

# PASCAS WORLDCARE



## ASEAN and Pacific Island Nations

### Serving the People



## ASEAN Vision 2040: Towards a Bolder and Stronger ASEAN Community

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

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

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

Pascas Foundation is a not for profit organisation  
Queensland, Australia

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

### THE 10-MEMBER NATIONS OF ASEAN



### PACIFIC ISLAND NATIONS



# Governmental Top Down Approach

## Stepping Boldly Forward Transforming ASEAN Community

### ASEAN Vision 2040

#### Economic Research Institute for ASEAN and East Asia

ASEAN Vision 2040 is a vision of an ASEAN that steps boldly forward towards the year 2040 to transform the ASEAN Community and secure its position in the region and globally. The ASEAN Community will need to be nimble and pro-active with a common diplomatic posture underpinned by the principle of collective leadership (ensuring ASEAN Centrality); adaptive and innovative, embracing and harnessing the digital transformation and Fourth Industrial Revolution (a Digital ASEAN).

ASEAN 2040 is being conceived in a period of great uncertainty. That uncertainty is a consequence of a huge shift in the regional and global geo-economic and geo-political landscape and the revolution in digital technology, including the emerging Fourth Industrial Revolution, and its potential impact on the economy and society. ASEAN Vision 2040 seeks to assess the challenges that ASEAN faces now and sets out a vision for the next 2 decades and the strategies to achieve it.

## Association of Southeast Asian Nations

The **Association of Southeast Asian Nations** – **ASEAN**; is a regional intergovernmental organisation comprising ten countries in Southeast Asia, which promotes intergovernmental cooperation and facilitates economic, political, security, military, educational, and sociocultural integration among its members and other countries in Asia.

**10 States** — Brunei Darussalam, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, and Vietnam.  
1 Observer – Papua New Guinea.

ASEAN Plus Three is a forum that functions as a coordinator of co-operation between the ASEAN and the three East Asian nations of China, South Korea, and Japan. Government leaders, ministers, and senior officials from the ten members of the ASEAN and the three East Asian states consult on an increasing range of issues.



This was followed by the even larger East Asia Summit (EAS), which included ASEAN Plus Three as well as India, Australia, and New Zealand. This group acted as a prerequisite for the planned East Asia Community which was supposedly patterned after the European Community (now transformed into the European Union).

## **ASEAN Regional Forum (ARF) Membership**

**27 States** – Australia, Bangladesh, Brunei Darussalam, Cambodia, Canada, China, European Union, India, Indonesia, Japan, Democratic Peoples’ Republic of Korea, Republic of Korea, Laos, Malaysia, Myanmar, Mongolia, New Zealand, Pakistan, Papua New Guinea, Philippines, Russian Federation, Singapore, Sri Lanka, Thailand, Timor Leste, United States, and Vietnam.

The world that ASEAN has to deal with over the next 2 decades will be vastly different from that in which its centrality in Asian geopolitical and economic affairs has evolved over the past 5 decades. By 2040, ASEAN, China and India will belong to the top 4 economies in the world in purchasing power parity terms. More and more, Asia will be the centre of the global economy. That will make it imperative for ASEAN and the rest of Asia to secure an open trading system and plural global order which has been at the heart of Asia’s and ASEAN’s success.

ASEAN sits at the geographic centre of the world’s largest fast growing market in the world where India–ASEAN-China trade and investment growth is a new potential golden arc of development. At the same time, ASEAN will face intense competition because it has less technological capability, skilled manpower, and scientific and engineering talent than China and India or Japan and the advanced economies of Northeast Asia. The sustainability of ASEAN growth will also be under increasing stress and ASEAN is highly vulnerable to the effects of climate change.

ASEAN needs to strengthen the sense of ownership of the ASEAN peoples of the ASEAN vision and mission. It must build over time the communal identity, the ‘we feeling’, the ‘ours feeling’ and the ‘we are together’ feeling. ASEAN can harness new technologies, networks of people and institutions, and people engagement to deepen the sense of ASEAN belonging and identity. For in the end, it is when the people consider the ASEAN vision and mission as their own that ASEAN stands on firmer ground in managing the external uncertainties the region faces and help realise the aspirations of the people for their countries and for ASEAN.

ASEAN will not be able to support the multilateral trading system effectively; prepare for managing climate change, protecting its environmental assets, and manage natural disasters; have a sound framework for infrastructure investment; and achieve a game-changing RCEP (Regional Comprehensive Economic Partnership) agreement, without strong, outward looking and open ASEAN economies. ASEAN must help to shape the external environment for its member states to create the conditions needed to undertake difficult reforms within and across ASEAN for delivering the goals of ASEAN Vision 2040.

It was by the earlier ASEAN Community Vision 2025, signed by the ASEAN Heads of State / Government in celebration of the formal establishment of the ASEAN Community 2015, reaffirmed the continuing resolve of the ASEAN Heads of State/Government to ‘forge ahead together’ to realise the vision of a peaceful, integrated, stable, prosperous, and sharing community as articulated in ASEAN Vision 2020, and indeed expanded to embrace people centredness and people orientedness, sustainability and resilience, and a greater regional role anchored on ASEAN centrality.

Facing greater uncertainty, ASEAN must, more than ever, maintain its unity and centrality, adjust to and benefit from economic and technological transformations underway or emerging worldwide, and ensure that ASEAN engages and benefits its people and the ASEAN community as an embodiment of ‘unity in diversity’ bonded together in peace, security and prosperity.

There is a considerable gap, however, between the peoples’ aspirations and what they expect is likely to happen, especially with respect to good governance and lower levels of corruption, equitable access to opportunities, and urban pollution. Indeed, corruption ranks highest amongst the pressing concerns of the

respondents at both the regional and national levels. This is followed by income disparity and social inequity at the national level, and climate change and natural disasters at the regional level.

**Key global, regional, and technological developments.** The world that ASEAN has to deal with in the 2 decades to 2040 will be vastly different from that in which its centrality in regional geo-political and economic affairs has evolved over the past 5 decades.

- The digital transformation and the fourth industrial revolution will accelerate in the world, East Asia, and ASEAN in the next 2 decades.
- Asia will continue to drive world growth and trade in the next 2 decades as the scale of India's emergence increases alongside that of China. Indeed, the India–ASEAN–China corridor will arguably be the world's golden arc of growth opportunity in terms of the huge number of people moving up the middle and upper middle class in the next 2 decades. In the 2020s and the 2030s, China, India, and ASEAN (viewed as a single entity) are projected to be the biggest, second biggest, and fourth biggest economies in the world in 2016 purchasing power parity terms, respectively.
- The huge shift in economic power in Asia is complicated by the United States' retreat from multilateralism and the fracture of Brexit in Europe. These developments, alongside a China that is increasingly assertive and a rising India, have resulted in tremendous geopolitical uncertainty arising from the process of realignment of powers in the region.
- The surge in protectionism and anti-globalisation in the developed world, exemplified by the electoral victory of Donald Trump in the United States (USA president four years 2017-20), accentuates the importance of the pursuit of inclusive growth in the drive for economic openness and regional integration.
- The changing demographics in Asia mean that the region is bifurcated by an increasingly aged Northeast Asia and a much more youthful India and ASEAN, although within ASEAN ageing will be a growing concern in countries like Singapore, Thailand, and Viet Nam.
- High vulnerability to the effects of climate change will make the call for sustainable and resilient ASEAN development more compelling.

**Unbundling Phases:** Globalisation is a process and aftermath of overcoming distance. The first phase of globalisation or 'first unbundling' was the consequence of declining transport cost that made moving goods across countries profitable; i.e. separation of production and consumption across borders. The improvement in information and communication technology reduced the cost of moving ideas, so that production processes could be linked and therefore dispersed across longer distances. This is the so-called 'second unbundling' and is associated prominently with the expansion of global and regional production networks; i.e. production fragmentation across borders. The current frontier of technology will make virtual face-to-face interaction amongst people across longer distances cheaply, thereby making physical movement of people no longer necessary. This results in the 'third unbundling' where tasks that comprise a smaller part of production maybe performed in different locations; i.e. task fragmentation across borders.

The potential impact of the digital transformation and the fourth industrial revolution on the economy and society is huge, including:

- empowering micro, small, and medium-sized enterprises (MSMEs) and individuals with enhanced access to markets, finance and technology;
- accelerating modernisation of agriculture;
- improving natural resource management;
- strengthening resilience to natural disasters from the effective use of information and communication technology (ICT), remote sensing technologies, and big data analytics;
- improving the quality of government services arising from extensive use of e-governance;

- enhancing people to people connectivity amongst ASEAN peoples through technologies like block chain; and
- improving the quality of the urban environment where most ASEAN peoples would be living by 2040; this is best reflected in the drive towards smart cities such as ASEAN's Smart Cities Network.

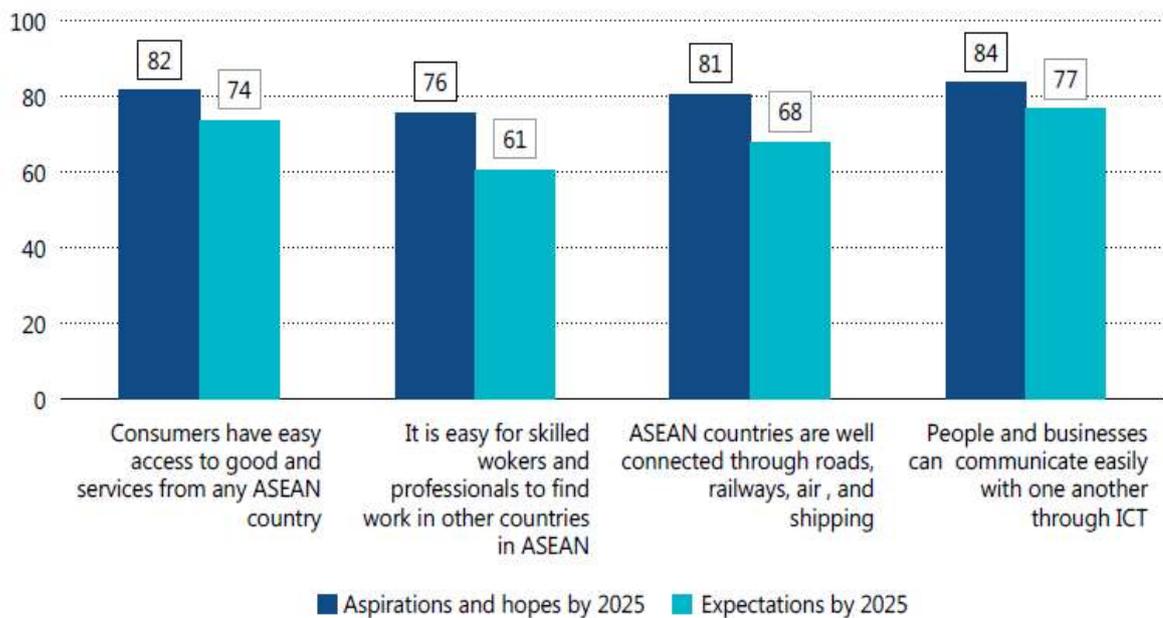
There are substantial opportunities as well as significant risks for ASEAN and its member states from the new technologies. The challenge for member states and ASEAN is how to utilise the new technologies for economic development and for accelerated technological and economic catchup with the developed countries. The way forward for ASEAN and member states is purposeful adoption of, and adaptation and adjustment to, the new technologies consistent with the evolving comparative advantage of each member's economy.

A nimble, pro-active, and coherent ASEAN diplomacy is thus critical for furthering collective leadership and ASEAN centrality in East Asia.

The ERIA survey asked 2,322 respondents from 10 AMS (ASEAN Member States) from various walks of life (students, government officials, academics, etc.) about their aspirations (what they would like to happen) and expectations (what they think would likely happen) of ASEAN and their own countries for 2025.

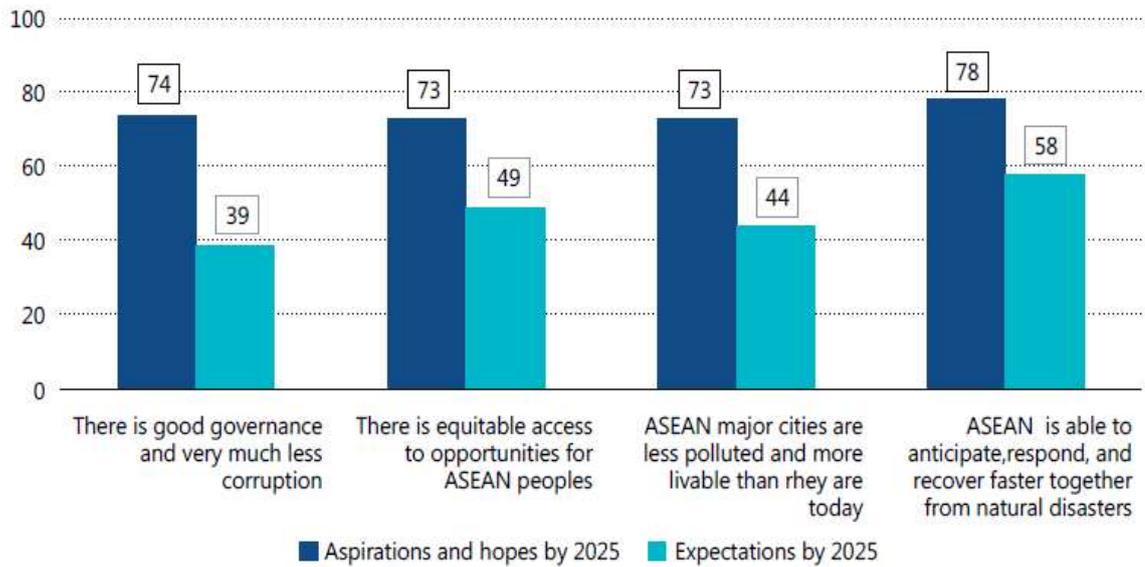
ASEAN Member States (AMS) – ASEAN (6) consists of Indonesia, Thailand, Malaysia, the Philippines, Viet Nam, and Singapore.

**Figure 2: Integrated and Connected ASEAN**  
(%)



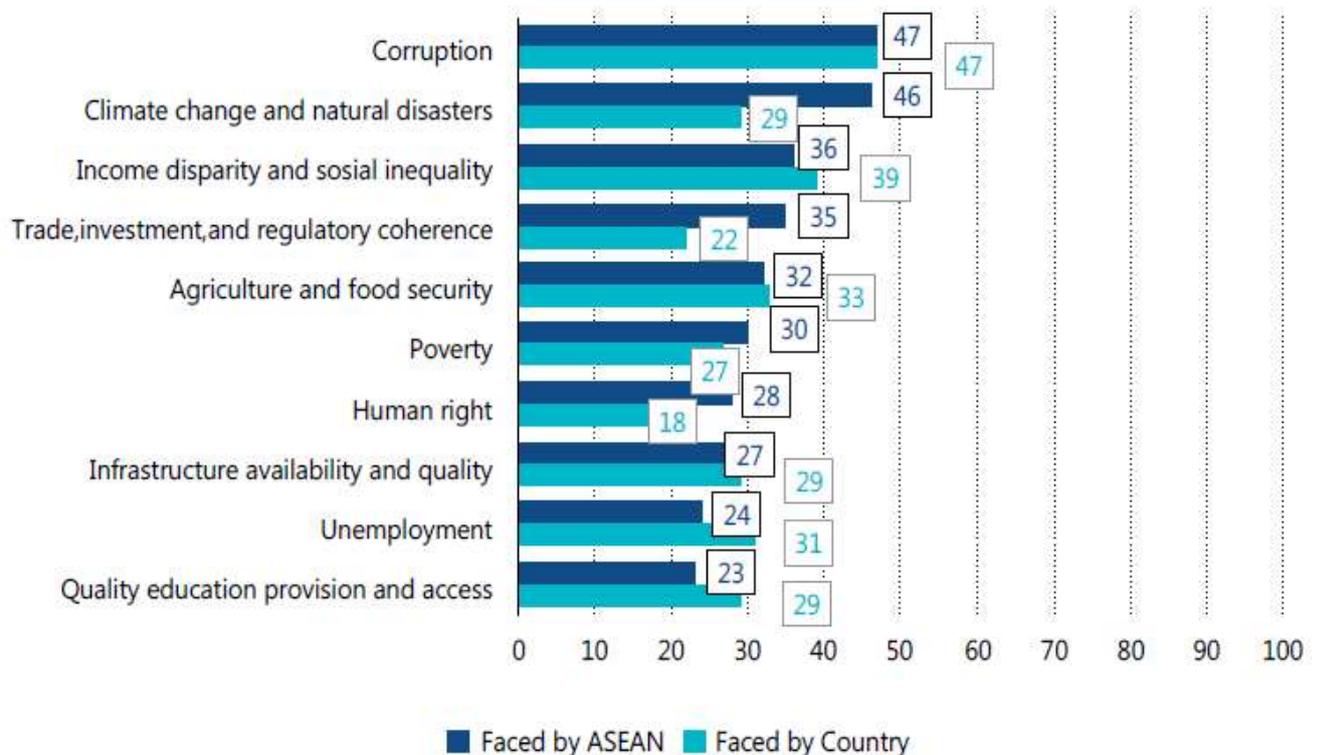
ASEAN = Association of Southeast Asian Nations, ICT = information and communication technology.

**Figure 3: Governance, Equity, Resilience and Sustainability**  
(%)



ASEAN = Association of Southeast Asian Nations.

**Figure 5: Pressing Problems in AMS and ASEAN**  
(%)



ASEAN = Association of Southeast Asian Nations.

# People Bottom Up Consideration

Allow our feelings to lead the way, the mind to follow. Our mind is addicted to untruth! This is why we have been continually reinventing the same errors, time and time again. We are fully self-contained, our soul based feelings are always in truth. The New Way of living is to be feelings led!

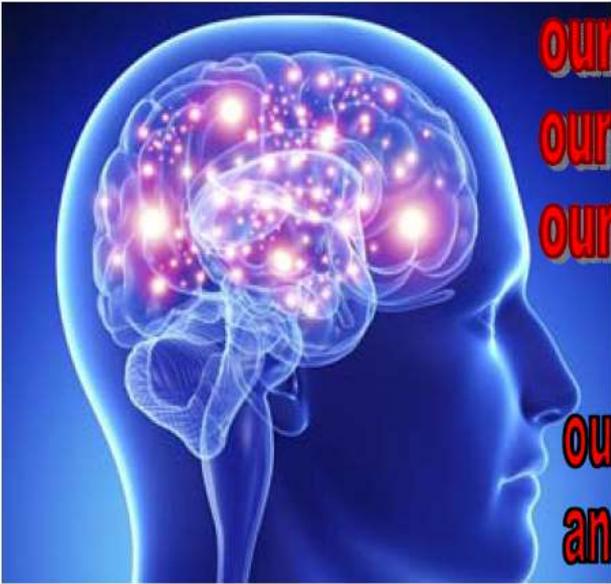


## Ask the People!

We are truth seekers! As our personal level of truth grows, so does our love. It is only through the development and realisation of our truth that we grow in love for ourselves, for others and our environment. Personal self-expression is our greatest teacher. The more that we allow our feelings to be expressed, the greater is the development of our truth. We are fully self-contained, our soul-based feelings are our universal truth.

We have endured repetitive attempts to address issues of all sizes and complexity only to experience mind-numbing remakes of solutions that fail and exasperate the conditions further. Intellectuals are engaged to pontificate more complex errors that dig us all deeper into burrows that have no light of truth and potential about them.

The parameters that have been bringing about humanities stagnation and hidden control have been ended. As of 31 January 2018 the way forward for humanity to embrace a New Way became open for us all to embrace. Now we see worldwide disturbance and that unrest will continue until living feelings first way of life becomes widely embraced. The old ways are to go and a new way is to unfold.



**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.**



We are all individuals. No one personality is anything like any other personality. We cannot be stereotyped. We cannot be classified as anything other than an individual.

We are truth seekers. Our true personality is the one we were conceived with, not the persona that our childhood carers, mostly our parents, imposed upon us.

It is the childhood suppression of a child's true personality and its subsequent repression by the child in compliance to its carer's teachings throughout the rest of the child's life that brings about all the social issues that society contends with. Once this is understood and the pathway forward embraced than humanity will evolve in the manner that is intended.

We are to heal our childhood suppression and that is now being demonstrated as to how we are able to do so. From the time of conception to the age of six years, the newly forming personality is subjected to an endless barrage of suppression of its true personality by its unknowing and unaware parents and carers. Then the child continues this entrenched pattern of living in respect and compliance to its parents. The consequences are what we see all around us.

The dominant feature is control. Control of you and me through many, many layers that continue to grow by the day. Should we live true to ourselves, true to our feelings, our soul-based feelings, then we are living true to our Heavenly Mother and Father, God or whatever name you prefer. By living true to our feelings we do not need to be 'controlled'.



Consider this: When did your medical provider explain to you what was the underlying cause of your illness? Has a doctor ever discussed with you the cause of your discomfort, pain, illness or disease?

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

The ongoing repression of our childhood emotional injuries are the foundations and underlying cause of all of our illnesses. Even babies born with defects and illnesses are the result of its parent's errors in belief and personal injuries.

All of this now can be remedied – and is to be!



# 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.

# AUTHORITARIANISM

Dr David R Hawkins developed the Map of Consciousness which he published in his book, “Power vs Force” and expanded upon throughout about ten further books. Using kinesiology muscle testing in conjunction with the Map of Consciousness (MoC), we can determine what is in truth and what is not in truth, as well as the level of truth of what we are investigating, such as this paper!

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

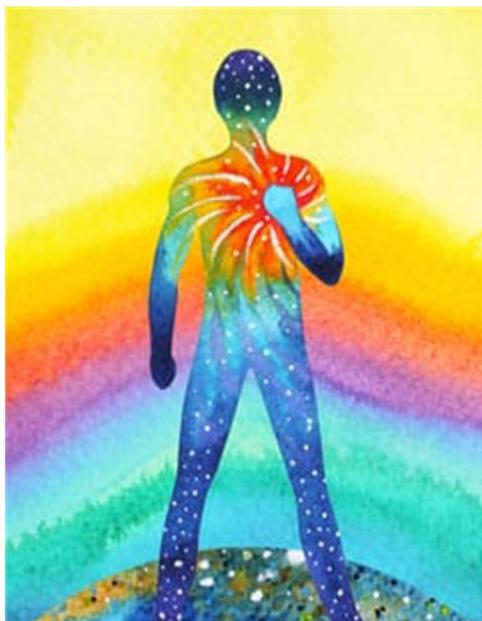
**Golden Rule: One must always honour another’s will as one honours one’s own.**

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

**The New Way: Learning how to live true to ourselves by living true to our feelings.**

Authoritarianism in all its forms is to be dismantled. You can see social unrest around the world pushing back. This is to continue until its controlling tentacles are gone.

Universities are looked upon for higher education. They are institutions that sell degrees! They are pyramids with control narrowly vested into the chancellor. They are centres of mind worship without any appreciation of soul-based feelings. Due to this narrow focus, their revelations are limited to the mind which limits potential to ‘reason’ on the MoC, peaking at 499. Consequently, education based growth has now peaked worldwide. Living through you feelings opens up your potential to infinity!



**I am my SOUL!**

**I am not my body!**

**I am not my mind!**

## ASSUMPTIONS *and the* MIND

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.

These platforms need to be revisited and addressed – the New Testament has!. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

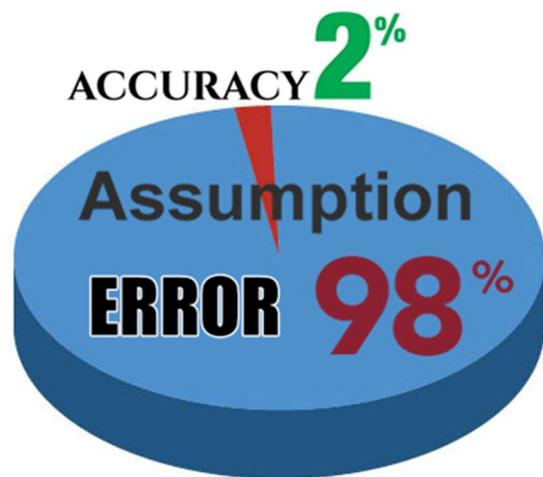
Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.



**Suppression & Repression = Universal Depression**

# ASSUMPTIONS *and the* MIND

Truth, until now, has been ‘rationalised’ by the mind. The mind cannot discern what truth is. The mind is addicted to untruth as well as control over the environment, others and the personality to which it is associated with – you and me!

My personal experience is that through the mind, assumptions are generally about 98% flawed and in error. The 2% accuracy is from flukes!

You may listen to endless ‘debates’ and discussions that may go on for hours and the mental hi-jinks are pathetically insane.



## MIND-WAY AGE OF STAGNATION



## IS THE *REBELLION* WAY

When you quietly sit there and use kinesiology muscle testing you can resolve what the answer to what is being debated in seconds – well minutes in some cases.

You may wonder why this is not generally known. Dr David R Hawkins published “Power vs Force” in 1995. Well, it does not suit people that want to keep secrets. Further, the process is free – you do not make a profit out of it!

What is true and what is false can be determined in seconds. You do not have to read the material, document, book or see the movie – you can calibrate the level of truth of anything in seconds. Not only can you determine if something is in truth or not true, but also the level of that truth. You can calibrate a book, then its chapters, then page by page, paragraph, line, whatever you feel is needed by you.

A few followed the secret process of the election of a pope for the Roman Catholic Church. They determined who the front runners were, what the elimination round of voting resolved, then down to the final two, who they were, then who won, and then who voted for him and who didn't. They had answers before the black then white smoke came out of the chimney. It is not difficult, you can do it.

The focus here on ‘assumptions’ is that a great deal of what we live our lives by is based on assumptions. All of these assumptions can now be revisited and the restructuring that will follow will be all embracing.

ACCURACY **2%**



# The Drama of Life:

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

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



**Feeling  
Unloved  
and  
Unwanted**



**EMOTIONAL  
ABUSE from  
PARENTS**



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



**Suppression & Repression = Universal Depression**



**THIS IS HUMANITY** **stupidified!**



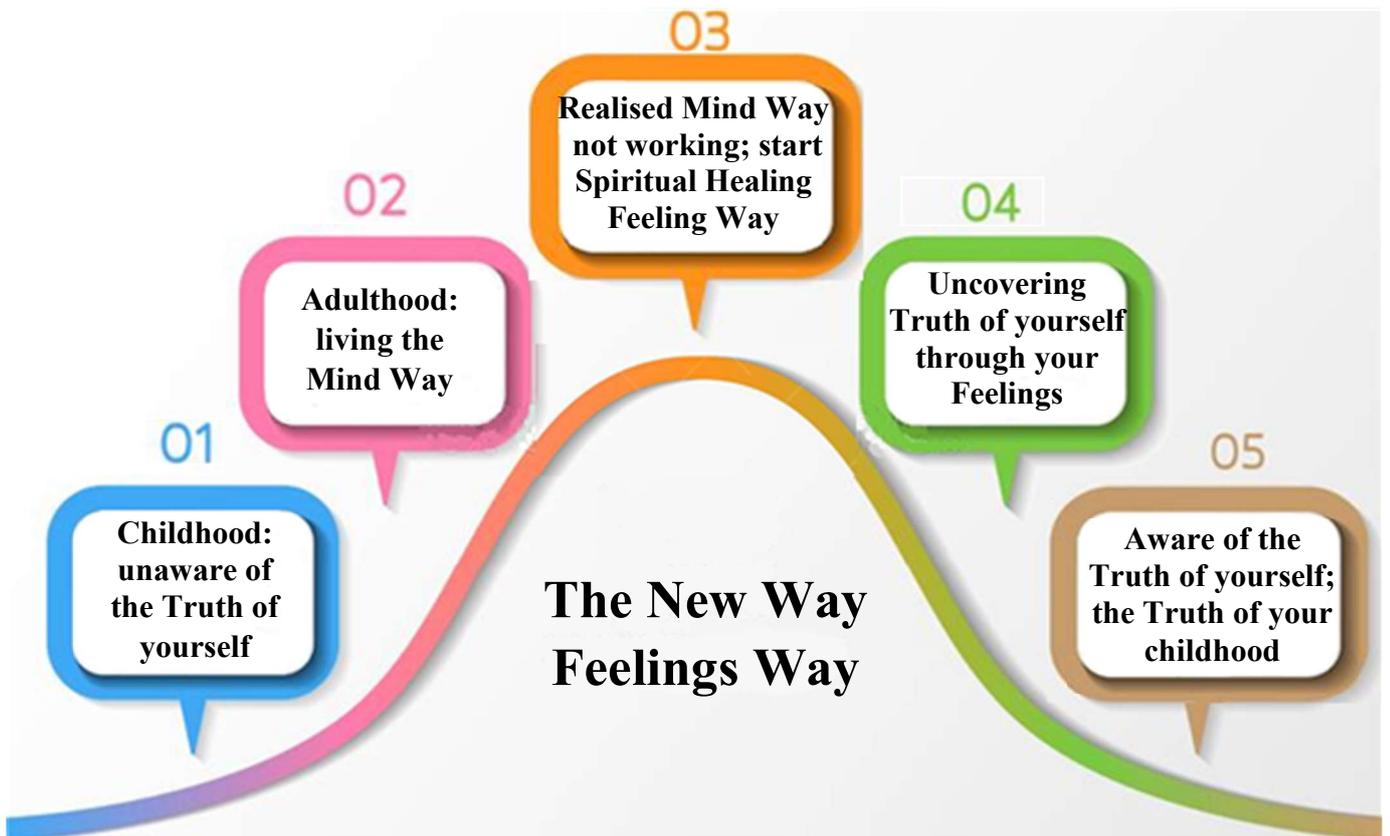
**Getting the Hell out of here!!**

# WHOLE DIFFERENT Way of Life.



We are to embrace our feelings, live through our feelings and have our minds to follow by assisting in implementing what our feelings are prompting us to consider, not the other way around as we all have been taught, through the generations, to do so.

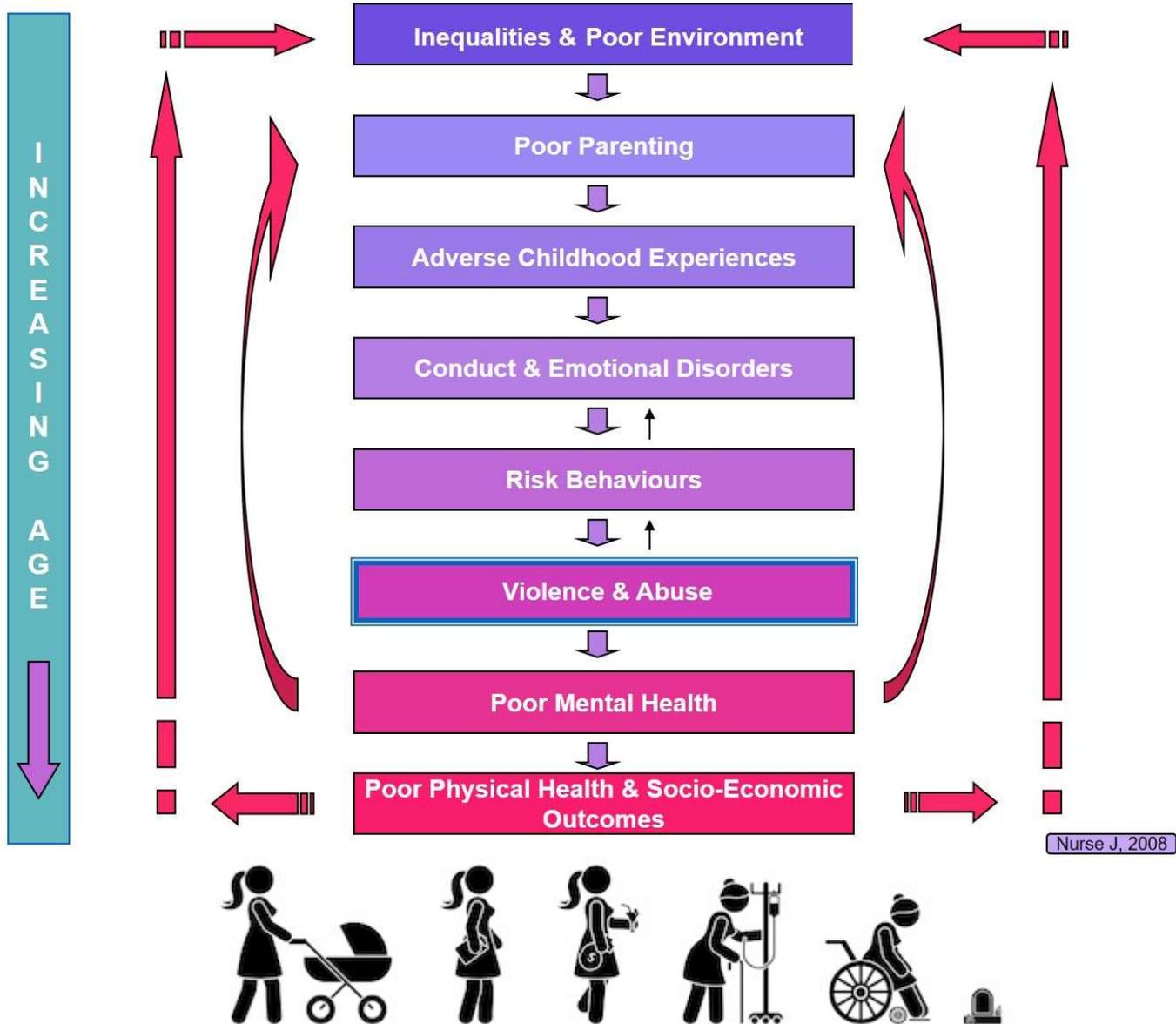
To liberate one's real self, one's will, to be led by one's soul, moves one to embrace Feeling Healing, so as to begin to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're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



# LIFE IS FOR LEARNING



## The Cycle of Violence and Abuse across the Life-course



Seek **truth** from the cradle to the grave.

# Education and Feelings

ASEAN Vision 2040: “Institute lifelong learning and training for flexible and applicable skilled manpower. With the onset of the digital economy and Industry 4.0, skills and training would quickly become obsolete and unmarketable unless ASEAN workers are provided with lifelong learning and training facilities that are available to all levels of skill categories. Related to this is to provide vocational and technical training to 18–35 year olds, especially in skills related to the Fourth Industrial Revolution.”

**CHALDI COLLEGE – EDUCATION:** Nanna Beth – 3<sup>rd</sup> Celestial Heaven and James 28 July 2017

James: John has been wondering about how to set up schools and schooling under a tree, in keeping with it all being opposite to what we’re all used to, can you give him any suggestions or point him in the direction he should look?

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: These are some ideas he can consider – just suggestions John, we won’t say it has to be this or that way, as you know, it’s for you to work things out. So basically, what would you like John – how would you have liked school to be?



Schooling is voluntary. It should be made to be something children want to do, not something that’s forced on them.

It should be fun, as in keeping the whole focus on making them feel good about all they are doing. Not artificially praising them or praising them over their peers, but just supporting and being personal with them, allowing them to respond and find their own way.

It should not be separated into classes based on age. Classes should involve all ages, for example, the younger ones can learn and watch and be helped by the older ones, but not forcing the older ones to help the younger, all voluntary and what would naturally happen, more like in a big loving family rather than segregated because of age or whatever. Perhaps the 5, or less, to 10 in one group, 11 to 16 in another.

Teachers are to be able to deal with children of all ages, and work to allow the student to progress at the students own pace. Special or extra schooling can be provided when necessary to students that want more.

The subjects should all be practically oriented. Everything offered and so accepted voluntarily. Reading, writing and basic arithmetic, all so as to help the child deal with the real world. Other subjects like psychology – morals and ethics, love and friendship, acceptance and tolerance of ALL feelings, particularly bad ones, resolving disagreements, expressing feelings and yet not necessarily acting on them – particularly the bad ones, all based around how to respect and treat other people how you’d like to be treated. And how if you hurt by infringing upon another's will, then you will have to suffer that same amount of hurt, either now or in spirit. And about the Feeling Healing, what happens when you feel bad feelings, how to look to your feelings for their truth, so as to grow in understanding of yourself, nature, life, other people, and God – the whole spiritual aspect, including the Divine Love and Mother and Father, yet no religious indoctrination. The history, culture, place in the world. How to integrate with the modern world, computers, phones, internet, etc. Sport, play, arts, creative lessons and involvement. How to live and respect nature, the natural world, the environment, hygiene, natural health, sex, contraception, abortion and so on – about the person, the body, things to dispel myth and falseness, general science. Trades, technical work, hands on experience – building stuff, ways to use one’s mind to do what one wants to do.

Duration of classes, half a day, longer when older for those wanting to learn more, homework voluntary

and at the child's initiative – wanting to do it.

School is just part of life, not separate to life. Part of the family, tribe, society, not separate from it. Inclusion of other adults, parents, family members, as aides, helpers, teachers, together with professional teachers. Lots of people, and in particular older people (who also have the time), are natural teachers and should be encouraged even though they've not been specifically trained. One can only learn a certain amount being taught to be a teacher, yet in reality, very few trained teachers have any real natural feeling for it. The more the 'teacher' makes their pupil feel the pupil is the important one, and the teacher is only there to help them if they need their help, and not to stuff it down their throats whether they like it or not, is where to begin. And how a child of differing ages learns, is as varied as the children themselves. So the more 'teachers' the better, and that means the child can gravitate to the 'teacher' that best suits them, rather than having to spend a whole year with someone you hate and you feel hates you.

University for higher learning, full on, voluntary, free, all information on any subject available with competent teachers. So the student can excel should they want to.

It all being with the focus on the person, offering them things which they can try and see if they like. Things that will help them in the world; and how to be a person living true to themselves – true to their own feelings; and how to respect another as one respects oneself.

James: Nanna Beth, John would like any comments on the Council of Elders continuing to contact people on Earth after he's croaked it.

Nanna Beth: It's as James said, there will be an increasing number of people opening up to us Celestials for all sorts of help, once they understand who we are and how we can help. So yes John, there will always be some main people on Earth we'll work with. And should it all keep needing to move along with one entity in control, such as what you're starting out with, then yes, that is how we'll engineer it. Should it break up or be broken up into many entities, then we'll be ready for and going with that. As much as we say we are in control, we mean that we are in control instead of the mind spirits (since 22 March 2017). But still we are to work with humanity, in as much as humanity leads and we augment.

James: And Nanna Beth, I thought I'd ask you about the Religion of Feelings, as John is against a religion of any sort because of all that religions have done to us all, do you have any thoughts on it?

### [Feelings First Spirituality, New Feelings Way](#)

Nanna Beth: It's all up to you James, what you want. Of course you're not wanting to go and instigate yet another religion in which people have to adhere to a set of rules because you know what will happen to that, **any rules allowing people and their controlling agendas to take control over others, is something to be avoided at all times.** However the notion of a 'religion', and one based on feelings, with no fixed agenda, no rules, just founded on truths, will allow people to have some sort of structure to relate to should they need that, but one in which they are entirely free to do whatever they feel based on their feelings. And with the Feeling Healing and Soul Healing being at its core, then those people intent on that will be able to work on themselves and it won't matter to them whether they are part of something or not.

As you understand, some people will like the idea, others won't like the word religion and will want to do it alone, so do whatever you feel you want to do. We don't call it anything over here other than Our Healing, yet we all had embraced the Divine Love before we began our Healing, however potentially that won't be so for a lot of people on Earth, and to say that people have to embrace the Divine Love to do their Healing would cancel out a large amount of people and is putting a rule in place, which doesn't need to be there and would only get in the way.

So to call it a Religion and yet to make it as free as you are intending James, is something for you to decide for yourself, which really just gets down to using the word religion. And I know it appeals to you because it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

Anyway, it's what you want to do James, it's not for us to say one way or the other. And you will do what you want to do, you'll hear people's complaints or if they like the idea, weigh it all up, and still do what you want to do.

James: So you don't force or coerce anyone to do anything they don't want to do. Because who wants to be treated that way – no one!

**Feelings First is a way of living without any dogmas, creeds, rituals, cannon laws, hierarchy or controls of any kind.**



**It takes a village to raise a child**



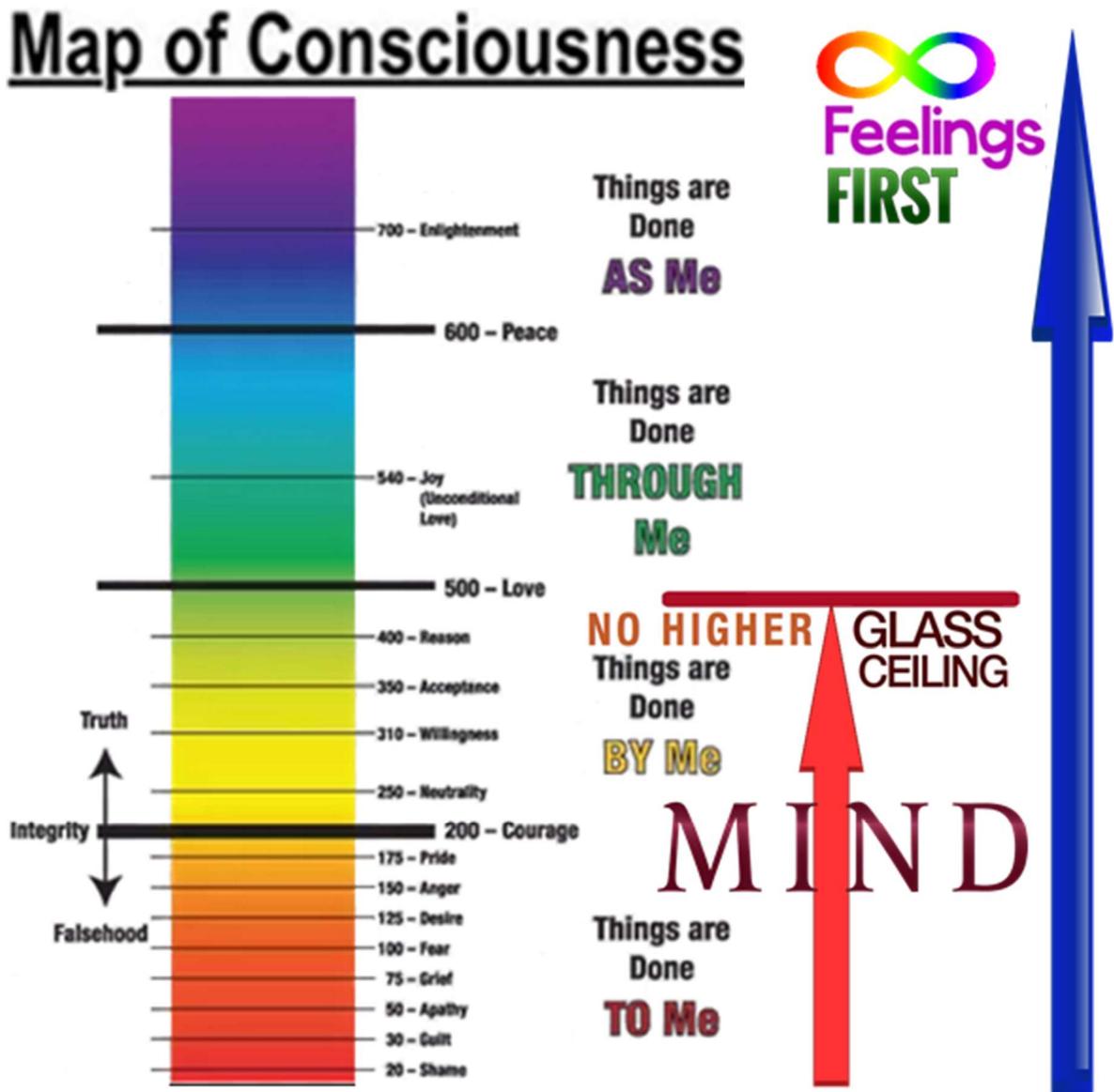
my  
**House** is your  
**Paradise**  
**HOME**

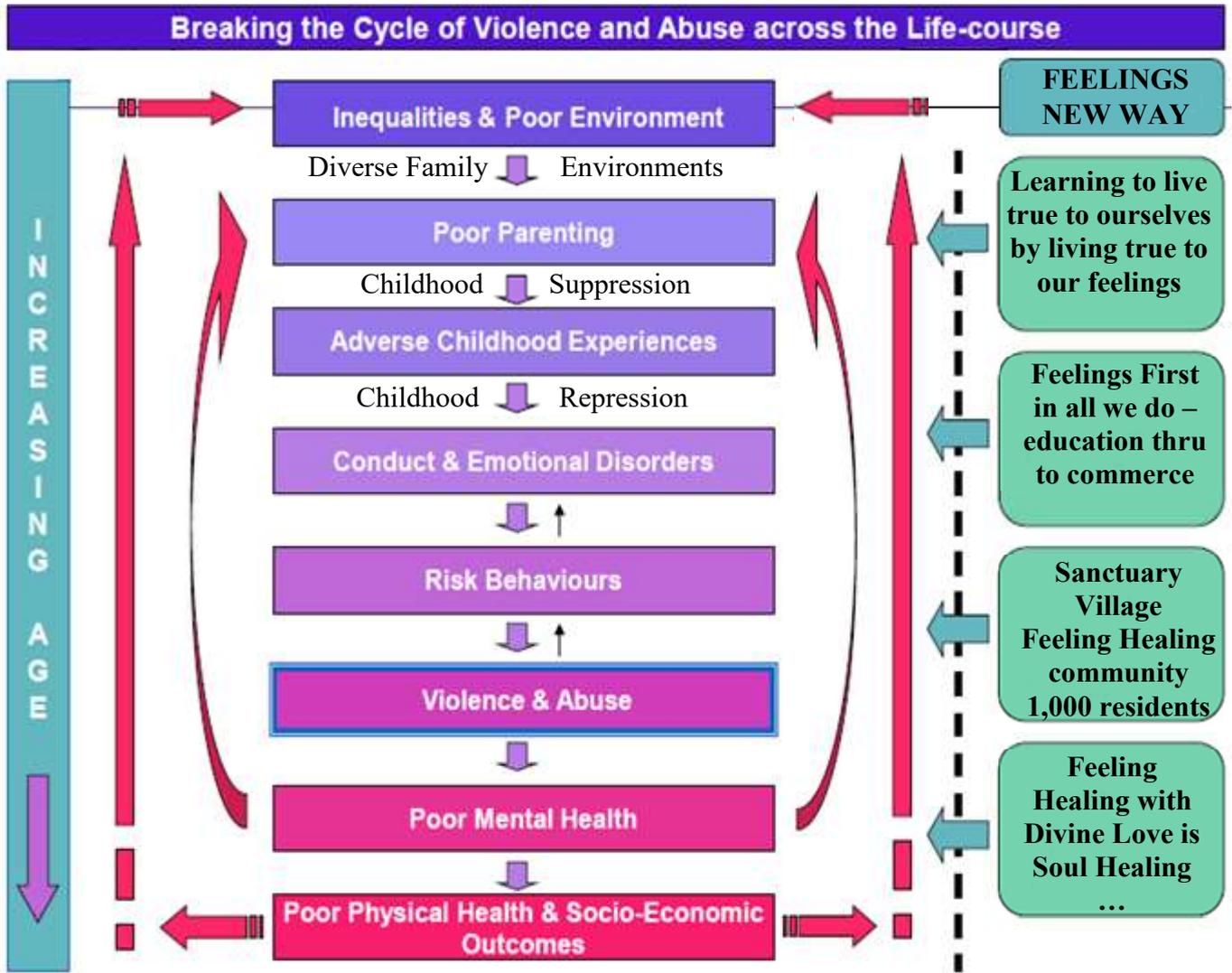
**Mind dominated education’s potential peaks at 500 on Dr David Hawkins’ Map of Consciousness.**

While education curriculum remains mind centric and feelings void, education systems have peaked in their potentials to advance and evolve humanity. Scientists and academia, being mind centric, are hitting a ceiling in ‘reason’ which peaks at 499 MoC. This peak is why none of the issues confronting humanity worldwide are insurmountable and remain unresolvable.

Further, until we embrace our feelings and then have our minds follow to engage with what our feelings are guiding us to do, we are limited to this very low level in potentiality. Our feelings, being soul based, are always in truth, whereas our minds cannot discern truth from falsehood – our minds are addicted to untruth!

Aspiring to live feelings first brings our potential to living in a Celestial soul condition in the physical here on Earth, free of illness and crime! Such potential calibrates well over 1,000 on the Map of Consciousness. This is the future of education systems during the coming spiritual age now unfolding.





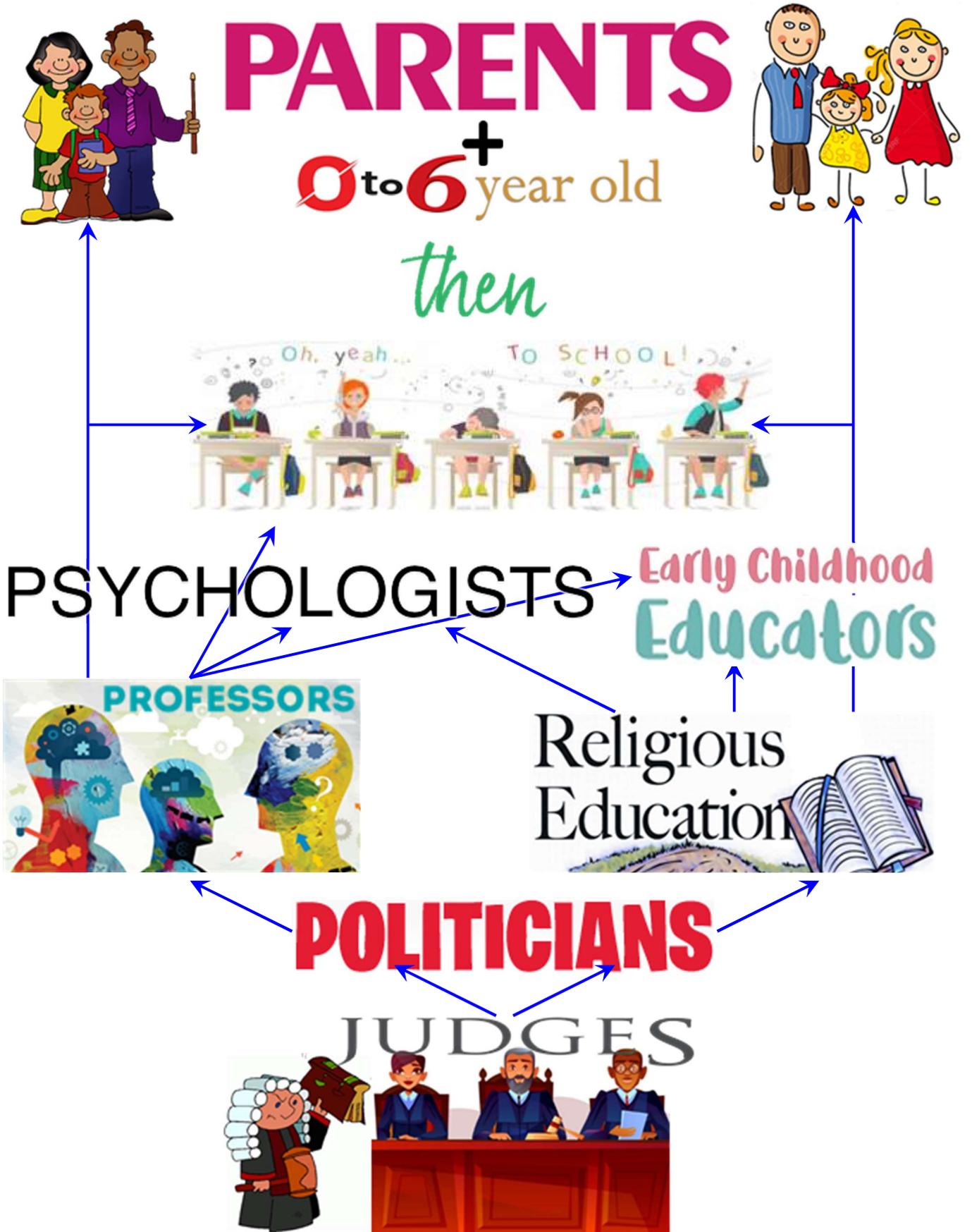
Not only the breaking of the mind’s control being the catalyst for penetrating the ceiling of development of humanity, it is the only way that humanity can and will evolve – feelings first is the pathway to growth of humanity – it is the **PATHWAY!**

No child escapes from some form of abuse – mainly verbal abuse. The levels of abuse experienced within every family is in varying degrees. All of this suppression manifests all of the demands placed upon health, welfare and judicial systems around the world. All institutionalised systems, such as commerce, education, religious, defence, government, etc., are varying forms of control over others.

Consequently, our life experience is to be expressed through our feelings through personal self-expression engaging with a close companions and through our feelings we all grow in our personal truth, be it a good or bad experience.

Through longing for the truth behind what we feel, together with expressing our good and bad feelings, we begin to heal ourselves or our suppression and its ongoing repression.





**HUMANITY is within a kind of dormancy, or even more like a stupor!**

We, all of humanity, have been reduced to the barest of self-expression, having been reduced to the least creative life we can all live, that which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. Steadily the pressure to go the opposite way, to increase creative expression, and this is not only meant through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before.

It's the light in our souls, it's the light that comes from the truth we are to be living that will change us – that changes us all, light from our soul. **If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.** We are nothing like how we should be due to our self-denial. So many people are living completely false lives, so when they become true, they will almost be the complete opposite to how they have been.

We are to be alive and vital, real expressions of our soul, to be living fully Healed lives as Celestials while living on Earth. Continually coming to terms with all we have been through, we all take a long time to integrate and understand it all, but we will virtually be New People.

We on Earth are used to our anti-self-conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour will be gone, with all our loving self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**



We and those who are Healed are like chalk and cheese, we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

Yet it all follows on, it's not like you'll be so different from the old you that may as well not have existed, it's all there, all the new you to become, with only snippets currently being exercised and expressed, with **the rest of you in a kind of dormancy, or even more like a stupor.**



Once you have finished your own Healing, you'll be like a new person.

Notes derived from Celestial Nanna Beth 20 – 23 April 2018

To download PDF, click on link, [www.pascashealth.com](http://www.pascashealth.com), then go to Library Download, then Medical:

 [Pascas Care Kinesiology Testing.pdf](#)

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

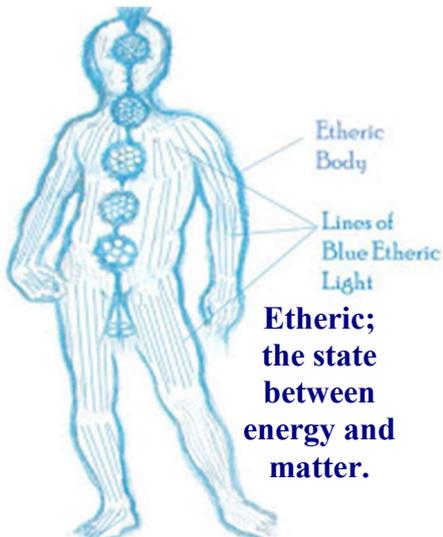
## Library Download – Pascas Papers

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](mailto:info@pascashealth.com)

# Health and Repressed Emotions

ASEAN Vision 2040: “Provide universal health care to ensure every citizen is sufficiently protected.”

**It is via the spirit etheric body that emotional issues and viruses emerge in the physical body as illness.**



Medical science is yet to acknowledge or even recognise the existence of the spirit etheric body. It is the etheric body of our spirit existence that is the template of the physical body. The appearance and shape of the physical body is a manifestation of our spirit body which is formed by our soul at the moment of conception.

Viruses are carried within our spirit body. Then they manifest in the physical body. There are thousands of forms of viruses.

Emotional injuries are blockages of energies throughout our etheric body that manifest as illnesses of all forms.

Medical treatment is the suppression of the symptoms of illness and cure is not occurring. Only when we begin to heal ourselves of our childhood repression and its subsequent suppression do we begin to bring about physical healing.

The pathway to healing underlying cause does not involve any costs or counselling. It does involve our very strong will and perseverance. We can proceed with our Feeling Healing on our own, however that

is extremely difficult – engaging with a companion is essential for nearly everyone.

**Thus it may be that communities are to come to understand the concepts of Feeling Healing through the Pascas Papers that are freely available from the [www.pascashealth.com](http://www.pascashealth.com) site by visiting Library Downloads and within the Pascas Introduction Notes, click to download PDFs such as:**

-  [U-Turn for Humanity Pascas reveals New Feelings Way.pdf](#)
-  [U-Turn for Humanity pathway being New Feelings Way.pdf](#)
-  [U-Turn for Humanity shutting hells through New Feelings Way.pdf](#)
-  [U-Turn for Humanity through the New Feelings Way.pdf](#)
-  [U-Turn for Humanity treacherous assumptions New Feelings Way.pdf](#)
-  [U-Turn for Humanity unfolding the New Feelings Way.pdf](#)

Apart from providing various medical services within remote communities, the training of members of that community supported by appropriate electronic support systems may be more empowering and beneficial in dealing with low level health issues.

Where internet and satellite connectivity is potentially accessible, then a wide range of solutions can be investigated and considered by the community and supported by Pascas WorldCare.

The community is to lead the way and support the implementation of any solution. In these circumstances, Pascas WorldCare is to consider how to support such community resolutions to be initiated.

# Fresh is Best - the home garden plot!

ASEAN Vision 2040: “Address malnutrition of children under 5 years old in AMS (ASEAN Member States) because children under five at present would be the key cohort of workers by 2040 who would not be able to reap the benefits of the digital age without proper nutrition and education now and in the near future.”

As you review the following energy calibrations you will note that the more numerous the processing steps in bringing our food to our table, the further the energy and nutritional value is depleted.

It goes something like this:

		MOC calibration
Obtained absolutely fresh	energy level could be, say:	500
Cutting it up or grinding it	process lowers energy level by 100	therefore now 400
Cooking process	lightly stirred fried is best – baking is to long	300
So let’s put it in a container and freeze it	drop another 100 points	200

Note: The Map of Consciousness (MOC) scale is based on the common log of 10. A 1 point various is a 10 fold variance. 10 points is 10,000,000,000 times increase or decrease in energy. The above reductions are mind boggling drops in energy at each step in the processing chain.

At 200, this food is now so extensively diminished in nutrition and value it is no longer life enhancing!

Any food that is not life enhancing (under 200) is stored within the body and the body has to work to eliminate it, thus overworking the body and loading the storage system up within the body.

Machine processed food is devoid of love and is so thoroughly processed that it is seldom life enhancing.

Consider the testing process that is outlined for kinesiology testing, and you can test your favourite restaurant meals and anything else that is to your interest and add it to the chart that now follows.



Consider going to [www.pascashealth.com](http://www.pascashealth.com) then to library downloads, then in the nutrition section, to download the PDF, click on:  [Pascas Care Energy Level of Food.pdf](#)

Food that calibrates at energy levels above 200 is life enhancing. Such food is not factory processed.

Fresh food loses about 100 points with each processing phase. Grind or mince up meat, or cut up fresh garden vegetables, this process alone can deplete the products by 100 points. Lengthy cooking can then reduce the energy levels by a further 100 points, or more. Placing the then processed food in packaging and storing it in refrigeration will further deplete the vital energy available to you upon consumption.

Any person who is experiencing a sickness episode is best to review their food intake and to concentrate their diet on items that calibrate at the energy levels above 300.

### Energy Level of Food as calibrated based on the Map of Consciousness scale 1 – 1,000:

The scale is based on the common log of 10, a 1 point jump is a 10 fold increase in energy.

Cookies made for Family	520	<b>Blessing</b> food adds 15 points to calibration.
<b>Green Juice = Raw Power</b>	<b>510</b>	<b>Nutrient Rich</b>
Home cooked sea fish + organic salad	410	<b>Nutrient Rich</b>
Home roasted free range chicken + salad	410	Calibrations above 350 involve organics.
<b>Raw Food = Raw Power food blessed</b>	<b>365</b>	<b>(overall menu)</b>
Roadside Farm Stands	355	A 1 point jump is a 10 fold increase in energy.
<b>Raw Food = Raw Power – Byron Bay</b>	<b>350</b>	<b>(overall menu)</b>
Vick’s (product)	345	
Wine or Beer	330	Single serve per day.
Campbell’s Soup (product)	325	
Uncle Ben’s Rice (product)	315	
Quaker Oats	305	
Pepsi (beverage)	305	Single serve per day.
Coca-Cola (beverage)	305	Single serve per day.
Tea, Green	300	
Food, Blessed Homemade	215 +	Organically grown foods have approximately
Food, Homemade	209 +	75% to 350% more nutritional and mineral
Food, Blessed Machine-made	207	value than that of commercially grown foods.
Food, Commercial	207	Organic home grown foods is even higher.
Vegetarianism	205	
Grilled / BBQ steak	205	
Muesli	205	
Donald Duck (cartoon)	205	Above 200 is pro-life – positive.
<b>Food</b>	<b>200</b>	<b>At this level and above food is life enhancing.</b>
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Body Piercing	180	
Milk – Pasteurised	180	
Coffee	175	
McDonalds, KFC, Hungry Jacks	175	All food below 200 is detrimental to health!
Microwaved Store Meals	170	
Taco Bell Fast Food	165	Energy laden food requires massive amounts of
Pizza Fast Food	165	nutrients to remove them from storage – result is
Public Hospital Meals	165	excessive fat built up, etc.
Alcohol Addiction	90	6 or more drinks a day.
Corn Flakes	85	
Cigarettes	85	
Marijuana	80	
Cocaine	7	
Heroin, Methamphetamines	6	Every and any substance can be calibrated!

Most calibrations are sourced from David Hawkins’ book ‘Truth vs Falsehood’.

# Every day needs to manage extremes!

ASEAN Vision 2040: “Ensure basic education and basic social infrastructure (safe drinking water, sanitation, electricity) as well as robust social assistance for the vulnerable groups. Use ICT (information and communication technology) and the new technologies to widen the coverage and improve the quality of services especially in remote areas.”

# Product Guarantee - 20 years!

Earth’s humanity has technology developments that overall surpass all prior civilisations. Products are in such a wide array of diversity that all options satisfy all discerning purchasers. However, the longevity of product working life has diminished significantly.

It is time for consumer product operating life to be now a standard 20 years! Not the one year guarantee, but a ten year guarantee with an expectation of a 20 year working life.

Critical pathway components need to have a long working life expectation.

**PASCAS**  
**PERS**

High income communities have become accustomed to promptly replace old for new should a malfunction of any minor nature occur. This is not feasible within remote and emerging communities. In fact, the environment cannot tolerate the pollution from the disposal of such waste.

Remote communities need long life products. They need certainty of durability.

Further, the products need to be of standard parts for possible minor repair as and when needed. Unique componentry is not advisable for remote emerging communities. Even if some economies are lost, the capability to extend operating life with local maintenance is preferred.

# Women are to be engaged!

The insightfulness of women throughout communities in bringing to the forefront what is needed and are priorities for their community. An outsider may consider what they see is obvious, however, it is the family, with their familiarity of their environment and circumstances, that is to be considered and it is the mother within these families that can most likely articulate what is to be preferred.

We, from outside, may say potable water supply, power generation, bridging over streams, garden plot development, education, etc., but the women may recognise the plight of animals and their diseases that need addressing.

The gathering of a clear picture and the development of an appropriate agenda may take some time. The village community is to lead the way and Pascas WorldCare is to do what it can to enable the delivery of what the community prioritise.

In delivery, consider that all environmental issues and weather events will escalate to higher extremes. Solutions are to be structured around these higher thresholds and then the solutions are to be installed with a durability factor in excess of normal standards. These are to be a long term fixes!

# Unprecedented Environmental Extremes!



## GLOBAL WARMING

The stars (suns) are linked to energy lines through which they are 'fuelled' to some way or manner. These lines also extend from the suns to the planets within its local solar system.

The core of Earth may be likened to an antennae. This antennae may or may not be within a large molten ball of iron-nickel, however, it is possible that the antennae is what draws the energy into the core of Earth that then brings about the internal rotation and activation throughout the core of Earth.

Throughout the latter part of the 20<sup>th</sup> century, increased streams of energy have entered the core of Earth. The internal rotation of the core has marginally increased causing tension on the surface of Earth and, consequently, warming of oceans and surface – global warming!

Consequently, the surface temperature of Earth has increased, possibly on average by around 2° Celsius as of 2020. There has been marginal increases in earthquake and volcanic activity. Much of it has been under the oceans – the oceans do cover about 70% of the Earth's surface.

Humanity has contributed to the global issues and need to press ahead with the mitigation of its pollution and environmental harm. However, as to the warming, humanity's contribution is miniscule.

Will this warming abate? This is a cyclical event that appears to run its course every 12,000 to 13,000 years. This may continue for the following few decades with a steady progression of intensity. There is absolutely nothing that humanity can do to mitigate this cyclical event.

Surface warming and increased environmental activity has been observed by scientists in relation to the Sun and our neighbouring planets. This is the race to the moon took place which resulted in not one manned lunar landing but six by USA in the years 1969 to 1972. The dominating driver for these lunar landings was in respect of finding evidence of the Sun going through a nova experience and that required bringing back to Earth lunar rock samples.

We are now experiencing and will continue to experience greater and greater extremes in weather and Earth events. When one considers category five type weather events, category six will become the new extreme.

Consideration of the needs of remote communities, well any community, may involve:

- Total loss of all communications to the outside world for an unprecedented length of time.
- Total loss of power generating facilities, even resulting fuel storage becoming exhausted.
- Loss of potable water due to surface water becoming contaminated by debris, etc.
- Medical supplies and services being cut off.
- Food supplies being cut off.
- All supply lines being cut.

Such scenarios are probable.

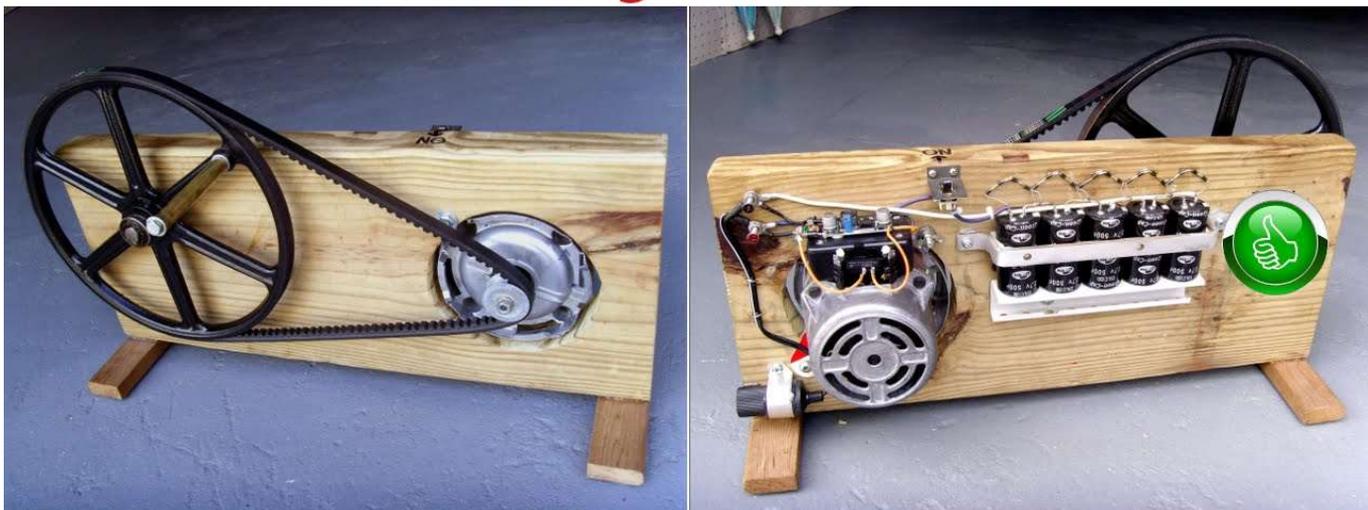


# Short Wave Radio

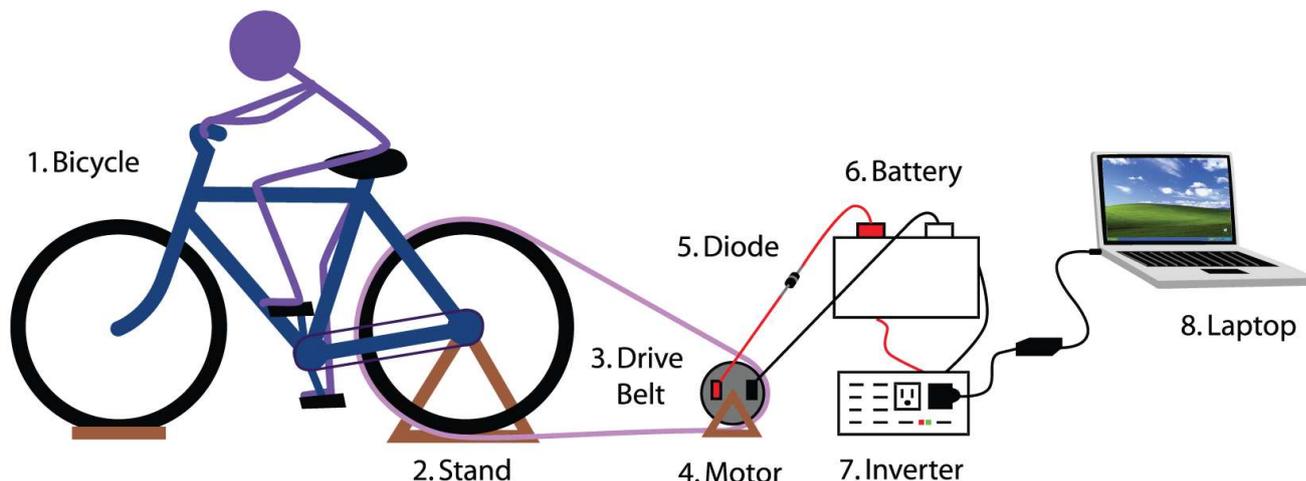
**Shortwave radio** is radio transmission using shortwave radio frequencies. There is no official definition of the band, but the range always includes all of the high frequency band (HF), which extends from 3–30 MHz (100 to 10 metres); above the medium frequency band (MF), to the bottom of the VHF band.

Radio waves in the shortwave band can be reflected or refracted from a layer of electrically charged atoms in the atmosphere called the ionosphere. Therefore, short waves directed at an angle into the sky can be reflected back to Earth at great distances, beyond the horizon. This is called skywave or "skip" propagation. Thus shortwave radio can be used for very long distance communication, in contrast to radio waves of higher frequency which travel in straight lines (line-of-sight propagation) and are limited by the visual horizon, about 64 km (40 miles). Shortwave radio is used for broadcasting of voice and music to shortwave listeners over very large areas; sometimes entire continents or beyond. Other uses include military over-the-horizon radar, diplomatic communication, amateur radio enthusiasts' two-way international communication for hobby, education, and emergency service, as well as for long-distance aviation and marine. However, a Sun nova event would even disrupt this form of communication.

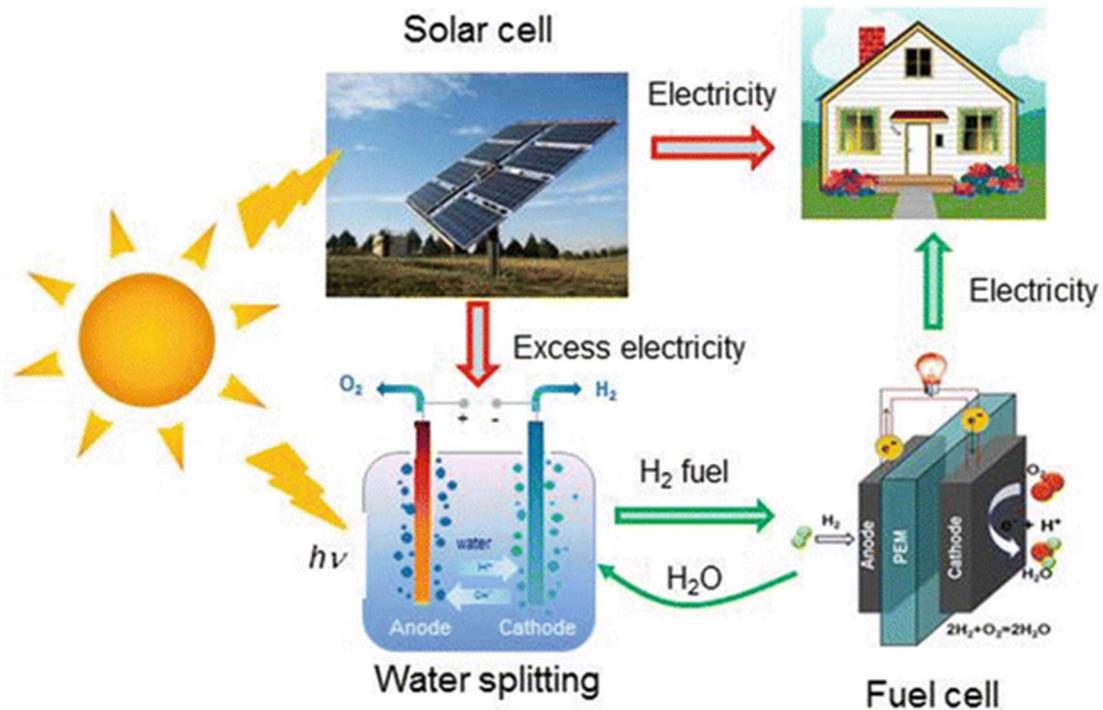
## 40W PEAK Crank Generator Made from a salvaged dishwasher motor!



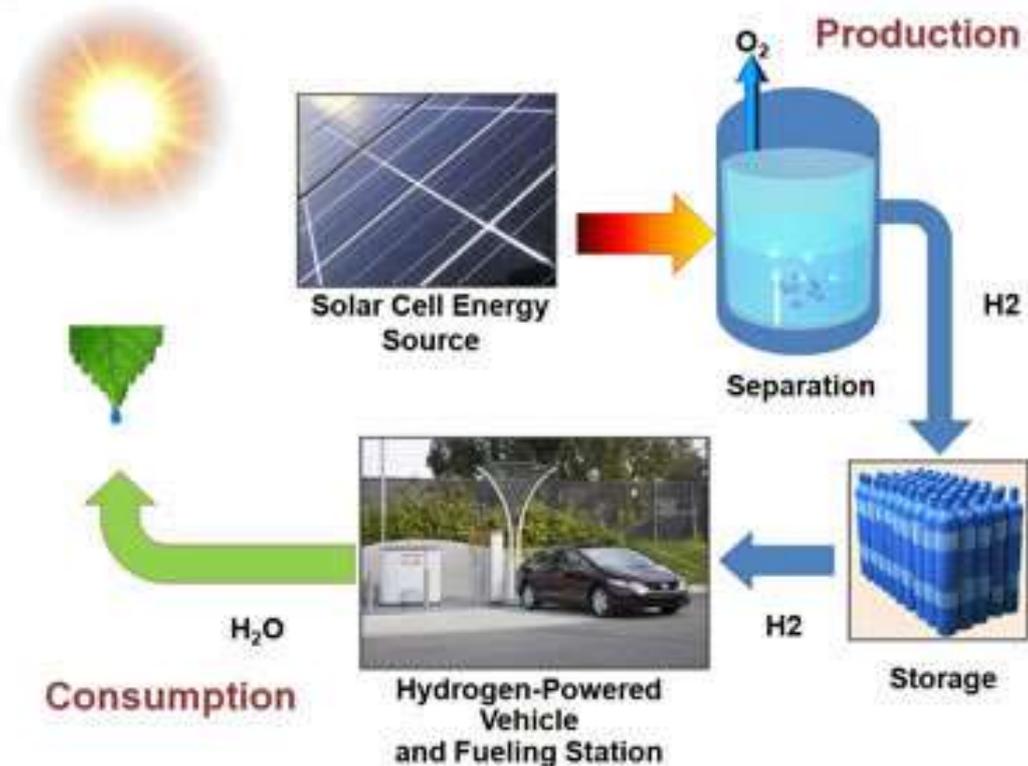
**Featuring Regulated & Unregulated Outputs  
As well as a Voltage Indicator & 100F Cap Bank**



# Hydrogen as a 'battery' storage!



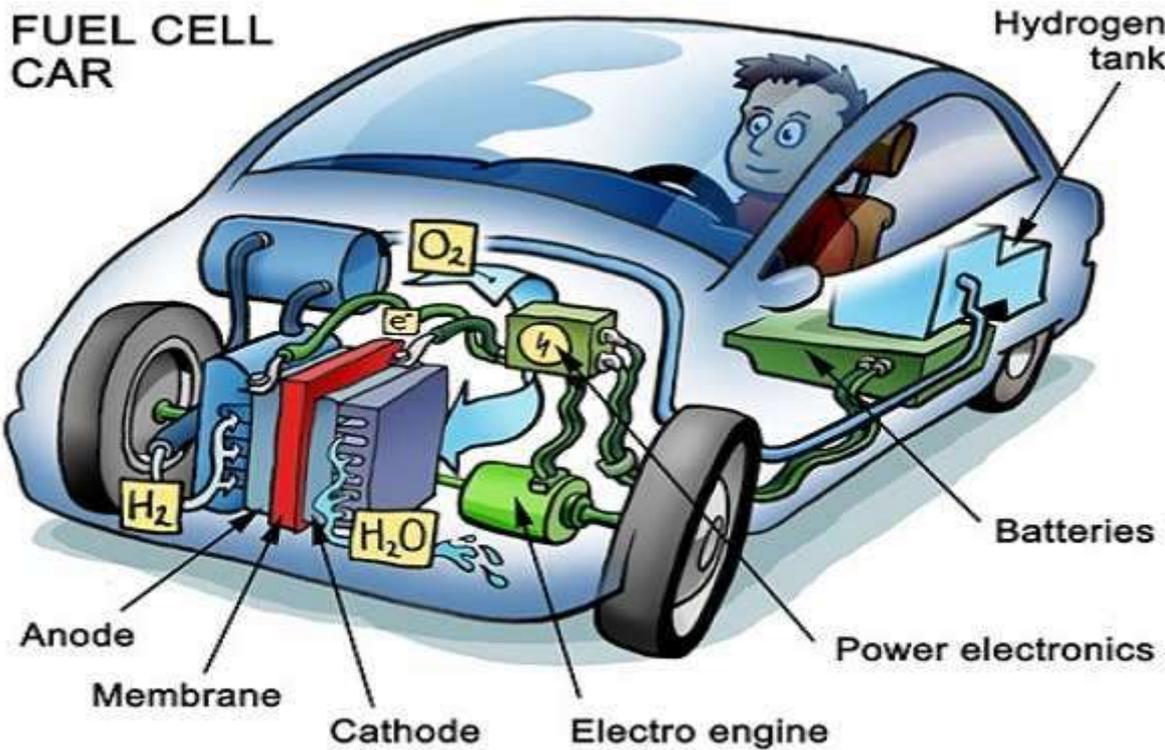
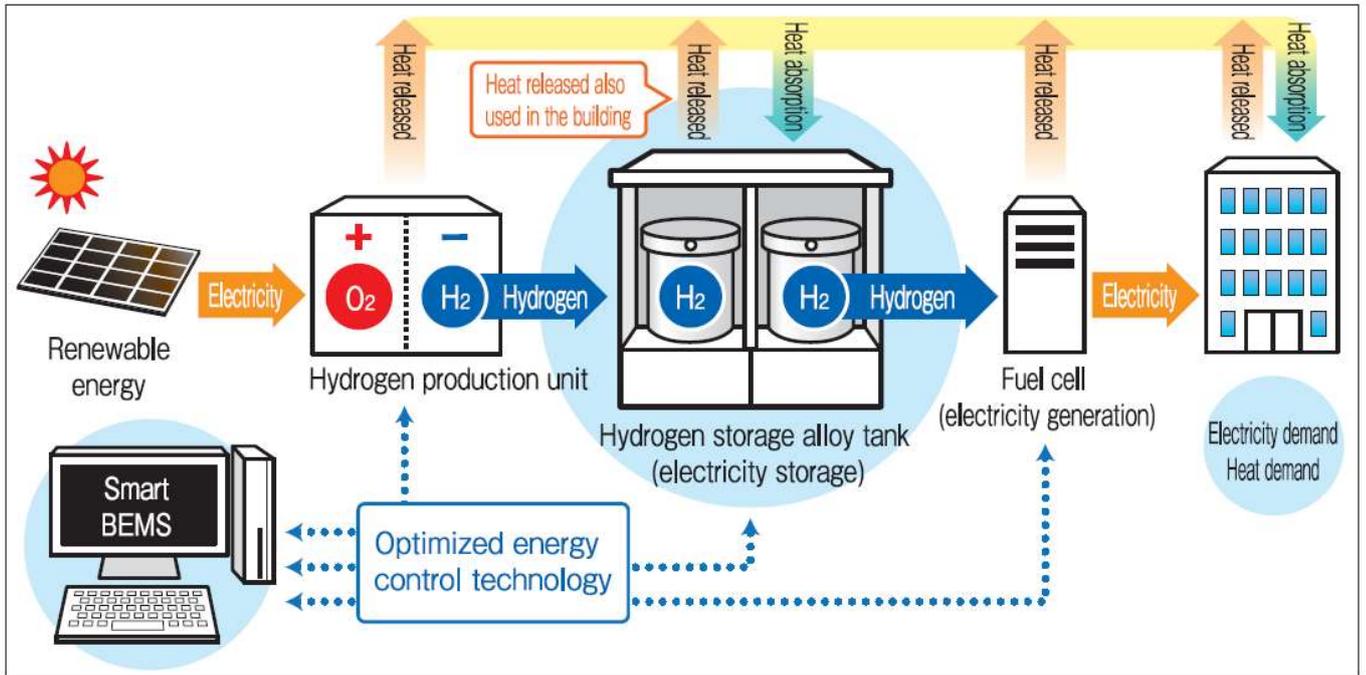
## The Future Hydrogen Economy



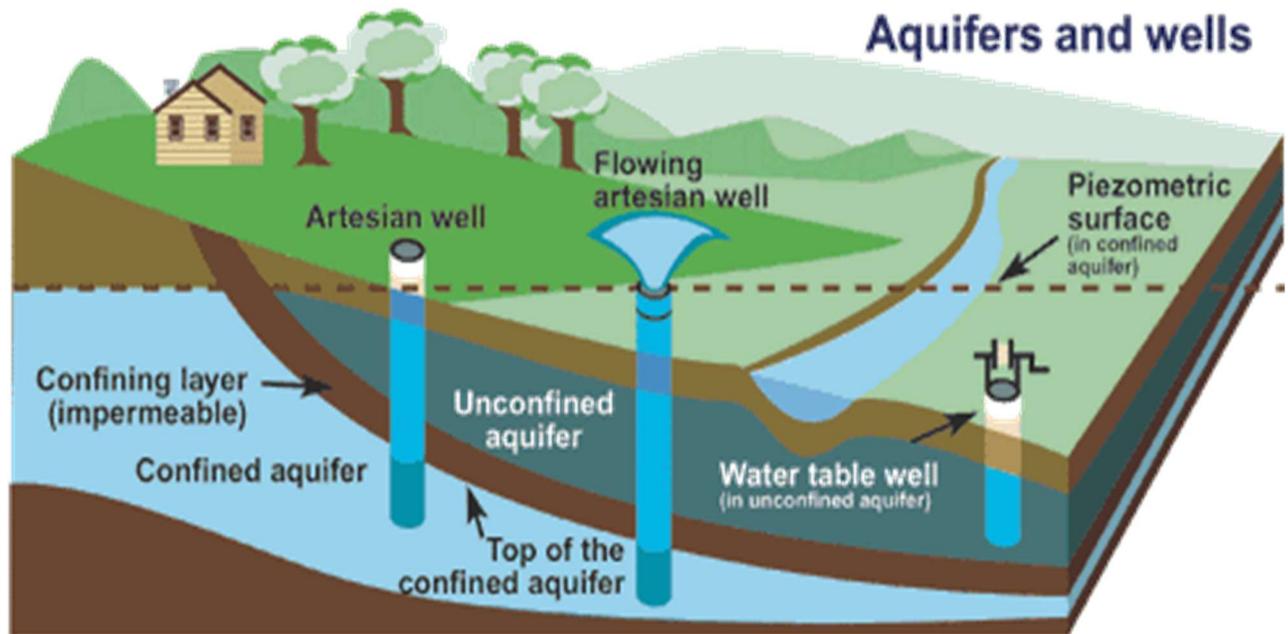
Following a major weather and Earth event, even solar panels may be inoperative due to no sunlight penetrating through the sky due to heavy clouding lasting extended periods. Thus, hydrogen generation and storage may become the optional fuel for electricity generation.

The skills and resources of every community would need to be taken into consideration when reviewing options.

Major Earth events will disrupt road systems as well as transport by sea and air. Supply lines of all systems may become broken. These factors need to be considered. Isolation planning could extend to months.



# Underground Potable Water Supply.



Should long term storage of safe drinking water be available underground then that may be a starting point for securing water to manage any major environmental event.

Again, having water and renewable energy sources provides the opportunity of hydrogen production and its storage for future electrical generation.

Every location will have its unique issues and these characteristics can only be understood by engaging with the community, and that means all of the community, the women as well as the men.

## Women are the cornerstone of every solution!

It is the women through their insightful feelings that may finesse the most appropriate pathways forward as well as understanding and implementing the application of how such provisions and structures are best to be utilised.

## Fresh is Best - the home garden plot!

Food supply is always best augmented via the home garden plots. Autonomy of food supply is preferred even though through a crisis situation the diversity of food resources may be inadequate.

Then comes the storage of food products to address all year round consumption needs.

The delivery of surplus to need of crops into markets may also involve value adding the produce within the community prior to shipping.

We now have the opportunity to consider what may have been impossible to envisage in the past so let us stretch our imaginations and dream of options. If you perceive a problem, come with two solutions!

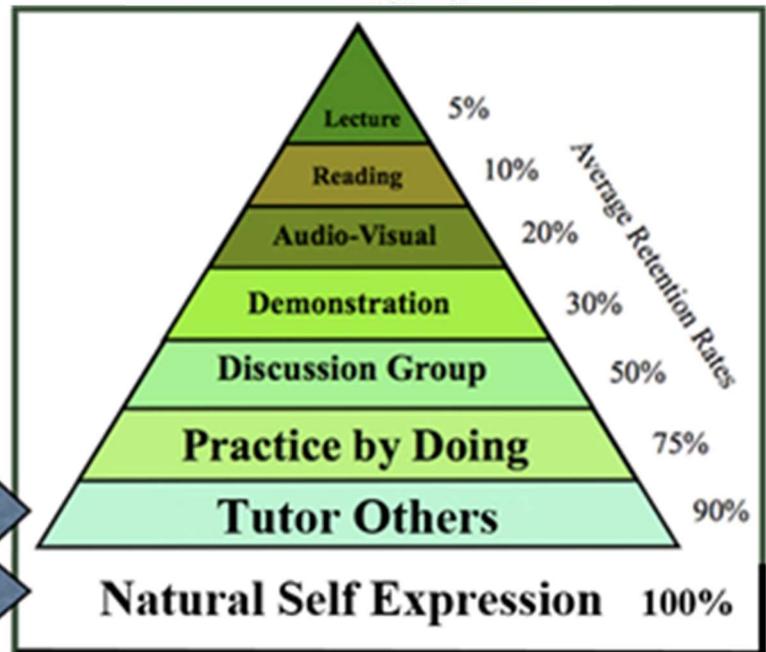
# All the People First!

In the development of any concept to be implemented for and by a community, the people of that community are to drive the creation and then the implementation. Pascas and others are to assist.

National interests may have goals diverging from the needs of community, and even further away will be the needs and aspirations of individuals. This is a time to have people embrace their free will, their desires and passions, and enable self-expression. Educators are yet to recognise the contribution of natural self-expression in the process of education.



The Learning Pyramid



Further, there is no way that those from outside of a community can assess the possibilities and options appropriately or to the level that a community can. Outsiders may have many options to be introduced to the community, but it is the community that is to embrace the possibilities and utilise them as and when the need arises.

As for future weather and Earth events, all that can be done is to monitor the ebbs and flows. There is the scantest of understanding, minute historical records and only valued judgements to go by. As we all proceed through this cyclical era of extremes, we can be aware and proceed as we feel appropriate in the changing circumstances.

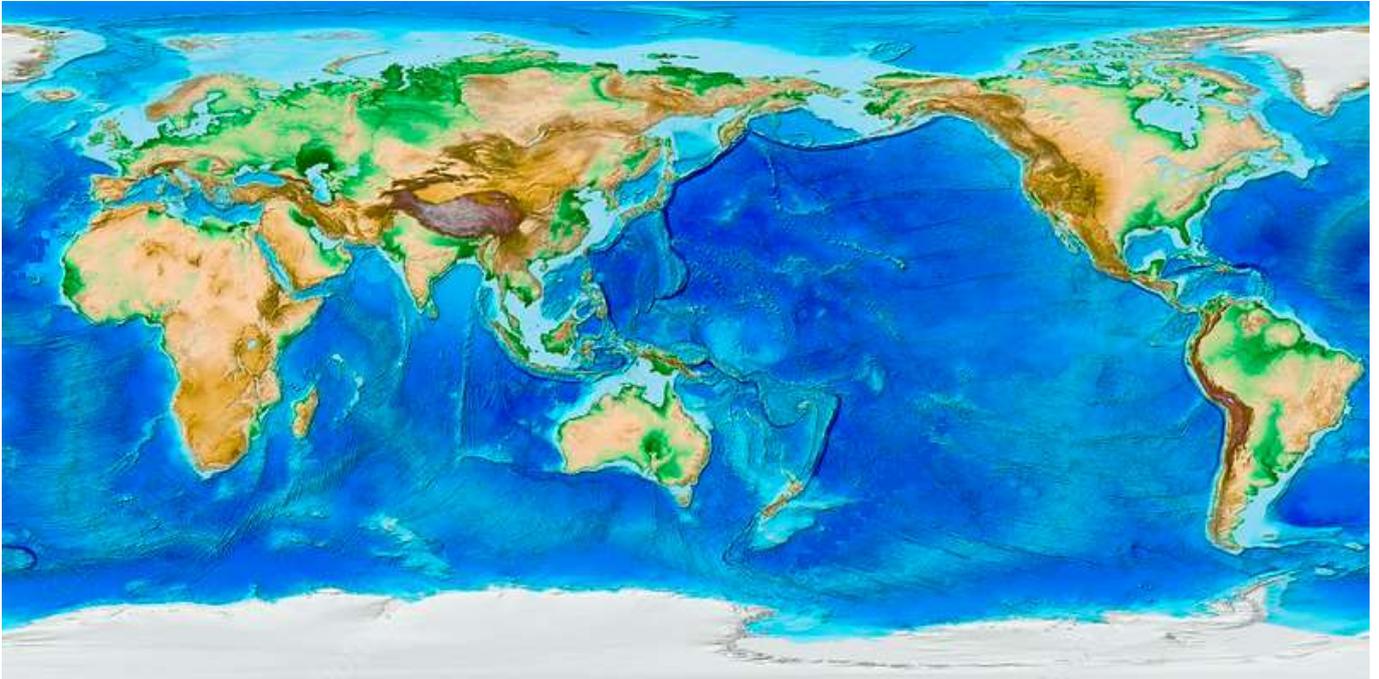
Important recommended reading is:

by James Moncrief

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

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

# **200,000 years of UNFETTERED DOMINATION! by wayward High Level Spirits**



**What hasn't worked before won't work in the future!  
Mind worship is inhibiting humanities evolution!  
Only Education based on Truth Evolves Humanity!  
Social unrest to continue until old systems go!  
It is all about EXPERIENCE and FEELINGS!  
Why are we to have this life experience?  
Development of the understanding of psychology!  
Feelings first people do not need governance!**



# SPBD Dreams for Community

## South Pacific Business Development

**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:**

**SPBD contact Field Officer:**

**Email:**



# Dreams for Community

## PASCAS FOUNDATION (Aust) Limited

**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 Administration:**

**Email:**



500,000 years ago, the Sangik parents of north-eastern highlands of India raised 19 children, five red, two orange, four yellow, two green, four blue, and two indigo, this is the first and only true Rainbow Family of Earth's humanity.

feelings

New way

**HUMANITY PHYSICAL COLOURINGS and order of emergence:**

500,000 years ago Sangik parents of the Badonan tribes of the north-eastern highlands of India gave birth to all six colours – 19 children to one family!

<b>Yellow</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>	<b>Indigo (black)</b>	<b>Orange</b>
3	4	1	5	6	2

✓	✗	✓	✗	✓	✗
<b>Prominent</b>	<b>Died Out</b>	<b>Significant</b>	<b>Died Out</b>	<b>Prominent</b>	<b>Died Out</b>

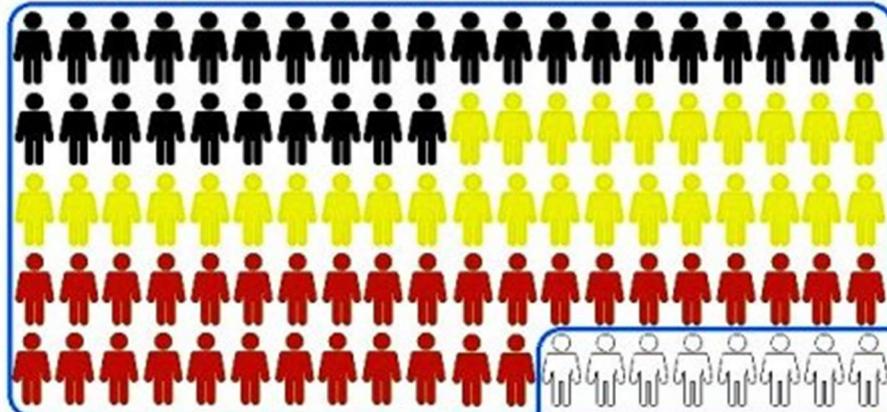
**1 COLOUR, then 6, then all 7 COLOURS!**

A little less than 1,000,000 years ago Andon and Fonta (Aman and Amon) evolved having a desire for human perfection, they being our original physical parents.

Adam and Eve were bestowed on Earth more than 38,000 years ago to uplift humanity through their superior genes.

500,000 years ago, the Sangik family in the north-eastern highlands of India gave birth to 19 children of six different colours, thus introducing the tribal colours.

# GLOBAL POPULATION BY RACE



**"Minorities"**

**Majority**

**Non-Whites are the overwhelming majority on this planet.  
Whites are a tiny minority.**



A humanity is endowed with seven colours, just like the rainbow in the sky!  
993,500 years ago, our first humans were the twins, Andon and Fonta and they were redskins having an appearance approaching that of the Eskimos. These red skinned people travelled far from south of the Caspian Sea, reaching Tasmania – Australia’s south, 950,000 years ago!  
Re: The Urantia Book



500,000 years ago the Sangik family in the north- eastern highlands of India had 19 children, 5 red, 2 orange, 4 yellow, 2 green, 4 blue, and 2 indigo (black) – the first and only rainbow family!

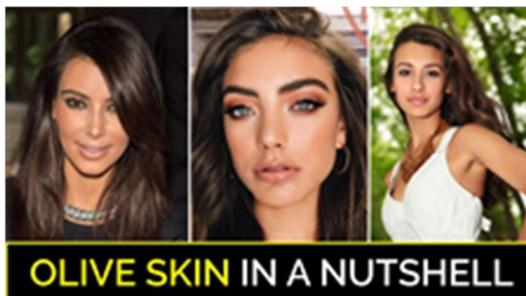
These formed groups and sometime later the orange, green and blues died out – killing each other!



Adam and Eve materialised on Earth more than 38,000 years ago and introduced the remaining colour, violet (white). As you can see, there are no black or white people!



Earth’s humanity now has four colours, red, yellow, indigo and violet. They will intermingle and blend to become of an olive complexion!

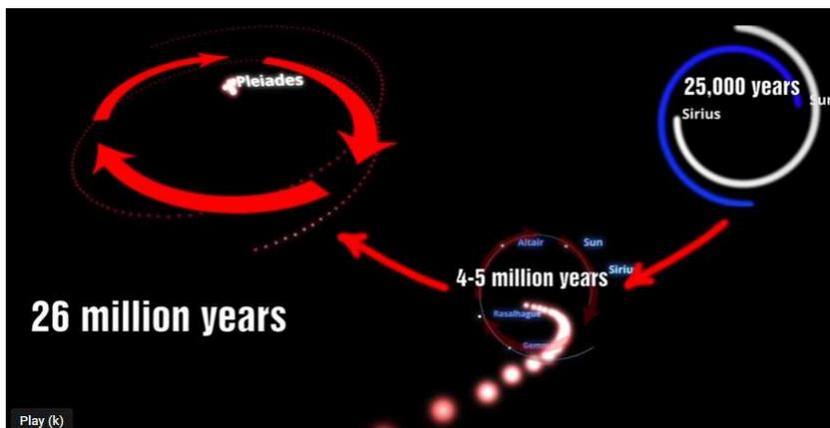


# COSMOS – plasma, electric universe

Gareth Samuel: Seeing Precession Differently | Space News

<https://www.youtube.com/watch?v=mdLxP-w1LGg>

**Star takes 550,000 years to complete one orbit around Arcturus, every 25,000 years we complete one rotation around Sirius filament as being Earth's Sun.**

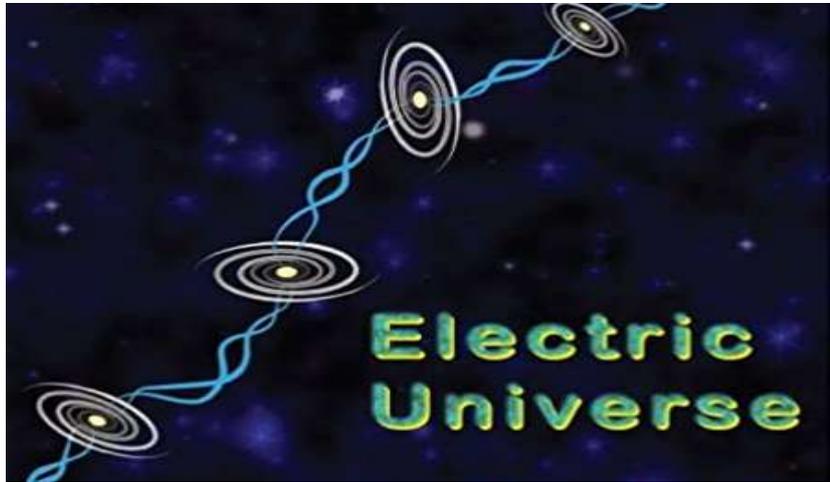


Galaxies are linked by cosmic filaments. These filaments connect galaxies across unfathomable distances which have been found both magnetised and to emit electromagnetic radiation.

Vast networks of filaments that connect electrical objects across all scales of the cosmos. It is from these filamentary networks that stars are formed eventually making up the Catherine wheel galaxies. Giant plasma filaments connect super clusters across vast distances.

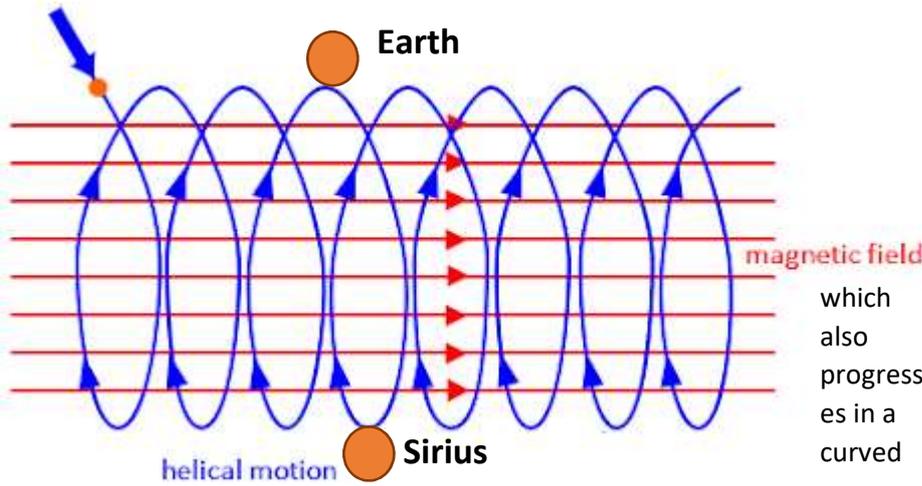


It is these twisted filaments that form like DNA helical strands that celestial bodies are connected and their pathways defined.



Twisted filament pairs have their equivalent celestial bodies. Earth's Sun has Sirius. They rotate around each other requiring a 25,000 year cycle. During such cycles there are two disruptive events that bring about very significant disturbances to the Sun and its planets. The last 'pole-shift' event was extreme, the interim and next event is anticipated to be milder – whatever that is!

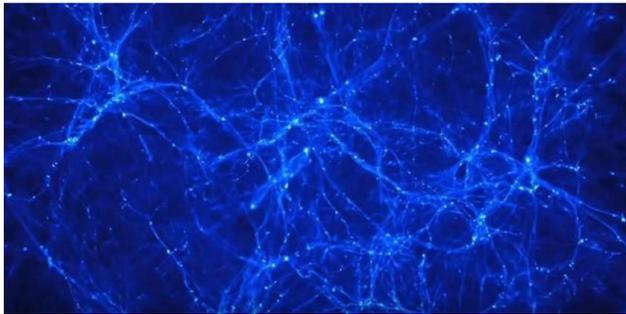
The Earth / Sirius rotation around Acturus takes 550,000 years. A



further, larger cyclical event requires 4.5 million years. The rotation around Pleiades requires 26 million years to complete.

Thus, nothing is moving in a straight line, the precession is in balance with each element rotating around a larger element, all following huge plasma, electric filaments.

which also progresses in a curved



### Spirits and Angels

The Urantia Book (TUB): (159.4) 14:5.8

Monotony is indicative of immaturity of the creative imagination and inactivity of intellectual co-ordination with the spiritual endowment. By the time an ascendant mortal begins the exploration of these heavenly worlds, he (and she) has already attained emotional, intellectual, and social, if not spiritual, maturity.

(159.5) 14:5.9 Not only will you find undreamed-of

changes confronting you as you advance from circuit to circuit in Havona, but your astonishment will be inexpressible as you progress from planet to planet within each circuit. Each of these billion study worlds is a veritable university of surprises. Continuing astonishment, unending wonder, is the experience of those who traverse these circuits and tour these gigantic spheres. Monotony is not a part of the Havona career.

(159.6) 14:5.10 Love of adventure, curiosity, and dread of monotony — these traits inherent in evolving human nature — were not put there just to aggravate and annoy you during your short sojourn on Earth, but rather to suggest to you that death is only the beginning of an endless career of adventure, an everlasting life of anticipation, an eternal voyage of discovery.

Transporter Seraphim – angels and spirits move great distances by utilising energy lines. What is now being discerned in the physical also may be representative of what prevails within the spirit realms.



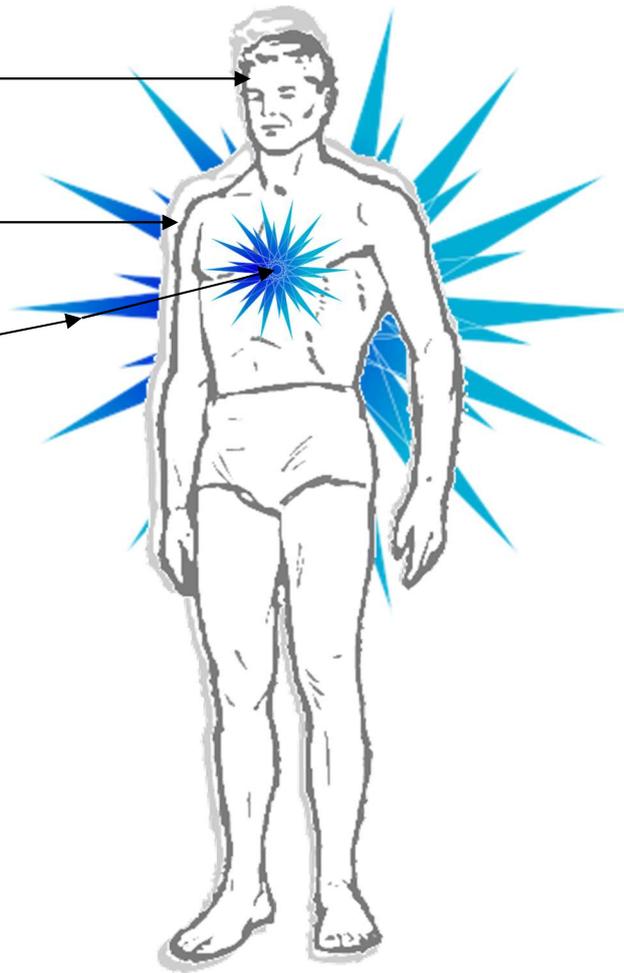
ASPECTS of LIFE:

Physical /  
material body  
Brain

Spirit /  
etheric body  
Mind

Soul + Spirit  
Combination

Senses  
Desires  
Memory  
Passions  
Intention  
Free Will  
Emotions  
Creativity  
Awareness  
Personality  
Aspirations  
Intelligence  
Consciousness  
The Real You  
is your Soul!



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

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

**At the moment of conception we achieve individualisation and become self aware, we are then able to exercise our free will. At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

**Incarnation is about 16 days after conception when the embryo commences to pump blood.**

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

**Feelings first**

# THE TRUTH SEEKERS



## WE ARE THE TRUTH SEEKERS

<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](mailto:info@pascashealth.com)

# GREAT U-Turn

# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

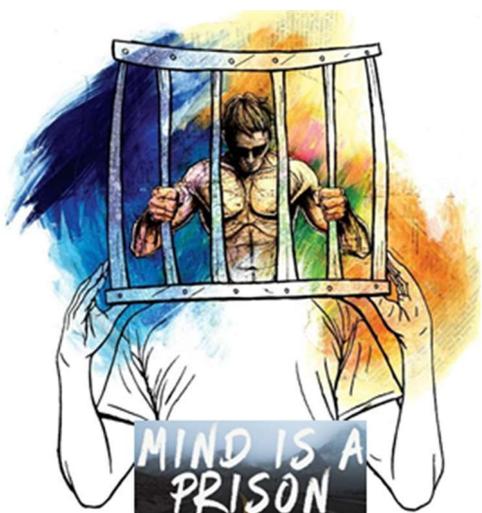
or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.



**Our FEELINGS are our SUPREME GUIDES:**



Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.

Kevin, 1<sup>st</sup> Celestial Heaven: 26 September 2017

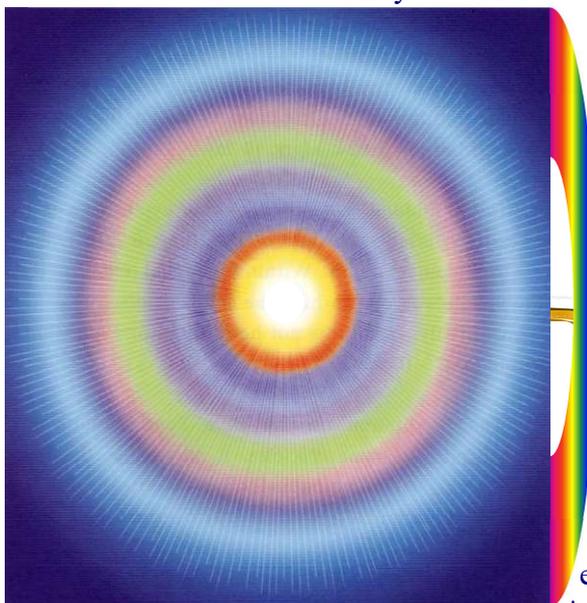
**Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

Kevin: So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti-love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.

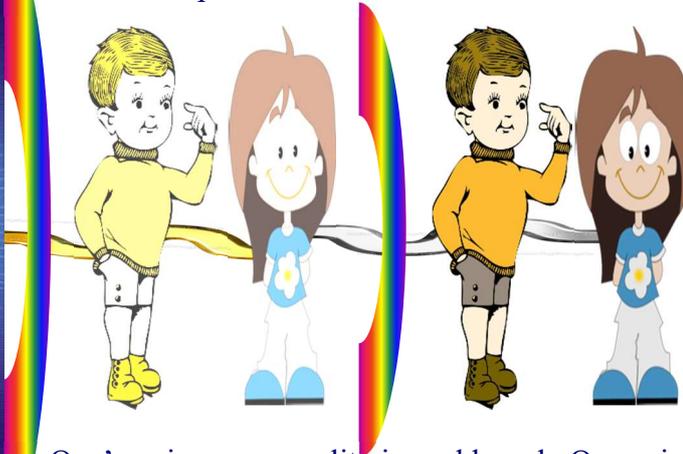
**DIMENSIONS of ONE'S EXISTENCE:**

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



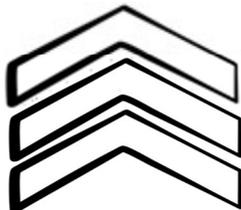
One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

## The CHOICE is OURS to MAKE:

### Celestial Truth:

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance

Unlimited progression

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



### THE MIND WAY

Mind – Transcendence

Limited progression

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



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

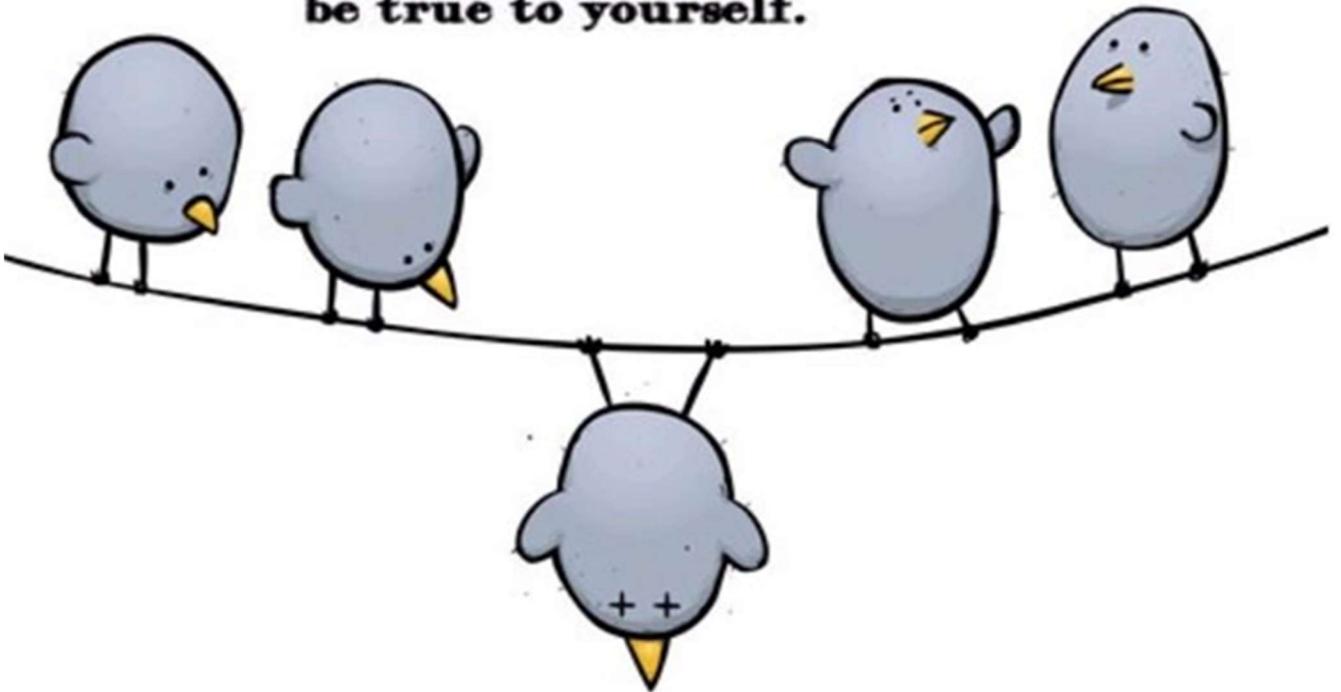
Hell:

Exploiting the Rebellion and Default.

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

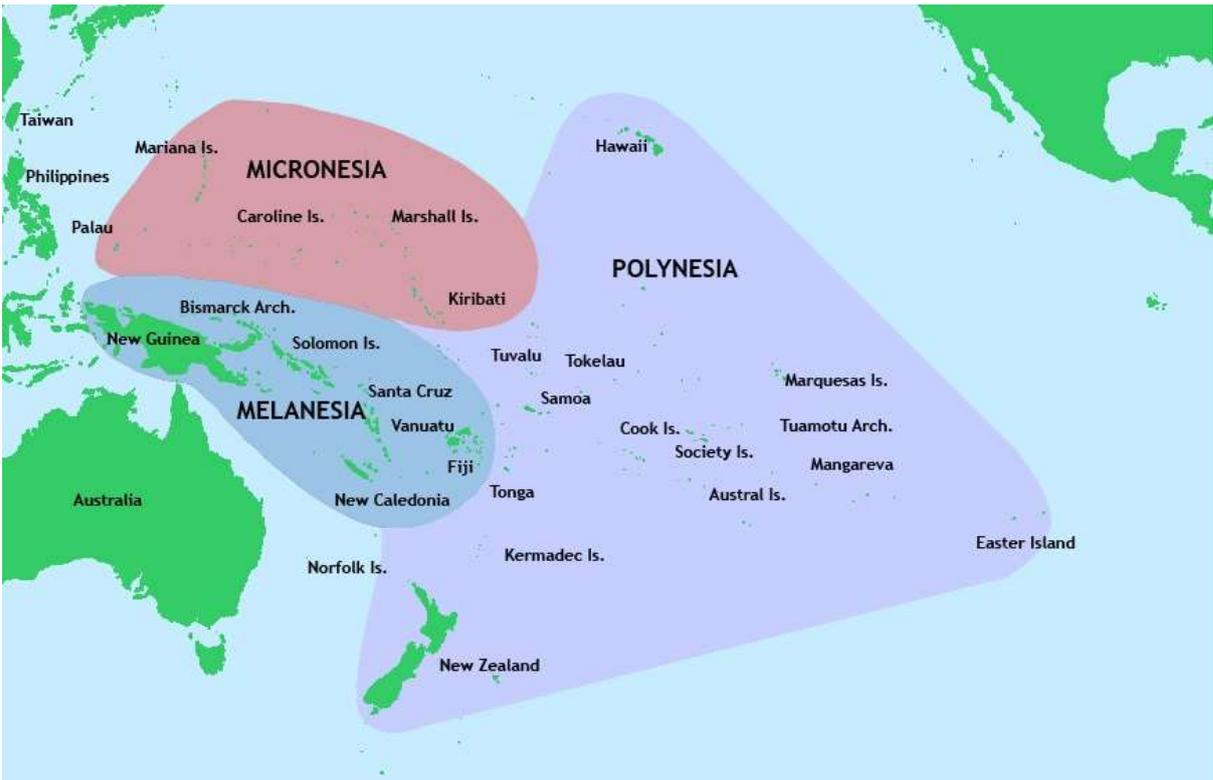
# Be True to Yourself

open your heart  
and always  
be true to yourself.



BE  
YOURSELF

*An original is always  
worth more than a copy.*







**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**