

PASCAS WORLDCARE



Pascas WorldCare Supporting Hands



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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Pascas WorldCare Supporting Hands

Pascas WorldCare Supporting Hands is to assist where others are not.

12 April 2022

Pascas WorldCare is to look to supporting and resolving in ways that are generally not considered by other agencies and community groups.

In the meantime, Pascas WorldCare offers:

- a Hand Up
- a Guiding Hand
- a Welcoming Hand

There are three or more zones requiring supporting hands:

The home country from which the party or family have departed from.

The refuge or crisis centre to which they may have taken temporary shelter.

The arrival into a community is one of blending, both the arrivals and the local people need consideration. This is a very difficult time for new arrivals requiring a lot of support.

All situations need to be embraced with long term support with all the varying forms of distress. Every person, every family and every community needs every aspect of their environments understood, embraced and addressed.

Firstly, it also has to be understood who Pascas Foundation is and is not!

Pascas can introduce a new way of living. It is not a religion! You cannot join Pascas. Pascas does not have a controlling hierarchy, nor does it have a special book, rituals, dogmas, creeds, cannon laws, special apparel to be worn, no special hair styling and anything of a controlling nature. What Pascas is revealing is a way of living that can be embraced by anyone of any faith and religion.

Secondly, Pascas has come to understand that we are to embrace our feelings. We are to consider following what our feelings are prompting us to embrace and have our minds follow, assisting in implementing what our feelings are guiding us to do.

We, all of humanity, have been led to live mind centric. What we now observe all around us is that our minds are unable to determine truth from falsehood. Our minds are addicted to control, control of the environment and those around us. When we observe our assumptions closely, we will notice that 98% of our assumption making is in error, wrong, and that the other 2% are flukes. When we engage in a conversation that starts with 'I think' we will come to realise that the conversation is starting with an assumption and that it is already in error. It is through this way of living, mind domination, that we see all the tension and strife unfolding around the world resulting from erroneous dependence on our minds, and that is how we have been living these past 200,000 years. This is to end. We are to change the way we live, and that is to be feelings focused with our mind to follow in implementing what our feelings prompt us to embrace. We will come to see that our feelings are always in truth and that truth is love.

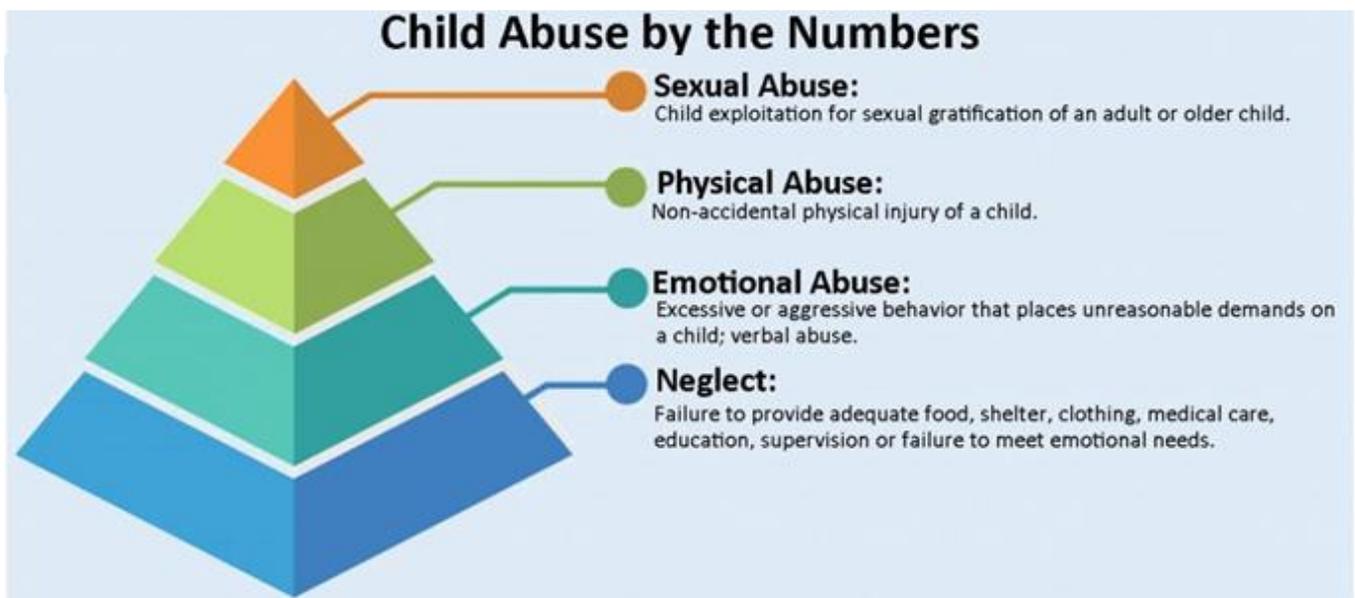
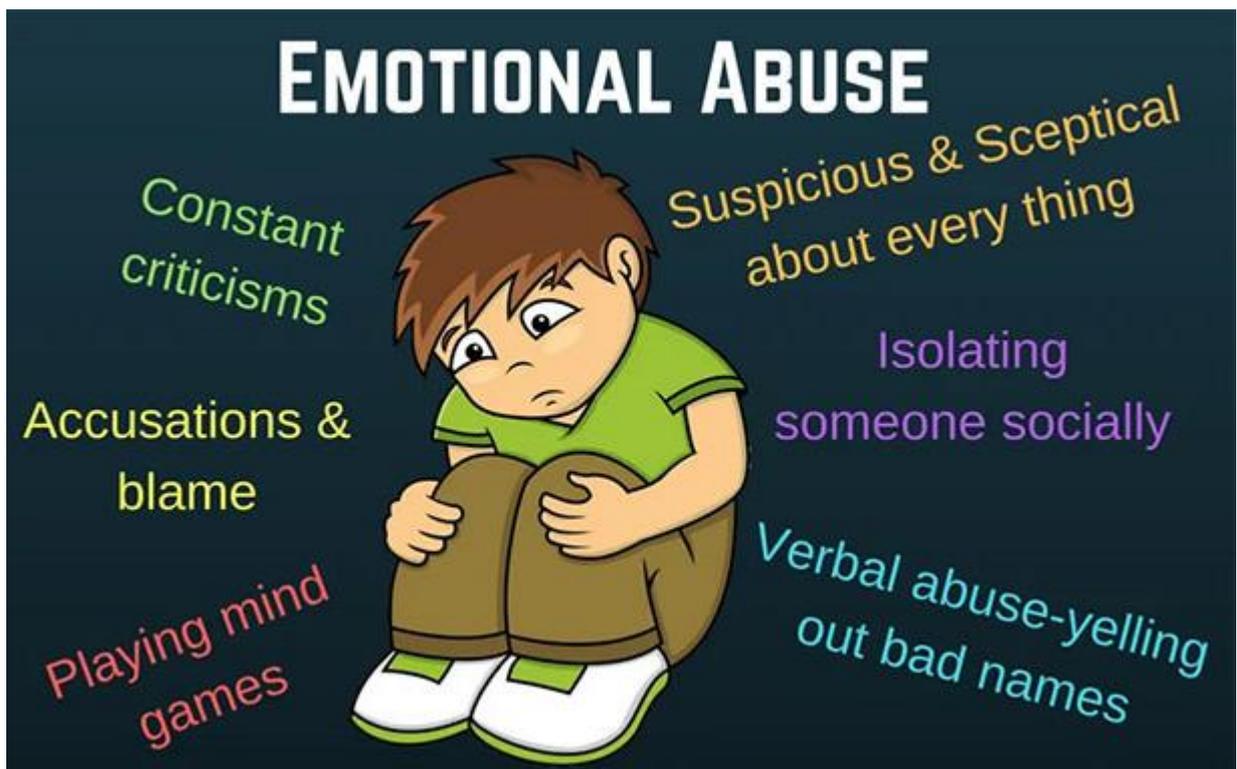
Presently, we do not know what love is. Without truth there is no love.

We, as parents, pass down to our children all of our injuries and errors of belief. Thus, each generation mirrors the prior generation, and so it has been for aeons. The soul condition of our children reflects one or the other parent by the time they are six years of age. There has been no advancement in soul condition for more than 1,600 years! This can now change and it has to change!

What Do Kids Feel Sad About?



Being Unloved and Rejected!



Talk it out with a Friend!

Feelings are to lead, mind is to follow.





What we see all around us is the consequences of generational cumulative emotional injury and errors of belief accumulating within each generation that is manifesting in bizarre activities by generations, both young and old. We all try to suppress our feelings. We are all doing everything possible to avoid the pain and discomfort of what our childhood suppression has imposed upon each of us. We are not spontaneous, intuitive or demonstrating anything near our true potential. We are to begin to talk it out. We are to share our feelings at all times to our companions and while doing so, we are to long to know the truth of what our feelings are seeking to reveal to us.

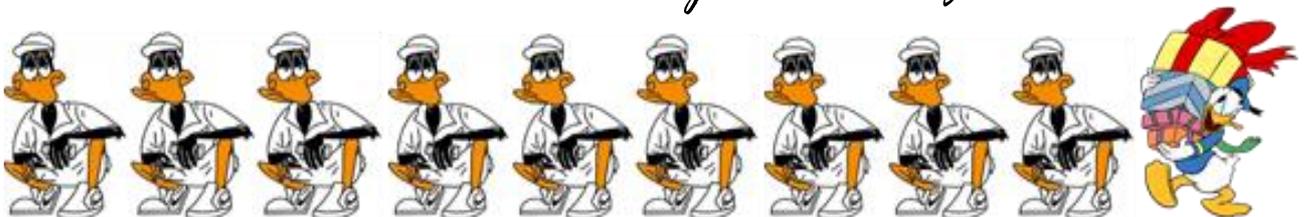


**PEOPLE
OF EARTH
WE ARE
TRUTH
SEEKERS**

“The education, for both women, men, girls and boys, is about how to live true to their feelings. How to embrace them willingly, how to work with them – express them, and the point of doing that, wanting to know the truth of them. That’s all.”

Marie, 1st Celestial Heaven: 11 August 2020

Ten ducks in a row, but one always misleading or misled!



People Interacting!



This is a time of great change. Nothing is going to remain as it was. We are not going to be returning to the old ways. We have been misled for generations resulting in continuous conflicts and wars, great famines and difficulties. Few understand that all childhood deformities are the consequences of the parents' emotional injuries that are thrust upon the child while it is forming in the womb. Even fewer understand that how we bring a child up sets its pattern of health and prosperity throughout its entire life. This all unfolds before the child is six years of age.

We have few great leaders, but the great villains are also all of the consequence of their parenting.

it's all about
**Experiences
 &
 Feelings**

So, now we have millions of people fleeing their homes, many never to return. Those who return may find their environment destroyed, certainly disrupted negatively, not only their homes, their sources of income, but their life long companions gone for ever, hopefully to new countries and new life styles.

**Be Feeling
 Expressive**

And there is the wonderment of it all. Our lives are all about our experiences and the feelings that arise from our experiences. We are to be feeling expressive, we are to share and express our feelings to companions who are open to listen. We are to long to know the truth of what our feelings are to bring to our focus. We are to express our feelings both good and bad. What enters emotionally is to be expressed emotionally.

As we progress along this way of living, living feelings first, we are beginning to heal ourselves of our emotional injuries. By longing for the truth from our feelings, it is our soul based feelings that are always in truth and consequently this way we are removing our errors of belief. This is the only way to heal ourselves. This is now having been achieved by others who have revealed this Truth. This Truth had been withheld from us by hidden controllers who have also had their influences upon us removed.

This is a time of great change, as difficult as it may be. These times of difficulty may continue to unfold for several decades until many of us come to understand how we are to live so as to end our difficulties.

Refugee problems can only be solved in three different ways: -

1. through voluntary repatriation (the return of someone to their own country),
2. through resettlement overseas, and
3. through integration either in the country of present residence or in combination with intra-nation migration.

Of these solutions voluntary repatriation is no longer of great importance.

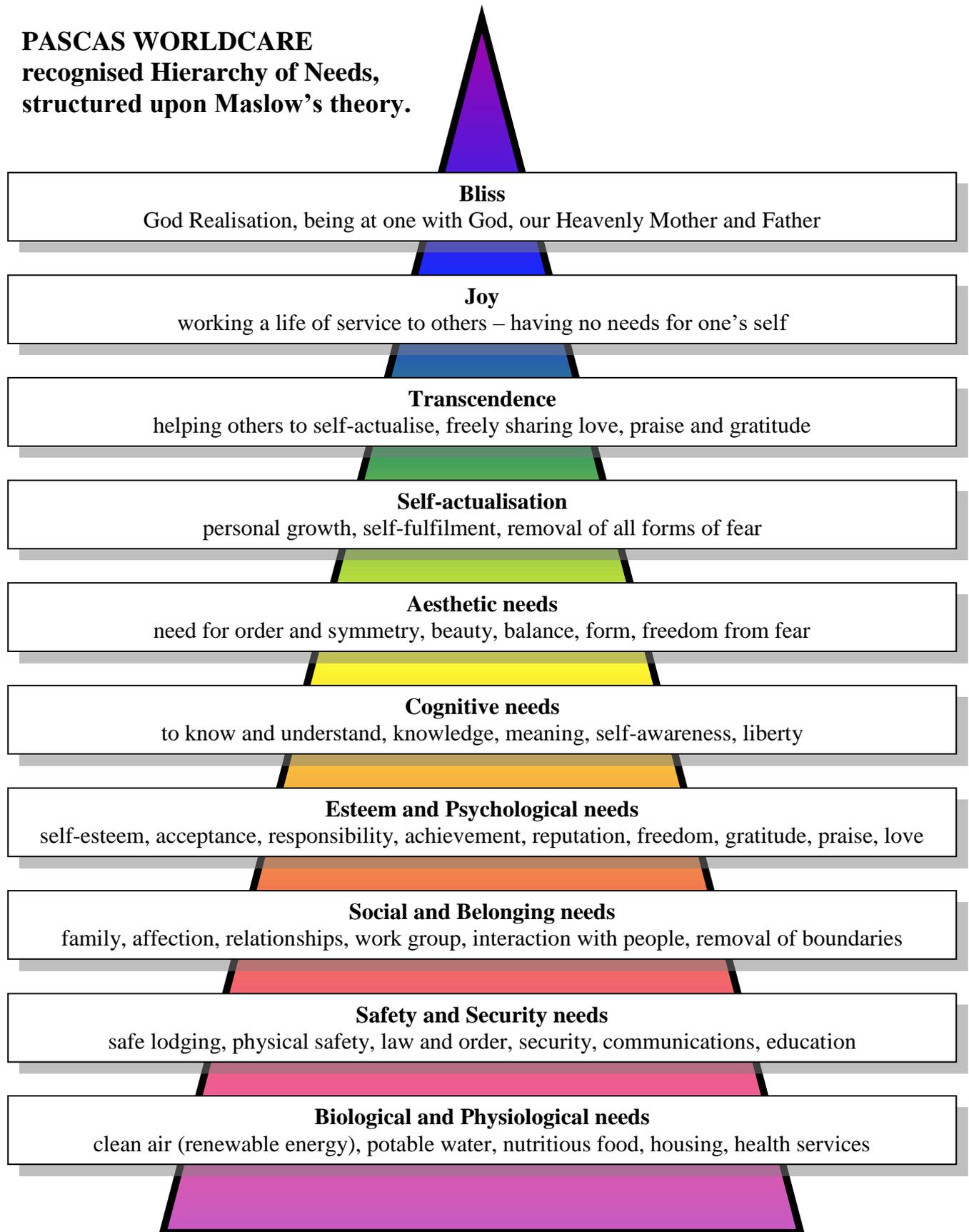
Supporting refugees

- healthcare
- housing
- education (including access to English – or as appropriate – language classes)
- finding employment
- community support services
- interpreters and translations
- finance / financial support
- mental health services.

Consequently:

The needs of everyone are requiring prioritisation, also everyone's circumstance is different.

PASCAS WORLDCARE
 recognised **Hierarchy of Needs**,
 structured upon Maslow's theory.



Communities where repatriation is unfolding or in newly forming resettlement:



PASCAS UNIVERSITY



TAFE



Technical And Further Education Graft Creations Family Shed

x^2 Year 10

Δ Year 11

\sqrt{y} Year 12

\leq Year 7

$\text{\textcircled{p}}$ Year 8

\approx Year 9

∞ Year 4

% Year 5

$\text{\textcircled{a}}$ Year 6

$\text{\textcircled{1}}$ Year 1

$\text{\textcircled{2}}$ Year 2

$\text{\textcircled{+}}$ Year 3



KINDERGARTEN

PRE SCHOOL



The Learning Pyramid:



It will only be breaking through the glass ceiling of 499 of Dr David R Hawkins' Map of Consciousness (MoC) that humanity can and will move towards a state of harmony and peace. While we continue to live mind centric, we cannot progress beyond the category of Reason which peaks at 499 on the MoC. This is how we have been misguided to live for thousands of years. As we are now coming to understand, all institutionalised systems worldwide are structured to inhibit our natural progression.

Our teaching systems are focused upon the lecture, an orator at the front of the room talking down to students. As you now observe, it is the least effective method of education. Small groups tutoring each other is the way forward. All levels of education can be moved to meeting groups of around 12 or so participants.

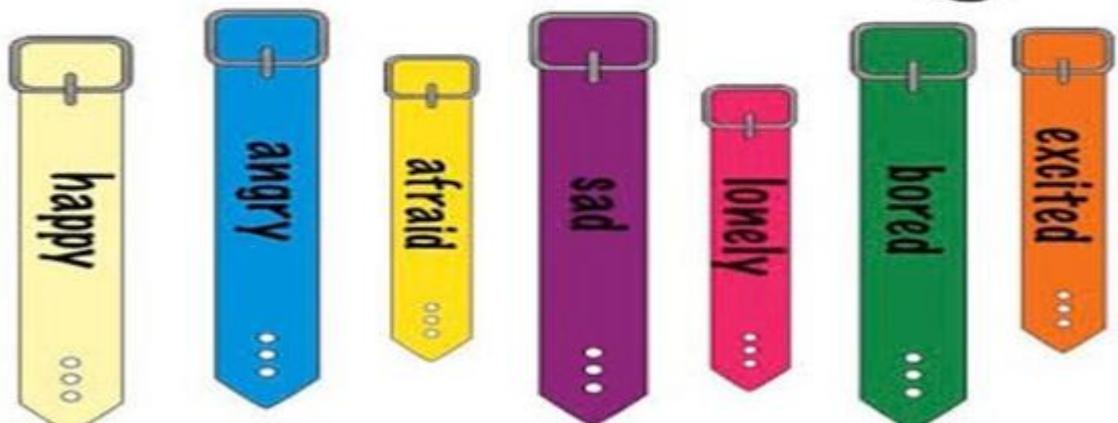


WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRIVING TOWARDS 'NATURAL SELF EXPRESSION'!

Pascas Foundation, with aligned support, is to deliver such education platforms. Further, education is to be delivered free.

FEELINGS
must be
FELT

Express Your Feelings



**BE FEELINGS
EXPRESSIVE!**

It's all about
**Experiences
&
FEELINGS**

Pascas Care Hospital



Pascas Care Medical Clinic

Medical Specialties

- | | | | | | |
|--|---|---|---|--|---|
| 
Geriatrics | 
Obstetrics | 
Postnatal Care | 
pregnancy | 
Cardiology | 
Fetus |
| 
Rhinology | 
Pulmonology | 
Dental Care | 
Facial Plastic Surgery | 
Gynecology | 
Dermatology |
| 
Otology | 
Gastroenterology | 
Hepatology | 
Psychiatry | 
Plastic Surgery | 
Symptom Checker |
| 
Human Brain | 
Pelvic Bone | 
Neurosurgery | 
Chiropractic | 
Hematology | 
Osteology |
| 
Breast Augmentation | 
Breast Reduction | 
Optometry | 
Naturopathy | 
Newborn | 
Herbal Medicine |
| 
Ear examination | 
Eye Specialties | 
Dermatology | 
Neurology | 
Orthopedics | 
Pulmonology |

Pascas Care MEDICAL CENTRE



Health care services worldwide do not address the underlying cause of any illness or disease. This document outlines the answer to that question. Consequently, Pascas Foundation is to support the establishment of regional hospitals and more importantly, health clinics that may make available to clients, friends, patients how discomfort, pain, illness and disease unfold and how to begin to address these maladies.

Food security: The global food chains are now irreparably broken. Apart from regional conflicts, the world weather patterns have cyclically changed for ever. Energy flows throughout our universe have increased with our Sun now projecting increased energy into the core of Earth, thus increasing the rotation and activity of the core which in turn has increased tension on the surface, warming the oceans and the land masses. This is a cyclical event with most areas warming and some even cooling a little.

Localised small crop farming will see us mostly reverting back to eating what is in season and without as much animal content in our diets. However, our diet will become more aligned to “Fresh is Best”.

Pascas Foundation is to support this shift in nutrition supply.

As can now be seen, the changes that are unfolding for us all, with some the changes are very extreme while for others, it is barely inconvenient. However, it will be continuous for decades to come.

Sustainable development goals (SDGs) will result in all systems being reviewed, dismantled and new platforms introduced. Nothing will remain the same. We cannot go on as we have been, we are constantly on the verge of destroying each other and the planet and that is not allowed. You do not allow that and I do not allow that, so we now have to roll our sleeves up and get on with the task at hand.

This may seem an incomprehensible hurdle, but it is not. What is incomprehensible is that we have in our hands control of the technology to destroy us all and also our beautiful blue planet Earth within 24 hours. That is not acceptable.

Now, many people are fleeing their homes, their traditional lands and their comforts to find a new life, the New Way, and that is now for us to welcome them with open arms and with all the love and support that we can provide. We may often feel that is inadequate and that is because we also need such love and support.

On the following pages are outlines of how several multicultural community organisations are welcoming and assisting those newly arriving from all over the world. Their methods are many and varied, as each of us are, so it is what your aspirations and feelings lead you to adopt is always going to be the best for all.

We go on to reiterate that Pascas Foundation (Aust) Limited offers its supporting hands as we have a great deal to share.

Aspiring to Living Feelings First

*Brian Iverach, Helen Adam, Graham Golding, Ian Dowling,
Jim Baker, John Doel and Peter Wildin*

Pascas Foundation (Aust) Limited

Fresh is Best!



SUPPORTING REFUGEES ON ARRIVAL

<https://www.roads-to-refuge.com.au/refugees-australia/supporting-arrival.html>

In Australia, when people from refugee backgrounds are settled into their local community, there are many things for the (federal, state and local) governments to consider:

- healthcare
- housing
- education (including access to English language classes)
- finding employment
- community support services
- interpreters and translations
- finance / financial support
- mental health services.

Commonwealth government-funded programs

The federal government provides on arrival settlement services for people who arrive in Australia with a humanitarian visa through the:

- [Humanitarian Settlement Program](#) (HSP)
- [Specialised and Intensive Services](#) (SIS)

The federal government also provides funding for programs designed to meet the ongoing settlement needs of humanitarian entrants through the [Settlement Grants Program](#) (SGP).

The federal government provides some assistance to people who are living in the community on temporary visas, or who are in community detention while their application for refugee status is assessed through the [Status Resolution Support Services](#). (SRSS)

NSW government-funded organisations

There are also a number of NSW State Government funded organisations that provide support for people from refugee backgrounds. These include:

- The [NSW Refugee Health Service](#)
- The [NSW Department of Education » Teaching and learning » Curriculum » Multicultural education » Supporting refugee students](#)
- [Multicultural NSW](#)

Non-Government Organisations

Many Non-Government Organisations (NGOs) also work to support of refugees, both in Australia and overseas. Some NGOs receive funding to deliver services and programs for refugees, such as:

- Counselling related services, for example:
 - [NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors](#) (STARTTS)
 - [Foundation House](#), Victoria
- Advocacy and campaign in support of people from refugee backgrounds, for example:
 - [Multicultural Youth Advocacy Network](#) (MYAN)

- [Coalition for Asylum Seekers, Refugees and Detainees](#) (CARAD)
- [Refugee Council of Australia](#)
- Legal aid assistance, for example:
 - [Refugee Advice and Casework Service](#) (RACS)
 - [Legal Aid NSW – Refugee service](#)
 - [Refugee and Immigration Legal Service](#) (RAILS)
- Support for asylum seekers
 - [Asylum Seekers Centre](#)
 - [Asylum Seeker Resource Centre](#) (ASRC)
- Program and project support, for example:
 - [Settlement Services International](#)
 - [Sanctuary Australia](#)
 - [Red Cross Australia](#)
 - [Saint Vincent de Paul](#)

Local councils

Many local councils have programs that support refugees to settle into their new communities. Some local councils have established *Refugee Welcome Zones*.

“A Refugee Welcome Zone is a Local Government Area which has made a commitment in spirit to welcoming refugees into the community, upholding the human rights of refugees, demonstrating compassion for refugees and enhancing cultural and religious diversity in the community.” Refugee Council of Australia

SETTLEMENT IN AUSTRALIA

“Settlement is a two-way process: it is not just something that refugees must do, but there is also a need for the wider community to make adaptations to accommodate the refugees. A 'spirit of hospitality', where refugees are made to feel welcomed into a community, underpins successful refugee settlement programs.” [Refugee Council of Australia](#)

WHAT IS SETTLEMENT

The act of resettlement or being granted asylum does not automatically mean that people will feel ‘settled’ once they arrive in Australia. It can take people some time to feel that they are secure and at peace. Refugees mostly need support to work through the loss and trauma they have experienced.

To be successfully settled means different things to different people. For some it is in the knowledge their families are now safe, that they or their children can have access to education, that they will be able to enjoy the same rights to which all people are entitled. Many have described it as a feeling of belonging, of having a place to build a future.

Multicultural Families Org.

www.mfo.org.au



Leaders of positive change aim to encourage and motivate an ongoing community owned process to change violent and degrading behaviour and achieve greater cohesion.

MFO is taking a strong stand against all kinds of violence and abuse. It is a major commitment for us to initiate and motivate positive changes, and it influences all our work.

For several years **MFO** has organised conferences and facilitated dialogues with the intention to encourage individuals and groups to join in becoming **Leaders of Positive Change**.

The aim is to motivate the whole community to become involved and grow into a powerful influencer in changing discriminating attitudes and abusive behaviour based on gender, faith, race, or culture.

MFO will promote the set-up of **Focus Groups** (work groups) within the different communities. The aim is to motivate and guide the work to identify their major concerning issues and support developing strategies to encourage the community become actively involved in reducing all kinds of violence.

Friend's Friends is a neighbourhood network established to encourage looking after each other and finding ways to assist persons experiencing abusive or discriminating behaviour. As **Friend's Friends** network grows, it will connect and unite individuals from different communities creating greater acceptance and inclusion and make our communities safer.

MFO leads and supports the establishing of strategic **Focus Groups** and **Friend's Friends** network within the different communities and continue to motivate and support this major and vital community process.

Leaders of Positive Change aspire to become a community owned process working on achieving the positive interactions we all would like to experience.

As a community we have the power to initiate and lead this change process and the intuitive understanding of the effective strategies needed to develop and support it. Definite change depends on the communities' willingness to unite and combine their resources and unique expertise and becoming powerful change agents.

Leaders of Positive Change is a coming together to achieve cohesion and change what may interfere with our well-being and future prosperity.

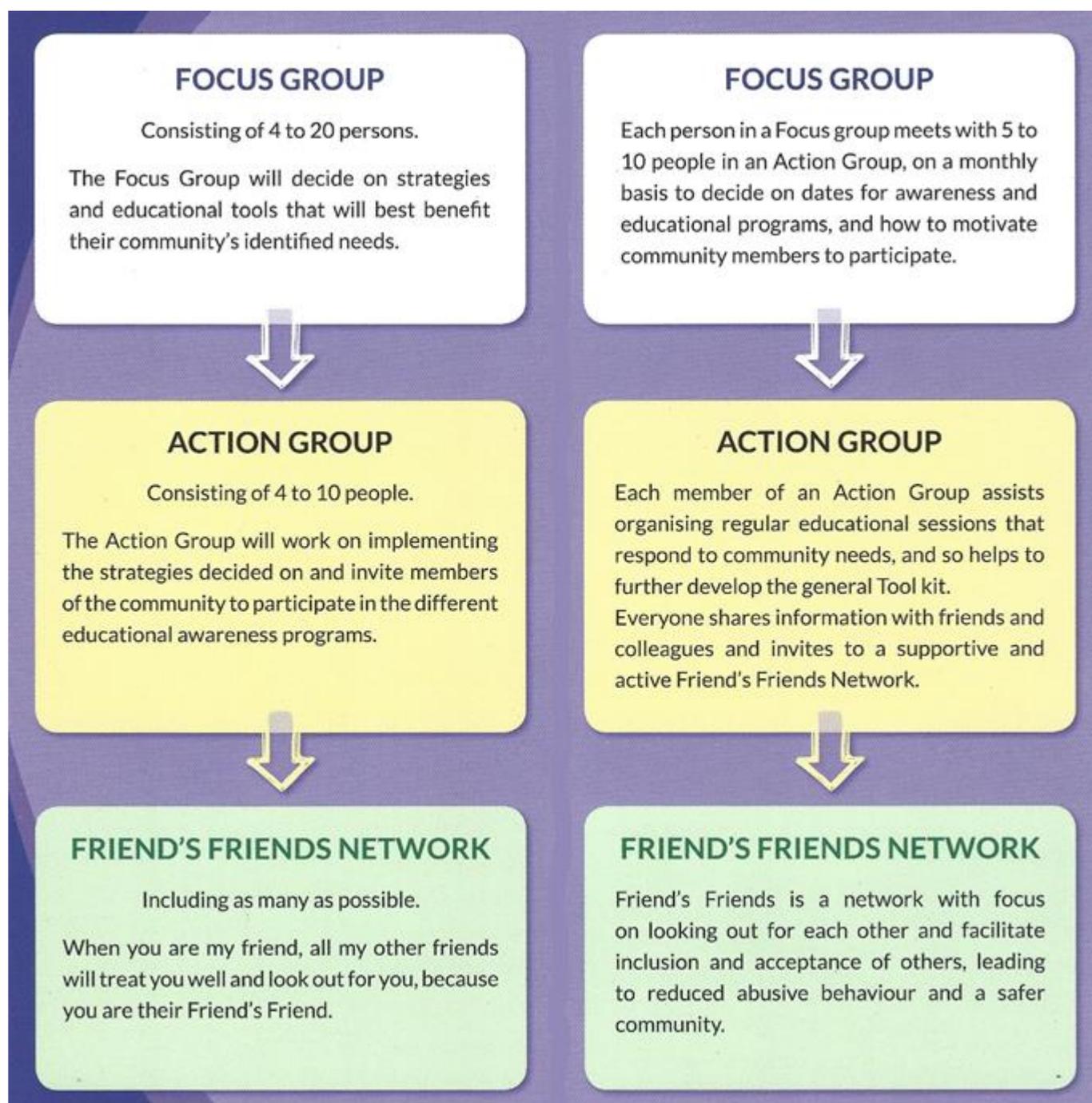
MFO FOCUS GROUPS FRIEND'S FRIENDS NETWORK

MFO collaborates with Focus Groups and support their effort to motivate community members to come together, and actively work to achieve reducing abusive attitudes and violent behaviour.

Change is about understanding something in a new way, and a vital part of this process is to make available regular informative group meetings, facilitated by informed persons from different fields.

The Tool Kit offers multipurpose educational information and training sessions, and the community members' feedback will assist the continual development of this awareness tool.

MFO facilitates contact between Focus Groups within Queensland and connects with Focus Groups interstate. **Friend's Friends Network** is a crucial part of coming together to achieve positive changes, and **MFO** responds in the best possible ways to requests of educational programs and facilitate connecting Networks with each other.



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



A free and confidential service for women



SARA is a domestic and family violence support program for women and their children from Culturally and Linguistically Diverse (CALD) backgrounds.

SARA provides culturally appropriate and confidential support to women affected by domestic and family violence.

SARA engages qualified interpreters.

SARA employs qualified multilingual workers.

SARA all support services provided by SARA directly are free of cost.

SARA works closely with different community groups.

SARA provides cross cultural training and information.

SARA can assist you with:

- Crisis Response and Support
- Face to Face Support
- Safety Planning
- Advocacy
- Information about your rights in Australia.

SARA can refer you to:

- Safe crisis accommodation
- Women's groups
- Immigration advice and support service
- Domestic Violence Court support
- Income support services
- Housing services
- Children's and young people's support services
- Migrant and refugees settlement services.

We understand that your cultural and individual values and beliefs are very important to you. We will respectfully work alongside you to help you to explore your safety options.

Domestic Violence is the term used to describe any form of violence or abuse experienced by a person that is perpetrated by their spouse, intimate partner, family member or informal carer.

Domestic Violence includes one or more of the following types of behaviour:

- Physical abuse
- Verbal abuse
- Emotional abuse
- Sexual abuse
- Financial abuse
- Social abuse
- Cultural and spiritual abuse
- Damage to property

It is important to note that emotional and psychological abuse can often be just as dangerous as physical violence. Lack of physical violence does not mean that you will be any less affected by the abuse.

Violence against women occurs in ALL communities regardless of cultural, religious, education or socio-economic background.



MFO has been supporting refugee and migrants on the Gold Coast for over 20 years and are the leaders in providing settlement support services to culturally diverse individuals and their communities.

MFO promotes multiculturalism because we are multicultural.

MFO's staff come from around 17 different countries and combined they may speak around 21 different languages.

MFO's disability support workers provide personal care in a professional, respectful and friendly manner and are flexible in meeting your daily support needs. Feel free to speak to our disability support coordinators about services. If you wish to chat face to face and are not able to come to MFO, then they are happy to come to you.

MFO other services:

- Accommodation assistance
- Immigration and citizenship support
- Financial guidance and budgeting
- Homework assistance for children
- Youth education and support
- School holiday activities
- Domestic and family violence support and referral
- Multicultural women's friendship group
- English conversation classes
- Employment assistance
- Health and well being support
- Swimming lessons
- Volunteering opportunities
- And much more!





Alongside providing students with academic support, the **Youth & Homework Club** recognises the importance of development programs to support each young person's overall wellbeing.

MFO believes that by providing students with the tools to build self-confidence and motivate respectful interactions, they will be able to excel in academics and all other areas of their life.

In addition to providing homework support, development and activity programs for young persons from a Culturally and Linguistically Diverse (CALD) background, **MFO** initiates conferences. Programs aim to bring together students from grades 10-12, from a range of Gold Coast schools, to bring awareness and educate students regarding the diversity Multiculturalism brings, and to encourage and support students to promote inclusiveness and positive interactions within their schools and communities.

MFO's aim is to create a Safe and Encouraging Environment that will Allow and Support every Student to Excel in their Own Way.

The **Youth & Homework Club** facilitates support and development programs for young people from a Culturally and Linguistically Diverse (CALD) background, to enhance their academic, social and general well-being.

Volunteer tutors and mentors work alongside and under the direction of **MFO's** staff to ensure the successful delivery of programs, events and services.

The Youth & Homework Club was initiated by **MFO** in 2007, and as this concept became an instant success story, it set a new support standard. Now most Settlement Services in Australia are providing and implementing this concept.

MFO is committed to continue to initiate and motivate young people to develop Positive Life Skills, and the Youth Leaders of Positive Change program is created to support this.

MFO, Multicultural Families Organisation Inc., provides services for newly arrived migrants and their families, including refugees, humanitarian entrants, and new family stream migrants, during the first five years from their arrival in Australia. These services are funded by the Australian Department of Social Services (DSS). **MFO** was founded in 1996, and is a non-government, not-for-profit organisation and registered as a Public Benevolent Institution.

In 2017 **MFO** was granted funding from the Queensland Government to establish a new Domestic and Family Violence Centre on the Gold Coast, to meet the increasing need of support for women and children, from a CALD background, experiencing domestic and family violence. Specially trained individuals, within the **MFO** team, have provided this support on a voluntary basis for years. **SARA DFV** Centre has experienced staff with multicultural background and expertise.

Humanitarian Settlement Services

The HSS Program provides support and assistance to newly arrived refugee and humanitarian entrants to rebuild their lives in Australia, and fully participate in the social and economic life of the Australian community. The Multicultural Families Organisation settles new arrivals on the Gold Coast, and provides intensive support with all settlement needs for 6-12 months after arrival in Australia.

The HSS team assesses the support needs of each client and provides appropriate settlement support in accordance with the scope and principles of the programs.

Current services include:

Welcome Reception

- On-Arrival Pick Up at the Airport
- Transport to accommodation

Case Management

- Registration and links with essential services
- Settlement information and support

Accommodation Support

- Tenancy training
- Provision of basic household goods

Orientation Program

- Four-weeks education training course familiarising new arrivals to Australian Culture and systems.

Accommodation

- Search to find suitable accommodation.
- Facilitating communication with real estate and other service providers

Orientation programs and Workshops about

- Health and infection control
- Mental health needs
- Police and law enforcement
- Domestic violence
- Immigrations and visa issues

Employment

- Assisting with personal resume
- Interview skills

Financial Guidance

- Bills and internet banking
- Payments through DHS CentrePay program

Health and Family

- Assisting clients to find Bilingual Practitioners
- Documentation and referrals

Immigration and Citizenship Assistance is provided by registered immigration agents free of charge.

The Migrant Centres Organisation Inc.

Shop 22 / 91 Scarborough St, Southport 4215

www.migrantcentre.org

The Migrant Centre Organisation Inc. (trading as TMC – Thriving Multicultural Communities) provides community services and programs to assist the Gold Coast community.

Many of the programs focus on assisting persons from Culturally and Linguistically Diverse, migrant and refugee backgrounds to promote social and economic inclusion in Australian society. TMC – Thriving Multicultural Communities offers various no cost services and programs including:

Application Support

- Centrelink
- Citizenship
- Housing applications
- Recognition of overseas qualifications

Community Development

- Community group development support
- Cultural diversity training
- Incorporation support, governance training, fundraising training (including access to grants)
- Kaleidoscope – Colours of the World on the Gold Coast Festival
- TMC – soccer team
- TMC Men’s Club

Education and Training

Skilling Queenslanders for Work (SQW)

- Certificate II in Skills for Work and Vocational Pathways

Workable – courses subject to change with demand

- Certificate III in Food Processing
- Certificate III in Individual Support
- Certificate III in Early Childhood Education and Care

Employment Support

- Preparation for Training workshop
- Preparation for Employment workshop
- Interview practice and support
- Job search advice and techniques
- Resume / curriculum vitae (CV) and cover letter writing

Family Support

- Counselling
- Domestic Family Violence (DFV)
- Mediation

Learner Driver Mentor Program – ‘Learning2Drive Safe’

- Road craft workshops
- No cost driving lessons with a volunteer driving mentor

Mental Health & Disability

- Referrals and assistance

Settlement Information and support

Settlement Engagement Transition Support Program (SETS) – Assisting newly arrived migrants and refugees to settle in the Gold Coast.

Social Support

- Art therapy
- Slow flow dance
- Social engagement and events
- Yoga

Youth Programs

- After Dark
- FUSE 21
- Homework Club
- Pop-in Pizza
- Youth Connexion

In addition to these normal activities, TMC is also a Community Action for a Multicultural Society (CAMS) organisation. Under CAMS program, they are promoting sports engagement initiatives such as social soccer, with Team TMS playing in the Unity cup in Southbank, Brisbane.

Additionally, TMC hosts Youth Employment Support workshops to develop resumes, cover letters, job search skill and to provide mock interview practice to youth 15 – 24 years of age. The workshops have a maximum of 5 persons per session, operate for one hour (4:00 pm to 5:00 pm) – pizza provided.

EVERYONE has the right to feel safe at home:

Information to help know the signs of domestic and family violence and how to obtain support.

What is domestic and family violence?

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

Domestic and family violence happens when one person in a relationship uses their power to control, abuse or frighten the other person or persons. It takes many different forms and can occur in many different relationships, usually with the family (including extended family and in-laws) or in the home.

Domestic and family violence is unacceptable and can be a crime in Australia. Culture is never an excuse for domestic and family violence.

What we can do to support someone.

If someone you know is showing signs of domestic and family violence, take action – we, you and me, may be the only one who do. Our help can make a difference.

What we can do:

- **Listen** to what they have to say and believe what they tell you – don't blame them.
- **Ask** them about the abuse at a time and place that is safe and private.
- **Help** them to understand how the abuse may be affecting them and their children.
- **Talk** about how to increase their safety.
- **Offer** practical assistance like looking after the children or cooking a meal.
- **Respect** their right to make decisions, even if you don't agree with them.
- **Contact** your local domestic violence service for advice on how best to help without putting yourself and the victims at risk of harm.
- **Ask yourself:** 'Is what I am doing making it safer for the person being abused?'

What we shouldn't do:

- **Intervene** in a physically violent situation – we should call the police on Triple Zero (000).
- **Reveal** a victim's location or plans to escape, especially to the abusive person, their friends or family.
- **Directly** challenge an abuser if danger signs are present.

What we can do in our community:

- **Learn** more about the different forms of domestic and family violence and bring it out into the open.
- **Talk** about domestic and family violence and bring it out into the open.
- **Promote** gender equality in our community, religious and sporting clubs, etc.
- **Model** appropriate behaviour and challenge friends, family and community members when they dismiss violence or blame the victim.

It is important to seek expert advice if we think someone we know is being abused.

Domestic and family violence can have serious outcomes including death and serious injury.

What are the signs of domestic and family violence?

There are signs that may suggest someone is experiencing domestic and family violence. They may:

- seem afraid of their partner or a person close to them
- stop seeing their family or friends, or end phone conversations when their partner is around
- appear neglected or unable to access their money or belongings
- talk about their partner's jealousy, bad temper or possessiveness
- say their partner forces them to do sexual things
- have become anxious, depressed, withdrawn or lost their confidence
- have physical injuries such as bruises, broken bones, sprains or cuts, and may give unlikely explanations for them

- be reluctant to leave their children with their partner.

LET'S TALK ABOUT MONEY

Financial abuse can have a huge impact on your life, both emotionally and financially. If someone is experiencing financial abuse, it is important to recognise that it is not their fault. No one has the right to control someone else's money, even if they are in a relationship with them.

How limiting access to money may unfold:

- Not giving access to bank accounts.
- Denying access to money so you cannot afford basic expenses like food and medicine.
- Destroying or damaging or stealing your property.
- Withholding financial support like child support payments.
- Racking up debt on shared accounts or joint credit cards, intentionally destroying partner's financial resources or credit.
- Opening a line of credit under the partner's name without their consent, refusing to pay bills under the partner's name or gamble away jointly earned money.

Stopping you from earning:

- Controlling how all the household income is spent.
- Stopping you from going to work or important meetings; e.g.: by keeping you up all night or physically hurting you.

Being unemployed leaves victims in vulnerable financial positions where they become completely dependent upon their financial abuser.

Controlling your money:

- Taking control of your finances; e.g.: being in charge of all the household income and paying you an allowance.
- Making you go guarantor on a loan or take a loan out in your name.
- Making you take out a second credit card.
- Forcing you to work in a family business without being paid.
- Filing fraudulent insurance claims.

Financial abuse:

Financial abuse is when someone takes control of your money, stops you from being financially independent or earning your own money.

Warning signs:

- React badly when you try to talk to them about money, making you concerned to bring it up.
- Do things that stop you from going to work.
- Want you to give up your job.
- Stalk or harass you or your colleagues at work.
- Forge your signature for financial documents.

BE PART of the THRIVING MULTICULTURAL COMMUNITIES:

Get the latest information on events, Webinars, Career and Job Expositions, training and job opportunities around you community.

Financial Literacy Community Conversations

- Money management
- Different attitudes and ideas on money
- Sharing financial responsibilities with partners
- Money concerns
- Information on making sound decisions
- Planning for the future
- Navigating the local banking system
- Managing income support or wages
- Understanding contract and penalties
- Saving for a 'rainy day'
- Providing practical tools to achieve financial independence and resilience
- Understanding contracts for tenancy, mobile, utilities, consumer goods
- Financial management, i.e.; learning to grow savings for emergencies (car repair), education expenses (laptop), family needs (illness resulting in inability to work, rental bond, big ticket purchases (car, deposit for home).

Workshops and Coaching Sessions

- Career guidance and counselling sessions
- Coaching support – ongoing group and one-on-one support to help with enrolment into further education and skills training, job search preparation, application documents, finding jobs.

Training and Job Pathways

- Enrolment into further education
- Skills training
- Job search preparation
- Job application
- Finding jobs.

One on one support is available.

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

Multicultural Communities Council Gold Coast Ltd.



<https://www.mccgc.com.au/mccgc/>

1 Dominions Road, Ashmore 4214

Community Development Programs

Settlement Engagement Transition Support Program (SETS)

The goal of the SETS program is to support and empower refugees and eligible permanent migrants to address their settlement needs in order to improve social participation, economic well-being, independence, personal well-being and community connectedness. Our dedicated Senior Case Worker and language support workers supported 174 clients during 2020/2021.

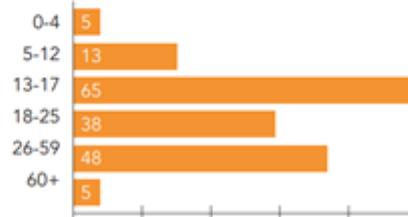
MCCGC delivers the SETS program as a subcontractor of Access Community Services Ltd., funded by the Department of Social Services. We thank Access for partnering with MCCGC to ensure knowledgeable, local support can be provided to the multicultural communities on the Gold Coast.



Country of Birth



Client Age



Skilling Queenslanders for Work

In 2021, we graduated our final class through Skilling Queenslanders for Work program! Since we first started the program in late 2016, we have worked with approximately 230 multicultural participants and had the privilege of hosting 2 different streams: Train 2 Care and Able to Work.

We are particularly proud of our recent students who faced many challenges due to COVID-19 restrictions at Aged Care facilities, lockdowns, and vaccination mandates. We were able to move some of the training online and arrange alternative manual handling training avenues, and our students worked through the uncertainty continuing the great success of the program with a 90% completion rate and 80 to 85% employment rate.

Participants Country of Birth



We are very proud of our program and will continue to support other providers with referrals and graduate employment opportunities! In the future we may seek this opportunity again however for now, we will be focusing on our new training and employment program – Work Towards!

I Speak Your Language

I Speak Your Language was MCCGC's Queensland-wide social support program that provided regular social phone calls in different languages to help socially isolated community members feel more connected and link them to resources on COVID-19 in their language. The program wound down at the end of this financial year as the funding ceased but all participants were referred to other social support programs and many volunteers have stayed on in different capacities with our organisation.

We are extremely proud that we could help support so many multicultural people across Queensland through the height of the pandemic, delivering weekly calls to almost 100 participants ranging in age from 18 all the way up to 92. We had wonderful feedback from everyone involved and are grateful to our team and volunteers for delivering such a successful and impactful program to CALD communities across the state. I Speak Your Language was funded by the Queensland Government.



Valuing Cultures, Celebrating Diversity, Welcoming you

MCCGC's vision is of an inclusive community that values cultural diversity. We've been working in the Gold Coast region for over 35 years to ensure people from culturally and linguistically diverse (CALD) backgrounds have equal access to appropriate and inclusive services, a high quality of life and independence. We want everyone in our community to feel connected and we have programs that support people of all ages and backgrounds. Under our CÛRA brand we've expanded our services to further promote the health and well-being of all Australians.

Our programs

MCCGC offers a wide range of services across the Gold Coast region with a focus on programs that help culturally and linguistically diverse individuals feel connected in the community. All of our programs work towards fulfilling our vision of an inclusive community that values cultural diversity

Youth Programs

- **Ready Set Goal** – Soccer mentorship for culturally and linguistically diverse students (*Funded by CAMS*)
- **Waves Forward** – Pacific Island and Maori cultural awareness and career training
- **Our Colours, Our Stories** – Multicultural community workshops (*Funded by CAMS*)

Social Support

- **Community Visitors Scheme** – Friendly social visits to seniors
- **Talking Circle** – Women’s conversational English group

Community Development

- **Meet Greet & Eat** – Multicultural community network dinner (*Funded by CAMS*)

Settlement

- **Settlement Engagement Transition Support Program (SETS)** – Helping newly arrived migrants and refugees settle in the Gold Coast

Mental Health & Disability

- **NDIS Support Coordination** – Helping navigate the NDIS system and arranging services and supports
- **Community Pathways Connector** – Connecting struggling community members with appropriate mental health and wellbeing services

Education and Training

- **Cultural Advantage Program** – Organisational diversity audit to support more inclusive and culturally sensitive workplaces
- **Cultural Diversity Training** – Individual or group training to increase knowledge and awareness of diversity in the Gold Coast community

Events

- **Pop Up Harmony Day** – Cultural community celebration featuring cultural displays, performances and interactive workshops throughout the Gold Coast (*Funded by CAMS*)
- **International Café** – Annual event celebrating Queensland Multicultural Month & Seniors Week and bringing together people of all ages and backgrounds
- **Walk Together** - Huge celebration of diversity and unity in Australia (*Funded by CAMS*)

In-Home Care

- **CURA** – Government funded services for in-home support, health and well being on the Gold Coast

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

Library Download – Pascas Papers

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

Kindly consider going to www.pascashealth.com then to Library Download page, scroll to Pascas Care Letters, click on to download:  [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#)

DIASPORA

- A diaspora is a group of people who have been forced from or chosen to leave their homeland to settle in other lands.
- People of a diaspora typically preserve and celebrate the culture and traditions of their homeland.
- Diaspora may be created by voluntary emigration or by force, as in the cases of wars, enslavement, or natural disasters.

UKRAINE REFUGEE CRISIS (population 44.1 million before 24 February 2022)
More than 4.8 million refugees have since left Ukraine (as of 15 April 2022), while an estimated 7.1 million people have been displaced within the country (as of 1 April 2022).

TOP 10 COUNTRIES HOSTING INTERNATIONAL IMMIGRANTS, 2019

1. US: 51 million
2. Germany: 13 million
3. Saudi Arabia: 13 million
4. Russia: 12 million
5. United Kingdom: 10 million
6. United Arab Emirates: 9 million
7. France: 8 million
8. Canada: 8 million
9. Australia: 8 million
10. Italy: 6 million

TOP 10 COUNTRIES WITH THE LARGEST DIASPORA POPULATION IN THE WORLD, 2019

1. India: 17.5 million
2. Mexico: 11.8 million
3. China - 10.7 million
4. Russia - 10.5 million
5. Syria - 8.2 million
6. Bangladesh - 7.8 million
7. Pakistan - 6.3 million
8. Ukraine - 5.9 million
9. Philippines - 5.4 million
10. Afghanistan - 5.1 million

Ukrainian Community of Queensland's (UCQ) <https://www.ukrql.com.au/>
Ukraine Crisis and Humanitarian Assistance Council (UCHAC)
 47 Galsworthy St, Holland Park West QLD 4121 Phone: (07) 3420 5764 uchac@ukrql.com.au
Australian Federation of Ukrainian Organisations (AFUO)
 Telephone: +61 3 9375 1781 Mobile: 0419 531 255

AIMS AND OBJECTIVES

The Ukrainian Community of Queensland Inc. (UCQ) is an organisation which works for the furtherance and assistance of the Ukrainian community and endeavours to maintain Ukrainian culture and pass it to future generations.

- To provide recreation or amusement and to organise and to sponsor cultural and social activities of our members.
- To promote the general welfare of the public, especially those of Ukrainian nationality or descent, and attain any other useful end to the community with particular focus on Ukrainian culture, heritage and traditions.
- To promote religion, charity, patriotism and the arts.

About AFUO-CYOA

Australian Federation of Ukrainian Organisations – Союз Українських Організацій Австралії

The Australian Federation of Ukrainian Organisations is a peak body for [22 community organisations](#) throughout Australia. As such it is widely regarded as the ‘spokesbody’ on matters concerning relationships within the Ukrainian community, between Australia and Ukraine. Our organisation comprises of executive members who represent key facet’s of community life in Australia.

We represent 22 peak Ukrainian organisations in Australia such as churches, state community organisations, youth and women’s organisations, credit co-operative movement, educational, returned service, language and other organisations.

The Australian Federation of Ukrainian Organisations is a member of the Ukrainian World Congress, the peak body for Ukrainian organisations in the diaspora.

The AFUO works to promote a positive image of the Australian Ukrainian community, encouraging its members to maintain religion, language, culture and heritage whilst being active members in the broader Australian community. The AFUO also maintains strong links with Ukraine.

Peter Bongiorno Ukrainian Community of Queensland – President <https://www.ukrql.com.au/>

Adam Miljenovic Ukrainian Community of Queensland's (UCQ) Ukraine Crisis and Humanitarian Assistance Council (UCHAC)

Diahanna (Darka) Senko Australian Federation of Ukrainian Organisations (AFUO)
 Humanitarian Aid Council Humanitarian Aid Initiatives Director

RUSSIA commenced invasion of UKRAINE on 24 February 2022

Ukraine population 44.1 million, Russia population 144.1 million. Where are Ukraine's refugees going?

Refugees are also crossing to neighbouring countries to the west, such as Poland, Romania, Slovakia, Hungary and Moldova. The United Nations (UN) says that as of **6 April 2022**, more than **4.3 million (10%)** people have left Ukraine:

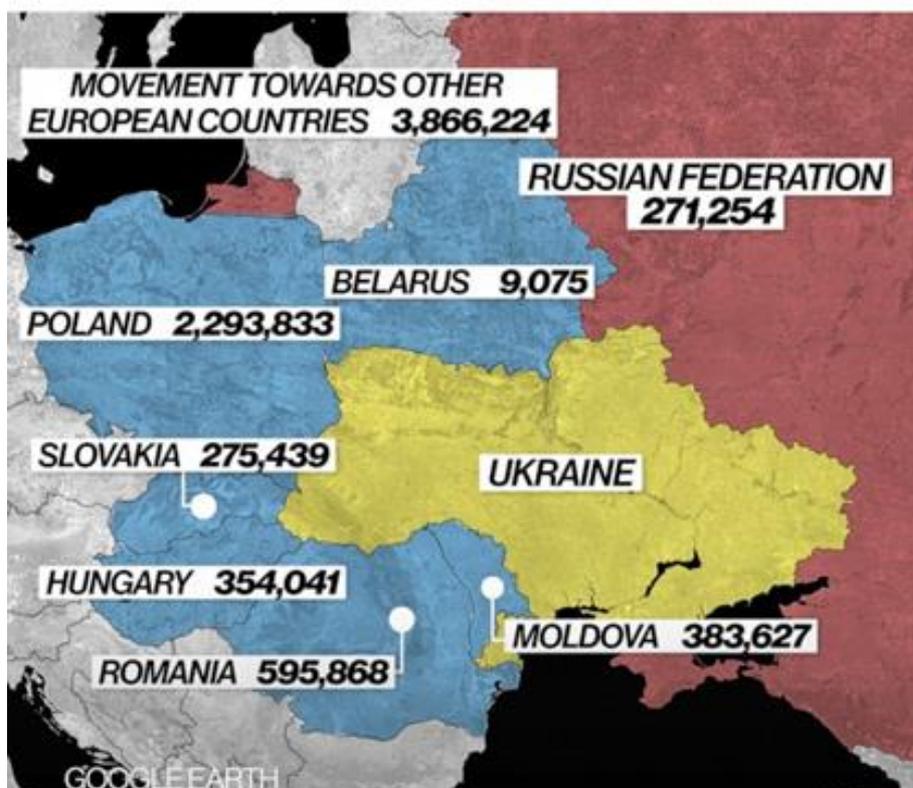
- **Poland** has taken in 2,514,504 refugees
- **Romania** 662,751
- **Hungary** 404,021
- **Moldova** 401,704
- **Russia** 350,632
- **Slovakia** 304,983
- **Belarus** 18,060

Some people have travelled from Moldova into Romania and so are included in both countries' totals.

Geneva – **Over 7.1 million (16%)** people have been **internally displaced** since the invasion of Ukraine, according to the second **Ukraine Internal Displacement Report** issued by the International Organization for Migration (IOM). This represents a 10% increase in number of internally displaced persons (IDPs) in Ukraine since the first round of the survey on 16 March.

According to the survey, more than 50% of displaced households have children, 57% include elderly members, and 30% have people with chronic illnesses.

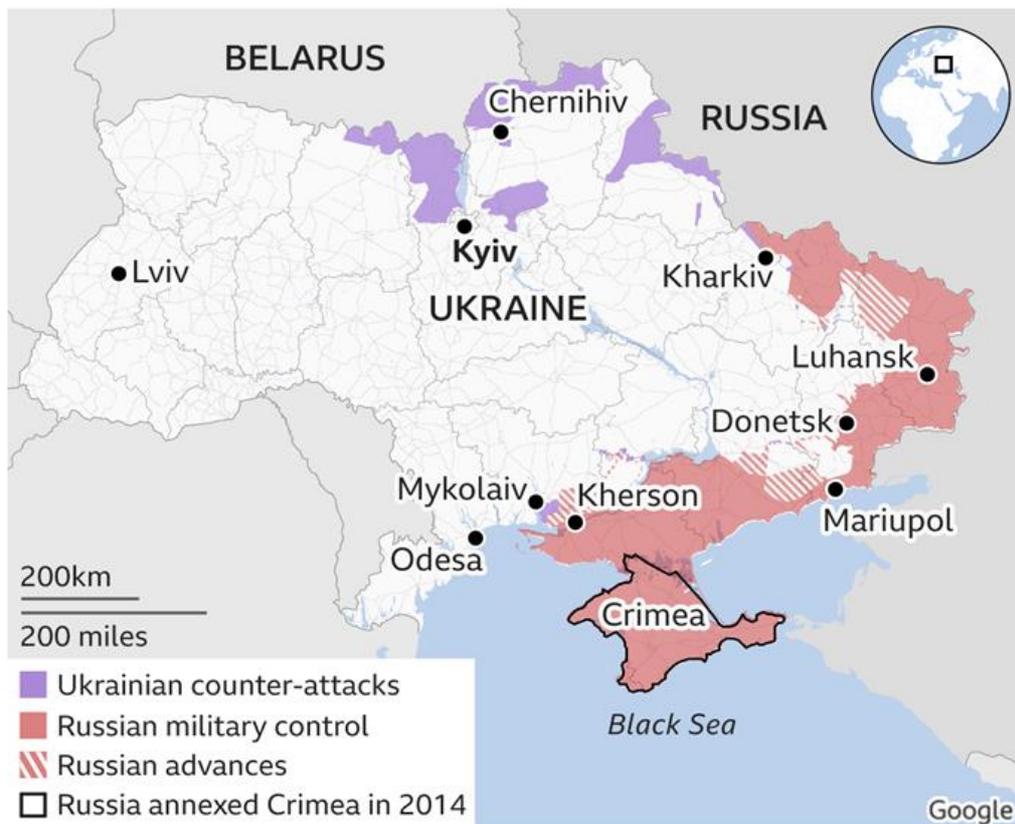
REFUGEES FLEE UKRAINE



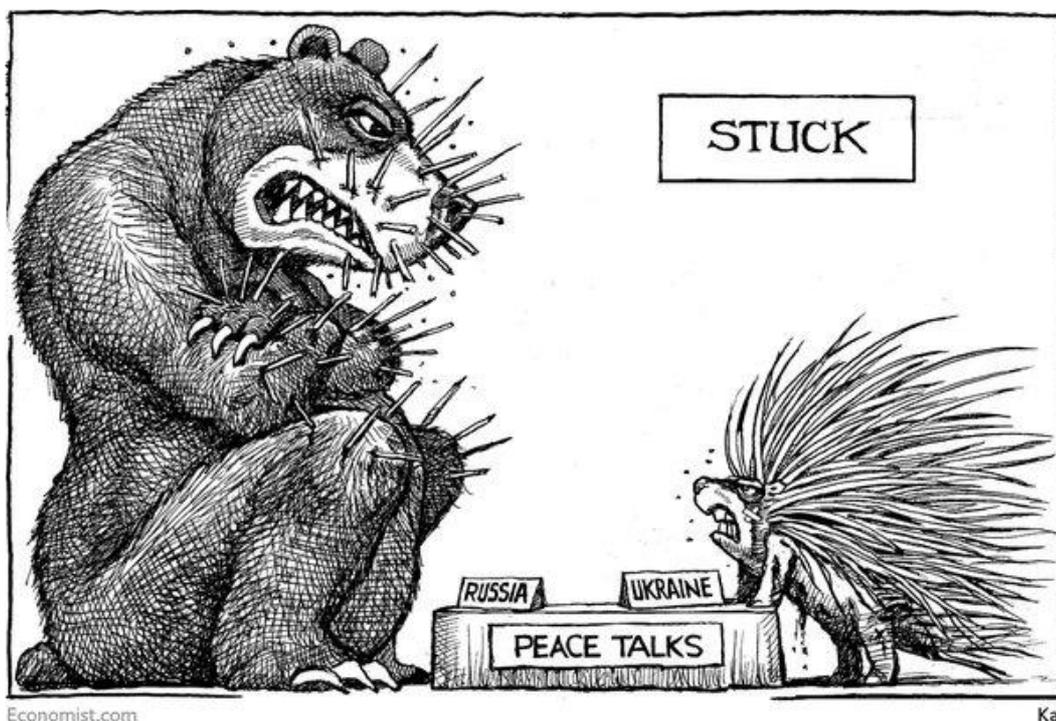
Kindly go to www.pascashealth.com then the Library Download page and in Pascas Care Letters click: [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#) (also contains further on Ukraine)



How far have Russian troops advanced?



Source: Institute for the Study of War (21:00 GMT, 6 April)



What are the chances that Putin will lose this Ukraine war?

<https://www.quora.com/>

Sylvain Saurel

20 March 2022

100%.

Vladimir Putin has already lost this war in Ukraine.

He will probably take control of Ukraine sooner or later, because of the strength of his army. However, it will be more of a Pyrrhic victory than anything else.

The more the Ukrainian army resists, the more the costs will be enormous for Putin's Russia, which will come out greatly weakened.



American and European sanctions will continue to weaken Russia to the point that the Russian economy will be brought to its knees. Only Russia could offer Putin a way out. We will have to see what Xi Jinping decides on this point... (Note the map depicting territory taken over from China by Russia.)

In any case, even when Putin may have taken control of Ukraine, he will only know the beginning of his sorrows. The Ukrainians will wage a guerrilla war against the Russian oppressor for years.

It will cost Russia even more to try to maintain its hold on Ukraine. Ukraine could become Putin's Afghanistan...

The Western world does not intend to erase what Putin has done and put him back in the concert of nations. Putin's Russia will remain a pariah and this is what makes me say that Putin has already lost this war in Ukraine even if the military force is still on his side.

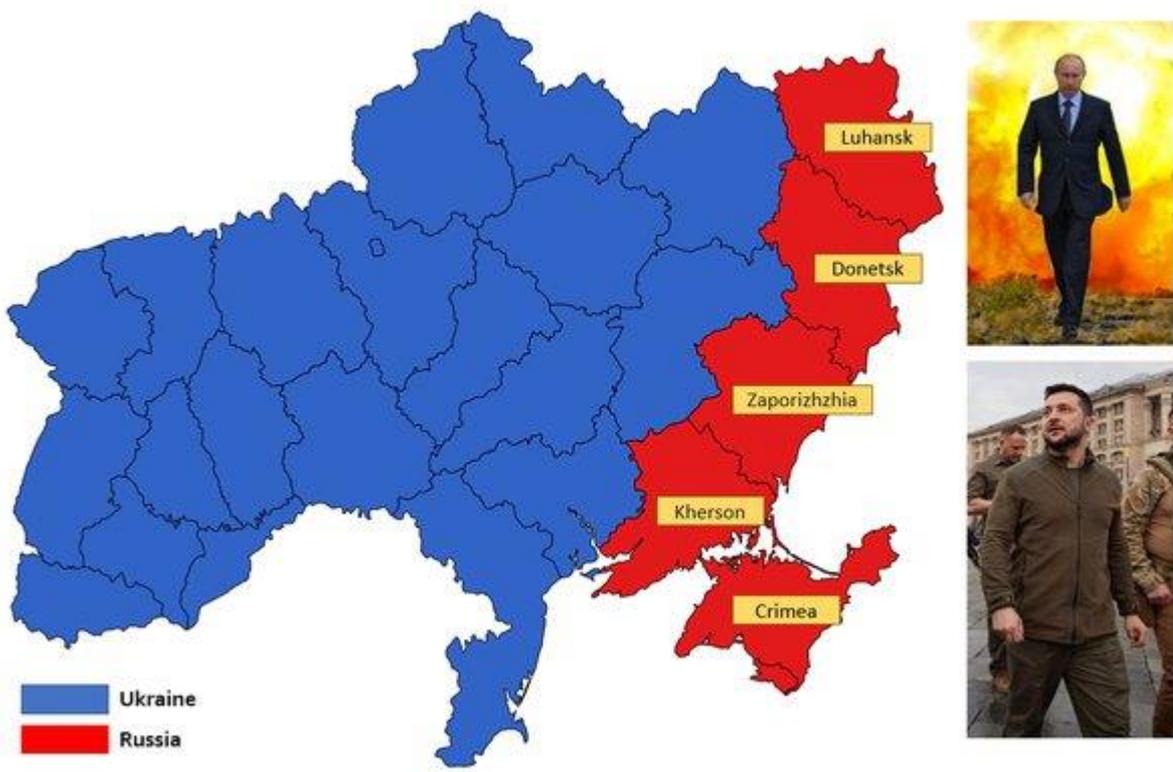
A short-term victory cannot erase what it will cost him in the medium and long term.

Through this:

Territories annexed to Ukraine...



To possibly this:



30 Meaningful Ways We Can Help Ukraine

<https://www.globalcitizen.org/en/content/ways-to-help-ukraine-conflict/>

How Can We Help?

25 February 2022

While many of us might feel helpless when confronted with geopolitical machinations of this scale, here are some ways we can help the people of Ukraine right now.

Organisations on the ground and globally are actively supporting people within Ukraine and refugees seeking safety elsewhere with medical and humanitarian aid.

These organisations include:

1. **People in Need** is providing humanitarian aid to over 200,000 people on the ground. For those most in need, they provide food packages, emergency shelter, safe access to drinking water, hygiene items, and coal for heating. [Donate here](#). (go to the above website address)
2. The **Ukrainian Red Cross** does loads of humanitarian work, from aiding refugees to training doctors. [Donate here](#). (go to the above website address)
3. The **International Medical Corps** is on the front lines and prepared to help citizens with emergency health care services, as well as mental health and psychosocial support. The agency is also keeping the pandemic top of mind throughout the crisis by prioritizing COVID-19 awareness and prevention services, to help keep displaced citizens safe from the pandemic. [Donate here](#). (go to the above website address)
4. **CARE** is responding to the crisis by providing Ukrainians in need with food, hygiene kits, psychosocial support services, access to water, and access to cash. [Donate here](#).
5. **Nova Ukraine** is a non-profit that delivers aid packages to Ukraine with everything from baby food and hygiene products, to clothes and household supplies. [Donate here](#).
6. **UNICEF** is repairing schools damaged by the bombings and providing an emergency response to children affected by the conflict. [Donate here](#).
7. **UNHCR, the UN Refugee Agency** has stepped up its operations and is working with governments in neighbouring countries "[calling on them](#) to keep borders open to those seeking safety and protection." You can help support the UNHCR's work supporting refugees by [donating here](#), and take action [here](#) to send a tweet urging governments and businesses to support the United Nations' [urgent appeal for US\\$1.7 billion](#) to deliver life-saving humanitarian support.
8. **OutRight Action International** is helping to support LGBTQ+ groups and organisations on the ground, setting up shelters and providing safety for citizens. All donations made to OutRight will go directly to the cause. You can [donate here](#).
9. The **United Nations World Food Programme (WFP)** is deploying emergency operations in Ukraine and surrounding countries to provide food assistance to those fleeing the conflict. [Donate here](#).
10. **Save the Children** is working with partners to respond to meet the urgent needs of affected children and their families. It's ready to provide life-saving assistance, such as food, water, cash transfers, and safe places for children as people flee amid freezing temperatures and brutal conditions, and to scale up options to ensure children impacted by the crisis have the support they need. Find out more and [donate here](#).
11. **SOS Children's Villages** has worked in Ukraine since 2003 and is coordinating an emergency response to support families who are living in the conflict areas and those who have been internally displaced. Find out more and [donate here](#).

12. **Mercy Corps** is mobilising a team to the region to assess where help is most needed, and is anticipating providing emergency cash assistance, as well as supporting local organisations that know their community needs best. Between 2015 and 2017, Mercy Corps provided humanitarian assistance in eastern Ukraine, reaching more than 200,000 people with emergency cash, food, water and sanitation supplies, small business development grants, restoring war-damaged homes and more. Find out more and donate [here](#).
13. **Medical Teams International** is fundraising to send medical supplies to the region, with all proceeds going towards sending medicines and/or medical supplies. Learn more and donate [here](#).
14. The **World Health Organization Foundation** is raising funds for [WHO's Health Emergency Appeal](#) for Ukraine. An estimated AU\$57.5 million must be raised to deliver urgent physical and mental health care to the 18 million people in Ukraine needing urgent humanitarian assistance, and more than 4 million refugees who'll need protection and assistance in the coming months. You can donate [here](#), and share the WHO Foundation's call for donations on your own social media, including [Instagram](#), [Twitter](#), and [Facebook](#).
15. **Alight** is a humanitarian non-profit that has sent teams of emergency response workers to Poland to assist with the burgeoning refugee population by helping to meet all of their material and psychosocial needs. You can donate [here](#).
16. The **International Rescue Committee (IRC)** is on the front lines of the world's conflicts, natural disasters, and other crises, helping people recover from extreme hardship and put their lives back together. The IRC currently has a team dispatched to Poland that's helping to provide food, medical care and emergency support services to families who fled Ukraine amid the violence. You can donate [here](#).
17. **Team Rubicon** mobilises their highly skilled volunteers to help people prepare, respond, and recover from disasters and humanitarian crises. As a World Health Organization Emergency Medical Team mobile unit, Team Rubicon has sent a small team to Poland, including physicians with expertise in paediatrics and maternal and reproductive health care. [Donate here](#) to help Team Rubicon rapidly respond to meet humanitarian needs.
18. **Direct Relief** is working directly with Ukraine's Ministry of Health and other on-the-ground partners to provide urgently needed medical aid, including emergency response packs intended for first responders, oxygen concentrators, critical care medicines, and much more. [Donate here](#).
19. **Namati's** Legal Empowerment Network is mobilising its partner organisations and resources so paralegals and lawyers can help people throughout Ukraine. This includes assistance on documents for crossing the border, rights under martial law, temporary housing and resettlement, support for small businesses, and more. Namati is also providing support for the "distribution of humanitarian aid, including food, clothing, and medicines." You can donate [here](#).
20. **GlobalGiving** has its Ukraine Crisis Relief Fund, with all donations to the fund going to support humanitarian assistance in impacted communities in Ukraine and surrounding regions. GlobalGiving's network of over 30 grassroots NGOs are bringing relief to terrified and displaced communities, and they need resources to continue their life-saving work. [Donate here](#).

TAKE ACTION

21. Join a Peace Protest

The world must show a united front with Ukrainians against President Putin's invasion, and demonstrators around the world — from London to Tokyo — have taken to the streets to protest the war. You can find your nearest demonstration here, and you can also take action with Global Citizen, by taking our pledge to protest here. You can also join in the protests digitally — find out more about how to join the protest online and take action to support here.

22. Take Action with Global Citizen

Global Citizens all around the world can join us in taking action in several key ways, including rallying the international community to help with urgent funding and medical needs; amplifying the calls of Ukrainian civil society organisations; calling on countries to support refugees, and more. Here's how:

- The United Nations (UN) has launched an urgent humanitarian appeal for US\$1.7 billion to deliver life-saving humanitarian support. You can send an urgent tweet in support of the UN's appeal, urging governments and businesses to support the people of Ukraine. Take action here.
- Medical supplies in Ukraine are falling dangerously low. We're partnering with organisations on the ground, Direct Relief and International Medical Corps, to gather urgent medical donations. Help amplify our call by emailing international companies to donate life-saving medical supplies to Ukraine here.
- 40 Ukrainian civil society organisations have come together with six urgent appeals for the world with the Kyiv Declaration, and you can take action to help them get heard. They request safe spaces to be provided for civilians, sanctions on Russian banks, support for local humanitarian responses, freezing the assets and revoking the visas of Putin and his cronies, defensive military assistance, and provision of equipment to track war crimes and ensure that all those responsible are one day brought to justice. Take action here to help amplify their appeal.
- Russia has launched a direct attack on the Zaporizhzhia power station, one of the largest nuclear sites in Europe. This is the first time in history a state has directly attacked a nuclear site. This huge escalation has been called out by the US and Ukraine as a war crime, and directly goes against the Geneva Convention. Nuclear sites must be off-limits during conflict. Targeting them puts civilians and the environment at huge risk and increases the danger of further escalating the conflict. You can take action by sending an urgent tweet condemning the attack and calling for nuclear sites to be off-limits, here.
- You can also join with millions of people around the world to raise your voice against President Putin's invasion of Ukraine by sending a tweet condemning the war and calling for an immediate ceasefire to save lives. Take action here.
- You can also take action to amplify all the different ways the international community — including businesses, corporations, philanthropists, and more — can help those impacted by the war and bring it to an end. Find out more and take action here.

If you're based in countries like the UK, there are further ways you can take action to help:

- Join us in calling on your national MPs to stand with people fleeing Ukraine and all refugees who need safety and protection, by voting against the Nationality and Borders

Bill — also known as the "Anti-Refugee Bill". The proposed bill would punish people that are seeking safety in the UK by stripping basic and essential protections. The UK government has announced its solidarity with Ukraine, and now it's time to put those words into action by providing safe passage and protection to refugees. Take action by emailing your MP [here](#).

- You can also take action to directly call on Federal MPs, calling on them to waive the restrictive visa policy and support safe routes for refugees. Take action [here](#).
- Then join to Make My Money Matter in [urging UK pension funds](#) to stop funding the Ukraine invasion. That's because UK pension funds invest in lots of industries, and your pension could well be investing in weapons and Russian industry directly linked to the crisis in Ukraine without you knowing it. Take action by emailing UK pension providers [here](#).

STAY INFORMED

One of the best ways to help the most vulnerable in Ukraine is by staying on top of what is happening on the ground, and learning more about how citizens are being affected by the conflict. Here are a few trustworthy sources you can refer to below. If you want to fact-check news and information you're seeing about Ukraine, [#UkraineFacts](#) is a great resource; you can also use the fact-checking website of news agency AFP [here](#).

23. **The Kyiv Independent** has been a leading voice on the front lines, covering a timeline of ongoing events since the beginning and highlighting those who have been most affected by the violent attack. The English-language outlet is continuously reporting on how the invasion and conflict are impacting citizens, the economy, as well as Ukrainian foreign politics. Keep up to date on its website [here](#), or on the Twitter page [here](#).

24. **The New Voice of Ukraine:** Covering news in three different languages — English, Ukrainian, and Russian — the New Voice of Ukraine has not only covered breaking news, but has released informative analyses on the situation that detail how the situation led to this point, and is continuously publishing op-eds by Ukrainian scholars and experts that help to give a view of tone of the situation. Read more on its website [here](#).

25. **Ukraine World:** While Ukraine World is not posting breaking news and timeline updates on its website, it is very active on its social media accounts. Its independent journalists on the front lines have gathered first-hand footage, and it is using its account to share other informative sources that its followers can refer to in order to keep up to date. Follow Ukraine World [here](#).

26. **Kyiv Post** is the only non-independent media outlet on this list, and it is important that those following state-funded outlets are aware that they are affiliated with the state. The outlet has been at the forefront of delivering breaking news directly from government and national offices, releasing statements from ministry officials, military leads, and other dignitaries. You can read more on its website [here](#), or follow it on Twitter [here](#).

27. **CNN Reporter Dale Dan** compiled a Twitter list of verified journalists reporting the best information about the invasion, which you can follow [here](#).

28. **Olga Tokariuk** is a verified independent correspondent working in Kyiv, sending frequent tweets on the latest information while also capturing the humanity of living in Kyiv. Follow her [here](#).

29. **Global Leaders** are all tweeting their updates and responses to the situation as well. Ukrainian President Volodymyr Zelenskyy and Minister of Foreign Affairs Dmytro Kuleba are active on Twitter in English, giving regular updates. US President Joe Biden and Secretary of State Antony Blinken are tweeting about the US and international response to the invasion. And UN Secretary General António Guterres and EU Commission President Ursula von der Leyen are giving updates.

30. **Learn more about the background:** If this is the first you're hearing about the crisis in Ukraine and you want to learn more about the background to the situation read this Kyiv Post article, "[10 popular misconceptions about Ukraine debunked](#)"; watch Netflix's documentary *Winter On Fire: Ukraine's Fight for Freedom*; and listen to this podcast by Ukraine World on [how Russia uses disinformation as an instrument of war](#).



Ukraine Global Response

People including Ukrainians, take part in a demonstration in support of Ukraine, in the center of Tbilisi, Georgia, 24 February 2022.

Shakh Aivazov/AP

Lost lands from China annexed by Russia from 1840 to 1949

Ironically, China has as much rights to these lands as Russia has rights to Crimea.



Meanwhile, past President Donald Trump (2017-21) brought about division between the people of the un-United States of America. Many recognise that a break-up of the states into a number of countries has strong support and considered inevitable.

This is possibly a good thing in view of general world opinion that the United State of America is the most war generating nation of all countries on Earth.



“Which country is the greatest threat to world peace?”

This is a map showing the most common poll response to the question:



Regions above 28° north latitude are subject to political and military unrest at unprecedented levels than compared to the past 70 years. Consequently global supply chains of all types are likely to break bringing about global difficulties unimaginable.

As time unfolds, the world's population will realise the Earth changes are likely to be less difficult between latitudes north and south 28°.

What do most Americans fail to understand about U.S. foreign policy?

What most Americans do not fully realize is the extent of the damage US foreign policies are inflicting on poor and weaker countries.

Consider Venezuela for example. 28 million people are suffering from serious economic conditions. Now Venezuela had to fight COVID-19 in dire straits.

Despite this, the US increased its seizure of Venezuela's funds in addition to more sanctions.

The message from Washington is clear. Venezuela's oil is more valuable to Washington than the Venezuelan people.

How Ukraine fits into the global jigsaw

<https://www.goldmoney.com/research/goldmoney-insights/how-ukraine-fits-into-the-global-jigsaw>

By Alasdair Macleod

Goldmoney Insights

24 February 2022

- **Ukraine is part of a far bigger geopolitical picture. Russia and China want US hegemonic influence in the Eurasian continent marginalised. Following defeats for US foreign policy in Syria and Afghanistan and following Brexit, Putin is driving a wedge between America and the non-Anglo-Saxon EU.**
- **Due to global monetary expansion, rising energy prices are benefiting Russia, which can afford to squeeze Germany and other EU states dependent on Russian natural gas. The squeeze will only stop when America backs off.**
- **Being keenly aware that its dominant role in NATO is under threat, America has been trying to escalate the Ukraine crisis to suck Russia into an untenable occupation. Putin won't fall for it.**
- **The danger for us all is not a boots-on-the-ground war — that's likely to only involve the pre-emptive attacks on military installations Putin initiated last night — but a financial war for which Russia is fully prepared.**
- **Both sides probably do not know how fragile the Eurozone banking system is, with both the ECB (European Central Bank) and its national central bank shareholders already having liabilities greater than their assets. In other words, rising interest rates have broken the euro system and an economic and financial catastrophe on its eastern flank will probably trigger its collapse.**



**PASCA
PERS**

The Commodity-Currency Revolution Begins...

<https://www.goldmoney.com/research/goldmoney-insights/the-commodity-currency-revolution>

Authored by Alasdair Macleod via GoldMoney.com,

Monday, 11 April 2022

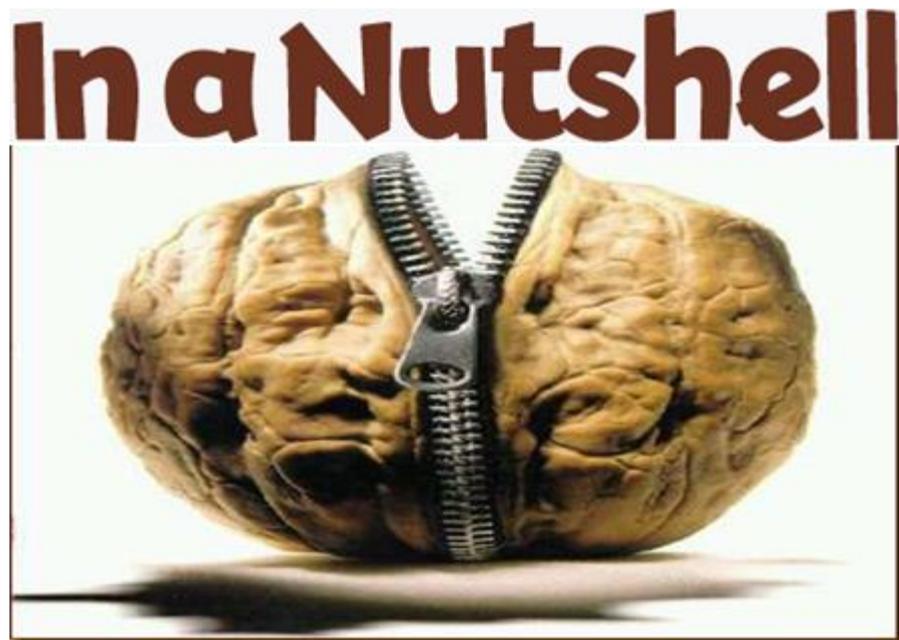
*We will look back at current events and realise that they marked the change from a dollar-based global economy underwritten by financial assets to commodity-backed currencies. **We face a change from collateral being purely financial in nature to becoming commodity based. It is collateral that underwrites the whole financial system.***

***The ending of the financially based system is being hastened by geopolitical developments.** The West is desperately trying to sanction Russia into economic submission, but is only succeeding in driving up energy, commodity, and food prices against itself. Central banks will have no option but to inflate their currencies to pay for it all. Russia is linking the rouble to commodity prices through a moving gold peg instead, and China has already demonstrated an understanding of the West's inflationary game by having stockpiled commodities and essential grains for the last two years and allowed her currency to rise against the dollar.*

China and Russia are not going down the path of the West's inflating currencies. Instead, they are moving towards a sounder money strategy with the prospect of stable interest rates and prices while the West accelerates in the opposite direction.

*The Credit Suisse analyst, Zoltan Pozsar, calls it Bretton Woods III. This article looks at how it is likely to play out, concluding that **the dollar and Western currencies, not the rouble, will have the greatest difficulty dealing with the end of fifty years of economic financialisation.***





Sit back and watch Europe commit suicide

<https://thecradle.co/Article/columns/8853>

[Pepe Escobar](#)

7 April 2022

“The whole Ukraine issue is over hypersonic missiles that can reach Moscow in less than four minutes. The US wants them there, in Poland, Romania, Baltic States, Sweden, Finland. This is in direct violation of the agreements in 1991 that NATO will not expand in Eastern Europe. The US does not have hypersonic missiles now but should – in a year or two. This is an existential threat to Russia. So they had to go into the Ukraine to stop this. Next will be Poland and Romania where launchers have been built in Romania and are being built in Poland.”

From a completely different geopolitical perspective, what’s really telling is that his analysis **happens to dovetail with Zoltan Poszar’s geoeconomics**: “The US and NATO are totally belligerent. This presents a real danger to Russia. The idea that nuclear war is unthinkable is a myth. If you look at the firebombing of Tokyo against Hiroshima and Nagasaki, more people died in Tokyo than Hiroshima and Nagasaki. These cities were rebuilt. The radiation goes away and life can restart. **The difference between firebombing and nuclear bombing is only efficiency. NATO provocations are so extreme Russia had to place their nuclear missiles on standby alert. This is a gravely serious matter. But the US ignored it.**”

TURKEY SHOOT

UKRINFORM

Ukrainian multimedia platform for broadcasting



<https://www.ukrinform.net/rubric-ato/3449653-ukraines-armed-forces-repulse-enemy-attack-in-the-east-eliminating-about-80-invaders.html>



Ukraine's Armed Forces repulse enemy attack in the east, eliminating about 80 invaders.

Today, April 5, in the area of responsibility of the Operational and Tactical Group "East", the Ukrainian military repulsed an enemy attack and eliminated about 80 Russian invaders.

"On April 5, Russian fascist troops carried out one attack. Our artillery also inflicted fire damage on the concentration of personnel and equipment," the Operational and Tactical Group "East" posted on Facebook.

The invaders suffered significant losses: up to 80 personnel, 4 tanks (1 seized), 9 armoured personnel carriers, 10 infantry fighting vehicles, 1 mortar, 1 BM-21 launchers, one drone, and 2 fuel tanks.

As reported, according to the General Staff of the Armed Forces of Ukraine, from February 24 to April 3, the Russian Federation lost about 18,000 personnel, 644 tanks, 143 aircraft, 134 helicopters, and many other weapons and equipment.

Note: It is generally accepted that for each soldier killed, two more are injured. That infers that of the Russian invasion force of 190,000, having entered Ukraine on 24 February 2022, that after 6 weeks of action, of the Russia soldiers 57,000 are dead or injured (30%).

Ukrainian officials think about 2,500 and 3,000 Ukrainian troops have died since the Russian invasion of Ukraine began on 24 February 2022. According to Ukrinform, Ukrainian President Volodymyr Zelenskyy said “that there are about 10,000 Ukrainian troops who have been injured and that it's "hard to say how many will survive.””

Note: **For each soldier killed in action, it is said that at least two more will have been injured.**

Russia's losses as of April 23

Source: Indicative estimates by Ukraine's Armed Forces as of 9 a.m. EET

 21,600 troops	 143 MLRS
 177 planes	 8 boats
 154 helicopters	 1,543 vehicles
 854 tanks	 76 fuel tanks
 403 artillery systems	 182 UAV
 2,205 armored personnel carriers	 69 anti-aircraft warfare
 4 mobile SRBM system	 27 special equipment

RUSSIAN LOSSES IN UKRAINE

<https://www.minusrus.com/en>

Russia's losses

◀ 07.06.2023 ▶

Approximate assessment of the Armed Forces of Ukraine 24.02.2022

Personnel

~212.030⁺⁸⁸⁰

wounded ~636.090 ?

94.2
%

900.000
Russian
armed
forces

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Armored combat vehicles

7560⁺¹⁷

13.758
Russian
armed
forces

54.9
%

Tanks

3873⁺¹³

3.300
Russian
armed
forces

100
%

Artillery

3640⁺³⁷

5.689
Russian
armed
forces

64
%

Aircrafts

314⁺¹

1.379
Russian
armed
forces

22.8
%

Helicopters

299

961
Russian
armed
forces

31.1
%

Ships and boats

18

519
Russian
armed
forces

3.5
%

Austrian Leader Pessimistic After Talks With Putin Amid Preparations For Major Russian Assault In Southeast

<https://www.rferl.org/a/russia-putin-nehammer-austria-talks-ukraine/31797400.html>

11 April 2022

A fresh diplomatic effort by Austrian Chancellor Karl Nehammer offered little hope of a de-escalation of the war in Ukraine, where officials say Russia is poised to unleash a massive offensive as Moscow shifts its focus to seizing territory from its neighbour's eastern regions.

Austria's leader told reporters after meeting with President Vladimir Putin on April 11 that he was pessimistic about the success of negotiations and described Putin as having "massively entered into a logic of war."

"I generally have no optimistic impression that I can report to you from this conversation with President Putin," said Nehammer, the first EU leader to meet Putin face-to-face since the war began. "The offensive [in eastern Ukraine] is evidently being prepared on a massive scale."

Russia is believed to be preparing for a potentially decisive showdown that experts say could start within days with a full-scale offensive. The goal is believed to be connecting occupied Crimea with territory in the southeast occupied by Moscow-backed separatist in the area known as the Donbass.

"We forecast that active combat will begin in these areas in the nearest time," Ukrainian Defense Ministry spokesman Oleksandr Motuzyanyk said.

Austria's Chancellor Karl Nehammer said he raised alleged Russian atrocities in Ukraine during a "tough" and unfriendly meeting Monday with Vladimir Putin -- the first Western sit-down with the Russian President since he launched his invasion in February 24.

"This is not a friendly visit. I have just come from Ukraine and have seen with my own eyes the immeasurable suffering caused by the Russian war of aggression," Nehammer was quoted as saying in a statement issued by his office after the meeting outside Moscow.

Nehammer is the first European leader to meet Putin face-to-face since his invasion of Ukraine. His visit divided opinion among EU leaders, with some expressing scepticism about engaging with the Russian leader.

The pair spoke for about 75 minutes at Putin's Novo-Ogaryovo residence near Moscow, Nehammer's spokesperson said, in talks the Austrian leader described as "very direct, open and tough."

Before visiting Russia, Nehammer met with Ukrainian President Volodymyr Zelenskyy in Kyiv and visited the town of Bucha, where bodies of unarmed civilians were found strewn across public streets after a month of Russian occupation.



DUE to World Wide disturbance, immigration into Queensland may escalate like this:

QUEENSLAND city populations				20 year	2040
2016 Census				Immigration	Total
1	Brisbane	2,054,614	South East Queensland	500,000	2,554,614
2	Gold Coast	540,559	South East Queensland	300,000	840,559
3	Sunshine Coast	243,337	South East Queensland	500,000	743,337
4	Townsville	168,729	North Queensland	600,000	768,729
5	Cairns	144,730	Far North Queensland	600,000	744,730
6	Toowoomba	100,032	Darling Downs	200,000	300,032
7	Mackay	75,710	Central Queensland	400,000	375,710
8	Rockhampton	61,214	Central Queensland	400,000	561,214
9	Hervey Bay	52,073	Wide Bay-Burnett	300,000	352,073
10	Bundaberg	50,148	Wide Bay-Burnett	300,000	350,148
11	Gladstone	33,418	Central Queensland	300,000	333,418
12	Maryborough	22,206	Wide Bay-Burnett	200,000	222,206
			Atherton Table Lands	200,000	200,000
			Bradfield Irrigation Area	300,000	300,000
	Sub-total	3,546,770	North of Cairns	200,000	200,000
	Other regions	1,653,230	Other coastal zones	500,000	2,153,230
	Total 2022	5,200,000		5,800,000	11,000,000

Land area:

Queensland	1.853 million km ²
population	5.2 million
Australia	7.692 million km ²
population	26 million
Ukraine	0.603 million km ²
population	44.1 million
Afghanistan	0.653 million km ²
population	39 million
India	3.287 million km ²
population	1.4 billion



Bradfield Irrigation areas in green:

Pascas Family Shelters

Pascas Family Shelters program around Australia is to embrace the guidance of those addressing the needs and requirements of women, men and children in stress within their respective communities. The counsel for overarching guidance is to be asked of:

**Women
Marvels**

- Amber Ford founder of Show The Way Inc.
- Annabelle Daniel founder of Women’s Community Shelters – Sydney and regions of NSW.
- Karan Salisbury Lifeline counsellor – suicide prevention, mental health and emotional assistance.
- Lisa Golding Douglas Shire Council – advocate for DV victim and family shelter housing.
- Nicole Edwards founder of Rizeup Australia, a charity that provides practical support to families fleeing domestic violence.
- Teresa Bettles coordinator of Southport / Nerang for Gold Coast Rosies.
- Vicky Rose founder of Nerang Neighbourhood Centre – Gold Coast – which provides a wide variety of services to all community members within a supportive environment that develops partnerships, advocacy and referral pathways.

Further are:

- | | | |
|------------------|--|--|
| Cornelia Babbage | OA Multicultural Families Org | Southport www.mfo.org.au |
| Lillan Nielson | Multicultural Families Org | Southport www.mfo.org.au |
| Genevieve Nelson | Kokoda Track Foundation (KTF) | https://www.ktf.ngo/ |
| Anita Russell | Kokoda Track Foundation (KTF) | https://www.ktf.ngo/ |
| Anna Z Zubac | The Migrant Centres Organisation Inc | Southport www.migrantcentre.org |
| Indira Salkic | The Migrant Centres Organisation Inc | Southport www.migrantcentre.org |
| | Multicultural Communities Council Gold Coast Ltd | Ashmore https://www.mccgc.com.au/ |

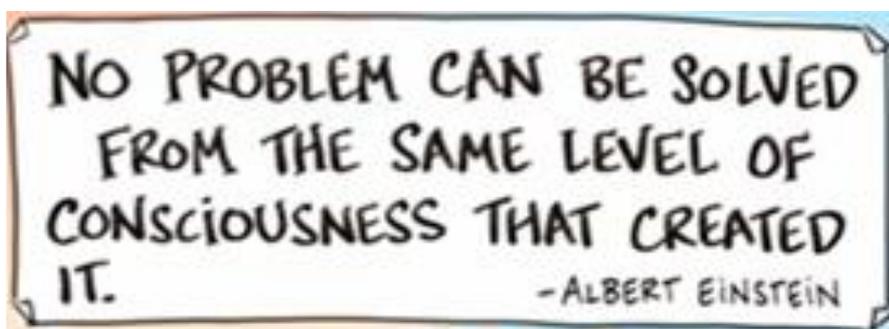
And in regards to Ukraine:

- | | | |
|------------------------|--|---|
| Peter Bongiorno | Ukrainian Community of Queensland – President | https://www.ukrqld.com.au/ |
| Adam Miljenovic | Ukrainian Community of Queensland's (UCQ) Ukraine Crisis and Humanitarian Assistance Council (UCHAC) | uchac@ukrqld.com.au |
| Diahanna (Darka) Senko | Australian Federation of Ukrainian Organisations (AFUO)
Humanitarian Aid Council Humanitarian Aid Initiatives Director | |

**PASCAS
PERS**

**THE TRUTH WILL SET US FREE, BUT
FIRST IT WILL MAKE US MISERABLE!**

**To Truly get to know yourself is
the Bravest thing you will ever do!**



Kinesiology Muscle Testing
for the level of truth

EINSTEIN'S THEORY of INSANITY



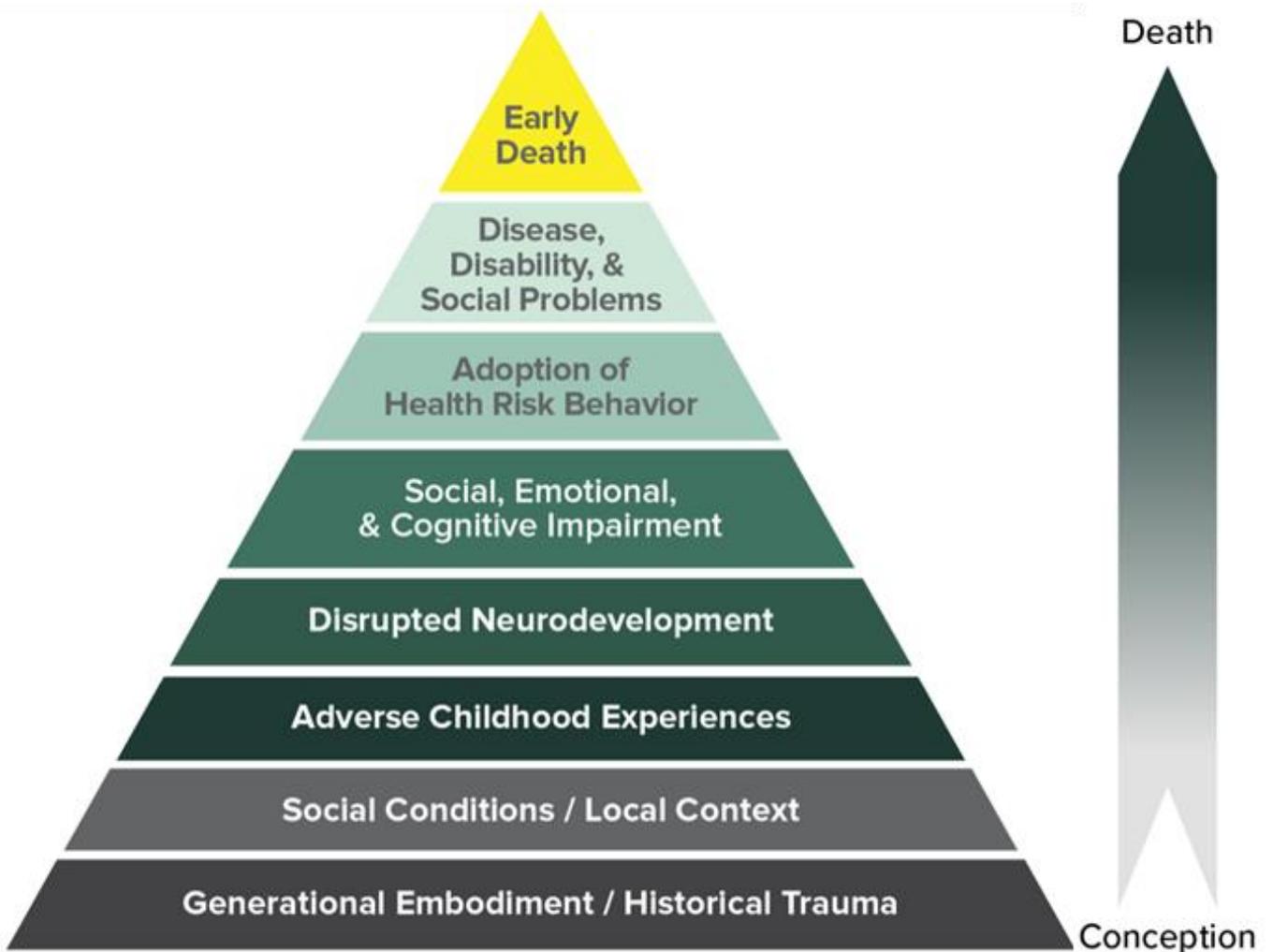
DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

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

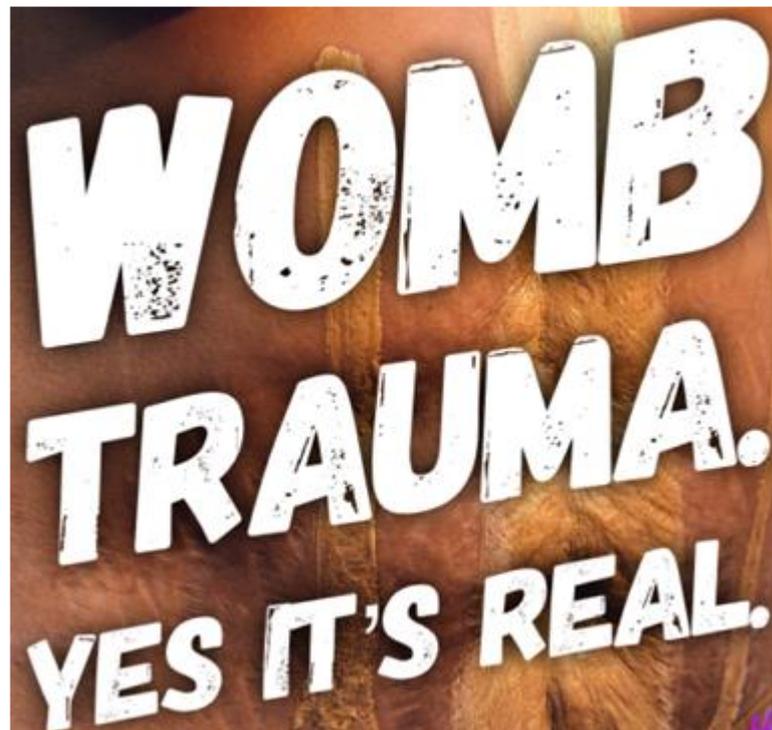
Library Download – Pascas Papers

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

info@pascashealth.com



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan





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

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.

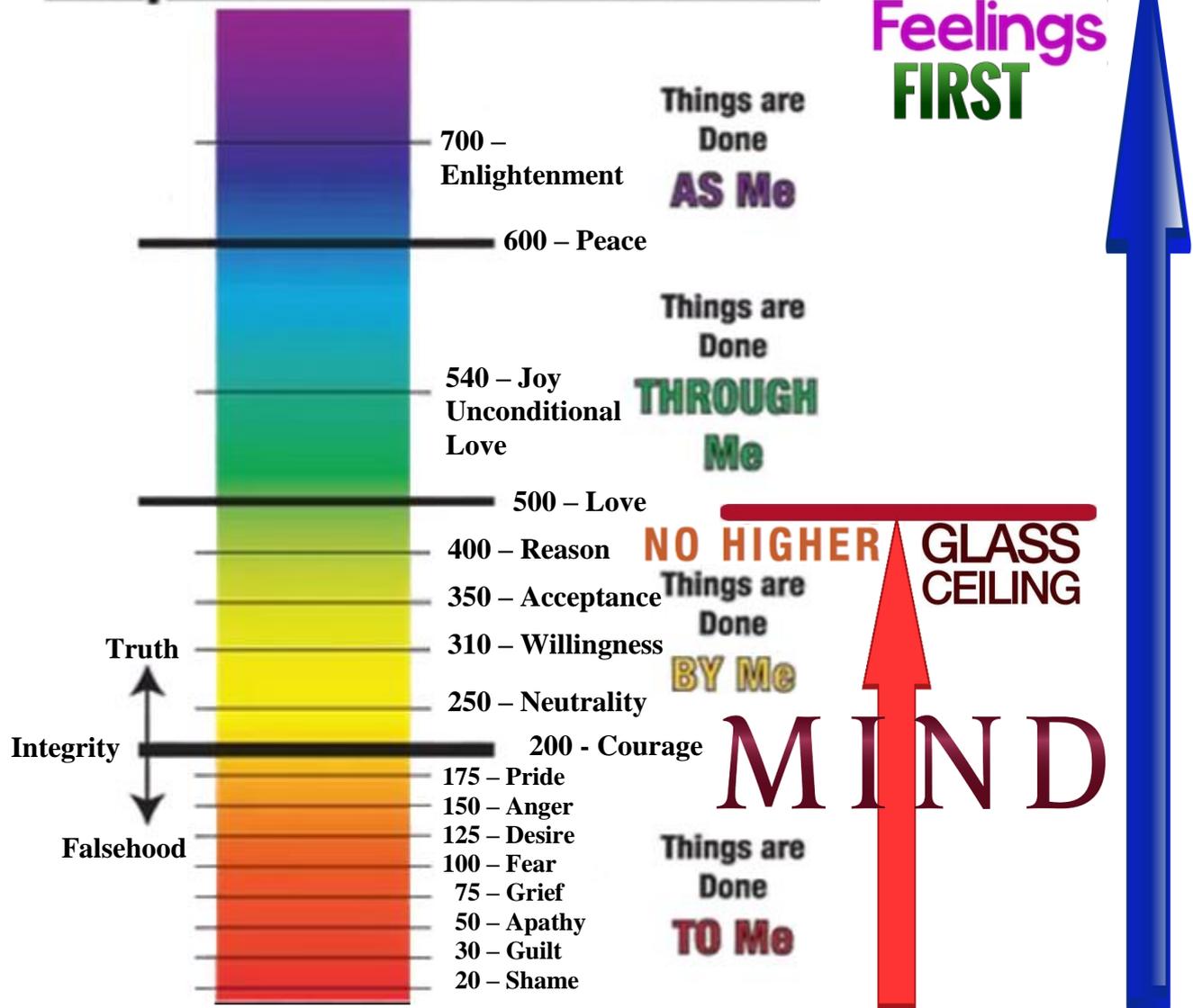
Suicide is possible and probable.

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

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

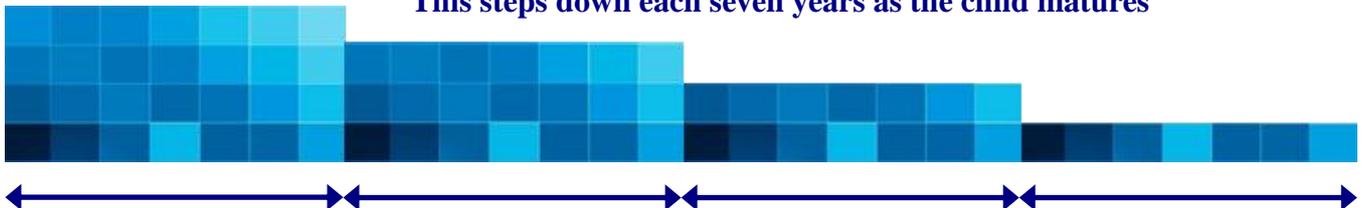
Map of Consciousness


Feelings
FIRST



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.

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%

These two charts demonstrate the stark reality of one’s probable quality of life that we will experience relative to our personal calibration as per the Map of Consciousness developed by Dr David Hawkins. This calibration level is essentially set for life by the time we reach the age of six (6) years.

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

**Consider asking yourself this question:
Who hurt me when I was a child?**

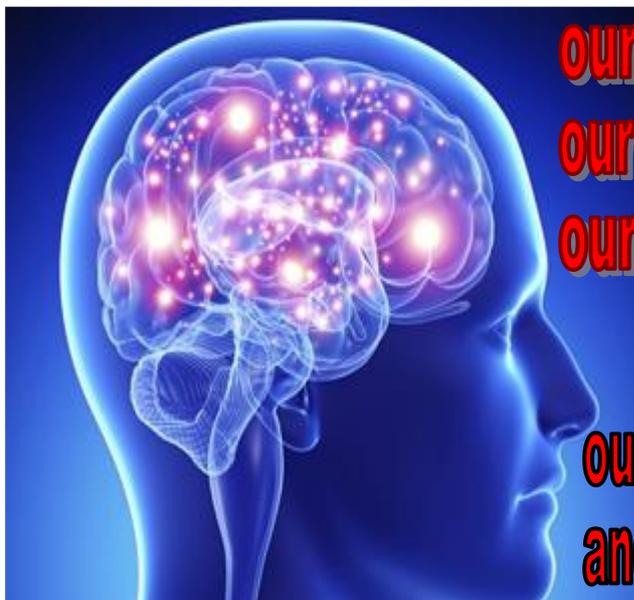
Note:

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!



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.

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...

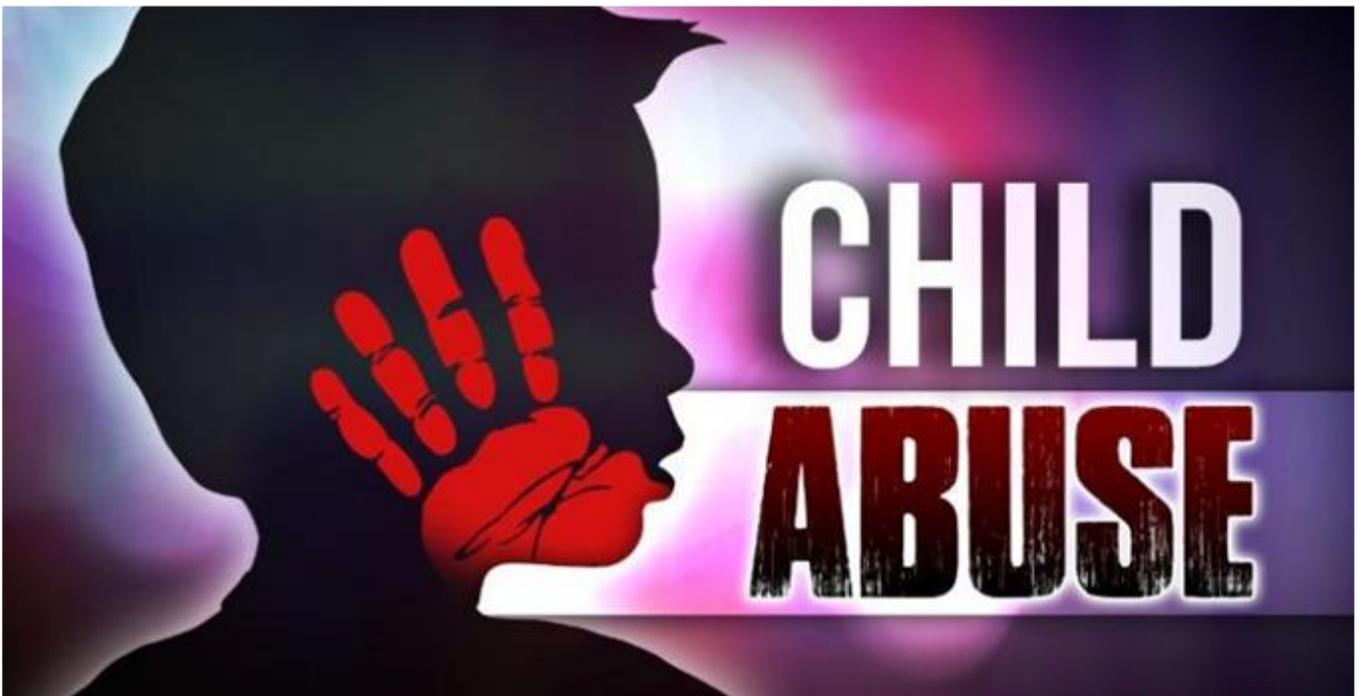


The Golden rule is:

Never interfere with another's will.

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

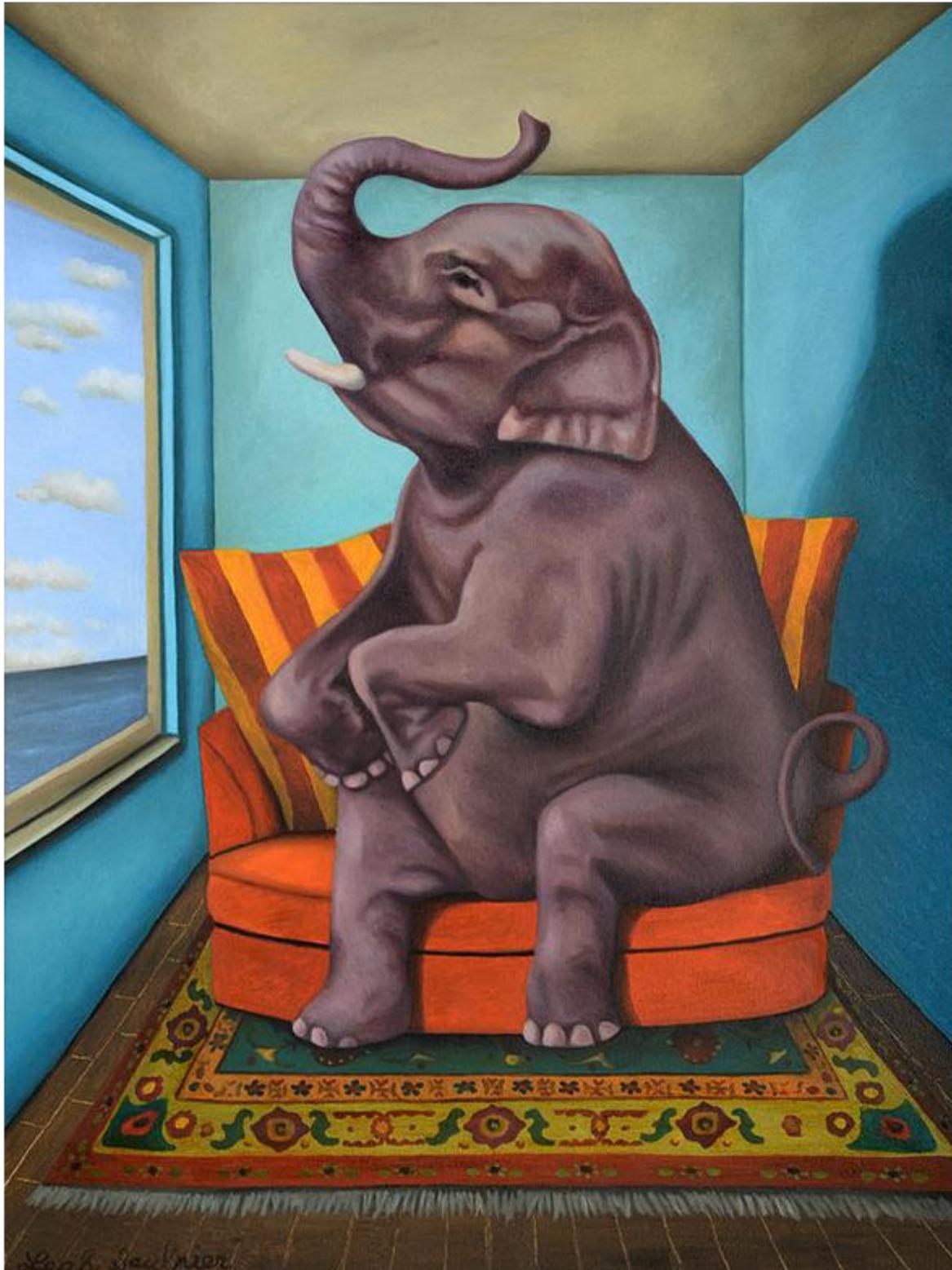
We fear our childhood memories!



Intimidating verbal abuse

TERROR

Childhood Suppression⁶³ is the elephant in the room!



The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

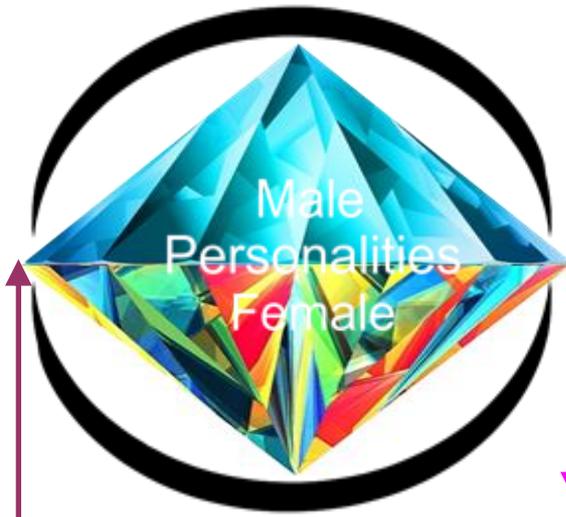
Childhood Suppression

The soul does it all.
The soul is a duplex,
two personalities being
manifested into the
physical by our soul.

Soul light continually
flows from the soul
through our spirit body
levels and into our
physical.

Return light being the
experiences of our
physical existence.

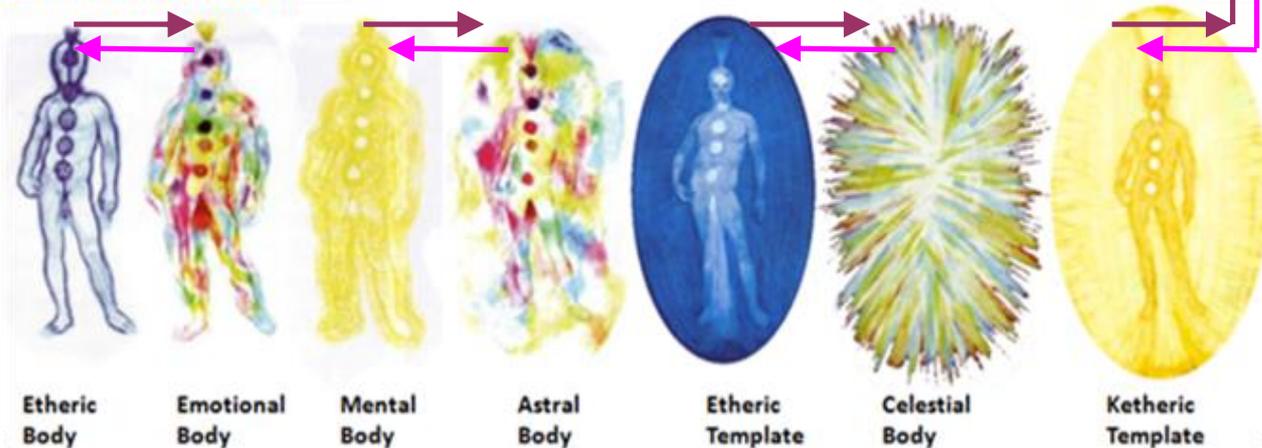
SOUL



Childhood suppression
imposed upon us by our
parents and carers
causes retarded light to
return to our soul
bringing about
imbalance, reflecting
emotional injuries and
errors of belief. This
imbalance is the cause
of all our difficulties
throughout our adult life
and also all of our health
issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



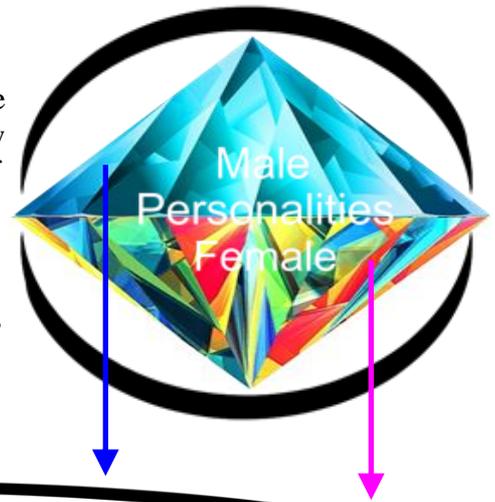
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



Childhood Suppression

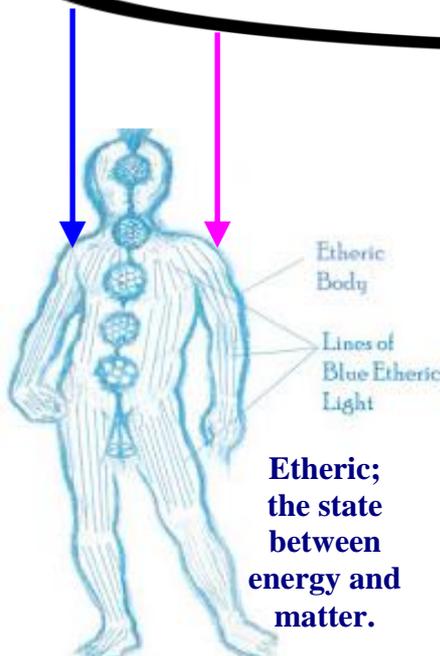


Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.

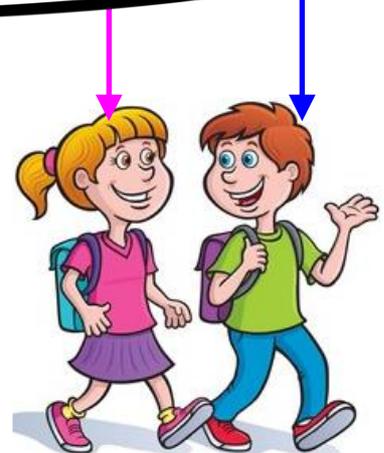


SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

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.

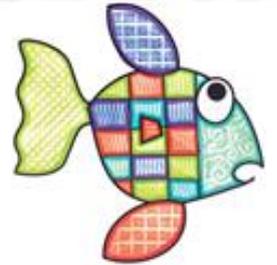
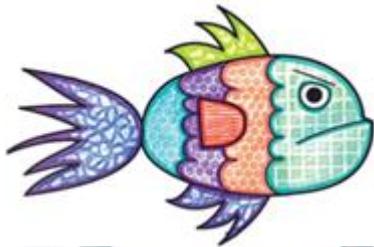
We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

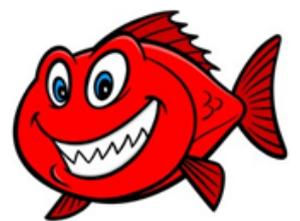
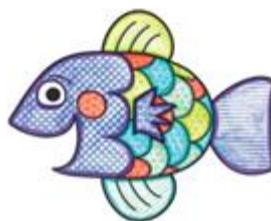
**LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.**



**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.

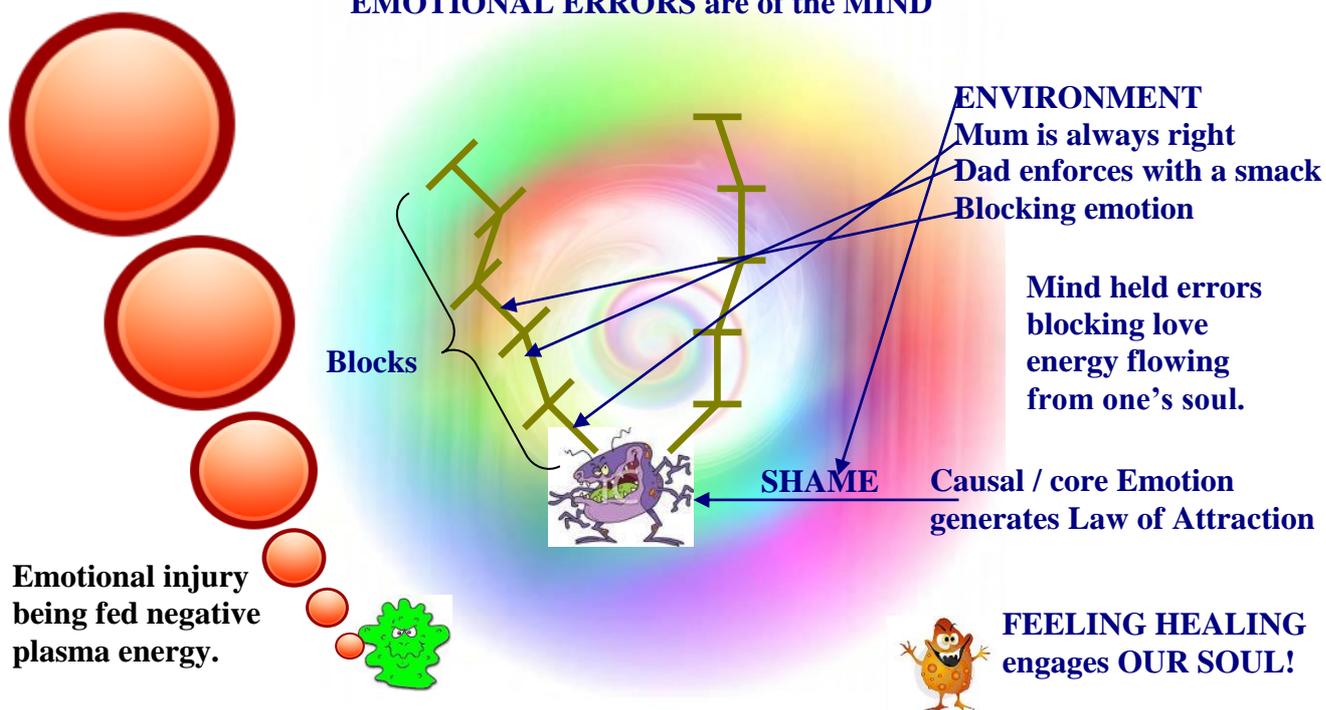


Talk it Out!



Heartfelt feelings are our truth.

EMOTIONAL ERRORS are of the MIND



Enters emotionally - is to leave emotionally!

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

FEELING HEALING COMPLETE

Tuesday, 12 April 2022

James Moncrief, on this day, 12 April 2022, advised and outlined that his personal Feeling Healing process was now complete.

In so doing, he had been observing that nothing new had been coming up for him to consider, that he had nothing further that he had to personally resolve and that the process was for all intents and purposes fully completed.

It could be said that he started his journey in 1993 when he had obtained a full publication of the "Padgett Messages" which introduced the availability of Divine Love to him and Marion. It was several years later that he commenced, what he calls Feeling Healing, through Marion's promptings and strivings.

As both Marion and James have engaged their personal Feeling Healing from different ends of the spectrum, both now can be said to have finished their Feeling Healing process with different completion experiences.

Further, James now sees that his ceiling of personal growth is or will be the equivalent of the 3rd Celestial Heaven while he is on Earth. This will also set the pinnacle of growth for the rest of Earth's humanity while living in the physical on Earth.

Apart from this all being very important for all of Earth's humanity is what this means for our present day activities. James is now in a state of completion of his understandings of what is required to be shared with all of humanity. He does not have any outstanding questions to resolve. That is, the state of truth now within himself and his Spirit of Truth is the foundation to commence interacting and sharing what is to be revealed. Until this condition was reached, James refrained from general conversation and public discourse until Truth was understood.

So, again let it be said, that on Tuesday, 12 April 2022 the Feeling Healing of a soul partner pair has been achieved and that is the first time in the full history of Earth's humanity, all 993,500 years of it, that a pair have while living in the physical here on Earth have completed the healing of what they have taken on of the Rebellion and Default which has prevailed these past 200,000 years.

NOW, the rest of humanity on Earth can follow and achieve their personal healing or progress as they please. What needs to be understood is that we can all only follow the lead of higher level spirits.

Samantha in England is the closest in completion of her Feeling Healing. As an aside, a couple of days ago she contracted Covid-19, she is not vaccinated, however, this experience may now provide her with the ability to travel as her personal immunity will be at higher level than what any vaccine can achieve.

**This time, in the history of humanity, is
the most exciting time ever experienced.**

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 progressively then through all the Celestial Heavens of our local Universe of Nebadon 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!!!

feelings

New way

The NEW WAY The NEW WAY

It's all about
Experiences
&
FEELINGS



BE FEELINGS
EXPRESSIVE!

WHOLE DIFFERENT Way of Life.



mind



feelings

Pascas Food Basket

Estimated Resident Population of Gold Coast City was 635,191 as of the 30th June 2020. The population estimate for Tweed Shire as of the 30th June 2020 is 98,382.

Total population for Gold Coast and Tweed Shire as of 30 June 2020 **735,000**

Annual growth rate being about 2.25%, or about 16,000 per annum, 6 years adds 100,000

Gold Coast is one of Australia's fastest growing regions, with its population expected to reach as many as 820,000 by 2035. And possibly reach a population of **1.2 million people** by 2050.

The Gold Coast Food Aid Working Group, which is an off shoot of the Gold Coast Homeless Network and was formed during the COVID lockdown of 2020 to pool resources to best meet the food needs of those adversely affected by the various restrictions. We are all representatives of Not-For-Profit agencies on the Gold Coast who distribute food in some way, shape or form to those in need.

Our group has been talking about getting off the ground a Gold Coast Food Distribution Hub and it is literally the same conversation I (Vicky Rose) was party to years ago driven by the local Councillor but fizzled due to the magnitude of it. The need, has not decreased and if anything, has only increased. It just needs to be done. On the morning of 14 September 2021, at our meeting we;

1. discussed avenues of support i.e.; political, philanthropic and community
2. identified some key business people on the GC whom we have tasked our chairperson to approach about logistical support i.e.; a warehouse space
3. agreed on a media blurb and will contact our person at The Gold Coast Bulletin
4. committed to have this conversation 'out there' and be spoken about on every platform we can think of and are party to
5. started a timeline

There are over 40 Gold Coast / Tweed charities driving up and down to Brisbane every week to purchase food from Foodbank which has only been gathered from the Gold Coast anyhow. The Foodbank Distribution warehouse can only cater to so many charities and our Gold Coast charities are effectively limiting the access of Brisbane local services needing to access such food too (and vice versa). We also saw further limitations on accessing the warehouse (and food) during the lockdown period last year too. We need our own (central Gold Coast / Tweed city).

We have been discussing this for years and even have a feasibility study on the need for it. None of the government levels can, or will, offer financial support but will no doubt be available for a photo opportunity should we get this up and running. I was wanting to know whether this could be something PASCAS might support in some way...? What do you think? YES!!! 100% unanimous!!!

~~~~~

By bringing together an overall survey for the Gold Coast / Tweed, then we may collectively be able to address many issues while gaining a comprehensive overview of the regional crisis.

For example. The Pascas Food Basket warehouse facility may be structured to handle the needs of the area up to when the population is 50% more than today. In the meantime, the unused floor space can be used to accommodate homeless people – this has been done in Canada!

Further, consider this exercise as a demonstration of what a city community can do in collaboration with each other to comprehensibly address social issues in a manner never considered possible.

As for the future, consider that we have moved out of a golden age, though many would never consider the past few decades a golden age, and that we are about to endure decades of disruptions and distress. So, let us go for the worst case scenario and see what can be achieved.

What will come out of this collaboration will be delivered by the people who are participating in this survey and development of what is to be established. This is your agenda, no one outside of your organisations are to impose their will upon you.

Pascas Foundation (Aust) Limited understands that through Pascas, what is undertaken here on the Gold Coast and Tweed areas may be replicated in other regions, modified to their specific characteristics.

May we draw your attention to [www.pascashealth.com](http://www.pascashealth.com) website, kindly go to the Library Download page and scroll down the index and consider any of the topics that take your interest, click on the PDF link and the Pascas Paper will download. Welcome to Pascas.

*John the Typist*

John Doel for  
Pascas Foundation (Aust) Limited  
jedoel@financefacilities.com



**Eat** the Colors of the Rainbow

# Craft Creations Family Shed

## CRAFT CREATIONS FAMILY SHED:

A Craft Creations shed is to be a venue for all members of families to obtain proficiency in any type of home craft or skill that each individual may recognise a passion to explore. This can be a simple endeavour or it may be a highly complex skill needing years to develop.

Due to greater closeness to their feelings, women are to dominate the administration, leadership and management of the Craft Creations Shed.

Children are most welcome and are to be encouraged and supported in what their personal desires and passions lead them to embrace.

Even though children do not have formal votes in the ongoing operations of a Shed, they may be provided with a status whereby they vote amongst themselves and submit their resolutions for consideration. This is all part of experiences through our lives.

Men are to have their say, but it is not about one or the other being dominant. It is about the changing times that are folding, the embracing of our feelings and living feelings first rather than being suppressed by being mind-centric. This is a New Way of living, yet it seems so simple, it is not.

The changes that are unfolding throughout all societies and nations around the world is already showing us that the supply chains are breaking and that we each need to be more resourceful and self-sufficient. That is what a Craft Creations Shed is all about.

Further, every day and every night there are tens of thousands, women, adolescent child, families, who are unfed, unhoused, and unloved. A Craft Creations Shed is to a staging post for recovery and re-energisation. The Shed may have annexed to it crisis housing on its premises or annexed by arrangement with other establishments. The needs of these people take many forms and a Craft Creations Shed is just one of those supporting hands.

Qualified Social Workers are to be fully engaged with a Shed. Those who are full time, or permanently part time, are to be supported financially by Pascas Foundation. It is recognised that we all need to pay for our groceries and rent and thus remuneration is to be at appropriate commercial rates.

A Shed is to be fully established with financial support through Pascas Foundation. Then it is to progressively become financially independent. That may take some time.

A Craft Creations Family Shed may unfold to be a major endeavour within a community and have great impact upon the society as it will progressively become a life changer for many. The significance of the introduction of this endeavour will take time for the community to comprehend and embrace. It has been a long time in its coming and now it is to be born.

Aspiring to Living Feelings First

*Brian Iverach, Graham Golding, Jim Baker and John Doel*

Pascas Foundation (Aust) Limited



#### **CRAFT CREATIONS**

Shop front – retail and ordering facility. The administration and support for the complete Craft Creations Centre.

#### **PASCAS CAFÉ**

Being part of Craft Creations, it is a catering, nutrition cooking facility that functions also as a Pascas Café. Food and nutrition are the premiers of all crafts.

#### **HOME CRAFTS**

**CRAFT CREATIONS** is generally focused towards skills embraced by women in their practical attention to the needs of the family. That said, there are no boundaries. At all times, the opportunity to introduce and enable children of all ages to become proficient is supported. Those within the community are to be supported in their sharing of their unique skills with others.

#### **STRUCTURAL CRAFTS**

**CRAFT CREATIONS** embraces word working, metallurgy and mechanical repairs. This could be said to be the domain of a Men's Shed, however, the whole family is welcome. These specialised skills need to be shared as much as every other craft.

**CRAFT CREATIONS** is to enable anyone to be autonomous and self sufficient in their endeavours.

#### **MEETING HOUSE**

Discussion pods for around 12 people as meetup rooms.

#### **FAMILY SHELTER**

Modules of 10. Studio rooms to accommodate a parent and two children, or there a bouts.

# Pascas Cafe *with* Raw Power!

## The Philosophers Stone - Podium!

Mid morning and mid afternoon are times for the Philosophers Stone' Podium to be utilised at the Pascas Café.

Patrons at the Pascas Café will be invited to participate in the preparation of raw food dishes. They will be given the opportunity to assemble a specific dish or drink according to request. Patrons will submit their preferences and progressively they will be given the opportunity to be trained in how to prepare the same dish or drink in their own homes or setting.

Training programs will enable clients / patients / guests of Pascas Clinic to evolve their specific diets to benefit from the high energy super food recipes offered at Pascas Café.



“One off the Wall” please! A pin board may provide ‘tickets’ which can be donations of a cup of coffee, a meal, or as a donor may feel inclined to support those that need a little care and love.

A Pascas Café may also have signature dishes for the general public.

# Billboard

**OFF  
THE  
WALL**

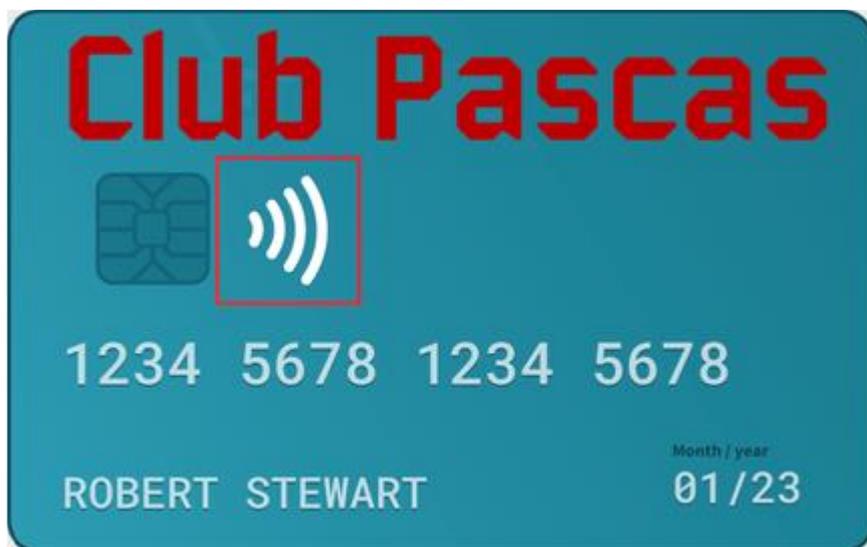


# Club Pascas

## CLUB PASCAS

Consider that a practical and appropriate support for a friend of Pascas can be the provision of access to specific aligned commercial operations in the vicinity of the friend.

Such as a Main Beach pavilion that provides meals and coffee from 6.00am through to 6.00pm 7 days a week. They also provide male and female shower facilities. They also have multiple seating areas, enabling private conversations.



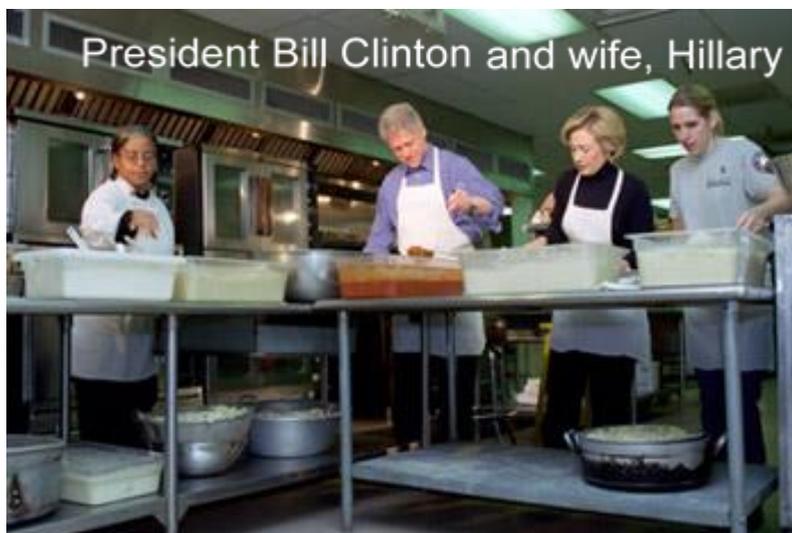
It may come to pass that a “Club Pascas” debit card or coupons could be provided to our friend to enable him or her to access meals and showers in a manner that provides them with support until more permanent arrangements become available. Clean socks and laundering facilities may be incorporated.

A “Pascas Café” would have a similar structure plus training in preparation of meals for those who need long term nutritional assistance.

A “Club Pascas” card and coupons would be also an identification card for those within this community.

A network of appropriate commercial operations may be established that provides support through the authorised “Club Pascas” card throughout Australia.

## PASCAS CAFÉ food preparation presenters!

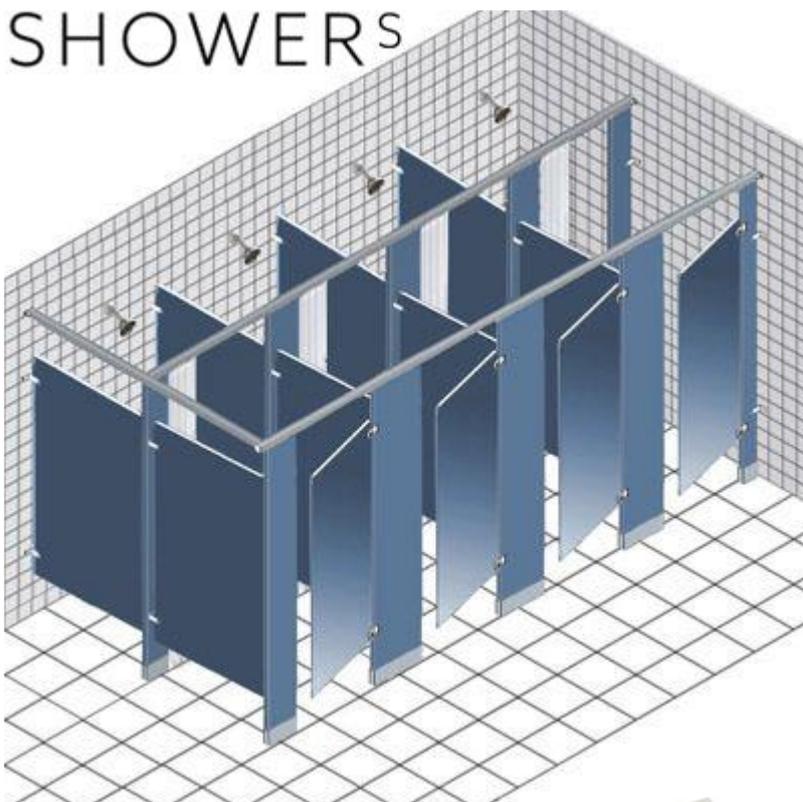


# Pascas Clothes & Person Clean

## Washing Machines, Dryers & Irons



## SHOWERS



And fresh new socks for those in need.

Yes, shoe shine equipment will be on hand to complete an overhaul of looks. That includes a sponsored trip to a hairdresser or barber as well.

If you need to get yourself scrubbed up, then that will be assisted with.

These facilities may be within various Pascas facilities, such as Pascas Cafes, Pascas Family Shelters, Craft Creations Family Sheds, Pascas WorldCare Cultural Centres, or simply free standing facilities.

You can be sparkling as you please!



# PASCAS WORLDCARE



# CULTURAL CENTRES



**Feelings first**

**ONE  
WORLD**

**UNITED EARTH**



# Dreams for Community

## PASCAS FOUNDATION (Aust) Limited

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**Project Title:**

**Date:**

**Community Project Leader:**

**Address:**

**Leader's Contact Phone:**

**Email:**

**The project description:**

**Solution option A:**

**Solution option B:**

**Preferred option being A (yes/no) / B (yes/no). Budget Costing:  
Resources, equipment, people, skills, training, time to implement needed:**

**Community size, how many people to benefit, duration and what are the benefits for the community?**

**Problems unresolved for project:**

**PASCAS contact Field Officer:**

**Email:**

# Pascas WorldCare

## Discretionary Supporting Hands

Pascas supports intuitive responses to assist those in need in many varied and individualised difficulties. “Discretionary Supporting Hands” costs and expenses are to be drawn down by team members with the signed endorsement by a second team member. Team leader sign off is upon completion of the assistance, even though ongoing assistance may follow as considered appropriate.

Person(s) being assisted:

Their contact details:

Summary of situation:

Summary of assistance:

Costs incurred and paid:

Team Member in charge:

Team Member confirming:

Team Member ratifying:

Observation of appropriateness and assistance provided:

Recommendations upon review of initiatives applied:

At all times, we encourage and support those who follow their feelings and respond with their intuitiveness and desires to assist in resolving a stressed person or family in their difficult moments.

We are not to feel constrained from stepping outside seemingly imposed barriers to consider and undertaking actions that have not been previously embraced by the team and organisation previously.

12 July 2021

## FUNDING SUPPORT

Downline funding through Pascas Foundation (Aust) Limited mirrors the ambience and conditions of the funding support that it is to receive.

The ethos of funds supporting and assisting Pascas Foundation (Aust) Limited encompasses:

1. Should the concept or project be something that has been undertaken in the past, then why do the same again and expect different results? That is insanity! The whole world continues to re-invent the wheel while expecting different results. That is why we see stagnation around us and that is looking at what is unfolding in rosed coloured glasses – the world is degrading!
2. To fix a problem, then it takes a person of a higher consciousness level than the personality that created the problem in the first place to now fix the problem! The whole of humanity has been seduced into being mind centric these past 200,000 years and that was brought about by high level spirit personalities from within our local universe. We finally now have been provided with the pathway out of being imprisoned within our mind suppression by even higher level spirits. Until these higher level personalities demonstrated the way, no one from within Earth's humanity could break through the limitations and suppression that we all have been living.
3. If other people are doing what is now being considered or proposed then we leave it to those others to continue to undertake. We are not to be interested with involvement when there is already momentum for others to provide for a given need.
4. Pascas Foundation is focused upon addressing issues in a manner that is demonstrating to all that there is a more profound way forward. The project, itself, is also to be a training vehicle for others to copy and emulate as they please. Plagiarism is welcome!
5. Pascas Foundation is focused on the importance of expressing one's feelings in life. Recognising that our Feelings are all we need. Embracing our feelings whilst having our mind assisting in the expression of such feelings. Looking to our feelings for the truth they are to give rise to. Expressing our feelings as we long to uncover the truth they are to show us about ourselves and how to live our lives. And to then live the truth in our lives that comes from our feelings. To understand that how we currently live, with our mind in control and unable to discern truth from falsehood, it also controlling our compulsive addictions and uncaring behaviour by wanting control over others, is wrong. And so striving to give up this unloving way of living in preference for living The New Way of Feelings First.
6. We are to express our good and bad feelings by speaking them out at all times – and not necessarily acting upon them. To want to first express them verbally; and to long for the truth of why we are feeling them. And then act accordingly. If you feel angry, feeling like you want to kill the other person, it's about expressing, by speaking and emoting, all that anger, rather than taking it out on the other person and actually harming them. All whilst wanting to know, and longing for, the deeper truth of why you are feeling angry. Life is about experiences and expressing ALL the feelings that come up from those experiences. And most importantly ALL the bad feelings, and trying not to deny them or stop yourself feeling them. Living Feelings First by expressing verbally all feelings, whilst longing for the truth of why you are feeling them.
7. To understand that the Truth is all important. That we are to live by growing constantly in truth from our experiences. And then by fully honouring and expressing our feelings, whilst longing for

the truth of them, the truth of how we're to live our life will grow in us. We are to understand our feelings are the way to the Truth, however we have to long for the truth as we express our feelings, so as to bring to light the truth within ourselves. And then being the truth from our feelings, will determine how we want to live – in accordance with the Truth. Which is the right way to live, rather than how we currently do, living against the truth by denying the expression of many of our feelings.

8. Thus, Pascas Foundation supports endeavours to restructure and reintroduce all segments, sectors, institutionalised systems with ways of living that brings into focus feelings orientation rather than the suppressive dictates of mind centric controls that we all continually embrace and endure.

Firstly, now to consider financial parameters:

1. Projects are to be supportive of community, these are not wealth building programs for the benefit of a few individuals. We are about enabling people of all walks of life, women and men equally, to prosper.
2. Progressively, the project should become more and more financially self-sufficient. There will be those that will always need to be significantly or marginally needing of continual financial support.
3. Everyone engaged in the creation, delivery and ongoing operation of the project is to be remunerated. The general benchmark of salary and wages are those prevailing within a community are to be considered for the setting of remunerations.
4. Projects are to be drawn together by people of the community that the project is intended for. It is for these people to instigate, deliver, manage and operate the project. As far as possible, personnel and resources are to be found and come from within the community or the country that the community is within.
5. Projects are to become autonomous – being led by those who instigate the program.
6. NO intermediary commissions will be tolerated. Should any project be introduced for consideration through an intermediary who is seeking a percentage or fee then that project is automatically unacceptable. The project is for the people, all the people, in fact 100% of the funding is essentially a gift to the community. This is not debt funding or equity funding – the ongoing supply of funds is dependent upon performance, the performance of the administration to deliver what they proposed and, consequently, are to be financial supported to do so.
7. Anything submitted verbally or in piecemeal is of no interest. Present a formal complete package.
8. The project concept is to be submitted in compliance to a package of documentation that Pascas Foundation will make available. There is need for uniformity in presentation and process.
9. Paramount are:
  - a. Curriculum Vitae – resume – of each of the key administration people (format is available)
  - b. Business Plan in the format available
  - c. Financial Feasibility in the format available
  - d. Executive Summaries – four styles of format, all to be submitted
  - e. Auxiliary information to assist with the comprehensive understanding of what is proposed.
10. Cash flow projections are to provide quarterly periods out to five years. The first year is to be prepared monthly as well. The quarterly projections are to provide the drawdown required amounts.
11. As operations commence, material changes may unfold. In such cases, up-dated financial feasibility would be appropriately submitted with the adjusted quarterly cash flows (with first year also being monthly).
12. Funding Support drawdowns are to be provided quarterly in advance.
13. Sufficiently independent verification of performance in line with the submitted business plan and financial feasibility is to be provided with the request for the next drawdown for the subsequent quarterly advance to be then processed and paid.
14. Annual audit of performance and compliance with the business plan and financial feasibility is to be submitted in a timely manner. This is in compliance with source funding administrative requirements.

Secondly, it is to be recognised:

1. The core funding that is supporting Pascas Foundation and auxiliary projects are of the nature of a global humanitarian fund – a worldwide charity.
2. As such, this is all about community building and nation building. Well, in fact it is about evolving humanity into a higher state of self expression, of vibrancy, intuitiveness and spontaneity.
3. Or even more importantly it is about commencing the healing of humanity of its Rebellion and Default that it has been subjected to for these past 200,000 years.
4. This time, in the history of humanity, is the most exciting time ever experienced.
5. There are various ways that funding support may unfold for a project within any country.
6. National projects or infrastructure development for a country may be initiated through the government officials of that country and be funded through a higher level entity directly. The pattern is similar for small programs that Pascas Foundation is aligned with. Funds are to be released quarterly in advance, subsequent drawdown to be subject to compliance with the business plan and financial feasibility of that project. At the commencement of the project, the total funds required as per the approved project would be blocked to then be progressively drawn upon with 30% of the funds blocked and placed into investment programs that were similarly engaged with to bring about the overall fund in the first place. These funding bundles may then provide ongoing long term operating funds (recurring costs) for the projects and infrastructure involved.
7. Private enterprise projects may be structured in a similar manner as government projects.
8. Smaller projects, such as Pascas Foundation, may simply be funded from the global pool of funds which is very significant in itself. Funds are always released through intermediary entities.
9. Projects that commence to come together directly under the Pascas Foundation umbrella are added into the financial feasibility budget of Pascas Foundation and funded as a group through Pascas Foundation, all under the same guidelines, ethos and environment.
10. Projects evolving from within the Pascas Foundation umbrella may at an appropriate time become autonomous and stand alone still remaining in compliance to these over arching guidelines.
11. Thus, it can be seen that variations will apply and those variations will always be at the discretion of the administration of the core funds.
12. Funding is at the discretion of the core funds administration and the ongoing supply is dependant upon the beneficiary progressing with the agreed agenda for the project and program.

This being understood and considered with all the possible variations and nuances that apply to every situation, then the potential for incredible works and gifts for communities, local and small, and all the way up to being for all of Earth's humanity, may be delivered by each and everyone of us.

Aspiring to Living Feelings First

*Graham Golding, Helen Adam, Ian Dowling, Jim Baker and  
John Doel*

Pascas Foundation (Aust) Limited

Acknowledged by: .....

For and on behalf of: .....

Project description: .....

## **Pascas Foundation downline Funding Report further explained:**

There always needs to be the two aspects that go together:

- 1, all about how important our feelings are, and expressing them; and
- 2, longing for the truth of them.

It's about expressing feelings wanting to uncover the truth of them. Not just about only expressing our feelings. Without including longing for the truth, Pascas is nothing more than how things already are, as lots of systems and people talk about expressing feelings and being feeling expressive. But nothing else includes longing for the truth whilst expressing one's feelings. Which is really to understand it's about wanting to know and uncover the truth of yourself, which you do through ongoing feeling expression.

It's to put the Truth first, that's what Pascas is all about, to understand that humanity will never get anywhere without Truth, and that we've been living all these years without growing in Truth. Many people express their feelings, but few use them to help them uncover the deeper truths of themselves.

The truth being: why are we feeling what we're feeling; all of which ultimately leads us back to our childhood relationships with our parents and grandparents.

We can live trying to put our feelings first, but it's meaningless if we don't want to uncover the truth of them. Feelings to uncover the Truth, is what Pascas is about. Not just putting our feelings first. Living Feelings First is not just living putting your feelings first; it is doing that by wanting to express all feelings, **WHILST ALL THE TIME WANTING TO KNOW THE TRUTH OF WHY WE ARE FEELING THEM.**

People can live wanting to be more feeling expressive, and that's certainly better than denying your feelings; yet Pascas, if it wants to support the spiritual side of things, needs to always understand and include using our feelings to help us uncover the truth of ourself, of why we are feeling them. It's not only about being more feeling expressive; it's about wanting to advance oneself by growing in **TRUTH** through one's feelings.

There are Three ways we can live:

Negatively;

1. Living against ourselves by not expressing feelings.
2. Living against ourselves by expressing some feelings, and denying others.

Positively;

3. Living for ourselves by expressing **ALL** our feelings, whilst longing for the Truth of why we're feeling them. Living by no longer denying any feelings, and trying to express them all, as we long for the truth of them.

## Introduction to living Feelings First

### Expressing your feelings to uncover the Truth of yourself.

There are Three ways we can live:

#### Negatively;

1. Living *against* ourselves by not expressing feelings.
2. Living *against* ourselves by expressing some feelings, and denying others.

#### Positively;

3. Living *for* ourselves by expressing ALL our feelings whilst longing for the Truth of why we're feeling them. Living by no longer denying any feelings, and trying to express them all, as we long for the truth of them.

We all have feelings.

Many people deny many of their feelings. We are scared of expressing how bad they feel. Denying our feelings is being unloving to ourselves.

Being loving is expressing all our feelings.

There are also people who are mostly happy expressing their feeling.

And there are people who are mostly unhappy expressing a lot of what they feel.

And either way, if we don't want to uncover the truth our feelings are to show us, nothing will change.

If we sincerely want to help ourselves, we can want to understand the truth of what we are feeling; so, why we are feeling the feelings we are feeling.

And not just superficially why we're feeling what we are, but the deeper hidden reasons. And these deeper reasons will lead us back into our early childhood relationships.

The truth of our relationship with our parents, grandparents and other important carers during our early life.

It's about longing for the truth our feelings will show us about ourselves and our early childhood relationships with our parents and family, because we want to understand the truth of such relationships – what really went on between us all.

We can live accepting our feelings; or denying them. Being true or not true to ourselves.

**Consider asking yourself:  
Who hurt me when I was a child?**

### Bad Relationships

Our relationship patterns are determined by the relationships we forge with our parents and early carers.

The relationship patterns formed during childhood continue through adulthood.

And the patterns are fixed, we can't change them. We might believe we can by altering our mind, but that's all superficial and the deeper underlying patterns will remain.

If our early relationships were loving, our adult relationships will be loving; if our early relationships were unloving, our adult relationships will be unloving.

If we suffer abusive relationships as an adult, it's because we suffered abusive relationships when young.

Abuse comes in many forms. Obvious physical abuse, and more subtle emotion, mental and spiritual abuse.

Feeling rejected in any way, the slightest degree of being criticised and not feeling wanted when we are baby and young child, makes us feel unloved and terribly bad. And all the rejection suffered through childhood accumulates to create how we feel about ourselves as an adult.

We can try to override how much we hate ourselves by pretending we feel good and loved, but if such good feelings are not true, at some point they will fail and we will be left feeling how bad we feel about ourselves, which is how bad our parents make us feel about ourselves.

Negative abusive traumatising addiction patterns all come from early childhood.

The way to Heal ourselves of them, by doing our **Spiritual Healing**, is to first bring to light the truth of them. To understand how they were put in place – what happened in our early relationships to cause them.

We need to bring to light the whole truth of our bad feeling state, by expressing all our bad feelings and longing for the truth of them.

Then once the whole truth of how unloved we feel comes to light, then we can set about transforming ourselves out of our negative childhood patterns.

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

### **Expressing oneself**

As we experience, we think thoughts and feel feelings. And we express those thoughts and feelings. Our thoughts are contained within our mind; our feelings want to come out.

When we feel a feeling, do we express it? Do we know how to express our feelings? And what about a bad feeling, do we readily express it? Or do we do things to deny it, to stop ourselves feeling it? What is our relationship with our bad feelings?

If we feel sad, miserable, angry, scared, unhappy, lonely, unloved, powerless, or any other bad feeling, what do we do with these bad feelings? Do we do all we can to stop feeling them? Or do we allow ourselves to feel them fully?

Denying our bad feelings is denying ourselves, it's not being loving to ourselves. Do we have someone in our life we can express all our feelings to?

Can we say all day long how miserable or scared or angry or powerless we feel, without doing anything to stop ourselves feeling bad?

Do we think we should do something to make ourselves feel better?

Do we do things to feel better? And why do we? What's wrong with feeling bad?

Are we afraid that if we feel bad and allow ourselves to feel the full depth and intensity of that bad feeling, we will drown in it?

Are we scared of opening the bad-feeling can of worms, which if opened, there will be no way of putting the lid back on? Are we afraid of our bad feelings?

We are to fully express ALL we feel, and in particular all our bad feelings – it's vital for our wellbeing. Feelings are better out than kept in. If they are kept in they gum up the works, they make us sick.

When we feel bad, stay with the feeling, acknowledge it, accept we are feeling it, and try to bring it out, expressing it with the emotion we are feeling.

Long for the truth of our feeling, wanting to see what it is showing us about ourselves. It's important to fully express ourselves – to express all our feelings. Particularly in our intimate relationships. And we need to allow the other person to express all their feelings. A good relationship is where both parties are fully feeling expressive.

## **Want to know the Truth of ourselves**

We live denying the truth of ourselves.

Why do we feel bad – what is the truth of those bad feelings? Do we want to know?

We can keep living with our mind in control so we can't grow in truth.

Or we can live looking to our feelings to help us uncover the truth of ourselves.

Do we want to know why we feel bad? Do we really want to know?

And what if the truth is to do with our relationship with our parents and family? Do we want to know the truth of such relationships, even if it's not good?

If we sincerely want to do something to help ourselves, then we will need to uncover the truth of ourselves through our feelings.

And it's to understand, it's not about trying to change ourselves into being a better person or trying not to feel bad, or trying to heal any trauma by doing some feeling work on ourselves.

It's about wanting to find the truth of why we are feeling bad. And finding it by looking to our feelings, by expressing them as we long for the truth they will show us about ourselves.

It's about being the truth that comes to light. Understanding the truth of our relationships with our parents and early carers that have caused our problems and difficulties, and not trying to change ourselves.

Simply allowing ourselves to be how we are, yet becoming fully aware of why we are as we are – how it all came about with our parents from conception through our forming years and the rest of our childhood.

And once the whole truth of our bad feelings state has come to light, then understanding our soul will transform us out of our negative bad feeling condition.

But first we have to fully acknowledge and accept how bad and untrue we are.

Want to live true to our bad feelings by fully honouring and accepting them, and longing for the truth they are to show us, all so we can see the truth of why we are the way we are, how it all came about through our early childhood relationships.

Long for the Truth of your Feelings.

## **A Spiritual Way of Life**

We are to live true to our self; which means, live true to our feelings.

If we are interested in living a spiritual life, it's very easy to understand how to do it. We express all our feelings, longing for the truth of them. That's all we need to do.

If we express our feelings wanting to uncover the truth they are to show us about ourselves, and we are growing and evolving in Truth from those feelings, then we are being as spiritual as we can be.

Being Spiritual is growing in Truth from our feelings. That's it! There isn't any other way. Everything else that is said to be spiritual is just mind rubbish.

Living true to your feelings, which means, fully honouring and accepting them, expressing them as you long for the truth of them, is living spiritually.

If we are denying any feeling expression, and not wanting to uncover the deeper truth of those feelings, we are not living spiritually, we are not spiritual. If we stop ourselves feeling any of our feelings, we are not being spiritual.

If we want to also include God in our life, Long to God, to our Heavenly Mother and Heavenly Father, for Their Divine Love. Want Them to love you. Long with all our heart for their Divine Love; as we long with all of our heart for the truth of our feelings.

Everything else that's said to be spiritual is just messing around in our mind.

Living the Will of God, as some religions purport as being religious and spiritual, is also messing around in our mind. It's meaningless. We are always living God's will. God created our soul, and our soul is expressing you as one of its two personalities in Creation. Our soul guides us in life, and it's always happening, we can't interfere with it, so we can't stop living God's will, the will of our soul.

What does happen is we get caught up in our mind believing all sorts of religious or so-called spiritual beliefs that keep us away from focusing on longing for the truth of our feelings. Believing we have to pray or meditate to do God's Will or seek Enlightenment, is being caught up in our mind, and mostly is used to stop us feeling bad. If we allow ourselves to feel as bad as we feel, and express those bad feelings

as much as we can, all whilst we long and really want to know the deeper truth of why we are feeling them, then we will slowly free ourselves from all the madness of our mind.

## **Feeling Healing**

We live untrue to ourselves, which means we're living against our self. And we do this by denying many of our feelings by not expressing them as fully as they should be expressed; and by not wanting to know the underlying truth of why we're feeling them.

We are parented to deny a lot of our feeling expression. Some parents are more accepting of feelings, others have little tolerance of them. Listen to yourself as a parent – do you stop your child from freely expressing all its feelings, and in particular its bad feelings?

If as a child you were forced to keep many of your bad feelings in, that you weren't allowed to freely express how bad you felt, then all those unexpressed feelings are still within you. All your pain and trauma, all those intense bad feelings you were not allowed to express, are buried and hidden in your soul. And they are still waiting to come out.

Doing our **Feeling-Healing** is wanting to express all good and bad feelings, including all repressed childhood feelings. Bringing them out so you can uncover the truth of why you're feeling them.

If you feel bad as an adult, and express those bad feelings wanting to uncover the deeper truth of why you're feeling them, then those adult feelings as you express them will take you back to the same bad feelings we felt during our early childhood. And as you express all these buried bad childhood feelings, the truth of your relationship with your parents, family and other carers will come to light. So you can understand how it was for you from conception through your childhood.

We are all at some point to bring to light through our feelings the truth of our childhood. We're to know how all that happened to us through our childhood, and all the feelings we felt, led us to become the adult we are.

By doing our Feeling-Healing to heal all our childhood trauma and pain, which is causing all our adult pain and bad feelings, we attend to our feelings properly by expressing them, whilst longing and really wanting to know the truth of why we are feeling them, all to bring out all our repressed bad feelings.

Bringing out all our bad feelings will give rise to us accepting the truth of how we are in our untrue state. We need to become fully connected with our wrong state, and once done, will transform our soul ending all our pain and self-denial. We, you and me, will become true.



**The Soul does everything!**



**Our HEALING is one long act of Self-Love!**

# Journey of Earth's Humanity

Years ago:

993,500 **Andon and Fonta - aspire for human perfection.**

950,000 **Andonites reach Tasmania - southern Australia.**

500,000 *Caligastia - Lanonandek - appointed Planetary Prince  
Daligastia manifests on Earth with staff  
Sangik Family - Northern India - 6 colours*

200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary  
Caligastia draws Earth into Rebellion*

38,000 **Adam and Eve manifest on Earth  
Adam and Eve default their mission**

1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS  
Commences end of Rebellion & Default**

7 BCE **Jesus of Nazareth born**

2 BCE **Mary of Magdalene born  
Creator Daughter & Son Bestowal**

1914 - 1923 **Padgett Messages - second coming**

1925 - 1935 **The Urantia Book - history of humanity**

1944 CE **Bretton Woods Conference - funding**

2002 - 2022 **James Moncrief - Revelations  
Avonal Daughter & Son Bestowal  
Avonal Age of 1,000 years begins!**

# Paradise Trinity

Heavenly Mother  
and Father  
'Love'



Eternal Son of 'Truth'

Infinite Daughter of 'Mind'

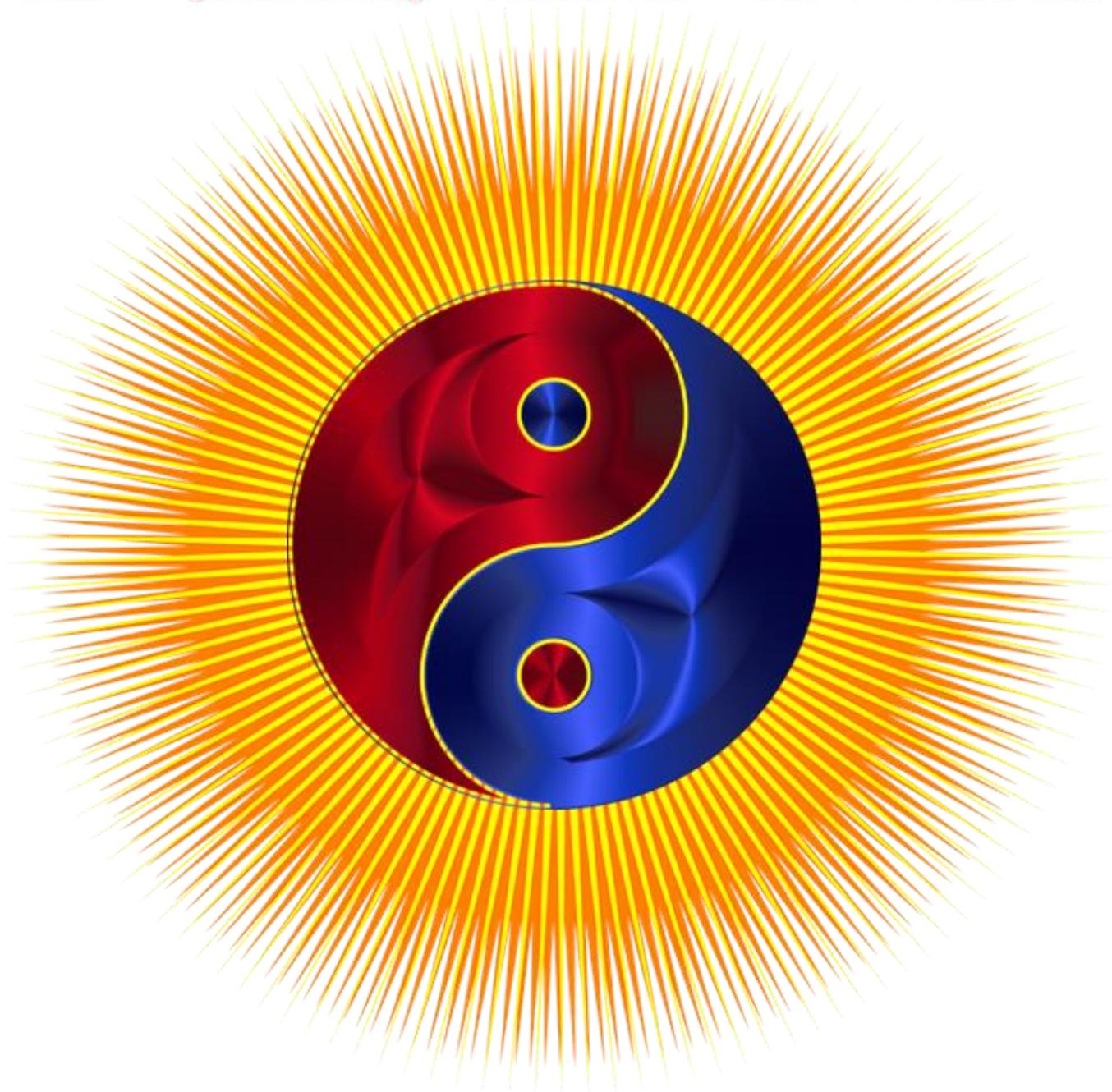
Jesus and Mary's soul are different in design than ours. They are a Creator Daughter and Son, or similarly referred to as Michael Daughter and Son soul, and within their soul is expressed only the two of the Primary Aspects of Deity. They are of the Mother and Father and the Eternal Son.

Avonal Daughters and Sons are expressive of the Eternal Son and Infinite Daughter.

The core of humanity (us mortals of Earth) is of the Truth and Mind, and then with the addition of the Indwelling Spirit, we can then relate to the Love.

And with the Avonal pair now on our world (Earth), they too expressing the Son of Truth and Daughter of Mind, we actually are far better suited to relating to them than we are to Mary and Jesus.

# Our Heavenly Mother and Father



**CREATION of SOUL and SPIRIT:**



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

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

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

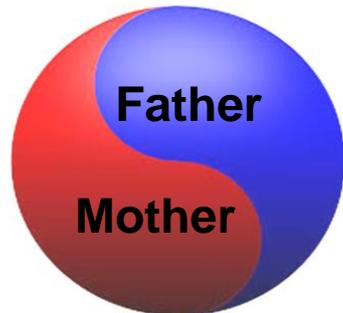
The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.

# MUM & DAD THIS WAY

## GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



AVONAL PAIR

GOD

SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.

Unknown number of spheres to progress through to reach Paradise.

Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.

INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.

ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.

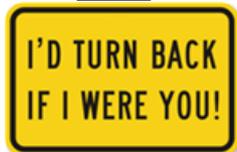
CELESTIAL HEAVENS are spheres 8, 9, 10.

Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!

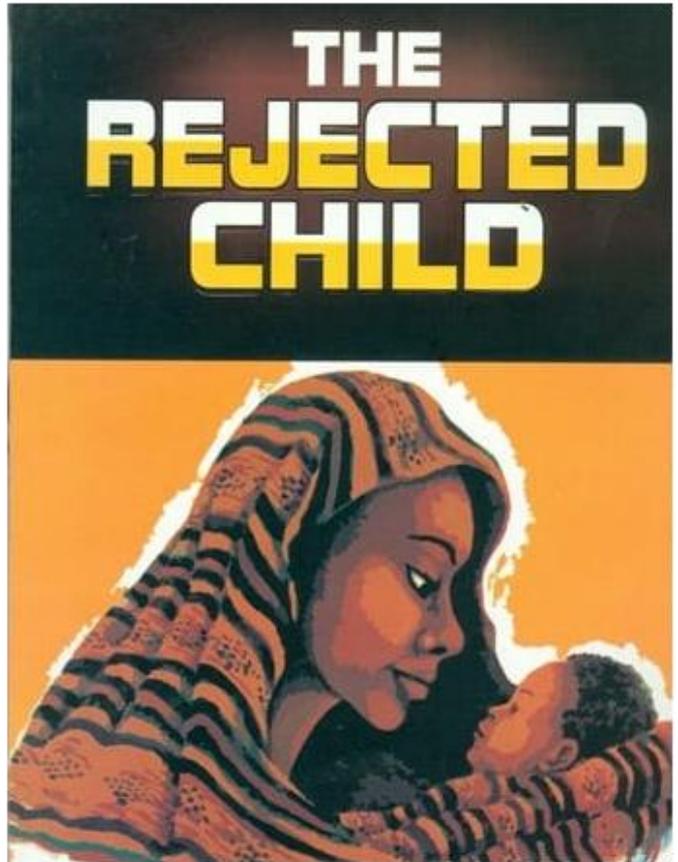
We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.



# Rejection



# Our Fake Facades

## WHICH ONES ARE YOU?

We have many Facades



Which ones are you?

A photograph of two young children playing in a stream. The child on the left is holding a large, green, heart-shaped leaf over their head as an umbrella. The child on the right is holding a small fish. They are both 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**

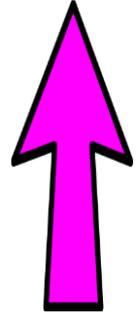
**Freely expressing our Feelings to a  
companion is expressing our true  
personality – the personality bestowed  
upon us by our Heavenly Mother and  
Father – our true Mum and Dad!**

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

# 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**

**Kindly consider reading:** [www.pascashealth.com](http://www.pascashealth.com) then proceed to Library Download :

Pascas Care Letters – Family Shelters Abuse & Remedial  
Pascas Care Letters – Family Shelters Overview  
Pascas Care Letters – Family Shelters Per Capita Inequality  
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  
Pascas Care Letters – Root Cause now to Pathway Forward  
Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively  
Chaldi College Free to Learn Pathway  
Pascas and the Meeting House

Pascas Care Letters – Back to Basics  
Pascas Care Letters – Change  
Pascas Care Letters – Finaliters our Destiny  
Pascas Care Letters – Glass Ceiling Barrier Removal  
Pascas Care Letters – Humanity is Addicted to Untruth  
Pascas Care Letters – Journey of Earth’s Humanity  
Pascas Care Letters – Life is a Highway  
Pascas Care Letters – Live True to How You Truly Are  
Pascas Care Letters – Moving out of Healing  
Pascas Care Letters – My Customs Heritage and Nationality  
Pascas Care Letters – One Soul Two Personalities  
Pascas Care Letters – Psychology and Feeling Healing  
Pascas Care Letters – Spirit Evolution and Environmental Changes  
Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation  
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Pascas Care Living Feelings First Adults  
Pascas Care Living Feelings First Children  
Pascas Care Living Feelings First Children Annexures  
Pascas Care Living Feelings First Children Discussions  
Pascas Care Living Feelings First Children Graphics  
Pascas Care Living Feelings First Drilling Deeper  
Pascas Care Living Feelings First Drilling Deeper Structures  
Pascas Care Living Feelings First Reference Centre

Pascas Café Overview  
Pascas Food Basket  
Pascas WorldCare Craft Creations  
Pascas WorldCare Supporting Hands

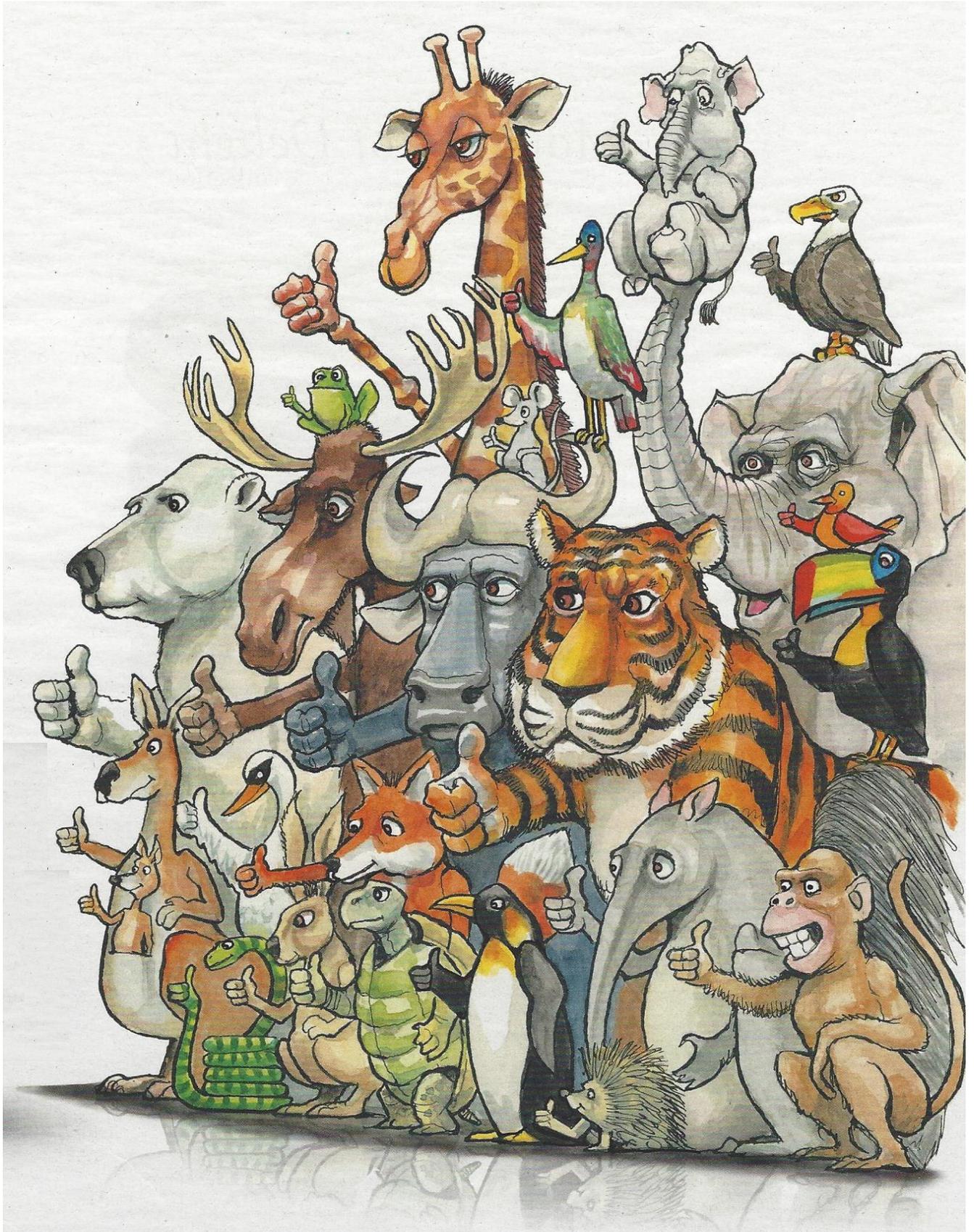
The logo for PASCAS PAPERS, with 'PASCAS' in a large, bold, red font and 'PAPERS' in a smaller, bold, red font directly below it.

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/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



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