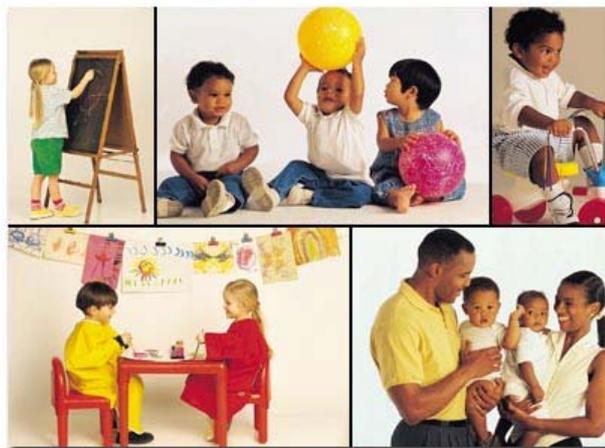


PASCAS CARE KIDS of the WORLD



Famine & Hunger



“Peace And Spirit Creating Alternative Solutions”

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

**Em: info@pascasworldcare.com
Em: info@pascashealth.com**

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

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



NEW BIOSPHERE AGRICULTURE – the GOAL:

It is possible to feed 2,000 people all year round from 1 acre of land, that is, 5,000 people can be fed all year round from 1 hectare of land. It is possible to do this almost anywhere on the planet. Okay, the diet may be limited however it will be nutritious, but it is possible without utilising large volumes of water, and it can be all vegetable and fruit based, with products appropriate for the community, thus complementing their existing diets.

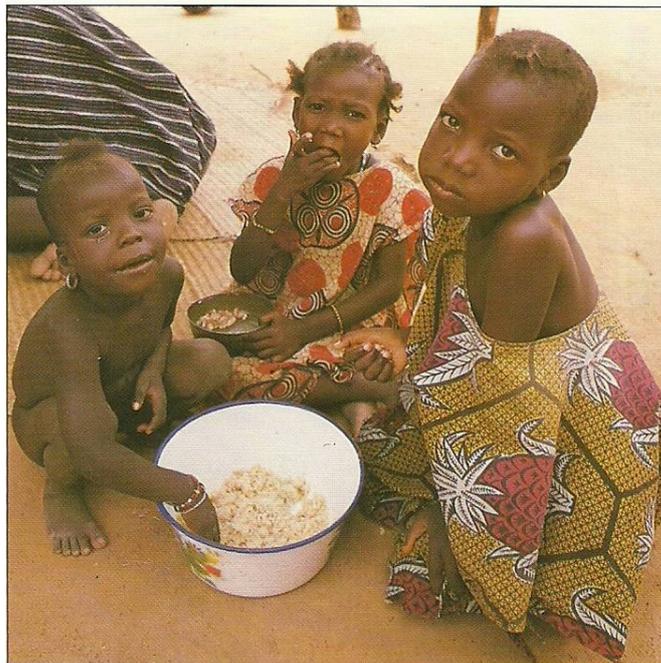
The first objective for New Biosphere Agriculture (NBA) is to establish demonstration units of the production of appropriate vegetables and fruits. These core modules are to be demonstration units at the optimum commercially viable scales as well as demonstration of small cottage units. These demonstration units are to be training units.

A core aspect of these modules is the incorporation of viable, stable, sustainable, renewable energy supply technologies. Without a continuous supply of electricity, then these demonstration units cannot be deployed to remote and emerging communities.

Though the capital cost of establishing these units may be high, once they are in operation, their ongoing operating costs are nominal, thus once the capital equipments are installed into the remote community, they become viable within that impoverished community.

Consider bringing all these technologies together within a refugee camp of any proportions, but more appropriately, to their traditional home regions to enable their return. Train members from that community at the NBA demonstration unit whilst the equipment is being installed. Then leave the ongoing operations for the benefit of the community, whilst providing ongoing technical and administrative support.

We do not have to allow situations like this to continue. We have the solutions!



Every 3.6 seconds a person
dies of hunger

75%
of them are children

In this world, **25,000** children under the age of 5 **die every day**
from hunger, poverty, disease or a combination of all three.

FAMINE and HUNGER – Repairing the Damage:

Notes taken from the book, *Famine and Hunger – Repairing the Damage*, by Lawrence Williams.

INTRODUCTION:

Everyone in the world experiences hunger. For most of us it is a slightly uncomfortable feeling, an emptiness in the stomach just before we sit down for our next meal. We put up with the feeling because we know that the next meal is on its way. But for more than 750 million people the next meal may not be served.

These 750 million people cannot rely on regular meals. They are lucky if they eat one meal a day. Some of them eat only once or twice a week. They are always hungry. For many of them, their hunger is so great that they die of starvation. More than 10,000 of them die every day. Many of the starving live in parts of world affected by famine. Famine is the complete absence of food. This may be caused by the failure of crops. In some places it is caused by the failure to move the harvest to where the starving people are dying.

Hunger statistics

<http://en.wikipedia.org/wiki/Starvation>

Main articles: [Malnutrition](#) and [Hunger](#)

In 2007, 923 million people were reported as being undernourished, an increase of 80 million since 1990-92. It has also been recorded that the world already produces enough food to support the world's population — 6.9 billion people — and could support double — 12 billion people. Agriculture, however, has grown heavily dependent on nonrenewable fossil fuels and severe overdraw of freshwater reservoirs; a senior researcher at the Istituto Nazionale della Nutrizione, Rome, and a professor of the [College of Agriculture and Life Science at Cornell University](#), approximate the maximum global population at 2 billion people, if it were to rely exclusively on renewable resources. (See [World population and agricultural crisis](#))

	Year 1970	1980	1990	2005	2007
Share of hungry people in the developing world	37 %	28 %	20 %	16 %	17 %

Hunger mortality statistics

- On the average, 1 person dies every second as a result, either directly or [indirectly](#), of hunger – 4,000 every hour – 100,000 each day – 36 million each year – 58 % of all deaths (2001-2004 estimates).
- On the average, 1 child dies every 5 seconds as a result, either directly or [indirectly](#), of hunger – 700 every hour – 16,000 each day – 6 million each year – 60% of all child deaths (2002-2008 estimates).

Hungry people are found in every country in the world. They are poorest and the most neglected people in their country. In the USA most of the people are well fed. But there are 8 million adults and 12

million children who do not get enough to eat – one person in every 100 in the USA is hungry. Most of them live in the slums of great cities such as New York and New Orleans.

In some poorer countries the situation is very much worse. In Ethiopia only about one person in every 100 has enough to eat. Most of the people in Ethiopia are hungry, and many of them are starving to death.

Countries such as the USA are called developed countries. In the developed countries there is some hunger but very little starvation. On the other hand Ethiopia is a developing country. In some developing countries there is a lot of hunger. Many of the hungry receive no help and begin to starve.

Hungry people do not have a good balanced diet. Their small amounts of food do not have the variety needed to keep them healthy. They often suffer from malnutrition, which literally means ‘bad feeding’. This means not just that there is not enough food but also that the food may be of such poor quality as to be unhealthy. As result, the hungry people of the world are also the sick people of the world. They are often too ill to work hard. Just looking after themselves properly is difficult. The weakest of them soon die. Small babies are most at risk. Their mothers may be too ill to look after them properly and to feed them. So the babies are born into a world of starvation, and many die. One of the main differences between the rich developed countries and the poor developing countries is the number of babies that die before they are one year old.

People in developed countries can also suffer from malnutrition. Overeating and eating too many sweet foods can cause malnutrition. In the USA and some western European countries it is estimated that for every person suffering from hunger there are three people suffering from overeating and being overweight. The difference between the greedy and the hungry is that the hungry have no choice.

What can we do to help the people who are always hungry? Are we doing enough to help the victims of famine? Do other people go hungry because of the way we live?



Fresh is Best!

WHO ARE the HUNGRY?

Hunger in History

The problems of hunger and famine are not new. One of the earliest recorded examples of famine – in about 1870 BC / BCE – is found in the Bible, in the Book of Genesis.

‘And there was a famine in the land, and Abram went down into Egypt to sojourn there; for the famine was grievous in the land.’

The farmers in ancient Egypt grew their crops, mainly grain crops, on the floodplains of the River Nile. In years of drought the River Nile was very low and the crops were destroyed by lack of water.

Crop failures may also be caused partly by pests and diseases. In Ireland in 1845, the potato crop was destroyed by a fungus. Potatoes were the main food for most people in Ireland, and by 1850 about one and a half million people had died of starvation. About the same number of people emigrated to America, Canada and England during the famine years, in the hope of finding a better life.

Some countries are repeatedly hit by floods and have a terrible history of famine and suffering. Bangladesh (originally named Bengal) is such a country. In 1991 Bangladesh was devastated by a cyclone. More than a quarter of a million people died by drowning, starvation or disease. In 1942 a general famine began to develop after another cyclone had struck. By 1946 more than three million people had died. In a report to the Bengal Relief Committee, a headmaster in Dacca wrote:

‘The sufferings of the people cannot even be imagined. The whole population seems to be moving silently towards death. Men have neither the capacity nor the energy even to try to live. A stupor seems to have overtaken all. The poorer section, I mean the free kitchen goers, are dying of fasting and cold. When they find they cannot walk to the kitchen they lie about it on the cold ground under the winter sky and without any clothes. But death soon relieves them of all their sufferings. The middle class gentry have not that advantage also. They cannot get the gruel from a free kitchen. They can only starve themselves to death, silently at home. All sorts of corruption are running rampant.

Free kitchens have been started in many villages. The Government supplies the ration. But some unscrupulous persons are making a profit of it. The khichuri (gruel mixture) may be sold in the black market. Needy and greedy persons have got into the union food committees, and the food-grains supplied are not properly distributed.’

Two centuries earlier, the country suffered a similar tragedy, this time caused by droughts. An employee of the East India Company wrote in a letter in 1770:

‘How shall I describe the misery of the country from the excessive droughts, the dearness and scarcity of grain hitherto, but now a total failure? The tanks and springs are dried up, and water grows daily more difficult to be procured. Added to these calamities, frequent and dreadful fires have happened throughout the country, impoverished whole families, and destroyed thousands of lives ... Some hopes were still left that during the months of April and May we should be blessed with rain, and the poor ryots (peasant farmers) able to till their ground, but to this hour not a drop has fallen. The coarse crop

which is gathered at this season is entirely spoilt, and the seed for the August crop is sown during the months of April and May. It is now the middle of the latter month, and they have not begun for want of rain. Even now, by the help of a few showers, something might be done. If the scarcity of grain and want of rain had been confined to one spot in the province, management and attention might find a remedy, but when the evil is total, there can be no remedy but in the mercy of God.'

So many people died in the 1770 drought that it was not possible to count the totals.

The causes of hunger are often complicated by corruption, by black market dealing and by poor systems of distribution. Little seems to change through history. For example, in Russia, grain crop yields vary enormously from one year to the next because of variable weather. In 1972-73, the wheat crop alone was 10 million tonnes short. But at the same time, people in Russia also go hungry because the food distribution system is not effective. This was the situation in Russia in 1991. In the autumn, the Russian president warned that revolts could break out if food shortages worsened and said, 'Naturally we could survive the winter more easily with Western help.' The seven richest industrial countries, known as the G7 group, agreed to help what was then the Soviet Union by giving it more time to repay its foreign debts.

On a world scale, the problems of hunger and famine are more severe today than any time in the history of mankind. Every day, 10,000 people die of hunger and another 30,000 dies of diseases associated with hunger.

How many worlds?

The countries of the world are often divided into two groups: the rich, developed countries and the poorer, developing countries.

The developed countries are sometimes called First World countries. They include the USA, Great Britain, France and Japan. These countries can feed their own people from what they can grow at home plus what they can afford to buy from other countries. They have surpluses of food, which they can store or sell. Less than a third of the world's population lives in developed countries.

The poorer developing countries contain more than two thirds of the world's population. A few of these countries have succeeded in developing, often with the help of skills and money from developed countries. These Second World countries include Argentina, Portugal, Egypt, parts of Brazil and oil-rich countries in the Middle East.

In many other very poor countries, western-style development is either not succeeding or is making the people even poorer and hungrier. These countries are known as the Third World countries. They include Ethiopia and the Sudan in Africa, and Bangladesh and Cambodia in Asia.

It seems that as the rich get richer the poor do get poorer. Is it not time to speak of living together in one world?

<http://www.globalissues.org/article/4/poverty-around-the-world>

- About 0.13% of the world's population controlled 25% of the world's assets in 2004.
- The wealthiest 20% of the world's population consumes 76.6% of the world's goods while 80% of humanity gets the remainder.

At a poverty line of US\$1.25 a day, the revised estimates find

- 1.4 billion people live at this poverty line or below

The US\$1.25 a day definition then misses out much of humanity. Indeed, as the chart earlier showed, the number of **people living on under US\$10 dollars a day is estimated to be just under 80% of humanity** (95% of developing countries).



According to UN Habitat, [approximately 1 billion people live in slums](#) in the cities of the world — approximately 1 in every 6 people on the planet.

“The Third World remains poor because the powerful strive to dominate every choke-point of commerce. One key choke-point is political control through the “co-respective” support of local elites. Where loyalty is lacking, money will be spent to purchase it. If a government cannot be bought or otherwise controlled, corrupt groups will be financed and armed to overthrow that government and, in extreme cases, another country will be financed to attack and defeat it.... The pattern has been well established repeatedly throughout history and throughout the world.”

http://en.wikipedia.org/wiki/Developed_country

[Kofi Annan](#), former Secretary General of the United Nations, defined a developed country as follows. "A developed country is one that allows all its citizens to enjoy a free and healthy life in a safe environment." But according to the [United Nations Statistics Division](#),

There is no established convention for the designation of "developed" and "developing" countries or areas in the [United Nations](#) system.

And it notes that

The designations "developed" and “developing" are intended for statistical convenience and do not necessarily express a judgement about the stage reached by a particular country or area in the development process.

The UN also notes

In common practice, [Japan](#) in [Asia](#), [Canada](#) and the [United States](#) in [North America](#), [Australia](#) and [New Zealand](#) in [Oceania](#), and most [European](#) countries are considered "developed" regions or areas. In international trade statistics, the [Southern African Customs Union](#) is also treated as a developed region and [Israel](#) as a developed country; countries emerging from the former [Yugoslavia](#) are treated as developing countries; and countries of [eastern Europe](#) and of the [Commonwealth of Independent States](#) (code 172) in Europe are not included under either developed or developing regions.

Cause and effect

There are many reasons why the IMR varies from one place to another and from one year to another. Here are some of the factors that can affect the IMR (Infant Mortality Rate):

1. Natural disasters (droughts, earthquakes, volcanic eruptions and flooding).
2. The quality of the health services.
3. Very high birth rates. In some places, so many babies are being born that the country cannot possibly feed them.
4. The fact that some poor people are being pushed off their lands and are becoming refugees.
5. The mismanagement of resources by governments.
6. The amount of overseas aid being received.

In much of South Africa the wealthier and healthier white minority population has an IMR well below 50 per 1,000. The much larger, and generally much poorer, black population has an IMR well above 50 per 1,000.

In South America no country has an IMR as high as 200 per 1,000. But inside some of these countries there are areas with an IMR as high as that. In Brazil the IMR among people who earn more than the average wage is never more than 50 per 1,000. But among the poor of Brazil, living in city slums or driven off their lands by greedy ranchers, the IMR is often four times as high. 200 babies per 1,000 die before their first birthday.

So there are variations inside countries, as well as between countries.

We can compare a developing country such as Brazil with the USA, which is about the same size but is a developed country. In the USA most of the hungry people are found in the slums of big cities such as New York. There are about 20 million hungry in the USA. Unlike the situation in Brazil, almost all these people receive various kinds of cash benefits and social security support. Unfortunately, providing them with money does not always deal with their hunger. Some of these poor people spend the money on entertainment rather than good quality fresh food. Some spend most of their benefit payments on drugs and alcohol.

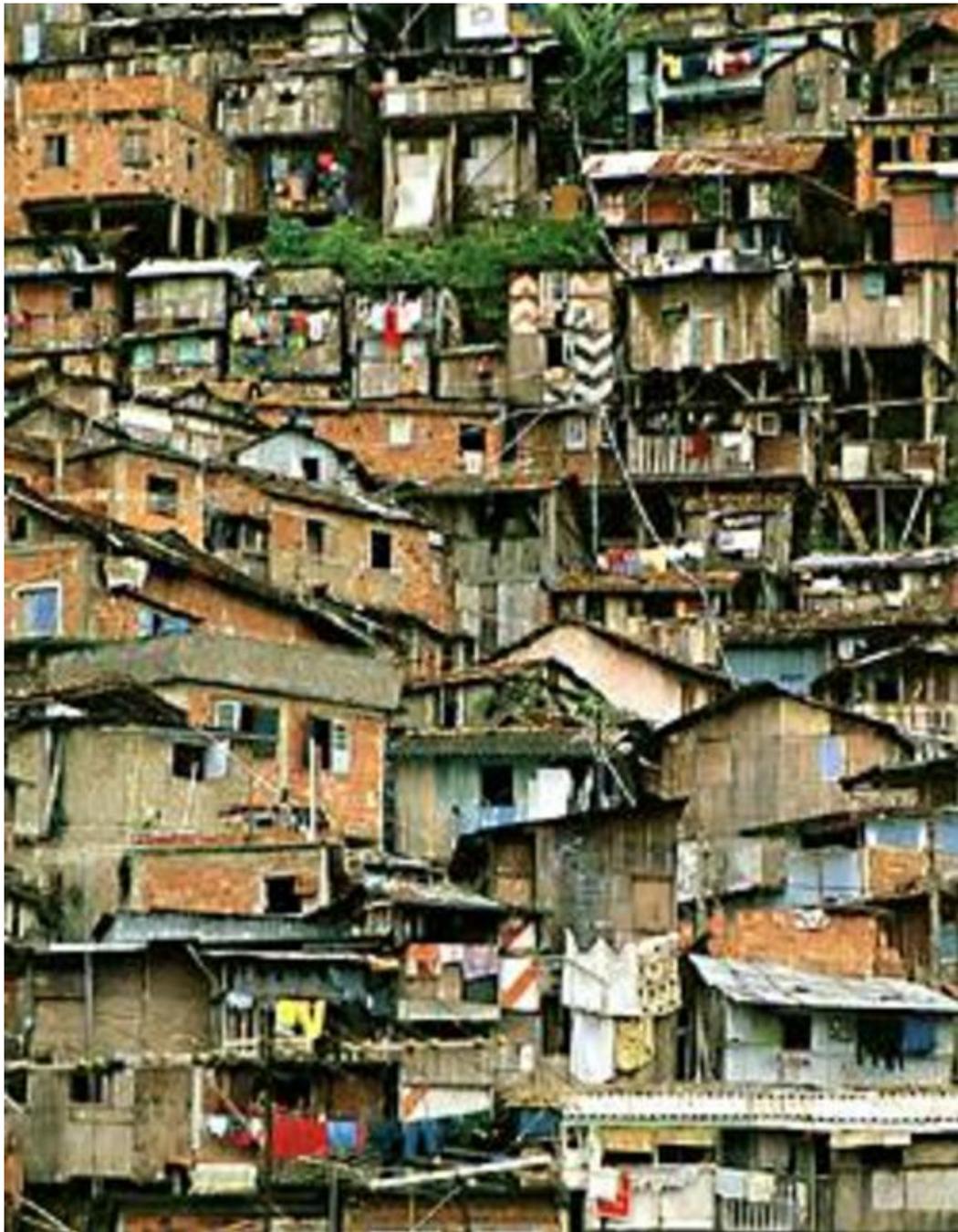
What we are learning from the poor of the developed lands such as the USA and Britain is that shortage of money is not the only problem. Other problems affect the hungry, including lack of education, lack of work and a lack of any sense of a decent future for themselves or their children. The hungry are right. There is no future for them without adequate housing, job opportunities and education.

In the poor countries of the developing world, money and food do help the starving to survive, but many of the hungry people now see little future for themselves outside the refugee camps. Small numbers of them are being resettled on the land but many of them are not.

Many of the hungry people were once living on their own lands, growing their own foods. They were not rich in money terms but their diet was healthy and adequate. But then they were pushed off their lands. Huge farms and ranches were created to produce foods such as peanuts and beef. This food was not produced for the local people but for export to the developed countries. The new farms only

required a few workers, so most of the local peasant farmers lost both their land and any chance to earn money. Many of them are now found among the hungry of the city slums and refugee camps. None of the money earned by exporting food ever reaches them.

When we ask ‘Who are the hungry?’ the answer includes not just the victims of natural disasters such as earthquakes and droughts. The hungry include the people made hungry by the actions of others in their own country and elsewhere.



DISASTERS NATURAL and UNNATURAL:

Floods in Asia

In much of the world the farming systems that are used are in a state of delicate balance with nature. The type of farming and the kinds of animals and crops are all closely related to the nature of the soils, the climate and the seasons. If the balance between people and land is maintained over many years then farming will be successful and the people can feed themselves. This is true for places as different as rice fields in China and wheat fields in France. Where the balance is kept there may even be a food surplus that can be traded for other goods, or sold for money. In some places this balance has existed undisturbed for hundreds of years.



A quite small change on one side of the balance can lead to disaster, at least for a short time. Fires, often started accidentally by lightning, can destroy field crops or tree crops. A period of exceptionally heavy rainfall may lead to flooding, soil erosion and destruction of crops.

Bangladesh, perhaps more than any other country, is affected by sudden changes in the balance of nature. This low-lying agricultural country on the great coastal delta of the River Ganges is too poor to spend money on any kind of major flood controls. Heavy monsoon season rains cause the River Ganges to rise and flood. If the rains are exceptionally heavy, or if a storm surge from the sea occurs at the same time, then the floods race uncontrolled across much of the country.

All the great rivers that enter Bangladesh have their sources hundreds of kilometres away in the Himalayas. They flood not just because of the rain that falls on Bangladesh itself but also because of the waters pouring out of the mountains.

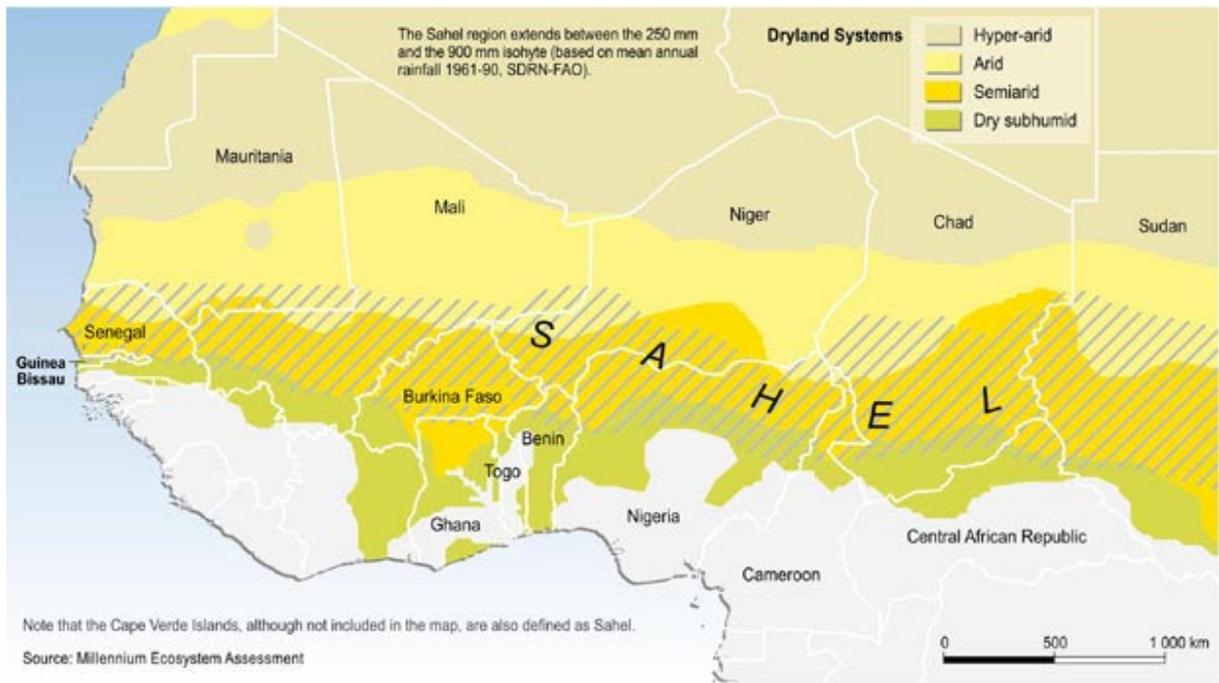
There is some evidence that tree-felling in mountain countries such as Nepal is allowing rainwater to run off the mountains much faster and so increases flooding downstream in lowland India and Bangladesh. It is clear that only a huge international aid programme of river and flood control will help the people of Bangladesh.

Tragedy in the Desert

Sudden climatic changes cause temporary hunger and suffering, but they are not usually a widespread cause of starvation. It is climatic changes that happen over a long period of time that are much more likely to cause severe problems of starvation.

The pattern of rainfall in the Sahel in Africa changed dramatically over several decades. A study of the annual rainfall between 1940 and 1985 shows that until 1970, groups of dry years were followed by wetter years, which helped to lessen the problems of drought and hunger. But since 1970, every year has had a rainfall total below the average annual rainfall. As the very limited rainfall has become less,

and also become less reliable each year, so drought, hunger, famine and starvation have spread across huge areas of Africa. The famine here is more serious than any other famine in history.



As the years have passed the situation has become worse. For example, almost none of the trees that grow in the Sahel can survive a drought as long as seven years. Now the trees are dead they no longer protect the soil, and much of it has been blown away by the winds. To make things worse, there is now a shortage of every kind of timber. As a result, what little food the people have can no longer be cooked on wood fires. Undercooked food is not healthy food so diseases spread rapidly.

In 1991 an epidemic of meningitis (**Meningitis** is [inflammation](#) of the protective membranes covering the [brain](#) and [spinal cord](#)) affected the starving in southern Sudan in Africa. By the spring, 50,000 people had died of the disease, which is caused by infection and which affects the brain or spine.

This remote part of Africa has suffered years of drought and civil war. During the epidemic, medical supplies ran out and the only hospital



closed down. Aid workers could not reach the region because of the fighting. The only way the local people could control the spread of the disease was to confine the sick in camps where they were left to die. One of the very few Europeans to reach the region described the situation:

‘There is no food of any sort to be found there. Everyone is hungry, people are eating leaves and even those with a few remaining cattle are slaughtering them to survive. Every hut has at least one grave beside it; every family has been affected by meningitis, and hunger is making everyone weaker and weaker. There are months to go before any rains can begin or harvest be collected.’

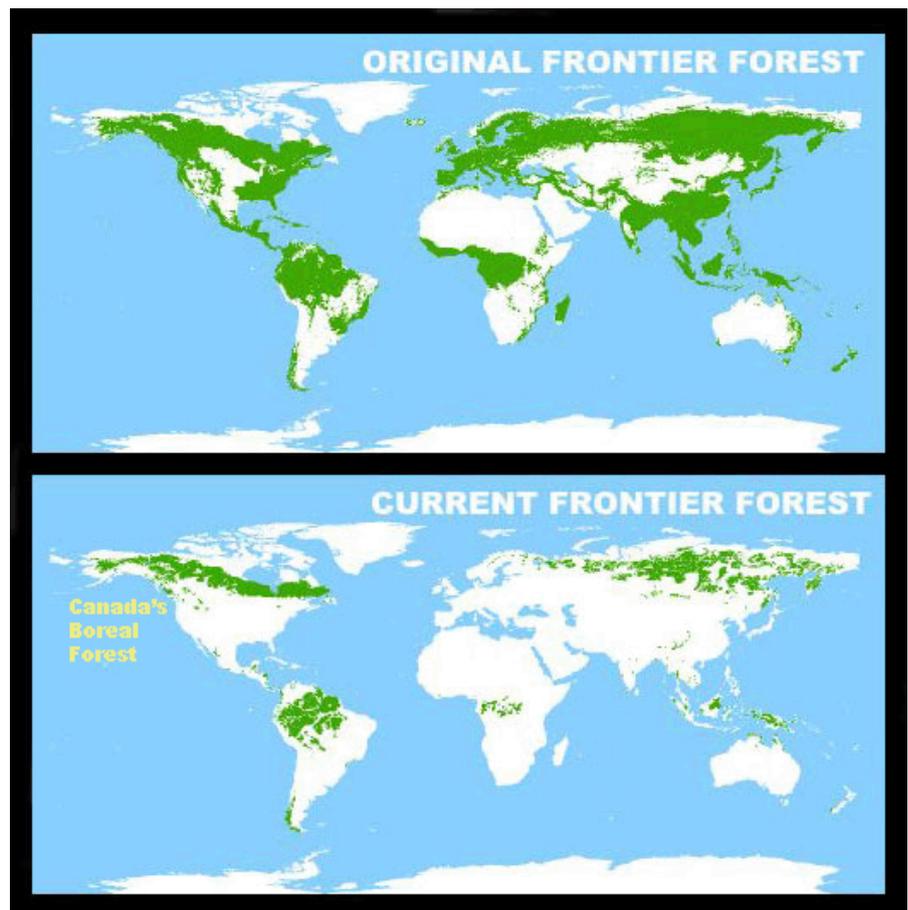
Several African countries in or near the Sahel have been affected by the famine now well into the twenty-first century. The balance between people and land has been terribly disturbed. The people in these drought destroyed lands cannot put the balance right by themselves. They now need huge amounts of aid, and they need it every year.

Mismanaging the Earth

The spread of hunger and famine is not only the result of droughts or of any other natural disaster. It is often caused partly or almost entirely by how people disturb the balance between themselves and their environment.

Deforestation – the clearing of trees from the land – is one of many ways in which this balance can be upset. Once cleared, the land is used to grow crops or rear animals. In the USA virtually all the great forests had been cleared away by 1939. Now the tropical forests are being cleared away in many countries such as Brazil, Indonesia and Nigeria. Clearing continues even where little forest survives.

The worst effects of deforestation are felt by people living in areas of tropical forests that grow on poor soils. The local population has learned to clear only very small patches of forest at a time to grow their crops. After only two or three years they move to a new clearing, and the old one is



allowed to become overgrown and return to forest. In this type of farming, sometimes called shifting agriculture, the land is allowed to rest after crop-growing. Wind and rain cause little damage to the soils in these small, sheltered clearings. When ranchers and grain farmers move into such areas they clear thousands of hectares (1 hectare is 2.5 acres) of land at a time. The balance between people and land is immediately destroyed. The unprotected soils are soon completely exhausted and then destroyed by erosion. The ranchers move back and grow food because the land is no longer fertile. This has happened in many parts of the developing world that were once tropical forests, such as parts of Central America, Brazil and Indonesia.

<http://www.wrm.org.uy/bulletin/85/Brazil.html>

‘Between 1950 and 1975, the area of human-established pasture lands in Central America doubled, almost entirely at the expense of primary rainforests. The numbers of cattle also doubled, although the average beef consumption by Central American citizens dropped. Beef production was exported to markets in the United States and in other Northern countries.

Between 1966 and 1978 in Brazil 80,000 km² of Amazon forests were destroyed to give way to 336 cattle ranches carrying 6 million head of cattle under the auspices of the Superintendency for Amazon Development (SUDAM).

For decades the cattle production sector was aimed at domestic consumption, but factors such as devaluation of the Brazilian currency, the successful efforts to free cattle from foot and mouth disease, the mad cow disease affecting beef production in the countries of the North, and the chicken disease in Asia leading to a swing towards the consumption of other meat products, enabled Brazil to have access to new markets in Europe, Russia and the Middle East. Between 1997 and 2003, the volume of Brazilian exports in this field increased over five-fold.

The importance of consumption should be noted in this process, as one of the pillars of the current model of commercial agriculture and cattle-raising, and therefore another factor responsible for deforestation processes. This is not the production of large volumes of food to solve the hunger of many impoverished and underprivileged sectors. These are cash crops, ranging from coffee to beef, mostly aimed at consumers in the North who in many cases have been induced to change their food habits.’

Overgrazing is the result either of keeping too many animals on the land or of keeping animals in the same place for too long. The results are always the same. All the ground plants, such as grasses and herbs, are stripped off the land by the animals, leaving the soil bare and unprotected. Erosion quickly destroys these grazing lands, which once supported many people and their animals. Overgrazing can be caused by a variety of factors, including an increase in the birth rate of the people or their animals. A change in farming methods may also lead to overgrazing.

Land is now also being lost to farming because it is being overcropped. If too many crops are grown, or if the same crop is grown every year, the land becomes exhausted. The land is never allowed to rest to lie fallow. In several parts of the developing world where this is happening, the local farmers either cannot afford fertilisers or do not know how to use them. As the land becomes exhausted by overcropping so the crops become poorer.

In parts of Senegal in West Africa, a study of crop yields of peanuts showed that if the land was neither rested nor fertilised, crop yields fell by an average of 25% per year. This kind of fall in crop production means that an area of land that fed 100 people in 2002 will only feed:

75 people in 2003

56 people in 2004
 42 people in 2005
 32 people in 2006
 and 24 people in 2007.

If we turn this last figure round then in 2007 four times as much land will be needed to feed the same number of people as in 2002.

The truth could be even worse than that. Some time before 2007 the land could be abandoned completely and the people moved to another place. The abandoned land may be so exhausted and neglected that it could be lost to farming for ever.

Water and salt

Irrigation farming is farming using water brought to the land artificially. The water may be sprayed on the land, poured or pumped through channels and ditches or allowed to flood fields next to a river.

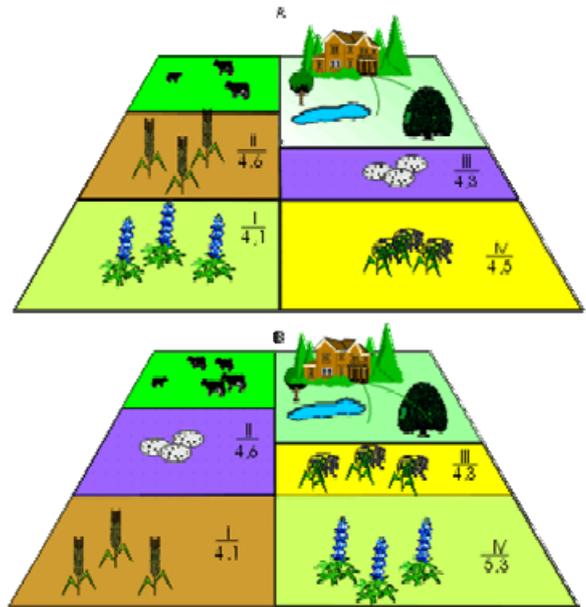
The effect of irrigation is to increase crop yields by an enormous amount, in some cases by 500%. This could mean that an area of land producing food for 100 people could then feed 500 people when it was irrigated. Fifty years ago many farming experts believed irrigation might solve the world's food shortages. Now they are not so sure. Things are going seriously wrong.

Some irrigation schemes feed water directly to plant roots but others simply flood the land. The salts in the irrigation water collect in the soil as the water is evaporated by the sun. Every year the amount of salts increases in the soil until it begins to destroy the roots of the crops. Land that once gave huge increases in crops because of irrigation now gives no crops at all.

This problem is found throughout the world. A travel writer in Iraq described the irrigated land there as being so full of salts that it seemed to be covered with fresh snow. Nothing was growing there.

This problem is called salinisation (making salty). The cure, or part cure, is called desalinisation, which means removing salts. The only satisfactory way to do this is to process the irrigation water in a desalinisation factory to remove all the salts. This process is enormously expensive. The only country where this might be possible is the USA. In all the poorer countries, once the land is ruined it may stay ruined for ever.

Another problem with irrigation schemes is that for some of them the water has to be stored in the rainy season so that it can be used on the land in the dry season. One way of storing water is to build large dams across rivers.



The first disadvantage of dam-building is that a lot of good riverside farmlands are lost for ever under the lake behind the dam. The second is that a lot of water is lost by evaporation from the surface of the lake. It never reaches the land downstream from the dam.

The amount of irrigated land partly or severely damaged by salinisation in six developed and developing countries:

Egypt	80%
Pakistan	70%
Iraq	50%
Peru	40%
USA	30%
India	20%

The third disadvantage is that when a river is dammed, all the silt (fine mud) it carries is trapped behind the dam. This damages the irrigation scheme in two ways. Firstly, the silt that used to spread out over the fields when they were flooded by the river no longer reaches them. This rich silt was a major source of plant foods for the land. Secondly, the trapped silt gradually fills up the lake behind the dam. When the lake is silted up it will no longer provide water for the farmlands downstream. It is now estimated that in the lower Nile valley, the Aswan Dam and Lake Nasser behind it will only be effective for water storage until about the year 2050. This is about half the length of time originally forecast.

These examples of mismanagement of the Earth, from deforestation, over grazing and over cropping to over watering (irrigation), show how the balance between people and land can be destroyed. In many cases this destruction is completed in as few as three or four years. The local people themselves are often aware of what is going wrong, that new developments show no respect for the Earth. In Niger in West Africa, local people in some country areas have asked the government to close down new wells and not to dig any others. They have recognised that the new wells are bringing too many animals and too many people on to their fragile land.

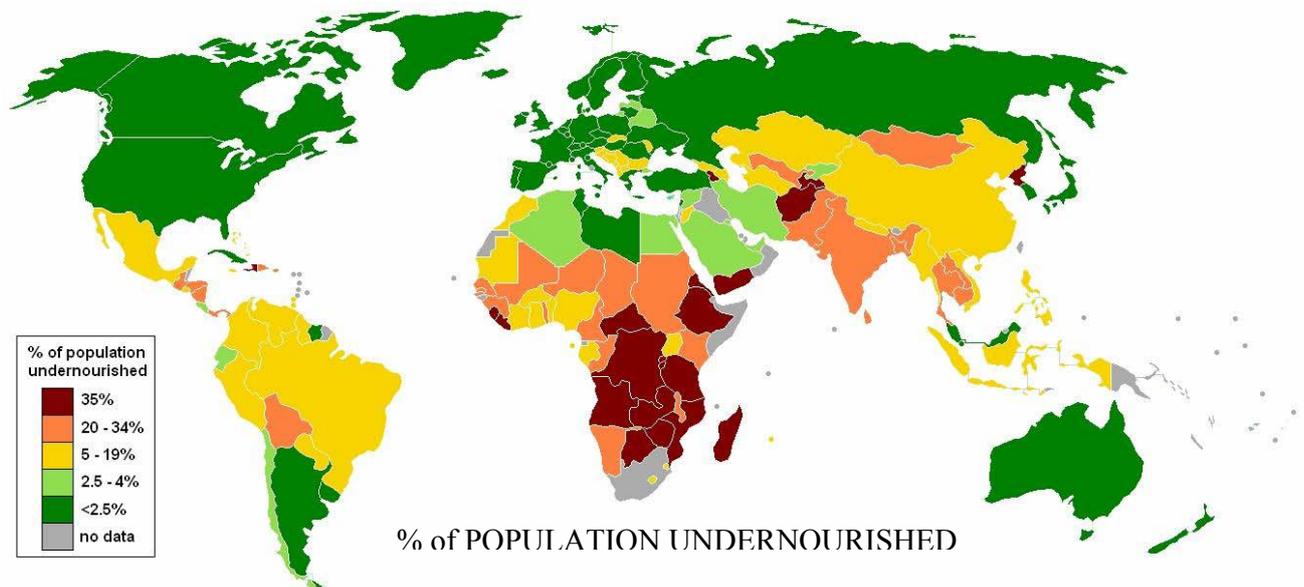
But all too often the local people are ignored by government. Dams for water and for electric power are often built to serve the cities rather than the country. Great irrigation schemes, cattle ranches and forest clearances are decided upon for reasons of greed and political power. The people who actually live on the land are not often consulted.

Even if the wishes of local people are considered, there are two huge pressures operating in the world that prevent those wishes being put into action.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

TOO MANY PEOPLE:



Two vital factors are always acting against the hungry people of the world.

1. World population is increasing far faster than food supplies.
2. All the developed countries are increasing their demands for food.

The expected growth of world population shows that all the countries in which population will increase by more than 100% in the next 30 years are all in the developing world. The countries with the largest increases are likely to be the very poorest countries: the third world.

This means that most of the biggest increases in population will take place in countries least able to cope with population increase. In these countries, for example most African countries, millions of people are starving now. For these people the outlook would still be bleak even if the population figures remained stable.

Every day of the year about 500,000 babies are born into our already overcrowded world. 90% of these babies, that is 450,000 per day, are born in the developing world. The situation in the developed world is rather different. Here the expected increases in population will be less than 100%. In several European countries, including Britain, there will even be a decline in the size of the population by the year 2020. The only countries outside Europe that are expected to show a population decrease are Greenland and Syria.

However, other parts of the developed world will continue to show quite large population increases, although they will be less than 100%. The combined population of the USA and Canada is expected to increase by about 25%. This will give another 80 million mouths to feed. In total the developed lands will see their populations increase by about 250 million people by the year 2020. This is about the present population of the USA (310 million in 2010).

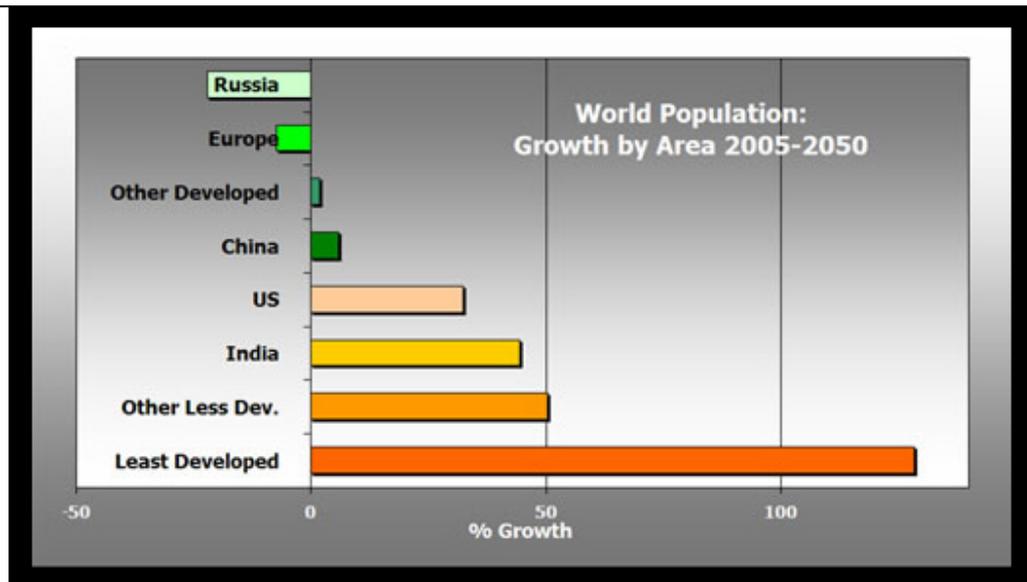
There are approximately 490,000 babies born every day worldwide.

http://wiki.answers.com/Q/How_many_babies_are_born_every_day_in_the_world

The UN Population Division prospects an increase of population from 6,512,276,000 (2005) to 6,908,688,000 (2010).

That means a net increase of 396,412,000 people in five years, meaning a net increase of 217,212 people/day or 150 more people/minute.

Source: Population Division of the Department of Economic and Social Affairs of the United Nations Secretariat, World Population Prospects: The 2008 Revision, <http://esa.un.org/unpp>, Friday, June 26, 2009; 3:41:46 AM.



The world map of expected population increases gives one picture of the situation. It is a gloomy picture. Real hope for the hungry would be shown only if all the countries of the world could be improved if more countries began to reduce in population.

World population estimates milestones

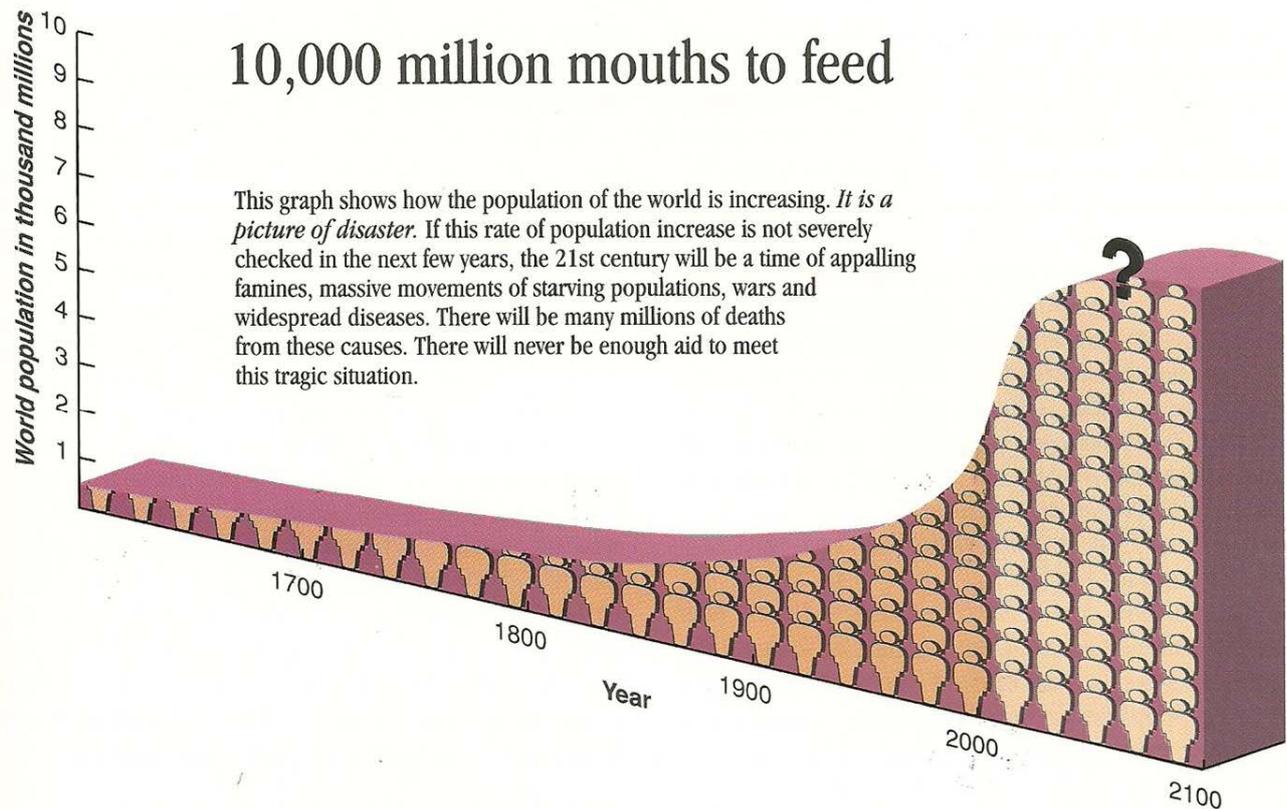
Population (in billions)	1	2	3	4	5	6	7	8	9
Year	1804	1927	1960	1974	1987	1999	2011	2025	2045-2050
Years elapsed		123	33	14	13	12	12	14	20-25

The population explosion

The graph shows that world population increase has got faster and faster since 1700 CE. This huge increase in population is called the population explosion. Twelve years is adding a billion people to the planet. By the year 2100 the world population may be double what it was in 1991. Not only does this represent an enormous increase in the number of mouths to feed, it also means huge increases in the number of our people. One estimate is that half the population of Africa will be under the age of 14 by

the year 2025. Most of them will be living in rural or urban poverty, most will be hungry and most will have no job prospects.

In every country of the world the reasons for the population explosion are being argued. People are puzzled that in a time when we know more about birth control than ever before the population explosion is still taking place.



There are two explanations for the population explosion that many people now accept. Firstly, improvements in medical and health care allow many people to live much longer. This has increased population as more people live into old age. But even more important is the fact that population has increased simply because more people have lived long enough to become parents.

The second explanation is rather more complicated. The population explosion is worst in the third world countries, but it was not always like that. In the past, many family and tribal groups practised their own methods of contraception and restricted the size of their families. They kept a healthy balance between their numbers and their land resources. Old people were looked after by their family and tribe.

One factor that destroyed this balance was development. Farmlands began to be used to produce crops for export to the developed world. People were pushed off their lands and so had no means of support. Because this happened so quickly, and in relatively poor countries, such things as state aid and help for the aged were never set up.

The only way to be cared for when old was by having many children. Each child was too poor to look after his parents by himself, especially if he had married and got a family of his own. But if there were

eight or nine brothers and sisters (better still, 13 or 14) they might just manage to support each other, their parents and grandparents. As families have become poorer, the size of families has got bigger.

In a desperate attempt to survive, many people, having lost their land, are moving to the towns to find work. They now live in great shanty towns, earning a few pence a day. Not only is population exploding, it is becoming urban. This drift to the towns has been described as one of the greatest tragedies in the history of mankind. Countries affected by these changes include Sudan, Mali, Indonesia, the Philippines, parts of India, Brazil and Bolivia.

These two explanations for the population explosion are not the only ones. Other causes may also operate. For example, in some countries there are religious objections to the use of any kind of contraception. Poverty and ignorance also limit the use of contraception and so contribute to the population explosion

The demand for food

A baby born in Europe or America will, on average, take about 40 times as much of the world's resources such as food and fuel as a baby born in Bangladesh or another third world country. In other words, 40 Bangladeshi babies have to survive on what is available for just 1 European or American baby. It is not surprising that several of them will die before their first birthday, and the survivors go hungry for the rest of their short lives. At least half of the 40 Bangladeshi babies will have died by the time the European or American baby has grown to the age of 35.

As the baby born in the developed world begins to grow it uses more energy, wears more clothes, and eats far more food than a third world baby. If in adult life the developed world baby becomes a parent, he or she will expect his or her children to have an even better start in life.

People in the developed world are only just beginning to realise how much of the world's food they demand. They are only just beginning to understand that some of that food is taken away from the hungry peoples of the world.



Cash crops: peanuts

In many of the poorest countries the local people were once able to feed themselves, and knew how to manage their lands to prevent the effects of over cropping or over grazing. But now their lands are often used to produce crops to sell to the developed countries instead of growing the food they need for themselves. These crops for sale are called cash crops. For example, peanuts have been grown in some parts of the Sahel in Africa, especially in Niger. Local farmers were encouraged and supported by European businessmen to grow peanuts for export to Europe.

Before this, local farmers and cattle rearers had always rested the land for a few years. They let it lie fallow. Then the cattle were grazed on the fallow land, adding manure to the soil. The lands then gave

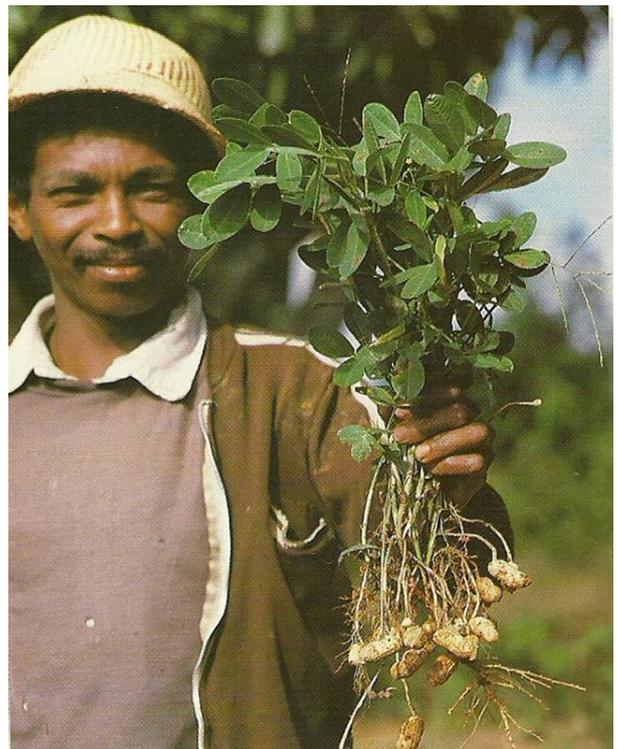
good crops for the next two or three years. This rotation of land use kept the system working. Then, as peanut farming spread, more and more fallow land was ploughed up. The fallow was no longer rested, nor used as grazing. The cattle rearers were driven out to the desert edge.

At the same time the farmers were getting into debt buying new seed, new equipment and fertilisers that did not really restore the exhausted soil. Peanut plants very quickly exhaust the soil. The land needs about six years to recover from three years of peanut farming. Then between 1967 and 1969 the price farmers were paid for peanuts fell by more than 25%.

The desperate farmers now had to grow peanuts on another 25% of their land just to pay the interest on the debts they already had. In Niger the area under peanuts grew by 400% between 1954 and 1968. 1968 was the year the droughts began.

No one can say how many of the thousands who died of starvation might have lived if traditional farming methods had still been in use. What is certain is that by the time the droughts came, large areas of cropland and semi-desert were so damaged there was almost no plant cover left. Neither the farmers nor the cattle herdsman could survive the droughts. What makes this tragedy worse is that, in much of Europe, we do not even regard peanuts as a meal. They are a party snack or something to eat at the cinema.

When we read of these tragedies and see pictures of starving people on television most of us want to do two things. We want to help, and we want to blame somebody. But before we blame anybody at all we need to consider other examples of land 'development'. Unfortunately there are hundreds of such examples.



The case of the American hamburger

Most hamburgers are really beefburgers. The meat in them comes from cattle. Since 1965 the number beef cattle in Central American countries such as Costa Rica has increased by 70%. It has been estimated that almost 90% of the beef produced has been exported to the USA. Much of it was used in hamburgers. This cheaper, leaner beef held down the price of burgers in the USA by only about five cents per pound. But the real cost of this saving was enormous.

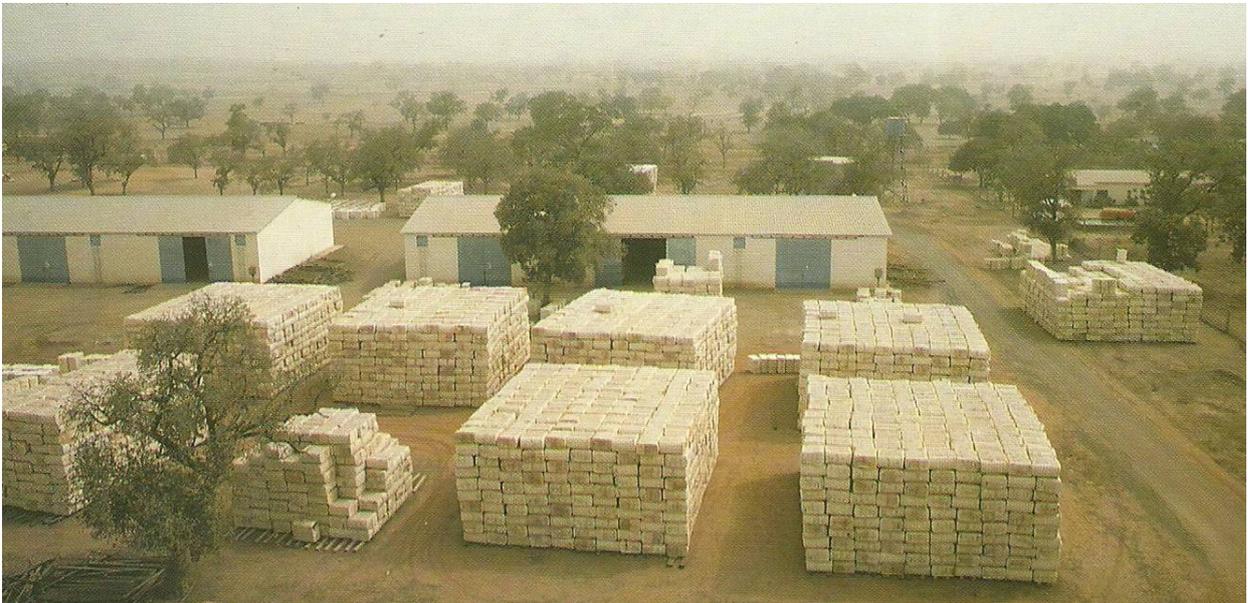
To produce just one hamburger requires the destruction and clearance of nearly six square metres of tropical forest in Central America. The forest is cleared for ever; within three or four years the land is exhausted by the grazing cattle and begins to be eroded by the heavy rains. The same has happened to the lands of the local people who were forced to move to make way for the cattle ranchers. Almost none of the beef that is produced on these lands feeds the local people. They cannot afford it. A statistic that

is often quoted is that by 1985 the average Costa Rican was eating less beef than the average American domestic cat.

The case of the cotton shirt

In the last 20 years there has been a big increase in the amount of cotton grown in the Sudan. Almost all of it is a cash crop for export to Europe. The Sudanese government moved thousands of small farmers off their lands so that cotton fields could be laid out. Almost none of the profits reached the people who were made homeless by this development.

Between 1980 and 1990 the rise in cotton production was matched by the fall in sorghum production – the main food crop. Stocks of sorghum stored in the towns were not distributed to the starving in the countryside but were sold to the townspeople. Prices rose to 25 times the original price. This greed and selfishness has been contributing factor to the start of the civil war.



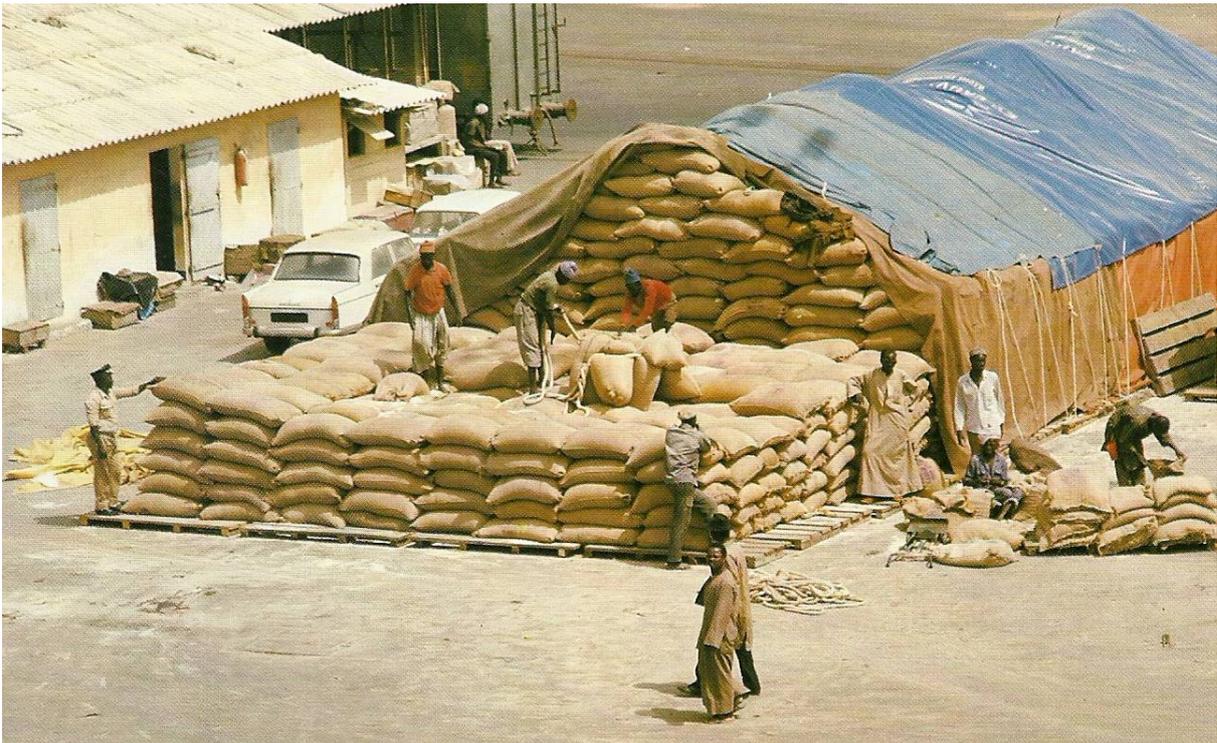
Other cases tell similar stories. In Indonesia, in the southeast Asia, the government has been organising a programme of land reforms that has made 12 million people homeless in the last 10 years. The land reforms are designed to benefit a few rich landowners. Protestors are labelled troublemakers or communists and thrown into jail. There is no trial. During this programme of land reform the IMR in Indonesia has risen to become one of the highest in the world.

In Ethiopia, people starve and die of thirst while the country exports water melons. While people are short of protein in their diet in Gambia, that country, like Niger, exports peanuts, which are rich in protein.

It is a clear that hunger and famine are almost never the result of one single cause. There is almost never just one event or one country to blame. In fact, blaming is a waste of energy. The truth is that in one way or another we are all to blame to some extent. What matters is not blaming but asking what needs to be changed in order to save the lives of 40,000 people a day. The vital question is how can we help?

AID and RESCUE:

The countries of the world that offer aid to others are called donor countries. The countries receiving aid are called recipient countries. In addition to giving international aid, developed countries also have schemes for aiding and rescuing the hungry and homeless who live inside their own boundaries. This kind of internal aid often passes almost unnoticed, and is not always supported by the public as wholeheartedly as international aid usually is. We may find it easier to be sympathetic towards the victims of drought and civil war in Africa than towards the victims of our own society who live in the slums of major cities.



Donor countries offer aid to the recipient countries in many ways. The four main types of aid are food, money, skills and military aid.

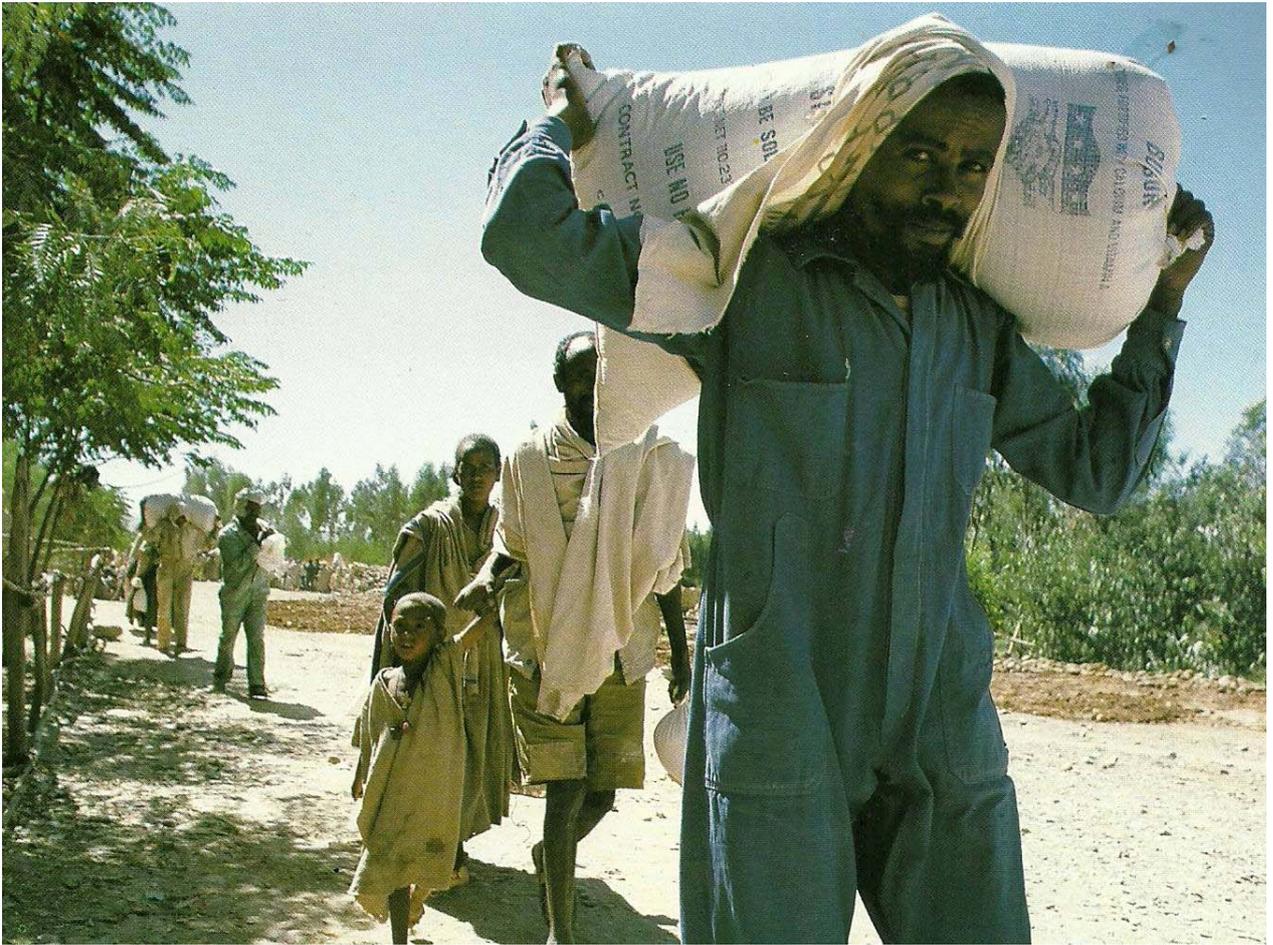
All the developed countries are donor countries, giving aid. All the third world countries are recipient countries, receiving aid. They include African countries in the Sahel, countries of Central America, Cambodia and Bangladesh. Some countries that are now succeeding in developing are both donors and recipients, giving and receiving aid. They include Brazil, India and Egypt. Kuwait is an example of a country that gives some kinds of aid, such as foods and technical skills, and receives other kinds of aid, such as military aid.

Food aid represents only about 10% of the value of all aid offered, but it is especially important for two reasons. First, it is the kind of aid most of us are concerned about. It seems only sensible to send food to the starving. Second, what the donor recipient countries do with food aid reveals what is really going on with most kinds of aid.

People living in the donor countries often believe that sending food to the hungry and starving is the best thing to do. It seems the simplest and most direct way to help those most in need. Sadly, this is often untrue. In fact, there is even some evidence that sending food to other countries sometimes causes harm.

Donor countries send food aid in three main ways:

1. As emergency aid, a once-only rescue aid for the starving.
2. As project aid, food given as 'pay' for work on projects.
3. As programme aid, regular donations of food which can either be distributed to the hungry or sold to raise money for projects.



Emergency food aid

This aid is usually a single donation of food made to the disaster area of an earthquake, flood or famine. When famine is caused by long periods of drought, then the food aid may become regular aid through the drought years. This happened in parts of the Sahel where there has been almost continuous drought since 1968.

The biggest problem with emergency food aid is that it usually arrives too late. By 1980 the effect of the drought years in the Sahel led the Food and Agriculture Organisation of the United Nations (FAO) to warn the world that hunger was turning to famine. Almost nothing was done. Action did not really begin until the end of 1984, after television reports about the starving people caused an outcry. It was public protest, rather than government planning, that got food aid moving.

Despite this, it took over a year – 400 days – before any food promised by the EU actually reached Africa. By then, millions had died and 35 million people were starving in 20 countries.

By the time the food did arrive, people had moved to refugee camps. If food had reached them while they were still in their villages they might have been able to repair some of the damage. Instead, the camps became their permanent homes, and the land was abandoned.

Another problem with emergency food aid is that it often arrives from several countries at the same time. The recipient countries cannot cope with all the food. They cannot store it, transport it or issue it fast enough. Enormous quantities are wasted, while out in the countryside people are dying. It is estimated that only about 75% of the food received in Ethiopia was ever distributed to hungry people. In the Sudan, only about 65% reached the hungry.

Yet another complication was that food that the donor countries wanted to get rid of was not always suitable for the people in the recipient countries. This led to health problems, to changes in diet and, in some cases, even to the collapse of local farming, because people no longer wanted to eat locally-grown foods.

In some recipient countries not so seriously affected by drought, food aid started to arrive just as the local harvests improved. Local crops rotted in the fields because the warehouses were full of food from the EU and the USA. Local farmers were ruined; they abandoned their lands and became hungry refugees in the towns. In some countries the local people demonstrated against the arrival of food aid. In countries as far apart as Kenya and Haiti, food aid did harm as well as helping.

Project aid

Project aid schemes offer local people food in return for working on local projects designed to improve their homeland. These projects are often quite beyond the resources of the local people working alone. For example, schemes such as marsh drainage, desert reclamation by planting drought-resistant plants and tree planting to reduce soil erosion cannot be carried out by local farmers working alone. They lack the money for equipment, they may lack technical skills, and may know nothing about results from agricultural research. But if some or all of these things are offered by their government or by a relief agency from a donor country, local farmers can offer their labour.

The result is a double benefit. During a year of food shortages they receive food for their families. The work they do helps to improve their homeland for the years when they can farm again. One of several successful schemes was the work in hill country in Ethiopia to plant trees and build hill terraces to control soil erosion and conserve water. Each worker was paid with enough food for a family of six. Over half the workers said the scheme had saved their families from starvation during the worst famine years.

This kind of aid is obviously very valuable. It prevents starvation and it involves the local people in working for their own local benefit by improving their homeland. It can also help to develop links between the donors and the recipients.

But just as with emergency food aid, things can go wrong. The most serious problem is that if too many healthy and fit local people are drawn into the scheme their own farms may be neglected. They may also consider the scheme an easier way of getting food for their families than struggling to grow it themselves. The workers may become too dependent on the food-for-work scheme. This kind of aid has to be carefully planned to encourage workers to keep their own drought-damaged farms in operation, even if crops are very poor for some years.

Other problems arise when the government of the recipient country makes political decisions about which schemes shall be developed first. For example, if food is given for improving roads between cities this may do almost nothing to help farmers in the most rural areas. In third world countries damaged by civil war, the governments may only be interested in schemes that help them fight the rebels. The needs of the hungry are placed second to feeding the troops and improving roads for moving armies about the country. It may be very difficult for aid workers from donor countries to do anything at all about this. They are in the recipient country as visitors and can easily be thrown out.



Programme food aid

The basic idea behind programme food aid is that the donor country shall give regular donations of food aid to the government of the recipient country. This food aid can either be stored as reserves for the

people or it can be sold. If it is sold the money will then be spent on agreed development projects. 70% of all food aid takes this form. Unfortunately, this major kind of food aid almost never reaches the poor and hungry in the recipient countries.

There are many reasons for this. One is that the political decision of recipient governments is to look after the people most likely to support them. Much of the food aid is sold to people in the towns who can afford to buy it and who are not hungry in the first place, including government employees, civil servants, businessmen and the armed forces. The hungry people out in the countryside rarely see any of this food. It is not surprising that in several countries torn apart by civil war the first rebellions began in the countryside and led to attacks on the towns.

A second reason for food aid not reaching the hungry is that it is often extremely difficult to get food into the countryside. The ports, the railways and the better roads all serve the main cities. Many rural areas are connected only by dirt tracks. For food loads to reach rural areas they have to be broken down into individual sacks and boxes and carried by camels and donkeys. Much of this food is lost or damaged on the journey.

The failure of much programme aid is also the responsibility of the donor countries. Firstly, most of the donor countries pay their own farmers to produce huge food surpluses. The food is expensive to produce and expensive to store. This may be a political decision, a way of overpaying farmers to obtain their votes. The surplus food is then sent to the recipient countries, whether or not it is suitable food. It has become part of a deal to support developing countries important to the rich nations.

Two outstanding examples of this are the aid (and interference) inflicted on countries close to the Suez and Panama Canals. Just as some of these countries have been attacked by the USA and European countries at different times, so they have been bribed with enormous amounts of food aid. For example, of all the cereals shipped to African countries in 1985-86, over half went to just one country: Egypt. To make matters worse, the people of Egypt do not need as much food aid as most other African countries. But Egypt's control of the Suez Canal, and its more pro-western attitudes than those of some other countries, ensure that huge quantities of food are sent there. In Egypt, bread has become as cheap as chicken feed.

Meanwhile, in the countries where many are starving, the food there is just too expensive for the poor to buy it. Many people who die of starvation do so not because there is no food but because they cannot afford it.

Food aid of various kinds does help the hungry and starving, but far less of it reaches the hungry than is realised by the people in the donor countries. If the donor countries intend to go on helping the hungry of the world they need to find better ways of doing so. Aid and rescue in the 2010s needs to be far better organised than it was in the 1990s.

Golden Rule: that 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.

Winnowing the grain in Bolivia. In many small communities in the developing world, traditional methods need to be improved rather than completely replaced.

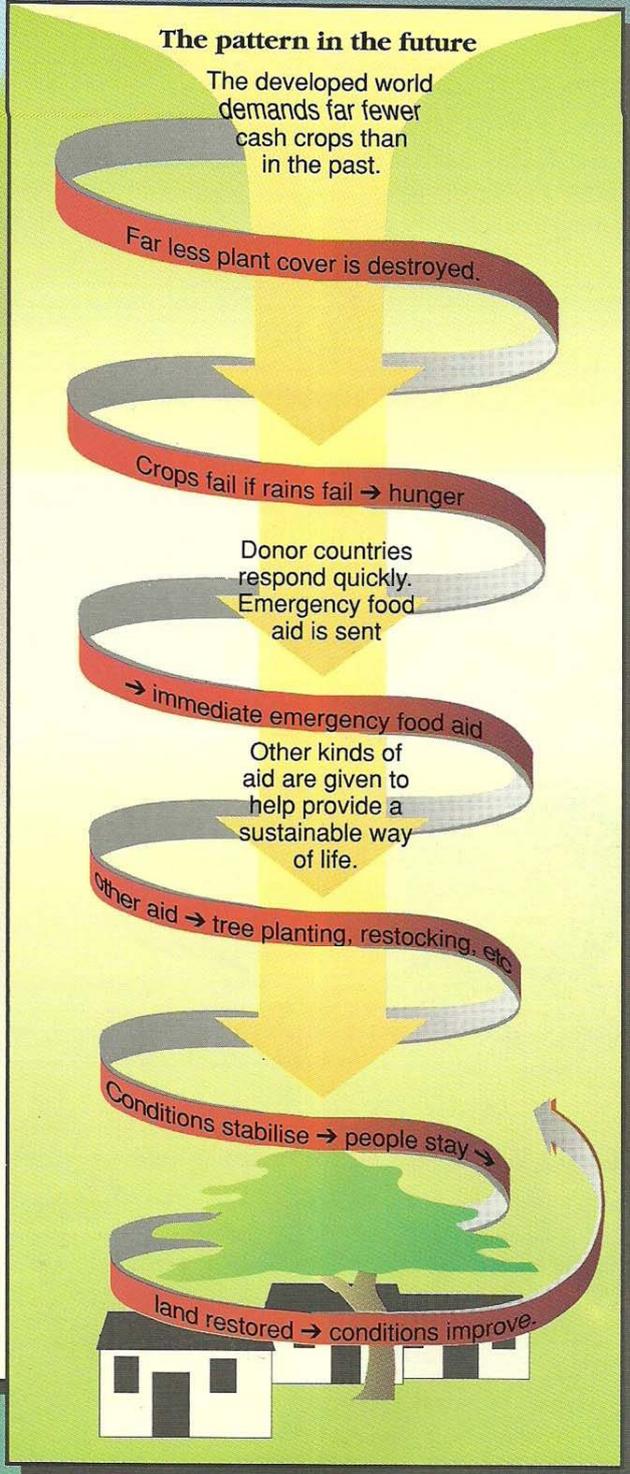
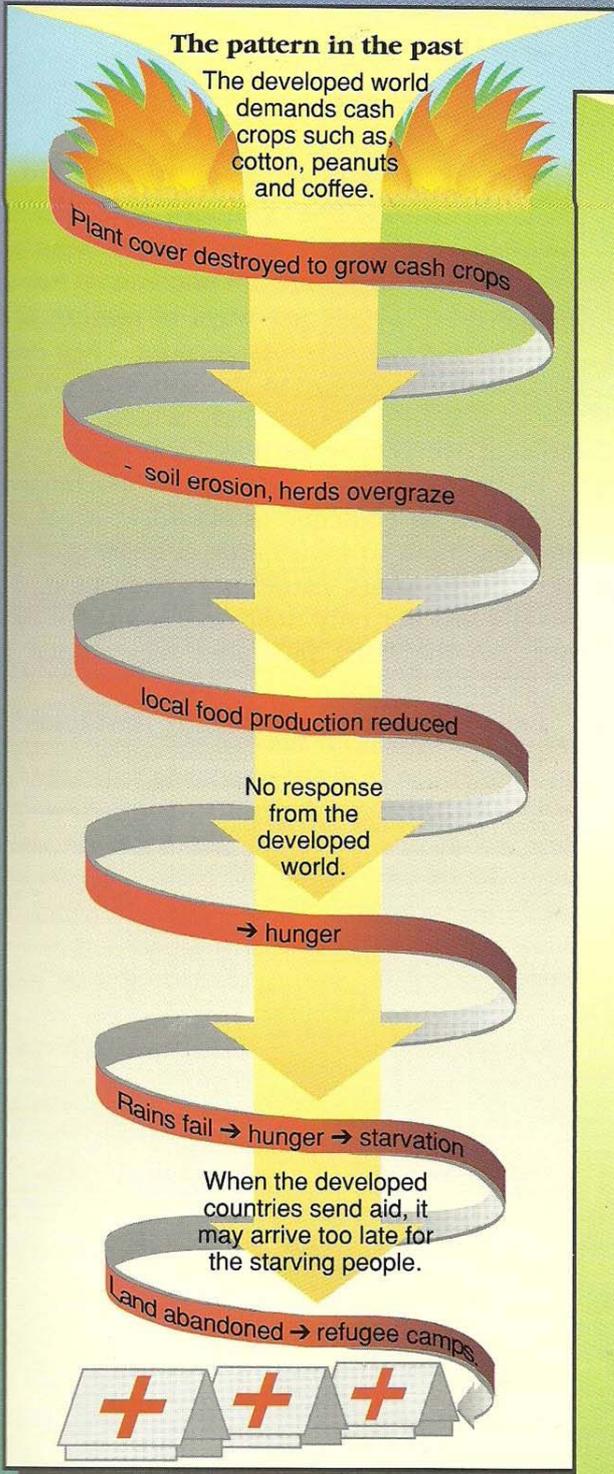


**PASCA
PERS**

**PASCAS
HEALTH**



Reorganising aid



MAKING REPAIRS:

Looking to the future

A huge proportion of the aid offered to the hungry does nothing whatever to prevent them becoming hungry again in the near future. Sometimes the aid is so misdirected it may even do more harm than good. We offer the hungry and homeless in our cities better blankets so they will be more comfortable sleeping in shop doorways. We send completely unsuitable foods from Europe to Africa simply because we want to get them out of our warehouses. Some of these foods actually make hungry Africans ill. These kinds of help do nothing to repair the damage in any way that holds out the hope of a better future. **The only aid that really helps to repair damage is aid that gives the hungry a future as well as a meal today. Emergency aid is vital but it must be linked to long-term improvements in the life situations of the hungry.**

Here is an example of this kind of aid. In northern Kenya, the Samburu and Turkana peoples raise animals in an area of semi-arid grasslands. Droughts are not uncommon but the people have developed ways of rearing their animals that take this into account. They move their herds according to the seasons from one area of grazing to another, which helps to prevent over grazing the poor land they live on.

In 1984 there was a drought. Unfortunately, there was an epidemic of livestock disease at the same time. In some herds, as many as 80% of the goats, cattle and sheep died. The people lost not only their own source of food, but also the skins and hides they traded for other kinds of food.

Emergency food supplies were distributed by Oxfam, but it was linked with plans to repair the damage. The local people discussed their needs in detail and an animal restocking programme was launched. Families were given or loaned small starter flocks of sheep and herds of goats. They were also given a few donkeys and camels as pack animals. With these new animals the refugees were able to leave the camps and move out into the grasslands again. The restocking programme was followed up with improvements in marketing the skins and hides, and with the provision of training in the use of drugs for animal health. The emergency was dealt with and at the same time important steps were taken to improve the future prospects of the local people.

One of the ways in which help is most needed is in the area of education in its widest meaning. For example, people living in areas affected by the advance of the desert and the destruction of grasslands may be accustomed to periods of hunger and food shortages. They might be quite ignorant of the signs that hunger is becoming starvation. In Ethiopia in the 1980s Save the Children Fund workers trained people in nutrition and diet so that they could recognise the onset of famine. As a result, earlier warning of approaching disaster was possible. When emergency food aid did eventually arrive it could be directed to the areas where it was most needed. Local people can now keep a permanent check on the seriousness of hunger in their home areas.

A plan to follow

These two examples of making repairs, one in Kenya and one in Ethiopia, illustrate some vital points about what makes aid effective.

1. **Effective aid comes more often from agencies at work than from government aid.** Although aid from governments far exceeds agency aid in amounts, it is often far less effective. There are many reasons for this.
 - Relief agencies have less money to spend so spend it carefully, which means in consultation with the local people.
 - Because offering aid is their first and main aim they are very good at doing that, and have experienced fieldworkers to call on.
 - Much of the administration of aid is carried out in the recipient country, and not in the donor country.
 - Because much of agency finance is raised directly from the general public, the agencies feel directly accountable to the public.
 (So effective are some relief agencies that government funds are now being given directly to them instead of being used only by government organisations.)

2. **Effective aid is often a package of measures.** It is not only a matter of food supplies, it also involves health issues, education, training and skills development for the local people. For example, provision of food aid may be linked with supplies of seed or animals for the years following the famine. Farming and veterinary techniques may be improved.

3. **Effective aid is concerned with making repairs and improvements that are sustainable.** This means the help offered leads to long-term improvements which the local people can maintain over many years. A well known example of this kind of sustainable and long lasting improvement has been the development of 'stone lines' in Burkina Faso. Lines of local stones laid out parallel to the slope of the ground reduce soil erosion and retain rainwater in the soil. Crop yields have risen by as much as 50%. The simple skills needed to do this can be learned in a morning, and carried out entirely by local people.

4. **Effective aid is organised in partnership with the local people.** An outstanding example is the development of the Green Belt Movement in Kenya. Led by a remarkable woman, Professor Wangari Maathai, the people of Kenya have planted out more than 10 million native trees. Most of this work has been done by women. It is the women who grow more than three quarters of Kenya's food and collect three quarters of the firewood. The combination of replanting the eroded lands and protecting the farmlands at the same time is vital to the long-term future of the country. The development of new woodlands and tree nurseries has received some help from overseas aid agencies but it has been almost entirely managed and carried out by the people themselves. They work at it because they can see how it benefits them.

As these successful schemes multiply, the basic message is beginning to be understood in both the donor and recipient countries. Repairing the damage is only effective if the aid is appropriate to the local area and does not damage the local environment. Apart from emergency aid to meet a particular famine situation, all aid needs to lead to sustainable improvements which involve the local people in feeding themselves more effectively on their own lands.



Farming the desert

An impressive example of local development in Kenya is the Baobab Farm near Mombasa. The site was once a desert landscape in an abandoned coral limestone quarry. The development has been based on agroforestry, a system of farming in which trees and crops are grown together and animals are raised that can feed on some of the plants being grown.

One type of tree, the Casuarina, has grown particularly well on the bare, rock-hard earth. It produces its own nitrate fertiliser from chemicals in the air and soil, while the roots break up the rocks and the falling leaves add compost to the ground. These trees grow very fast and produce wood for fuel within five years. Later their straight trunks are used for building.

The animals are chosen so they can be reared together without destroying the new vegetation. Sheep outnumber goats ten to one, because they are less destructive. Cattle graze alongside local species of deer – the deer eat different grasses from those eaten by cattle and also produce good quality meat.

The theme of inter-relatedness also affects the way water is used on the farm. Fast growing tilapia fish are bred in tanks to provide more protein in the African diet. Dirty water from the fish tanks is pumped on to rice fields. The rice crop feeds on the fish waste in the water, which is then purified and recycled elsewhere.

Another scheme being tested on the farm is the rearing of baby crocodiles, both for their valuable skins and for their meat. The crocodiles are fed with offal from the animals and the fish. Nothing is wasted.

The farm has been running for 30 years and attracts many visitors. Several other abandoned local quarries have now been involved in the scheme. An education and train programme is a vital part of the work. The message to Kenyan farmers is clear: 'If this can be done on one of the worst sites on Earth, what might you do with your farms and ponds?'



The coral limestone quarry before being reclaimed for farming



The reclaimed quarry a few years later, with casuarina trees being felled



The tilapia fish farm



Local species of deer, including eland and oryx, are being moved in to replace imported cattle.



Rice fields being prepared in the quarry

ONE WORLD:

Lessons learned

The hungry and starving enter our living rooms on television and through the newspapers. The people of the developed world can no longer plead ignorance about what is happening in the third world. Nor can they pretend it is nothing to do with them. We all live in one world, and this world is all we have. The media have done us a great service by bringing us news of the hungry in our world and by showing us that perhaps we are all partly responsible for much of their hunger. We may not be comfortable with this news but we cannot deny it.

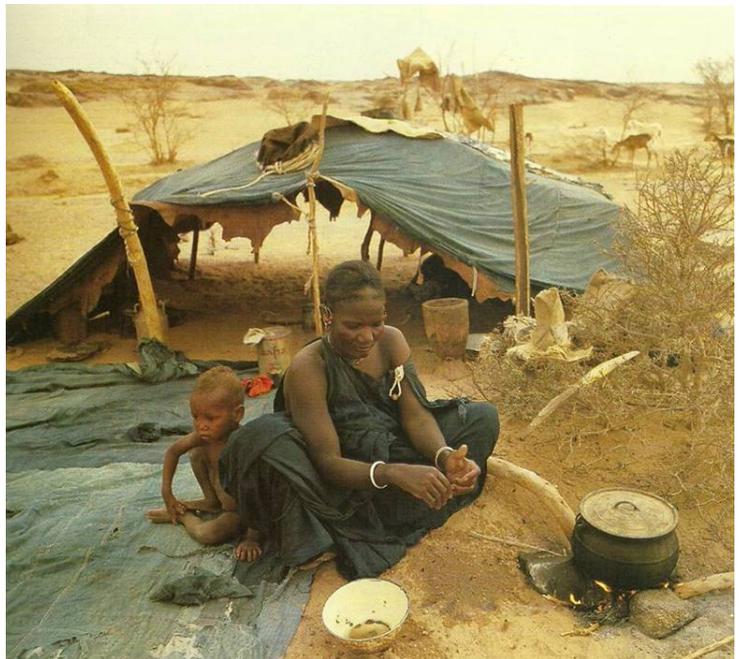
We know that western-style development scheme fail in most countries that are not western. (Japan is in some ways the notable exception.) Western schemes have made the people poorer, devastated their environments and left their countries crippled with debts.

We know that the hungry are also the poor. In many countries they would not be so hungry if food prices were not kept so high.

We also know that the most successful aid from donor countries is aid that recognises the needs of the recipient. It is aid that allows the recipients to make sustainable improvements in their environment.

Changing lifestyles

Despite our growing understanding of the causes of hunger and the plight of the hungry, the situation is getting worse. Public opinion in the developed lands is increasingly aroused to protest and to help. But the reality of one world and one family of man living in it is still not accepted by many people when it threatens their own standard of living. For example, some people who give money to charities helping with food aid may not be so ready to change their own eating habits. Yet the evidence suggests that a diet based largely on meat is incredibly wasteful of the world's resources. **Animal reared for meat eat over 40% of all the grains grown in the world. If those grains were fed directly to people they would feed twenty (20) times as many as are fed by meat.**



The Hunger Argument

Number of people worldwide who will die as a result of malnutrition this year: 40 million
 Number of people who could be adequately fed using land freed if Americans reduced their intake of meat by 10%: 100 million
 Percentage of corn grown in the US eaten by people: 20
 Percentage of corn grown in the US eaten by livestock: 80
 Percentage of oats grown in the US eaten by livestock: 95
 Percentage of protein wasted by cycling grain through livestock: 90
 How frequently a child dies as a result of malnutrition: every 2 point 3 seconds
 Pounds of potatoes that can be grown on an acre: 40,000
 Pounds of beef produced on an acre: 250
 Percentage of US farmland devoted to beef production: 56
 Pounds of grain and soybeans needed to produce a pound of edible flesh from feedlot beef: 16

The developed countries still want to believe that their way of doing things is sustainable. But is it? For example, American and European farmers produce vast quantities of good quality foods, but their methods are very inefficient. Huge quantities of energy and other resources are used up in machinery, fuels, services, labour and distribution costs. A Chinese farmer is about 500 times more efficient than a European farmer in the use of resources.

The developed countries maintain their lifestyles by importing huge quantities of foods from developing countries. Almost twice as much food leaves the developing countries as enters them, even allowing for all the food aid. To underline this imbalance, it is worth pointing out that the developing countries are obliged to sell the best of their products, and the rich nations often send them the products they do not need.

The western way of life is being undermined not by an enemy outside but by enemies within. The enemies who are almost literally eating up western societies are the affluent people who are always demanding more: more for themselves, and even more for their children. But the message from our planet is that there is no more. The only thing we are certain to have more of is mouths to feed.

The imbalance between the rich and the poor is far greater than is generally believed. For example, even if the size of the population of the USA remained exactly the same for the next 50 years, the growing demands of that population would increase and be almost insupportable by the rest of the world.

The money business

Another major area of difficulty is that the developed world is tied up in a money economy. Profit is measured in money, not in how many people have enough to eat.

The values of this money economy have been imposed on the developing countries, which have been burdened with money debts for technical help, for construction materials and so on. The poor countries have been expected to repay debts with interest rates that they could never hope to meet. When developing countries do enter world trade they find that prices are determined by the rich countries. The people who produce the tea, coffee, peanuts, cotton and tropical fruits have little say in what they are

paid. Helping the hungry is still being treated as a financial business. In the five years from 1984 to 1989 there was a move of resources from poor countries to the rich of almost US\$140 billion.

The people of the developed world still want to believe that their way of doing things is the best and only way. For example, the World Bank is supporting reforestry schemes in many countries. This recognises the intimate connection between trees and protection of croplands, between firewood and safe diet based on properly cooked food. But the trees planted have often been those suited to the needs of the international paper industry and not to the needs of the local people. Fast-growing trees that show a quick return on investment are often trees that most deplete the soil. As a result the land is rapidly impoverished. By the time those trees are felled the land has been robbed of its fertility.

The conditions imposed by wealthy countries offering loans are often very damaging to the poorer countries. A country borrowing money may be told:

- To reduce expenditure on health programmes and food subsidies.
- To reduce workers' wages.
- To grow crops for export to earn money to repay the debt, instead of growing food for the local people.

Such conditions hit hardest at the poor and hungry sections of the local community.

The heart of the matter

It is easy enough to criticise the rich countries and overlook their good intentions, but perhaps they should heed the words of the Swiss psychologist Carl Jung: 'Never know first; never know best.' It is also easy to overlook the extent to which the rich and poor countries are suffering from the same problems. A survey by the EU countries revealed that of all the food sent to Bangladesh, only one third ever reaches the poor and hungry. The rest has been diverted and sold at cut prices to the well-fed who can afford to buy it. Government employees were favoured by rationing schemes devised by the government. Greed is found in rich and poor countries alike.

In some African countries food does not reach the hungry because of distribution problems. But similar problems are being experienced in Russia and the former Soviet republics. The food is not reaching the people because the government distribution system is breaking down and the black market is taking over. Black market prices for food stolen or 'lost' in the system are too high for the hungry and poor to pay.

However, we are slowly discovering how to help the hungry of the world by processes of trial and error that have cost millions of lives. We see the sense of giving help that is of long term value. We see the sense of being ready to help in emergencies. If so much material can be moved so quickly in the Gulf Wars, the rich countries can surely learn to move quickly and effectively to deal with famine, whether oil is involved or not. But all good intentions, all generosity, will be completely wasted unless we find a way of dealing with one particular and enormous problem. That problem is the growth of world population.

We have reached the point where spaceship Earth is too overloaded to feed us all in the same way we have been fed. We have to restrict population growth and we have to change our eating preferences and we have to do it now.

The choice is ours

When we are faced with the evidence of hunger and famine in the world it is easy to feel overwhelmed and helpless. If we allow that to happen then either we start looking for someone else to blame or we do nothing at all. But we do have other choices. We can recognise just how closely we are all connected to the hungry people of the world; we can recognise that their problems are also our problems. When the British entertainer, Lenny Henry, visited Ethiopia he said:

‘Going out there changed all my ideas completely. For a start I recognised that each of those starving figures we’d seen on the screen was an individual with the same pride, the same dignity, the same intelligence and the same feeling as you and I.’

Led by him and other comics, the British people raised almost £13 million of aid money on the Day of Comic Relief.

We can also help by taking action to change the attitude and behaviour of our businessmen and politicians. In 1991 the British government cancelled debts of half a billion pounds owed by the poorest countries, some of whom could not even pay the interest on their debts. It is important that we all support such action and encourage politicians to take this more long-sighted view. This kind of help will prove more valuable than temporary support in the form of food handouts. We also need to protest at what is wrong. In the USA public protest over the connection between the beefburger trade and damage being done to Central American environments led to a drastic reduction in that beef trade. Protests continue, and continue to have some effect.

We can all buy presents at the charity shops, we can take part in a fun run, or organise coffee mornings and car boot sales to help raise money for relief organisations. We can support the politicians who take up the issues of hunger and famine, and we can fight against the politicians who do not.

We need to keep in touch with the belief that most people do want to help. Workers in a biscuit factory demonstrated recently that they wanted to help Oxfam to deal with the problem of encouraging starving children to eat when they have lost all interest in food. Oxfam developed a high-energy biscuit that was very nutritious: the Oxfam Energy Biscuit (OEB). When trials



proved that children would eat the biscuit as a first step away from starvation, Oxfam placed a large order with the company that helped to develop the OEB. An extra shift was set up to produce the biscuits and all the workers donated their entire night's pay to Oxfam.

Such activities are extremely valuable and lead to clear benefits for the hungry. But there is one other and even bigger change we can make that will have the most lasting effect of all. We can change ourselves and how we live. The most important question for us all, adults and children, is do we choose to be part of the problem or part of the solution?

If we all ate less meat, that could become a permanent help. If we shopped more carefully, and if we wasted less, that would help. If, when we set up home with a partner and started a family, we considered carefully just how many children we wanted, that would be a permanent help. We can also stop pretending that each new generation can have a better start in life than the previous one; this will reduce the pressure on world resources coming from developing countries. The truth is that our children's lives will be very different from ours.



**PASCAS
HEALTH**



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



United States : The Revis family of North Carolina. Food expenditure for one week US\$341.98
(Sure hope most American families eat more fresh fruits and vegetables and less junk food than this family.)



Chad : The Aboubakar family of Breidjing Camp
Food expenditure for one week: 685 CFA Francs or US\$1.23



GOALS of PASCAS for the KIDS of the WORLD:

The only aid that really helps to repair damage is aid that gives the hungry a future as well as a meal today. Emergency aid is vital but it must be linked to long-term improvements in the life situations of the hungry.

One of the ways in which help is most needed is in the area of education in its widest meaning.

A plan to follow:

1. Effective aid comes more often from agencies at work than from government aid.
2. Effective aid is often a package of measures.
3. Effective aid is concerned with making repairs and improvements that are sustainable.
4. Effective aid is organised in partnership with the local people.

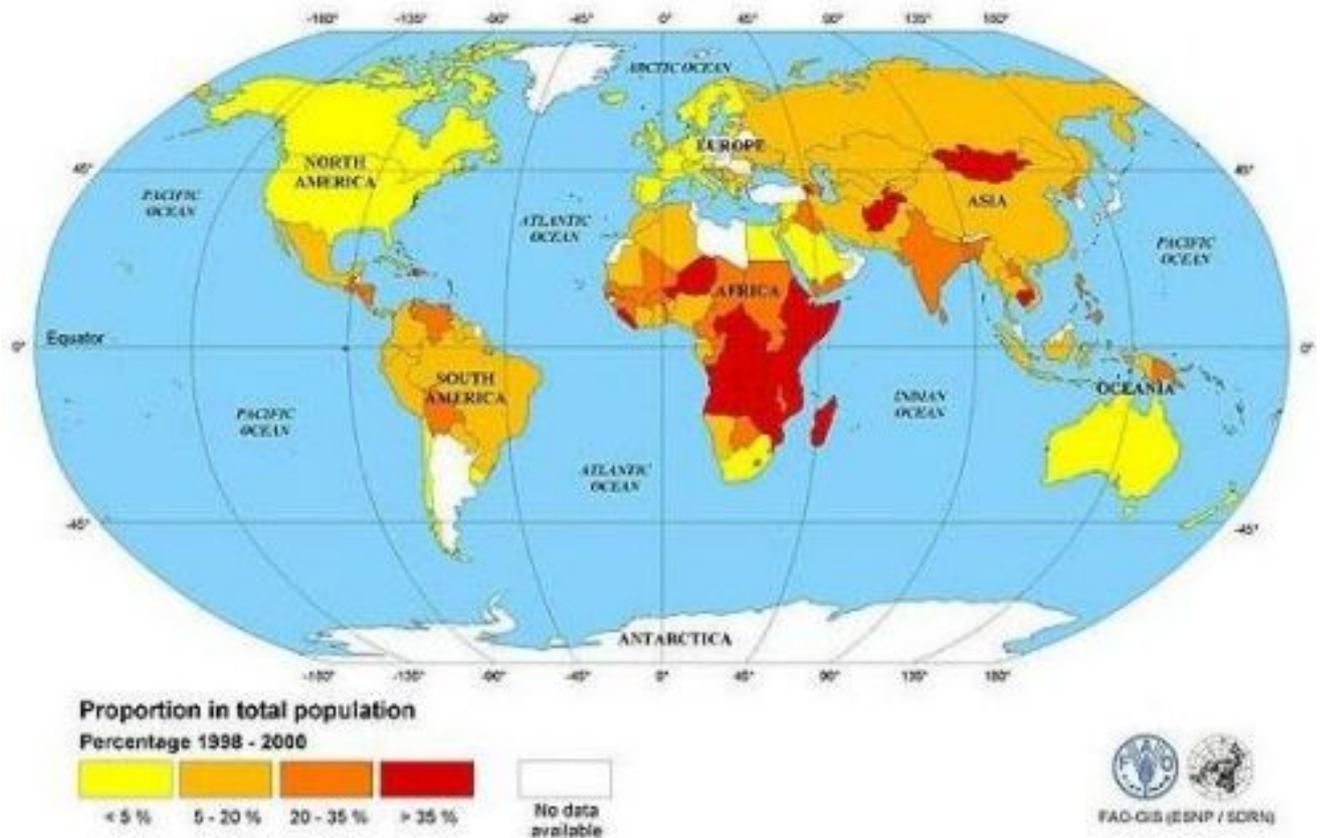
In this we are to deploy all the resources of Pascas Care, New Biosphere Agriculture, Chaldi College and all of the technologies being made available through Pascas WorldCare as considered appropriate, for the long term benefit of the communities that we are invited into.

We may see the emergence of a gift economy, rather than a monetary economy, come into prominence during this process of sharing.



The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

World Starvation % of Population



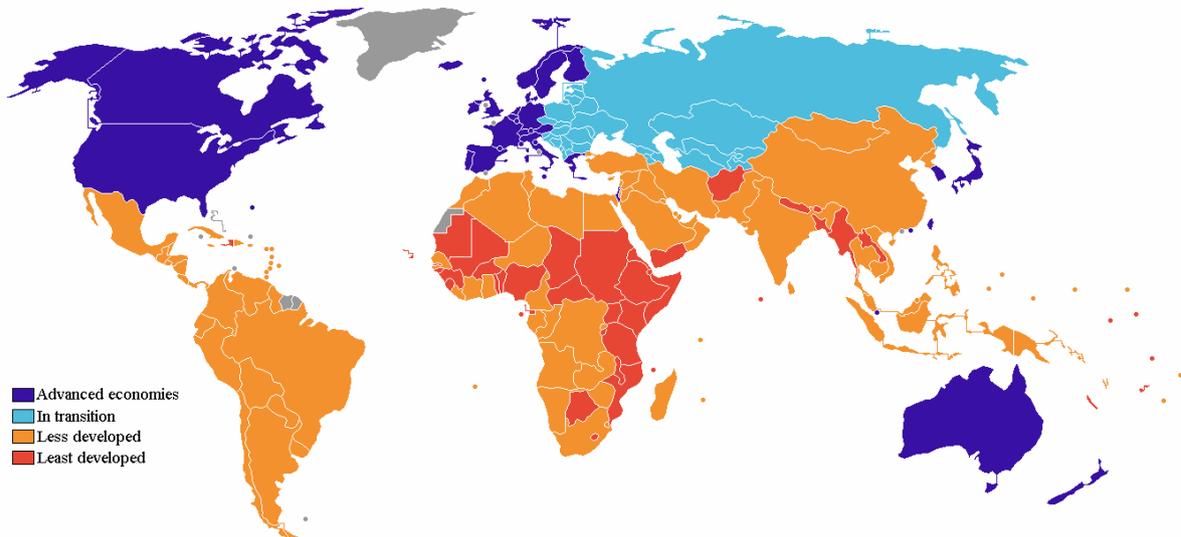
<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

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

info@pascashealth.com

22nd August 2009 Eudlo, Sunshine Coast, Queensland, Australia
[Overview Of Divine Truth – Future Vision Sound File](#)
 (notes follow from talk given 22 Aug 09)



33% of the world's population use 83% of the world's resources.

Is this loving?

The emotion of lack, we never seem to be happy with enough, instead we want more than enough.

The emotion of fear, we are afraid of the future so much that we feel that we have to have \$50,000 sitting in the bank before we can be secure. Do you know how much \$50,000 would pay for in a country in Africa?

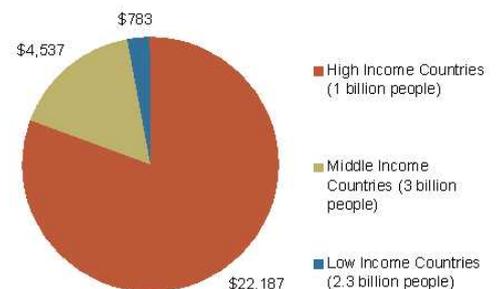
Many in Africa earn a dollar a week, that \$50,000 is a thousand years work for them. A dollar a day, that is one hundred and fifty years work for them.

Vision – every single person in Western civilization starts feeling about what they are doing to this planet and the people on it, just by the choices that we are making that we think we have the right to make.

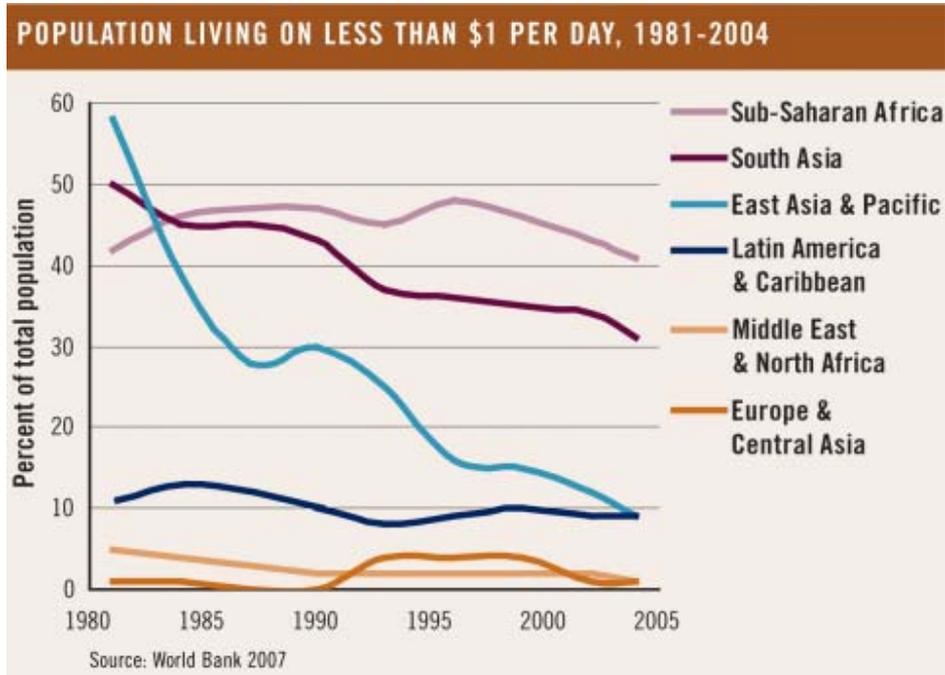
TE 1.46

How can you think about dealing with your spirituality when you don't even have enough to eat in a day?

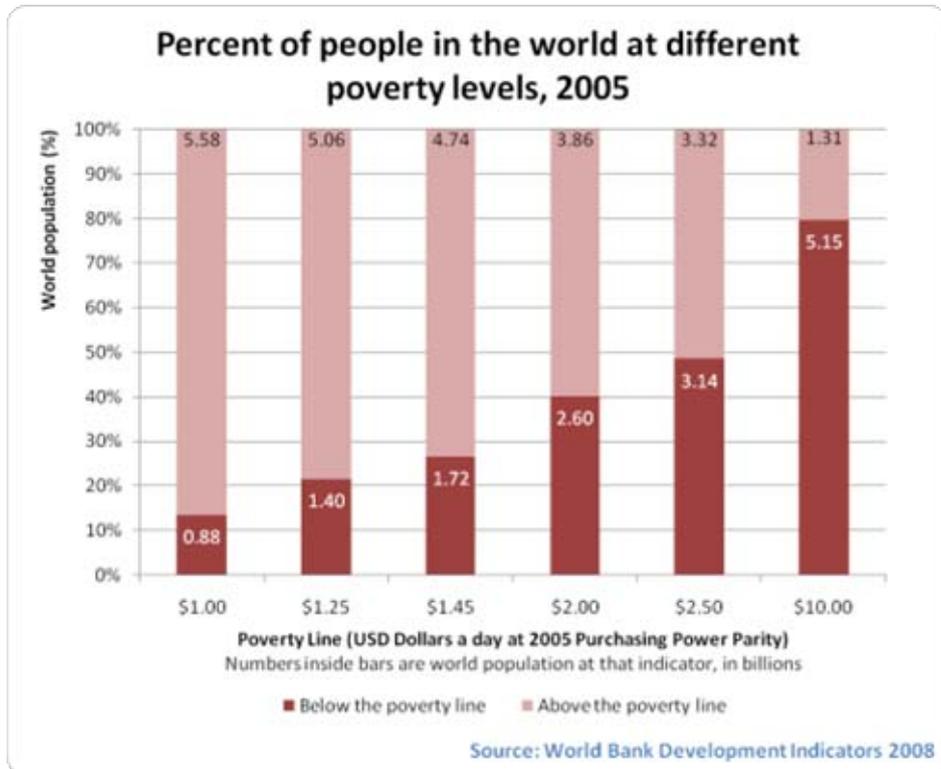
How can we reach 6.5 billion people when over 4 billion people are starving? They want to know were they are going to get their next meal, let alone how are they going to deal with spirituality at that level? Not only are their very basic physical necessities are not being met.

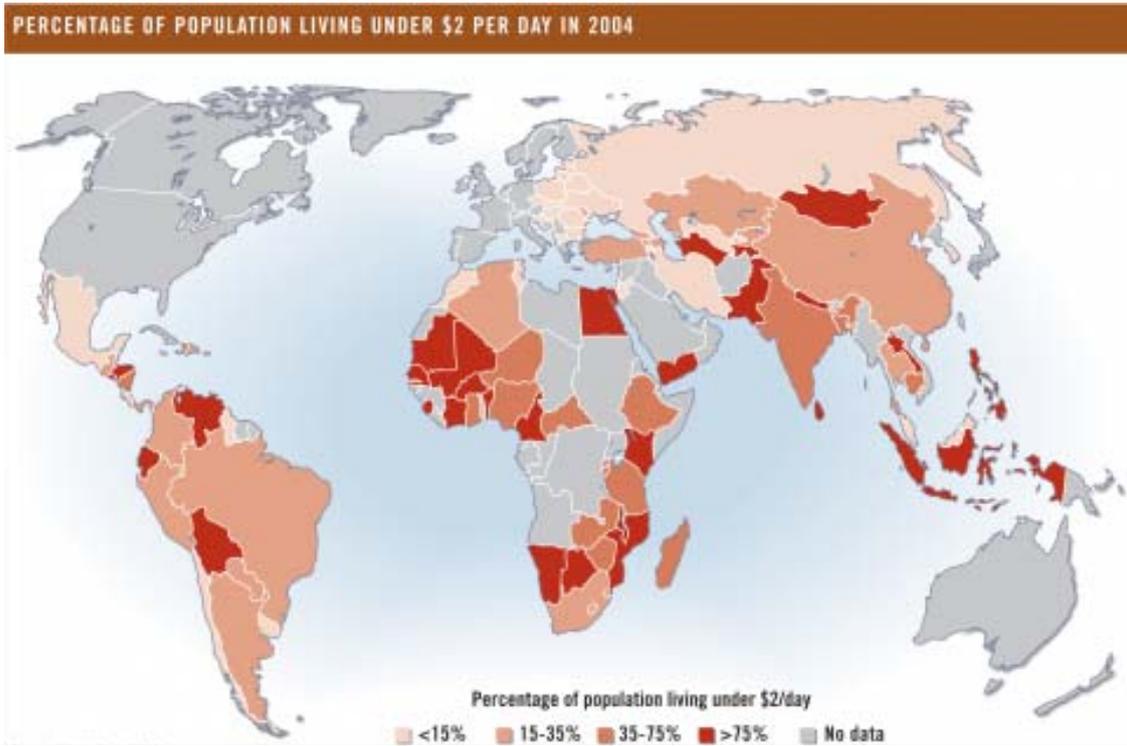
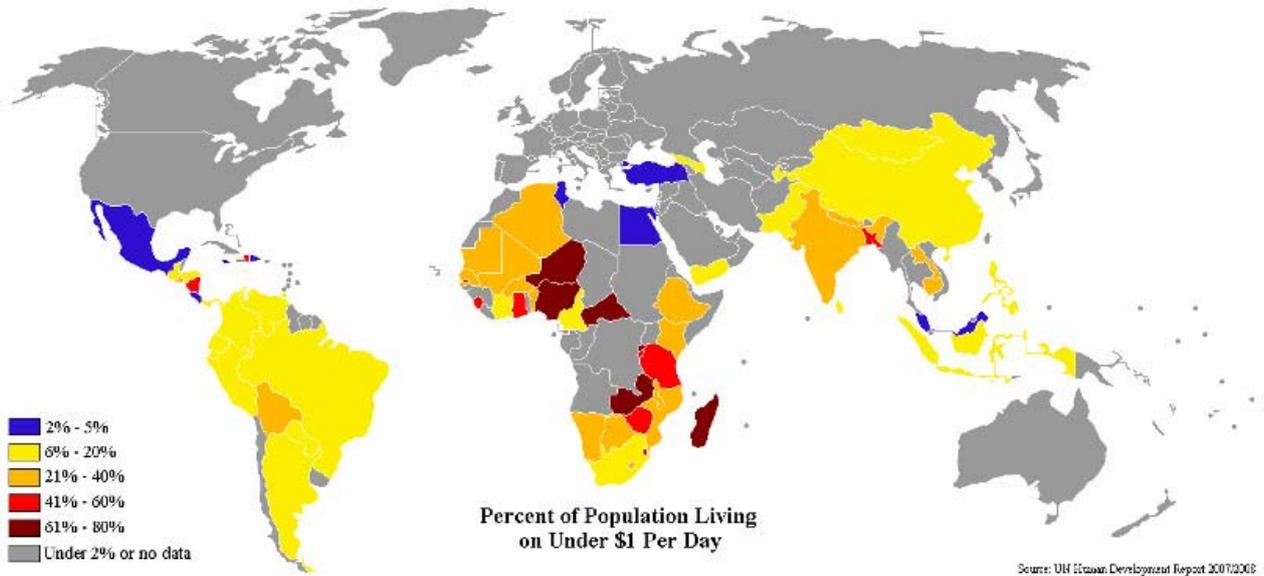


The only way for that to occur is for the 33% using 83% of resources to start changing here at the heart. TE 1.49



Almost half the world — over three billion people — live on less than \$2.50 a day. At least 80% of humanity lives on less than \$10 a day.
<http://www.globalissues.org/article/26/poverty-facts-and-stats>





Meeting the Poor's Basic Needs

- As many as 2.8 billion people on the planet struggle to survive on less than \$2 a day, and more than one billion people lack reasonable access to safe drinking water.
- The U.N. reports that 825 million people are still undernourished; the average person in the industrial world took in 10 percent more calories daily in 1961 than the average person in the developing world consumes today.

<http://www.worldwatch.org/node/810>

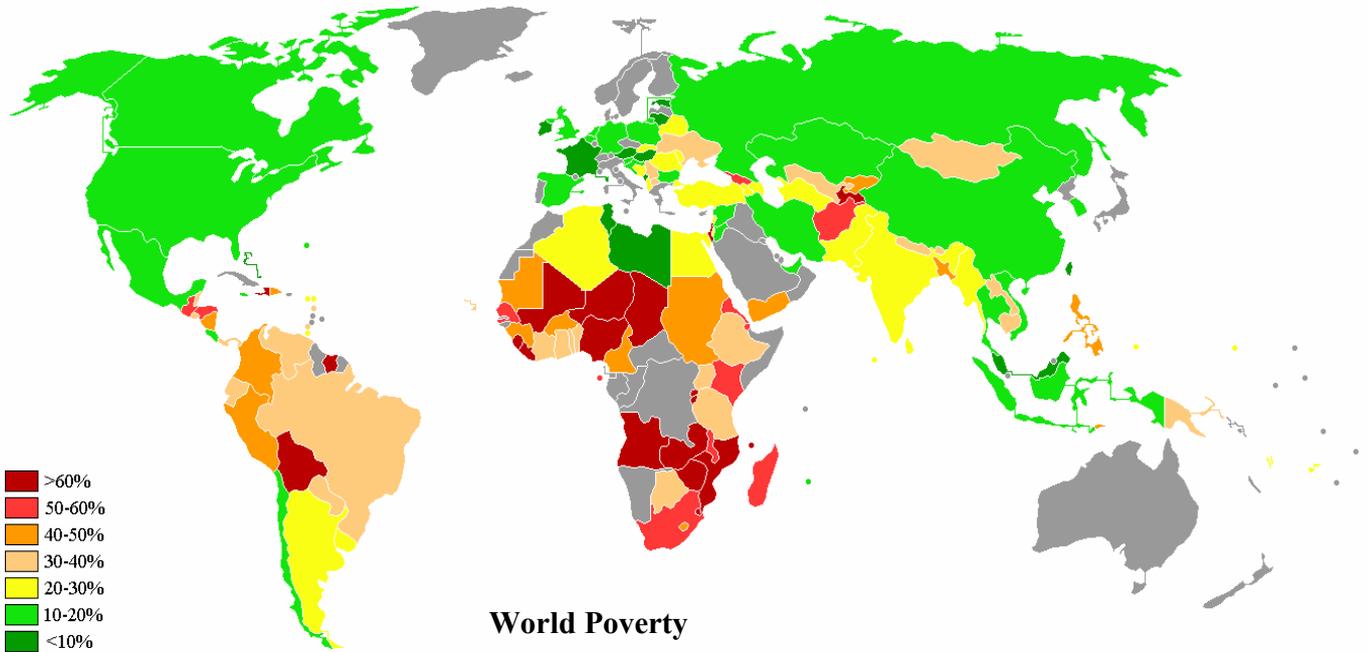
When I eat meat, I am using 20 times more Earth resources than I would use if I was eating something that was not meat. **TE 1.50**

A world vision:

**Every single person has clean water to drink.
 They have clean water to wash and bath in.
 They have food that is harmonious with Divine Love in abundance.
 They have beautiful clothing available to them.
 And they have shelter at a high standard available to them.**

**And it is all available to them for free, with one proviso;
 If they are able to work, they work.** **TE 1.51**

If the entire population on the planet who eat meat, stopped eating meat, our food resources could increase by 19 to 20 times. **TE 1.54**



Vegetarianism and the Environment

Why going meatless saves the planet

<http://michaelbluejay.com/veg/environment.html>

Going vegetarian is the easiest and quickest way to lower your carbon footprint, reduce pollution, and save energy and water. That's because meat production requires staggering amounts of land, water, and energy, compared to plant foods. Let's explore that now.

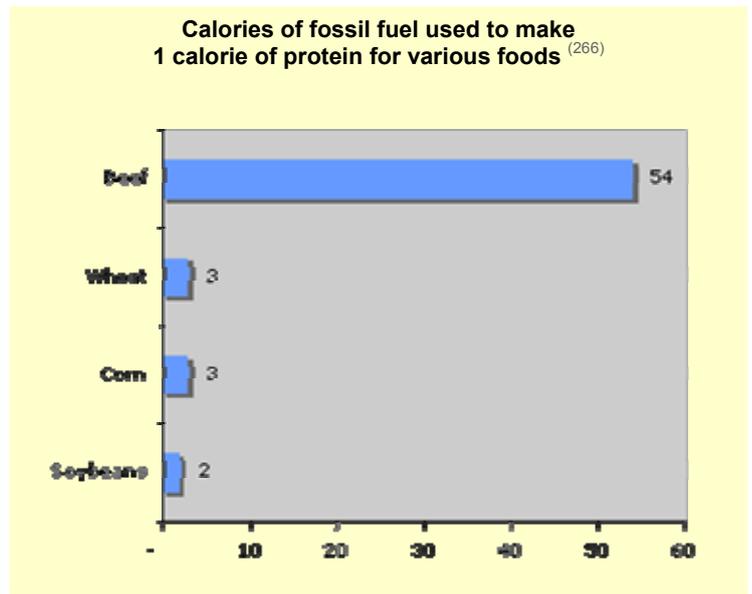
Energy Use & Pollution

The warning about meat and the environment isn't coming from crazed hippies. It's coming from people like the head of the United Nation's Intergovernmental Panel on Climate Change, who has openly identified eating less meat as an important step in combatting climate change. Why? Because *cows are more damaging than cars*. As he says:

"Please eat less meat -- meat is a very carbon intensive commodity." ([source](#))

and

"In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity." ([source](#)) ([more...](#))



Livestock production requires enormous amounts of energy. We put far more energy into animals per unit of food than we do for any plant crop. **The main reason is that cattle consume 16 times as much grain as they produce as meat**, so right there we have 16 times as much energy just to grow those crops, just so we can waste them on livestock.

But the energy use doesn't end there. The livestock themselves take energy to process beyond the energy that goes into their feed. And then there's refrigeration, including during transport, necessary for meat but not for grains and beans. And then there's the transportation itself.

Wasting energy isn't problematic just because there's less and less of it to go around. (We've already used more than half the oil that exists on the planet.) It's also a problem because burning fossil fuels contributes to global warming / atmospheric pollution. And raising animals for food is the driving force. As the U.K.'s [Independent](#) put it:

"Livestock are responsible for 18 per cent of the greenhouse gases that cause global warming / atmospheric pollution, more than cars, planes and all other forms of transport put together."

That figure comes from no less authority than the Food and Agriculture Organization of the United Nations. ([source](#))

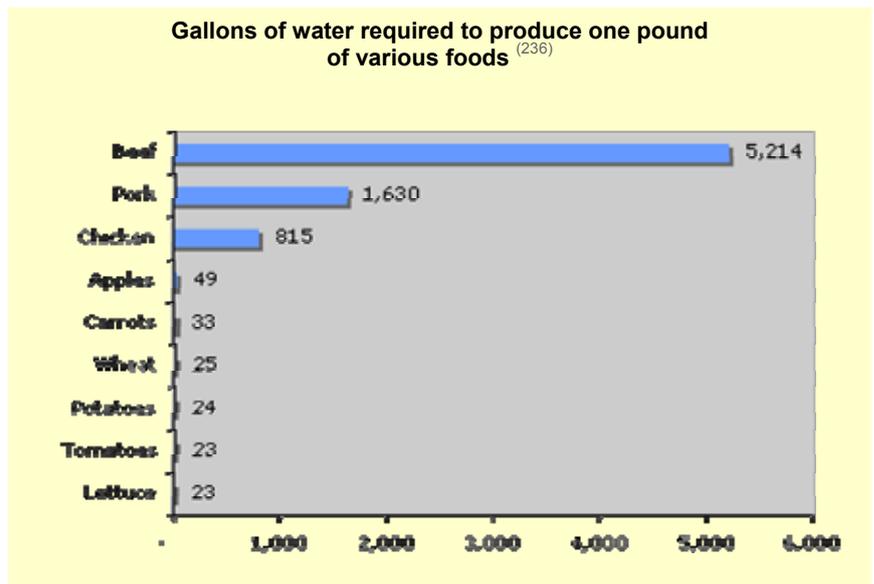
[TIME Magazine](#) agrees, saying, "It's true that giving up that average 176 lb. of meat a year is one of the greenest lifestyle changes you can make as an individual."

You've probably heard about reducing energy use by buying local. But the energy savings there pales compared to going veggie. As the Organic Consumers put it, "It's how food is produced, not how far it is transported, that matters most for global warming / atmospheric pollution, according to new research published in ES&T." The authors of that study say, "Shifting less than *one day per week's* worth of calories from red meat and dairy products ... achieves more GHG reduction than *buying all locally sourced food.*" ([Carnegie-Mellon University](#)) [Brighter Planet agrees](#) that ditching meat is far more important than buying local.

Water

Meat production requires so much water it's hard to comprehend. As the chart shows, a pound of potatoes takes 99.6% less water to produce than a pound of beef, and 97% less than a pound of chicken.

Earlier we said that going meatless makes a bigger impact than any other action you can take. Here's an example: If you gave up showering, you'd save less water than what's required to make a single pound of beef. Not beef for a whole year, just one miserable pound. A whole year's worth of showers takes about 5,200 gallons, but it takes 5,214 gallons to produce a single pound of beef.



If you gave up beef, you'd save over 300,000 gallons a year. A whole lot more than you could save by never showering.

Excerpting and paraphrasing John Robbins:

Everywhere you look today, particularly in the western United States, people are seeking to conserve water. You see people washing their cars less often. People are installing low-flow showerheads and sink fixtures and low-flow toilets. You see people using drought-resistant landscaping. The vigilant turn off the water at the sink when brushing their teeth, except to rinse the brush, and when shaving, except to rinse the blade.

These measures are prudent and helpful, but all of them combined don't save anywhere near the amount of water you would save by shifting toward a plant-based diet.

The great Ogallala aquifer is the largest body of fresh water on Earth, and it lies underneath some of the richest farmland in the world -- the great American grain belt. But things are changing. The Ogallala is a fossil aquifer, which means the water in it is left from the melted glaciers of the last Ice Age. It's not like a reservoir or river, which are replenished regularly from rainfall. When the water in the aquifer is gone, it's gone.

More than 13 trillion gallons of water are taken from the aquifer every year, with the vast majority used to produce beef. More water is withdrawn from the Ogallala aquifer every year for beef production than is used to grow all the fruits and vegetables in the entire country. If we continue pumping out the Ogallala at current rates, it's only a matter of time before most of the wells in Kansas, Nebraska, Oklahoma, Colorado, and New Mexico go dry, and portions of these states become scarcely habitable for human beings. This scenario is being predicted by many leading environmentalists.⁽²³⁸⁻²³⁹⁾

Land

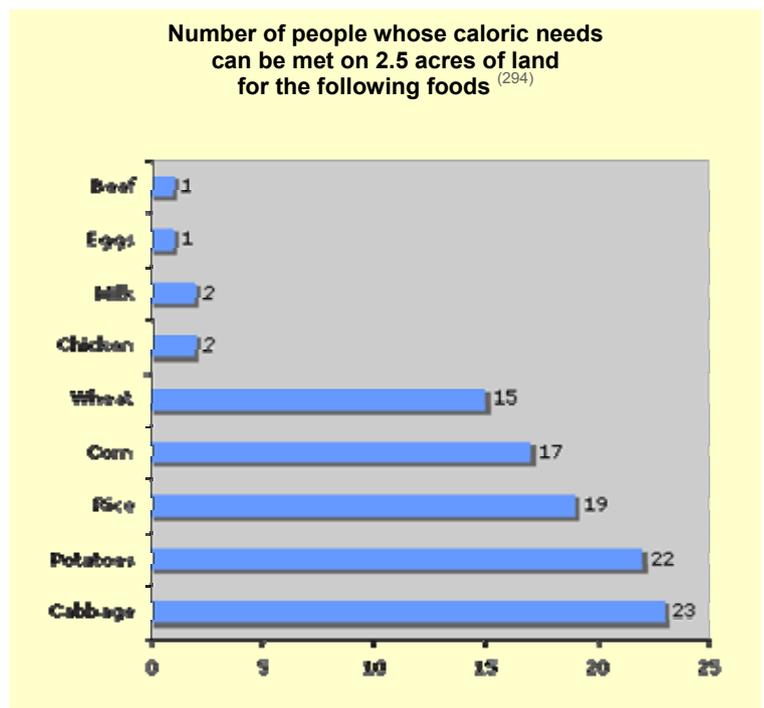
Raising animals for food requires lots more land than growing crops. That's because animals eat a lot more food than they provide as meat. **It takes 16 pounds of grain to make one pound of beef.**⁽²⁹³⁾

That's 94% more land. And 94% more pesticides. All told, livestock eat 70% of all the grain we produce.⁽²⁹²⁾ They're food factories in reverse.

Grass-fed beef isn't a solution, because that requires even *more* land per unit of meat. And since the amount of land we have is fixed, what that really means is less meat. By going grass-fed, we'd have less meat, but still use just as much land. Animals are grain-fed because we can feed more animals that way.

And make no mistake, there are a *lot* of them. More chickens are killed in the U.S. every year than there are people in the world (7.6 billion chickens vs. 6 billion people).⁽²⁴⁰⁾ There are more than one billion head of cattle on the planet today, which weigh twice as much as the human population.⁽²⁹¹⁾ Thinking that all those cattle can easily be grass-fed is just a fantasy.

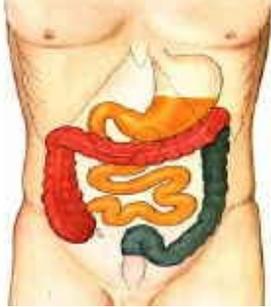
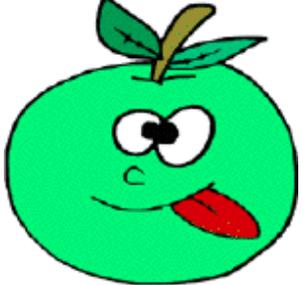
The chart at right shows how many people can be supported by 2.5 acres of land, for various foods. I'm amazed at how many people complain that nobody can eat nothing but, say potatoes. The point isn't to suggest that anyone eat only one food, it's simply to show how animal farming wastes huge amounts of



land. The point is that **going meatless requires far, far less land and other resources than our normal eating habits do.**

The fact that we put far more grain into livestock than they return as meat is at the heart of why animal agriculture is so bad for the planet. If we have to grow far more grain than we have to, that means we're not just using far more land, we're also using far more water, far more energy, and far more pesticides. And that extra energy use means we're creating far more pollution and greenhouse gases.

This is by no means the complete list of problems with raising animals for food. For example, we haven't even touched on the waterways ruined by animal runoff or rainforest deforestation. But really, how many more reasons do we need?

 <p>Why be vegetarian? Save animals, get healthy, lose weight, help the planet -- take your pick!</p>	 <p>All about Protein. All vegetables have plenty of protein. Even carrots. How do you think elephants get so big? :)</p>	 <p>Is meat-eating natural? Our bodies are optimized for eating plants, not meat. Read all about it here.</p>	 <p>Vegetarian Myths. From "plants aren't a complete protein" to "Hitler was a vegetarian", we run down all the common misconceptions here.</p>
---	--	--	---

[Vegetarianism and the Environment.](#)

Meat production involves horrific amounts of water, land, energy, and pollution, compared to plant foods. Going veg. is the easiest way to lessen your impact.



Refugee Camps Worldwide:

<http://millionsoulsaware.org/>

Imagine that your life, as you know it, disappears in the blink of an eye. War, violence or fear for your family's safety force you to flee your home. After hours or even days of a torturous journey, you find shelter far away, in a squalid tent. You are dependent on handouts of food; possibly have no clean drinking water or access to health care that prevents outbreaks of cholera, dysentery, hepatitis, malaria, and other diseases.

Not a pretty picture, right? But the fact is that millions of people around the world, in countries big and small, people of all ages and many nationalities, have been living in such desolate and precarious conditions for years.

These people are called refugees or internally displaced persons. This is their story.

According to the 2006 World Refugee survey conducted annually by the U.S. Committee for Refugees and Immigrants (USCRI), **a staggering 33 million people worldwide are currently uprooted from their homes.** Of that number, 12 million are refugees and asylum seekers living in camps in countries other than their own, and 21 million are Internally Displaced Persons (IDP), an official designation for civilians displaced by persecution, armed conflict or widespread violence. They do not fall under the official category of a "refugee" because they remain inside their own countries, but their plight is just as dire.

USCRI says that Iraqis are currently the fastest growing refugee and IDP crisis group in the world with nearly 2 million people having fled the country, and 1.7 million internally displaced. In Sudan, more than 5.3 million people left their homes in an attempt to escape the genocide by the government-backed militia in the western part of the country, which the world community knows as Darfur. And an on-going armed conflict in Colombia internally displaced 2.9 million people.

Those are just three "tips of the iceberg" in a long list of countries and regions impacted by this human tragedy. USCRI statistics show that 26 conflict-ridden nations, predominantly in Africa and the Middle East, have an IDP crisis. And, since new and emerging conflicts are constantly creating a new wave of refugees and IDPs, keeping track of the numbers is a challenging task.

What the current USCRI figures show is this:

- **The Middle East has the highest number of refugees and IDPs: a staggering 4.2 million. Palestinians, Afghans and Iraqis make up the majority of the uprooted population.**
- **With 3.2 million refugees and IDPs, Africa has the second highest number. Refugees from Sudan are the largest group, scattered throughout the camps in various countries.**
- **Almost 2 million refugees and IDPs live in south and central Asia, with over 1 million Afghans in Pakistan alone.**

life in the camps

When people flee their homesteads, they leave behind most of their belongings. Sometimes they manage to grab a few basics, but most of the time they are just happy to escape with their lives intact. They usually end up with thousands of others in a settlement that can stretch for miles. This is a refugee camp, a place that not one of us would willingly choose to inhabit.

But the refugees have no choice. Having fled conflicts of unimaginable proportions – massacre, genocide, and other atrocities – they are relieved to have found a safe place. So they construct tents and other makeshift shelters from whatever materials happen to be available -- sticks, plastic sheeting, mud and stones. In the best of cases, humanitarian aid agencies, as those mentioned above, will provide the basics: food, clean drinking water, and rudimentary health care. But sometimes, depending on the local political climate and the accessibility to the camp, weeks could go by before help arrives.

That is more than enough time for water-borne diseases such as cholera and dysentery to take hold and spread quickly among thousands of people gathered in these makeshift settlements.

The hope among the refugees is that they will be resettled quickly to a safe place, or, even better, return to the homes they had left behind. After all, a refugee camp is intended as a temporary solution, not a permanent residence.

Unfortunately, for many millions of people that is not the case.

perpetual refugees

It is hard to imagine, but some refugees often end up living in the camps for much longer than expected because they have no safe home to return to, or cannot be resettled in other countries due to restrictive asylum policies of other nations. Aid workers call this protracted stay “warehousing,” defined as “populations of 10,000 or more restricted to camps or segregated settlements, or otherwise deprived of basic rights five years or more.”

Globally, according to USCRI, there are an estimated 7.8 million people who fall under the category of “perpetual refugees.” At over 3 million, Palestinians top the list. They have been in camps for so long – over 50 years -- the UNHCR does not even include them in their overall figures. And over 1 million Afghans have been in Pakistan for 26 years. Imagine: generations of these people have never seen their homelands.

There is one lesson we can draw from history: as long as there have been wars and conflicts, there have been refugees. And the obvious tragedy is that we have not learned from the past. Seven years into the 21st century, millions of displaced souls still have no homes of their own.



LIVING FOOD versus DEAD FOOD:**FRESH is BEST!**

The Map of Conscious table as developed by David Hawkins enables the energy level of anything to be ascertained by using kinesiology. The table goes from 1 to 1,000.

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

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

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

Thus the energy differentials are in fact enormous!

Living foods, vegetables and fruit, typically calibrate from 450 to 550, say 500 on average.

Dead foods, meat from 360 to 440, and fish from 270 to 480, calibrate 400 on average.

Living foods already have a massively higher energy factor, some 100 points advantage over dead foods and that is before processing and cooking. Much of the living foods can be eaten raw, not so with dead foods.

Each processing step typically depletes the energy level by around 100 points per process.

Grinding or mincing the meat deduct 100 points.

Cooking the meat (the longer it takes, the more it depletes) deduct 100 points.

Packing and freezing the cooked food. deduct 100 points.

Packaged food of any description that is on the shelves of a supermarket typically calibrates around 200. Any food that calibrates over 200 is life enhancing (just!), any food that calibrates under 200 is not life supporting. Food that calibrates under 200 is difficult for the body to process and expel, the body stores the food until it can expel it. Hmm ... do you often see a vegetarian obese?

Thus consider the life enhancing qualities of fresh vegetables and fruits as against processed meat products and then consider the resources that are employed to produce the fresh vegetables and fruits as against meat products, the land space required, the water required, the grain that is required rather than being eaten fresh, the energy in fuel required to manage and deliver the products, the labour, etc.

Home produce, grown in mineral rich soils, without the intervention of chemicals, allowed to ripen on the stalk, vine, tree, etc., picked and eaten on the same day. Now, that is when **Fresh is Best!**



Fresh is Best

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

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



We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

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

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

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“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. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. 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 of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we

become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



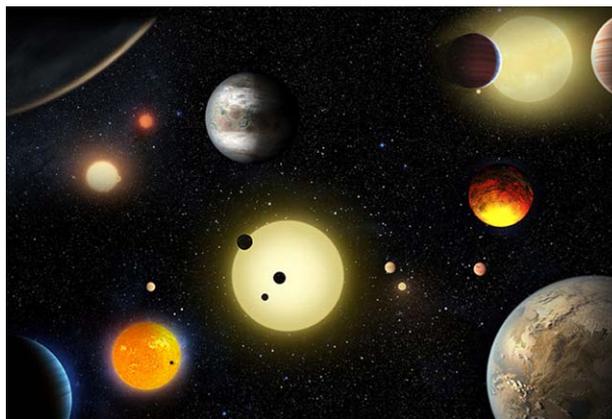
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



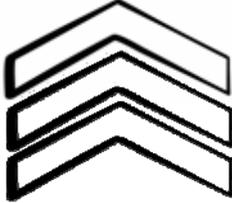
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

The CHOICE is OURS to MAKE:

Celestial Truth:

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

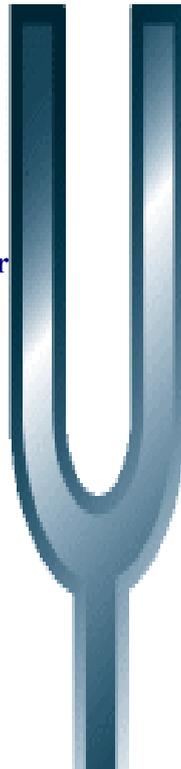
Fully Healed of the Rebellion and Default.



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.

Our FEELINGS are our SUPREME GUIDES:

Feelings!

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 26 Sep 2017

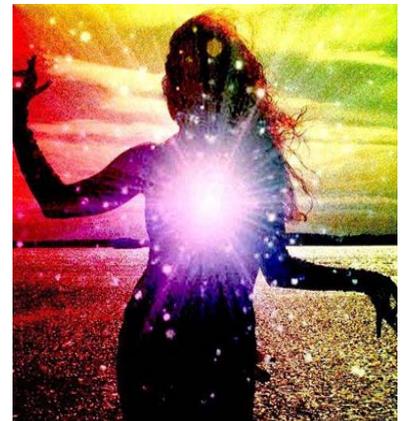
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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.

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

Note: Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and total true.” James – Introduction Course to Divine Love Spirituality

WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
 Free your feelings from your mind's control
 Live true to your feelings; your feelings are your true self
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

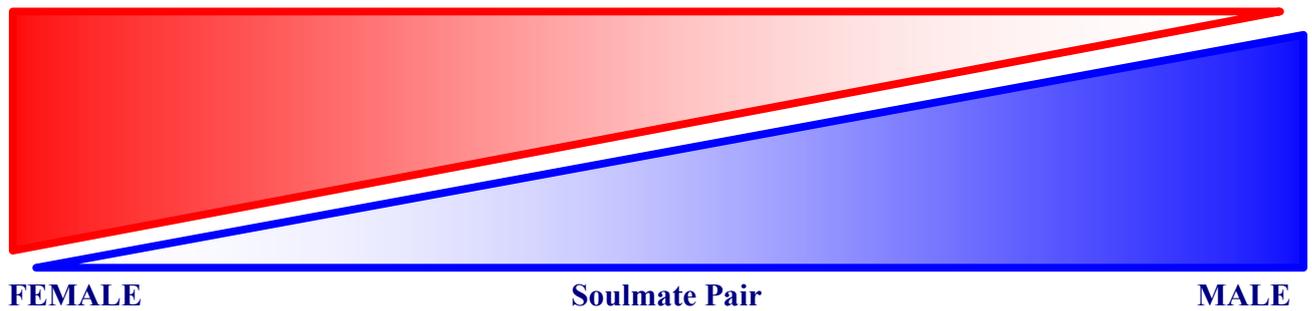
Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



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

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

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

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

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

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

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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!

What Do Kids Feel Sad About?



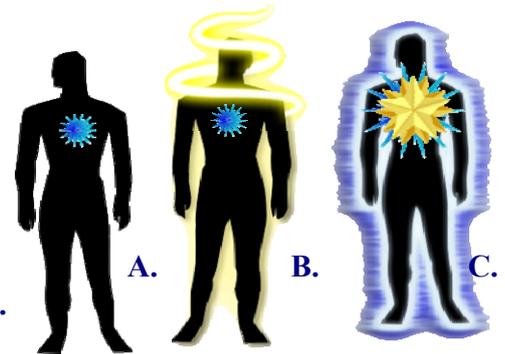
Being Unloved and Rejected!



EVOLUTION

STEP 1: Longing for and receiving Divine Love:

- A. Soul within spirit body prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



STEP 2: FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere with embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



WHAT IS THIS ALL ABOUT?

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

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

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



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

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

Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father. To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.

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

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

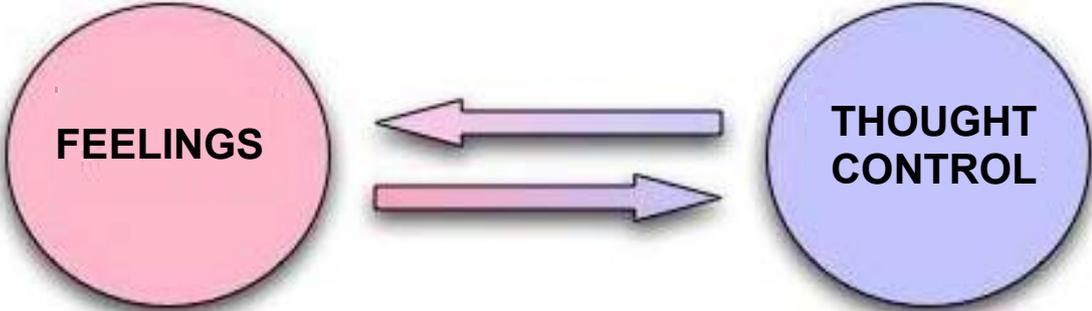


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

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



TRUTH LOVING SOUL V ERROR INFLICTED MIND



Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



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



END to the REBELLION and DEFAULT – 31 January 2018:

31 January 2018: Nanna Beth: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now ‘Ours’. It’s been a long time coming, but it’s a huge milestone and marks a tangible and real end to the Rebellion and Default. It’s one of a number of ‘End’s’ that are to occur.

With the departure of the Caligastias and Daligastias some years ago, humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we’ve told you, basically calling the shots still happy to ignorantly carry out C&D’s plans. But now with our systematic and progressive take over, we’re now in complete control.

And what that means is we have our fingers in every pie and we’re on the case so far as what everyone is doing. However it doesn’t mean we’re taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

So humanity will still carry on outworking it’s unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it’s another end of things and beginning of the new. And it’s basically what we’ve been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it’s been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity’s got a real tangible safety-net under it now, so no more ‘downside risk’, it all being to move it toward doing its Healing.

I’ll speak again soon – love Nanna Beth.



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

