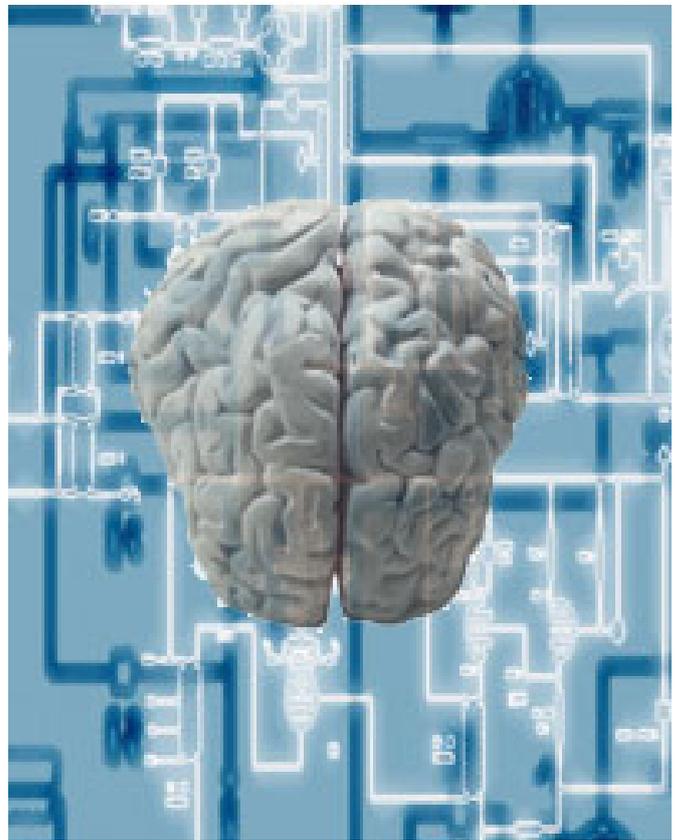
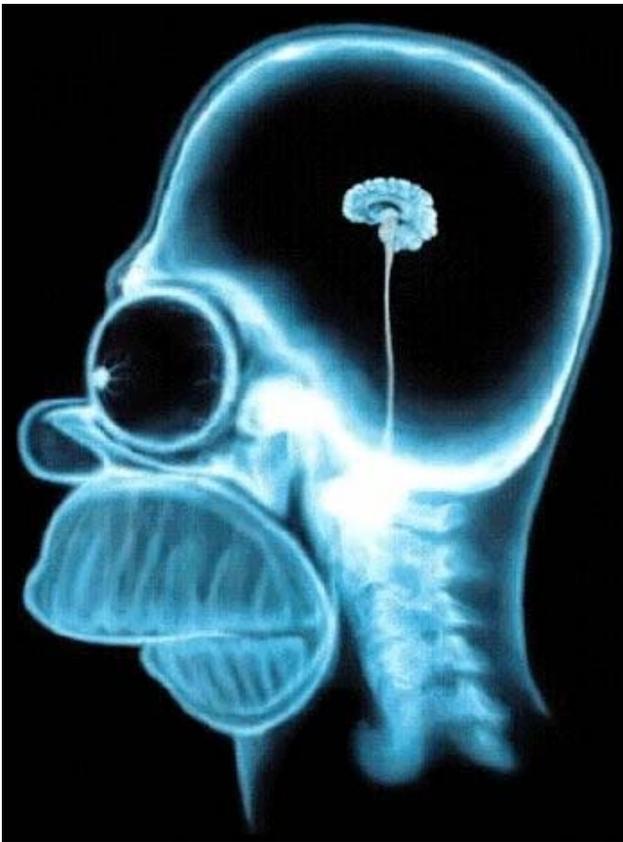


PASCAS CARE

The BRAIN Works !



Peace And Spirit Creating Alternative Solutions

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

Em: info@pascasworldcare.com

Em: info@pascashealth.com

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.*



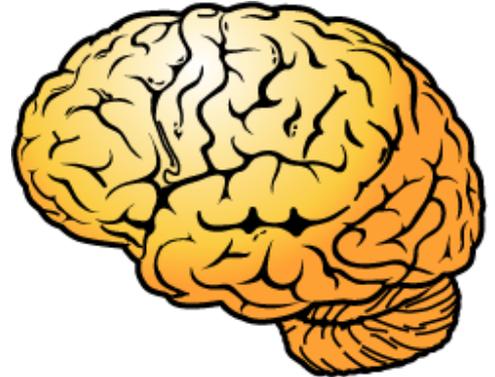
“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

The BRAIN:

Every animal you can think of -- mammals, birds, reptiles, fish, amphibians -- all have brains. But the human brain is unique. It gives us the power to think, plan, speak, imagine... It is truly an amazing organ.

The brain performs an incredible number of tasks:

- It controls body temperature, blood pressure, heart rate and breathing.
- It accepts a flood of information about the world around you from your various senses (eyes, ears, nose, etc.).
- It handles physical motion when walking, talking, standing or sitting.
- It lets you think, dream, reason and experience emotions.



All of these tasks are coordinated, controlled and regulated by an organ that is about the size of a small head of cauliflower: your brain.

Your brain, spinal cord and peripheral nerves make up a complex, integrated information-processing and control system. The scientific study of the brain and nervous system is called **neuroscience** or **neurobiology**. Because the field of neuroscience is so vast, and the brain and nervous system so complex, this article will start at the beginning and give you an overview of this amazing organ.

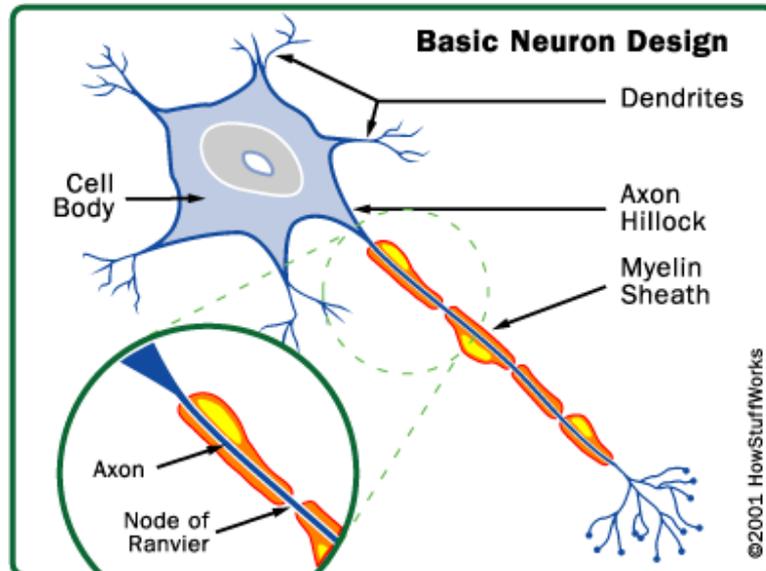
Neuron Structure

Your brain is made of approximately 100-billion nerve cells, called **neurons**. Neurons have the amazing ability to gather and transmit electrochemical signals -- they are something like the gates and wires in a computer. Neurons share the same characteristics and have the same parts as other cells, but the electrochemical aspect lets them transmit signals over long distances (up to several feet or a few metres) and pass messages to each other.

Neurons have three basic parts:

- **Cell body** – This main part has all of the necessary components of the cell, such as the nucleus (contains DNA), endoplasmic reticulum and ribosomes (for building proteins) and mitochondria (for making energy). If the cell body dies, the neuron dies.
- **Axon** – This long, cable-like projection of the cell carries the electrochemical message (**nerve impulse** or **action potential**) along the length of the cell.
 - Depending upon the type of neuron, axons can be covered with a thin layer of **myelin**, like an insulated electrical wire. Myelin is made of fat, and it helps to speed transmission of a nerve impulse down a long axon. Myelinated neurons are typically found in the peripheral nerves (sensory and motor neurons), while non-myelinated neurons are found in the brain and spinal cord.

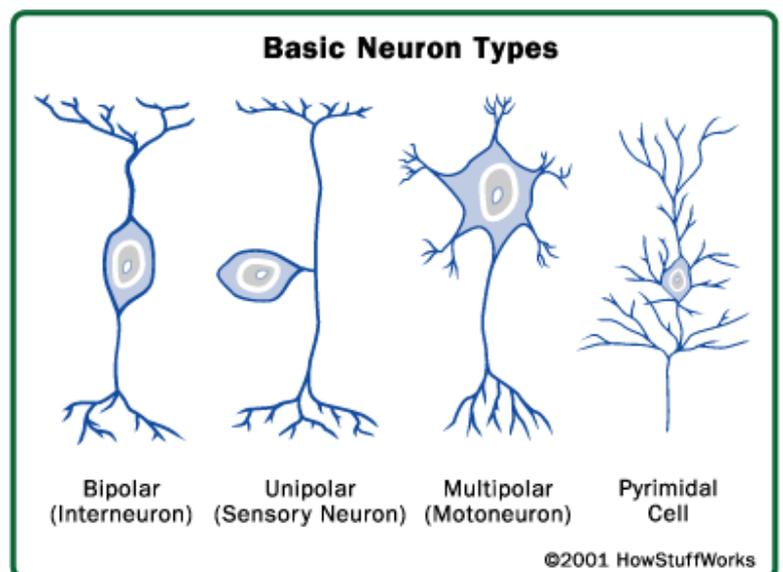
- **Dendrites or nerve endings** – These small, branch-like projections of the cell make connections to other cells and allow the neuron to talk with other cells or perceive the environment. Dendrites can be located on one or both ends of the cell.



Basic Neuron Types

Neurons come in many sizes. For example, a single sensory neuron from your fingertip has an axon that extends the length of your arm, while neurons within the brain may extend only a few millimetres. Neurons have different shapes depending on what they do. **Motor neurons** that control muscle contractions have a cell body on one end, a long axon in the middle and dendrites on the other end; **sensory neurons** have dendrites on both ends, connected by a long axon with a cell body in the middle.

Some types of neurons: motoneuron (a), sensory neuron (b), cortical pyramidal cell (c)



Neurons also vary with respect to their functions:

- **Sensory neurons** carry signals from the outer parts of your body (periphery) into the central nervous system.
- **Motor neurons** (motoneurons) carry signals from the central nervous system to the outer parts (muscles, skin, glands) of your body.
- **Receptors** sense the environment (chemicals, light, sound, touch) and encode this information into electrochemical messages that are transmitted by sensory neurons.
- **Interneurons** connect various neurons within the brain and spinal cord.

The simplest type of neural pathway is a **monosynaptic** (single connection) **reflex pathway**, like the knee-jerk reflex. When the doctor taps the right spot on your knee with a rubber hammer, receptors send a signal into the spinal cord through a sensory neuron. The sensory neuron passes the message to a motor neuron that controls your leg muscles. Nerve impulses travel down the motor neuron and stimulate the appropriate leg muscle to contract. The response is a muscular jerk that happens quickly and does not involve your brain. Humans have lots of hard-wired reflexes like this, but as tasks become more complex, the pathway "circuitry" gets more complicated and the brain gets involved.

Brain Parts

The simplest possible creatures have incredibly simple nervous systems made up of nothing but reflex pathways. For example, flatworms and invertebrates do not have a centralized brain. They have loose associations of neurons arranged in simple reflex pathways. Flatworms have **neural nets**, individual neurons linked together that form a net around the entire animal.

Most invertebrates (such as the lobster) have simple "brains" that consist of localized collections of neuronal cell bodies called **ganglia**. Each ganglion controls sensory and motor functions in its segment through reflex pathways, and the ganglia are linked together to form a simple nervous system. As nervous systems evolved, chains of ganglia evolved into more centralized simple brains.

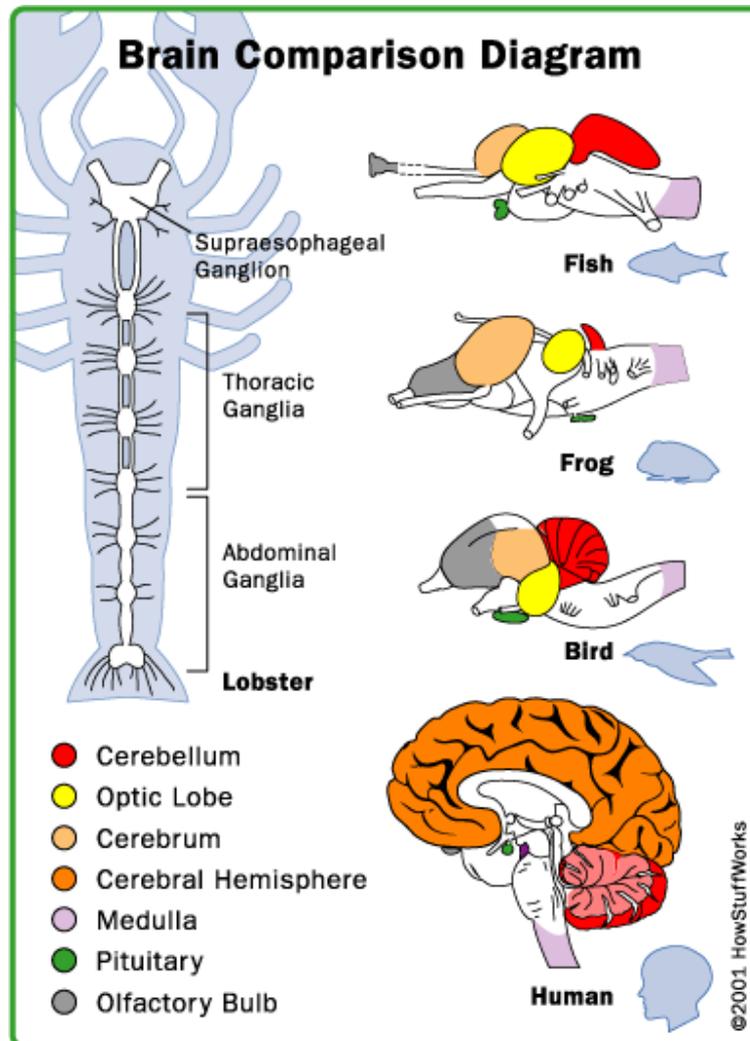
Brains evolved from ganglia of invertebrates. Regardless of the animal, brains have the following parts:

- **Brainstem** – The brainstem consists of the **medulla** (an enlarged portion of the upper spinal cord), **pons** and **midbrain** (lower animals have only a medulla). The brainstem controls the reflexes and automatic functions (heart rate, blood pressure), limb movements and visceral functions (digestion, urination).
- **Cerebellum** – The cerebellum integrates information from the vestibular system that indicates position and movement and uses this information to coordinate limb movements.
- **Hypothalamus** and **pituitary gland** – These control visceral functions, body temperature and behavioural responses such as feeding, drinking, sexual response, aggression and pleasure.
- **Cerebrum** (also called the **cerebral cortex** or just the **cortex**) – The cerebrum consists of the cortex, large fibre tracts (corpus callosum) and some deeper structures (basal ganglia, amygdala,

Major Divisions of the Brain

- **Spinal cord**
- **Brainstem**
- **Cerebellum**
- **Forebrain**
 - **Diencephalon**
– thalamus, hypothalamus
 - **Cerebral cortex**

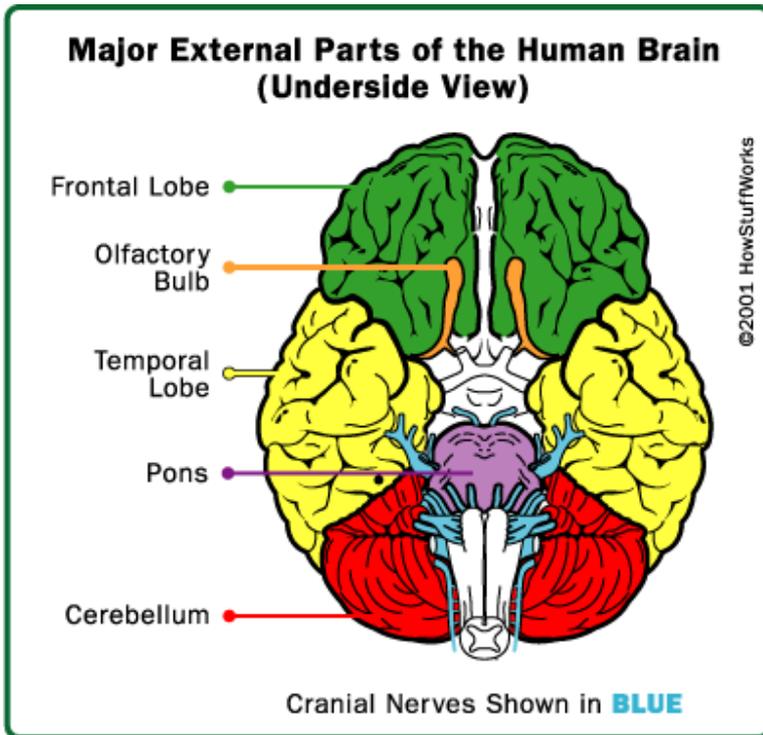
hippocampus). It integrates information from all of the sense organs, initiates motor functions, controls emotions and holds memory and thought processes (emotional expression and thinking are more prevalent in higher mammals).



As you proceed from fish toward humans, you can see that the cortex gets bigger, takes up a larger portion of the total brain and becomes folded. The enlarged cortex takes on additional higher-order functions, such as information processing, speech, thought and memory. In addition, the part of the brain called the **thalamus** evolved to help relay information from the brainstem and spinal cord to the cerebral cortex.

Fish Brain?

Lower animals (fish, amphibians, reptiles, birds) do not do much "thinking," but instead concern themselves with the everyday business of gathering food, eating, drinking, sleeping, reproducing and defending themselves. Therefore, their brains reflect the major centres that control these functions. We perform these functions as well, and so have a "reptilian" brain built into us.



Underside of the brain, showing the brainstem and cranial nerves

Lower Brain

The basic **lower brain** consists of the **spinal cord**, **brainstem** and **diencephalon** (the cerebellum and cortex are also present, but will be discussed in later sections). Within each of these structures are centres of neuronal cell bodies, called **nuclei**, that are specialized for particular functions (breathing, heart-rate regulation, sleep):

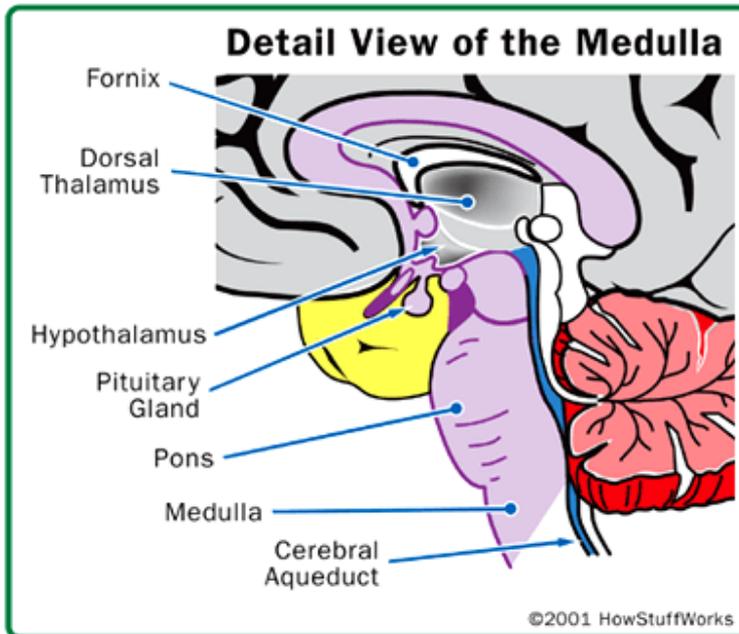
- **Medulla** – The medulla contains nuclei for regulating blood pressure and breathing, as well as nuclei for relaying information from the sense organs that comes in from the cranial nerves.
- **Pons** – The pons contains nuclei that relay movement and position information from the cerebellum to the cortex. It also contains nuclei that are involved in breathing, taste and sleep.
- **Midbrain** – The midbrain contains nuclei that link the various sections of the brain involved in motor functions (cerebellum, basal ganglia, cerebral cortex), eye movements and auditory control. One portion, called the **substantia nigra**, is involved in voluntary movements; when it does not function, you have the tremored movements of Parkinson's disease.
- **Thalamus** – The thalamus relays incoming sensory pathways to appropriate areas of the cortex, determines which sensory information actually reaches consciousness and participates in

Spinal Cord

The spinal cord can be viewed as a separate entity from the brain or merely as a downward extension of the brainstem. It contains sensory and motor pathways from the body, as well as ascending and descending pathways from the brain. It has reflex pathways that react independently of the brain, as in the knee-jerk reflex.

motor-information exchange

- **Hypothalamus** – The hypothalamus contains nuclei that control hormonal secretions from the pituitary gland. These centres govern sexual reproduction, eating, drinking, growth, and maternal behaviour such as lactation (milk-production in mammals). The hypothalamus is also involved in almost all aspects of behaviour, including your biological "clock," which is linked to the daily light-dark cycle (**circadian rhythms**).



Internal view of the lower brain

Balancing Act

The cerebellum is folded into many lobes and lies above and behind the pons. It receives sensory input from the spinal cord, motor input from the cortex and basal ganglia and position information from the vestibular system. The cerebellum then integrates this information and influences outgoing motor pathways from the brain to coordinate movements. To demonstrate this, reach out and touch a point in front of you, such as the computer monitor -- your hand makes one smooth motion. If your cerebellum were damaged, that same motion would be very jerky as your cortex initiated a series of small muscle contractions to home in on the target point. The cerebellum may also be involved in language (fine muscle contractions of the lips and larynx), as well as other cognitive functions.

The Vestibular System

The vestibular system is responsible for maintaining posture, balance, and spatial orientation. Part of the system is located in the inner ear. It also includes the vestibulocochlear nerve (the eighth cranial nerve) and certain parts of the brain that interpret the information the vestibulocochlear nerve receives.

Higher Brains

The cerebrum is the largest part of the human brain. The cortex contains all of the centres that receive and interpret sensory information, initiate movement, analyse information, reason and experience emotions. The centres for these tasks are located in different parts of the cortex. Before we discuss what each part does, let's look at the parts of the cerebrum.

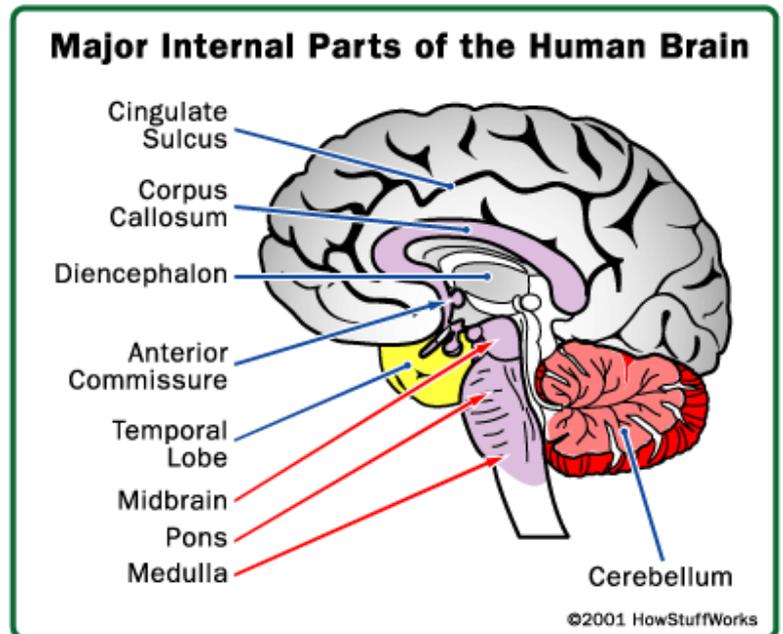
Gray Matter

The cerebrum contains gray matter (neurons with no myelin) and white matter (myelinated neurons that enter and leave the cortex).

Major Parts of the Cerebral Cortex

The cortex dominates the exterior surface of the brain. The surface area of the brain is about 233 to 465 square inches (1,500 to 2,000 cm²), which is about the size of one to two pages of a newspaper. To fit this surface area within the skull, the cortex is folded, forming folds (**gyri**) and grooves (**sulci**). Several large sulci divide the cortex into various lobes: the **frontal lobe**, **parietal lobe**, **occipital lobe** and **temporal lobe**. Each lobe has a different function.

When viewed from above, a large groove (**interhemispheric fissure**) separates the brain into left and right halves. The halves talk to each other through a tract of white-matter fibres called the **corpus callosum**. Also, the right and left temporal lobes communicate through another tract of fibres near the rear of the brain called the **anterior commissure**.



If you look at a cutaway view of the brain, you see that the cortical area above the corpus callosum is divided by a groove. This groove is called the **cingulate sulcus**. The area between that groove and the corpus callosum is called the **cingulate gyrus**, also referred to as the **limbic system** or **limbic lobe**. Deep within the cerebrum lies the basal ganglia, amygdala and hippocampus.

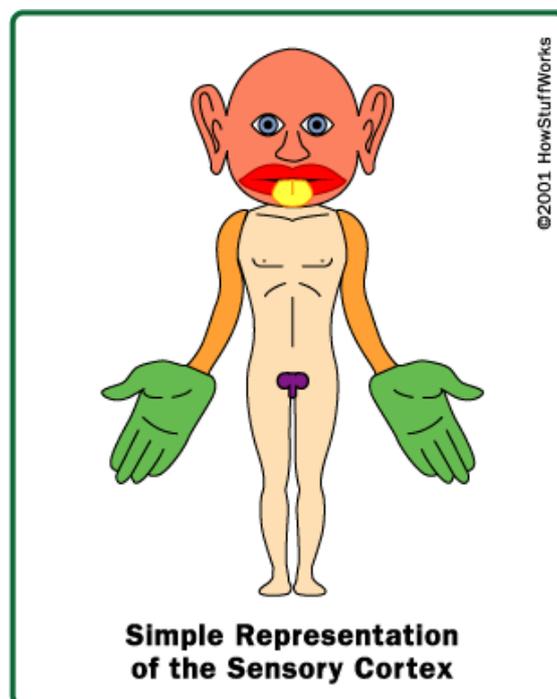
Hard-wired

The brain is "hard-wired" with connections, much like a building or airplane is hard-wired with electrical wiring. In the case of the brain, the connections are made by neurons that connect the sensory inputs and motor outputs with centres in the various lobes of the cortex. There are also connections between these cortical centres and other parts of the brain.

Several areas of the **cerebrum** have specialized functions:

- **Parietal lobe** – The parietal lobe receives and processes all **somatosensory** input from the body (touch, pain).
 - Fibres from the spinal cord are distributed by the thalamus to various parts of the parietal lobe.
 - The connections form a "map" of the body's surface on the parietal lobe. This map is called a **homunculus**.
 - The homunculus looks rather strange because the representation of each area is related to the number of sensory neuronal connections, not the physical size of the area.

Homunculus, a sensory map of your body. The homunculus looks rather strange because the representation of each area is related to the number of sensory neuronal connections, not the physical size of the area.



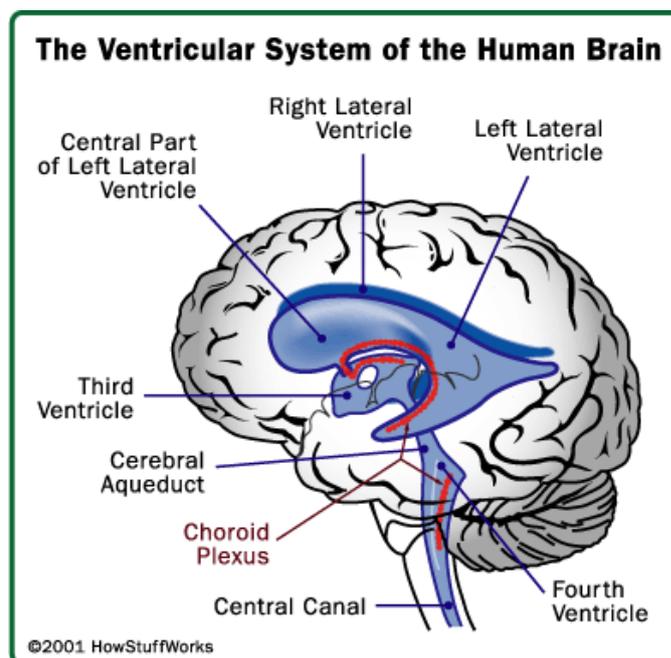
- The rear of the parietal lobe (next to the temporal lobe) has a section called **Wernicke's area**, which is important for understanding the sensory (auditory and visual) information associated with language. Damage to this area of the brain produces what is called "sensory aphasia," in which patients cannot understand language but can still produce sounds.
- **Frontal lobe** – The frontal lobe is involved in motor skills (including speech) and cognitive functions.
 - The motor centre of the brain (**pre-central gyrus**) is located in the rear of the frontal lobe, just in front of the parietal lobe. It receives connections from the somatosensory portion in the parietal lobe and processes and initiates motor functions. Like the homunculus in the parietal lobe, the pre-central gyrus has a motor map of the brain.
 - An area on the left side of the frontal lobe, called **Broca's area**, processes language by controlling the muscles that make sounds (mouth, lips and larynx). Damage to this area results in "motor aphasia," in which patients can understand language but cannot produce meaningful or appropriate sounds.

- Remaining areas of the frontal lobe perform associative processes (thought, learning, memory).
- **Occipital lobe** – The occipital lobe receives and processes visual information directly from the eyes and relates this information to the parietal lobe (Wernicke's area) and motor cortex (frontal lobe). One of the things it must do is interpret the upside-down images of the world that are projected onto the retina by the lens of the eye.
- **Temporal lobe** – The temporal lobe processes auditory information from the ears and relates it to Wernicke's area of the parietal lobe and the motor cortex of the frontal lobe.
- **Insula** – The insula influences automatic functions of the brainstem. For example, when you hold your breath, impulses from your insula suppress the medulla's breathing centres. The insula also processes taste information.
- **Hippocampus** – The hippocampus is located within the temporal lobe and is important for short-term memory.
- **Amygdala** – The amygdala is located within the temporal lobe and controls social and sexual behaviour and other emotions.
- **Basal ganglia** – The basal ganglia work with the cerebellum to coordinate fine motions, such as fingertip movements.
- **Limbic system** – The limbic system is important in emotional behaviour and controlling movements of visceral muscles (muscles of the digestive tract and body cavities).

Water on the Brain

Your brain and spinal cord are covered by a series of tough membranes called **meninges**, which protect these organs from rubbing against the bones of the skull and spine. For further protection, the brain and spinal cord float in a sea of **cerebrospinal fluid** within the skull and spine. This cushioning fluid is produced by the **choroid plexus** tissue, which is located within the brain, and flows through a series of cavities (**ventricles**) out of the brain and down along the spinal cord. The cerebrospinal fluid is kept separate from the blood supply by the **blood-brain barrier**.

Ventricle system of the brain



As you can see, your brain is a complex, highly organized organ that governs everything you do.

The Whats



What is a neuron?

A neuron is a nerve cell. The brain is made up of approximately 100 billion neurons.

Neurons are similar to other cells in the body in some ways such as:

1. Neurons are surrounded by a membrane.
2. Neurons have a nucleus that contains genes.
3. Neurons contain cytoplasm, mitochondria and other "organelles".

However, neurons differ from other cells in the body in some ways such as:

1. Neurons have specialized projections called **dendrites** and **axons**. Dendrites bring information to the cell body and axons take information away from the cell body.
2. Neurons communicate with each other through an electrochemical process.
3. Neurons form specialized connections called "synapses" and produce special chemicals called "neurotransmitters" that are released at the synapse.



It has been estimated that there are 1 quadrillion synapses in the human brain. That's 10^{15} or 1,000,000,000,000,000 synapses! This is equal to about a half-billion synapses per cubic millimetre. (Statistic from Changeux, J-P. and Ricoeur, P., *What Makes Us Think?*, Princeton: Princeton University Press, 2000, p. 78)

Types of Neurons



What is behind the saying "We use only 10% of our brain?" Is this true?

No...it is not true. We use all of our brain. I have created a special page called "Do we use only 10% of our brain" that discusses this question in more detail.

The Hows



How big is the brain? How much does the brain weigh?

The adult human brain weighs between 1300 g and 1400 g (approximately 3 lbs). A newborn human brain weighs between 350 and 400 g. For comparison:

elephant brain = 6,000 g
 chimpanzee brain = 420 g
 rhesus monkey brain = 95 g
 beagle dog brain = 72 g
 cat brain = 30 g
 rat brain = 2 g



The Human Brain

(Image courtesy of the Mammalian Brain Collection)

More Brain Weights



How many neurons (nerve cells) are in the brain? How big are they?

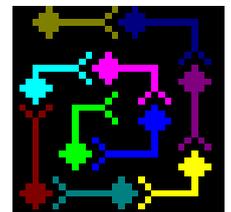
It is estimated that there are **100 billion (100,000,000,000)** neurons in the human brain. To get an idea of how many 100 billion is, think of this:

Assume that you were going to count all 100 billion cells at a rate of 1 cell per second. How long would it take you to count all 100 billion cells? My calculations say it would take about **3,171 years!!!**. Do the math yourself. (Here is a hint on the math: there are 60 seconds in a minute; 60 minutes in an hour; 24 hours in a day; 365 days in a year.) By the way, my calculations did NOT take "leap years" into account. Actually, it would probably take a lot longer than 3,171 years because it takes more than 1 second to say the large numbers.

Here is another way to think of 100 billion:

Assume the cell body of one neuron is 10 microns wide (this is just an assumption because neurons come in many different sizes. However, 10 microns is small; smaller than the period at the end of this sentence). Ok...if you were able to line up all 100 billion neurons in a straight line, how long would your line be? Check my math!!

1 neuron = 10 microns wide
 10 neurons = 100 microns wide
 100 neurons = 1000 microns wide = 1 mm wide
 1,000 neurons = 10 mm wide = 1 cm wide
 100,000 neurons = 100 cm wide = 1 m wide
 100,000,000 neurons = 1000 m = 1 km
 10,000,000,000 neurons = 100 km



100,000,000,000 neurons = 1000 km (approximately 600 miles)

Although all the neurons lined up side by side would stretch 1000 km, the line would be only 10 microns wide...invisible to the naked eye!!!

To get an idea of how small a neuron is, let's do some more math:

The dot on top of this "i" is approximately 0.5 mm (500 microns or 0.02 in) in diameter. Therefore, if you assume a neuron is 10 microns in diameter, you could squeeze in **50** neurons side-by-side across the dot. However, you could squeeze in only 5 large (100 micron diameter) neurons.



How long is a neuron?

Some neurons are very short...less than a millimetre in length. Some neurons are very long...a meter or more! The axon of motor neuron in the spinal cord that innervates a muscle in the foot can be about 1 meter (3 feet) in length.

Think about how long the axon of a motor neuron would be if you wanted to make a model of it. The cell body of a motor neuron is approximately 100 microns (0.1 millimetre) in diameter and as you now know, the axon is about 1 meter (1,000 millimetre) in length. So, the axon of a motor neuron is 10,000 times as long as the cell body is wide. If you use a ping-pong ball (diameter = ~3.8 cm or 1.5 inch) to model the cell body, your axon would have to be 38,000 cm (380 meters) or 1,247 feet in length. If you use a basketball (diameter = ~24 cm or 9.5 inch) as the cell body, then your axon would have to be 240,000 cm (2.4 kilometres) or 7874 ft (1.49 miles) in length!



How big is the brain compared to the rest of the body?

If you assume the average person is 150 pounds and the average brain weighs 3 lbs., then the brain is **2%** of the total body weight.



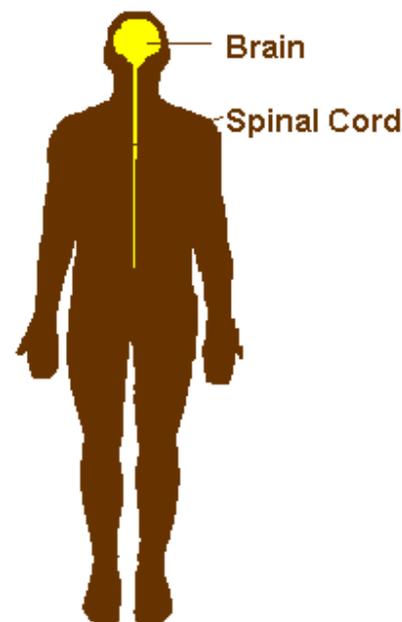
How long is the spinal cord and how much does it weigh?

The average spinal cord is **45 cm** long in men and **43 cm** long in women. The spinal cord weighs approximately 35 g.



How fast does information travel in the nervous system?

Information travels at different speeds within different types of neurons. Transmission can be as slow as 0.5 meters/sec or as fast as 120 meters/sec. Travelling at 120 metres/sec is the same as going 268 miles/hr!!! Check the math out yourself. [More about the speed of signals in the nervous system.](#)



More Whats and some Whos, Whys and Hows



What do neuroscientists study?

Perhaps, the best way to describe what neuroscientists study is to list the "levels" at which experiments can be done:



1. **Behavioural Level:** study of the neural basis of behaviour. In other words, what causes people and animals to do the things they do.
2. **System Level:** study of the various parts of the nervous system like the visual or auditory system. This could also include investigations of what parts of the brain are connected to other parts.
3. **Local Circuit Level:** study the function of groups of neurons (nerve cells).
4. **Single Neuron Level:** study what individual neurons do in relation to some "event." Also, could study what is contained within a single neuron (neurotransmitter studies).
5. **Synapse Level:** study what happens at the synapse.
6. **Membrane Level:** study what happens at ion channels on a neuronal membrane.
7. **Genetic Level:** study the genetic basis of neuronal function.



How do you become a neuroscientist? How long do you have to go to school?

1. First, you have to finish high school...so from 1st to 12th grade is 12 years.
2. Second, you get a university degree...at least another 4 years of school.
3. Third, you go to either graduate school for a Ph.D. degree or go to medical school for an M.D. degree...at least another 4 years of education.

Let's add up what we have so far -- $12 \text{ yrs} + 4 \text{ yrs} + 4 \text{ yrs} = 20 \text{ yrs}$

That's 20 yrs. of school. While you are in graduate school or medical school you can call yourself a neuroscientist in training. After you get your Ph.D. or M.D. you can call yourself a "neuroscientist." Some people go back to school and get another degree so they have both a Ph.D. and an M.D. degree. Most people continue their training in a different laboratory after they get their Ph.D. or M.D. degree. This period of time is called Postdoctoral Training and neuroscientists learn new methods and techniques. This usually lasts 2-4 years. It is the hope of most neuroscientists that they can get jobs at a university, hospital or company after their postdoctoral training period. To find out more about becoming a neuroscientist, read [Another Day, Another Neuron](#), a short essay I wrote for the Genentech Access Excellence Web site.



Ok, so after all this school and training, what kind of jobs are available?



Why do neuroscientists do what they do?

Different neuroscientists have different reasons for getting into their careers. However, I am sure that some scientists are motivated by their curiosity to learn more about the brain. Neuroscientists would also like to find treatments and cures for the diseases that affect the nervous system. Neurological illnesses affect more than 50 million Americans each year – this costs billions of dollars each year. Here is more information on some of the major nervous system diseases (from *Brain Facts*, Society for Neuroscience, 1997 and other sources including [The American Academy of Neurology](#)).



Major Nervous System Diseases		
Disease	Number of Cases	Cost per year
Chronic Pain	97,000,000	US\$100 billion
Hearing Loss	28,000,000	\$56 billion
Depression Disorders	20,500,000	\$44 billion
Alzheimer's Disease	4,500,000	\$100 billion
Stroke	4,700,000	\$51 billion
Epilepsy	2,500,000	\$3.5 billion
Traumatic Head Injury	5,000,000	\$56.3 billion
Huntington's Disease	30,000	\$2 billion
Schizophrenia	2,000,000	\$32.5 billion
Parkinson's Disease	1,000,000 to 2,000,000	\$25 billion
Multiple Sclerosis	2,500,000	\$9.5 billion
Traumatic Spinal Cord Injury	250,000	\$10 billion
Reference: <i>Brain Facts</i> , Washington D.C.: Society for Neuroscience, 2005.		



Who was the first neuroscientist?

Hmmm....I don't think anyone really knows the answer to this one. Here is my opinion. Some skulls that are at least 10,000 years old have unusual holes in them. Scientists believe that these holes were put there intentionally to "let out the bad spirits." This implies that these people had some belief that the head or brain had some importance for health and well-being. Perhaps these people could be considered the first neuroscientists.

The first recorded use of the word "brain" belongs to the ancient Egyptians. The word for "brain" and other "neuro" words appear in the [Edwin Smith Surgical Papyrus](#) which was written by an unknown Egyptian surgeon around 1,700 BC.

Socrates (469-399 B.C.) and Aristotle (384-322 B.C.) were early "thinkers" who wrote about the brain and mind. However, Aristotle believed that the heart, not the brain, was important for intelligence. Galen

(129-199) was another early neuroscientist. Leonardo da Vinci (1452-1519), who came along much later, also could be thought of as a neuroscientist. If you are interested in more about the history of the Neurosciences, try Milestones in Neuroscience Research.



How many research papers about the brain are published each year?

For 2004, a PubMed search using the term "brain" shows that 36,849 papers were published.

For 2003, a PubMed search using the term "brain" shows that 36,760 papers were published.

For 2002, a PubMed search using the term "brain" shows that 35,742 papers were published.

For 2001, a PubMed search using the term "brain" shows that 35,799 papers were published.

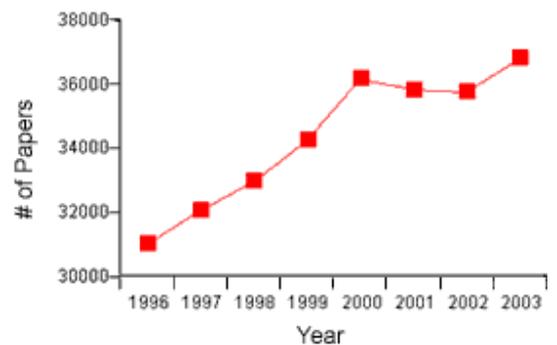
For 2000, a PubMed search using the term "brain" shows that 36,135 papers were published.

For 1999, a PubMed search using the term "brain" shows that 34,227 papers were published.

For 1998, a PubMed search using the term "brain" shows that 32,942 papers were published.

For 1997, a PubMed search using the term "brain" shows that 32,018 papers were published.

For 1996, a PubMed search using the term "brain" shows that 30,985 papers were published.



**PASCAS
HEALTH**

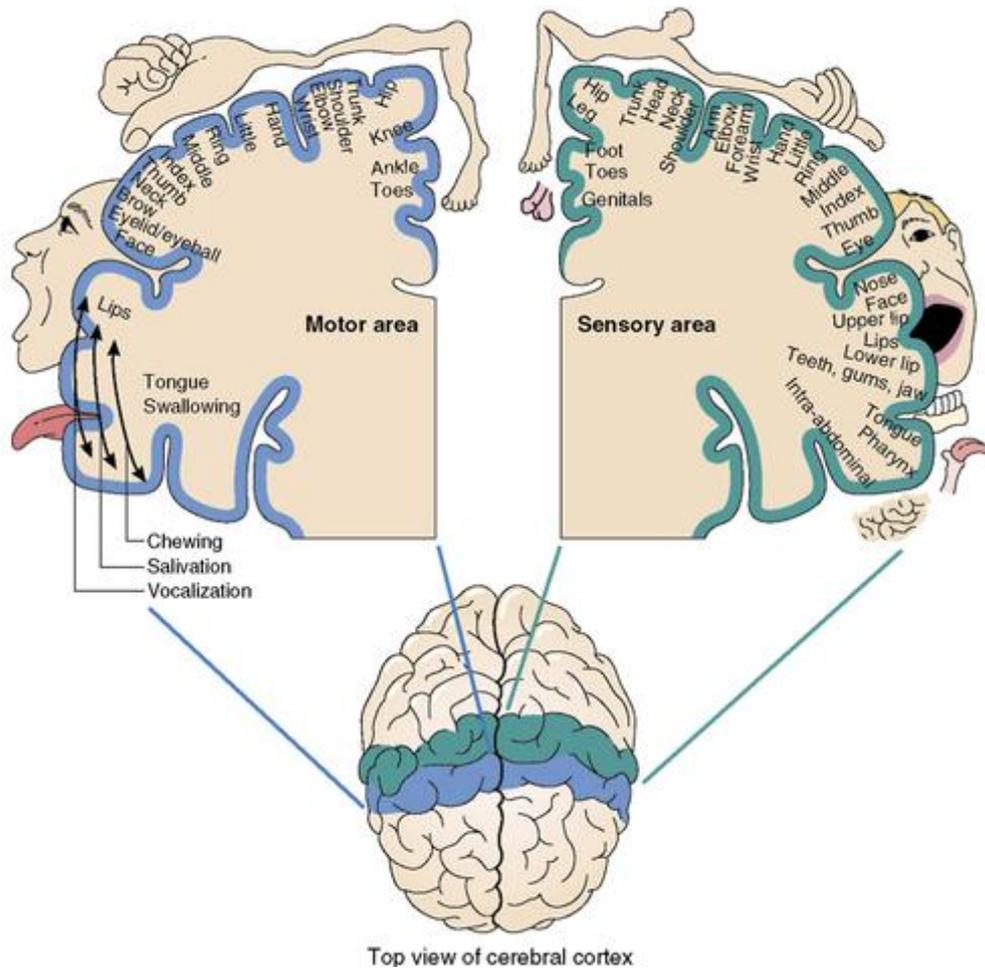
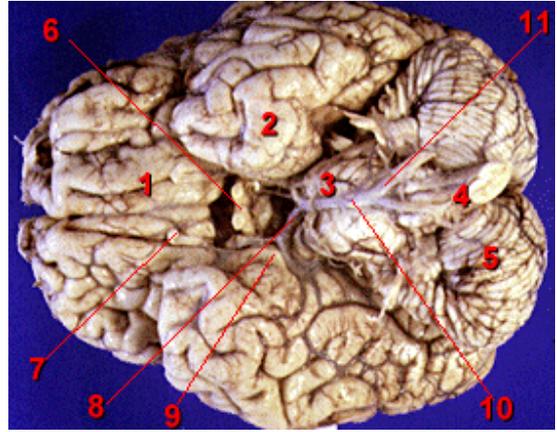


**Feeling
Healing with
Divine Love is
the key!**

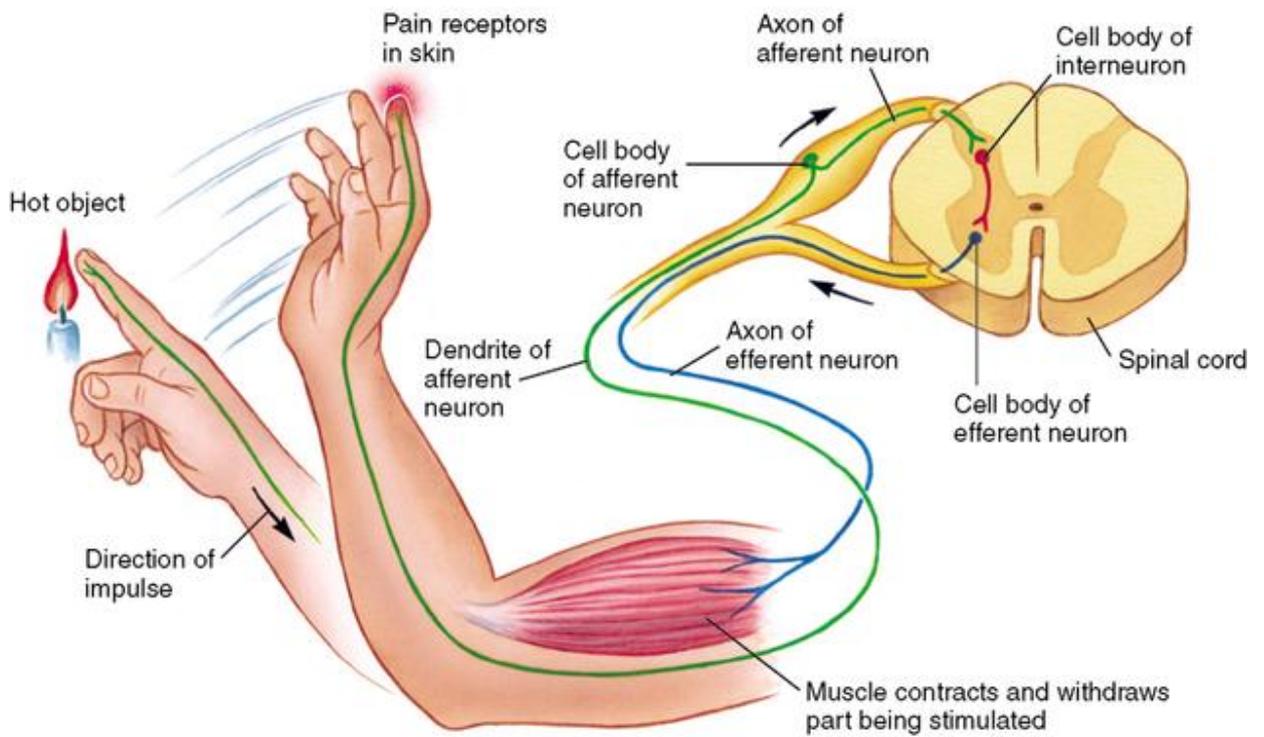
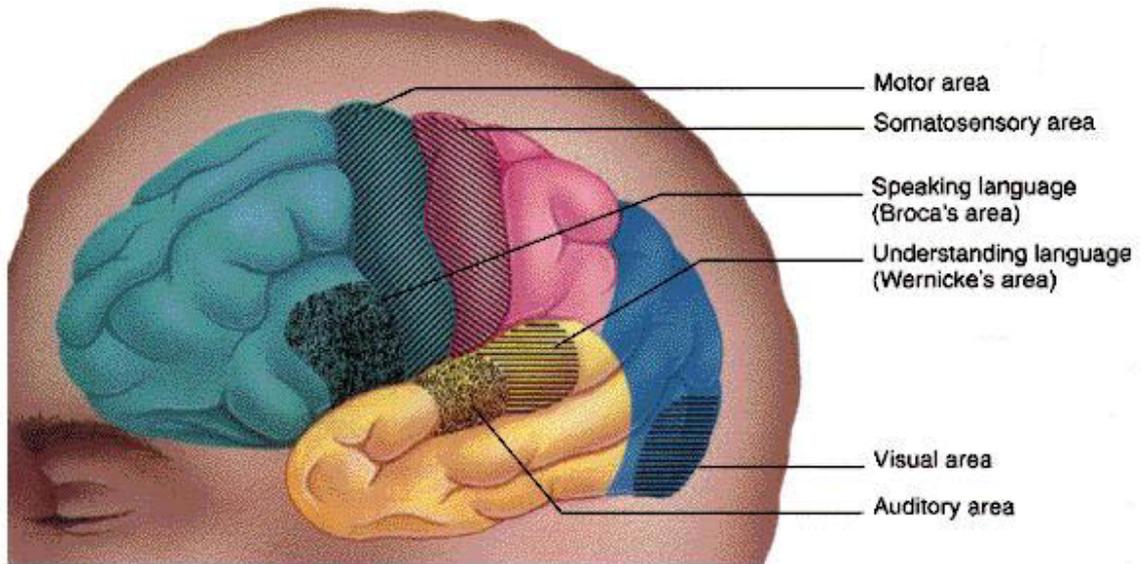


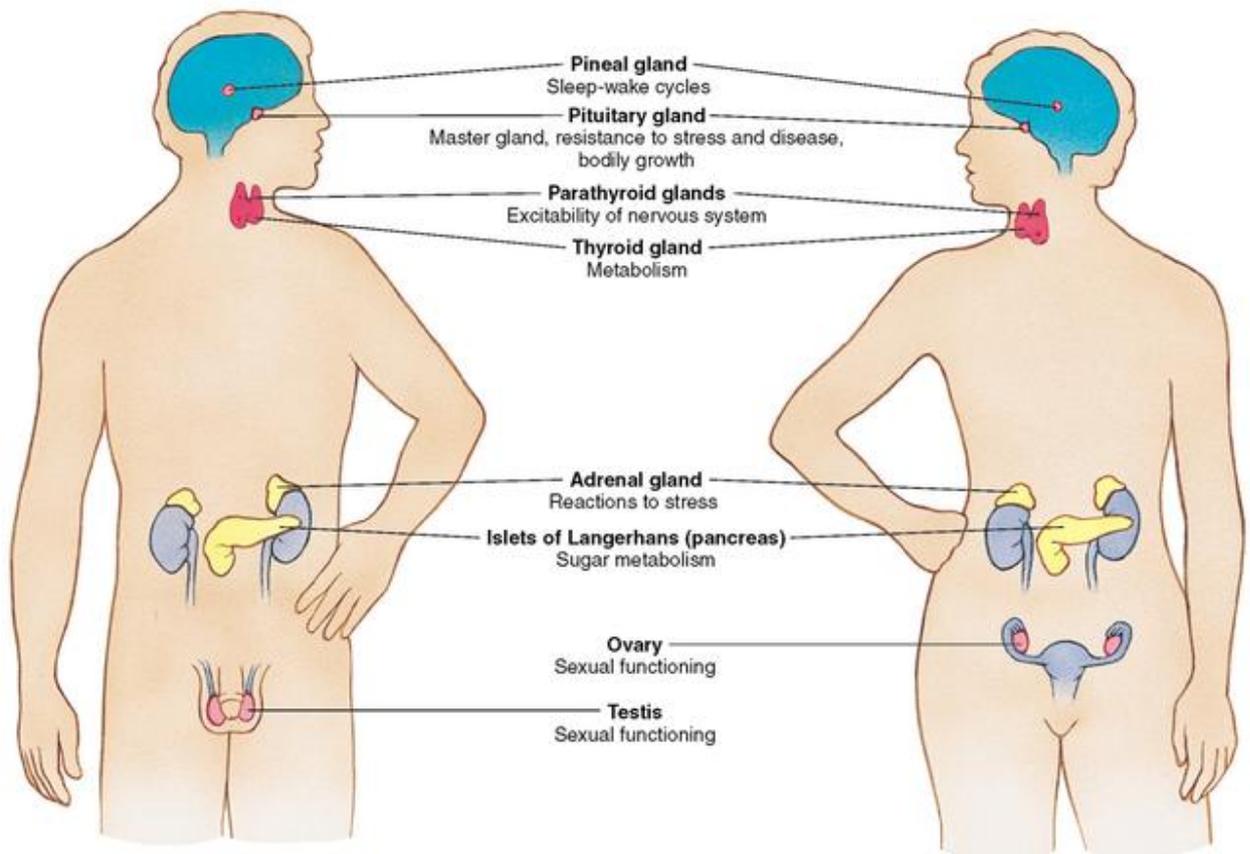
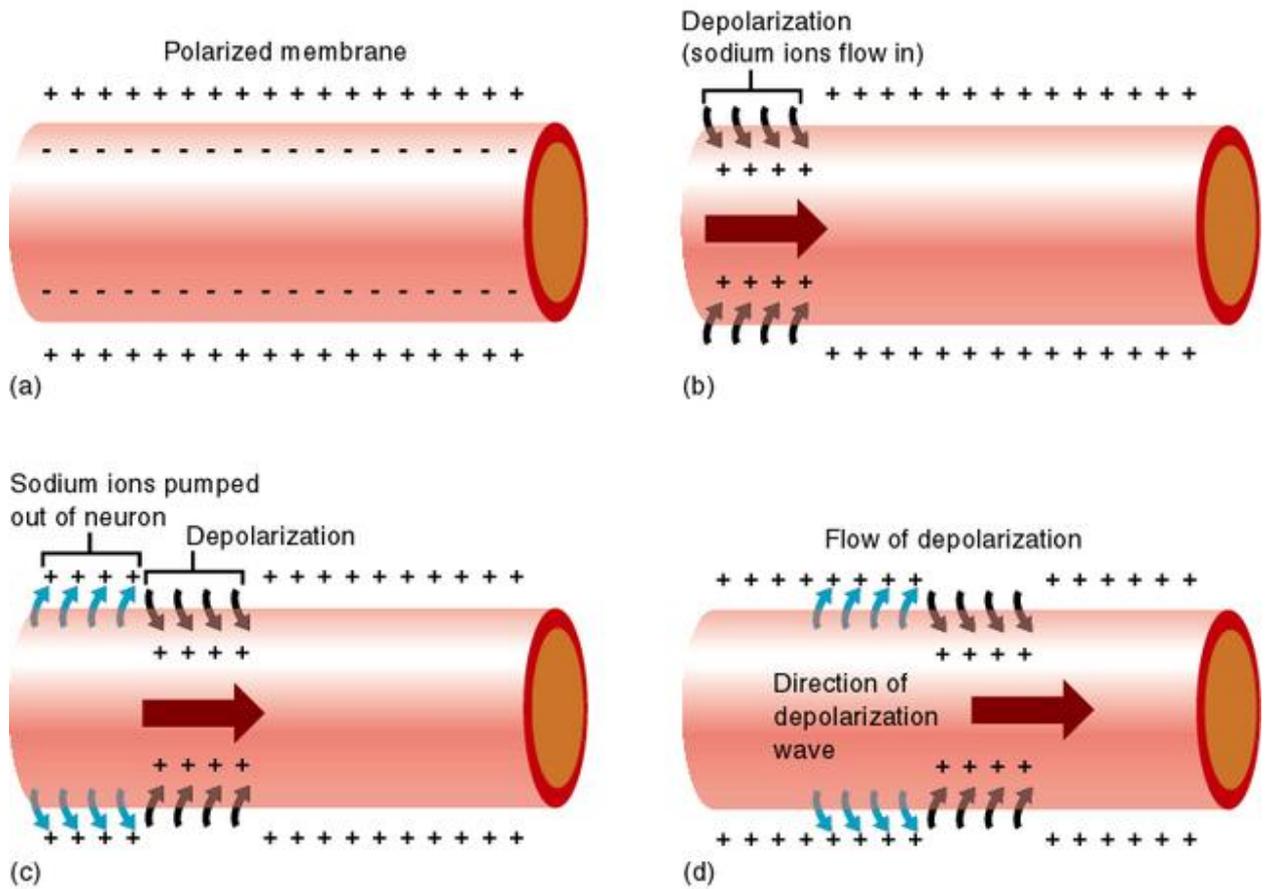
The BRAIN Works:

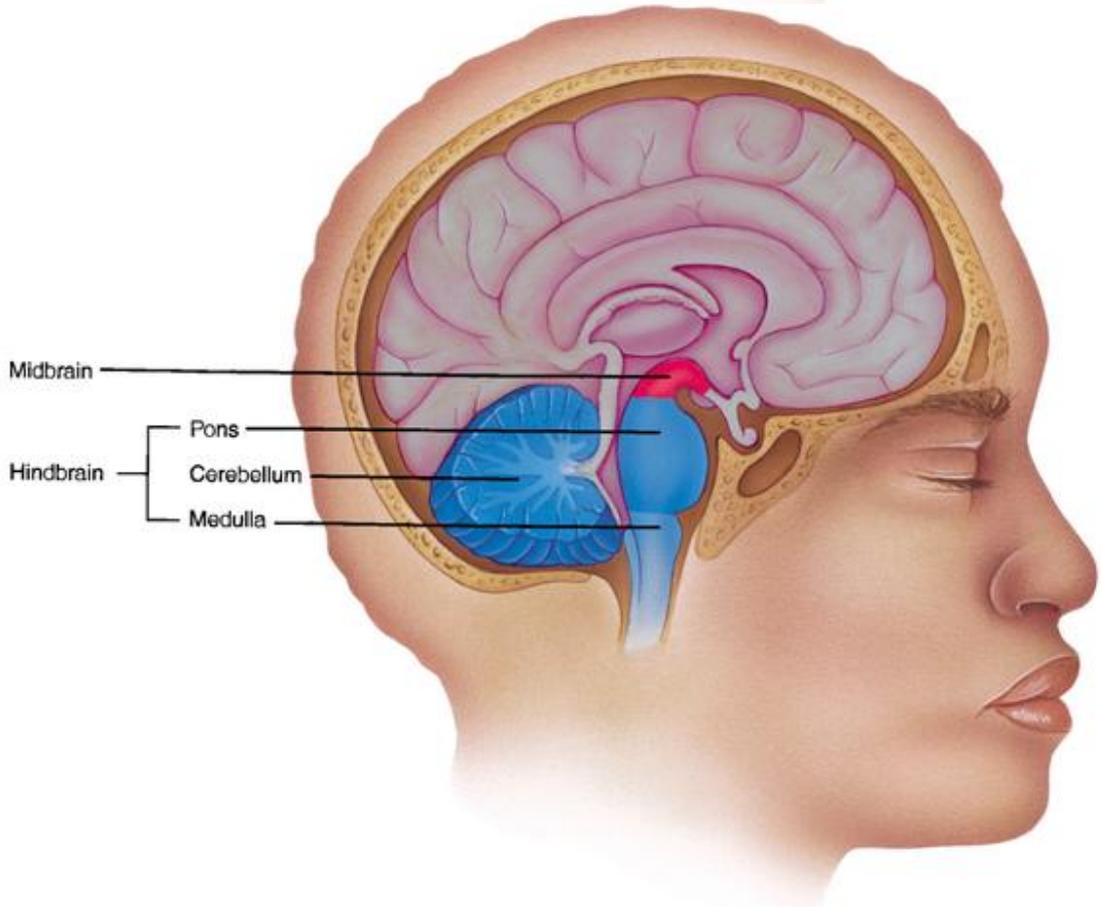
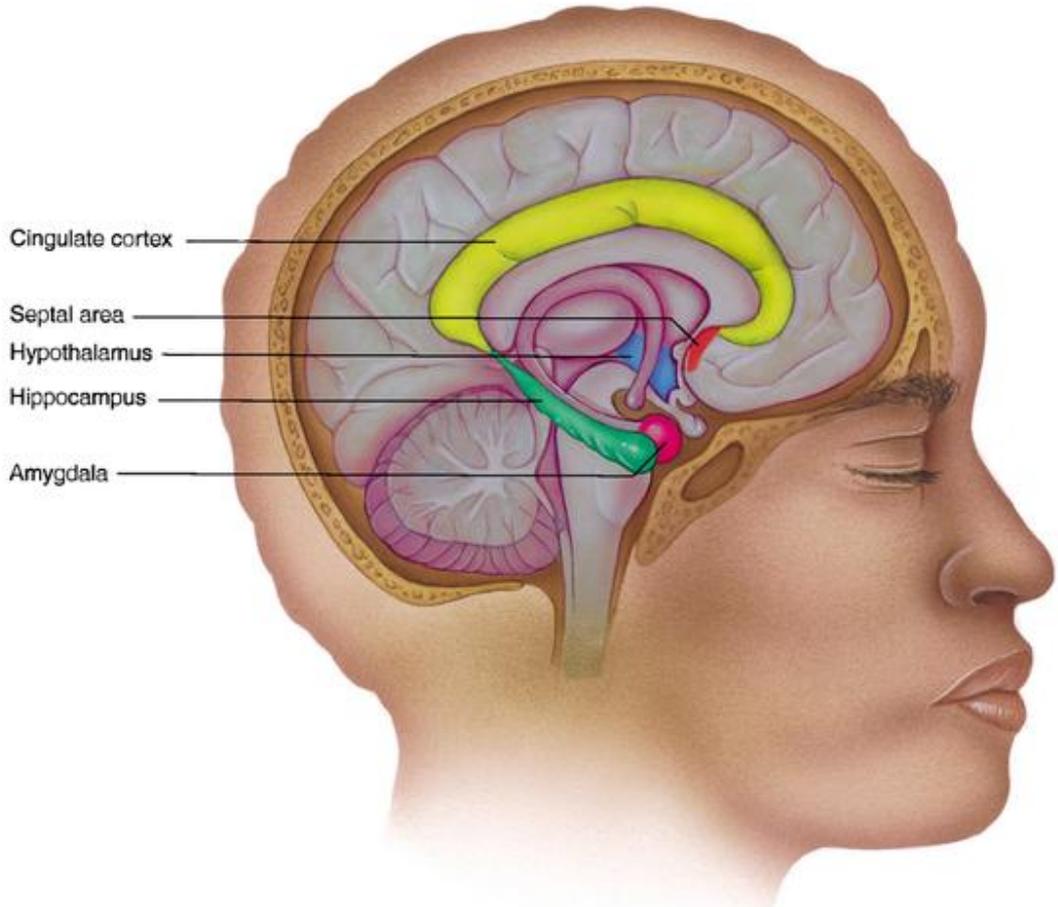
- 1 Lobus frontalis
- 2. Lobus temporalis
- 3. Pons
- 4. Medulla oblongata
- 5. Cerebellum
- 6. Chiasma opticum
- 7. Nervus olfactorius
- 8. Arteria cerebri posterior
- 9. Uncus gyri hippocampi
- 10. Arteria basilaris
- 11. Arteria vertebralis

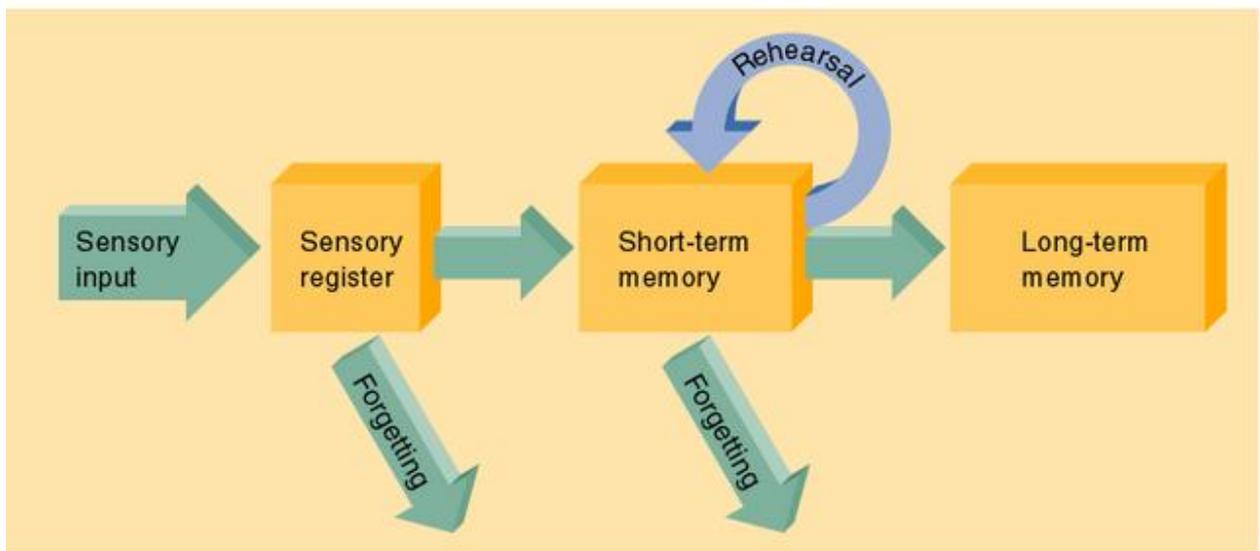
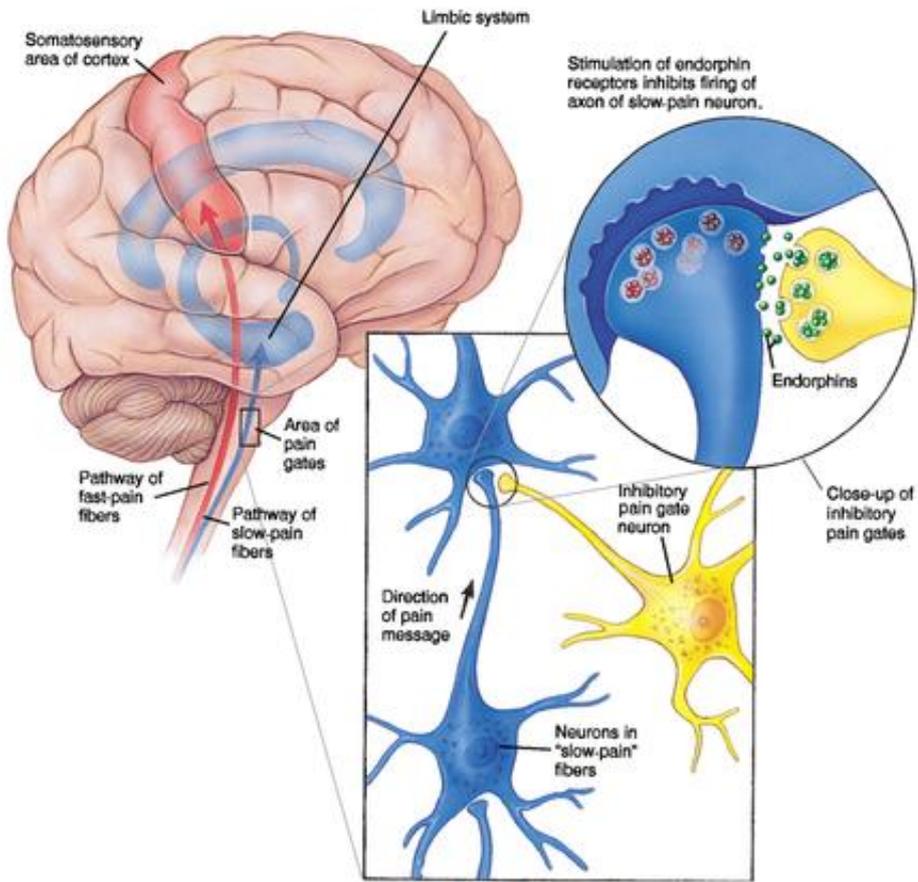


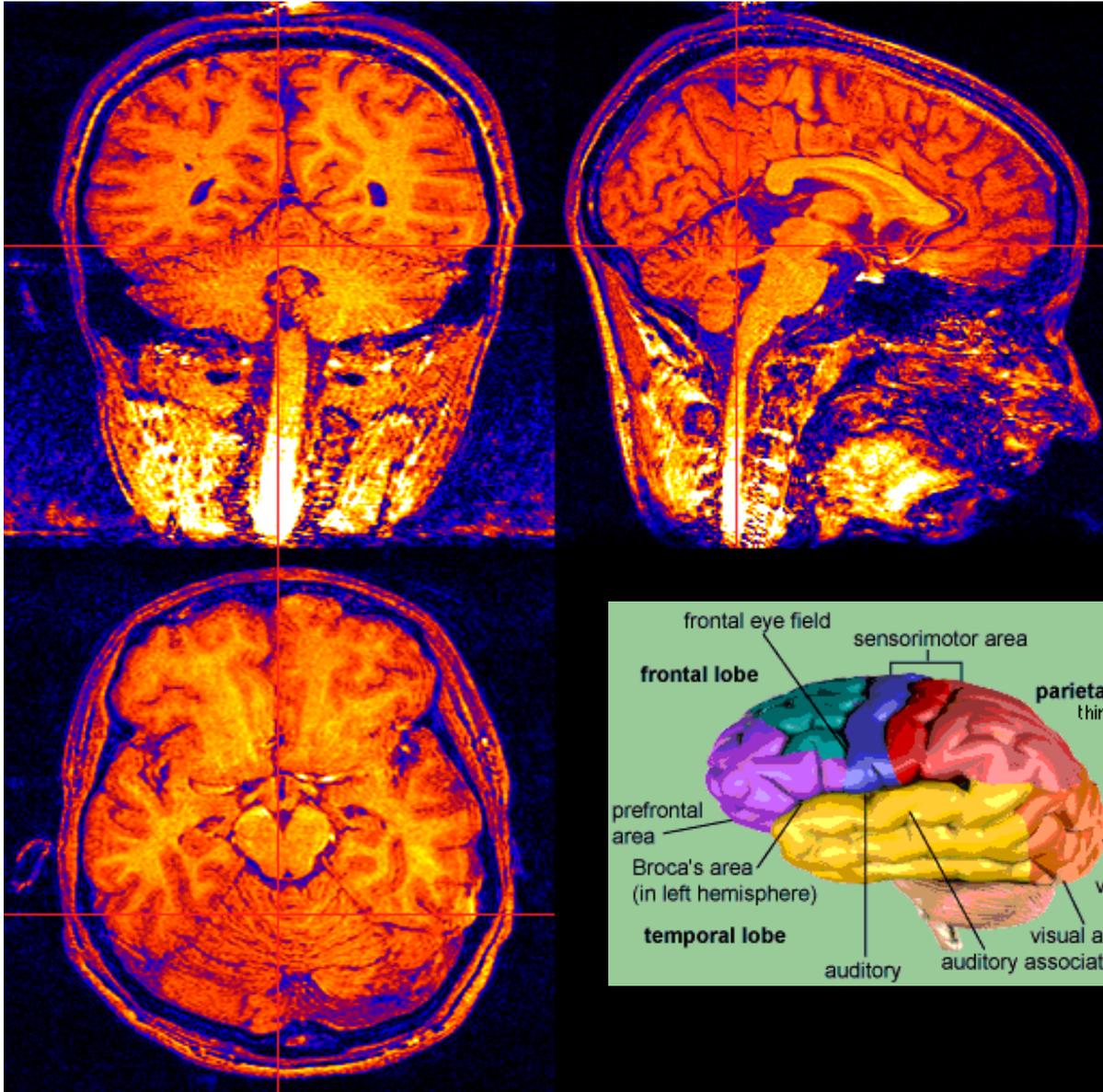
Functions of the Cerebral Cortex



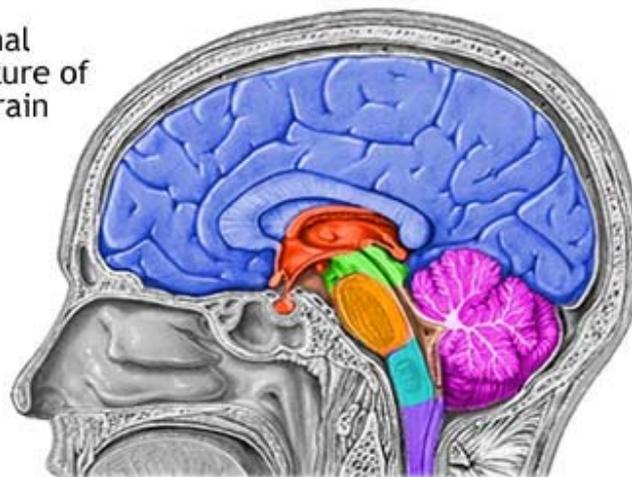








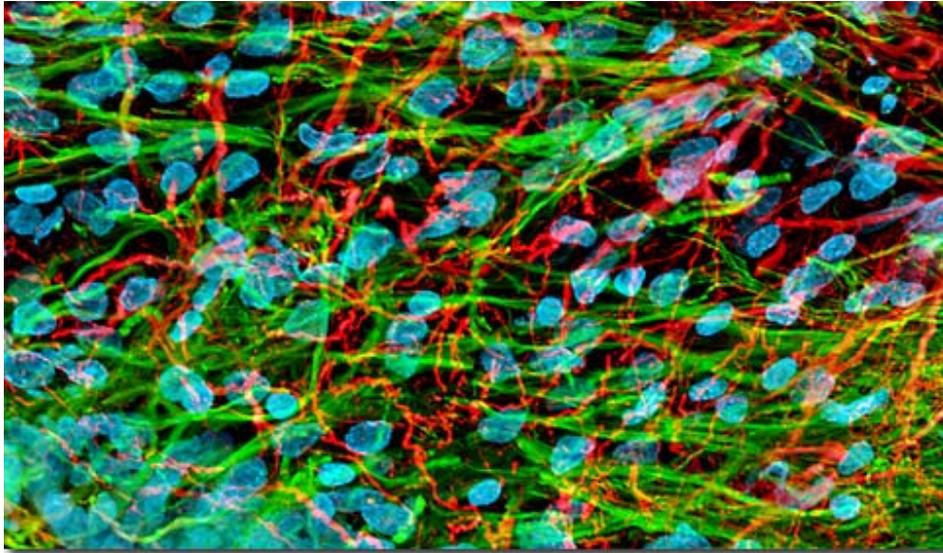
Internal structure of the brain



- Spinal cord
- Cerebellum
- Diencephalon
- Pons
- Medulla Oblongata
- Midbrain
- Cerebral hemisphere

The Brain

micro.magnet.fsu.edu/.../brain/brain3.html

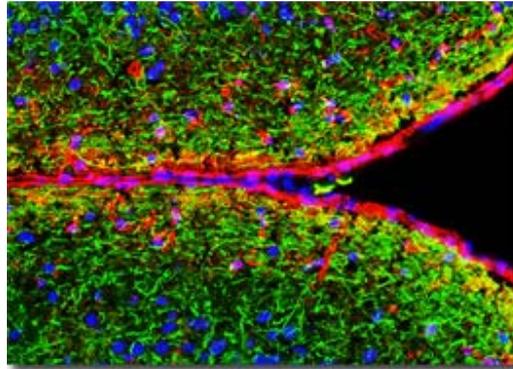


Rat Brain Hippocampus Neurons

View more brain images in the [Rat Brain digital image gallery](#).

Throughout history humans have sought to understand the origin of their own consciousness and have inquiringly searched for answers to the innumerable questions such a quest inevitably raises regarding the generation of thought, the formation of memories, the basis of emotions, and similar issues. Philosophers, theologians, poets, and early scientists have all held varying views. Aristotle, for instance, alleged that intelligence resided in the heart, and his influence on Western thought was so strong that nearly 2,000 years later William Shakespeare wrote, “Go to your bosom; Knock there, and ask your heart what it doth know.” Modern science attests, however, that is not the business of the heart to “know” anything, since the awareness and understanding that constitutes knowledge is seated in an entirely different organ—the brain.

The human brain is a remarkable example of evolution. Paleontological evidence suggests that the organ has undergone significant changes in both its overall size and the relative size of its component parts. The physical changes have apparently been accompanied by important modifications in the mental processes, humans having become increasingly capable of more and more complex activities over time. The phenomenon of evolution is similarly evident among the diverse nervous systems that belong to the members of the animal kingdom in general. Even the simplest, most primitive prokaryotes are able to sense and respond to certain environmental cues, such as movement toward or away from a chemical stimulant (**chemotaxis**), but only more advanced organisms possess the networks of nerve cells necessary to better perceive the environment and carry out more complex responses based on that perception.



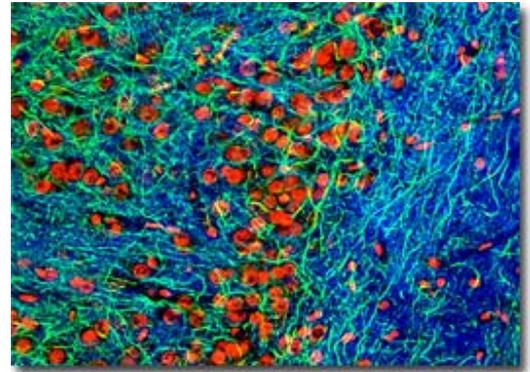
Cerebral Cortex

Studies of the embryonic development of the vertebrate brain suggest that the progression parallels the evolution of the organ. The brain and the spinal cord, which comprise the vertebrate central nervous system, develop from the tube-like dorsal nerve cord of the embryo. In the early stages of nerve cord differentiation, three anterior bulges, known as the **forebrain**, **midbrain**, and **hindbrain** are observable. These three sections represent the earliest evolutionary structures considered to comprise a brain. Later in evolutionary history, additional structural divisions appeared, as they do further along in embryonic development. By the time a human embryo is five weeks old, the forebrain has enlarged and differentiated into two sections, called the **telencephalon** and the **diencephalon**, and the hindbrain has differentiated into the **metencephalon** and **myelencephalon**. The midbrain is also modified, though it is still only considered to comprise a single structure, the **mesencephalon**.

By the time the human brain has completed its development, the telencephalon has given rise to the **cerebrum**, which is considered the organ's most highly evolved structure. In advanced vertebrates, including humans, the cerebrum is so large that it covers almost all other structures of the brain. The fully developed human brain also features several other regions that have differentiated from structures present in earlier developmental stages. In the adult, the region of the brain known before only as the diencephalon is differentiated into three distinguishable centres called the **thalamus**, **hypothalamus**, and the **epithalamus**, the metencephalon is differentiated into the **pons** and **cerebellum**, the myelencephalon has given rise to the **medulla oblongata**, and the mesencephalon has changed into what is called midbrain, though it is much more advanced than the midbrain present early in embryonic development.

Several structures of the adult human brain are located deep within the organ and appear to form a stem that the cap-like cerebellum sits upon. Collectively the structures, the medulla oblongata, the pons, and the midbrain, are called the **brainstem**. The brainstem is what connects the brain to the anterior region of the spinal cord and serves as the main communication pathway between other regions of the brain and the spinal cord and peripheral nervous system. The brain stem also controls several functions, primarily those that involve essential, automatic activities, such as respiration, the beating of the heart, and homeostasis. Within the core of the brainstem is the **reticular formation**, a nerve cell system that functions in filtering out familiar or habitual input. A part of this system, called the **reticular activating system**, is heavily involved in the regulation of sleep and states of arousal. A more detailed understanding of the brainstem can be gained by considering the component parts of the structure individually.

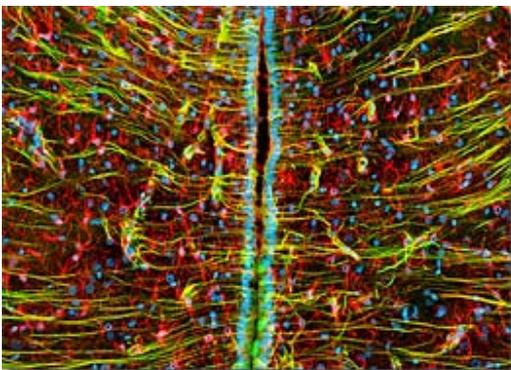
Coronal Hippocampus Thin Section



The medulla oblongata, often referred to simply as the medulla, is the lowermost portion of the vertebrate brain and is directly continuous with the spinal cord. At its other end, the medulla is linked to the pons. The medulla encloses one of the four **ventricles** of the brain, which are cavities filled with cerebrospinal fluid that are linked to the central canal of the spinal cord. Two types of nervous tissue, commonly called **gray matter** and **white matter**, comprise the medulla, as well as the other parts of the brain. Characteristically gray matter predominantly consists of nerve cell bodies whose nuclei lend the tissue a gray appearance in section, whereas white matter is composed mainly of myelinated axons, its name stemming from the pearly white appearance of the insulating myelin. Due to the different makeup of gray and white matter, the tissue types function in distinct ways, with gray matter chiefly being involved in processing information and white matter in communicating information. Unlike most other parts of the brain, the white matter of the medulla is exterior to its gray matter, which surrounds the ventricle.

Functionally the medulla is extremely important in an integrative capacity, but it also contains nerve centres that regulate various involuntary nervous activities, including digestion, heart activity, vomiting, swallowing, sleeping, and breathing. Coordination of large-scale movement is another key function of the medulla. Notably, as most descending axons that send signals regarding movement pass through the medulla to the spinal cord, they cross over to the opposite side of the central nervous system from which they originated. Accordingly, the left side of the brain usually directs the movement of the right side of the body, and the right side of the organ controls most of the movement of the left side of the body. In addition to descending axons, seven of the 12 sets of cranial nerves extend from the medulla.

The pons exhibits a horseshoe-like shape and is located directly above the medulla and below the midbrain. The structure functions in the transmission of information between higher regions of the brain and the spinal cord and between the cerebrum and the cerebellum. Nervous centres that assist in the control of a number of autonomic activities, such as breathing, sleep, and arousal, are also found in the pons. Four pairs of cranial nerves originate in the pons.

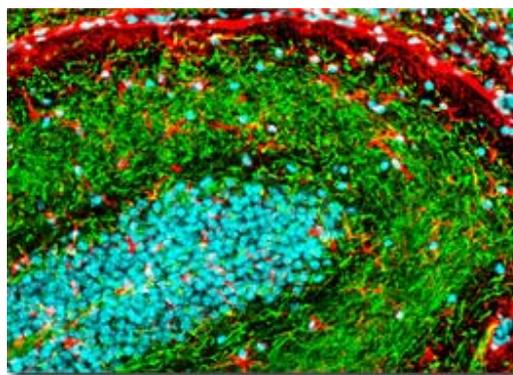


Intermediate Filaments in Brain Tissue

The final section of the brainstem, the midbrain, plays a major part in the integration of sensory input in many vertebrates, but in humans and other mammals, its role is somewhat reduced, functioning primarily as a communication corridor to the cerebral hemispheres. In non-mammalian vertebrates, for instance, a pair of specialized centres called the **superior colliculi** are very prominent and sometimes serve as the sole location where visual information may be integrated, but in mammals visual integration takes place in the cerebrum. Coordination of visual reflexes is the primary role of mammalian superior colliculi. Another pair of specialized centres in the midbrain, known as the **inferior colliculi**, are a central part of the auditory system.

Located posterior to the brain stem and connected to it via bundled nerves is the cerebellum, the moniker of which was coined to reflect its appearance, which is similar to that of a small brain (cerebellum is the diminutive form of the Latin word for brain). The cerebellum is relatively large in humans and is divided into two lateral hemispheres, similar to the cerebrum. An outer cortex of gray matter and an inner region of white matter comprise the hemispheres, each of which is subdivided into three lobes. Different types of input are received by each of the lobes: the **flocculonodular lobe** collects information from the inner ear vestibule (a balance, rather than auditory, component), the **anterior lobe** receives impulses from the spinal cord, and the **posterior lobe** communicates with the cerebrum. All of the input received by the various lobes is integrated in the cortex of the cerebellum. The coordinated activity of the multiple parts of the cerebellum enables this region of the brain to control refined, coordinated muscle movements and balance.

Similar to the brainstem, three different regions comprise the diencephalon of the adult human brain: the epithalamus, the thalamus, and the hypothalamus. Within the epithalamus is a group of capillaries collectively called a **choroid plexus** that manufactures cerebrospinal fluid. The epithalamus is also the site of the **pineal gland**, a constituent of the endocrine system that secretes the hormone **melatonin**, which appears to play an important role in regulating the sleep cycle and other cyclical behaviours. In mammals, the pineal gland is positioned near the centre of the brain, but in some lower vertebrates the gland is located in closer proximity to the surface of the brain. Modern studies suggest that the pineal gland was possibly an evolutionary predecessor of the eye, a far cry from the belief of the seventeenth century philosopher René Descartes, who suggested it accommodated the soul.



Mouse Brain Post Hypothalamus Region

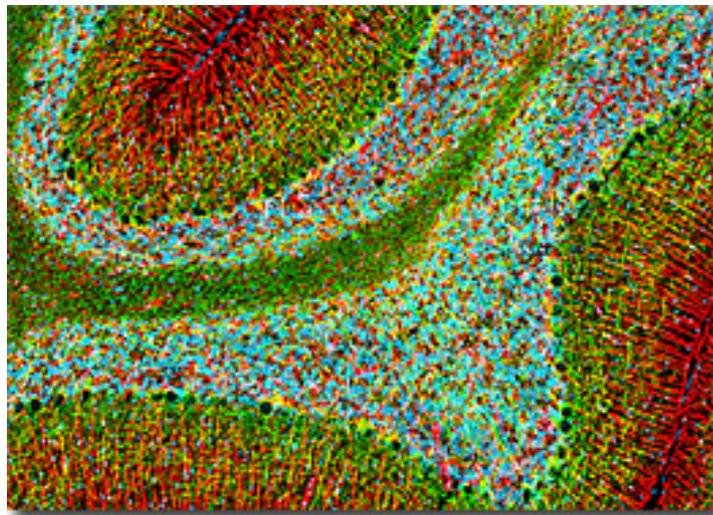
The hypothalamus is also associated with the rhythmic behaviours of the body, especially the daily rhythms known as **circadian rhythms**. The **suprachiasmatic nuclei** located in the hypothalamus are

thought to serve as one of the body's primary biological clocks, and the paired structures are linked to the pineal gland so that they function in the regulation of melatonin secretion. The hypothalamus also interacts with the **pituitary gland** and heavily influences its activity, including the release of growth hormone and luteinizing hormone, among others. Weight, body heat, hunger, thirst, fluid intake, pleasure, and mating behaviour are some of the many other properties and activities heavily impacted by the hypothalamus.

Unlike the other regions of the brain that comprise the diencephalon, the thalamus does not appear to play a notable role in cyclical behaviours. Instead, the double-lobed mass of gray matter that is located superior to the hypothalamus functions in motor control by being the primary recipient of motor information transmitted by the cerebrum. The thalamus is also a receiver of all auditory, somatosensory, and visual sensory signals from diverse regions of the brain, serving as the final gateway impulses must pass on their way to the cerebrum.

Within the skull, the cerebrum occupies the uppermost region. The two hemispheres of the cerebrum are separated by a deep groove called the **longitudinal cerebral fissure**, and each of the sections is divided into an inner core of white matter and an outer layer of gray matter known as the **cerebral cortex**. Located deep inside of the white matter are clustered nuclei termed **basal nuclei** that appear to be primarily concerned with the planning of sequences of movement and learning to perform them again. The site of most activity in the cerebrum, however, is the cerebral cortex. In mammals, the cerebral cortex is large and complex, while only the most basic components of this region of the brain are present in reptiles.

Cerebellum



The **neocortex**, an outer cortical stratum composed of six layers of neurons, is only found in mammalian species, and is most highly developed in humans. Some types of brain activity are allied with a single layer of the cerebral cortex, but many processes are believed to be interactively regulated. Advanced behaviour and cognitive capacity is associated with the relative size of the neocortex and the extent to which the region is convoluted. The human neocortex is less than 5 millimetres thick, but due to its extensive wrinkling has a surface area of approximately 0.5 meters square. Next to humans, nonhuman primates, porpoises, and whales possess some of the most highly developed neocortices.

In addition to the neocortex, the cortical region of the human brain contains more primitive components called the **olfactory cortex** and the **hippocampus** that occur in reptiles as well as mammals. The mammalian versions of these structures, however, are associated with other regions of the cortex, hypothalamus, and thalamus in a ring-like assembly centred around the brainstem known as the **limbic system**. The emotional responses or feelings that mammals experience are produced by the limbic system, which closely interacts with other parts of the brain. The limbic system also is a functional centre for long-term memory.

Each hemisphere of the cerebrum is traditionally considered to be comprised of four outwardly observable lobes: the **frontal lobe**, **temporal lobe**, **occipital lobe**, and **parietal lobe**. A fifth lobe, called the **insular lobe**, is situated beneath them within a fissure that separates the parietal and temporal lobes. Various regions of the lobes are specialized for certain functions, such as receiving specific types of sensory information (**primary sensory areas**) or integrating sensory information with input received from other regions of the brain (**association areas**). For example, the somatosensory cortex located in the parietal lobe receives input acquired from pain, temperature, and other receptors in the body, while the auditory association area in the temporal lobe integrates and processes auditory information. In humans, association areas located in the frontal lobes usually only receive signals that have already passed through other association areas. This additional step of association is thought to be strongly related to the human capacity for advanced mental activity.

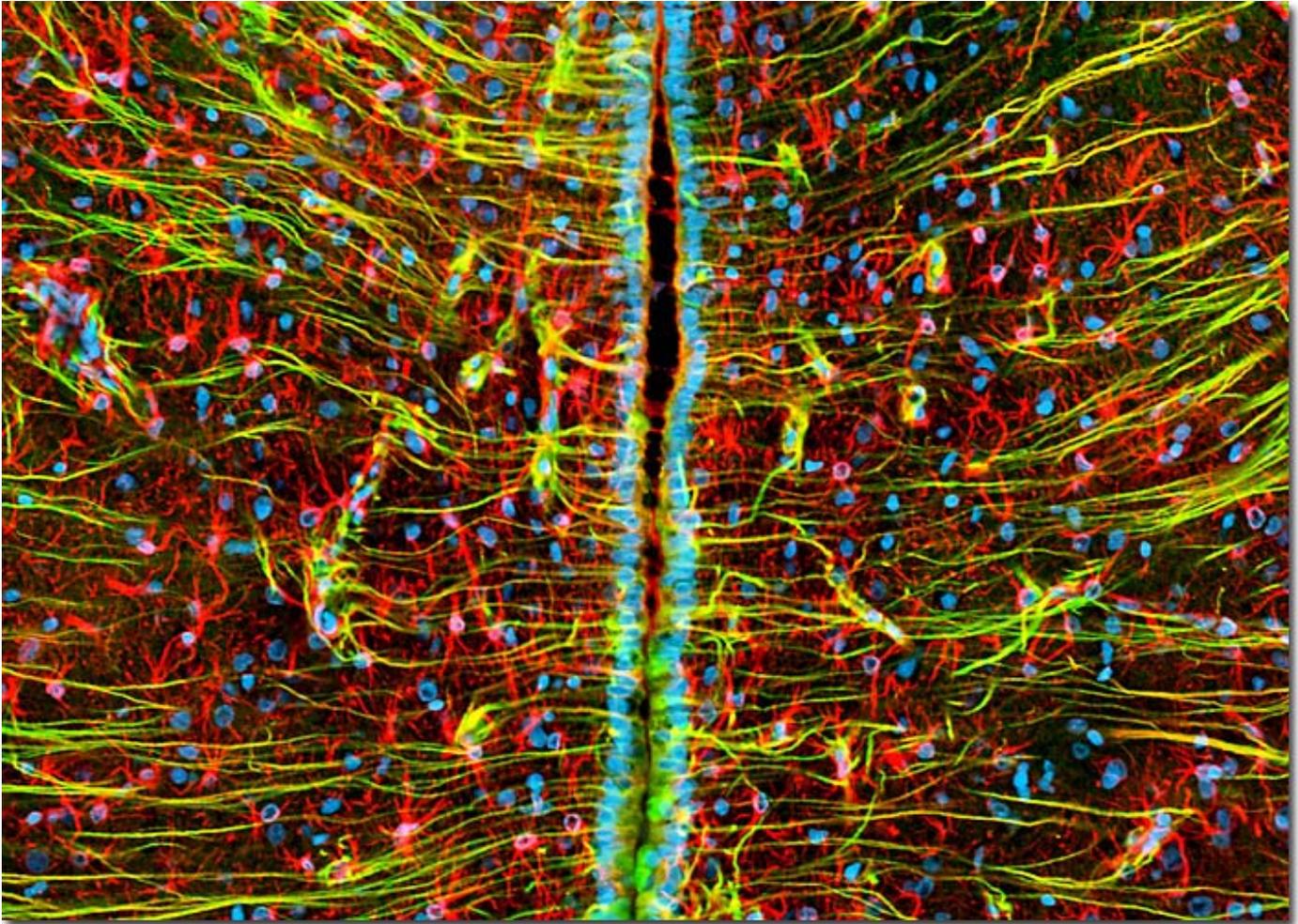
Without evolving such cognitive ability, humans, who must compete with countless other species for survival, may not have been so successful at inhabiting the Earth, and most certainly would not be pondering issues involving the structure and function of the brain. Despite the incredible mental potential that characterizes humanity, however, scientists appear to have only begun to answer many of the questions that have been raised about the brain. And, as should be expected considering the astoundingly inquisitive nature of the organ that dictates almost all human activity, as more information is learned, more questions come to mind.



**PASCAS
PAPERS**



Intermediate Filaments in Brain Tissue

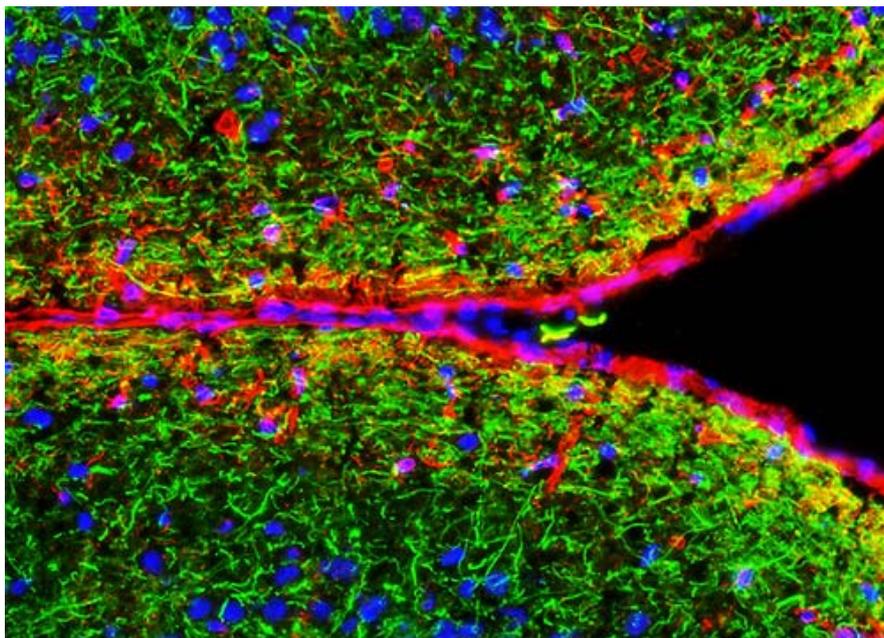


Similar to the brainstem, three different regions comprise the diencephalon of the adult human brain: the epithalamus, the thalamus, and the hypothalamus. Within the epithalamus is a group of capillaries collectively called a **choroid plexus** that manufactures cerebrospinal fluid. The epithalamus is also the site of the **pineal gland**, a constituent of the endocrine system that secretes the hormone **melatonin**, which appears to play an important role in regulating the sleep cycle and other cyclical behaviours. In mammals, the pineal gland is positioned near the centre of the brain, but in some lower vertebrates the gland is located in closer proximity to the surface of the brain. Modern studies suggest that the pineal gland was possibly an evolutionary predecessor of the eye, a far cry from the belief of the seventeenth century philosopher René Descartes, who suggested it accommodated the soul.

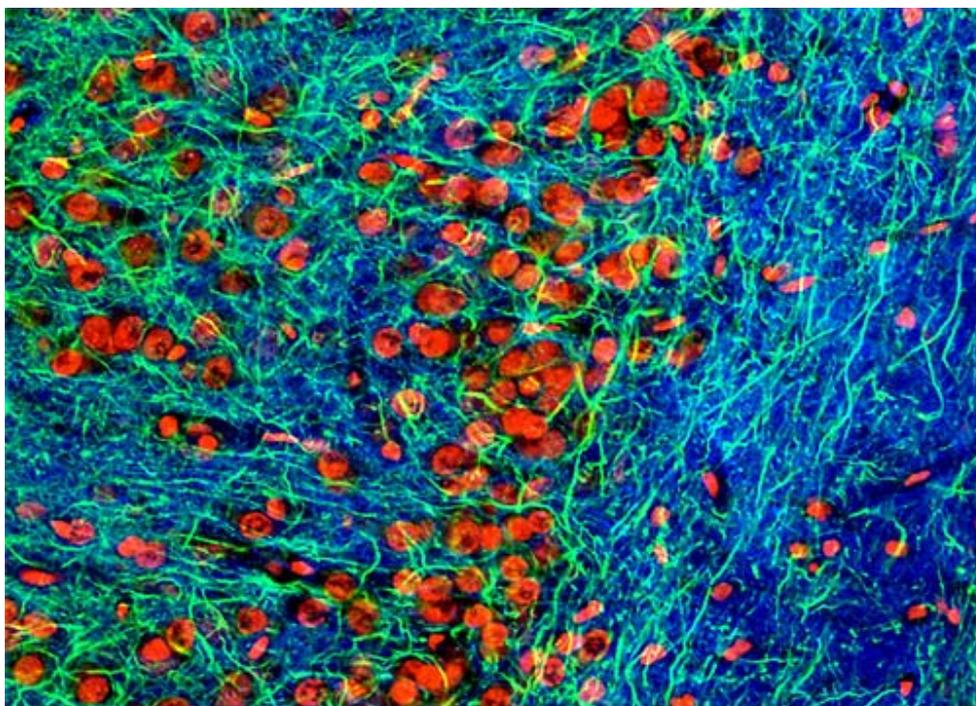
The Cerebral Cortex

Within the skull, the cerebrum occupies the uppermost region. The two hemispheres of the cerebrum are separated by a deep groove called the **longitudinal cerebral fissure**, and each of the sections is divided into an inner core of white matter and an outer layer of gray matter known as the **cerebral cortex**. Located deep inside of the white matter are clustered nuclei termed **basal nuclei** that appear to be

primarily concerned with the planning of sequences of movement and learning to perform them again. The site of most activity in the cerebrum, however, is the cerebral cortex. In mammals, the cerebral cortex is large and complex, while only the most basic components of this region of the brain are present in reptiles.

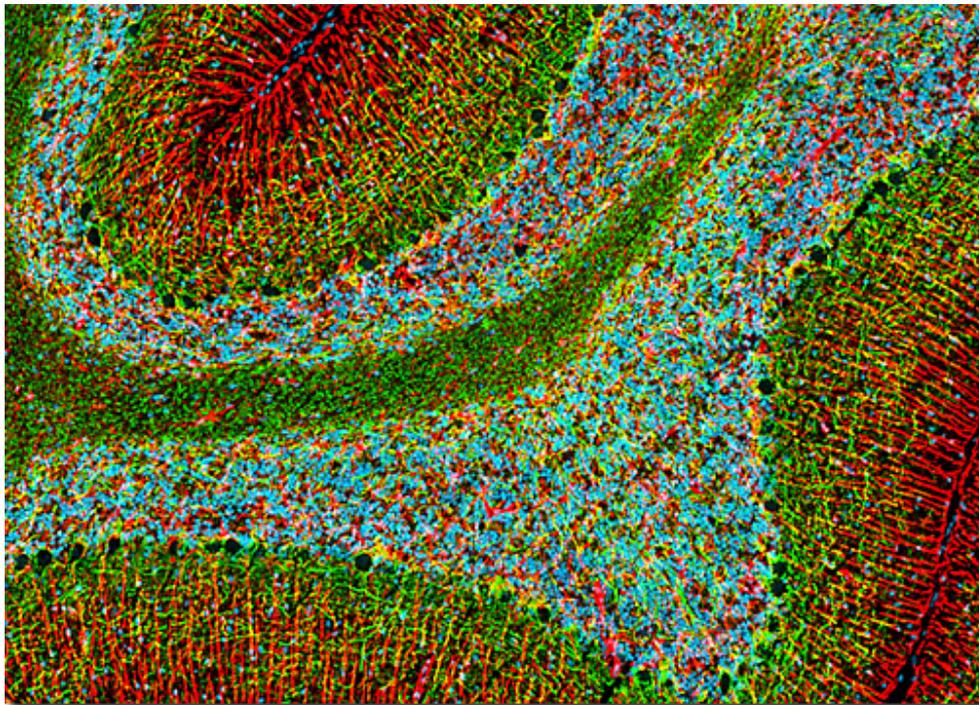


Coronal Hippocampus Thin Section



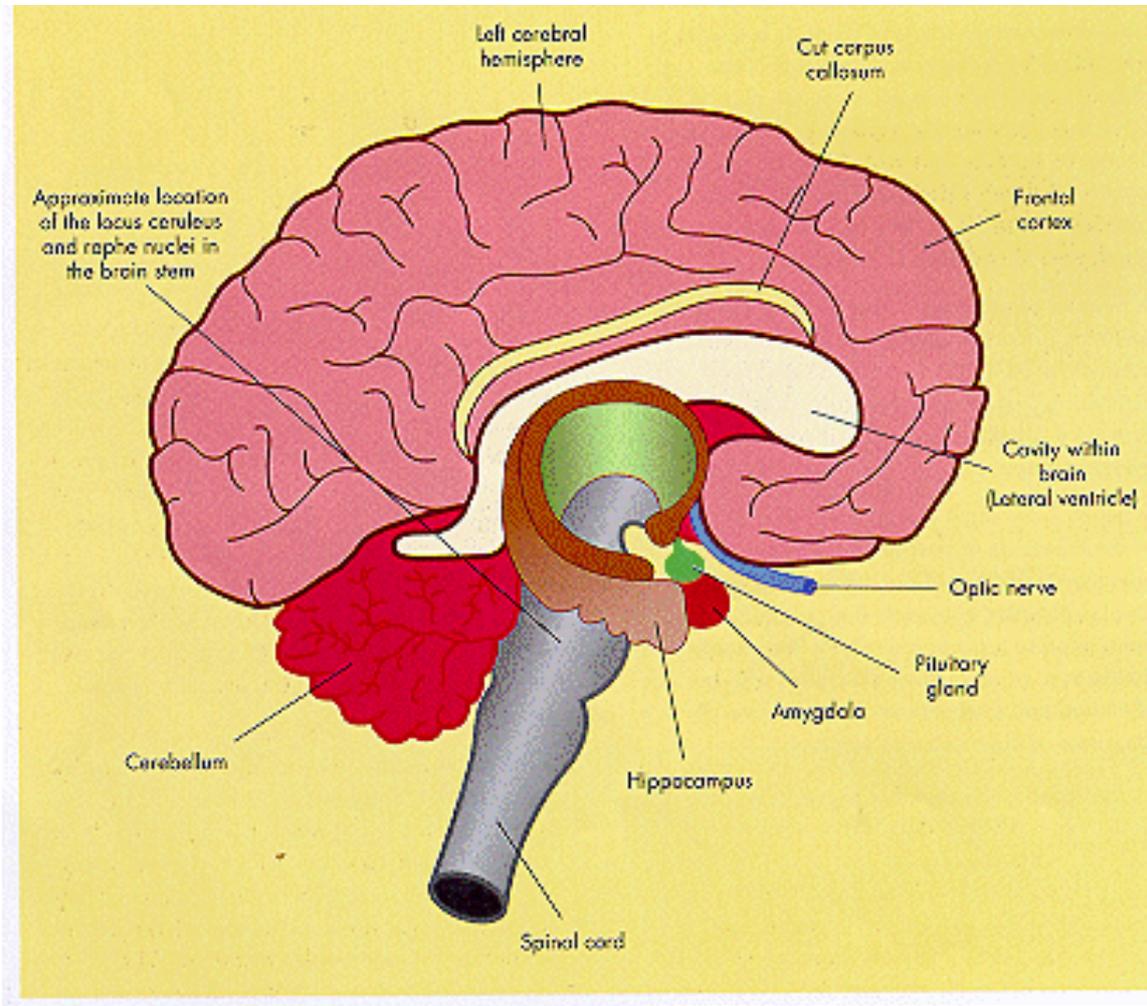
In addition to the neocortex, the cortical region of the human brain contains more primitive components called the **olfactory cortex** and the **hippocampus** that occur in reptiles as well as mammals. The mammalian versions of these structures, however, are associated with other regions of the cortex, hypothalamus, and thalamus in a ring-like assembly centred around the brainstem known as the **limbic system**. The emotional responses or feelings that mammals experience are produced by the limbic system, which closely interacts with other parts of the brain. The limbic system also is a functional centre for long-term memory.

Cerebellum

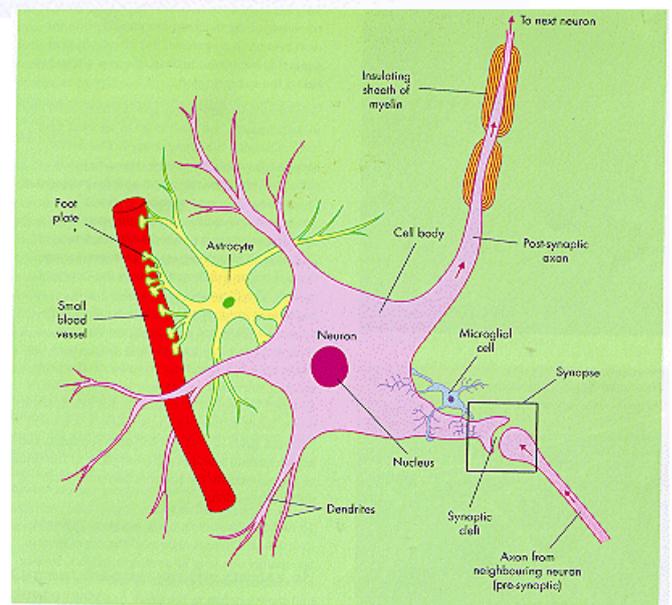


Located posterior to the brain stem and connected to it via bundled nerves is the cerebellum, the moniker of which was coined to reflect its appearance, which is similar to that of a small brain (cerebellum is the diminutive form of the Latin word for brain). The cerebellum is relatively large in humans and is divided into two lateral hemispheres, similar to the cerebrum. An outer cortex of gray matter and an inner region of white matter comprise the hemispheres, each of which is subdivided into three lobes. Different types of input are received by each of the lobes: the **flocculonodular lobe** collects information from the inner ear vestibule (a balance, rather than auditory, component), the **anterior lobe** receives impulses from the spinal cord, and the **posterior lobe** communicates with the cerebrum. All of the input received by the various lobes is integrated in the cortex of the cerebellum. The coordinated activity of the multiple parts of the cerebellum enables this region of the brain to control refined, coordinated muscle movements and balance.

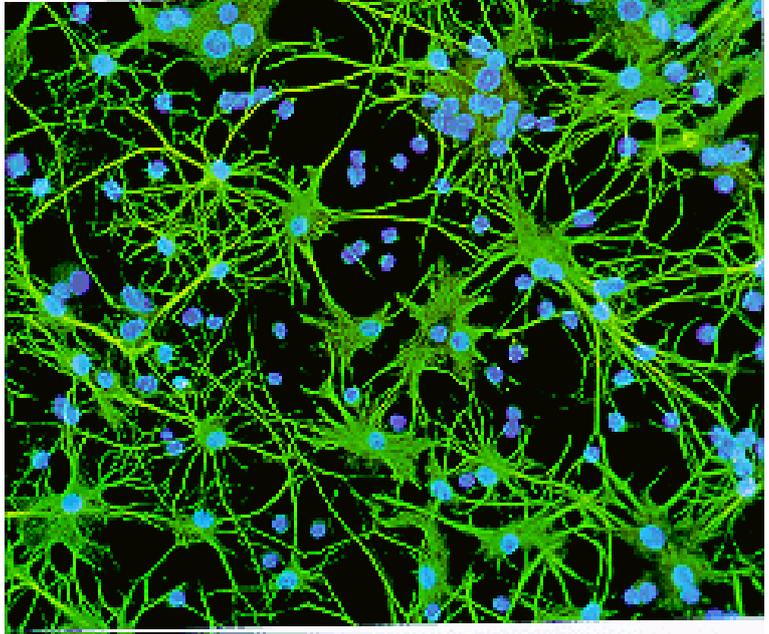
Some better quality drawings and pictures of the brain and brain cells



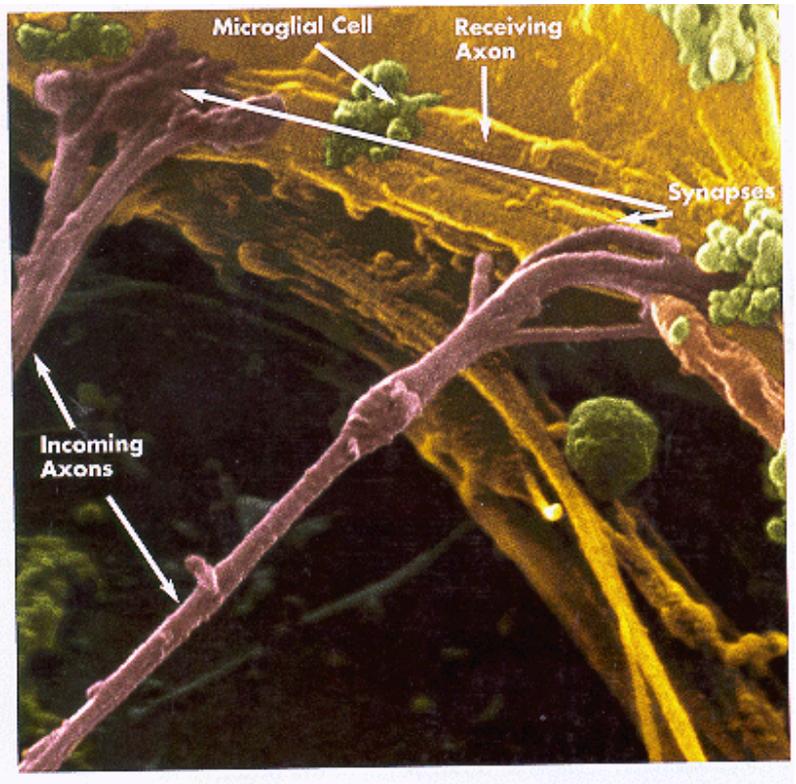
A more accurate drawing of a brain cell.
Astrocytes and microglial cells are part of the support services



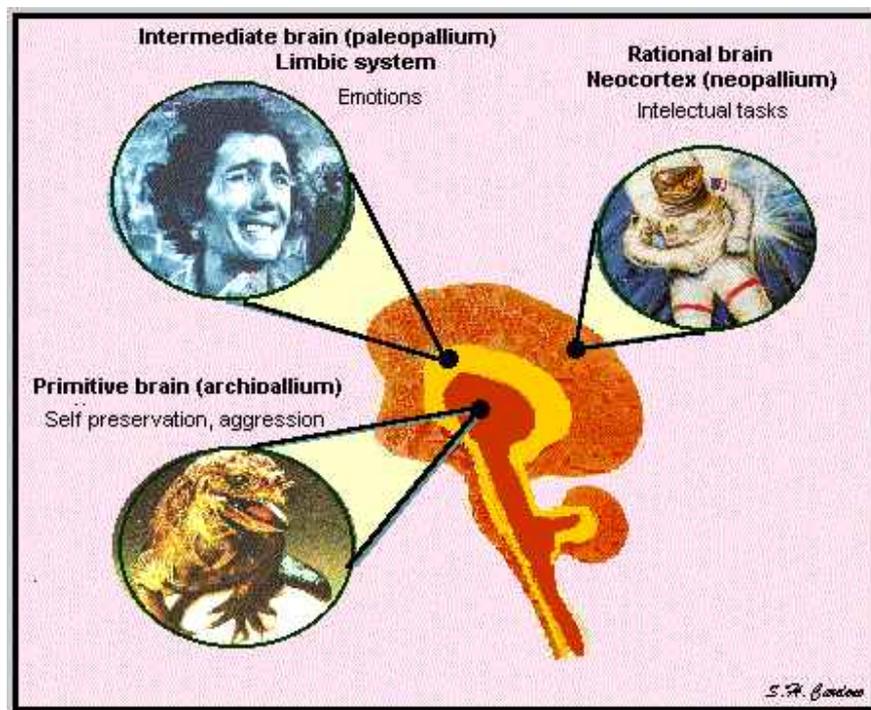
A view of the brain, with cells and axons showing in green and synapses showing as blue.



A close-up picture of part of a brain cell body.



The Triune Brain



www.kheper.net/topics/intelligence/MacLean.htm

The neurologist Paul MacLean has proposed that our skull holds not one brain, but three, each representing a distinct evolutionary stratum that has formed upon the older layer before it, like an archaeological site. He calls it the "triune brain." MacLean, now the director of the Laboratory of Brain Evolution and Behaviour in Poolesville, Maryland, says that three brains operate like "three interconnected biological computers, [each] with its own special intelligence, its own subjectivity, its own sense of time and space and its own memory". He refers to these three brains as the neocortex or neo-mammalian brain, the limbic or paleo-mammalian system, and the reptilian brain, the brainstem and cerebellum (see above diagram). Each of the three brains is connected by nerves to the other two, but each seems to operate as its own brain system with distinct capacities.

This hypothesis has become a very influential **paradigm**, which has forced a rethink of how the brain functions. It had previously been assumed that the highest level of the brain, the neocortex, dominates the other, lower levels. MacLean has shown that this is not the case, and that the physically lower limbic system, which rules emotions, can hijack the higher mental functions when it needs to.

It is interesting that many esoteric spiritual traditions taught the same idea of three planes of consciousness and even three different brains. Gurdjieff for example referred to Man as a "three-brained being". There was one brain for the spirit, one for the soul, and one for the body. Similar ideas can be found in Kabbalah, in Platonism, and elsewhere, with the association spirit – head (the actual brain), soul – heart,

and body in the belly. Here we enter also upon the **chakra** paradigm – the idea that points along the body or the spine correspond to nodes of consciousness, related in an ascending manner, from gross to subtle.

The Reptilian Brain. The **archipallium** or primitive (reptilian) brain, or "Basal Brian", called by MacLean the "R-complex", includes the brain stem and the cerebellum, is the oldest brain. It consists of the structures of the brain stem – medulla, pons, cerebellum, mesencephalon, the oldest basal nuclei – the globus pallidus and the olfactory bulbs. In animals such as **reptiles**, the brain stem and cerebellum dominate. For this reason it is commonly referred to as the "reptilian brain". It has the same type of archaic behavioural programs as snakes and lizards. It is rigid, obsessive, compulsive, ritualistic and paranoid, it is "filled with ancestral memories". It keeps repeating the same behaviours over and over again, never learning from past mistakes (corresponding to what **Sri Aurobindo** calls the **mechanical Mind**). This brain controls muscles, balance and autonomic functions, such as breathing and heartbeat. This part of the brain is active, even in deep sleep.

The Limbic System (Paleomammalian brain). In 1952 MacLean first coined the name "limbic system" for the middle part of the brain. It can also be termed the paleopallium or intermediate (old mammalian) brain. It corresponds to the brain of the most **mammals**, and especially the earlier ones. The old mammalian brain residing in the limbic system is concerned with emotions and instincts, feeding, fighting, fleeing, and sexual behaviour. As MacLean observes, everything in this emotional system is either "agreeable or disagreeable". Survival depends on avoidance of pain and repetition of pleasure.

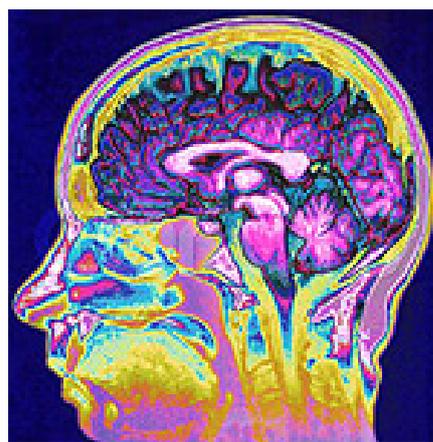
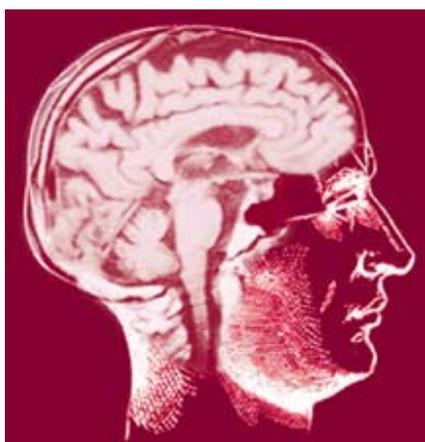
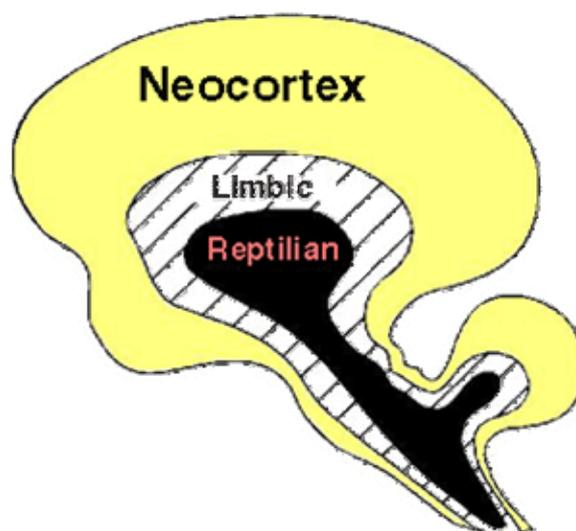
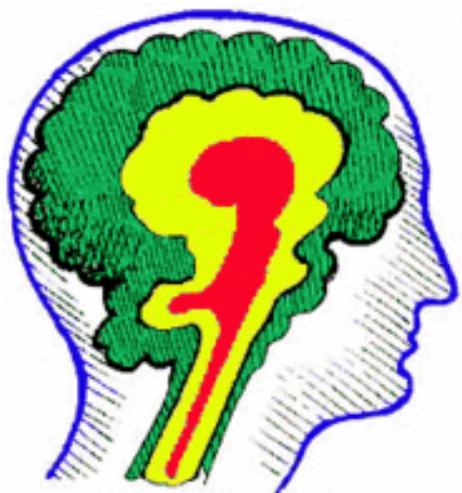
When this part of the brain is stimulated with a mild electrical current various emotions (fear, joy, rage, pleasure and pain etc) are produced. No emotion has been found to reside in one place for very long. But the Limbic system as a whole appears to be the primary seat of emotion, attention, and affective (emotion-charged) memories. Physiologically, it includes the hypothalamus, hippocampus, and amygdala. It helps determine valence (e.g., whether you feel positive or negative toward something, in **Buddhism** referred to as *vedana* – "feeling") and salience (e.g., what gets your attention); unpredictability, and creative behaviour. It has vast interconnections with the neocortex, so that brain functions are not either purely limbic or purely cortical but a mixture of both.

MacLean claims to have found in the Limbic system a physical basis for the dogmatic and paranoid tendency, the biological basis for the tendency of thinking to be subordinate feeling, to rationalize desires. He sees a great danger in all this limbic system power. As he understands it, this lowly mammalian brain of the limbic system tends to be the seat of our value judgements, instead of the more advanced neocortex. It decides whether our higher brain has a "good" idea or not, whether it feels true and right.

The **Neocortex**, cerebrum, the cortex, or an alternative term, **neopallium**, also known as the superior or

rational (neomammalian) brain, comprises almost the whole of the hemispheres (made up of a more recent type of cortex, called neocortex) and some subcortical neuronal groups. It corresponds to the brain of the primate mammals and, consequently, the human species. The higher cognitive functions which distinguish Man from the animals are in the cortex. MacLean refers to the cortex as "the mother of invention and father of abstract thought". In Man the neocortex takes up two thirds of the total brain mass. Although all animals also have a neocortex, it is relatively small, with few or no folds (indicating surface area and complexity and development). A mouse without a cortex can act in fairly normal way (at least to superficial appearance), whereas a human without a cortex is a vegetable.

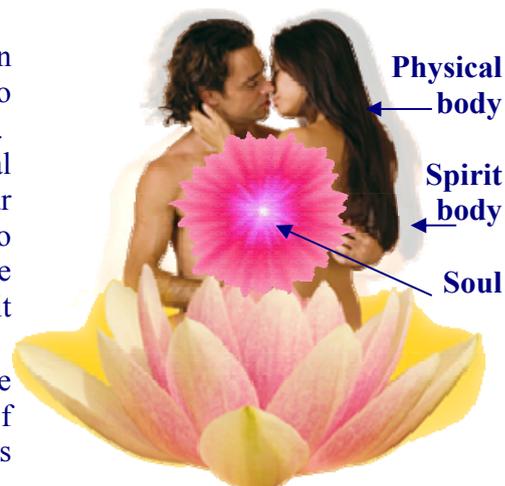
The cortex is divided into left and right hemispheres, the famous left and right brain. The left half of the cortex controls the right side of the body and the right side of the brain the left side of the body. Also, the right brain is more spatial, abstract, musical and artistic, while the left brain more linear, rational, and verbal.



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

The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

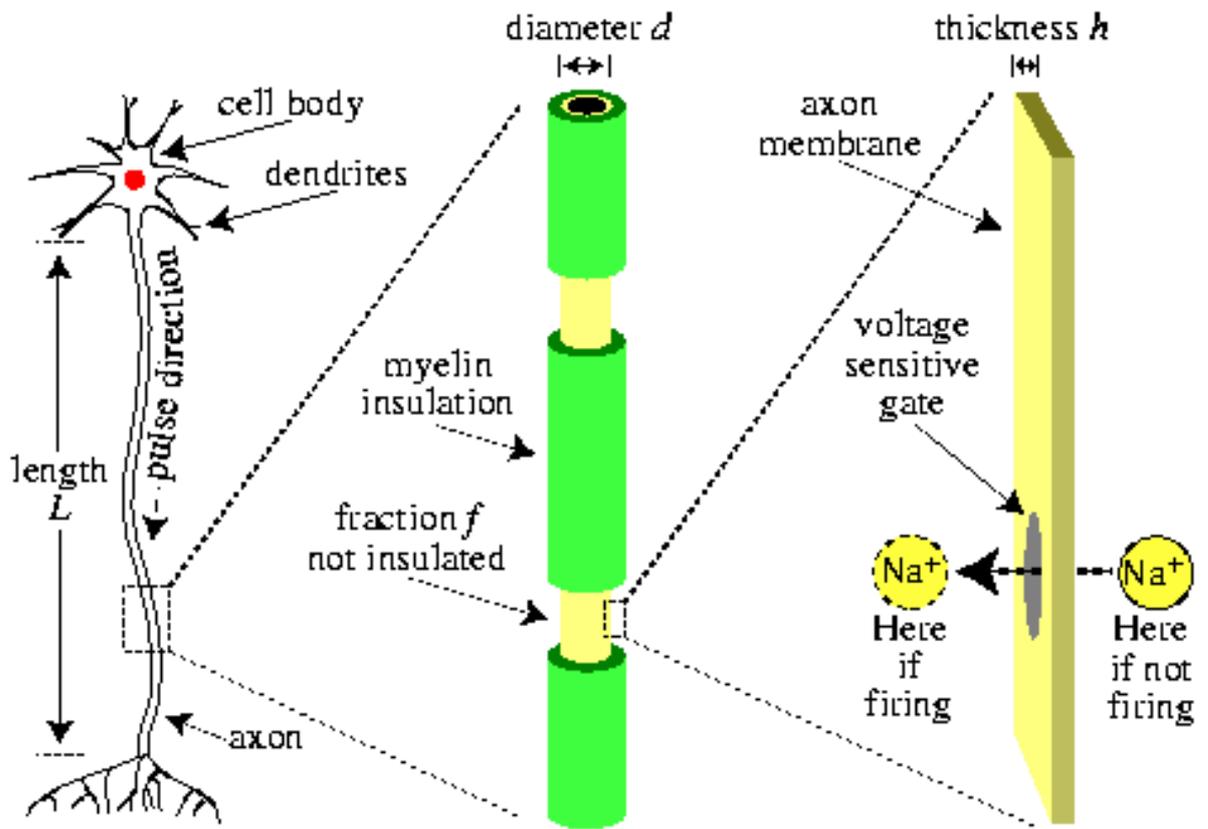
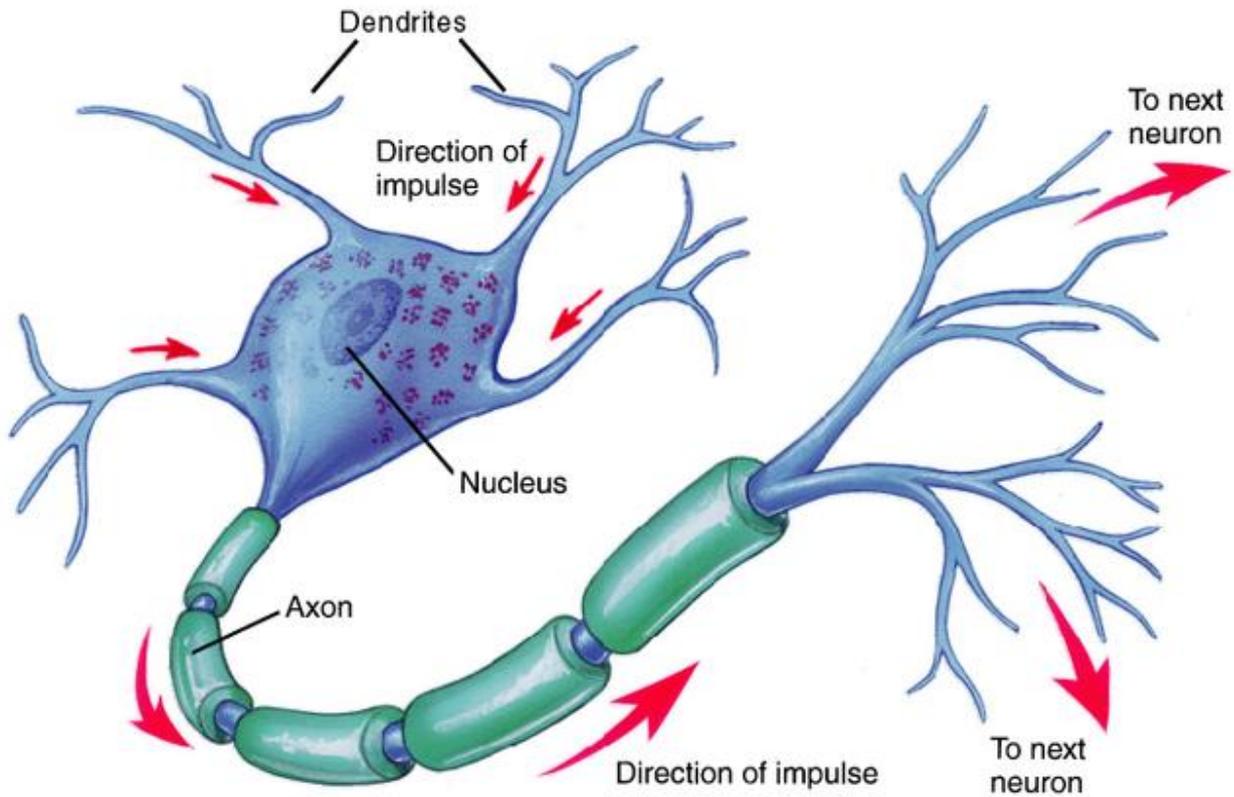


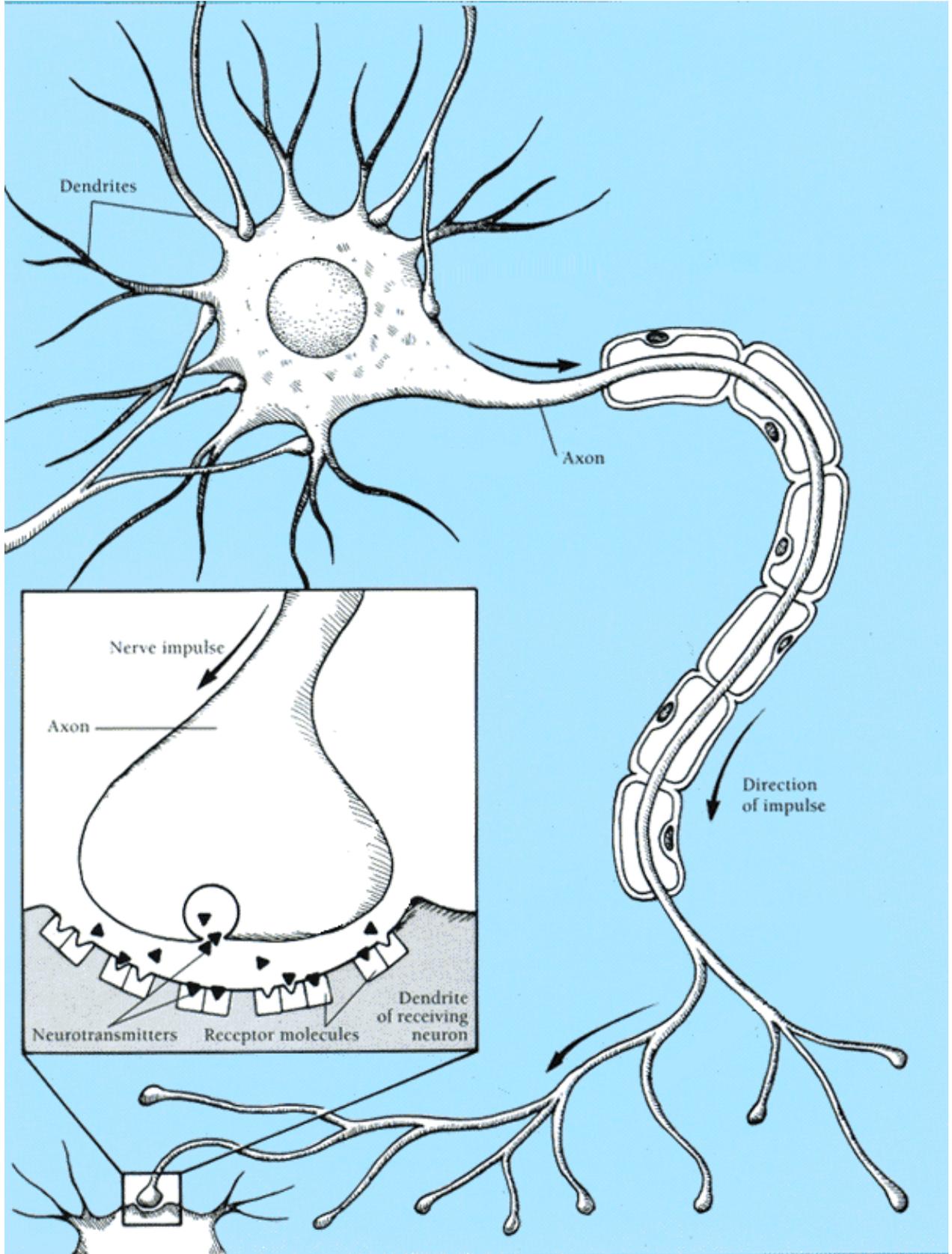
Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.

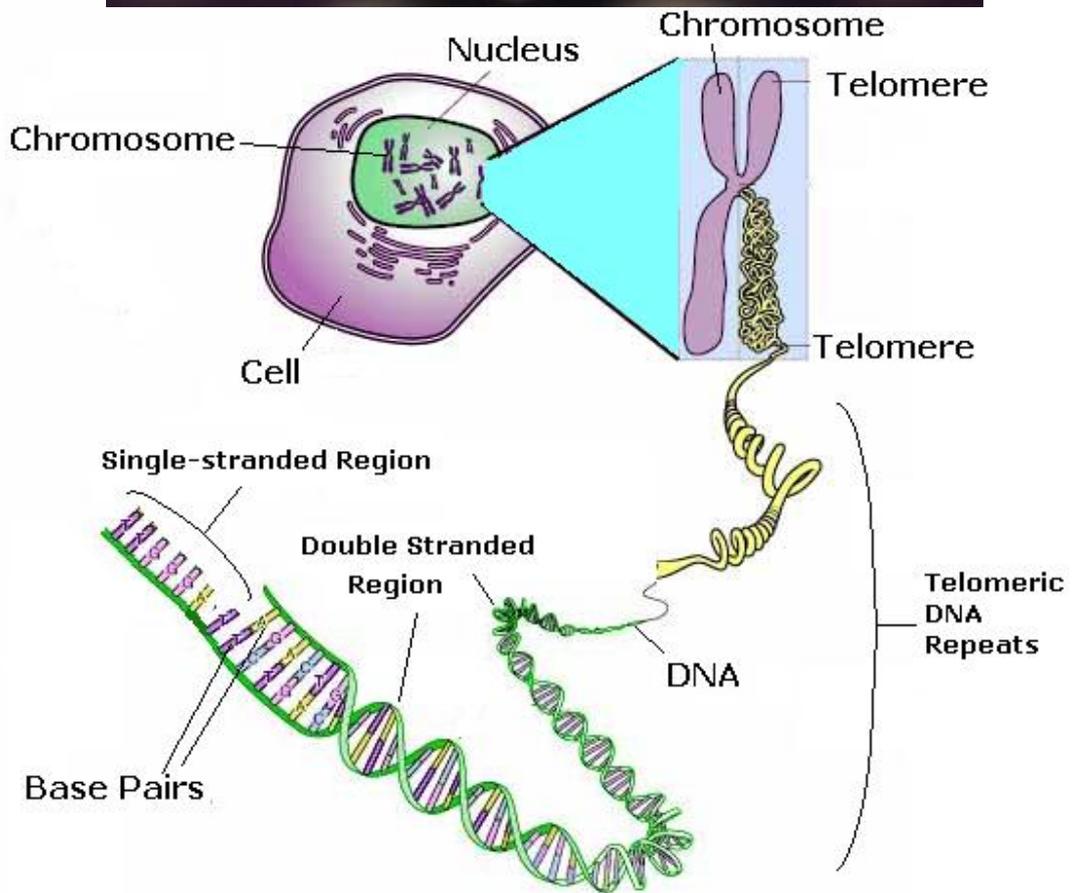
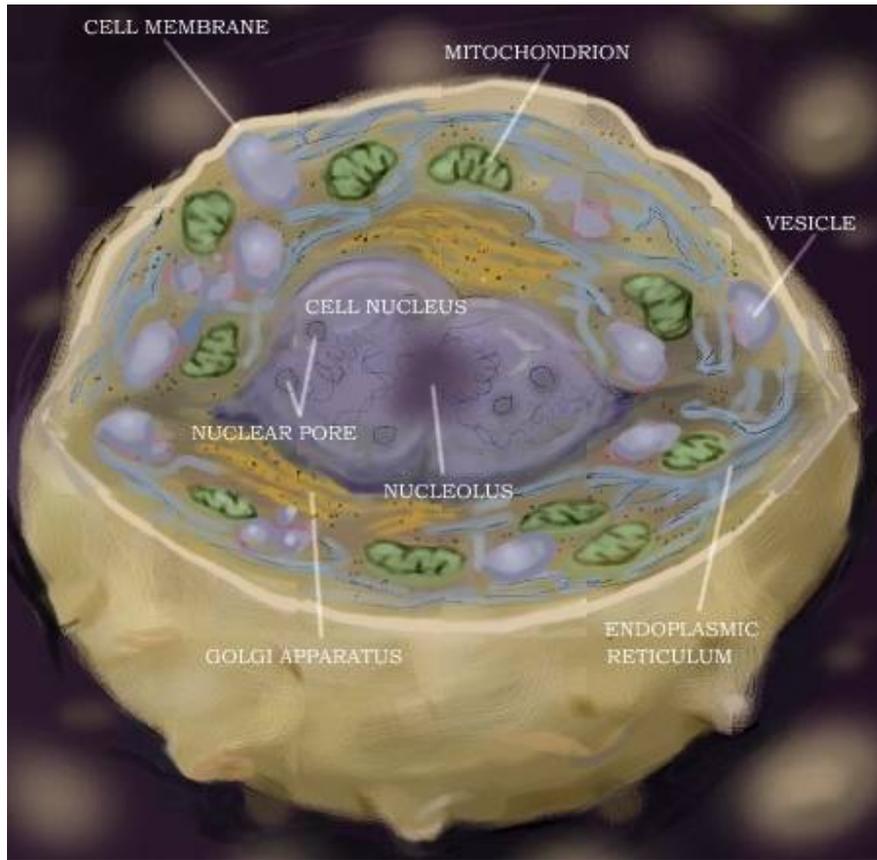
Aman and Amon were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

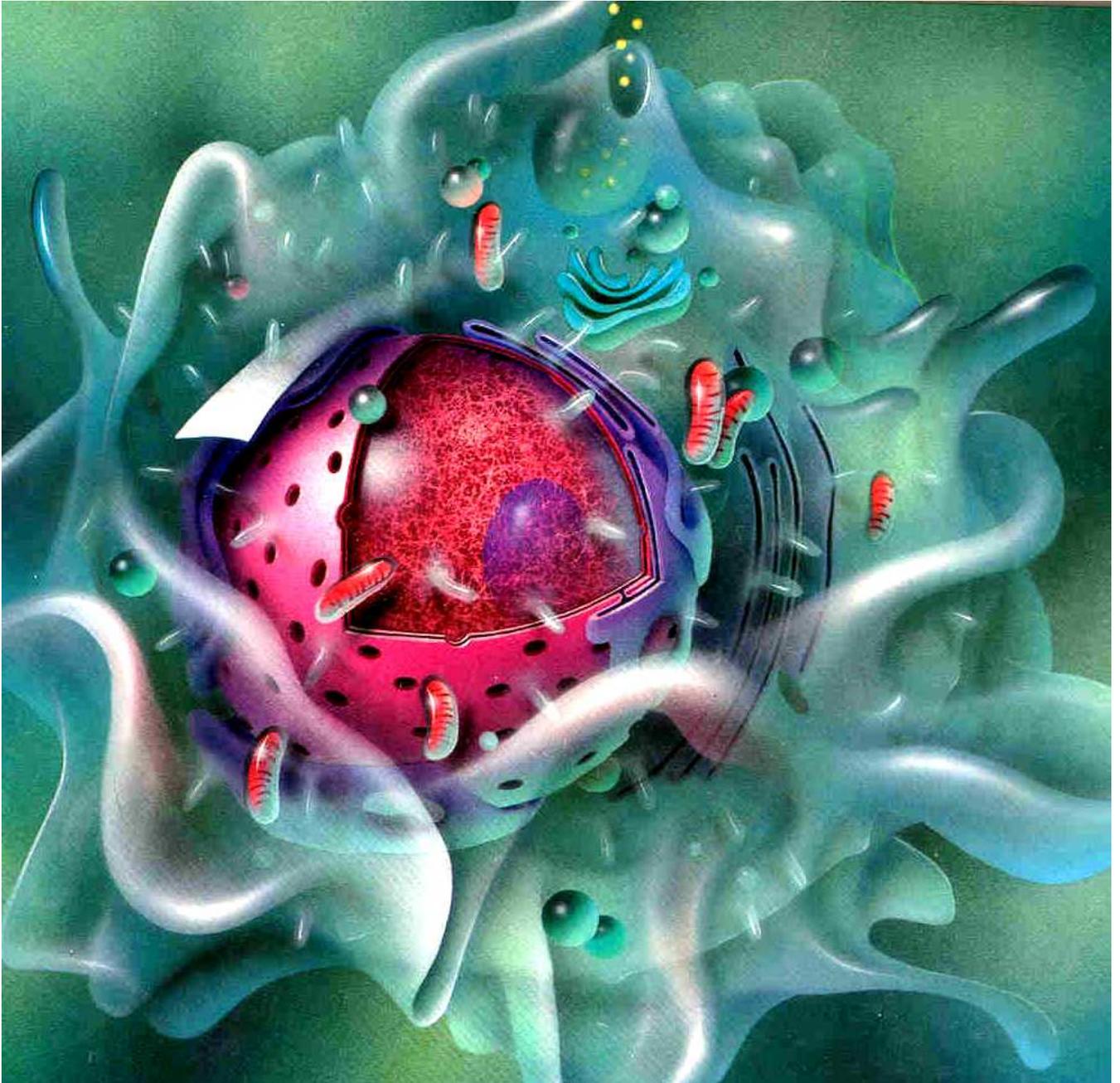
There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

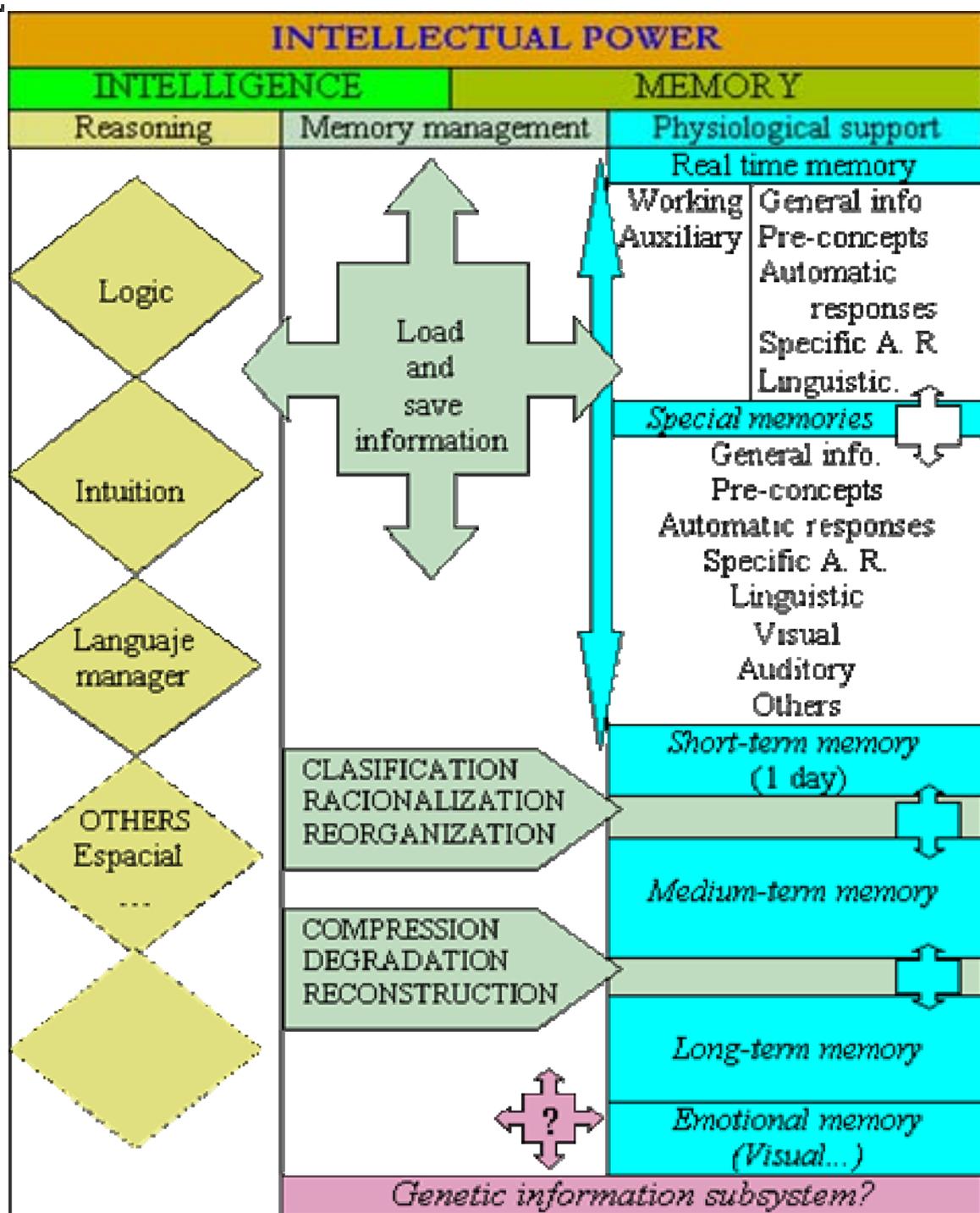
Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.



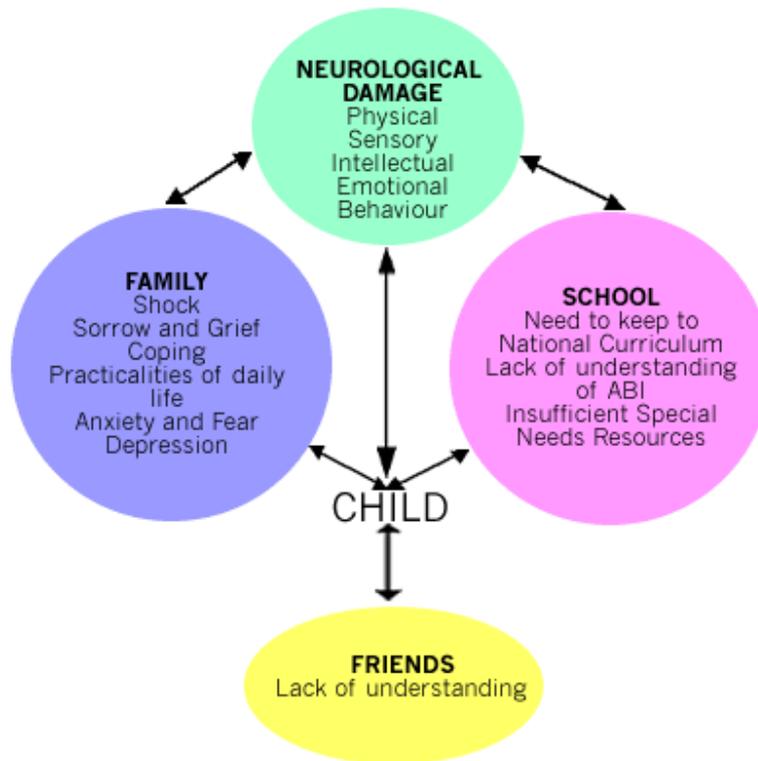
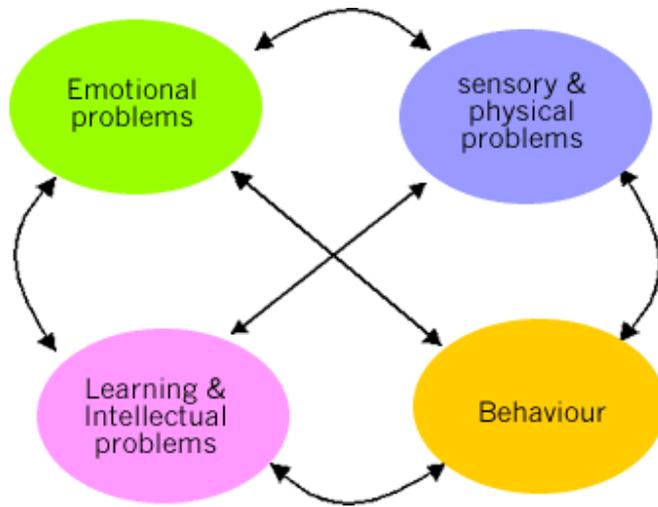


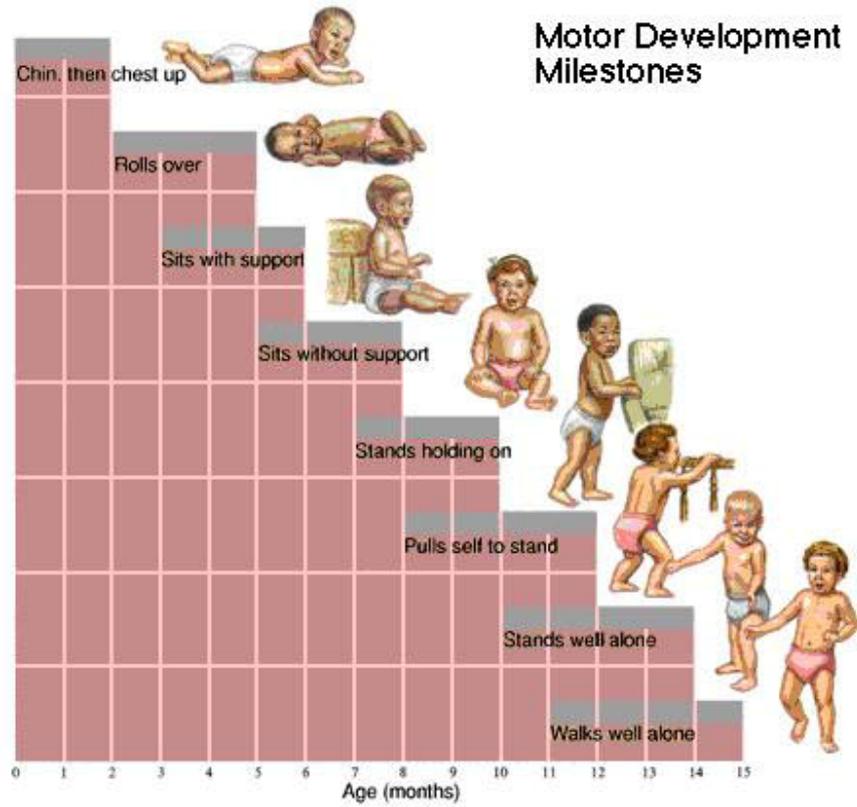




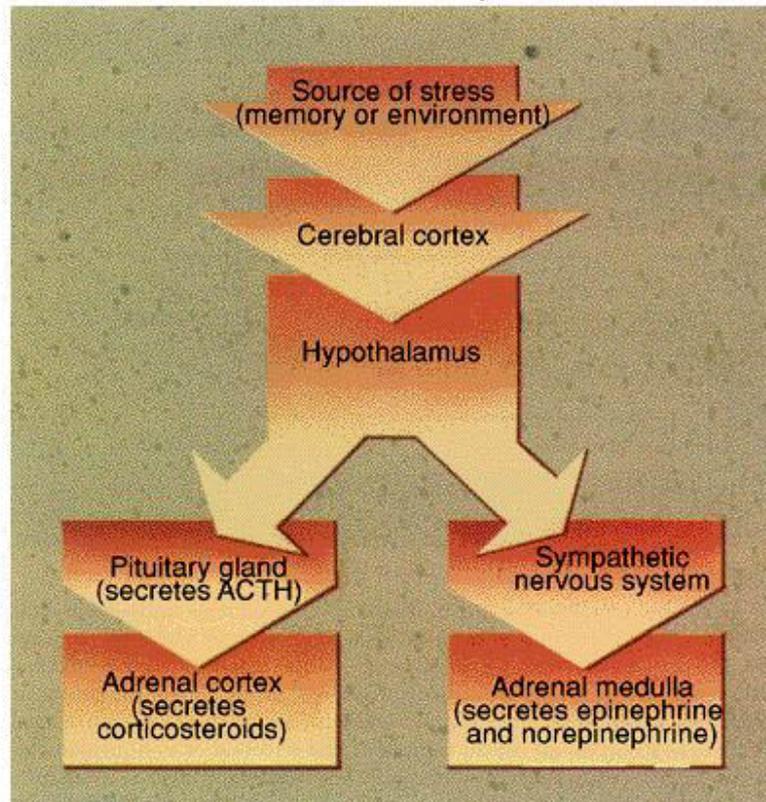


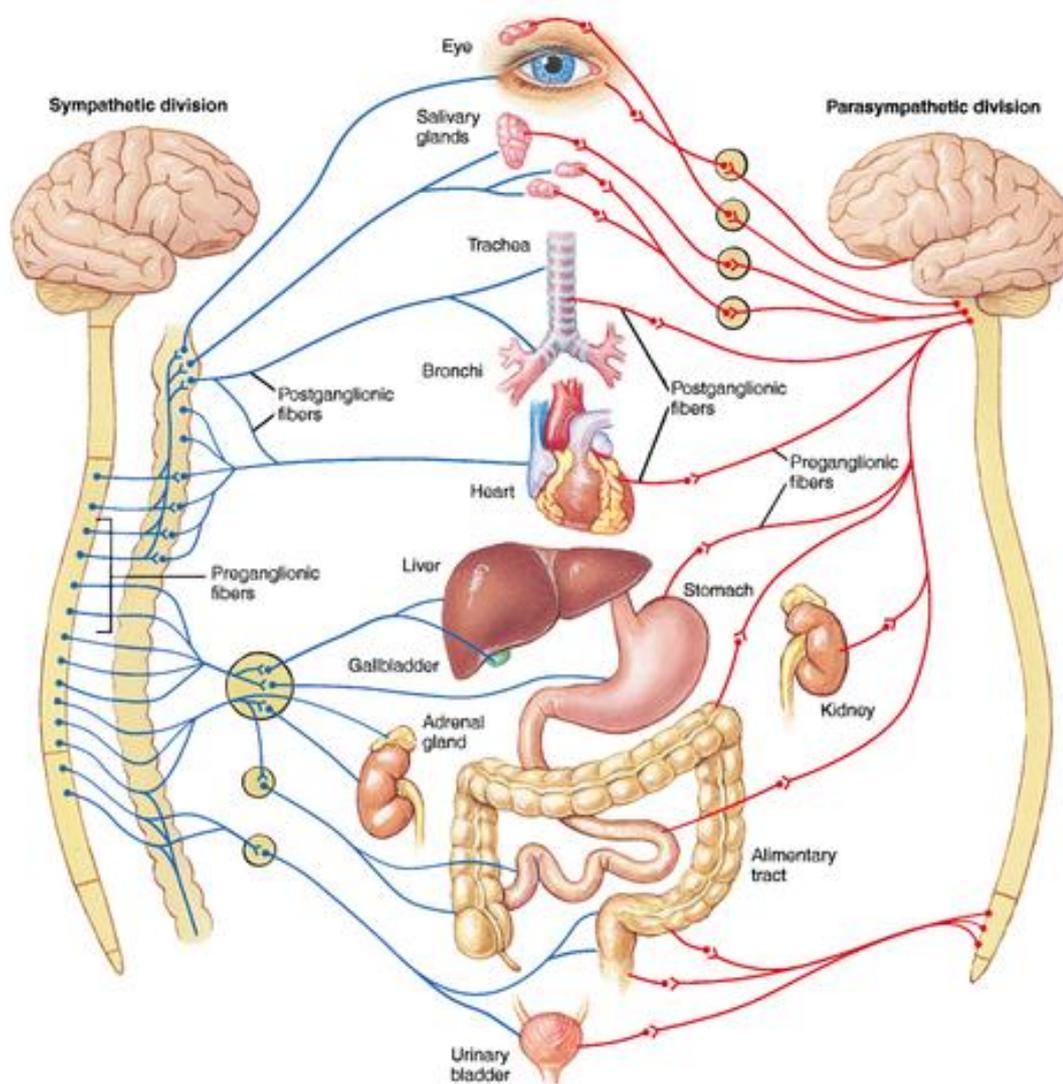
Emotional and Behavioural Problems Following Head Injury





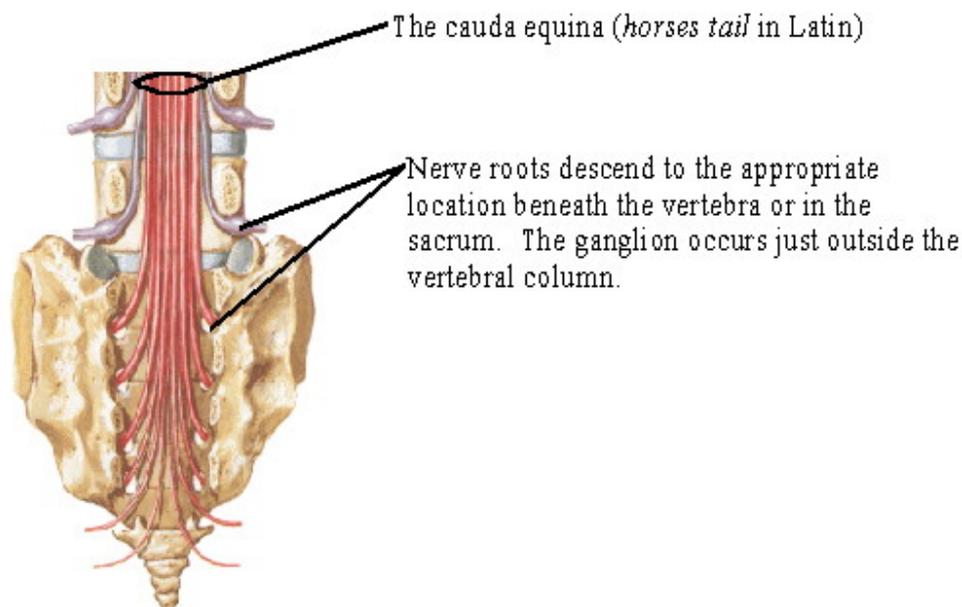
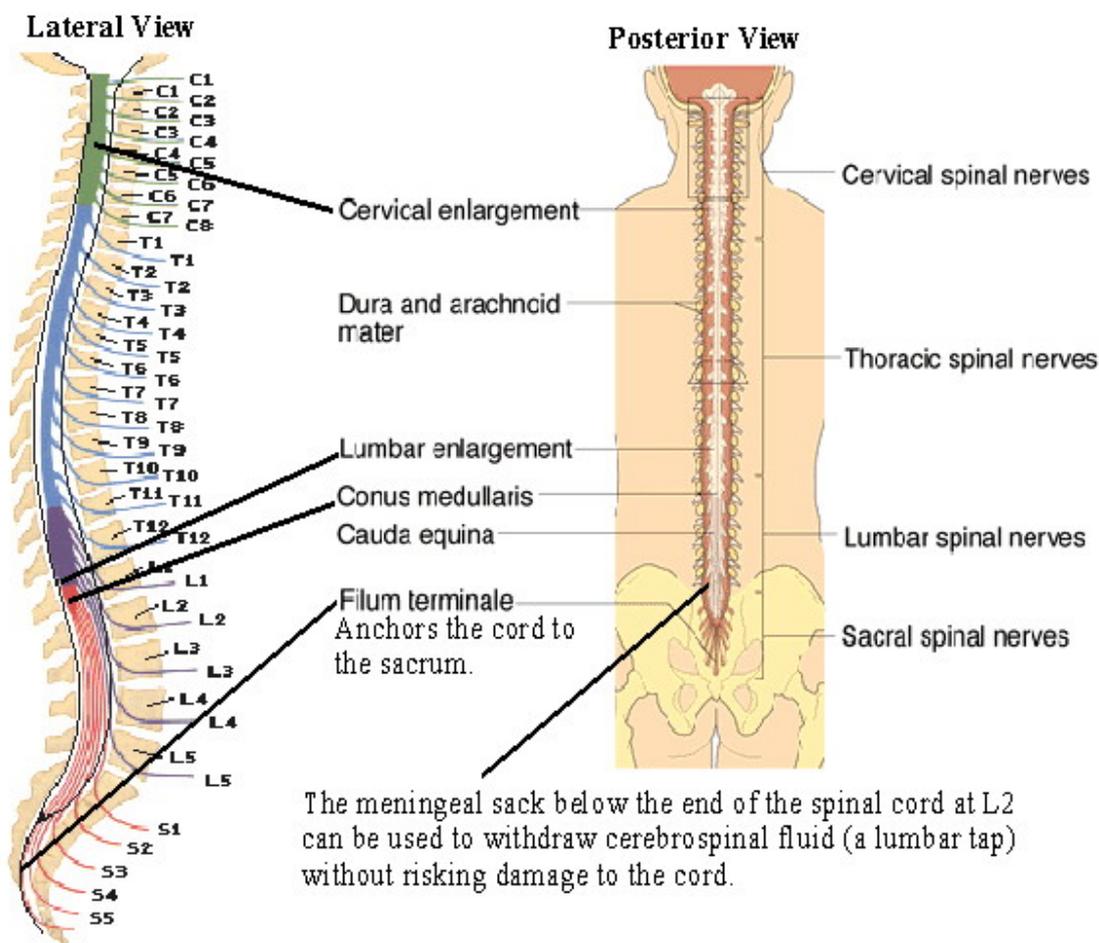
Stress Pathways





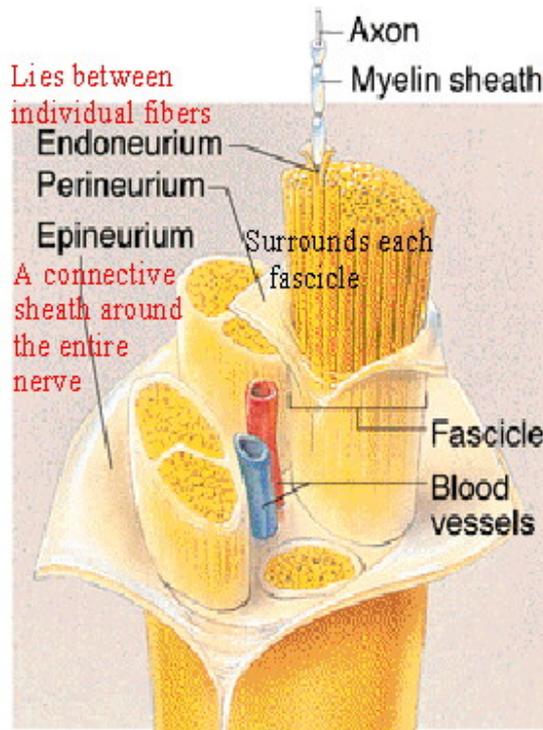
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

The Spinal Cord and Spinal Nerves

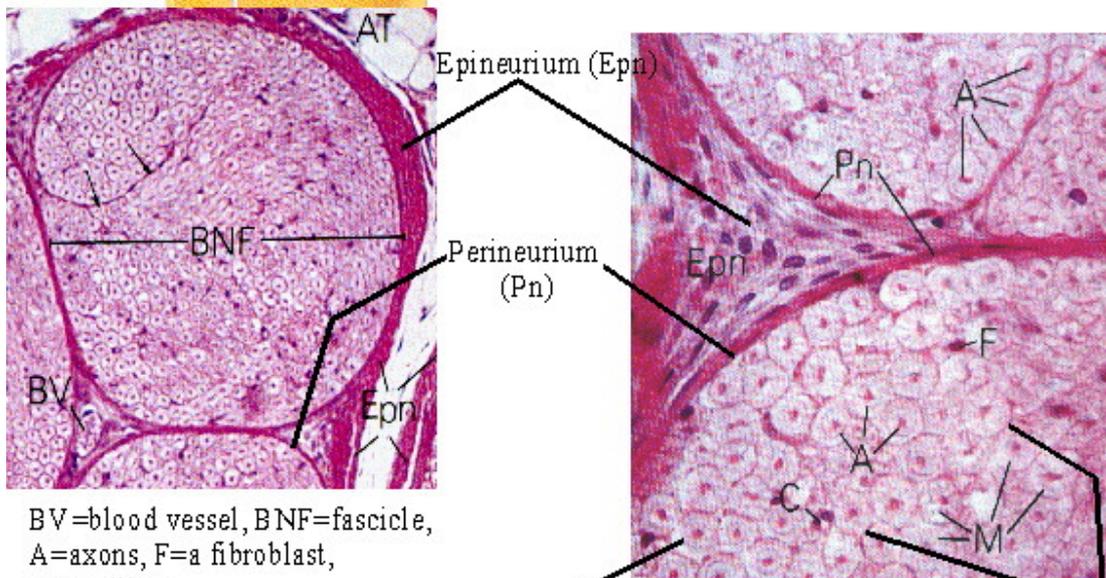


Structure of a Nerve

Consists of a continuous series of Schwann cells wrapped around the fiber.



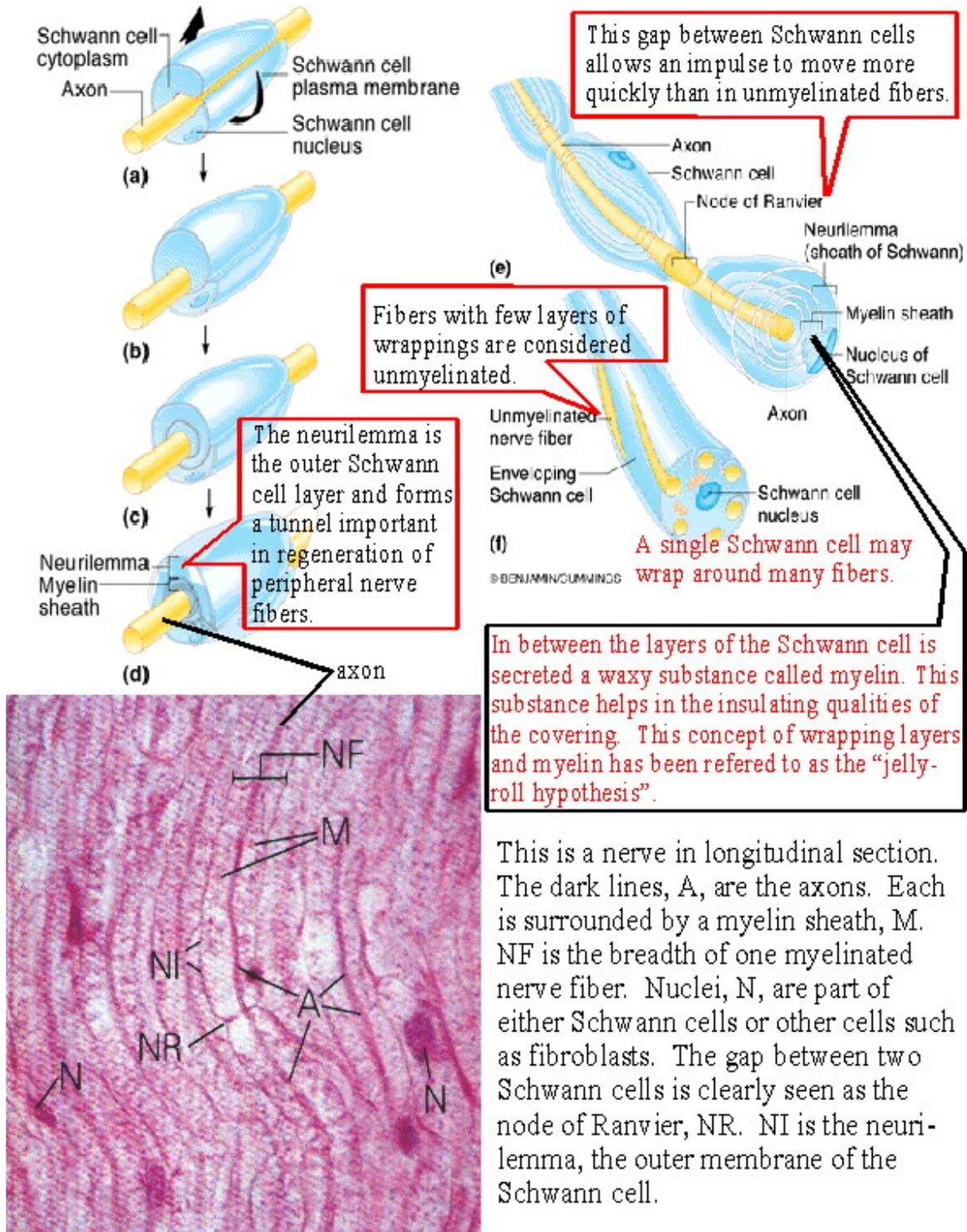
A nerve is a group of axons (nerve fibers) outside the CNS. These fibers are bundled together with connective layers. Many of the fibers are myelinated, which means they have a covering made from successive wrappings of Schwann cells.



BV= blood vessel, BNF=fascicle, A=axons, F=a fibroblast, C=capillary.

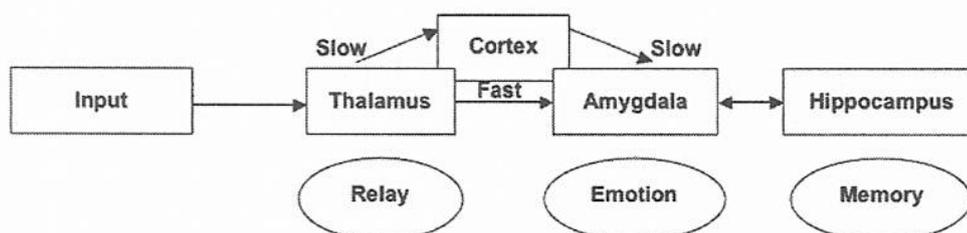
M = the myelin sheath, composed of wrappings of a Schwann cell. The outer membrane or layer of the myelin sheath is called the neurilemma.

The Myelin Sheath

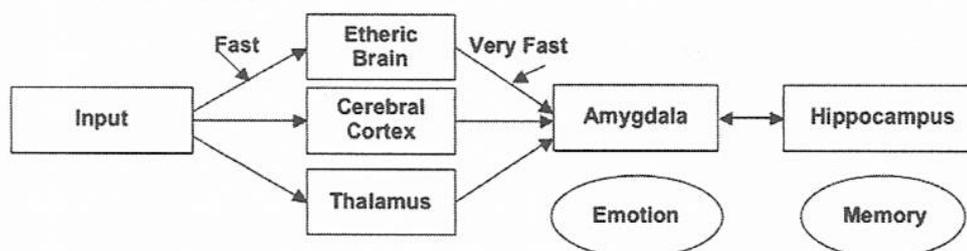


BRAIN FUNCTION AND PHYSIOLOGY

Lower Mind (Below 200)



Higher Mind (Above 200)



Below 200

Left-brain dominance
 Linear
 Stress—Adrenaline
 Fight or flight
 Alarm—Resistance—Exhaustion
 (Selye—Cannon: Fight/Flight)
 ▼ Killer cells and immunity
 Thymus stress
 Disrupt acupuncture meridian
 Disease
 Negative muscle response
 ▼ Neurotransmitters—Serotonin

Track to emotions twice as fast
 as through prefrontal cortex
 to emotions
 Pupil dilates

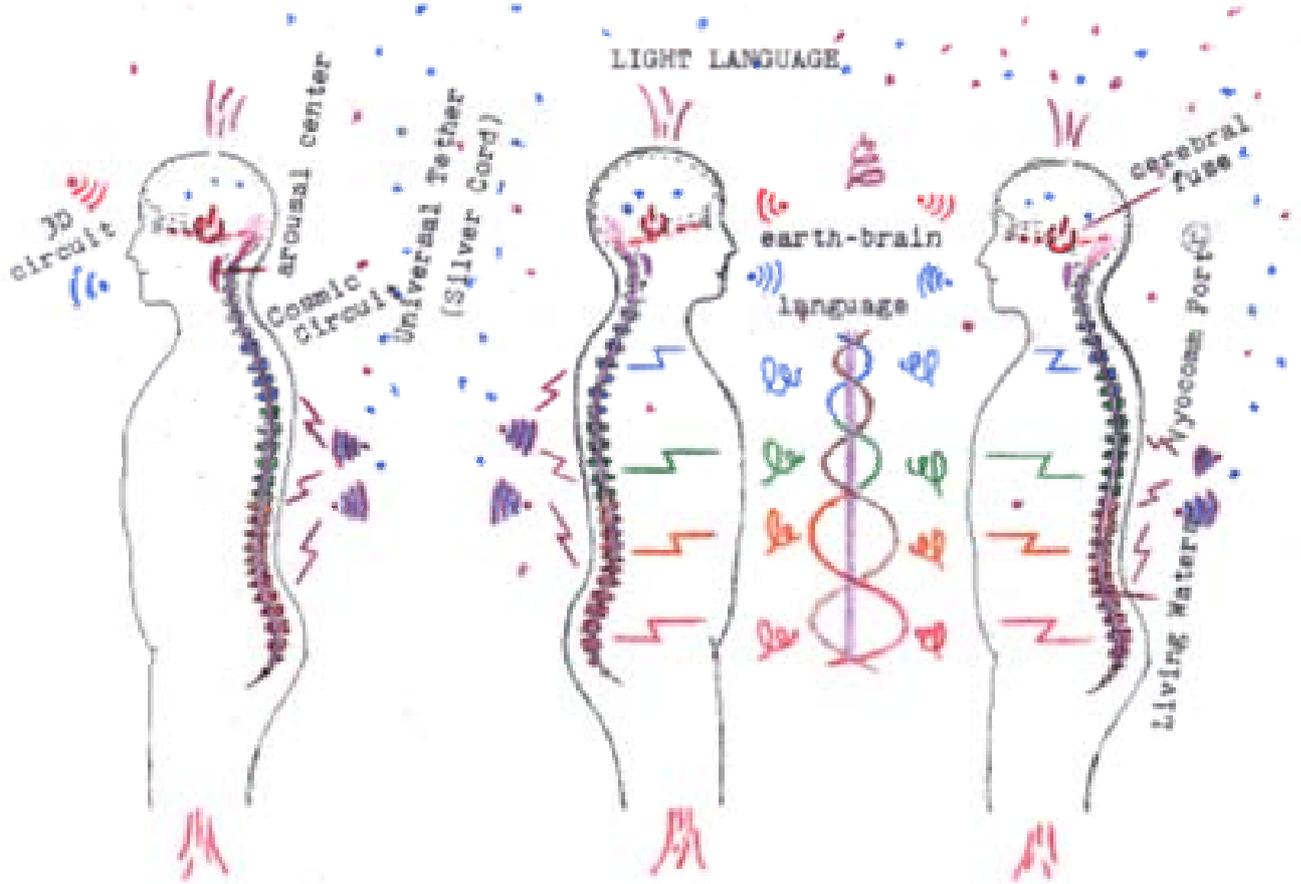
Above 200

Right-brain dominance
 Non-linear
 Peace—Endorphins
 Positive emotion
 Support thymus
 ▲ Killer cells
 ▲ Immunity
 Healing
 Balanced acupuncture system
 Positive muscle response

Track to emotions slower
 than from prefrontal
 and etheric cortexes
 Pupil constricts

Importance:

Spiritual endeavor and intention change the brain function and the body's physiology and establish a specific area for spiritual information in the right-brain prefrontal cortex and its concordant etheric (energy) brain.



our MIND is a CONTROL ADDICT!

our MIND is addicted to UNTRUTH!

our MIND cannot discern TRUTH!



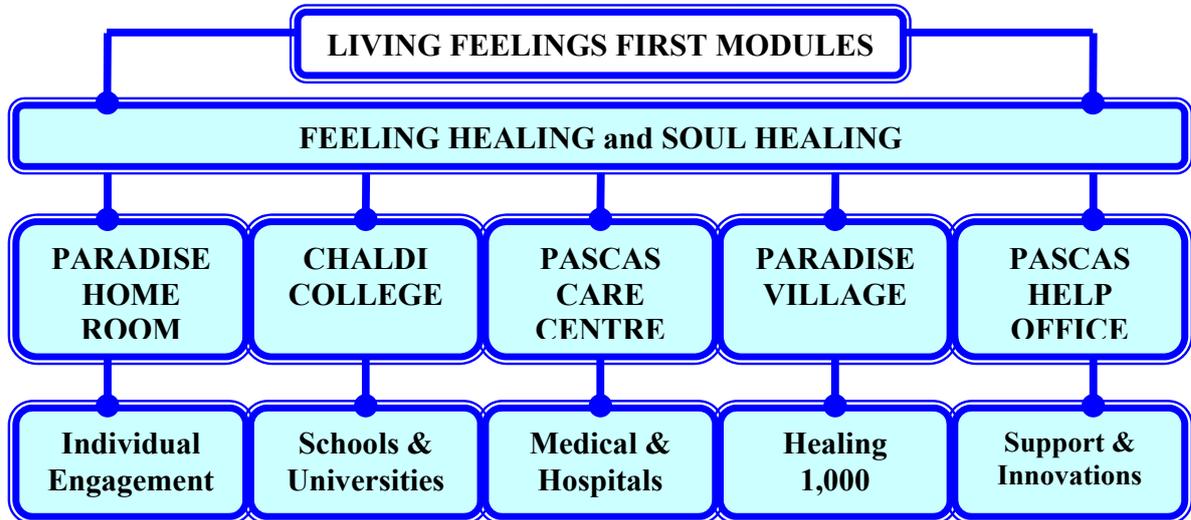
Feelings first

LIVE FEELINGS FIRST

PASCAS CARE



Life Practice Matrix - Feelings First



Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

Humanity has universally adopted its mind as the pinnacle of one’s intellect. In doing so, it has looked to its ego and arrogance to reveal the way to live one’s life. Humanity has conjured up endless modalities enabling one’s mind to suppress, albeit temporarily, discomforts, pains and illness through countless ineffective mind controlling systems, and has even categorised them into modalities of many different kinds.

Humankind has enslaved themselves to their mind, depowering them by ignoring their feelings. One’s soul based feelings are always in truth and love – interconnecting with all aspects of life.

For those who have discovered and embraced their feelings, longed for the truth that one’s feelings can reveal about their feelings, both good and bad, a great sense of freedom has emerged.

By living through **Feelings First**, and then having one’s mind assist with the implementation of what one’s feelings are conveying, we are then living true to one’s self, and consequently true to our Heavenly Parents, our Mother and Father.



Feelings First
Feeling Free



ASSISTED COMMUNICATION with OTHER PHYSICAL PEOPLE:

Through one's soul, one communicates to one's indwelling spirit, who, in turn, is assisted by your angels to connect with the angels associated with the person who you desire to communicate with.



How one works with people carrying out conversations unbeknownst to them, is rather easy from a technical point of view. One's angels speak to the angels of the person involved, conveying what he/she wants to say. Their angels (or the angel active in the experience) 'commune' with the person's Indwelling Spirit, who then creates the reply with all the required information giving it to that person's angels, then those angels relay it back to you, the inquirer, angels who relay it to your Indwelling Spirit who inspires your mind to see and hear what is being 'said' or 'thought' or 'felt' by that person.



This is very unusual and is only permitted in very extenuating circumstances.

**YOU ARE A SPIRIT,
YOU HAVE A SOUL,
AND YOU LIVE IN A BODY.**



Around the age of 6, a segment of our Heavenly Parents' essence connects with our soul. This is our personalised Indwelling Spirit. Through our soul, one can communicate with and receive information from one's Indwelling Spirit. Should we proceed to engage in our Feeling Healing and also embrace our Mother and Father's Divine Love, then on completion of our healing, the Indwelling Spirit will fuse with our soul permanently. This event occurs upon the progression from the 7th Mansion World (Divine Love Healing World) equivalent to the 1st of the Celestial Heavens. The fusion with one's Indwelling Spirit results in a continuous connection with our Heavenly Parents.

Your soul enlivens your spirit body which, in turn, is the template for your physical body. Your soul is assisted and aided by your Indwelling Spirit as well as by your Angels who are soulmate pair. We each also have a pair of Nature Spirits to assist us and guide us at all times while we live on Earth.

From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

A REVOLUTIONARY WAY of THINKING:

Dr Charles Krebs
ISBN 8 85572 282 7

In muscle testing, when you ask someone to hold their arm out, and apply pressure to push it down, there are sensors in the muscle that send messages to the central nervous system. In a sense these messages say 'I am being pushed down'.

Now the central nervous system had asked the arm to resist the pressure. Automatically, the incoming message of pressure activates an outflow of messages that say 'Equal the pressure. Contract harder! Do what the brain asks!' If there is no interference in this conversation between the muscle sensors and the central nervous system, the arm will easily do as it is asked and resist the pressure. In kinesiology it is said that the muscle *locked* or remained strong.



Weak Response

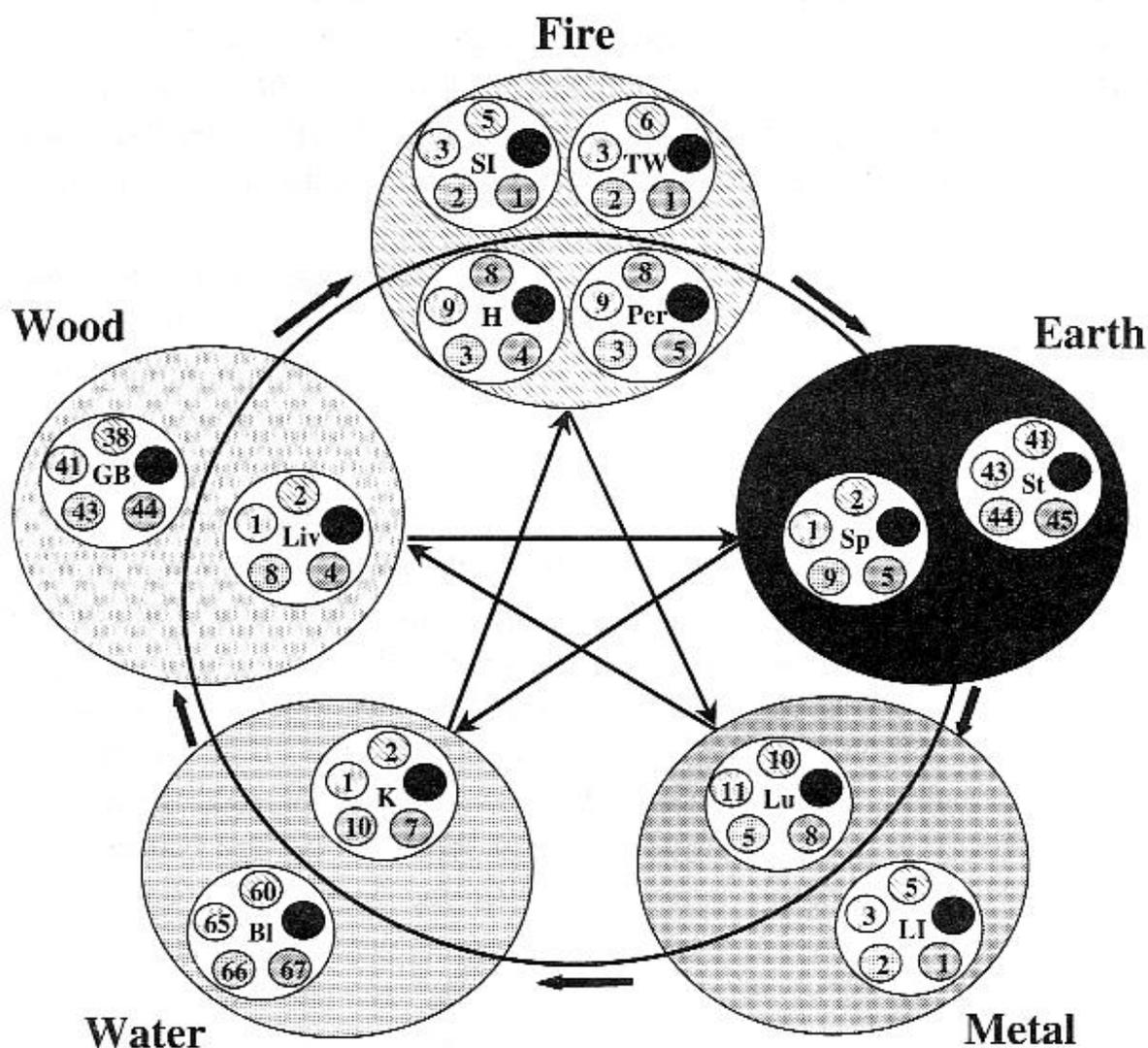


Strong Response

If, on the other hand, something interferes with this conversation between the muscle and the central nervous system it is as if you are having a conversation and someone interjects and talks over you. Because of this interference, you may miss information and because you didn't hear the instructions, you will not be able to perform the task requested. Where such interference occurs in the neurological flow that maintains coherent muscle function, the arm may give, or in kinesiology terminology, unlock or be weak. With kinesiology or muscle monitoring, what you are really looking at is the ability to monitor biofeedback in the truest sense of the word. Biofeedback is feedback from a biological system that is used to guide that system.

The Chinese have recognised that we are more than a physical being. We are, in their terms Body-Mind-Spirit – one integrated unit.

There is nothing between Yang and Yin except Ch'i and the Law of Five Elements that governs it.



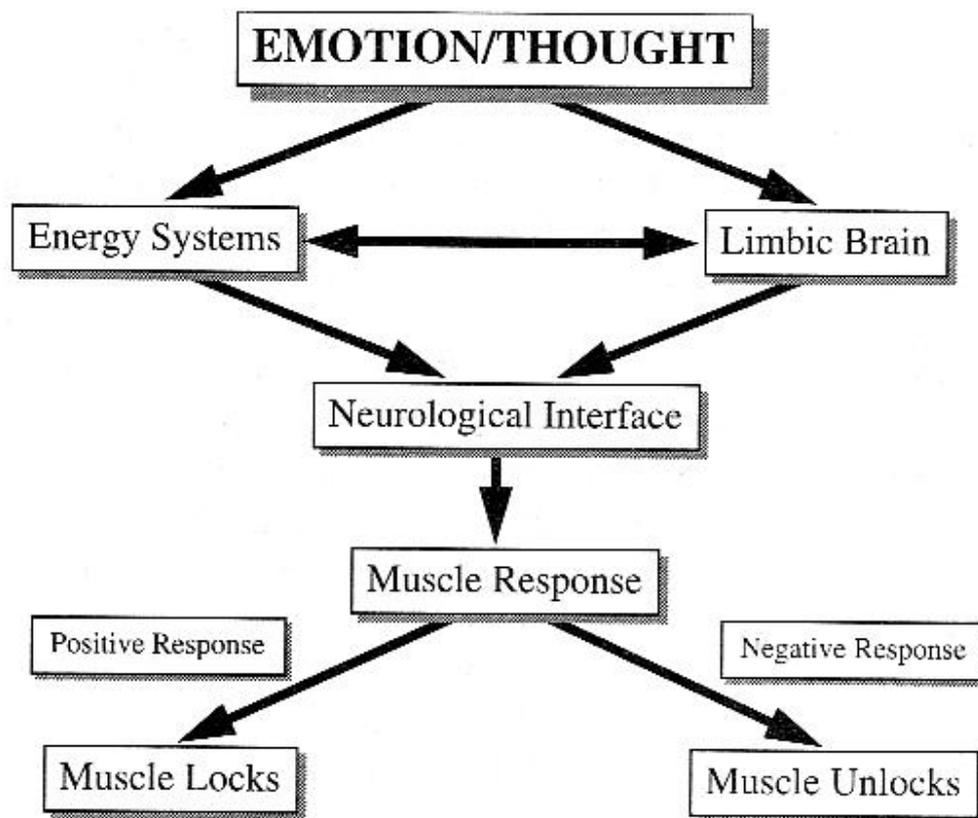
The Law of Five Elements. The arrows indicate the direction of energy flow in two cycles. The Sheng or Promotion cycle is a clockwise flow around the circle. The Ko or Control cycle is a clockwise flow around the star in the centre. Each meridian circle in each element has five numbers relating to the Command Points, specific acupoints directing energy flow.

The West should change the foundation of its health system from crisis management to prevention.

Kinesiology provides access to the holographic or whole body: the mind, the spirit, the emotions and the physical being. In essence all the realms of being that can impact on our health.

As such it is a truly remarkable healing tools.

Through the muscle monitoring techniques of kinesiology, the body can be asked direct questions. By body, its is meant the integrated unit of the physiological, emotional, mental and spiritual realms of your being. 'You'. This access is possible because muscle response is predominantly controlled from the subconscious. What you perceive consciously is only a summary statement of everything that is happening subconsciously.



The Emotional-Muscle Interface. Emotions and thoughts may affect muscle function through two pathways. One is through the Limbic brain and its affects on muscle tone. The other is via the energy systems and their affects on the physiology of muscle response.

It can also be effective in the elimination of allergies and food sensitivities, as well as loosening the grip of self-destructive habits such as obsessions and addictions.

In fact in kinesiology, one does not diagnose at all, the practitioner simply follows the trail of clues that the body provides through the muscle response.

What is, in some ways, even more significant is the person's muscle responses not only directs the practitioner to the cause of their problems but then is capable of also directing the therapy to resolve these problems.

In many ways the advent of kinesiology in the late 20th century indicates that the healing arts have come full circle. Ancient eastern energetic healing arts have melded with western physiological healing sciences. Mind and body are being reunited and the person who seeks healing is empowered with the responsibility for his/her own health.

It is the interplay between explicit conscious awareness of our emotions and often their implicit subconscious source that allows kinesiology to work so successfully. Kinesiology techniques give us the ability to access the subconscious areas of emotional memory that appear to be held intact. Often, people come to a kinesiology session aware of an issue, and during the course of the session the subconscious muscle response may reveal the emotions held in implicit memory that underlies this issue.

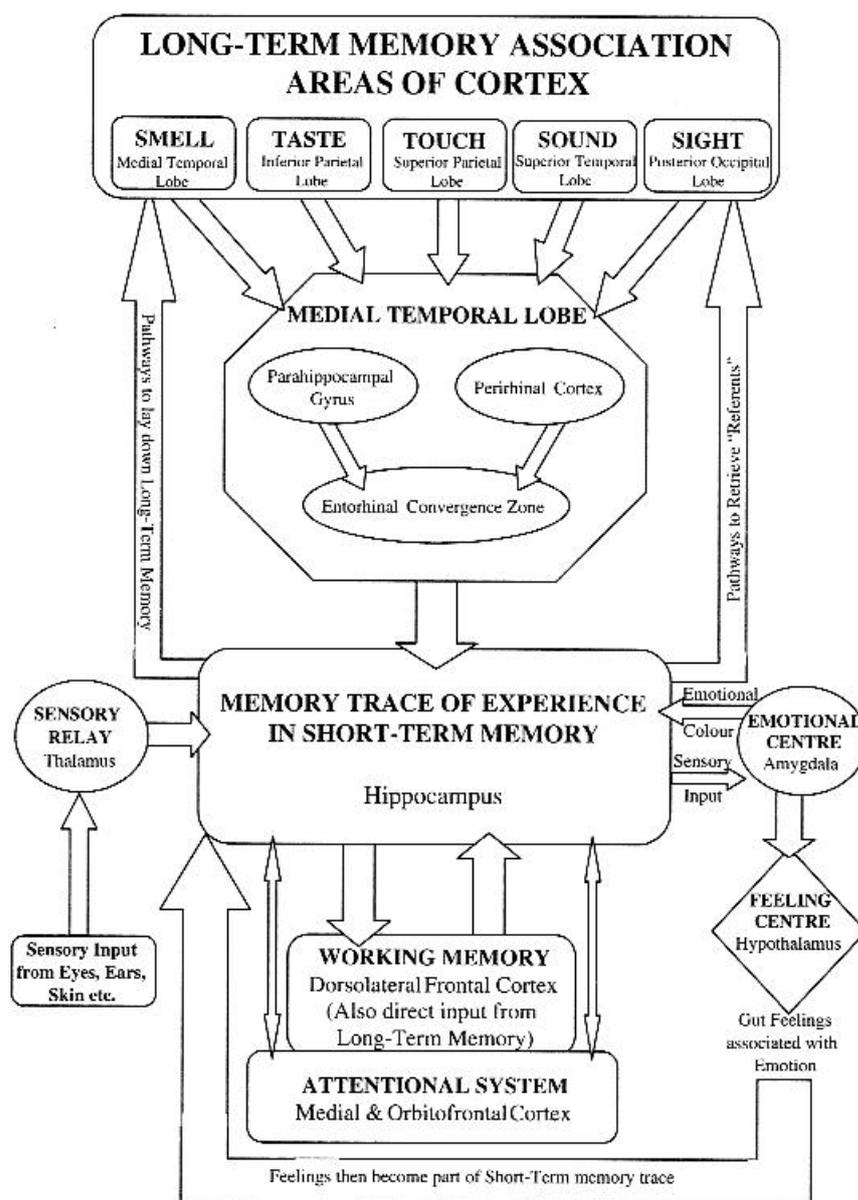
Once the implicit emotional context has been identified, it may then trigger explicit recall of the episodic memories associated with the original experience. The person undergoing kinesiology may become aware of something that has happened to them in the past, but of which they previously had no conscious recollection, or certainly no recent recollection.

Other times, the muscle response will reveal the underlying subconscious emotional memory, but there will be no explicit memories recalled. One of kinesiology's greatest strengths lies in its ability to access implicit emotional states underlying explicit issues in our lives. Even though it is out of our awareness, this implicit emotional conditioning from our past can significantly influence our consciousness of the present.

Infantile amnesia appears to result from the prolonged period of maturation of the hippocampal system, which takes longer to myelinate and develop its full complement of synaptic connections with all the other brain areas than other brain regions. Systems are not fully developed until after the age of three.

Current evidence suggests that subcortical thalamic-amygdaloid system does not use working memory. The implications are profound. While this system lays down and retrieves our emotional memories (often triggered by current sensory experience), we can not contemplate these emotional memories *directly*. We can only contemplate the cortical emotions and feelings generated by these memories. Thus, unlike less emotionally charged issues in ones life which can be called forth into ones working memory to analyse, come to understand, and thus quickly resolve, ones inability to contemplate the emotional memories triggered by a past event, meant that years may go by before one could learn the lessons in that relationship and fully integrate them into one's life experience.

The emotional memory generated by fear-based learning is stored and retrieved differently than the emotional memory created by pleasure-based learning. Current evidence suggests that fear-based emotional memory is stored and retrieved subcortically and is relatively permanent. Once that object or event has been subconsciously associated with fear, it is extremely hard to extinguish the behavioural response elicited from these fear-based memories.



A Schematic Model of the Memory Systems of the Brain. The memory traces of experience generated either from sensory experience or memory are brought into consciousness in the hippocampus. Referents from long-term memory are used to define on-going sensory experience, which if found to be relevant may be laid down as new long-term memory. Sensory input is also relayed to the amygdala which provides the emotional colour of the experience and also activates feelings by the hypothalamus. These feelings, in turn, are incorporated into the memory trace in the hippocampus. Information from both the hippocampus and from long-term memory are available for conscious processing in working memory where they may be contemplated.

You may not be having any problems relating to your boss on a day-to-day basis but all that has to happen is for a particular trigger event to occur and the negative, unfinished business will be brought up again. Suddenly you might find yourself in an irrational fight. This is the definition of the psychological baggage that we all carry with us. And this is the baggage that kinesiology can defuse.

The major difference between Logic and Gestalt (pattern or form) processing, may not be in the underlying processing, since both rely heavily upon the same subconscious neural substrates, but rather on our conscious awareness of that processing.

Doctors of the 17th ± century saw the health of the body as being determined by the balance of the four bodily fluids, or ‘humours’: blood, lymph, bile and cerebrospinal fluid. Of the four fluids blood was the most accessible. So when a person was ill, the most logical treatment was to bleed them to re-balance their humours. (By the 16th century the Latin term ‘humour’ had been modified to denote an unbalanced mental condition as mood or a folly, and became a subject for writers of comedy.)

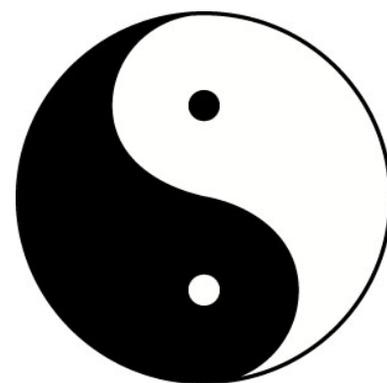
Our late 20th century medical model is based on biochemistry and biomechanics – the Newtonian view of a rational material world. The basic assumption in this model is that man is nothing but a biochemical / biomechanical machine, however sophisticated. If there is sickness or disease, clearly the biochemistry has been upset and the proper treatment is to adjust this chemistry by prescribing the intake of chemicals – drugs. Or, the person has a mechanical problem (such as a broken arm) and the proper treatment is to realign the bones mechanically so that they knit together again. Fifty years from now the doctors may view some of these procedures to be as irrational as bleeding by application of leeches.

As it is based on known facts Logic has a use-by date. As new facts come along, so our understanding changes.

Logical analysis also depends upon the development of premises or hypotheses based on assessment of the known facts. Sometimes these hypotheses are wrong, and the solution is to be found in a new hypothesis based on a premise that was intuitively derived.

These two types of reason complement each other. In a sense, the expressive Yang of Logic needs to be balanced by the hidden Yin of Gestalt. Not only that, but the Yin, or intuitively derived Gestalt premise may be transformed into a Yang or logically supported theory.

Yin Yang (or Yin and Yang): Two principles in Chinese philosophy and religion: yin represents a dark, cool, rest, negative, feminine figure, and yang symbolizes a light, warm, active, positive, masculine figure. Together they are believed to influence the destinies of other people and things. Also, some refer to the dark segment as the autumnal equinox, the light section as the vernal equinox, the dark dot as the summer solstice, and the light dot as the winter solstice, thus representing the entire celestial phenomenon of seasons and the cycle of the sun.

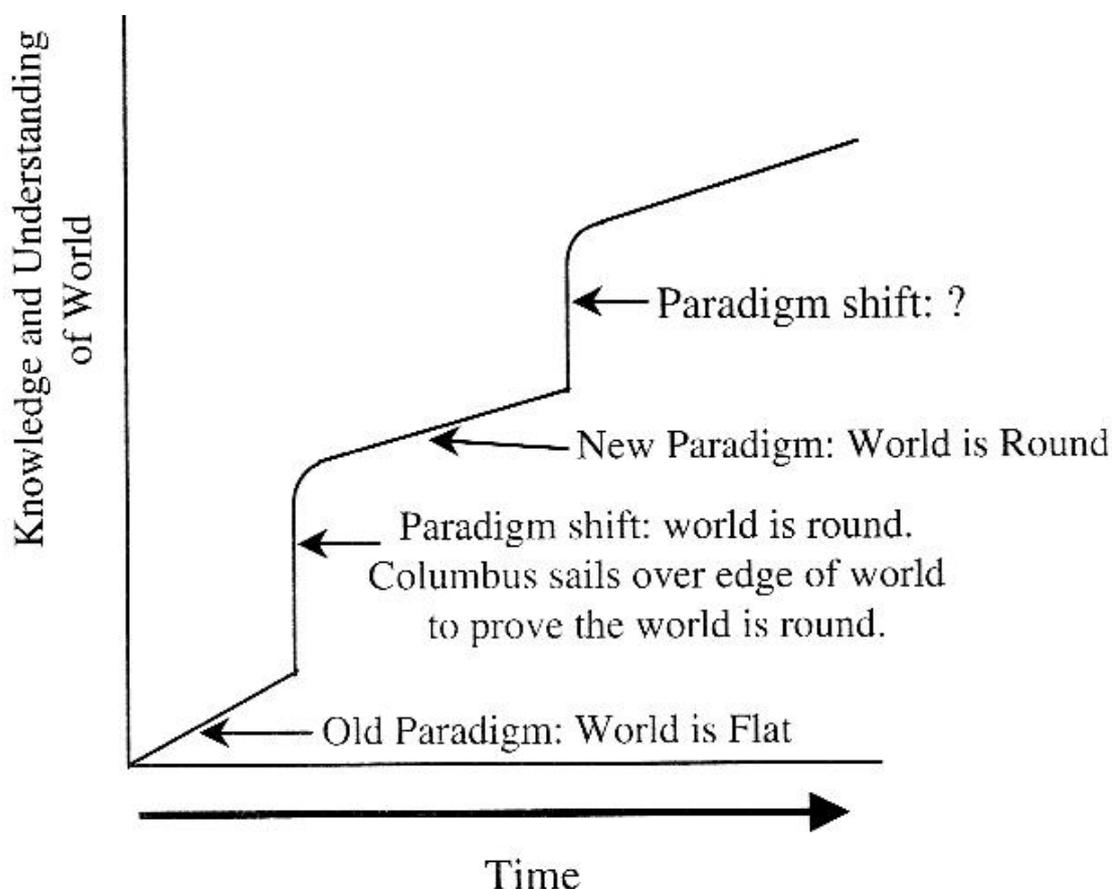


Where Logic is limited by paradigm-dependent facts, Gestalt is only limited by imagination. Gestalt can jump beyond present evidence because it can conceptualise what does not now exist and what has never

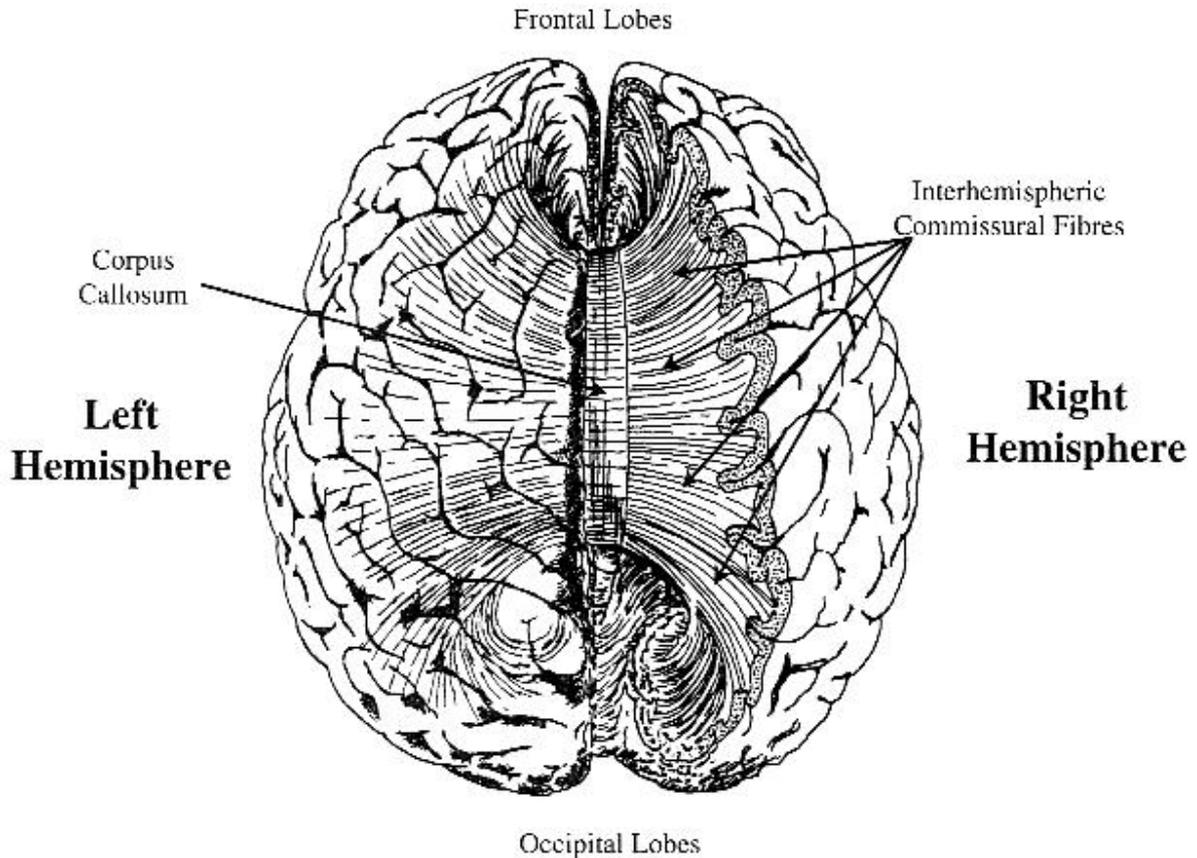
existed. It can look at the same old facts and put them together in an entirely new way, allowing a leap of insight. From looking at the whole, Gestalt can divine a sense of knowing. It may not be provable at the moment, it's just something you know to be true.

In *The Structure of Scientific Revolutions*, Kuhn proposed that science has advanced through a series of accumulative, consolidative phases until, at a critical point in that accumulation, a Gestalt thinker comes along, makes an insight and moves scientific thought to a whole new level, a whole new conceptual understanding of reality. This is otherwise known as a paradigm shift.

Science actually proceeds through an interplay – or dance if you like – between Logical reasoning and Gestalt conceptualisations.



Kuhn's model of Paradigm Shifts or Scientific Revolutions. In this model, investigation leads to a gradual accumulation of knowledge about a particular paradigm or world view. Slowly observations accumulate that do not fit the current paradigm. An original thinker may incorporate these observations into a new paradigm leading to a revolution in the way scientists view the world. Then once again scientists set about gradually accumulating knowledge about the new paradigm. New observations accumulate that do not fit, and this process is repeated.



The Corpus Callosum—expanded view. On the right side of the diagram the cortex has been removed so that you can see that most of the interhemispheric fibres that cross the corpus callosum connect a cortical column of one hemisphere with cortical columns in exactly the same area in the opposite hemisphere.

FEELINGS FIRST For Kids

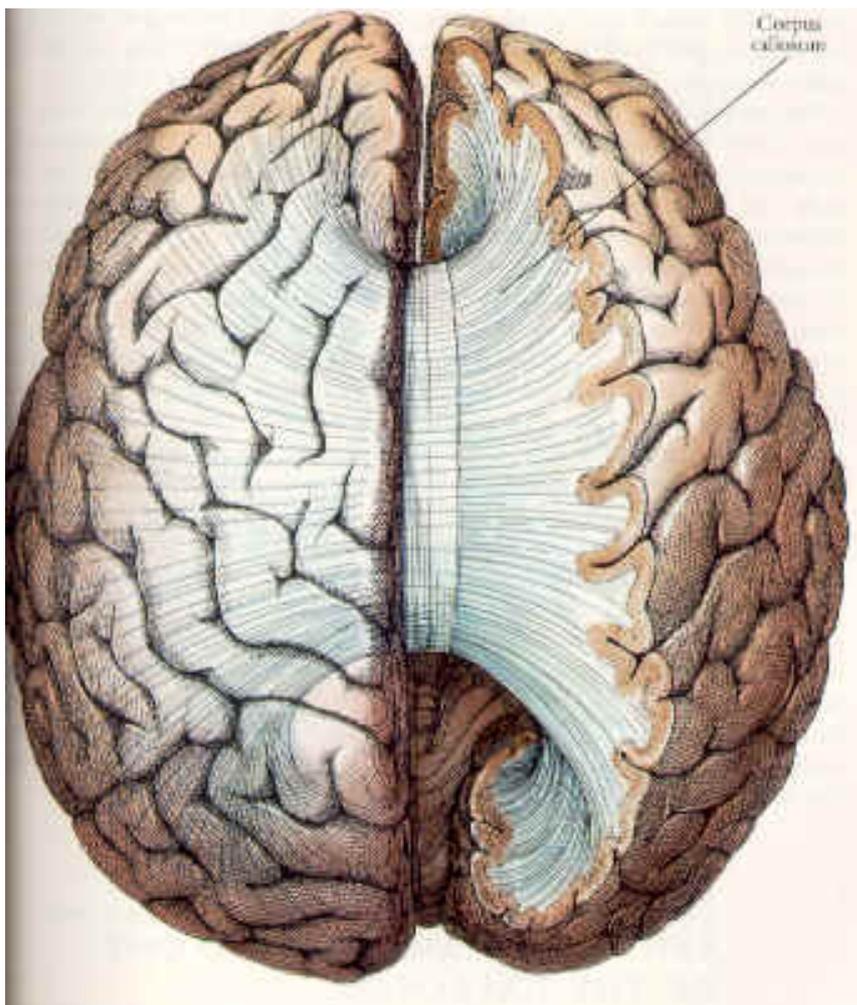
It is the subconscious that *does* most of the actual processing but it is the conscious areas of the cortex that *direct* what is processed.

Because it prevents the effective integration of Gestalt and Logic functions so essential in academic pursuits, 'blocked' flow across the corpus callosum is found in almost every case of learning difficulties. And blocked flow across the corpus callosum is usually most strongly correlated with the poor development of Logic lead functions. In rarer cases, poor development of Gestalt lead functions may also be associated with 'blocked' flow across this vital integrative pathway.

The other major factor is blocks to access of key lead functions required to perform specific tasks. Again, poor access to critical lead functions, assess using kinesiology, correlates highly with observed learning problems. Whenever there is an area of learning dysfunction, we can measure corresponding stress in accessing the lead functions associated with this area of disability.

This lack of access to specific lead functions and/or lack of integration of these function is the underlying cause of the vast majority of learning disabilities.

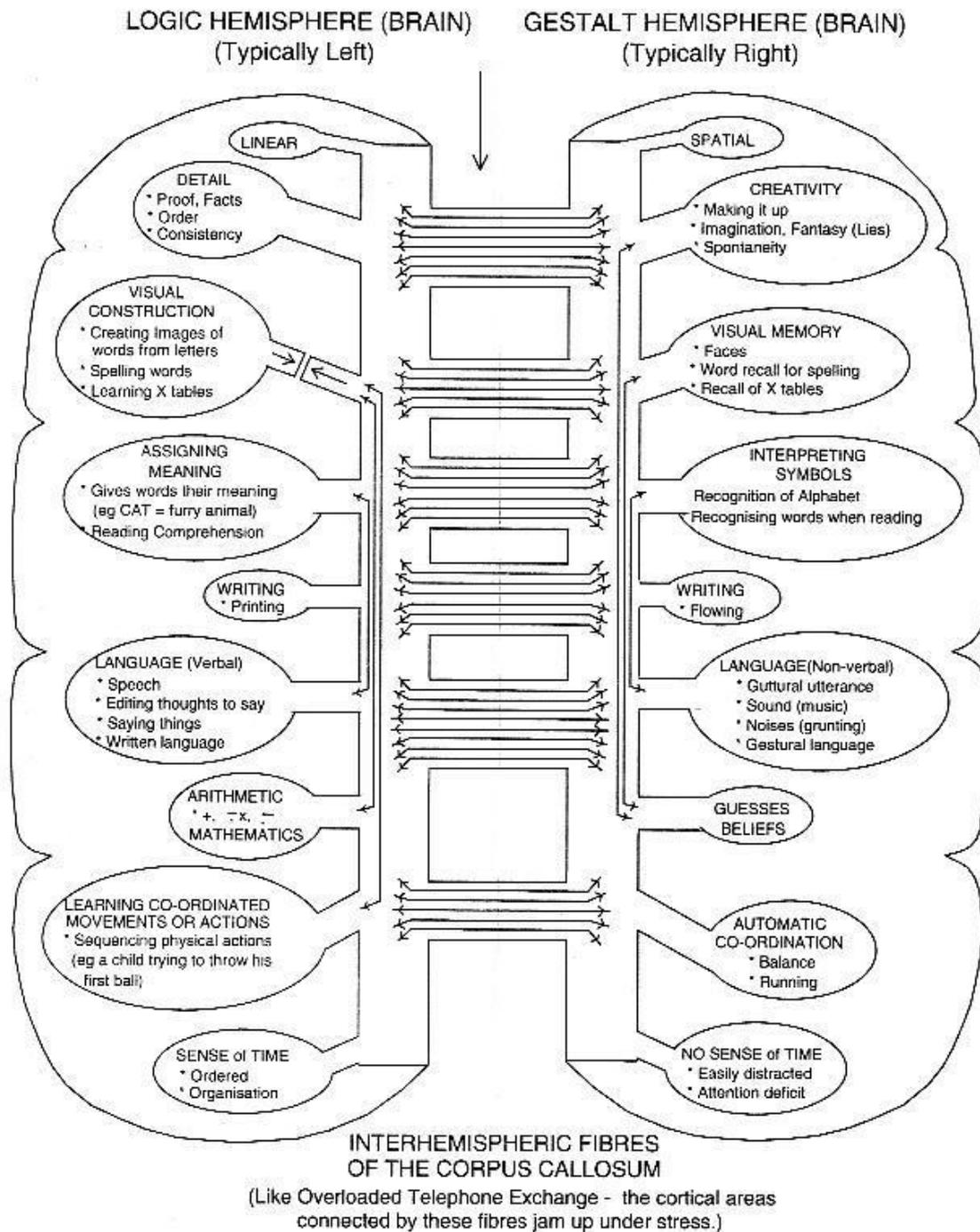
When a person reads a story, the Gestalt lead functions may play a special role in decoding the visual information; making an integrated story structure, appreciating humour and emotional content, deriving meaning from past associations and understanding metaphor.



At the same time the Logic lead functions are playing a special role in understanding syntax, transforming written words into their phonetic representations and deriving meaning from complex relationships.

In its extreme expression, Gestalt dominance in mental processing is currently recognised as Attention Deficit Disorder.

In a sense, we are all dyslexics, or learning disabled under certain circumstances.



* WORKS BIT BY BIT (Sequentially)

* WORKS SIMULTANEOUSLY (Intuitively)

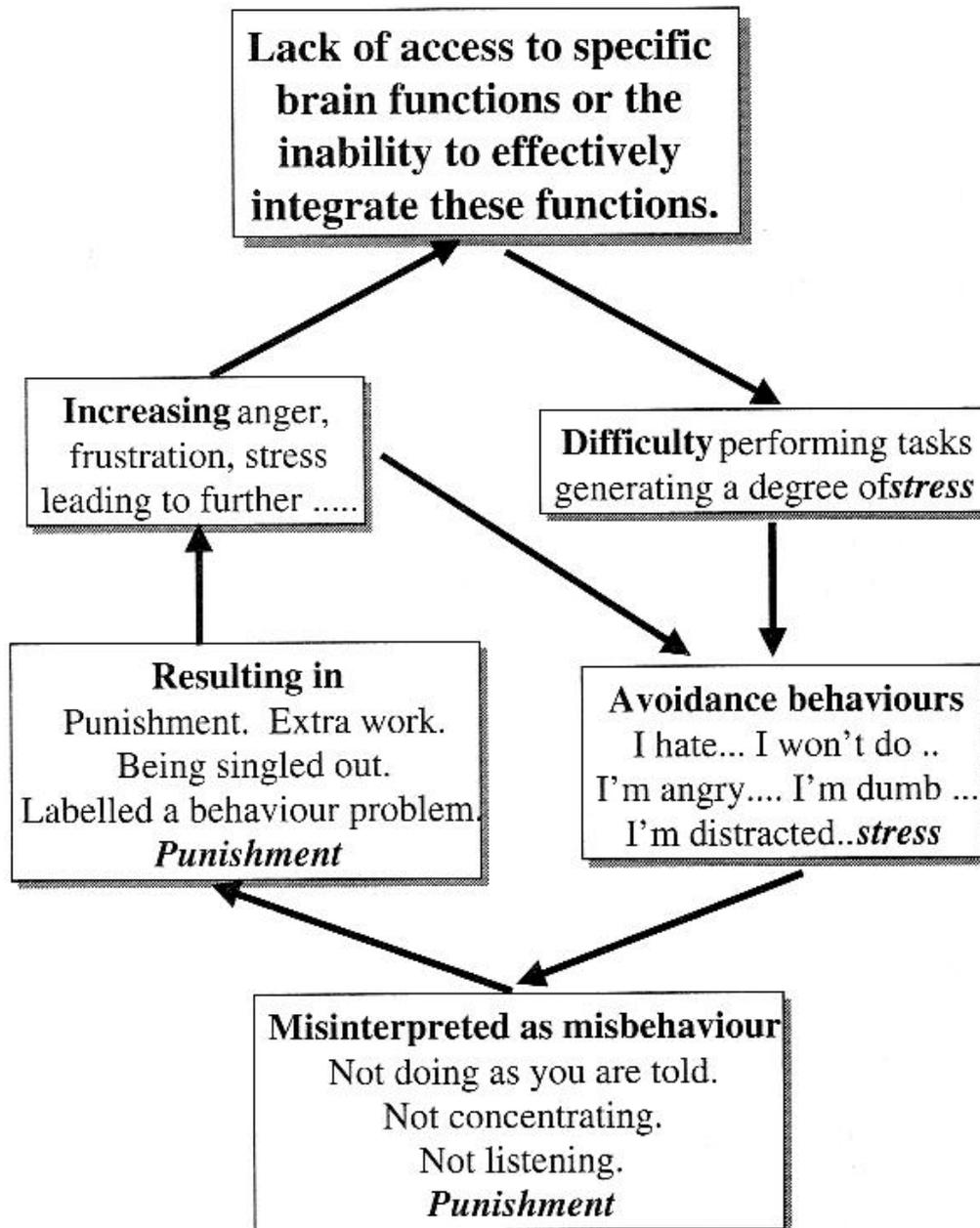
* TIME ORIENTED (Organisational)

* NO SENSE OF TIME (Only-Now/Not Now)

Essential Lead Functions. This is a diagrammatic sketch of some of the major Gestalt and Logic lead functions and the role they play in our mental processing.

The Stress Avoidance Cycle

generated by Loss of Brain Integration



The Stress-Avoidance Cycle. Whenever there is lack of access to specific brain functions or the ability to integrate these functions this initiates the avoidance of tasks dependent on these brain functions. This is often misinterpreted as misbehaviour.

In the state of complete brain integration there is virtually nothing the brain finds difficult to learn. Yet only a very small minority of people (probably less than two or three percent) have managed to survive childhood with most of these function intact.

The new view of the brain suggests that much of the integration of functions occurs not by information flowing to a particular area that then integrates this information, but rather, that it is the *synchronisation* and timing of procession occurring in widely distributed subsystems in many different areas, at the same time, that constitutes brain function.

Brain integration is the dynamic synchronisation of the timing of neural and mental events. Any loss of synchronisation represents a loss of integration. Loss of integration in turn, results in loss of some specific mental capacity, such as the ability to do maths.

This brings us to the real cause of learning difficulties: the loss of integrated brain function, produced by a particular stressor in a particular circumstance. For some it may only be a momentary loss of integration when performing a specific task, while for others, it may be an on-going loss of integration in whole areas of function.

Kinesiology provides us with the opportunity to understand why a person becomes dysfunctional when trying to learn. Any stressor affecting mental functioning can also cause a change in muscle response. The most common cause of learning difficulties is the loss of synchronised brain function.

Once you lose integrated brain function, you become dysfunctional – unable to perform a desired task and this then often generates an emotional state of anxiety. In greater than 90% of these cases, loss of brain integration precedes the emotional state of anxiety. Loss of brain integration does indeed immediately generate anxiety.

The body and the brain have polarity, which is a predominance of positive or negative charge within one body region. For example, the right front quadrant of the body, the right side of the face, trunk, arm and leg, are all slightly more positive in charge than negative. Likewise the left side is slightly more negative than positive. In the brain itself, the right side of the brain tends to be more negative than positive and the left more positive than negative. In Chinese terms these represent the qualities of Yin (negative) and Yang (positive).

For mental processing to proceed normally we need to be able to effectively link our thinking with our memory and our on-line sensory processing. When there are any blocks to information flow between the front and back of the brain, what is usually lost is our ‘now-time’ thinking and we get trapped in our memories, which means we are largely left reacting to life out of what has happened in the past. People who demonstrate this on a continual basis can never seem to learn from life’s experience; they just seem to repeat the same behaviour over and over because they are largely living from the past.

Being able to access the processing area of the frontal lobes, in a sense, allows you to be present in now-time. When this integration is lost, people tend to relate everything that happens to them in the moment to something that happened in their past. Thus life becomes a pageant of ‘re-actions’ that prevents them from having truly dynamic ‘inter-actions’ with their life. While right ‘ left hemisphere functions, front ‘

back switching has less observable impact on academic learning. It does however, have significant impact on learning life's lessons.

When the brain is in a state of full integration, it can identify right, left, top, bottom, front and back, and they are all communicating with each other. Switching of any type results in loss of integration between some of these brain areas. Fortunately, this can be quickly rectified by the application of these acupuncture techniques.

There are simple kinesiological and acupuncture techniques that can help reintegrate brain function at the electromagnetic, neurological and emotional levels.

For those people who have long-term on-going loss of brain integration resulting from experiences traumatic enough to permanently shut down part, or most of the communication across their corpus callosum, or who experience the massive brain confusion that we call deep level switching, more specific and direct interventions are required to resolve these more difficult causative issues.

This is where the role of the qualified kinesiologist or Applied Physiologist comes to the fore because at present we do not know of any other treatment modality that can so dynamically interact with on-line brain processing, or that allows the integrity of brain functions to be so directly assessed.

It appears that children with ADD (Attention Deficit Disorder) or adults with learning problems often just watch their world and react to whatever happens with little anticipation of what might occur because they cannot activate the brain areas involved in 'paying attention' which is required for anticipating outcomes. After treatment, with LEAP (Learning Enhancement Advanced Program as developed by Charles Krebs and Susan McCrossin) results are often in the 95% to 100% success range.

An increasing body of evidence suggest that ADHD (Attention Deficit Hyperactivity Disorder) is primarily biologically based with studies indicating that people with ADHD may have at least one defective gene coding for the D₂ receptor making it difficult for the neurons in the reward centre to respond to dopamine. The reduced response to dopamine means that these people do not experience the normal reward feelings of well-being and have increased difficulty regulating their attention.

In 1990 Blum and his colleagues identified a deficit in the D₂ receptor gene that they found to be associated with alcoholism.

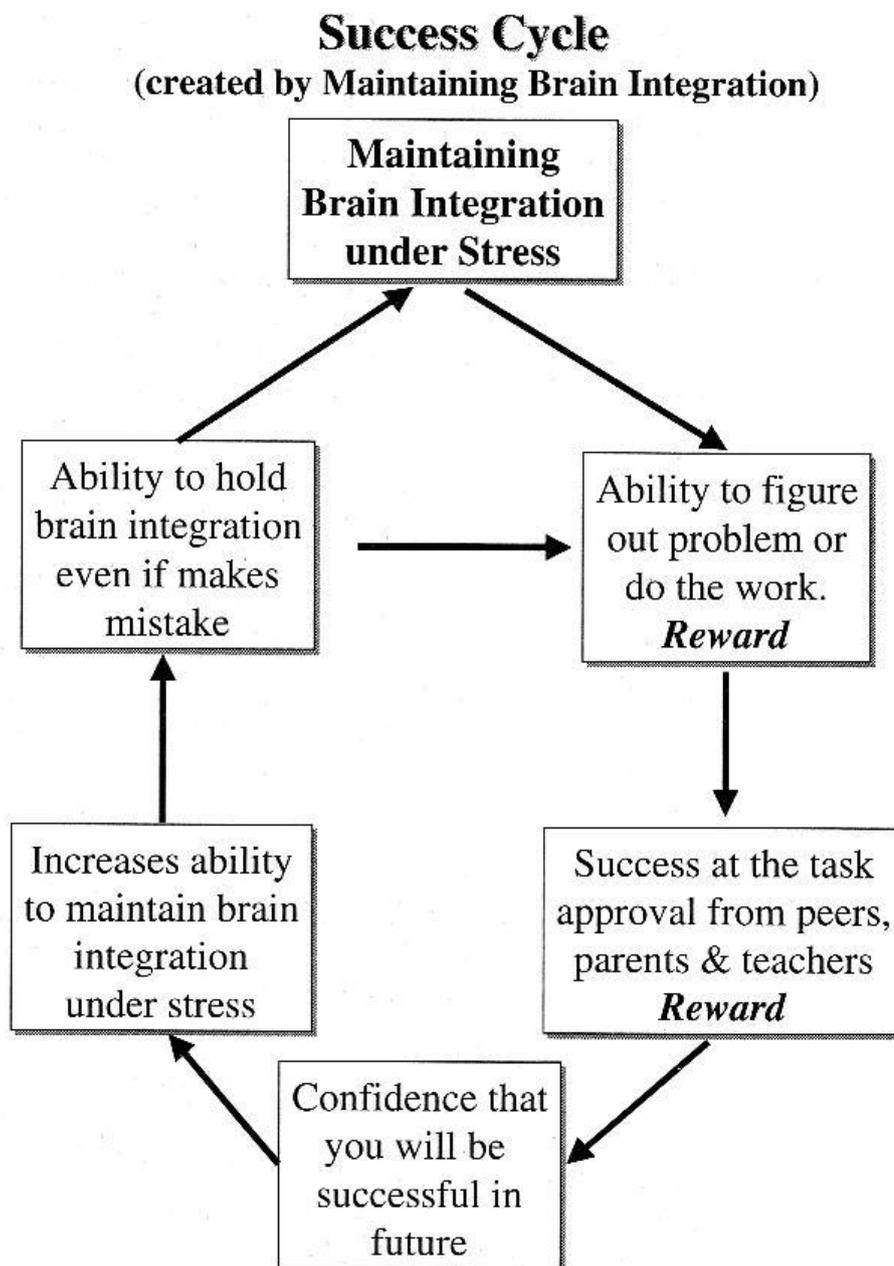
Considering that the scientific evidence would suggest that ADHD is strongly linked to potential alcoholism as well as learning problems and deviant and delinquent behaviours based on a defective gene for D₂ receptors, the cessation of the hyperactivity and increased ability to learn following the LEAP treatment is remarkable. It suggests that the LEAP protocol somehow alters this reward deficiency syndrome.

Recent studies have found a significant correlation between abnormal P300 EEG brainwave activity and the A1 allele of the dopamine D₂ receptor gene. This is the same gene defect associated with ADHD, alcoholism, drug addiction and compulsive and impulsive disorders.

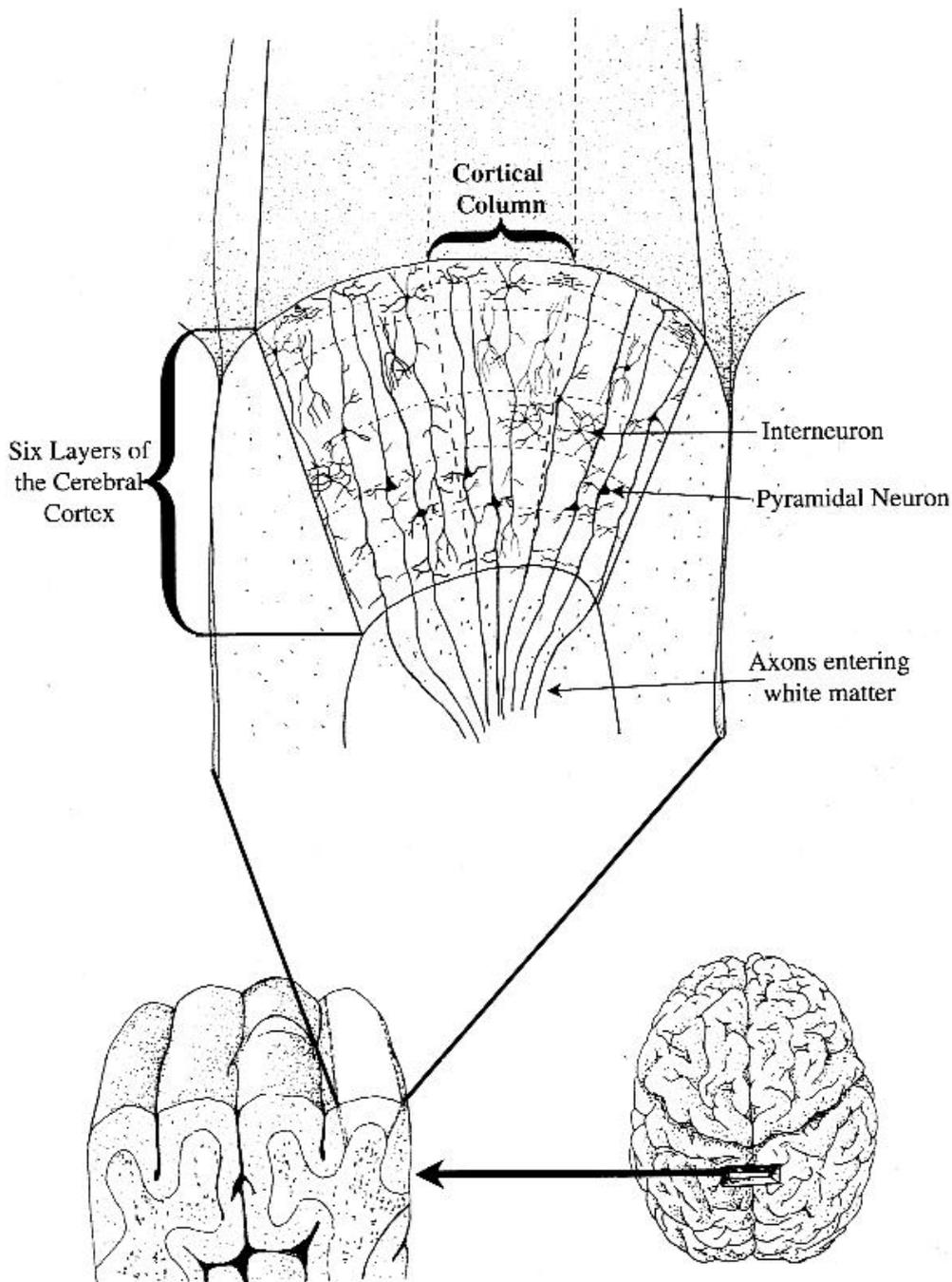
Each year, Dr Charles Krebs travels around Australia and abroad teaching another 100 or so students the LEAP program. What has been driving him to teach LEAP to others is the perception that it has a profound effect on people's consciousness.

One of the only common denominators that criminologists have been able to find between people who have committed violent crimes is that they are commonly functionally illiterate.

It is truly felt that every time that the LEAP platform turns someone around and helps them access more of their function, they will utilise it in a way that is most harmonious for them and society.



The Success Loop created by maintaining Brain Integration under Stress. When you can maintain your brain integration under stress you will be able to figure it out and receive the reward of being successful, which increases your ability to maintain your integration under even higher levels of stress and be successful again the next time. This leads to increased self confidence so essential for success in life.



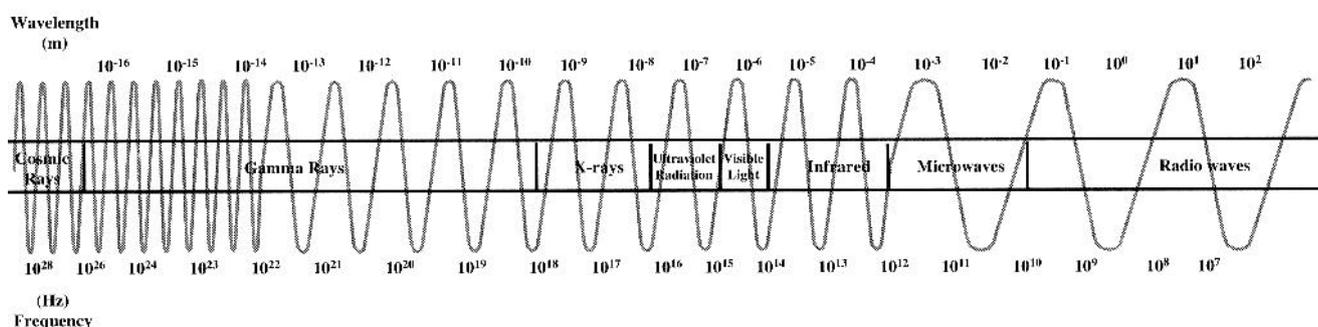
Cortical Columns. Vertical slabs of cortex consisting of all six distinct cell layers, called cortical columns, are the functional units of the cerebral cortex. Some of the cells like the large pyramidal cells have dendrites that extend through almost all layers and axons that exit the grey matter to become part of the white matter tracts carrying information to other parts of the brain and body. There are also innumerable interneurons connecting the cells within each cell layer and between the layers.

The BIG PICTURE

The scientific picture of the world is inadequate for the simple reason that science deals only with certain aspects of experience in certain contexts. All this is quite clearly understood by the more philosophically-minded men of science. But most others tend to accept the world picture implicit in the theories of science as a complete and exhaustive account of reality.

Since the energy systems in eastern science are based on the flows of subtle energies, which are currently beyond the measurement of scientific instruments, they are said to be metaphysical or beyond the physical. The challenge is to create a nexus between these two streams of thought and to bring the physical and metaphysical together into one integrated system.

Professor Tiller has created a model of reality that finally succeeds in incorporating the physical domain of the West and the metaphysical domain of the East.



Graphic of electromagnetic spectrum. Note that our physical senses only allow us to be consciously aware of the thin slice, visible light, of this limitless electromagnetic spectrum.

One of the major components involved in hands-on healing appears to be magnetic in nature. Utilising an ultra-sensitive magnetic-field detector called a SQUID (super-conducting quantum interference device) has demonstrated significant increases in the magnetic fields emitted by healer's hands.

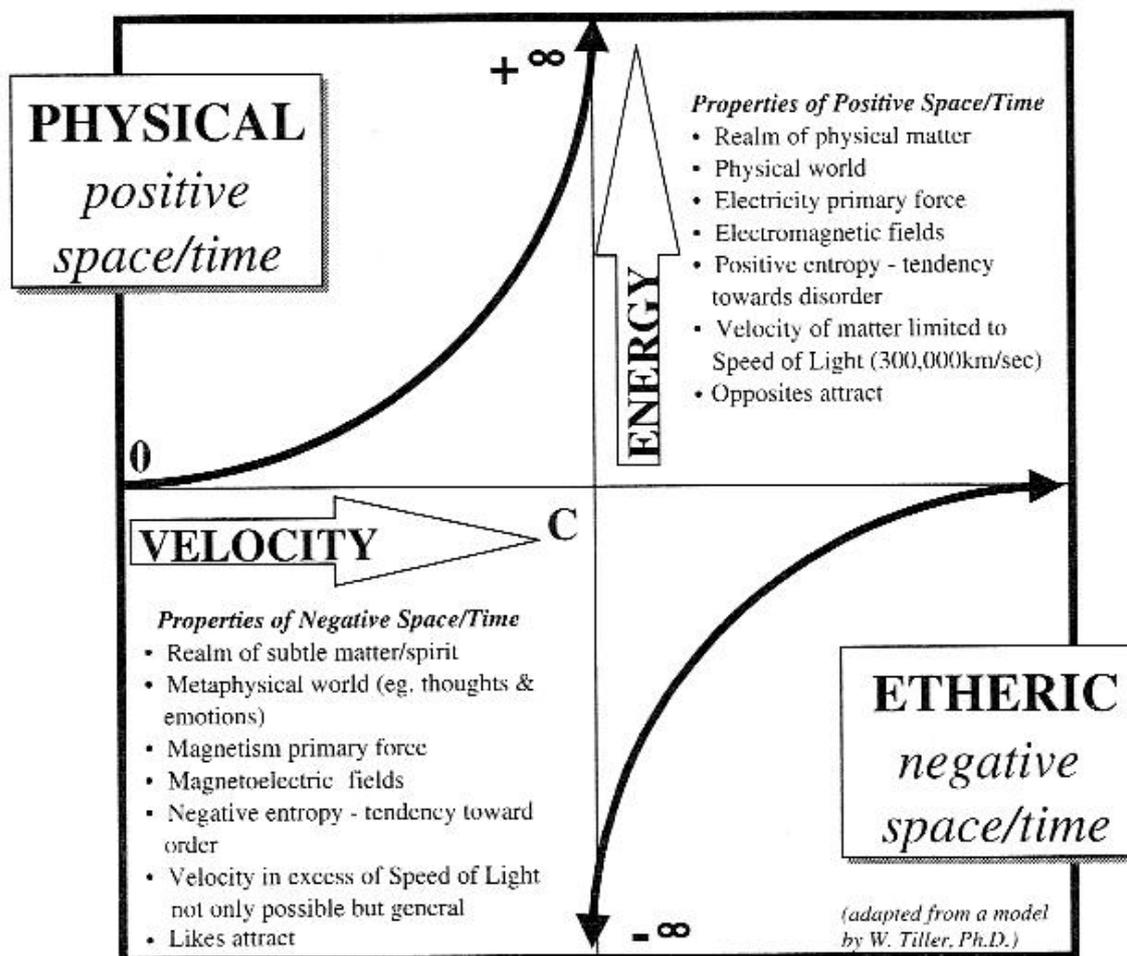


The first principle of Negative-Space/Time is that velocities greater than the speed of light are not only possible but are general. 'We approach a condition in which we can be everywhere in no time, which means we are approaching omnipresence.'

The second principle of Negative-Space/Time is the metaphysical principle of negative entropy, which is a tendency towards order. Taken to its logical extreme of perfect order it could be considered God or cosmic consciousness. Cosmos means 'order'.

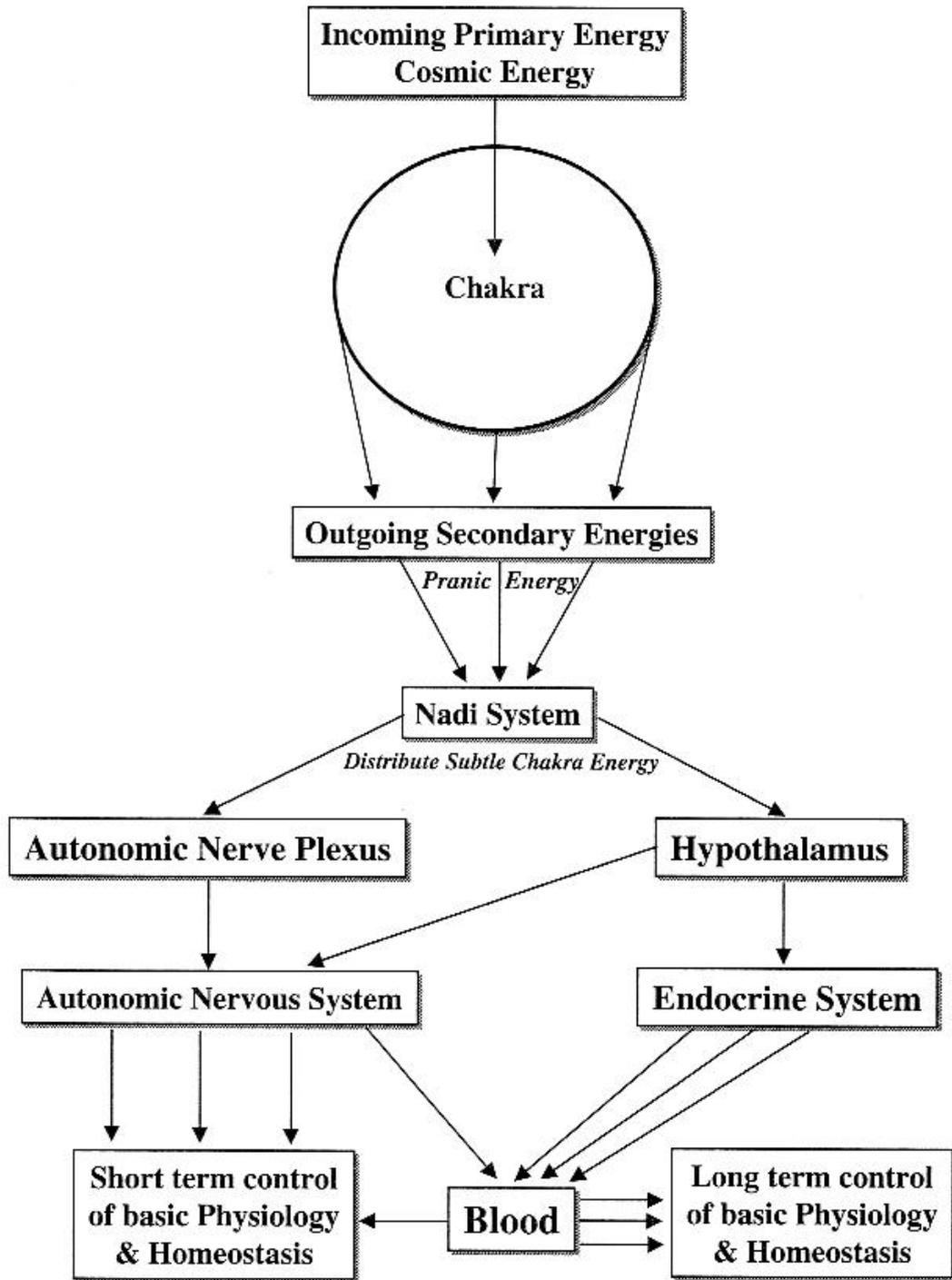
The third principle of Negative-Space/Time is the law that like attracts like. This is the factor that underlies the practice of homeopathy in which the energetic pattern of a substance that produces illness will cure that illness when manifest at the physical level. For example, Feverfew is a herb that when eaten will produce the symptoms of fever. When Feverfew has been homoeopathically prepared by serial

dilution to immeasurably small amounts, when taken, the energetic pattern of the homeopathic solution will serve to combat fever.



Model of Positive and Negative-Space/Time. Physical and metaphysical reality are both predictable from Einstein's equations demonstrating that matter and energy are interconnected. While physical reality is known to our physical senses and can be investigated with electrical instrumentation, metaphysical reality at this time remains theoretical and can only be known to our psychic senses as we do not yet possess the instrumentation capable of interacting with this realm.

What is interesting to note is that from the instant of fertilisation of the ovum by the sperm, for the first 10 days of foetal development, the organising factors remain obscure. After 10 days, various chemical markers and gradients begin to guide the development of the foetus and biochemistry takes over. At the moment of fertilisation, however, an electric field is generated with an axis that later becomes the spinal axis and it appears that this organisation is somehow related to the axis of energy which acts as an energetic template during these initial stages.



Primary Outpouring and Chakras. Cosmic(pranic) energy entering the chakras is transduced via the nadi system from magnetolectric subtle energy to electromagnetic physiologic energy in the hypothalamus and at the autonomic nerve plexuses. In this way chakras exert control over basic homeostasis of the body.

In the East, it is said that the energetic template of the etheric (energetic) body is what provides the directions for the organisation of physical matter. And once that matter has been organised, the maintenance of its on-going structure is dependent upon a constant flow of subtle, nutritive energy coming from the energetic systems of the organisms. In fact, in this model it is believed that the physical form cannot be maintained without the energising nourishment and spatial guidance provided by the etheric template.

The energetic template is an expression of negative entropy, or a tendency toward order. The wellspring of the force organising matter into life. This is the very life force that is the basis of holistic healing. But at death, the inflow of subtle energy ceases and the energetic template begins to disintegrate, leading to the decay of the physical being.

At the same point, the West perceives only a loss of biochemical and physical energy.

Death is described as a withdrawal of the etheric or subtle energy, which is then followed by the cessation of chemical and physical activity. The human being is multi-dimensional.

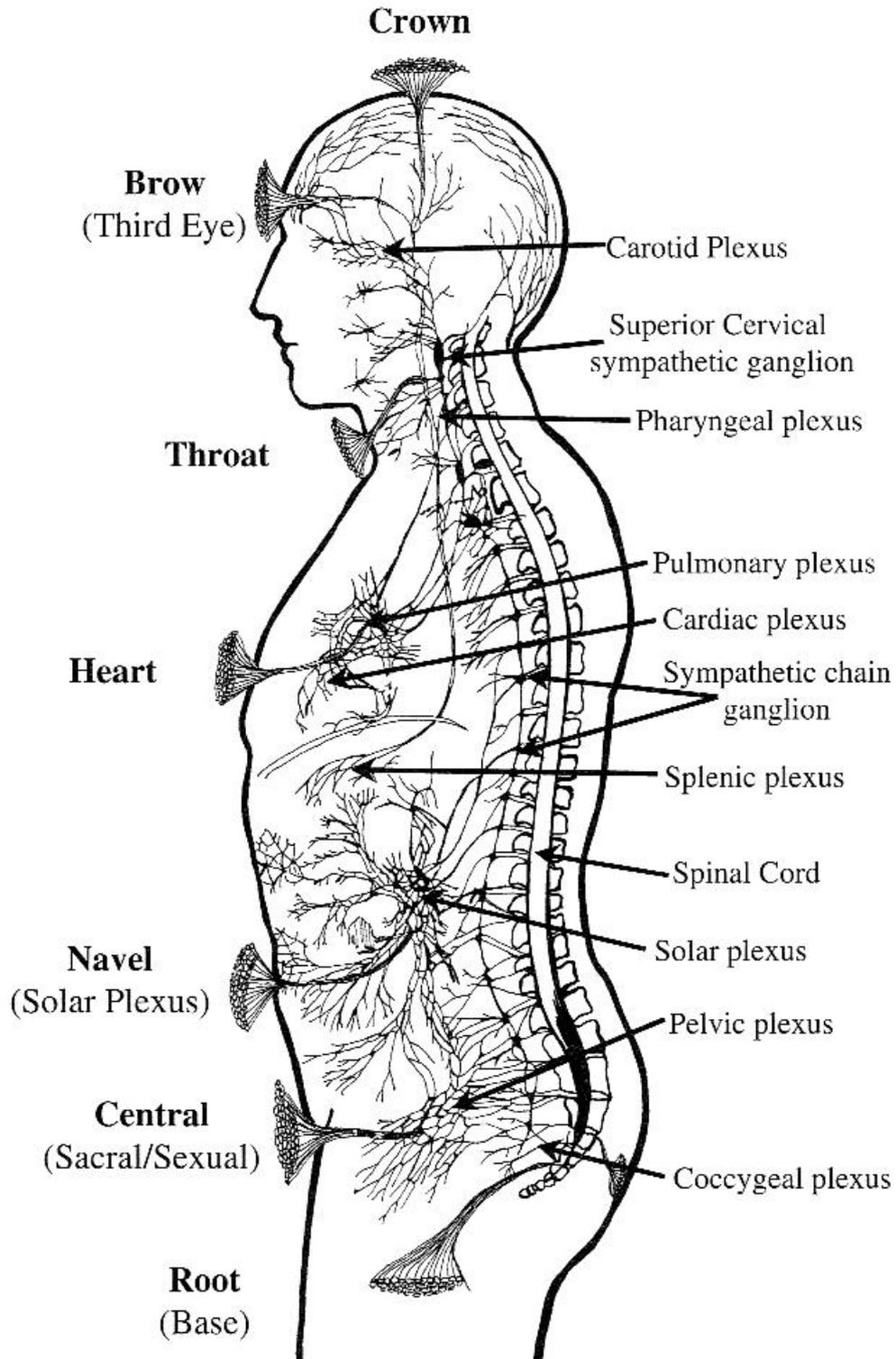
It is said that the chakras provide an influx of cosmic energies that the yogis term 'Prana', which was their way of describing the manifestation of the life force or 'elan vital'. Prana is said to originate as cosmic energy or free energy of the universe that is conducted into the body via the chakra cones. This could be termed the 'primary outpouring'. Once it enters the chakra cones, Prana is then distributed to the associated endocrine organs and nerve plexuses via the nadi system.

When this pranic energy is stepped down to the level of the etheric, it then can activate the etheric-physical interface causing physiological change. The yogis observed that the pranic energy provided a nutritive source of negative entropic – or self-organising energy that maintains the etheric template. And it is the etheric template that ultimately sustains physiological function.

As an analogy, western scientists have come to understand that plants can transducer the subtle energy of sunlight into physical matter. In a similar way, chakras transducer subtle cosmic energy into physiological function. In a sense, human beings are able to synthesise cosmic energy into human function just as plants are able to photosynthesise photons of light into cellular matter.

When consciousness rises and the root chakra opens, the person may gain the ability to levitate astrally. That is, the sense of floating upward in space, leaving the physical body behind. If consciousness rises higher again, and the sacral or sexual chakra opens, it is said that the person may now perceive the presence of subtle beings. If the consciousness rises further and opens the navel chakra, it is said that the person may develop the ability to see the perfection of the process; that things are indeed perfect just as they are.

Once consciousness has risen to the point where the heart chakra opens, the person may become omniscient which means they are able to access the feelings of the people around them, and they are said to be able to develop unconditional love and total compassion. Upon the opening of the throat chakra, it is said that the person has the potential to gain clairaudience which means the ability to hear others' thoughts, otherwise known as telepathy.



Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

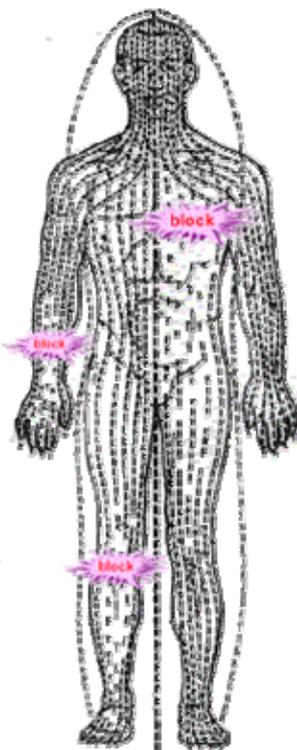
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 th chakra
Third Eye	525	6 th chakra
Throat	350	5 th chakra
Heart	505	4 th chakra
Solar Plexus	275	3 rd chakra
Sacral or Spleen	275	2 nd chakra
Base or Root Chakra	200	1 st chakra

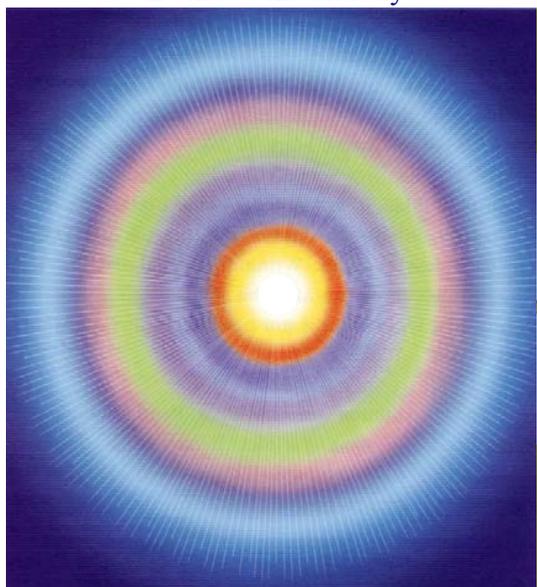
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



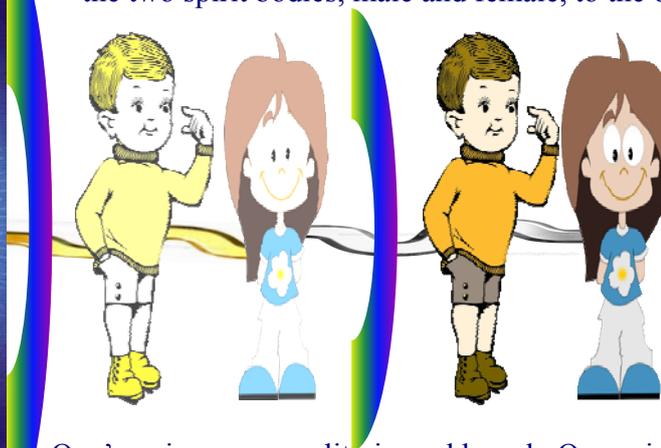
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and female personality - it is a duplex!**

When consciousness rises to open the brow chakra, it is said that the person may gain clairvoyance or the ability to see beyond the illusions of physical appearance. When the brow chakra is open, people can usually see the subtle energy emanations of other human beings, and it is in this way that knowledge of the subtle energy systems of the chakras and meridians have been described. Clairvoyants can also develop the ability for 'remote viewing', or the facility to describe distant places and events without having to actually go there.

While this process may proceed in as orderly a fashion as we have described, with the consecutive opening of each chakra and its attendant psychic abilities, it is far more common for these psychic phenomenon to occur individually or in combination. For instance, with the opening of the root chakra, a person can sometimes experience other psychic experiences other than astral levitation. These can include clairvoyance and clairaudience.

Likewise with the opening of the third eye or brow chakra, various types of extra sensory perception become manifest according to a person's spiritual and emotional history or mental tendencies. Such psychic perceptions are often of short duration usually occurring immediately after the initial opening of the chakra.

But when finally, consciousness reaches its zenith and the crown chakra opens, it is said the person can gain supra or cosmic consciousness, which is the realisation of your true nature and of your connection to God. Your true nature, in this context, is that you are not separate from others, or from the universe, but are one with all and one with God. This is said to be the state of true bliss or enlightenment.

The greater part of us is thus non material subtle energies, emotion, thought and spirit which animate the denser etheric energies manifest as physical form. Likewise, when will is transduced from the higher spiritual Atmic body, it may be used as an instrument of ego or spirit / soul.

Just as the etheric body is the interface where the magnetoelectric energy is transduced for physiological function, the mind or mental body, is the interface where the higher magnetoelectric energies of emotion, thought and spiritual direction are transduced for mental function. The non-material mind then, is the interface that activates the mental functions of the structure that is the physical brain.

How can a thought, which is a subtle energy vibration – a thought-form – then create feelings, sensations or actions within the physical body?

Consider for a moment that the power behind a thought originates within your spiritual body. The thought-form then generated within the mental body can cause a specific pattern in astral matter which is the energetic aspect of emotion. This astral-emotional pattern then interfaces with the etheric body creating a reciprocal etheric pattern. It is then transduced to a specific pattern of neural activity within the physical brain.

Depending on the nature of the original thought-form and the force behind it, the astral emotional pattern will cause a greater or a lesser intensity of neural activity. This would manifest as specific patterns of neuronal firing in the brain. This neural activity may then also activate other neurons that lead to physiological responses that we call feelings, sensations or even physical action.

It is a well documented phenomenon that millions of people have 'died' but lived to tell the tale.

Elisabeth Kubler-Ross, an acknowledged expert on near-death experiences, having studied 25,000 cases, notes several commonalities. One is that the people often report seeing or meeting people whom they have loved in their life, but who are now dead. The second is that there is an absence of physical sensation, particularly pain. The third is that people experiencing near-death perceive themselves to be whole and complete even though they may be 'looking down' on a body with amputated limbs. They also report that there is no negative judgment, only dispassionate observation. The fourth is that the people can return from a near-death experience with intact memory of the events that occurred during the time they were 'dead'.

A particularly remarkable aspect of the experience of meeting loved ones during the period of 'death' is that in no case has anyone ever reported conversing with, or seeing someone who is currently alive. No child ever mentioned a living parent, sibling or friend.

In the state of coma the body is run via the lower brain centres of the medulla and the brainstem with almost no cortical activity. Hence the person is living on vegetative functions alone: the heart beats, they breathe and intestinal peristalsis continues. In this state, only the etheric and physical bodies are functioning. The higher subtle bodies are separated from the physical being. It has been observed by people who have experienced this state that the subtle bodies are usually not far away from the physical body. This has also been reported by clairvoyant individuals who have observed people in this state.

The etheric body, on the other hand, is said to disintegrate as your physical body decays. This indicates that the higher mental bodies can be separated from the etheric and physical bodies.

The mind tends to focus on negative physical, emotional and mental states.

From the eastern concept, meditation is exactly the opposite. In eastern meditative traditions, the techniques you learn are to free yourself from thoughts, not to focus on thoughts; to allow yourself to experience consciousness, without thought.

This is one of the greatest challenges of meditation to western minds, to let go of thoughts and to be 'conscious'.

One of the most remarkable discoveries is that 87% of the men who rated their mothers and father low on parental love and caring, had diseases diagnosed in mid-life, whereas only 25% of the subjects who rated both parents high on parental love and caring had diseases diagnosed in mid-life. Unequivocally this demonstrates the power of love.

Hands-on healing is an interesting misnomer because in many cases this form of healing requires no touch at all. What it does require is that the person doing the healing needs to focus their mind on compassion and love for the one being healed. The biophysical energy of the hand contains much heart energy with a strong ECG component. Obviously this would generate a strong magnetoelectric resonance which could be transmitted from healer to patient in much the same way as the ECG signals were transmitted from the sender into the brain of the receiver.

It appears that in many cases of hands-on healing it is the transfer of subtle energies of compassion and love directed by the mind of the healer that effects the healing.

The transference of magnetoelectric energy utilising the Negative/Space-Time property which negates distance as a factor, may also account for the efficacy of distance healing such as prayer. It is important that the person doing the praying know who and what is being prayed for.

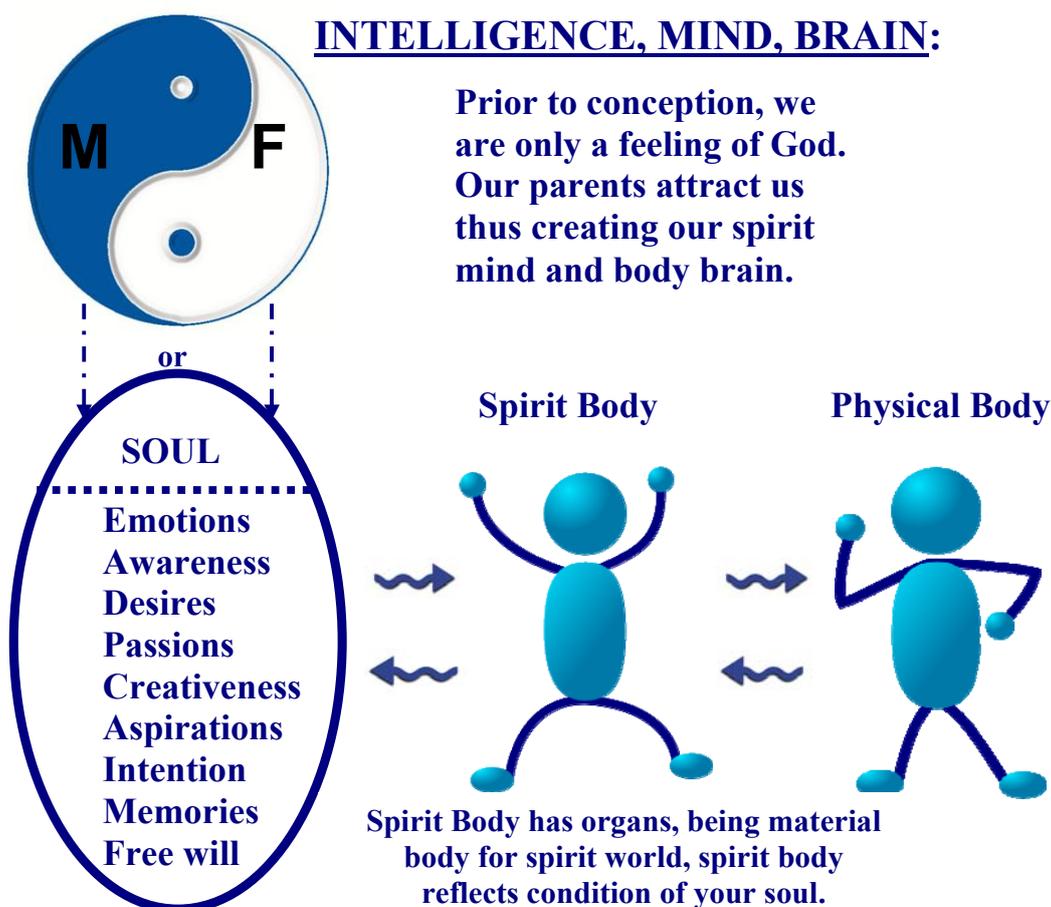
The difference between our normal waking consciousness and higher consciousness is that the first is the result of mental processing using the interface of the human brain, while the second is based in pure knowing. States of pure knowing have this ineffable quality that we are not able to express in words. They are beyond the intellect, beyond the mind.



<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

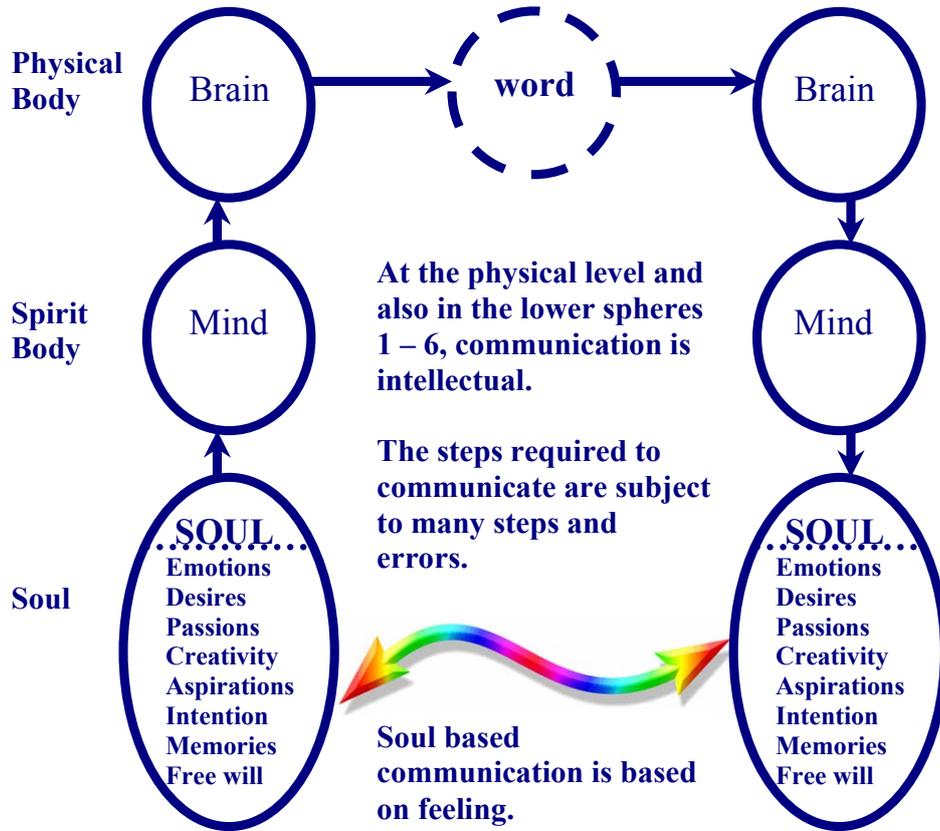


P E R S O N A L I T Y

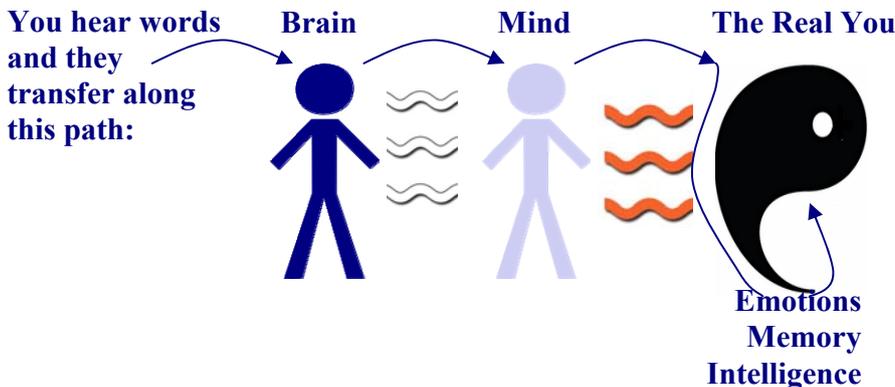
Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.

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.

COMMUNICATION at the PHYSICAL LEVEL



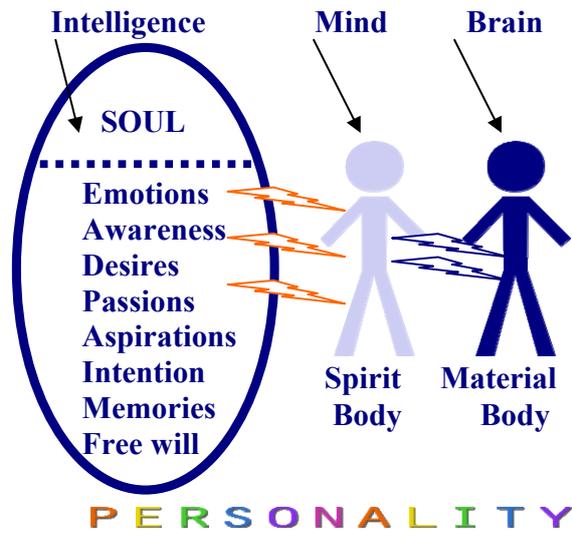
COMMUNICATION at the CELESTIAL LEVEL



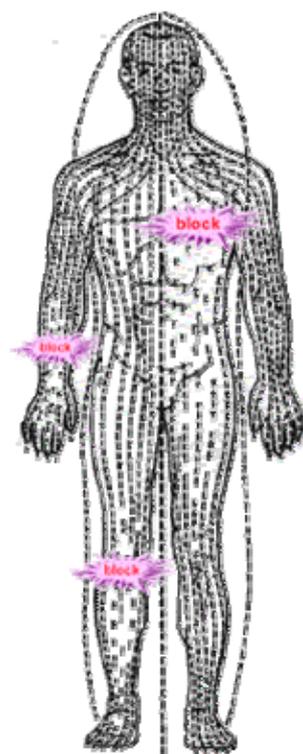
Spirits that are on the Divine Love path will communicate with you directly soul to soul, with your feelings.

God communicates with you directly with your feelings, not with thought. Those feelings will generate thoughts within you.

We need to get away from analysing things in our mind / brain and into the soul space of analysing things at the emotional feeling level. When we do that, we will begin to understand the purpose of every law.



HIERARCHY of HEALING SYSTEMS



“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

Ruminations – February, 2018

Live as children on Earth as though we are already citizens of the completed Heavenly Kingdom. In doing this, through our Healing is by looking to our feelings is to feel them fully, to unconditionally accept them if we can, express them and long for the truth they can show us about ourselves, however then we do use our mind to analysis every part of what we're feeling to the nth degree, which is all part of understanding the truth that comes up within us. Deal with feelings by accepting the truth of them, good or bad. This does engage one in self-analysis.

As we've all grown up saturated by judgement of one's self and of others, it's all got to come out, so through the Healing of all that yuk, this still needs to be accepted and expressed when felt. So if one is full of any judgement, then one is fully judgemental and to go for it as they bring it all out, all so they can see the whole underlying truth of why they are that way, all so they can go deeply into the unloving relationship with their parents that is full of judgement. So all the yuk, self-judgement, all the blame and guilt, has to be faced, not dismissed or denied; so all the so-called bad things that we shouldn't be, have to be fully focused on through our Healing, so we can descend down into our inner sewer and putridness, to swill around in it, tearing our hair out with the dementedness of how vile and evil and wicked and judgemental we are, all which our feelings will show us.

Know that you know the Kingdom of Heaven is ready and live accordingly with joyful purpose in God's will, acquiring a compassionate character coupled with a personality to do the very will of the heavenly parents. Then, by faith alone, be perfect as our Heavenly Parents (God) are perfect, knowing that you are God's child doing righteousness. However, as we may want to be as perfect as God is, we can't just 'be' it, that's trying to use our mind to make us be a certain way. We are to understand that we will become it naturally as we Heal ourselves, but we are to stop using our mind to try and make ourselves be anything. And if in the meantime as we work deeper into our Healing, to even be the other way, and not want to do God's Will if that's what we feel, all so we can then use those feelings to show us the truth of why we feel that way.

We are to try and remove all mind control, which again is by saying this is being mind controlling, so to want it gone, then to just apply ourselves to our feelings. And by doing so, eventually it will wash through and we'll naturally be living true to ourselves, so true to God, which is doing God's Will. We can't make ourselves live God's will and be as God is, that's all the mind again, we are to allow ourselves to evolve into being such truth by looking to our feelings.

By saying to be mind-less, however that's not quite right either because we are to have our mind full-on, we can't not have it, too many people and so-called spiritual systems try to shut their mind up, which is wrong, as it just goes quiet but is still full-on controlling their feelings. So we go the other way, opposite to it all, full-on into our feelings and then full-on using our mind to back up and support all what our feelings brings to light. We may spend most of our day using our minds to talk about all that our feelings bring to light. All of which is about how we are so mind-controlled and mind-controlling and how we are giving that up.

All social religions have erred in setting down procedures, creeds and rules. Be a child of our Heavenly Parents and live in Their Spiritual Kingdom **now** by faith. Our mind will follow as a matter of course. In other words, be mind-less in these high matters. Verbal instruction is of no comparison to doing

righteousness, which is doing God's will. The door is wide open now to enter the joyous fellowship of the sons / daughters of God. We have available a beautiful spirit of truth in the soul, and thus, living rightly to self, living a high spiritual and inspirational ideal.

We are blessed in Spirit unity and spiritual liberty. We do not have to all feel alike, think alike or see

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

alike. Our harmony, as disciples, followers of Mary and Jesus, grows out of the fact that the spirit hope of each of us is identical in origin, nature and destiny, by mutual consciousness of the identity of our indwelling Paradise spirit; enjoying spiritual unity in the face of the utmost diversity of individual attitudes of intellectual thinking, temperamental feeling and social demands.

People recognize that we have learned how to do the will of God. We proclaim this is the kingdom of heaven (the family of heaven if you like): God is Mother and Father, our Heavenly parents, we are sons and daughters of God, and this great news wholeheartedly believed, is eternal salvation. The Kingdom of Heaven is here and now..... spiritually.

Undoubtedly, the good news is: –

1. The Kingdom of Heaven is with us.
2. By faith in the parenthood of God, being one soul, our Heavenly Mother and Father, we may enter the Kingdom of Heaven thus being the sons and daughters of God.
3. Love is the rule of living within the kingdom – supreme devotion to our Heavenly Mother and Father, while striving to love our neighbors as we strive to love ourselves.
4. We are not to obey, we are to just enjoy feeling all we feel and expressing and living true to our feelings, even our bad ones. Then do what we feel to do. Nothing more, for that is living true to our soul which is living true to God's Soul, so there is no having to obey. We've all been made to obey our parents, and that's what has screwed us all up. We are to chuck 'obey' out the window! The word obey and being obedient should make us want to scream the house down.
5. Our whole Healing is about rejecting and rebelling and expressing ALL our repressed anger about how pissed off we are about being TOLD WHAT TO DO. No one wants to be told what to do, yet for most of us, in one way or another, our whole upbringing was being told what to do. So again put it in the bin, anything that in the vaguest sense sounds like telling someone what to do or how they should be, unless it's put into context with one's Healing. Because to contradict what is just said, part of all of our Healing will involve in many ways telling people and ourselves what to do. We are saturated by it, all of our patterns are formed around it, so seeing the control through bringing to light all our repressed feelings, does involve working in that control, all so we can see how it works for and against us.
6. Mankind is moving out of the age of rebellion and default, into the Spiritual New Age, as each person receives Divine Love, by asking thereof, and doing their soul healing by discovery of the truth of all their feelings.

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.

If we are intent on helping people to understand about the need to do their Healing, then we are not to forsake any problems for a time, we're to work with all the bad feelings they keep bringing up in us, allowing the problem to drive us ever deeper into all that's buried within us that we are refusing to see. Our Healing is full-on when we commit to it.

We are to be very selfish by adhering to our feelings, they are our feelings, we **MUST** attend to them, and so put them and so ourselves first. It's all still self-control – mind over feelings, and all we want to avoid. The Urantia Book is right in a lot of what it says, however we're all fucked up, and so a lot of what they talk about is an ideal we might attain once we've Healed ourselves, but first, we have to do that Healing. And so to do that Healing, to try and be self-forgetful or to control ourselves, and to live “Parental love is to show mercy, promote peace, and to endure persecutions throughout all trying situations, to love even unlovely mankind, with parental love transcending brotherly and sisterly affection. Resist negativity at all times.”, is again fine if you are Celestial, however being as we are, we're to not worry about any of that, not to try to be anything, just to descend into our bad feelings and be as unloving as we feel we really are, having been subjected to parents that were the complete opposite of true parental love. (The Urantia Book was written 1925 – 1935 under the restraints of the Rebellion and Default.)

In conclusion, our mind control is insidious, it's in everything, and it's very hard to see how subtly it works its control over us.

To just keep attuned to your feelings, that is what it's all about. Helping you to rely on them, helping you to keep going back to them, helping you to see that they are what is right and they are not going away; and to make you feel good, it's best to go fully with them and not against them. Which even though you're having to deal with so many bad feelings to begin with, as they clear, then there is nothing more wonderful or as exciting than to live wholly with your feelings first.

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.

Feelings first

LIVE FEELINGS FIRST

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

**To find our way home, we must remember who and what we are!
The real you is your soul.**



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**

Prayer: is emotional exchange with God.