths?

Hence, depending on the criterion used, one could say that **between about a quarter to just over a third** of convicted murderers could be considered psychopaths.

Note: Generally, **psychopaths** calibrate on Dr David R Hawkins' Map of Consciousness (MoC) under 80.

This is just one of the personality issues that bring about domestic violence experiences.

MONSTER BREEDING

"LOVELY COUPLES"



Kindly go to www.pascashealth.com, then go to Library Download page, and in Pascas Care Letters, click on to open:

 [Pascas Care Letters Breeding Monsters.pdf](#)

 [Pascas Care Letters addressing Domestic Violence.pdf](#)

 [Pascas Care Letters Mind into Balance with Feelings.pdf](#)

 [Pascas Care Letters Psychic Barriers of Traditions Customs and Norms.pdf](#)

Dr Abigail Marsh's Blog of March 2022 – observations by Samantha McCabe

20 October 2022

Further reference to Dr Abigail Marsh's Blog of March 2022:

<https://www.apa.org/news/podcasts/speaking-of-psychology/psychopathy.html>

I have listened to the audio with Dr. Abigail Marsh and feel very sad for the children and adults who have these Psychopathic tendencies, I feel very hopeless for them because the professionals that are trying to help them are not truly on their side but on the side of the parents. They are not seeing the helpless children that these people once were because they won't accept that it is wholly because of the way they were parented, they won't blame the parents so who do they blame then!! It must be the child. These children have been completely desensitised from their emotions from a very young age and cannot feel fear, empathy, sadness or love for anything and this can only come from being desensitised from these emotions in early childhood by their parents, they weren't just born like it, they weren't just born bad, they learnt to be like it by their unloving, uncaring, un-empathetic parents, it is that simple and if these professionals stopped avoiding it and stopped protecting the parents, the truth would be easily seen as to why these people are the way they are. (so-called psychopaths!)

The interview goes on to say that it is highly difficult for the parents of these children and how do we help the parents deal with this!! It is all about helping the parents deal with this awful naughty child that won't behave and be how the parents want the child to be. This is all about making it easier for the parent who can't figure out why their child is such a disappointment, so unruly. The professionals are backing the parents in this so how does the child have any chance when even the professionals are on the side of the parent and the child is the problem. The problem has to be with the parents and their parenting. The parents have to be confronted and the professionals won't do this.

Dr Abigail even says it in this interview **"The most effective treatments tend to be some combination of training aimed at how parents respond to their children. And I say this with caution because it's too easy for people to assume that if you are addressing parents' behaviour to help treat the condition, that it's the parents' behaviour that caused the condition. And I think that's a huge myth I'd like to dispel. We know that behavioural therapy, a lot of it administered by parents is a really effective treatment for children with autism. You have to use very specific kinds of interpersonal behaviours to help them develop. But we don't think that parents cause autism, or at least not anymore, right? We used to think that. This used to be just accepted wisdom in psychology that refrigerator mothers cause their children's autism. Unfortunately, we're still in that place with psychopathy where a lot of people assume it's the parents' behaviour that causes it."**

I feel that these Psychologists won't put the blame on the parents because they were not allowed to put the blame on their own parents, they are still not allowed to think of their own parents as being wrong and confronting their own parents with the results of their unloving parenting and the affects it has had on them as adults. It is like upsetting our parents is the biggest sin but if Psychotherapists have this issue still within them then the roots of these disorders will never be found because the professionals will not confront the parents because they couldn't confront their own parents. If you want to know why a child is the way it is, then psychotherapy has to begin with the parents. The first course of therapy has to be aimed at the parents and they have to be confronted with the truth of their own childhoods to find out why the child is the way it is. We have to stop trying to spare the parent the blame, we have to stop pandering to the parents, it is like spare the parents and blame the child and it is all wrong. The child has been taught to be this way right from conception and its teachers were its parents.

I know this interview with Dr Abigail Marsh gives the impression that the child is important but when I listened to the Audio, I felt that this isn't the case and too much importance has been given to not blaming the parents, to me, they are 100% to blame for a ruined child who grows up to be a ruined adult. We all have to confront our denied and suppressed childhood feelings to end this hell loop we are all living of passing on our pain to our children. We all have severe psychological disorders and are prisoners until we allow the release of our denied and suppressed childhood feelings, we will never be free until we confront this within us all.

The interview goes on to say that these psychopathic children are fearless and have never felt afraid of anything and don't respond to punishment through fear and all of that has to be felt through. Why don't they feel fear, are they using the lack of fear as a source of regaining the power that their parents took from them continuously as young children, is their lack of fear their superpower against their parents, are they so terrified as children that they no longer allow themselves to feel fear as a defence mechanism, has fear been so denied and suppressed inside of them that they block it all out so they are now numb to it?

The truth of this fearlessness has to be known and it will only be known through the feelings of the child involved, and it will be a terrifying process to bring all of that terror out, to accept it, to express it and to finally know the truth of it and where it originated, and its origins will be in its early childhood at the hands of its parents.

Huge resources don't need to be thrown at this; just the right communication needs to be given to the child. The child was a helpless little child with no one to talk to, no emotional support and this is what is needed, the right communication and for its feelings to be taken very seriously indeed by its therapist but if the therapist hasn't taken their own feelings seriously about their own childhood denied and suppressed feelings, then how are they able to help a child with the right communication. Medication is not the right communication, this is just more denial of the child's feelings, more of letting the child know that there is no hope for it so let's just medicate it away, this is what they did to me when they told me I had psychosis as a late teenager and I felt hopeless, like even the professionals didn't know what to do with me and it makes you feel like ending it all. **The right way to tackle this is with the right communication, the communication of the feelings and what they are telling the child, I would have felt such a relief to have been listened too!**

The interview says they are focusing on new and more effective treatments of Psychopathy including brain imaging and I feel that this is all so mind driven, and that of course is what drives the medical professionals in their research but for me it is all such a waste of resources. This isn't about the mind leading the way, this is about the feelings leading the way and telling us the truth about how we feel and expressing that. A brain scan can never do that, our feelings are more advanced than any piece of technology available or that will ever be discovered. The feelings will tell us the truth about how we feel and that is never wrong, all it takes is the right communication and someone willing to ask the questions and then just listen, the listening part being the most important because these children haven't been listened to, just told that they are broken and wrong.

Dr. Abigail Marsh says that at least 50% of every psychological phenomena is heritable and the same goes for Psychopathy but throughout my healing I can trace all of my pain (pain I use as the word to describe a whole umbrella of feelings) back to my childhood and the way I was parented, so I have to disagree with 50% and for me **it is 100%**. It is still like the medical professionals don't want to 100% blame the parents for a child's psychological disorders and it makes them feel better to put it down to 50% heritable, and what a nice way to put it, 'Heritable' not blaming the parents and the family lineage,

sparing the parents the guilt of what they have done to their child, still on the parents side when I say "You, the parents, and that includes me as I am a parent, are 100% to blame for fucking up your child and now deal with it and what you have done to them".

We have to confront the pain that our unloving parents caused us, we have to confront our childhood, and that means our parents will have to do this eventually too. If we don't then our denied childhood experiences become the compulsions and addictions in our adult lives and get twisted and contorted into all manner of psychological traumas that we become a prisoner to. All of this pain needs to be released by the accepting, expressing and the truth of our denied and suppressed childhood feelings being known and no technology can do this for us, we don't even need it. What we need is to be heard, seen and our feelings taken seriously by our parents. If children have no empathy, that's because they weren't shown any empathy from their parents, if a child doesn't show any care, it's because it wasn't shown any care by its parents, if a child wants to hurt and kill, it's because it was hurt and wanted to be killed by its parents, if a child shows no remorse, it's because its parents showed no remorse for the way they treated their child, if a child is insensitive to the pain it has caused, it's because the parents showed no sensitivity to the pain they caused the child, if a child shows no fear, it is because it was so terrified as a child and not allowed to express its fear, it is numb to the feelings of fear because it had to be to save its own life as a child with its parents.

Dr. Abigail says she wants to know more about understanding the human psychological behaviour, for this she will have to go to the feelings and let them tell her the truth, she will have to listen and really desire to know the truth of how her patients are feeling to understand them more and this is the only tool she will need.

Just her, her patient and her patients' feelings and the truth will reveal itself without the mind leading the way as it is right now. Let the feelings lead the way and let them reveal everything about her patient. Just listen and let that person begin the journey of healing through their feelings and the discovery will be disturbing of course, but the most amazing revelation she will ever encounter.

She says she is in the middle of pursuing what it is that makes a person truly care about another, but I feel it is impossible to truly care about another without doing your own feeling healing and caring about yourself first and all of this has to be done with the inclusion of God's Divine Love, the relationship has to be with our original parents, the parents of our soul, God. Through our feelings and with the inflow of God's Divine love we will be shown the truth of how we feel about ourselves and others, and it will be nothing like how we thought, all of the lies will be revealed, and we will know that we have been kidding ourselves into thinking that we love ourselves and others.

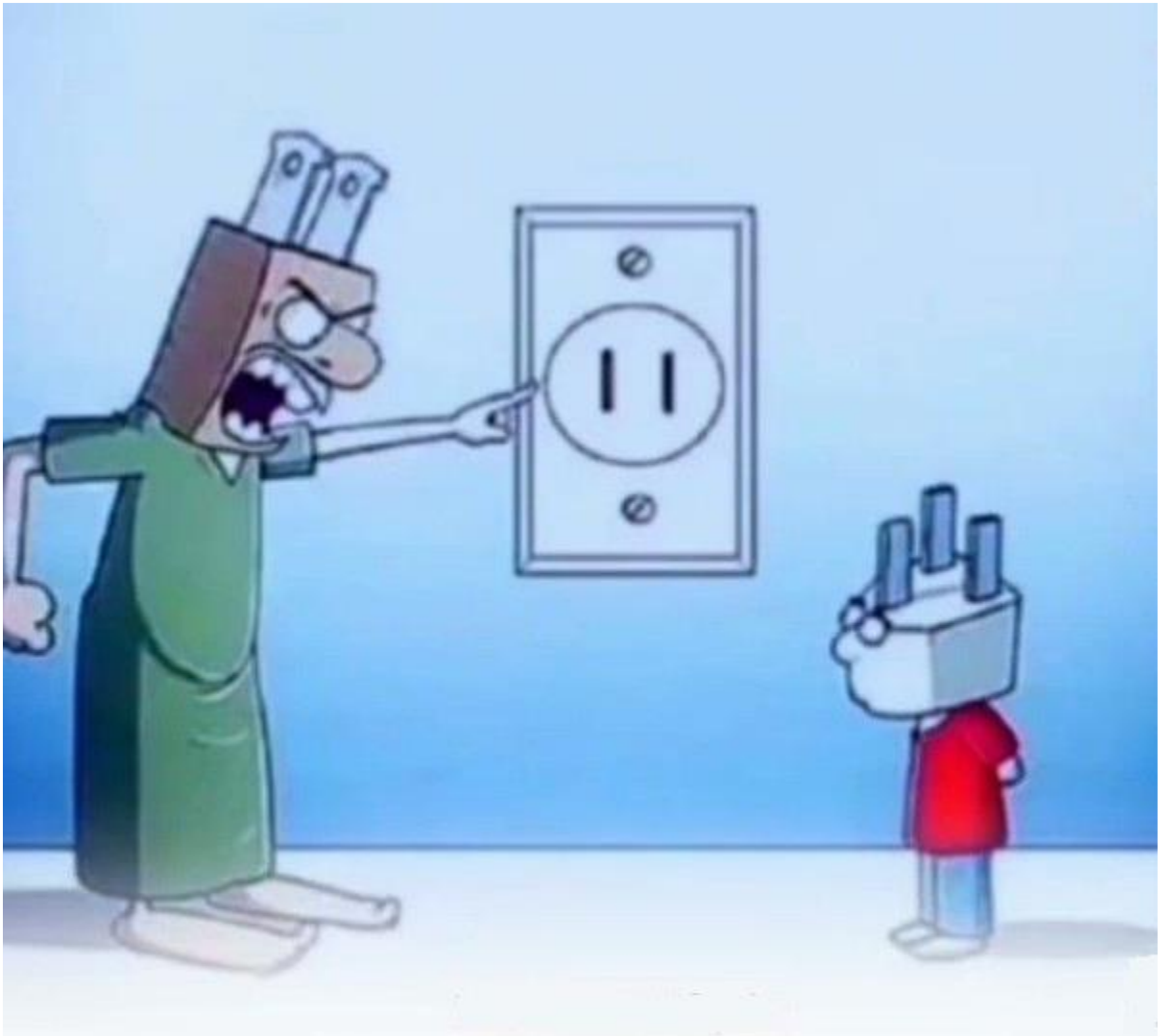
Dr Abigail also says that our love must come from the original love that parents have for their children, but the truth will also be shown through the truth of the feelings and that the love a parent has for its child isn't true love, if it was true love there would be no pain, no psychological illnesses, no bad feelings, no illness, no murder in the world, all of these bad things come from unloving parenting being passed down to the child. True and real love doesn't do this; love doesn't hurt, kill, cause illness or take the will of another. **We really have to feel the truth of what we believe love to be and is it right? Our feelings will tell us the truth, not our minds.**

We have all been born into the default setting of our parent's pain and took that on and believed it is the truth, believed it is us, we have no idea who we truly are but through our feelings and the receiving of God's Divine Love we can begin to know ourselves truly and shed the layers of our parent's pain that we have carried around with us all our lives. The pain that we took on in the womb and have let it become

our experience. God wants us to know ourselves the way they know us, before our parents got hold of us, and by 'they' I mean God as our Mother and Father, the creator of our souls, our true and loving parents, only they know true love but you can read about Divine Love and more about our Feeling Healing in the PASCAS library.

Parents have done this damage to their children and expect people like Dr Abigail Marsh to take it all away, when really the child is a mirror of the parents level and condition of love, the child is the truth of how it was parented and it is staring the parent in the face every day and the parent hates it, the parent hates what it has created saying it is nothing to do with me why my child is like this, and the parent wants the doctors to fix it, take it away so the parent doesn't have to look at it any more. If a child was truly loved there would be no need for doctors to fix us because love doesn't do this type of damage, an unhealed parent does!!





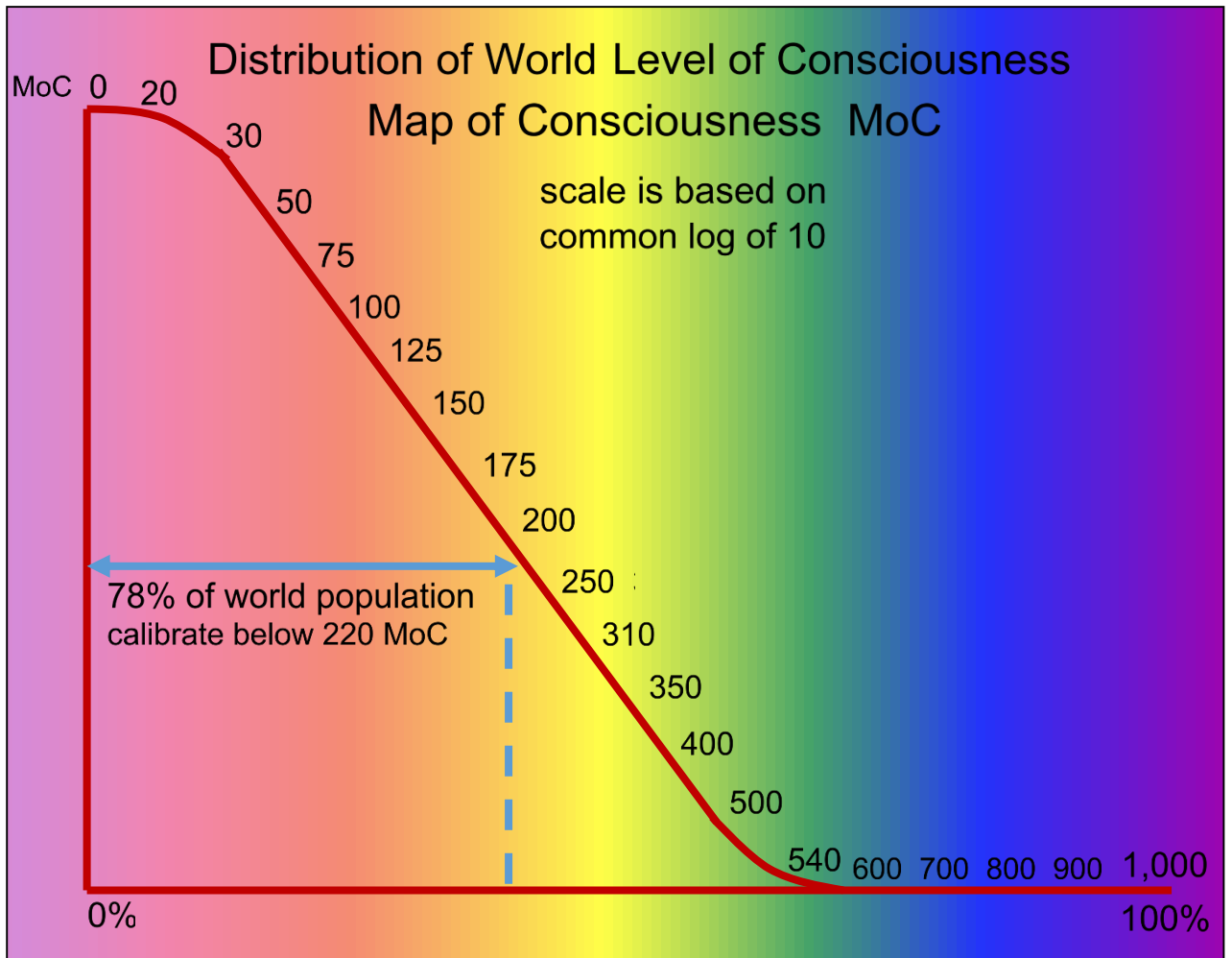
**DON'T FORCE YOUR CHILD
TO BE LIKE YOU.**

Rationale of Self Deception

Emotions of Self Deception

CASTLE OF PAIN

**"THE TRUTH WILL SET YOU FREE,
BUT FIRST IT WILL MAKE YOU MISERABLE."**



Correlation of Levels of Consciousness – Soul Condition – 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%

Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
Worldwide average	220

MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

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!

NOTE:

Generally, psychopaths calibrate on Dr David R Hawkins' Map of Consciousness (MoC) under 80.

Those who feel justified in assaulting another generally calibrate under MoC 100.

Those who occupy prisons mostly calibrate under MoC 200.

Those who are impoverished generally calibrate under MoC 200.

Those who die before the age of 70 generally calibrate under MoC 200.

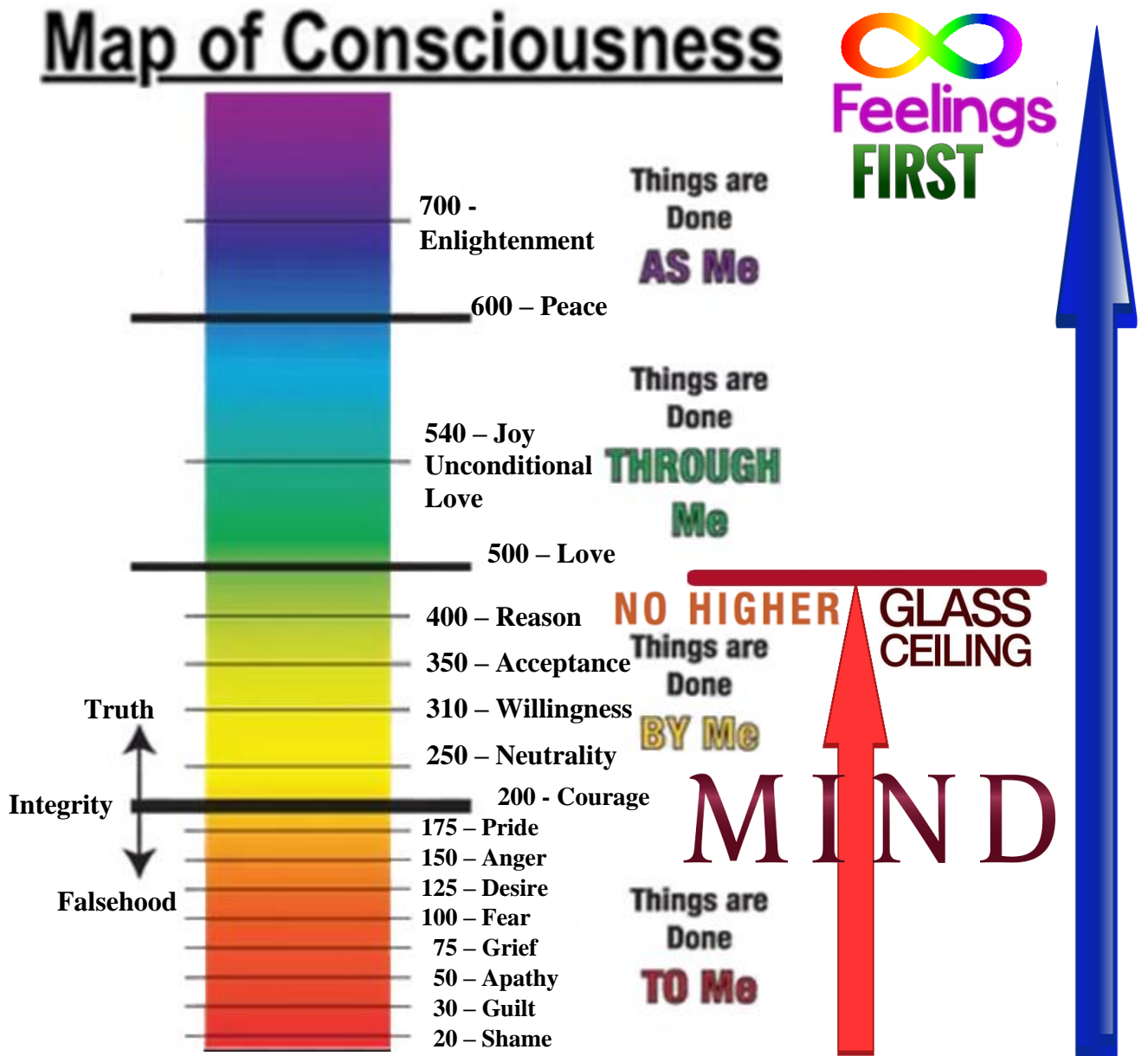
Those who are a drain on all of the social services of a country generally calibrate under MoC 200.

The table spells it out above, those calibrating under MoC 200 are the least educated, the most unhappy, and the least developed socially and morally.

Should we study the parents of these people and how they parented their children we will find that all the issues of a person before you have been instilled into them by their parents and carers.

Can you now see the cause of Domestic Violence AND the way to address it?

And it is NOT more of the same education system, it is the introduction of Living Feelings First and having our minds to follow in support. Mind-centric living IS the problem as it is the glass ceiling to consciousness development and growth that we impose upon our children.



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

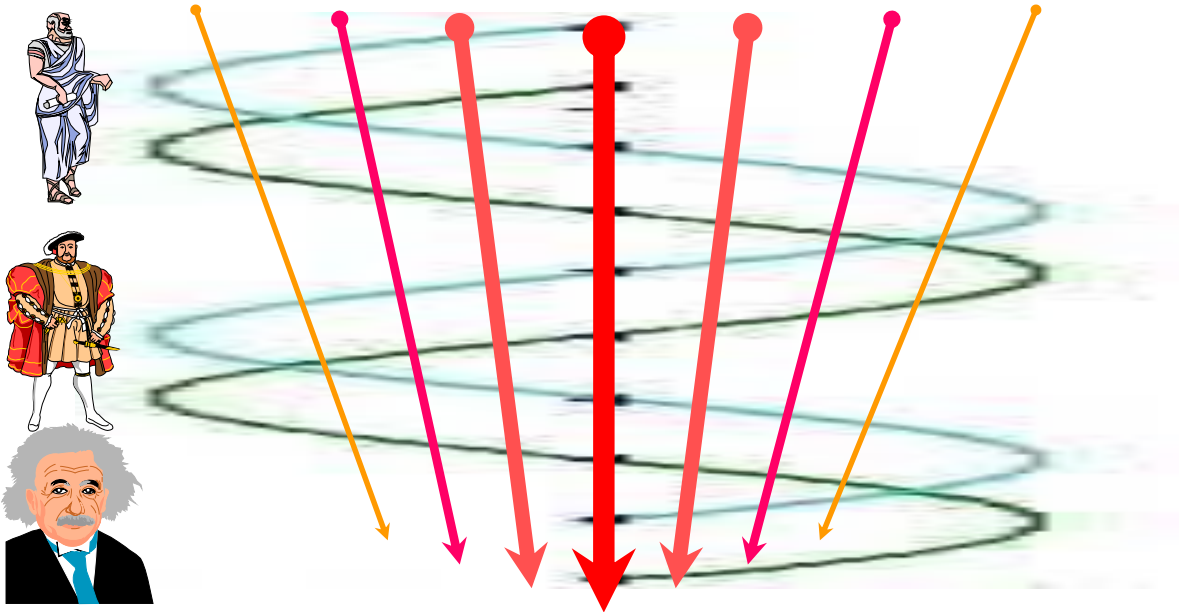
Suicide is possible and probable.

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

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

generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



To assist baby, as well as our self, work and pray to express our blocked emotions.

Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.

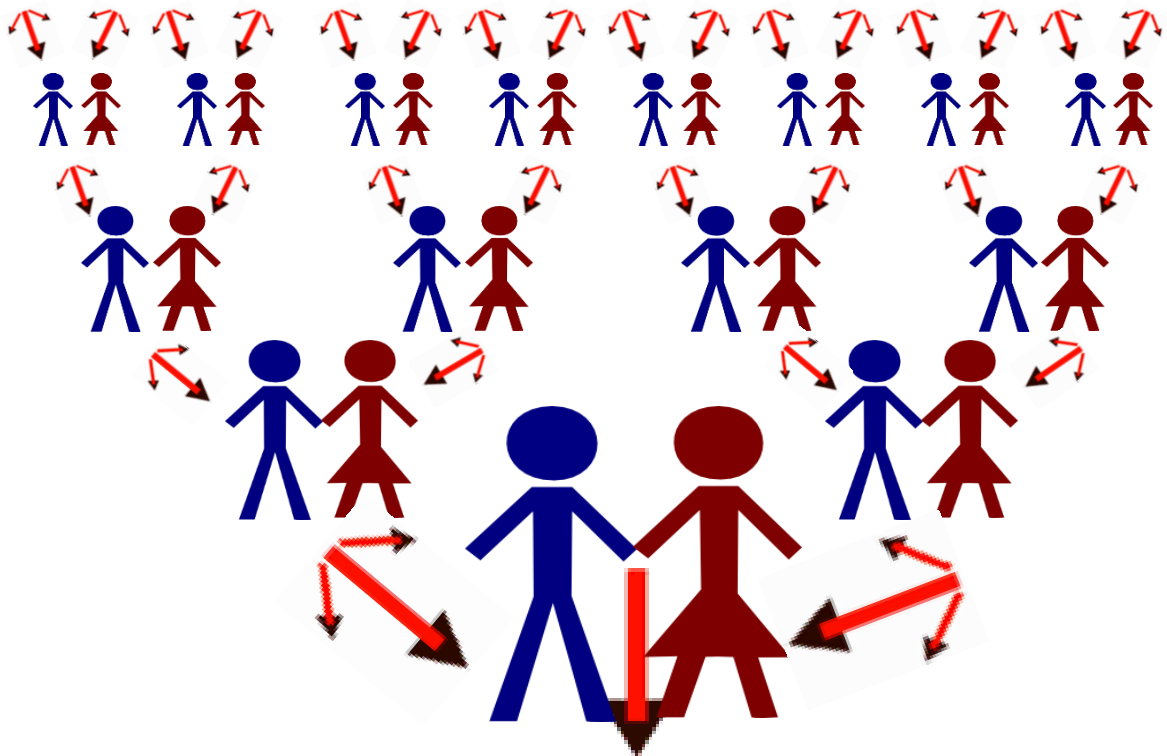
Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

In turn, we are a reflection of our parents' soul condition, and their parents' soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents' emotional issues.



OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!

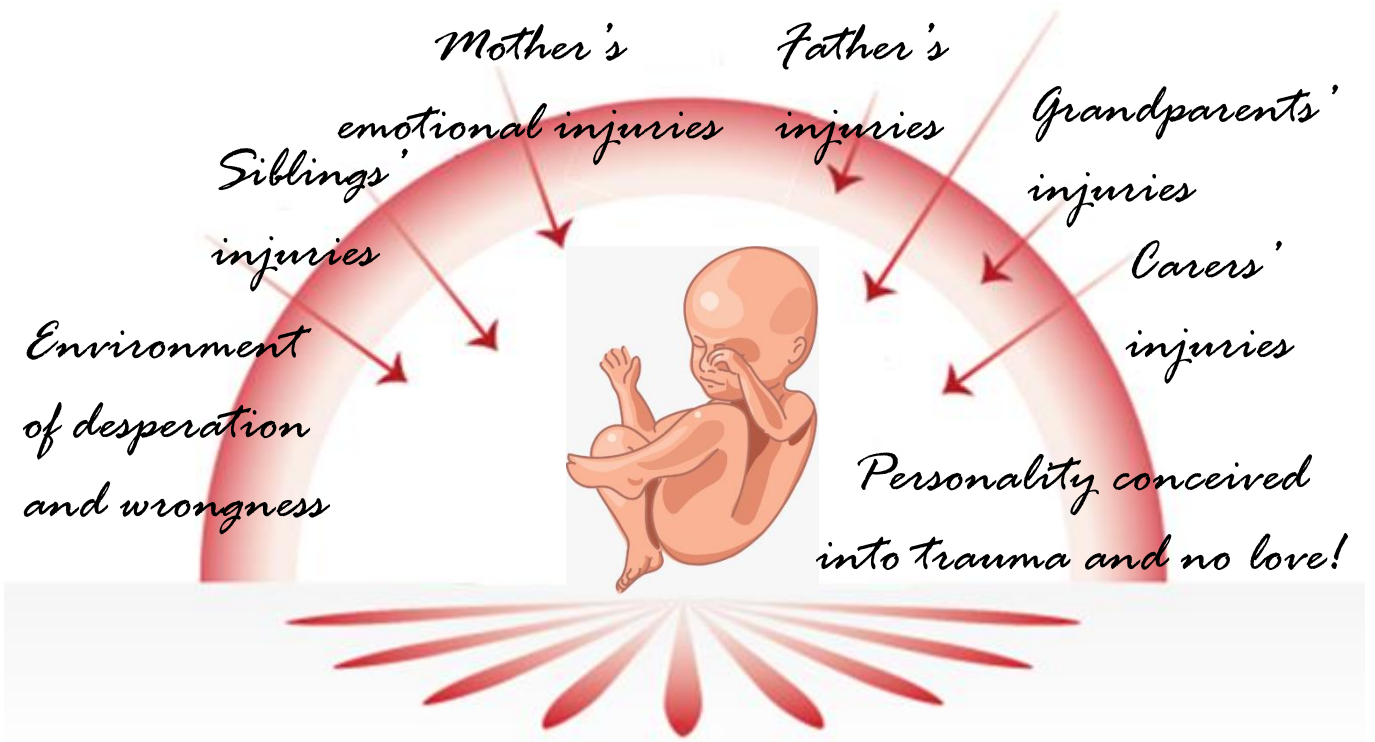


Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!



We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 25 million miscarriages occur annually, if you are not one of the 73 million abortions.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.



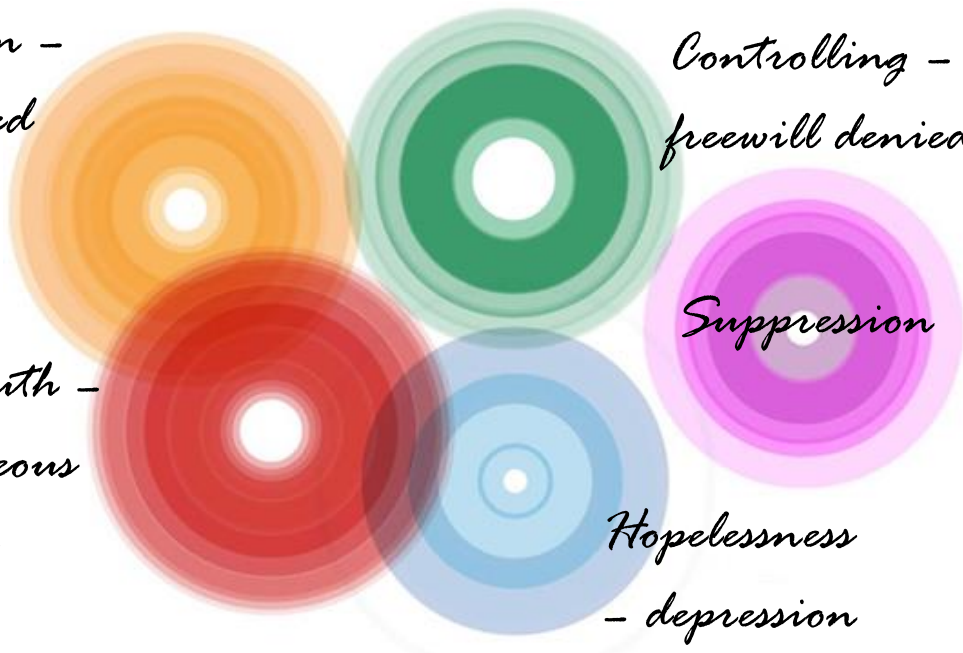
Rejection - unwanted

Controlling - freewill denied

Untruth - erroneous beliefs

Suppression

Hopelessness - depression



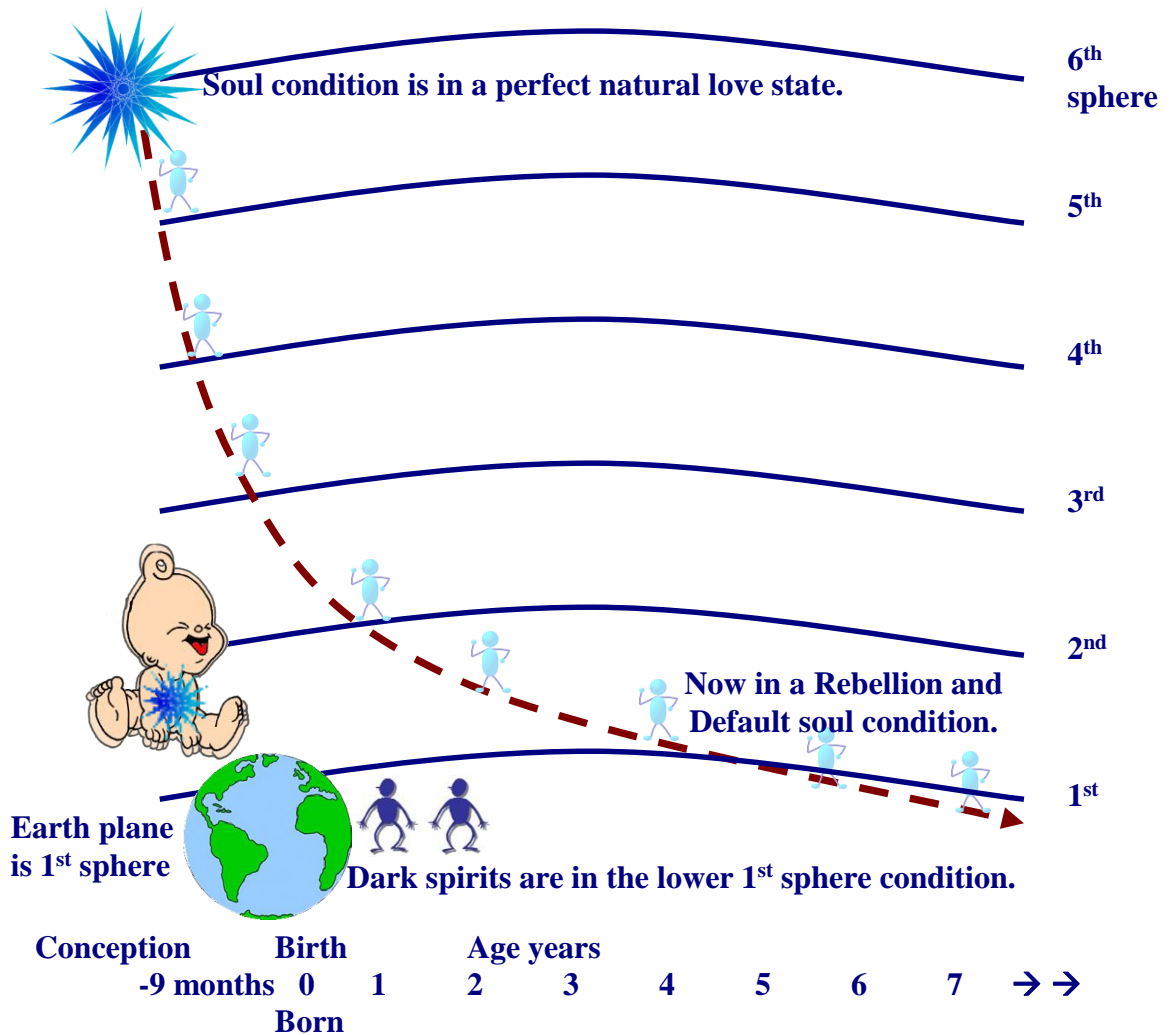
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



Falling into the abyss!



to example parents like
these



ANGER



ANXIOUS ANNOYED
 SAD CONFUSED OVERWHELMED
 EMBARRASSED SCARED GUILTY STRESSED
 REJECTED INSECURE HURT FRUSTRATED LONELY
 NEGLECTED JEALOUS TIRED GRUMPY
 WORRIED SURPRISED DISGUSTED BORED SHY

OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.



**Somehow,
we go on
smiling and
laughing...**





PARENTS

78% calibrate under 220

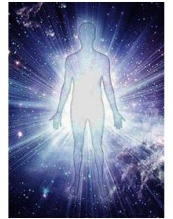
MAP OF CONSCIOUSNESS

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and then progress through all the Celestial Heavens of our local Universe of Nabadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1st of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

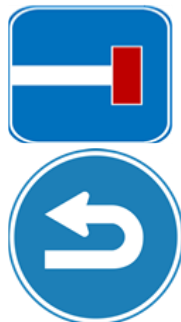
Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self-glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1st spirit Mansion World to the 2nd mind spirit Mansion World, then 4th and finally 6th mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7th spirit healing Mansion World process we transition to the 1st of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

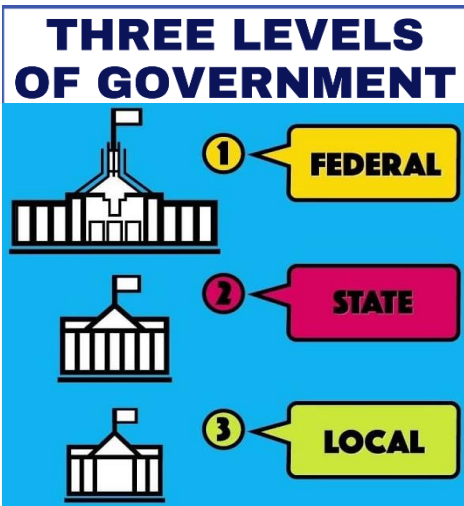
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



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

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

BUT THERE ARE FURTHER LAYERS OF CONTROL!



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

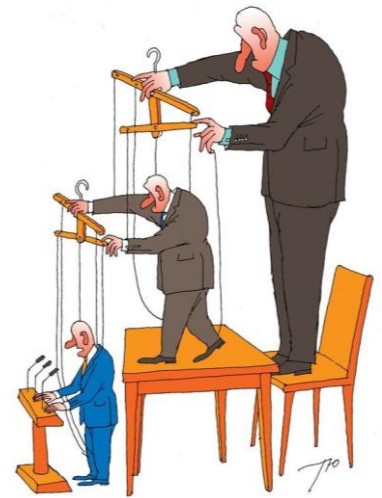
GOVERNMENT
 Derived from the Latin verb **Guverno, Governare** meaning **"To Control"** & the Latin noun **Mens, Mentis** meaning **"Mind"**
To Control The Mind

HIDDEN CONTROLLERS



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term),

who are in turn are manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.



CONTROL DISRUPT



Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

Negative Spirit Influence blocked
 22 March 2017
 Law of Compensation quickening
 22 May 2017



Rebellion and Default officially ended
 31 January 2018
 Great U-Turn now ready for mobilisation
 22 July 2023
 Funding
 22 March 2024

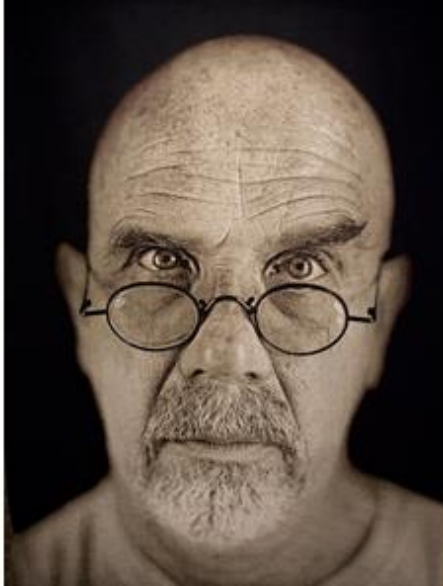
OUR FAÇADE SELF HIDES the TURMOIL WITHIN!

Understanding that facades are frequently the personality that we engage with, then difficulties unfolding with relationships involves these facades becoming self-evident.

**Based on Soul Condition:
Façade Self**



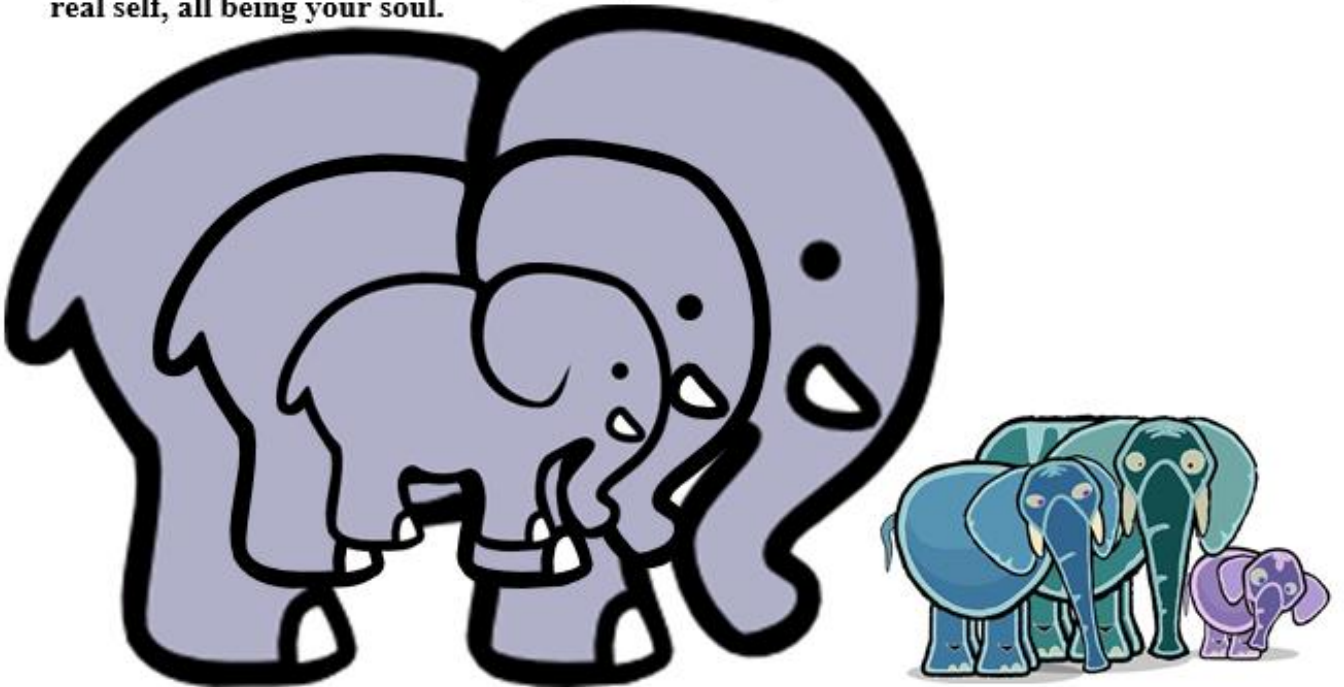
Damaged Self



Real Self



Your façade self, then your soul damaged self, and then your real self, all being your soul.



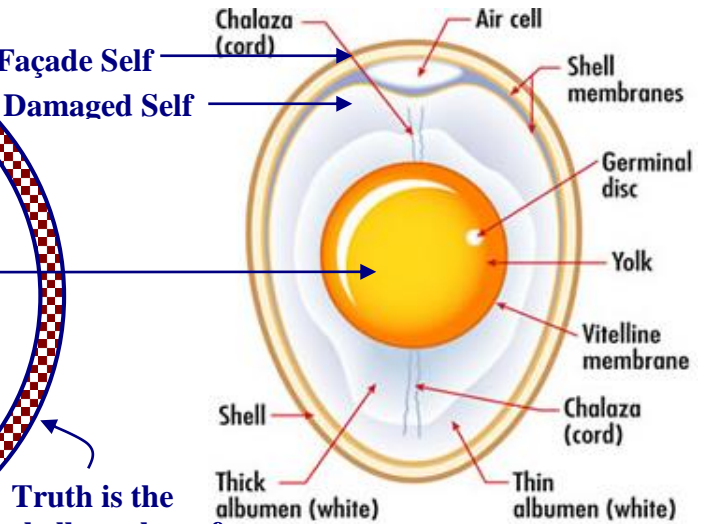
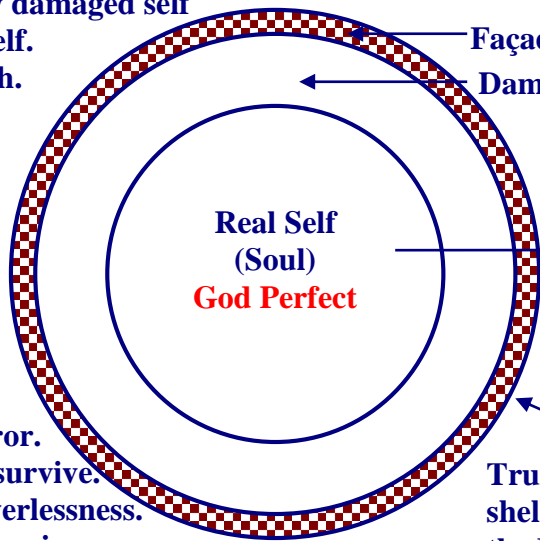
Once you have dealt with your façade, it is very easy to feel your damaged self and release it.

Investment in the façade.

I believe my damaged self is the real self.
Lack of faith.
Will I be Loved?

Façade is a mask.

FEAR:
Scope of error.
We cannot survive.
Fear of powerlessness.
Being hurt again.
Afraid of the hurt.
Fear of judgment and pain.
Anger rises covering fear.



Truth is the shell cracker of the Façade self.

We are not being very logical by how much façade we are carrying around. We want this hard part, the shell, to remain intact, so we don't have to access the rest, the damaged self.

We want to manage and control pain from feeling pain.

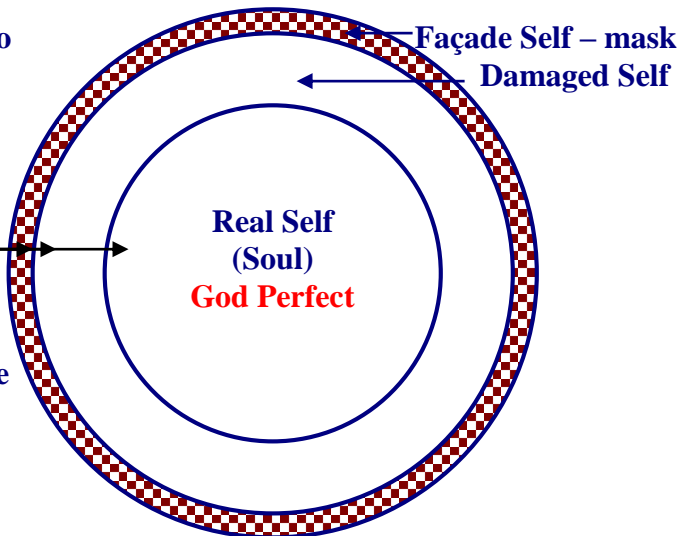
Fear of am I going crazy? – judgment of self.

Anger is about maintaining the façade.

Your real self knows no fear, it is fearless.



We can see the mixture of things, the true self, the damaged self, and the untrue façade self.



Once you get through the façade, which is the hardest, it is the thing that takes the longest time because it is the most resistive. We are most resistive to one particular thing, and that is TRUTH. Because we are resistive to the truth, this shell is a hard shell that we tap on, but not hard enough in order to break it. It is only the truth that allows us to break the shell. Once we go through that, we will feel the damage to our selves, and often feel the real self even under that damage, and you will go wow, I am not even like that, this is not my real nature. This real self fears nothing. The real self that God created does not know fear, only knowing true love.



The Three Selves

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

I created

Parent creation

God created

Facade Self

Addiction
rejected

Shame

Injured Self

Causal emotions

Real Self

No injury

Fear excuses
Nobody loves me
They all reject me

7 May 2011

- Less pain
- Victim
- Gets more love

- Demand
- Murderous
- Vengeance
- Shame

To be crying about an emotion
it needs to be about a parent
based emotion / causal / core.

The proof of one's processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?
If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?
Parent created causal emotions is the area that we need to process.
Our Façade self issues are pointless in processing. Shame and fear create the façade self.

Judging yourself is not loving yourself but self-acceptance is loving yourself.



Stubbornness blocks our feelings from surfacing.

Stubbornness blocks Divine Love from entering you.

This stubbornness can last for 100's and 100's of years.

Why psychopathy is more common than you think

<https://www.apa.org/news/podcasts/speaking-of-psychology/psychopathy.html>

March 2022

Abigail Marsh, PhD



Abigail Marsh, PhD, is a professor in the department of psychology and the interdisciplinary neuroscience program at Georgetown University, Washington DC, (USA). She directs the laboratory on social and affective neuroscience, which uses brain imaging and behavioural, cognitive, genetic, and pharmacological methods to study questions that include: How do people understand what others think and feel? What drives us to help other people? What prevents us from harming them? Current research projects include online, behavioural, and brain imaging investigations of a variety of populations, including typical adults and children, highly altruistic adults (including those who have donated kidneys to strangers), and adults and children who

have serious conduct problems and psychopathic traits. She serves on the advisory boards of the National Kidney Donation Organization and 1Day Sooner, and is a co-founder of Psychopathy Is.

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Thank you for joining us, Dr. Marsh.

Abigail Marsh, PhD: Thank you so much for having me. I'm thrilled to be here.

Kim Mills: So let's start as we often do on this podcast with a definition. There are a lot of misconceptions about psychopathy and psychopaths. I mentioned some of them in my introduction, like the fact that people may think that all psychopaths are violent criminals. What are the traits that define psychopathy and how do they manifest themselves in people's behaviour?

Marsh: The most important thing to remember about psychopathy is that it's a personality construct. It's based on a constellation of three kinds of personality traits, which include—at the real core of the construct is callousness, meaning insensitivity to other people's suffering, truly not caring about other people's welfare. In addition to that, people who are psychopathic tend to have bold, sort of dominant, fearless personality styles. And they also tend to be relatively disinhibited, so they have trouble controlling their behaviour, trouble managing impulses. And if you have all three of those personality traits, we would say that you're psychopathic, especially if you have them to a really large degree. But they can manifest in all sorts of different ways behaviourally. Sometimes, more often in men than women although not exclusively, they do manifest as aggression and criminal violence.

And people who are psychopathic who do show those behaviours, obviously, we care about understanding them. We want to try to prevent those outcomes if we can. But most people who are psychopathic are not violent criminals, that's actually the exception. It's much more likely to manifest in all sorts of smaller antisocial behaviours in daily life, from being lying and manipulative, to sort of being a bully and threatening people to get what you want, to maybe committing lower level crimes related to theft or con artistry, that sort of thing.

Mills: So psychopathy is not an official diagnosis in the *Diagnostic and Statistical Manual of Mental Disorders*, right?

Marsh: Exactly. This is one of the many confusing things about it.

Mills: Yes. Why is that?

Marsh: It's a great question. It's one that you—there are slightly different explanations depending on who you ask, because of course the *Diagnostic and Statistical Manual* is the result of a lot of people working together and making decisions together. The basic idea is that psychopathy is an old construct. It was first formalised, depending on who you ask, in maybe late 1800s, or certainly no later than the early 1900s. Maybe most famously by Hervey Cleckley, the great psychiatrist in his book *The Mask of Sanity*, which is a fantastic book. If you're interested in psychopathy, I highly recommend it. And he was the first to come up with a list of traits that typify people with psychopathy. And a version of those traits made it into early versions of the DSM, often under other names, something other than psychopathy.

The most recent version of the DSM has a disorder in it called “antisocial personality disorder,” which is sometimes confused with psychopathy. And it overlaps with psychopathy, but it's not the same. It mostly indexes persistent criminal behaviour—again, and it focuses much less on the personality features of the patients than psychopathy does. Whereas psychopathy is really strictly about personality, antisocial personality disorder is mostly about behaviour. And so you can have lots of people who have antisocial personality disorder who would not qualify as being psychopathic, or at least not highly so, and vice versa is also true. Actually, the closest thing to psychopathy in the current DSM is a diagnosis in children, which is conduct disorder with limited prosocial emotions.

Now if a child qualifies for that diagnosis, we still wouldn't call them a psychopath. And in fact, I try to avoid now using the term “psychopath,” and sticking with person-first language as we do for lots of disorders. But that's not a universal practice in the field certainly. And in any case, we would never call a child a psychopath ever, and we usually try to even avoid calling them psychopathic. We say maybe they're at risk for psychopathy, or they have psychopathic traits.

And a child who has conduct disorder with limited prosocial emotions shows persistent antisocial behaviour, including aggression, bullying, making threats, lying, manipulating, delinquency, all the things that you tend to see in children who have psychopathy. And in addition, limited prosocial emotions refers to having an uncaring personality with limited empathy or remorse, and tending not to show strong emotions and particular emotions like fear, sadness, and love. And so if you have a child who qualifies for that diagnosis, they're at very high risk for developing psychopathy.

Mills: And you've done quite a bit of work with children who manifest these traits. And I know that it's highly, highly difficult for parents who have such children. How do you help them deal with this? Are there treatments for the children that maybe can nip this behaviour in the bud? And then how do you work with the parents?

Marsh: It's a really difficult problem when parents have children who have these traits. Unfortunately, as many people know, there's a real lack of trained child psychologists and psychiatrists to start with. So parents of children with any severe psychological disorder already struggled to find somebody who can provide good treatment. There's a particular lack of people who are trained and experienced in treating children who have serious externalising behaviour disorders. So that's conduct disorder, oppositional defiant disorder, et cetera. I tend to suspect that those are not the kinds of disorders most people go into child psychology or psychiatry to treat. And it can be really hard to feel compassion for people who treat others badly.

I mean, this is a natural human tendency. But I think it's so important to remember that children do choose to have the psychological symptoms and traits that they do. And just as we wouldn't blame a child with autism or a child with anxiety for the symptoms that we show, I think it's wildly inappropriate to blame a child with conduct disorder or oppositional defiant disorder for their symptoms, just because

those symptoms do hurt other people. Which doesn't quite fit most people's mental profile of what a psychological disorder is. We think of people who are mentally ill as having maybe disordered thoughts are having lots of anxiety and suffering and distress. That's kind of the prototype, and conduct disorder and psychopathy just don't fit that mould.

The children with these conditions often deny there's anything wrong with them. Because being fairly narcissistic is a big part of the personality profile of psychopathy. And that is also one of the reasons it's very hard to treat. Of course, if you don't think there's anything wrong with you, the problem is with everybody else, you're not going to be super receptive to people trying to change things about you. Unfortunately, psychopathy developed a reputation for being untreatable based on some papers that came out in the late 1900s. But that's not true. It's a personality disorder and personality disorders are notoriously difficult to treat but certainly not impossible, and especially if we can identify children who are at risk for developing psychopathy, it is treatable. But it does require time and a lot of effort and in some cases a lot of resources, which is unfortunate. The most effective treatments tend to be some combination of training aimed at how parents respond to their children.

And I say this with caution because it's too easy for people to assume that if you are addressing parents' behaviour to help treat the condition, that it's the parents' behaviour that caused the condition. And I think that's a huge myth I'd like to dispel. We know that behavioural therapy, a lot of it administered by parents is a really effective treatment for children with autism. You have to use very specific kinds of interpersonal behaviours to help them develop. But we don't think that parents cause autism, or at least not anymore, right? We used to think that. This used to be just accepted wisdom in psychology that refrigerator mothers cause their children's autism. Unfortunately, we're still in that place with psychopathy where a lot of people assume it's the parents' behaviour that causes it.

So even though that's not true, there are things that parents can do to help, but they're not the sort of behaviours that parents would naturally come up with on their own. Usually, there's a number of different kinds of formalised therapeutic approaches that work. Most of them emphasize how to provide children with extremely clear, consistent, positive reinforcement for doing the right thing and ensuring that they're not reinforced for doing the wrong things. Don't get into the tantrums, don't get into the manipulation. Because if you get into those behaviours, you reinforce them and you make sure that they come back.

They also reinforce not relying on punishments to change children's behaviour. One of the really difficult things about psychopathy is the fearless temperament that it seems to be rooted in. And that's how punishment works, is through the fear system. And I don't mean violent punishment necessarily, but anytime you avoid behaviour that you think will be punished, that's fear talking. You're like, "I don't want that bad thing to happen, so I won't do this thing I'm not supposed to do." And children who are psychopathic, many of the ones that I've worked with truly are fearless. They say they have never felt afraid of anything. They didn't report feeling any high autonomic arousal sensations in their body under threat. And they have difficulty describing what fear feels like. And so you can't punish a child into behaving who doesn't feel fear. And P.S., that's not a good parenting strategy for any child.

And the other thing is that children who are psychopathic often seem very resistant to affection, or they don't seem to get a lot out of affection for reasons we don't really understand yet. And so sometimes parents will sometimes not be as outwardly affectionate toward these children, both because they're frustrated by them and both because the child doesn't seem to want it. But there's some evidence to suggest that they should do exactly the opposite, which is counterintuitive, and that they should provide extra big, sort of, social positive cues. More affection, more smiles, more positive physical touches, that seems natural and that the child even seems to want. And we know there's some evidence that parents who use these types of approaches with even very high risk children can see good effects in the long run. But it's challenging, I won't lie.

Mills: So is it possible then to teach a child, and it may be even harder with adults, but to teach a child who has these traits to feel fear, to understand fear and to feel remorse, which they apparently don't?

Marsh: These are really big open questions. One of the real problems with the field of psychopathy is that not enough mental health resources have been devoted to trying to understand or treat it over the years. It's very common—conduct disorder affects, depending on the estimate, up to 7% of children at some point during development. Oppositional defiant disorder even more. And there are as many as 2% to 3% of children have high levels of limited social emotions during development. These are not rare conditions. Psychopathy is at least as common as bipolar disorder or anorexia or some other disorders that we think of as not that rare. And yet very, very few resources have been devoted to trying to understand how to treat it. And so there's a lot of things we don't know.

There's not one single pharmaceutical that's ever been developed specifically to treat externalising behaviour disorders, for example. And so children with these disorders get treated with a lot of other kinds of medications that were developed to treat other things. Some of them do seem to help. So for example, stimulant medications used to treat ADHD do help some children who are at risk for psychopathy. It shouldn't be the first line treatment, you should always start with a parent management training type of approaches, but it's sometimes is a nice adjuvant. It will sort of increase the effectiveness of the behavioural treatment. Sometimes mood stabilisers are used and they can be effective and even antipsychotic medications are sometimes used and can be effective, although I think it's risky to use these drugs for a long time in children.

Do they actually increase the capacity of children to feel emotions like fear, that although we think of them as, quote, negative emotions are incredibly important for adaptive social development and social functioning? Probably not. And to be honest, it's not surprising that pharmaceutical companies don't seem that keen on developing medications that will make children more fearful. Nobody feels comfortable with that, which I get. Again, it's too bad. It's easy for people to forget what a useful emotion fear is to a degree. Obviously, excessive fear is no good. But some low level of fear is incredibly important because, and this is what a lot of my research centres around, not only does it help you respond to negative feedback from other people, but the capacity to feel fear helps you empathise with other people's fear. And that's one of these critical social mechanisms that prevents people from doing things that cause other people fear. And this is a problem in psychopathy, because they don't often feel fear very strongly themselves, they don't understand it in other people, and they literally don't understand why it's wrong to cause it in other people, it's a huge problem.

Now that said, it may be possible to increase other positive social emotions in children with psychopathy through these behavioural sort of parent management techniques I've been talking about, mostly by causing them to view other people as socially rewarding. Because that's a really good thing. If you view interactions with people and having positive interactions with people as intrinsically rewarding, oftentimes that's enough to keep your social behaviour on the right side of things all by itself.

The problem is that kids at risk for psychopathy engage in a lot of behaviours that bother other people, from being annoying to being actually harmful. And then you get negative feedback from people and you can end up in these negative reinforcement spirals where you just view other people as not really worth caring about or treating well at all. And that's what you want to avoid. And if the right approach is taken, you can end up with a child who's maybe temperamentally pretty fearless and not the most caring person in the world, but can be totally functional and lead a perfectly good life and have good friendships and relationships.

Mills: Let's talk for a minute about causes, because I know you've done some research, including brain imaging, that found some interesting differences in the brains of children who are manifesting this disorder. And then the other question is, are these things genetic? Do we know?

Marsh: Understanding the causes of psychopathy is obviously really important to coming up with more effective treatments. And again, what the psychopathy research community desperately needs is more resources from mental health organisations. Funding organisations to take psychopathy seriously as a mental illness that needs resources poured into trying to understand it better. That said, we've made some progress. For a while now, brain imaging research in children who have psychopathic traits has been pointing to a relatively consistent finding, which is that if you look at large groups of kids who have serious conduct problems, so aggression, externalising, delinquency, that sort of thing, only the children who have psychopathic personality traits, so the low empathy, low remorse, uncaring traits, show reduced activity in a structure called the amygdala.

And you see the opposite effect in children who have equally serious aggressive externalising behaviour, but don't have the psychopathic traits. They actually show increased activity in the amygdala. And this is one of those interesting cases where brain imaging has told us something really important to understanding the phenomenon and to identify appropriate treatments. That different kids with conduct disorder, aggression, et cetera, show completely different mechanisms that seem to be underlying their antisocial behaviours, and that's really important to know. And so what we know about the amygdala is it does a lot of things, first of all. It's a densely interconnected structure in the brain. You have two amygdala, one on each side, and they're sort of deep under the cortex and they're evolutionarily ancient. One of the important things they do is regulate the body's fear responding, so they coordinate responses to threats. And people who have lost their amygdalas due to either genetic disorders or in some cases injuries do seem to have kind of muted fear responding as a result.

So we think the amygdala is important for fear. It also definitely plays an important role in regulating social behaviour although exactly how it's doing that is less clear yet. And we think that because in children who are at risk for psychopathy, the amygdala is not developing correctly, it ends up being too small on average, especially earlier in development. And it's less active in response to the things that it should respond to. For example, the sight of somebody else who's afraid. That seems to be at the heart of the problems that we see in children with psychopathy. Now, it's not the only problem in their brains, but it's the one that has been the most consistently identified and the one that I think is likely to be central to their disorders.

Is the disorder heritable? Well, every psychological phenomena is at least partially heritable. So the same is certainly true for psychopathy as well. A giant meta-analysis that came out in, I think it was *Nature Genetics* several years ago, looked at the heritability of lots and lots of different outcomes, including psychological outcomes. And found that on average, psychological traits like personality traits, things like anxiety, psychological disorders, are on average 50% heritable, which means half of the variance can be accounted for by genetic factors, and the same seems to be true for psychopathy.

So about half of the variance is accounted for by genetic factors. That does mean that if somebody else in the child's family shows signs of psychopathy, that child is at higher risk for developing psychopathic traits. But of course, that is a long way from saying that psychopathy is inborn or innate or hardwired. At every stage of development, genetic potential is interacting with environmental factors to drive outcomes. And so it's pretty clear that features of a child's environment will also shape the degree to which any sort of latent potential for psychopathy gets expressed.

Mills: That raises another question in my mind which is, I think that some people confuse psychopathy and sociopathy. And I'm just wondering if you could explain how they're different and how they're similar.

Marsh: Absolutely. Psychopathy, I will emphasise, is technically the more scientific term. So for example, there are no scientific societies for the study of sociopathy. That's not a thing. There is one for the science of psychopathy, I'm a member of course. As far as I'm aware, there are no sort of scientifically validated measures for assessing sociopathy, there are not journal articles describing

sociopathy. It is more of a sort of popular term for describing highly antisocial people. It has been used often in the past to describe people with a diagnosis of antisocial personality disorder. And so I would say that sometimes that's what it's used to mean. Other times, it's used to mean people whose antisocial behaviour is mostly result of social forces.

So people who were not born at particularly high risk of becoming antisocial, but due to really terrible things that happen to them often in childhood, experiencing extreme neglect or trauma or abuse, developed antisocial behaviour as a result. Now, that's not even the normative consequence of experiencing abuse, trauma or neglect. The typical outcome when you experience those terrible things in childhood is developing anxiety, depression, or post-traumatic stress among other problems. But some children do develop very serious antisocial behaviour as a result of those outcomes.

And so again, it's not technically the scientific term, but many people when they talk about sociopathy, that's what they mean. There was no particular sort of innate risk factor, it was purely a social set of risk factors that caused their behaviour. Whereas psychopathy is almost always used to refer to people who have this innate set of risk factors that then becomes psychopathy as a result of different patterns that happened during development.

Mills: In my intro, I mentioned some notorious people who are often thought of as psychopaths, and they were all men. And I just want to know, do we know whether psychopathy is more prevalent among men or women? Or does it just manifest differently depending on your sex?

Marsh: This is a wonderful question and it's one that I think reasonable people could disagree on. We know that the scales that are most commonly used for assessing psychopathy now, probably the most famous of which is the PCL-R, the psychopathy checklist, which was developed by Bob Hare. It was developed in an all-male adult population of prisoners in British Columbia. And I think that scale is really good for assessing psychopathy in adult male prisoners in North America. But I think reasonable people could differ as to how effective it is at assessing psychopathy and all its manifestations in other kinds of populations, non-prison populations, children and women. And there are other scales, I'll emphasise.

I really dislike the phrase “gold standard” when it comes to measuring any kind of construct. Any measurement is never the same thing as a construct, it's just one way to measure it. And some of the measures that I often use to assess psychopathy were developed in more general populations, and so may be better at capturing psychopathy in for example, women. So it's possible. So I will say that we do see lower levels of psychopathy in women using a lot of the scales that are used to measure it. This could be because the scales were developed in more male populations and so they don't capture psychopathy as well in women.

For example, they may emphasise physical aggression, or different forms violent crime that are much more likely to be engaged in by men than women we know. And so they don't quite as accurately capture the ways that psychopathy manifests in women, which is much more likely to relate to social aggression, sort of emotional bullying, manipulation, that sort of thing.

It's also possible that there are true gender differences. And I would believe that, in part because we know from giant personality assessments that have been done in countries all over the world that there are average differences in the personalities of men and women, with men tending to be:

- a little lower in a trait called negative emotionality,
- a little lower in a trait called conscientiousness,
- and lower in trait agreeableness.

And these are all personality constructs that do relate to psychopathy. **People with psychopathy, not surprisingly, are less agreeable, less conscientious, and lower in some forms of negative emotion.**

And so given that, I think it's reasonable to say that probably psychopathy at the tails will show up more often in men than women. And yes, I think it's also true that we're under-measuring it in women because the scales aren't picking up on some of the ways that it manifests.

Mills: Now, if in your normal life you encounter people who you think have some of these traits—I mean, I asked in the intro, what can you do? Other than just trying to avoid people who are like this, is there anything that you can do to protect yourself from these kinds of people?

Marsh: Yes, the first thing I'll say is psychopathy does not present the way people think it does. I vividly remember the very first time I went to interview a child with psychopathy when I was a postdoc at the National Institute of Mental Health. And he had pretty severe psychopathy. He was in a locked psychiatric ward at the NIMH, he was there for a long-term study that his parents had enrolled him in. And I had heard these horrible stories about his behaviour in the backgrounds. Uncontrollable violence, his parents would often take his brother to stay in a hotel for long periods of time, they were so worried about this boy trying to really seriously hurt or even kill his brother. And when he was being punished, he would do awful things like smear his own poop on the walls. It was bad stuff.

And so the last thing I expected to see when I walked into his room—and I knew how to keep no sharp objects in my pocket and make sure that I never let him get between me and the door, I mean, all the normal things that you do when you work with potentially violent populations. But I walk into his room at the NIMH and from his—he was sitting on his bed and he pops up to shake my hand. It's just the cutest kid and he looked like he was out of a cereal commercial. Like an adorable smile and just sort of an aw-shucks demeanour, freckles on his nose. I mean, he just was so cute and sweet and friendly and charming. He seemed more mentally healthy than the average child, it was just astonishing. And he agreed that he had engaged in all these bad behaviours that had resulted in him being at the NIMH, but there was always sort of an explanation for that. He just was having a really bad day that day and looking back maybe he shouldn't have done that.

And that is what I learned. And the most important lesson about psychopathy is that you can't tell when somebody has it because they have a crazed look in their eye or they seem really gruff or there's weird eye contact. Some people say, “Oh yes, there's a certain thing that people with psychopathy do.” I've never seen it personally and I think part of the reason is that I work with people who have not spent a long time in prisons or institutions, which does things to your demeanour, obviously. People who are out in the community who have very high levels of psychopathy present as genuinely likable, charming, well adjusted, friendly, often very helpful people in reality.

I mean, this is how they managed to do all the terrible things that they do, is because people don't see them coming. I mean, Ted Bundy was infamous for that. And I will say that many serial killers are not psychopathic. Some of them have very odd forms of psychosis or compulsions or other problems. But usually it's some sort of perfect storm of multiple problems. Ted Bundy was highly psychopathic in addition to being a serial killer, but you never would guess it. I've met psychology professors at the University of Washington who had Ted Bundy as their student and introduced them to their wives and wrote letters of recommendation for him and had absolutely no idea that he was simultaneously murdering women on the weekends when he wasn't in classes.

You can't tell. If I lined up all the children with psychopathy that I've ever worked with over the years and all the healthy kids that I've worked with over the years and asked you to pick out who was who, you'd never be able to tell. So this is the first part of making sure that you can protect yourself from psychopathy, it's just not assuming that it'll look like your stereotype of it. The most important thing you can keep track of is how people treat other people. It's very hard to detect in somebody you just met.

But if you get to know somebody for a little while, the things to look out for are first of all different people having extremely different impressions of them. Some people saying that this person is like a really horrible person, other people saying this person is the nicest person in the world. That kind of chameleon-like behaviour is not always indicative of psychopathy, but sometimes it is.

The other thing we look for is a pattern of behaviour that suggests this person does not really care about anybody but themselves, right? Do they ever actually do anything that sacrifices their own welfare to help anybody else, including people that they say are friends or that they love? Do they really seem affected and truly moved when other people are suffering? Do they seem just a little too glib, just a little too able to kind of talk their way out of situations? So they always seem to be kind of skirting just on the edge of acceptable behaviour, and not seem to think that maybe the rules apply to them as much as they do to other people.

Those are the kinds of things you want to look for when you're just in daily life and think that somebody may have high levels of psychopathy. I should also mention that there are people who are fairly callous people who have most of the traits of psychopathy who are actually just fine people to know in your life. I wouldn't necessarily let them propose an outing to go white-water rafting or anything like that. Many people with psychopathy say they often get their friends into a lot of trouble. But the most important predictor of future behaviour is past behaviour. And so I know people who have psychopathy who have learned that if they treat other people well, it works better for them too. And so oftentimes, they can make good friends. You just have to always be aware of what you can and can't count on them for.

Mills: Let's switch gears and talk about the happier side of your research, which is about empathy, compassion, and those extreme altruists like the people who donate kidneys to strangers. What's the connection between what seems on its face to be the opposite extreme of human behaviour?

Marsh: Yes. So I've been incredibly fortunate in my research career to have been able to work not only with people who have psychopathy or at risk for psychopathy, who to be honest, I really enjoy that research. I really feel for the parents of the kids who have psychopathy, but I really enjoy the kids themselves.

But I've also worked with people who were on the other end of what I call the caring continuum, who are unusually caring and altruistic to the point that they will even give kidneys to strangers or rescue other people from fires or drowning. And that the genesis of this research was the relatively recent understanding that psychopathy is not like a discrete group or taxon. It's not like we have psychopaths here and then the rest of the population over here. It's a continuum. There are people who have mildest psychopathic traits, some people have moderately or very severely psychopathic traits. So it's like a lot of things.

It's sort of a normal—well, not a normal distribution, but certainly a distribution. And that discovery prompted me to wonder, well if it's a distribution with super uncaring, uncompassionate people on one end, and most of us somewhere in the middle, what's on the other end? And if we can understand what it looks like to be sort of anti-psychopathic, that can help us learn a lot about the origins of compassion and care, which are the things that my research focuses on. And so, after a bit of thinking, the population I landed on to see if they looked anti-psychopathic was people who donate kidneys to strangers. Because if there's any behaviour that indicates more care about the welfare of other people, even total strangers, it's that when you're willing to give up an internal organ, a vital internal organ at significant, sometimes expense and inconvenience and serious pain to yourself, I don't know what it is.

It's really sort of a magnificent act of generosity. And so about 10 years ago, I started bringing altruistic kidney donors to my lab at Georgetown to conduct brain scanning research with them. And one of the first things we found about them is that they are indeed sort of anti-psychopaths. They have amygdalas—whereas people who are psychopathic have amygdalas that tend to be too small and not

active enough, people who were very altruistic have amygdalas that are larger than average, and tend to be even more responsive to the sight of other people in distress.

So if you show them a picture of somebody who looks very afraid, they have a bigger than average and negative response to it. And that seems to support their being better able at recognising when other people are in distress. So if you show them fearful faces, they're better than average of recognising them. And I think that means that they have the personalities that are unusually caring and responsive to other people's need and suffering, and that makes them unusually motivated to help when other people are indeed suffering.

Mills: And you yourself are the benefactor of somebody who was apparently one of these altruistic, right? I mean, can you tell that story because it's kind of amazing. I saw your TED talk about it.

Marsh: Thank you. Yes, he certainly was a true altruist. It happened when I was a teenager. I certainly credit it for the trajectory that my research career has taken. I was driving home on Interstate 5, the large freeway in Washington State, back to my hometown of Tacoma—also the hometown of Ted Bundy, and the hometown of the Green River Killer, and several other similar notorious killers.

Mills: There's something in the water.

Marsh: Yes, I know. There's no way it's an accident that I'm also interested in psychopathy. In any case, so I'm driving on an overpass back into town when a very small dog ran out in front of my car, which how it got there, I'll never know. And I swerved to avoid it, which I now know you shouldn't do, even though the impulse is always there. And the combination of hitting the dog and swerving to avoid it caused my car to spin out of control. It was fishtailing and then literally spinning in giant circles across the freeway until finally it came to a rest in the fast lane of the freeway just over the crest of this overpass so that the oncoming cars couldn't see me until they were almost on top of me. And the engine died. And I was 100% sure that I was also going to die because I had no phone, couldn't get the car to turn back on. There was no shoulder for me to escape to.

I just remember keeping trying to turn the car back on and being unable to do so. And so I don't know how long I sat there. I mean, time does funny things when you think you're about to die. But what ended up happening was as I was sitting there waiting for the end, I hear a rap on the passenger side door which was inside next to the shoulder and turned to see a man standing there who I later figured out must have pulled his car over on the opposite side of the freeway within seconds of having seen my stranded car, and then run across the freeway to reach me again in the middle of the night dark with cars and trucks flying past.

And to make a long story short, he got in my car, got it back up and running again, which required putting it back in park, and then got us back to safety on the other side of the freeway and then disappeared. He was like, "Are you going to be okay? Do you need me to follow you before you get home just to make sure you get home okay?" And I said, "No, no, I'll be okay." He said, "Okay, well then you take care yourself." And off he went into the night. I don't know his name. I don't know anything about him. But I know that he was truly heroic.

Mills: Yes. It's quite an amazing story. Last question. I like to ask this a lot of researchers. What are the big questions that are fascinating you now? What are you working on and in your mind, sort of the most important questions that we could still answer?

Marsh: There's so many. I mean, it's one of the reasons I absolutely love being a psychology researcher and a neuroscience researcher is because these are relatively young fields and there are so many things we still have to know. And plus, what's more interesting than trying to understand human psychology and behaviour? I think the most interesting question and certainly the one that I'm in the middle of

pursuing is what is it that allows somebody to truly care about somebody else? I mean when you really boil it down, it's love. Which I know is a little bit of a fluffy term and sometimes researchers try to avoid it. But the scientific definition of love is to care about somebody else's welfare for its own sake, not because of how it affects you.

And from having worked with altruists for 10 years now, I genuinely believe that it's possible and that common to genuinely care about the welfare of other people, because they're intrinsically valuable to you. And how does the brain enable that? How did, how do we have this capacity to genuinely care about other people? There must be some pathway in the brain that enables it, probably built on the pathways that originally evolved to support parenting, which is of course, the original form of love, is the love that parents have for their offspring. And we think that in general, most forms of care-based altruism emerge out of the capacities for parental care. And so I would love to try to figure out how it is that the brain enables that capacity to emerge. I mean it's the most beautiful form of alchemy I can imagine. I'd love to figure out the answer.

Mills: Well, thank you so much for joining me today, Dr. Marsh. This has been really interesting. I appreciate you taking the time to explain your work to the world.

Dr. Abigail Marsh, a professor of psychology and neuroscience at Georgetown University: It's been a pleasure. Thank you so much for inviting me here. aam72@georgetown.edu

Kim Mills: You can learn more about Dr. Marsh's work and other research on psychopathy in the March issue of APA's magazine *Monitor on Psychology*. Go to our show notes for the link, at speakingofpsychology.org. If you have comments or ideas for future podcasts you can email us at speakingofpsychology@apa.org. *Speaking of Psychology* is produced by Lea Winerman. Thank you for listening. For the American Psychological Association, I'm Kim Mills.

PSYCHOPATH	SOCIOPATH
<ul style="list-style-type: none"> ▶ Lack of guilt, remorse, empathy ▶ Pretending to feel emotions ▶ Inability to form true emotional attachments ▶ Tend to be successful ▶ Dishonesty ▶ Manipulative behavior, narcissism, and superficial charm 	<ul style="list-style-type: none"> ▶ Lack of remorse but guilt and empathy may be present in some cases ▶ Some emotions are felt (rage) but are shallow and fleeting ▶ May form close attachments to one or few individuals ▶ Consistent irresponsibility and Repeated violations of Law ▶ Constant lying and deception ▶ Aggressive and reckless behavior

Psychopaths and Sociopaths both generally calibrate under 80 MoC.

SOME NUMBERS:

Currently, each year we have:

130 million live births
73 million abortions
25 million or so miscarriages

224 million conceptions /
incarnations per annum.

6.5 million child deaths per
annum. About 5% of those born do not
make adulthood.

123.5 million of those incarnated
make it to adulthood.

55% of those incarnated make it
to adulthood.

45% of those incarnated do not
have an adulthood life experience.

Natural love and divine love, and indeed
soulmate love are quite different energies.
Soulmate love is not natural sexual love.
Soulmate love is the only natural love that
matures and continues with us into the
Celestial Realms being beyond the 8th
sphere.

Just to step back a little to the above
statistics. For each abortion there are at
least two adults involved. As there are 44
million abortions each year, then 88
million adults may be involved in that
process. That indicates that two out of
every three live births, that is 66% of
adults, become participants in abortion.

Further, the number of reported abortions are an under estimation of actual events.

The demonstration of love for children is apparent in as much as nearly one half of all conceived children do not survive early childhood due to the lack of love coming from their parents. Further, it is the emotional injuries and erroneous beliefs of parents that directly impede the circulation of soul light through the spirit body of the foetus and the physical foetus thus distortions occur in the energy circulation bringing about deformations and illness in the newly emerging child.

Miscarriage is a consequence of this function. We, as parents, bring upon the child all of its issues throughout its life due to our own lack of healing. This is why this curriculum for the awareness of Feeling Healing is being introduced! We NOW can address ALL of the social issues confronting humanity worldwide. These revelations have never been understood previously in their entirety as they now are.

Global estimates of INDUCED ABORTIONS:

	1995	2008	2024
World	45,600,000	43,800,000	73,000,000

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

BABIES born Each Year; 130,000,000

It is estimated that there are approximately 130 million babies born throughout the world each year.

http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year

Miscarriage reportedly occurs in 10 percent of all pregnancies. This may be an inaccurate number. However, many women, before realising a life has begun forming within them, may miscarry without knowing it. Therefore, the miscarriage rate may be closer to 20 or 25 percent.

<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

**World murder rate: 7.6 per 100,000 people per year.
The NUMBERS: Violent deaths worldwide, 2004:**

Total:	740,000
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

http://www.dlc.org/ndol_ci.cfm?kaid=108&subid=900003&contentid=255032

Over one million people die by suicide every year.

There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.

<http://en.m.wikipedia.org/wiki/Suicide>

DEATHS worldwide per annum: 60,000,000

Pollution causes about 40% of deaths worldwide, i.e., are caused by water, air and soil pollution.

<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

WHY do SOCIAL ISSUES go UNRESOLVED?

This is a demonstration of love we, as parents, have for our children:

According to the World Health Organization, roughly **73 million induced abortions occur worldwide** each year, with 61% of all unintended pregnancies and 29% of all pregnancies in general ending with an abortion.

<https://worldpopulationreview.com/country-rankings/abortion-rates-by-country>

Around **140 million babies** are born every year in the world.

<https://www.theworldcounts.com/populations/world/births>

As it takes two people for a child to be conceived then these two statistics infer that everyone who is born will later abort a child. That is a global demonstration of the lack of love throughout all societies around the world!

Day 16 after conception, a foetus commences to pump blood, at this moment the child is incarnated. From that moment of incarnation, the child is no less alive than when it is physically born at the end of its gestation within a mother's womb.

DOMESTIC VIOLENCE protests around Australia yield a result!

Sunday, 28 April 2024, demonstrations in many major Australian cities brought to attention the plight of domestic violence survivors to the political leaders of the nation.

Wednesday, 1 May 2024, following an emergency meeting of National Cabinet the Prime Minister of Australia announced AU\$925 million in funding over five years for a program designed to help women leave violent situations as well as steps to reduce young people's exposure to violent pornography and reduce the influence of toxic masculinity online. 'Leaving violence payment' of AU\$5,000 will help women escape abusive relationships with money for services, risk assessments and safety planning. The leaving violence program will be available from mid 2025, providing eligible victim survivors up to AU\$1,500 in cash and up to AU\$3,500 in goods and services for up to 12 weeks.

It is estimated that of all Australian adults experienced Domestic Violence:

- 11.3% (2.2 million) had experienced violence from a partner (current or previous cohabiting)
- 5.9% (1.1 million) had experienced violence from a boyfriend, girlfriend or date
- 7.0% (1.4 million) had experienced violence from another family member (ABS 2023c).

Being **24.2%** or 1 in 4 adults Australia wide!

Based on the 2021–22 Personal Safety Survey:

- over 1 in 4 (27% or 2.7 million) women have experienced FDV since the age of 15
- around 1 in 16 (6.2% or 611,000) women have experienced violence since the age of 15 from a father, son, brother or other male relative or in-law
- 12% (2.2 million) of people witnessed partner violence against their mothers when they were children.



1 in 5 adults

in 2021–22 had experienced **family and domestic violence** since the age of 15



Over 1 in 4 women

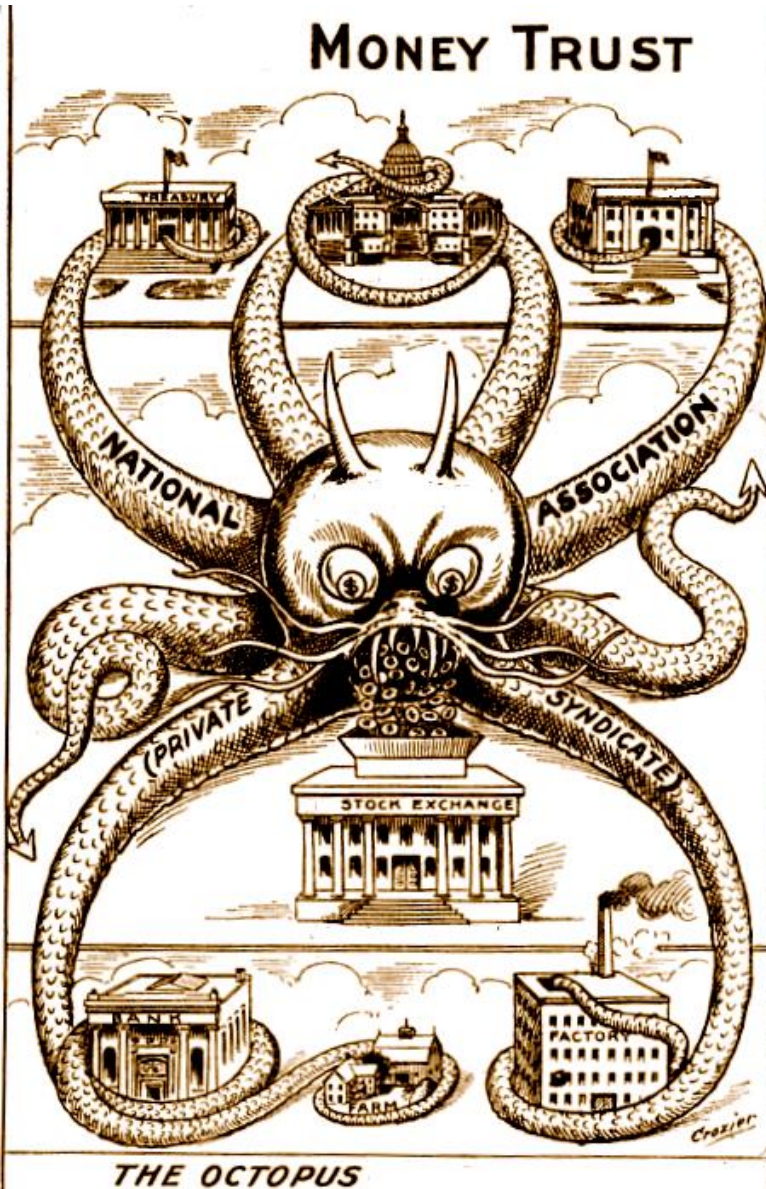
in 2021–22 had experienced **family and domestic violence** since the age of 15

GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Map of Consciousness (MoC)	Population Number (2024)	Parliament	MoC (2024)	Elected Number
Angola	80	37,800,000	National Assembly	220	220
Argentina	280	46,000,000	Federal Parliament	310	329
			Senators (upper house)	320	72
			Deputies (lower)	300	257
Australia	410	27,000,000	Federal Parliament	380	227
			Senate (upper house)	380	76
			Representatives (lower)	380	151
Caribbean OECS Dominica Com	280	11,000,000 73,400	Government Dominica	340	32
			Com Opposition	335	
China	305	1,425,000,000	Politburo Standing Committee	280	7
			Politburo	285	24
			Central Committee	290	200
			Congress	295	2,000
Colombia	320	52,200,000	Parliament	344	296
			Senate	344	108
			Chamber of Representatives	332	188
Eritrea	180	5,800,000	Dictatorship	315	none
European Union	380	451,000,000	Parliament	335	705
India	370	1,436,000,000	Parliament	400	788
			Council of States (upper)	410	245
			House of People (lower)	390	543
Indonesia	220	280,000,000	Parliament	288	711
			Regional Rep Council	295	136
			Peoples Rep Council	280	575
Philippines	225	119,000,000	Senate	291	24
			Representatives	299	316
Russia	320	144,000,000	Federal Assembly	305	620
			Federation Council (upper)	310	170
			State Duma (lower)	300	450
Tanzania	200	68,800,000	National Assembly	290	393
Ukraine	330	38,000,000	Verkhovna Rada	300	450
United Kingdom	420	68,000,000	Parliament	390	1,433
			UK House of Lords	380	783
			UK House of Commons	400	650
United States of America	405	341,000,000	USA Congress	380	535
			Senate	365	100
			House of Representatives	390	435
Zimbabwe	100	17,000,000	Parliament	260	360
			Senate (upper)	260	80
			National Assembly (lower)	260	280
World overall	220	8,100,000,000			

We believe we live in the freedom of a democracy but ...

The Rothschilds have been successful in having their 'nominee' elected as president of USA for around 50% of all the presidential elections over the past 100 or more years.

"IT'S A BIG CLUB...



How is it that wealthy, very private, families can within plain view yet unseen by the public, manipulate and control governments with impunity?

The Club in London is highly private and extremely secure from 'observation'. When they met with Hilary Clinton as their nominee, they did not anticipate that Donald Trump would win.

Secret societies operate worldwide and should a major not have representation within a given country, then associations and affiliated secret societies act on the behalf of the major secret society.

Donald Trump had his own secret society network that out manoeuvred and won the day!

Should the hidden controllers not be able to achieve appointment of their primary 'nominee', they then infiltrate the highest possible levels of management with compromised plants such as 'advisors' or as they see appropriate to achieve their self-centred agendas. This they generally also do through the secret society networks.

To conceal their covert influence, tasks are generally broken into multiple elements, the instructions are relayed through up to twelve parties, mostly those who are very senior in their age and in poor health. Thus, no one knows all the parts nor the overall plan and agenda. As time goes by then the pathway back to source of prime instructions will ultimately end with a law firm invoking 'client confidentiality'. Instructions start typically with twelve steps, with twelve parts, with twelve parties, and ultimately impossible to trace back to source.

Who
Rules the
World



**THEY ARE
JUST USING
US. WE ARE
ALL SLAVES**



Then we assume that we have the best in leadership possible!

Review the Map of Consciousness – Personality Traits chart. Kinesiology muscle testing enables ready calibration of any body, anywhere at any time as per Dr David Hawkins application. A leadership team calibrating 470 MoC or above would be the pinnacle of management. A 440 MoC management team would be stunning leadership. Even 410 MoC would be a team to aspire to.

Now look through the Governmental Restraint upon its People table and we find only a couple of parliaments touching the MoC 400 and most are well under. The scale is based on common log of 10.

It is incredible just how successful hidden controllers have been able to structure parliamentary electoral process so completely that those elected to parliament are mostly not of a high enough consciousness / capability to perform the tasks asked of them by their electors. Then these same elected representatives of the people are influenced by ‘advisors’ who are on two payrolls.

Identify the problem and then come with two solutions!

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915

We have all been induced and brought up to live mind-centric, literally to worship our minds, to the detriment of our feelings. Our feelings are always in truth. We are to embrace our feelings and have our minds in support of what our feelings are guiding us to consider and then engage with.

While we live mind-centric there is no way we can break through the glass ceiling that our minds restrict us under. There is no way we can lift our consciousness to the levels needed to mitigate and put aside our conflicting and self-centred ways. While we live mind in control, conflict, disharmony, illness, disease, poverty, wars and all the social ills will continue. Stagnation of humanity will remain and the fear of humanity destroying itself will continue as a very real possibility.

The solution is simple:

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

Then to heal ourselves of what we each have taken on of the erroneous influences of evil ones many thousands of years ago is also simple:

To liberate one's real self, one's will, driven by one's soul, moves one to embrace 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.

And the Golden Rule we are to embrace is also incredibly simple:

The Golden rule is: Never interfere with another's will.

A few lines and the military machinery that is assembled all over the world can be put aside and scrapped.

By embracing The New Way, living Feelings First, humanity will begin to resolve the social ills that prevail throughout all societies. Progressively the circumstances for world peace will arise.

Social housing complexes as proposed by Pascas worldwide:

Primarily, the support platforms are to introduce a way of living which also enables both the perpetrators and the victims of domestic violence to recognise the drivers of their circumstances and step away to a more harmonious pattern and way of living. Firstly is the avoidance of returning to living in a violent or potentially violent household. Many have known nothing else.

Secondly, is that support is for as long as appropriate to enable parties to achieve the goals THEY need and want. Thus, assistance may be short term or for the rest of their lives and anything in between. We are each unique personalities and our journey is also unique. There can be no one pathway fits all.

Mostly, no one has understood the purpose for which we / they are having this physical experience and what beholds us throughout eternity. Life on Earth is hell, but it sure does fit us well for what our potential holds in store for us – so let us all embrace the revelations that “Journey for Humanity” museum reveals.

Why are there more than 60,000 pages in the Pascas Papers?

As simple and compact the revelations introduced above, their impact will see every institutionalised system and norm dismantled. The Pascas Papers explore many nuances and perspectives.

Should you fully heal yourself of what you have taken on of the Rebellion and Default then you and we do not have any need to further experience illness, disease, pain or discomfort!

We are to learn through our feelings, we are fully self-contained. Spontaneity in our responses is a reflection of embracing our feelings. Tutoring others is how we learn – we learn by doing.

By living mind-centric we have the cart before the horse, the horse being our feelings. Our feelings are to lead with our mind in support – not how it is now for all of humanity.

We are Putting the Cart Before the Horse in how we Live!

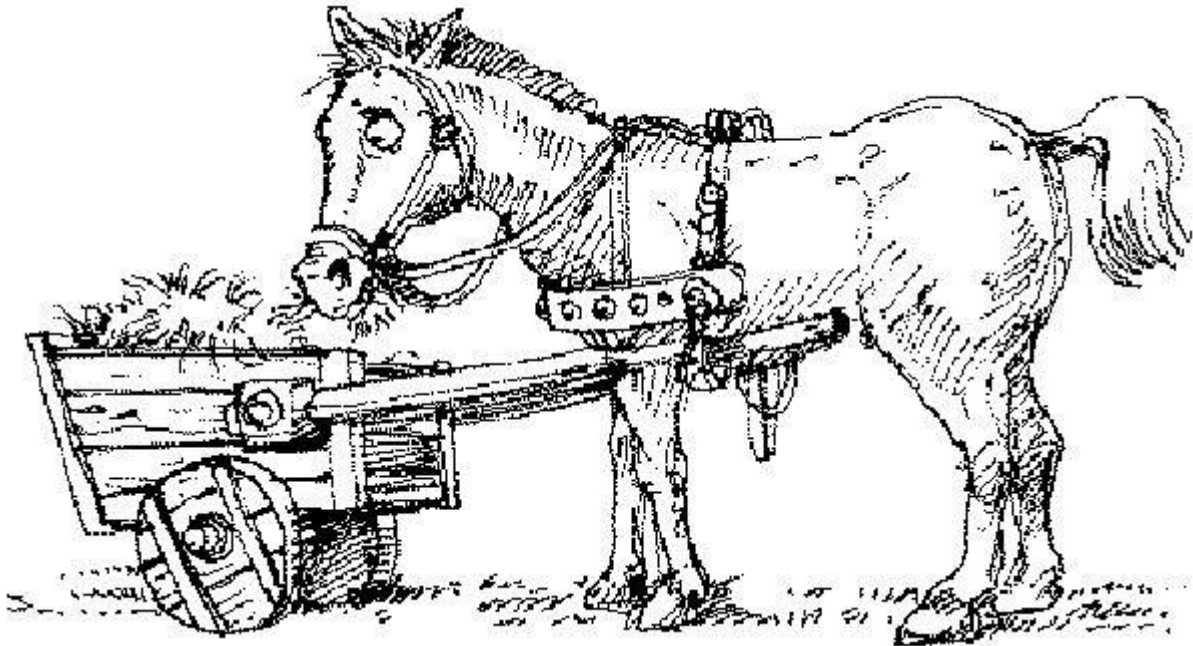
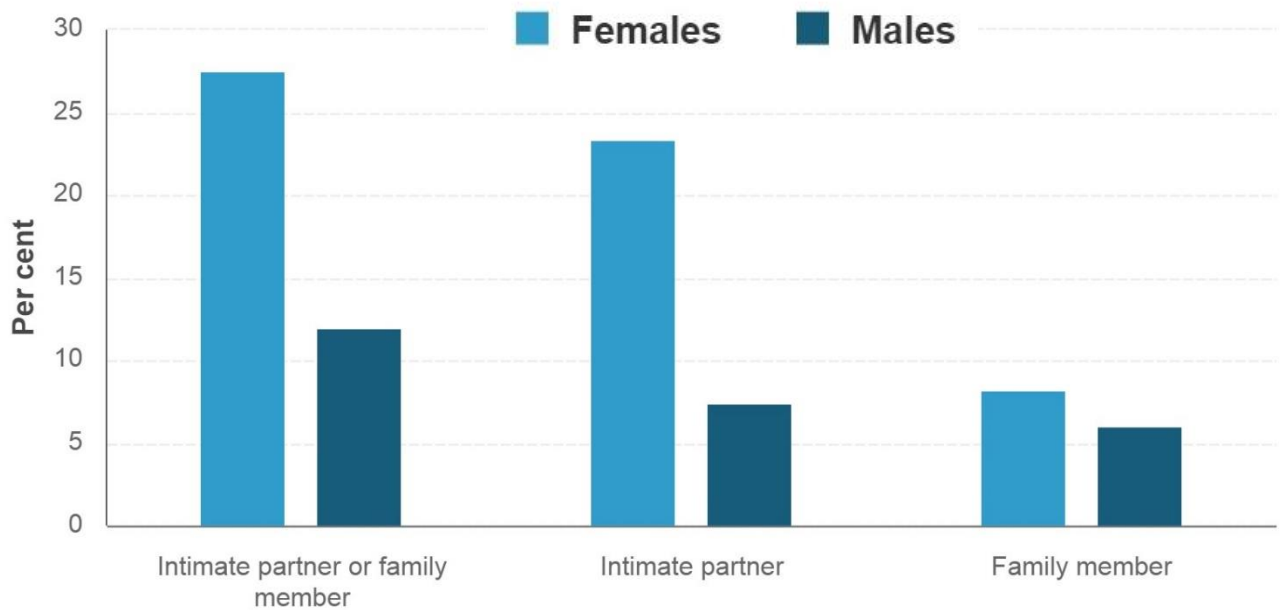
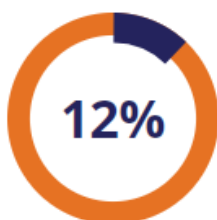


Figure 1: Proportion of people aged 18 years and over who have experienced FDV since the age of 15, by sex and relationship to perpetrator, 2021–22



Note:

1. Components are not able to be added together to produce a total. Where a person has experienced violence by both an intimate and a family member, they are counted separately for each type they experienced but are counted only once in the aggregated Intimate partner or family member total.



of adults in 2021–22 had witnessed partner violence against their mothers when they were children

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

We have been driven, generation after generation, to embrace our minds to the point that we blindly worship our minds, due to the fact that high level spirit controllers considered we would fall to to their coercion.

Our minds are addicted to:

Control over others;

Control over our environment.

That males are now addicted to having females subservient to their control.

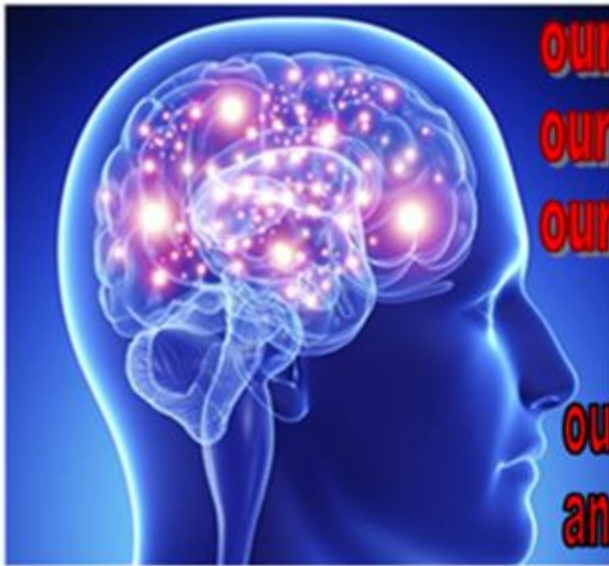
That our minds cannot differentiate Truth from Falsehood.

That our minds are addicted to untruth and that 'fake news' and propaganda will be believed by a gullible, subservient audience.

That consequently, the sheeple will march to war without questioning.

So, financial gain for the few hidden controllers is the trigger for never ending wars, if they cannot enslave nations through debt or by other means!

We, here on Earth, live in a physical HELL!



our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!

our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.

ASSUMPTIONS are the product of our MIND!

HEALING ends
MIND-CONTROL!



our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

all we need is WITHIN.
our MIND suppresses FEELINGS.

The Drama of Life:

'I had a pretty good upbringing' in comparison to other people!

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced world-wide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



Suppression & Repression = Universal Depression
 Suppression of feelings being the core cause!

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

To liberate one's real self, one's will, driven by one's soul, moves one to embrace 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.

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

The Golden rule is: Never interfere with another's will.

Golden Rule: that one must always honour another's will as one honours one's own.

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

How is it for you if you are Truly Honest with Yourself?



♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?

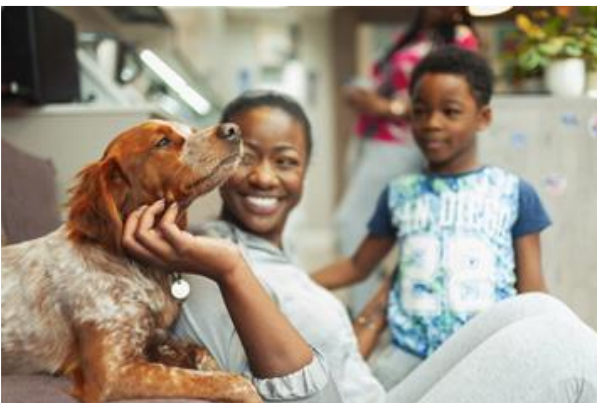


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♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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



# The GOLDEN RULE

*Never interfere with another's will.*

*We are not to impose our will upon another!*

*One must always honour another's will as one honours one's own.*

## Feelings First, Mind Following

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



A few will complete their healing during their lifetime, but for many it will be incremental.





# EMBRACING Change



**Mind-Centric Love is a Fantasy Love**

**TRUTH IS LIGHT IS LOVE**



Nothing is  
to remain  
the same!

Everything  
is to change!



Several decades of disruption is to  
encourage us to look for a better way.

Living Feelings First  
FEELING HEALING

simple is what LIFE is meant to be!

# EDUCATION CANNOT WAIT





### One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend what ever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



**THE CHANGE**  
**GREAT**  
**U-Turn**  
**Avonal AGE**



# VOICE

We each are to VOICE our pain - the pain from within!

And our pain is our Childhood Suppression.

This being our families' traditions and customs of unknowing erroneous ways.

It is the untruth of held spiritual platforms.

It is our own imprisonment within our mind of arrogance and control addiction.

It is the imposition of control placed on us by those from many levels of influence!

We each are to VOICE our pain to a companion who has compassion for us, and long for truth!

We are to discover that truth which is freedom and love that has been hidden from us.

We are to discover that our feelings are our truth.

We are to discover that we are each fully self-contained - truth is within us - and that it is our soul based feelings that generations have told us to suppress and ignore.

No more controlling institutionalised systems are required! - NONE!

# VOICE





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



If you are born before 31 January 2018 you are

**REBELLION**

**BORN INTO**

To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those imposts of the Rebellion and Default through parents' Healing.

**All systems are working against us, especially education!**

## The Learning Pyramid:





# THE GREATEST THREAT TO HUMANITY



**While we continue living mind-centric,  
we are going the wrong way!**

Important recommended reading is:

by James Moncrief

## **The Rejected Ones – the Feminine Aspect of God**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at  
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

**We are in Pain because of our Unloving Childhood!**

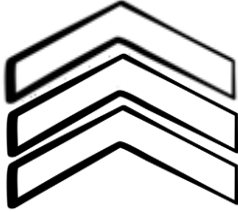
**Worst thing for our children are their parents!**

**WHAT ENTERS EMOTIONALLY  
IS TO BE EXPRESSED  
EMOTIONALLY WHILE LONGING  
FOR THE TRUTH TO BE KNOWN  
ABOUT WHAT IS BEING FELT!**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.

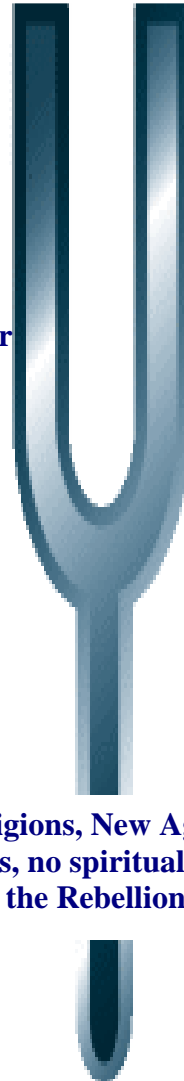


### THE FEELING WAY

Feeling – Ascendance

Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



All religions, New Age, agnostic,  
 atheists, no spiritual interest,  
 Living the Rebellion and Default.

Hell:  
 Exploiting the Rebellion and Default.

### THE MIND WAY

Mind – Transcendence

Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.

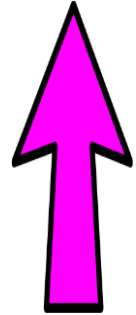


The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE

**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
 DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES  
 UNITING with SOULMATE / SOUL PARTNER and SOULGROUP  
 BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT



### THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\*

**Transformation** of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.  
**Transformation** of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

### Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
 SEVEN MANSION WORLDS

We have to do our: SPIRITUAL HEALING  
 (FEELING HEALING)  
 (SOUL HEALING)

**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
 REBELLIOUS  
 REBELLION AND DEFAULT

Against Truth and Love  
 Living Untrue; against ourselves  
 Denying many feelings  
 Become Truth to being untrue  
 Imperfect relationships  
 Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**



**Self-Acceptance**

No Healing needs to be done  
 Being true and loving  
 All done with Natural love  
 Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
 NOT REBELLIOUS  
 NO REBELLION OR DEFAULT

Not Against Truth and Love  
 Living Truth; not against ourselves  
 Not denying any feelings  
 Become truth to being true  
 Perfect Relationships  
 Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
 What we wish we were living  
 A Loving life

### THE MIND WAY \*\* MIND-LED LIFE \*\*

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

### GREAT U-TURN



# Living True to Ourselves

## LIVING TRUE to OURSELVES

We are to live truth to ourselves through ALL our feelings. We are untrue.  
 We are to live truth to being untrue. We are to stop pretending we're true.  
 We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

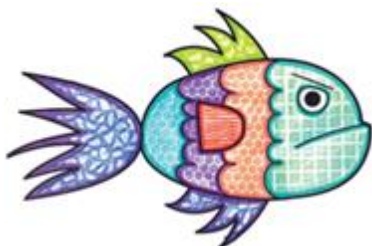
## We are to find the Truth of Love

**Enters emotionally - is to leave emotionally!**

**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**  
**It is knowing the truth of that**  
**which you feel that sets you free!**



**Always be true to your feelings**  
**because they are your truth**  
**and truth is love and our way home!**



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**  
**Talk it out to a friend!**



*From our head to our toes,  
what our feelings say goes!*



*Feelings, good and bad, are to be expressed.*



*Talk it Out!*



*Heartfelt feelings are our truth.*

*Then we are to continue by longing for  
the truth that our feelings are to reveal to us!*





Talk  
it Out



LET'S TALK  
IT OUT

TALK *it* OUT



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Within the Library Download page within Pascas Care Letters at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)



[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

by James Moncrief

### The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at  
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

**To liberate one's real self, one's will, being one's soul, is 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.**

Within the Library Download page within Pascas Care Letters at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following:

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- Pascas Care Letters – Family Shelters Protection
- Pascas Care Letters – Family Shelters Social Housing
- Pascas Care Letters – Family Shelters Support Centre
- Pascas Care Letters – Family Shelters towards Liberation



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Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

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| Sam’s Book – Parenting and Feeling Healing | Book III  | Magic            |
| Sam’s Book – Parenting and Feeling Healing | Book IV   | Nothingness      |
| Sam’s Book – Parenting and Feeling Healing | Book V    | Setting Free     |
| Sam’s Book – Parenting and Feeling Healing | Book VI   | Pain and Rage    |
| Sam’s Book – Parenting and Feeling Healing | Book VII  | Vision           |
| Sam’s Book – Parenting and Feeling Healing | Book VIII | Childhood        |
| Sam’s Book – Parenting and Feeling Healing | Book IX   | Self-Acceptance  |
| Sam’s Book – Parenting and Feeling Healing | Book X    | Physical Illness |

- Pascas Care – Parenting Awareness
- Pascas Care – Parenting Eureka Moment
- Pascas Care – Parenting Feelings Supreme Guides
- Pascas Care – Parenting Health Generation
- Pascas Care – Parenting into the Abyss
- Pascas Care – Parenting Rebellion

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**Mind Centric Way**

**Feelings First Freedom**



|                                                                                      |                                                                                                                                                                     |                                                                        |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Primary recommended reading:</b>                                                  | <b>consider commencing with:</b>                                                                                                                                    | <b>Paul – City of Light and Sage – and the Healing Angels of Light</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>Soul Light from Zelmar Melchizedek</b>                                            | <b>2003</b>                                                                                                                                                         | <b>xxx – James Moncrief</b>                                            |
| <b>Paul – City of Light</b>                                                          | <b>2005</b>                                                                                                                                                         | <b>xxx – James Moncrief</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>Mary Magdalene and Jesus' comments on the Padgett Messages</b>                    | <b>2007 – 2010</b>                                                                                                                                                  | <b>xxx – James Moncrief</b>                                            |
| <b>Speaking with Mary Magdalene &amp; Jesus Sage and the Healing Angels of Light</b> | <b>2013 – 2014</b>                                                                                                                                                  | <b>xxx – James Moncrief</b>                                            |
| <b>Road map of Universe and history of Universe:</b>                                 | <b>2017</b>                                                                                                                                                         | <b>xxx – James Moncrief</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 Book of Truths containing the Padgett Messages or Little Book of Truths</b>   | <b>1914 – 1923</b>                                                                                                                                                  | <b>xxx – Joseph Babinsky</b>                                           |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                         | <b>xxx</b>                                                                                                                                                          | <b>– Geoff Cutler</b>                                                  |
| <b>Available generally from:</b>                                                     |                                                                                                                                                                     |                                                                        |
| <a href="http://www.lulu.com">www.lulu.com</a>                                       | <a href="http://www.amazon.com">www.amazon.com</a>                                                                                                                  | <a href="http://www.bookdepository.com">www.bookdepository.com</a>     |
| <b>For Divine Love focused websites and forums:</b>                                  |                                                                                                                                                                     |                                                                        |
| <b>Pascas Health:</b>                                                                | <a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>                                                 |                                                                        |
| <b>Spiritual Development:</b>                                                        | <a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>                                                                     |                                                                        |
| <b>Padgett Books:</b>                                                                | <a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>                                                                       |                                                                        |
|                                                                                      | <a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a> |                                                                        |

### **BIBLIOGRAPHY NOTE:**

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 700+ supportive 'Pascas Papers' accessible in Library Download at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity simple is what Life is meant to be
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from [www.pascashealth.com](http://www.pascashealth.com) from within the Library Download page.

**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  
Soul Light from Zelmar, a Melchizedek, books 1 and 2 1,480 May – Sep 2003 480  
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 2,305

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 47  
This group being pages of 3,046

**Religion of Feelings** <http://religionoffeelings.weebly.com/>

**Introduction to Divine Love Spirituality** <http://dlspirituality.weebly.com/>

**Main website of DLS** <http://divinelovesp.weebly.com/>

**Childhood Repression website** <http://childhoodrepression.weebly.com/>

**DLS and CR forum** <http://dls.cr.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.

**Soul Light – books 1 and 2**

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

**Ann and Terry**

An example for people who might want to immediately start working on themselves and doing their Healing.

**Feeling Bad? Bad Feelings 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 Download [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all 750+ 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 Download link.*

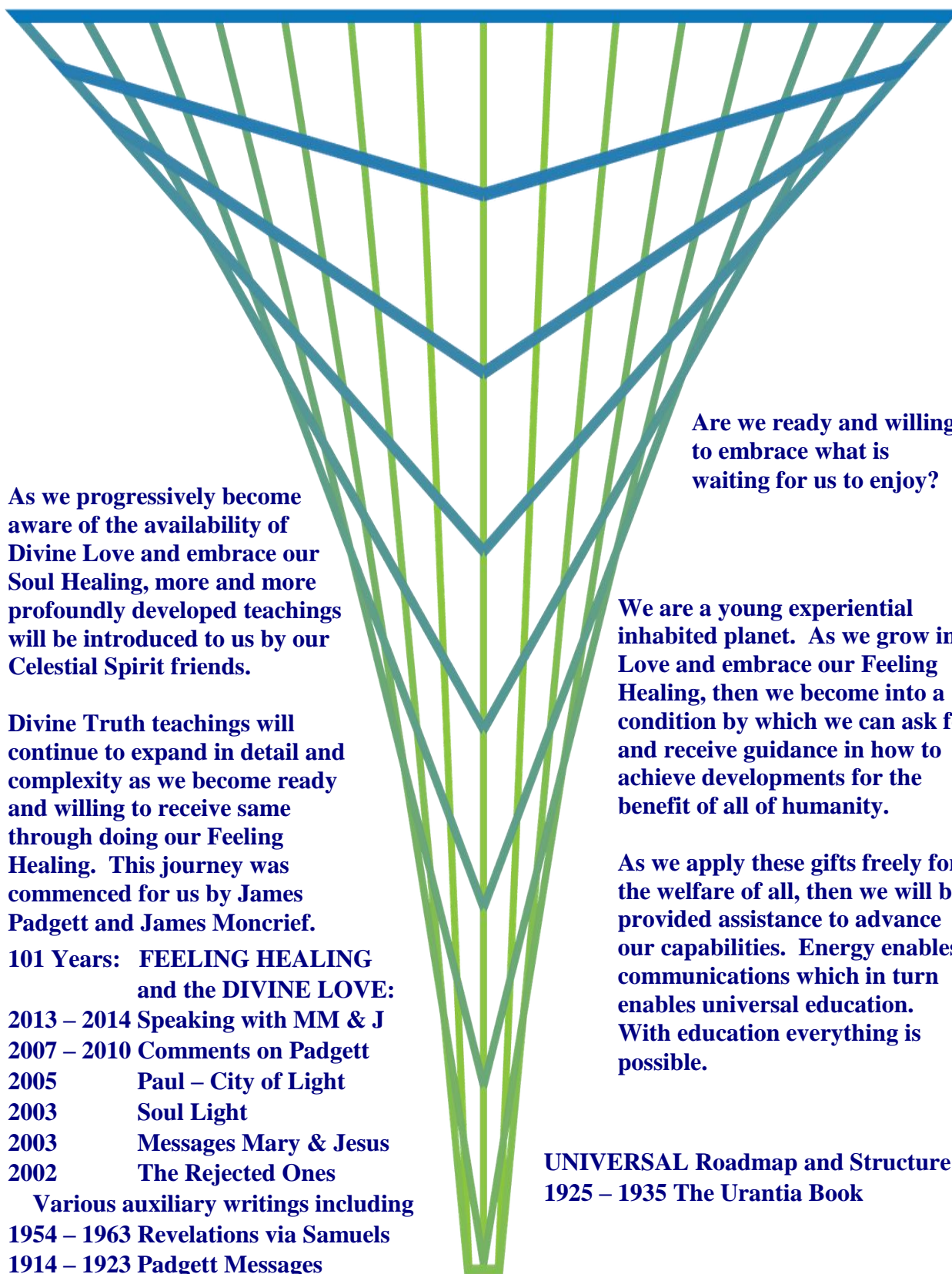
Pascas Care Letters A Huge Upturn  
Pascas Care Letters Big Revelation  
Pascas Care Letters Feeling Healing Benefits Children  
Pascas Care Letters Feeling Healing Way  
Pascas Care Letters Little Children  
Pascas Care Letters Women's Liberation and Mother

**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:**



A photograph of two young boys playing in a stream. The boy on the left is holding a large, green leaf over his head as a makeshift umbrella. Both boys are smiling and appear to be enjoying the water. The background is a lush, green forest with sunlight filtering through the trees.

**Great Gifts through our Feelings are:  
The Awareness of our Heavenly Mother  
and Father**

**That our soul is a duplex – both male  
and female – one soul, two personalities**

**That Feeling Healing with Divine Love  
is our pathway to Paradise – our true  
home**

**Freely expressing our Feelings to a  
companion is expressing our true  
personality – the personality bestowed  
upon us by our Heavenly Mother and  
Father – our true Mum and Dad!**

**These are truths of living  
Feelings First Spirituality,  
The New Way**



Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

foresightful

*Wisdom & Truth*

FREEDOM

EQUALITY

---

(and no Artificial Intelligence!)

# PASCAS UNIVERSITY

We hereby confirm that

**Cornelia, Lillan, Mirvat,  
Rana, Renata and Wai Yin**

## Postgraduate Feelings Degree

**PfD** in the field of

**SOCIAL WELFARE and CHILD UPBRINGING**

on the

20 November 2023



*Andrew Brown*

Chancellor

*Philip Green*

Registrar



**"THE" profession is:**



**TEACHING**



to:

*Learn through play*  
*Independently explore subject*  
 +  
*Research with fellow students*  
*Explore topics you enjoy*  
*Engage in what you are passionate about*  
*Ask — and keep asking*  
*Question every aspect*  
*Commonsense is not common*  
*Assumptions are mostly in error*  
*Embrace what you may be feeling*  
*We have been retarded and restrained*  
*We are to be our true self*  
*We are to express all our feelings*  
*We are self contained — all is within*  
*By doing is how we learn*  
*Tutoring others is a great self teacher*  
*Our capabilities are infinite*



while you







All our feelings are so important, and we are to follow them like walking down a golden feeling path, and most importantly, our bad feelings.

Angel guides 15 July 2022

**P A S C A S**  
**P** eaceful  
**A** ssistance for  
**S** pecial needs of  
**C** ommunities & people  
**A** ll nationalities  
**S** upported

## Light Being

photo taken by Samantha McCabe while walking in nature – 1 May 2024

We can talk to our Nature Spirits and ask them to show us things. Samantha was asking hers while walking in nature with her camera.



John: Wow, that is absolutely beautiful.

Sam: I know John, it was incredible to see it, so bright and full of light.

