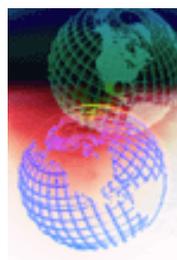
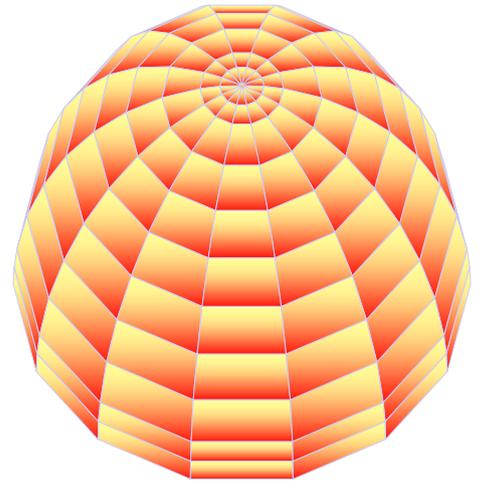


PASCAS CARE MEDICAL HOLOGRAM



“Peace And Spirit Creating Alternative Solutions”

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

Queensland, Australia

Pascas Foundation is a not for profit organisation

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PASCAS 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.

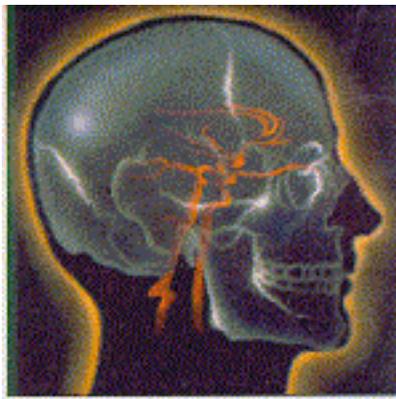
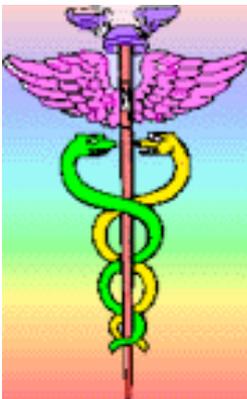
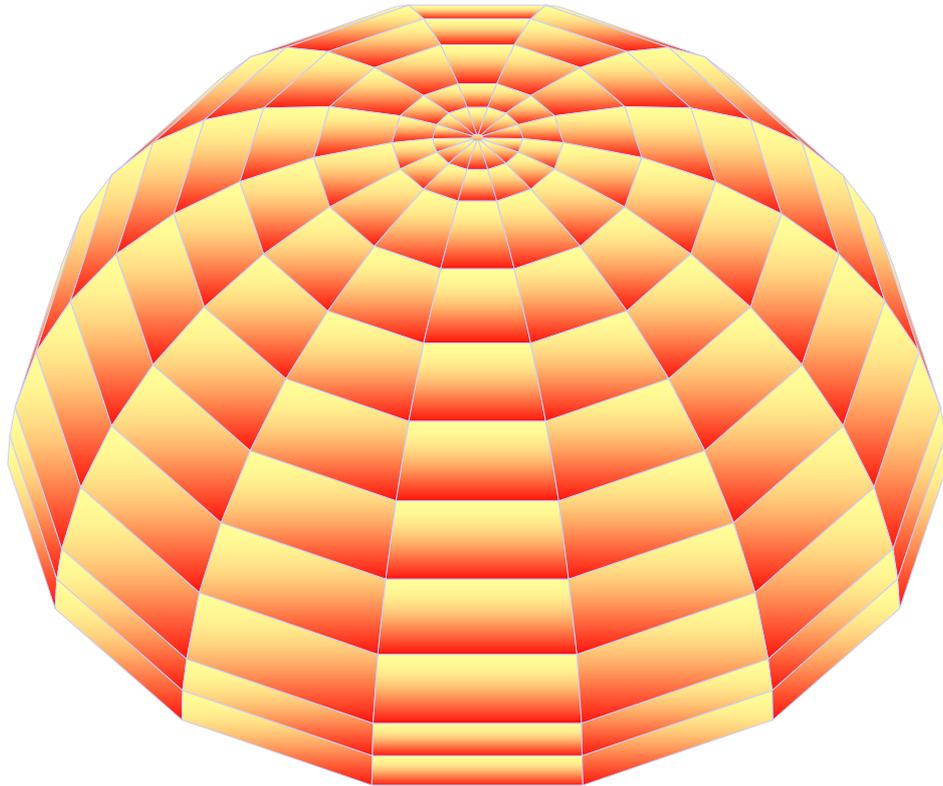
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

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

HEALTH DOME



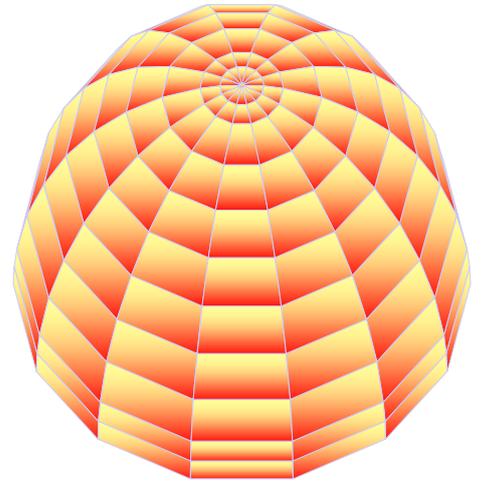
HEALTH DOME:

The **Health Dome** needs to be viewed internally as a hologram.

Each health modality interconnects and is complimented and supported by each and every other health modality.

No one process or practice is an exclusive solution.

If you were to say that one practice or solution stands out above and beyond all others at the pinnacle of the **Health Dome** then that would be Love and Forgiveness.



The basic malady found in people is self-hatred. Self-hatred is the basic inner illness in all of us, but just how that self-hatred and non-acceptance of the self manifests is shown in our different character structures. As we work to understand our dynamics on a daily level, we can learn to accept ourselves through this process. Self-love is the greatest healer, and self-love also requires daily practice.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual malfunction. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

Finding the initiating cause of an illness is always a key part of healing.

The objective, from within the Pascas Care Health Dome, is to treat the cause much more so than just treat the symptoms. Re-occurrence of many illnesses is due to the non-treatment of the cause.

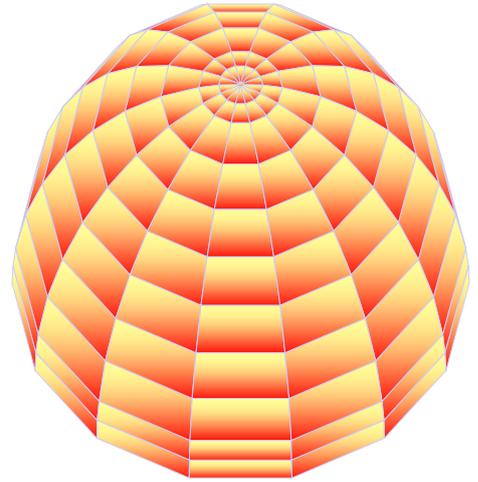


MEDICAL HOLOGRAM:

This is a three dimensional presentation of holistic medical practices and options for treatment program development, management and realisation.

All medical services, technologies and procedures are interlinked and compliment each other. Each treatment program may require access to any of the modalities, and in the course of delivery of a program, they may access many of the services as and when required to deliver the required outcome for the patient / client.

The agenda is to enable a client to understand the options and to access same with the highest degree of convenience and confidence. The outcome required is to treat the cause, not just the symptoms.



"Patients who are actively engaged in their own care do better than those who are not."

President
National Committee for Quality Assurance

YOUR HEALING TEAM:

It is preferred to have at least four professional people on your healing team that are willing to work together. One of these is to take on the role of ‘Streamer’, that is, that person is to co-ordinate, collaborate and manage the healing program.

This plan should include diet, food supplements like vitamins and minerals, exercise, meditation, medications or herbs, and specific treatments.

Be aware that health-care professionals’ knowledge is necessarily limited. The knowledge of medicine is limited. Although it is very advanced scientifically, it knows much less than there is to know. After all, it was and still is being formulated by people who are simply trying to learn as much as they can within a certain framework of knowledge. So it is with healing. Healing is a path of knowledge that interfaces with the way of knowledge of medicine, and there are many paths of healing. Neither medicine nor healing can take responsibility away from the person who is born into that body in the first place. You always were and always will be responsible for your body.

The object is to create the best client-healer-physician team that you can. You can also use these guidelines to use a nutritionist, a therapist, or any other health-care professional.

Five major areas of professional help in your healing plan:

1. Get a diagnosis from your physician (MD, ND, DO or Homeopath), with prognosis and recommended treatment.
2. Get a disease description of your body and auric field from your healer, with prognostication and treatment program.
3. Get a nutritional analysis and dietary program.
4. Get a diagnosis of your problem your other health-care professional – a structural body worker or an acupuncturist.
5. See a therapist to deal with the emotional issues related to your disease.

The focus of the healer is not to eliminate the leg pain or the tumour but to also work with the patient to find and heal the root cause of the original symptom or disease. That will be found on a deeper level of the patient’s inner being.

Healer’s main focus is holistic – to help patients create health in all areas of life. They do this by clearing and balancing the patient’s energy, by working to align his or her intent to heal, and by helping him or her connect to the deeper core of this or her being, creative force, and core consciousness. They direct healing energies into the patient’s energy system.

Working with the human energy field is actually more useful in some illnesses than our regular medicine, such as for cancer, colitis, immune disorders, viruses, migraines and so on.

Many patients wish to continue the healing process long after the original presenting complaint is gone because what they settled for as “health” before entering a healing situation is simply no longer acceptable. This occurs because healing not only educates patients but helps them make much deeper connections to their internal longings. In these cases, the process of healing becomes one of personal evolution and release of creativity. It becomes a spiritual experience.

Healers do not diagnose and do not prescribe drugs. However, their services are akin to psychological therapists, massage therapists, home-care nurses, physical therapists, and physicians.

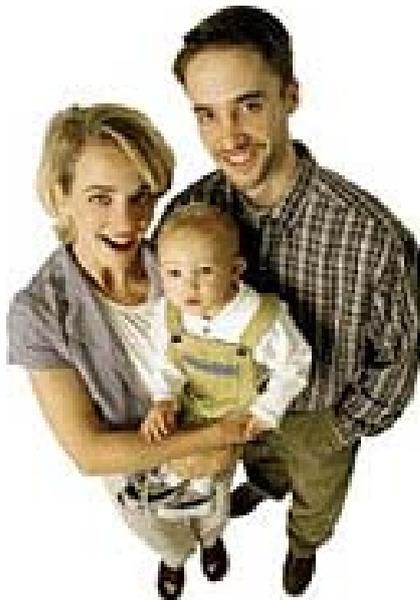
There are five major ways that the healer-physician team works best together to gather a broader, deeper, and more useful set of information about a patient's conditions and what to do about it:

1. To obtain a clear understanding of the disease process going on in the patient.
2. To bring about the patient's health on as many levels as possible.
3. To obtain a broader, fuller, more informative, and more meaningful disease history.
4. To assist the patient to find the deeper meaning and cause of the illness.
5. To create more effective treatment modalities, to reduce the time it takes to heal; to reduce discomfort; and to reduce the side effects from harsh medications.

Hands-on healing work usually decreases healing time by one-third to one-half the normal time, decreased the amount of medications needed, and greatly reduces side effects of invasive modalities. Simple problems like sprained ankles which normally require two weeks on crutches, can be healed in one-half to three-quarters of an hour if worked on immediately.

Healers and physicians working together can provide more specific personal information for each patient as to which remedy or medication to take and as to exactly when to start and stop a particular medication. What is important here is for the patient to have the freedom to choose the method of treatment most useful and for him or her.

Your Streamer is there to assist in managing and realising your treatment program.



Holistic Medicine:

A descriptive term for a healing philosophy that views a patient as a whole person, not as just a disease or a collection of symptoms. In the course of treatment, holistic medical practitioners may address a client's emotional and spiritual dimensions as well as the nutritional, environmental, and lifestyle factors that many contribute to an illness. Many holistic medical practitioners combine conventional forms of treatment with natural or alternative complimentary treatments.

‘Streamer’

The Medical Streamer represents the hands and heart of the Pascas health care delivery system. The Medical Streamer performs extensive and varied services in physicians' and other health practitioners' offices (for example, those of chiropractors, optometrists, podiatrists and mid-wives), as well as serves in hospitals, nursing homes, medical clinics and other facilities.

While duties vary depending on the needs of the working environments and the state and local laws governing medical practices, Medical Streamers and Medical Streamers Assistant perform an incredible range of patient services which may include the following duties: taking and recording patient vital signs and medical histories, explaining treatment to patients, preparing patients for exams, assisting physicians during exams, collecting and preparing lab specimens, performing labs tests and sterilizing instruments.

An integral part of the Medical Streamer's Assistant's job description is *patient educator*; as such he/she may instruct patients about medication, diet and home care. Medical Streamers may also prepare and administer medications when directed by a physician. In addition, they may draw blood, prepare patients for x-rays, take electrocardiograms and even remove sutures and change dressings.

Many Medical Streamers Assistants serve in front office administration as well as in the preparation of the treatment rooms, instruments, equipment and supplies. Medical Streamers Assistants can also work for specialists. For example, podiatric medical assistants can make castings of feet, expose and develop x-rays and assist the podiatrist in surgery.

Ophthalmic Medical Streamers Assistants help provide medical eye care. They may administer diagnostic tests, measure and record vision and test the functioning of eyes and eye muscles. Under the direction of a physician, they can administer medications and maintain optical and surgical instruments and assist the ophthalmologist in surgery.

The Pascas Care School of Whole Health Education is to work with local-area hospitals, physicians and nurses to create this specialized training that incorporates a doctor-tested model of patient health information with a comprehensive *state of the art* self-paced, part-time Medical Assisting curriculum.

The result is an extraordinary program that not only provides an integrated medical and whole health education, but also allows training in the comfort of your home, at your convenience.

Thus we have Medical Streamers to case manage episodes and Medical Streamer Assistants to gainfully deploy holistic health programs.

SYSTEMS OF THE HUMAN BODY



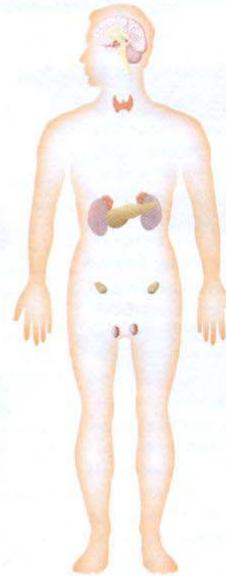
SKELETON
▷ SKELETON



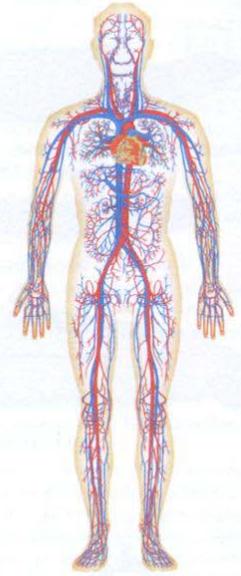
MUSCULAR SYSTEM
▷ MUSCULATURE



NERVOUS SYSTEM
▷ AUTONOMIC NERVOUS SYSTEM,
NERVOUS SYSTEM, PERIPHERAL
NERVOUS SYSTEM



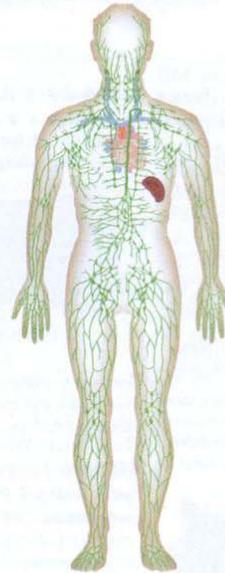
ENDOCRINE SYSTEM
▷ ENDOCRINE



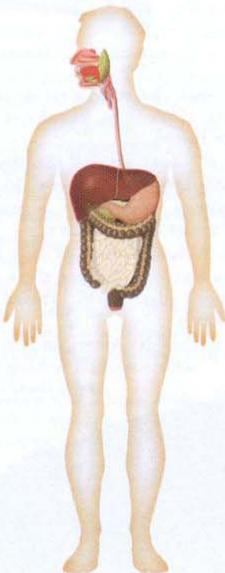
CARDIOVASCULAR SYSTEM
▷ CARDIOVASCULAR



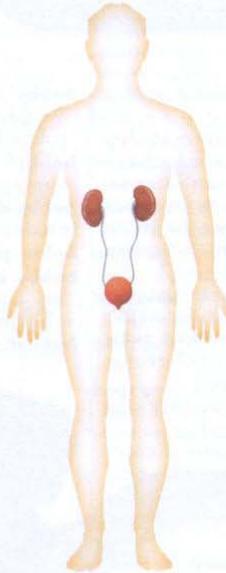
RESPIRATORY SYSTEM
▷ RESPIRATION



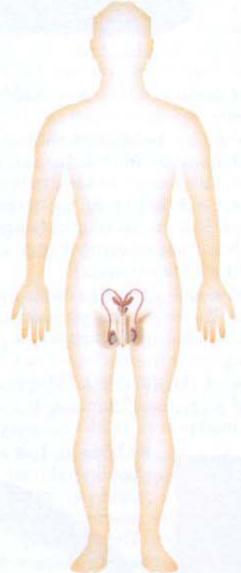
LYMPHATIC SYSTEM
▷ LYMPHATIC SYSTEM



DIGESTIVE SYSTEM
▷ DIGESTION



URINARY SYSTEM
▷ URINARY SYSTEM



REPRODUCTIVE ORGANS
▷ REPRODUCTIVE ORGANS

PASCAS HEALTH SANCTUARY

TOTALCARE HEALTH CENTRE & CLINICS

PROFESSIONAL SUITES

Medical services are managed by Streamers (diagnostic specialists) who co-ordinate treatment through all modalities.

| | |
|--|---|
| Medical Centre | 6 suites (open 24 hours) |
| Complimentary Therapies | 30 suites & lecture / meeting rooms for 400 |
| Specialist rooms | 10 suites |
| Dental Unit | 3 suites |
| Dietician | |
| Optician | |
| Speech Pathology | |
| Occupational Therapy | |
| Rehabilitation | |
| Auxiliary medical suites | |
| Oncology / Cancer Clinic complex consisting of facilities to service the 20 sub-clinics. | |

SUPPORT SERVICES

X-ray Unit, CT Scanning, Digital Imager
 Radiotherapy Unit
 Blood Purification Unit
 Pathology Laboratory
 Catheter Laboratory
 Physiotherapy Unit
 Hydrotherapy Facilities

DIAGNOSTIC & MEDICHECK

incorporating and supporting Super Specialty Units

Diagnostic services and facilities

| | |
|-------------------------|-----------------------|
| angiography | E.C.G. |
| holter monitoring | audiometry |
| stress testing | medicheck |
| cardiac catheterisation | lung function testing |
| | kinesiology |

RESEARCH & EDUCATIONAL

Meeting – lecture – auditorium rooms – library satellite network connected as well as traditional.
 Diagnostic services link to the world wide satellite services.

Research & university facilities.

Call centre and communications linking all facilities.

GOVERNMENT

Day Care Facility for the Elderly
 Community Health facilities
 Children Services facilities.

PASCAS HEALTH SANCTUARY

COMPLIMENTARY THERAPIES within Centres of Excellence facilities:

Alternative Medicine and/or Alternative Therapies, being Complimentary Medicine, incorporate:

Acupuncture
 Anthroposophically Extended Medicine
 Ayurveda
 Community-Based Health Care Practices
 Environmental Medicine
 Homeopathic Medicine
 Latin American Rural Practices
 Native American Practices
 Natural Products
 Naturopathic Medicine
 Past Life Therapy
 Shamanism
 Tibetan Medicine
 Traditional Oriental Medicine

Bioelectromagnetic Applications

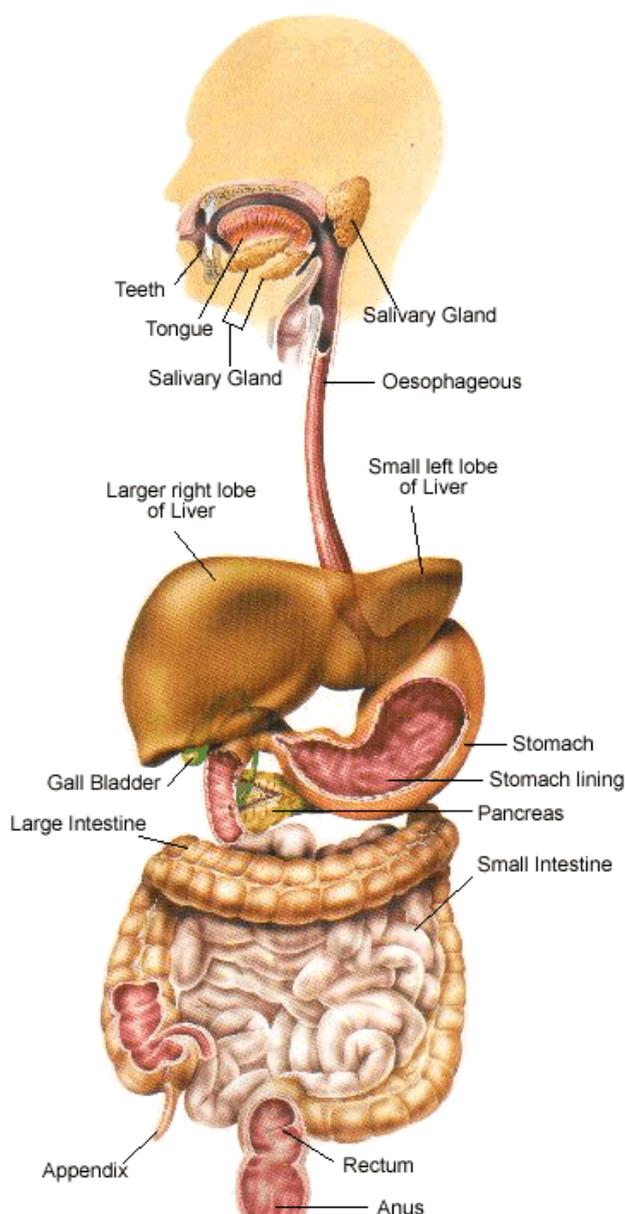
Blue Light Treatment & Artificial Lighting
 Electroacupuncture
 Electromagnetic Fields
 Electrostimulation & Neuromagnetic Stimulation Devices
 Magnetoresponse Spectroscopy

Diet, Nutrition, Lifestyle Changes

Changes in Lifestyle
 Diet
 Gerson Therapy
 Macrobiotics
 Megavitamins
 Nutritional Supplements

Herbal Medicine

Echinacea (purple coneflower)
 Ginger Rhizome
Ginkgo Biloba Extract
 Ginseng Root
 Wild Chrysanthemum Flower



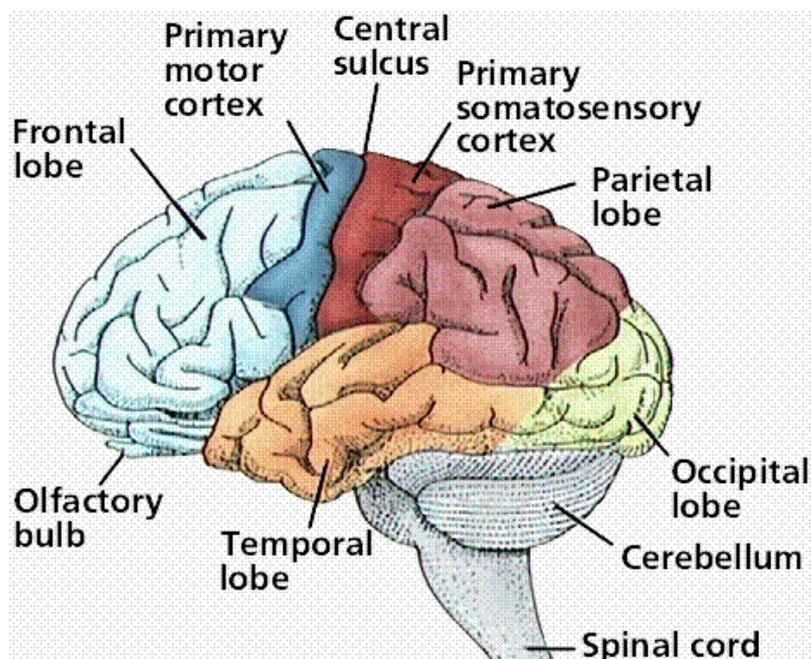
Witch Hazel
Yellowdock

Manual Healing

Acupressure
Alexander Technique
Biofield Therapeutics
Chiropractic Medicine
Feldenkrais Method
Massage Therapy
Osteopathy
Reflexology
Rolfing
Therapeutic Touch
Trager Method
Zone Therapy

Mind / Body Control

Art Therapy
Biofeedback
Counselling
Dance Therapy
Guided Imagery
Humour Therapy
Hypnotherapy
Meditation
Music Therapy
Prayer Therapy
Psychotherapy
Relaxation Techniques
Support Groups
Yoga / Pilates



Pharmacological & Biological Treatments

Anti-oxidizing Agents
Cell Treatment
Chelation Therapy
Metabolic Therapy
Oxidizing Agents (Ozone, Hydrogen Peroxide)

Others will be added and some removed as proficiencies and efficacy is accredited.

Treatments

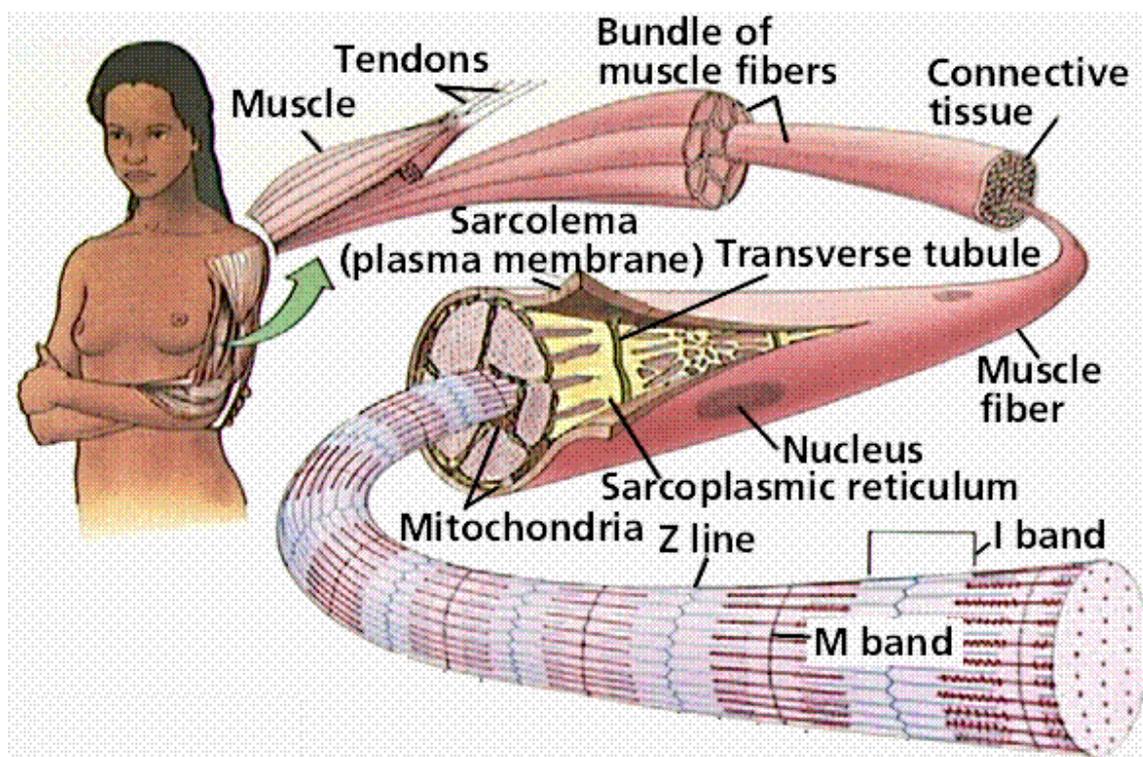
- ▶ Acupuncture
- ▶ Alexander Technique
- ▶ Allergy Testing
- ▶ Aromatherapy
- ▶ Autonomic Response Testing (ART)
- ▶ Ayurvedic Medicine
- ▶ Biofeedback & Neurofeedback
- ▶ Bodywork, Massage Therapeutic
- ▶ Bowen Therapy
- ▶ Breathwork
- ▶ Chelation Therapy
- ▶ Chinese (Oriental) Medicine
- ▶ Chiropractic
- ▶ Colonic Hydrotherapy, Colonic Irrigation
- ▶ Colour & Light Therapy
- ▶ Cranio-Sacral Therapy & Cranial Osteopathy
- ▶ Dance & Movement Therapies
- ▶ Feldenkrais
- ▶ Flower Remedies
- ▶ Guided Imagery
- ▶ Herbal Medicine
- ▶ Holistic Dentistry
- ▶ Holistic Medicine
- ▶ Homoeopathy
- ▶ Hydrotherapy
- ▶ Hypnotherapy
- ▶ Integrated Medicine
- ▶ Iridology, Eyology & Sclerology
- ▶ Juice Therapy
- ▶ Kinesiology
- ▶ Live Blood Analysis
- ▶ Lymph Drainage Therapy
- ▶ Magnotherapy
- ▶ Massage Therapeutic, bodywork
- ▶ Medical DITI, Thermography
- ▶ Naturopathic Medicine
- ▶ Neural Therapy
- ▶ Neuro-Linguistic Programming
- ▶ Nutritional Medicine
- ▶ Ohashiatsu
- ▶ Orthomolecular Medicine
- ▶ Osteopathic Medicine
- ▶ Oxygen Therapy
- ▶ Polarity Therapy
- ▶ Qigong
- ▶ Reconstructive Therapy, Prolotherapy
- ▶ Reflexology
- ▶ Reiki
- ▶ Rolfing, Structural Integration
- ▶ Sexology
- ▶ Shiatsu, Acupressure
- ▶ Sound & Music Therapy
- ▶ Spiritual Healing & Therapeutic Touch
- ▶ Su Jok Acupuncture
- ▶ T.E.N.S. Therapy
- ▶ Thought Field Therapy
- ▶ Veterinary Medicine (Holistic)
- ▶ Yoga

Categories:

- Audiologists
- Dentists
- Eye Care
- Health Care
- Holistic
- Hospitals & Nursing Services
- Men's Health
- Mental Health Services
- Pharmacies
- Physical Therapy
- Substance Abuse Programs & Services
- Women's Health

Some Service Groupings:

- Holistic medical consult by a physician
- Traditional Chinese Medicine
- Acupuncture
- Therapeutic Massage
- Nutritional / Herbal Counselling
- Holistic Health Counselling
- Mind / Body Counselling with Biofeedback
- Nutritional supplements, yoga supplies, CDs & books
- Osteopathic Spinal Manipulation
- Reiki
- Yoga
- T'ai Chi
- Qigong
- Infant Massage (how to class)



Some Category listings:

Alternative Therapies : Chakra Balancing
 Channelling
 Counselling
 Distance Healing
 Energy Work
 Guided Imagery
 Healing Touch
 Holistic Education
 Journaling Therapy
 Meditation Therapy
 Past-Life / Regression Therapy
 Reiki Healing
 Self Healing
 Spiritual and Medical Healing
 Spiritual Counselling
 Sylva Method
 Writing Therapy

Circles & Gatherings : Channelling
 Educational
 Healing
 Meditation

Community Service : Organizations

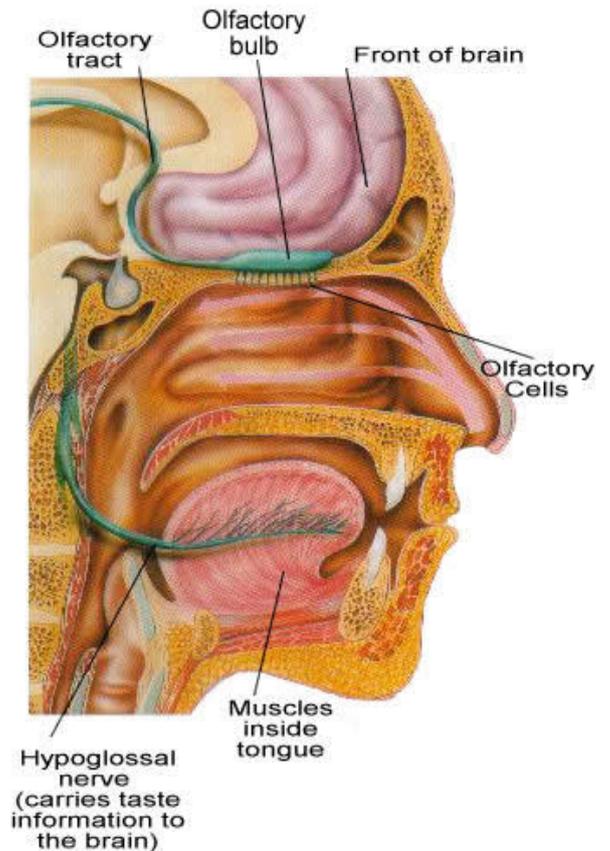
Expos, Workshops... : Conferences
 Workshops / Seminars

Holistic Practitioners : Angel Therapy
 Practitioner
 Channellers
 Clairvoyants
 Counsellors
 Distance Healers
 Energy Healers
 Holistic Business

Consultants
 Medical Intuitive
 Regression Therapist
 Reiki Healers
 Spiritual and Medical

Healers
 Spiritual Consultant
 Spiritual Counsellors

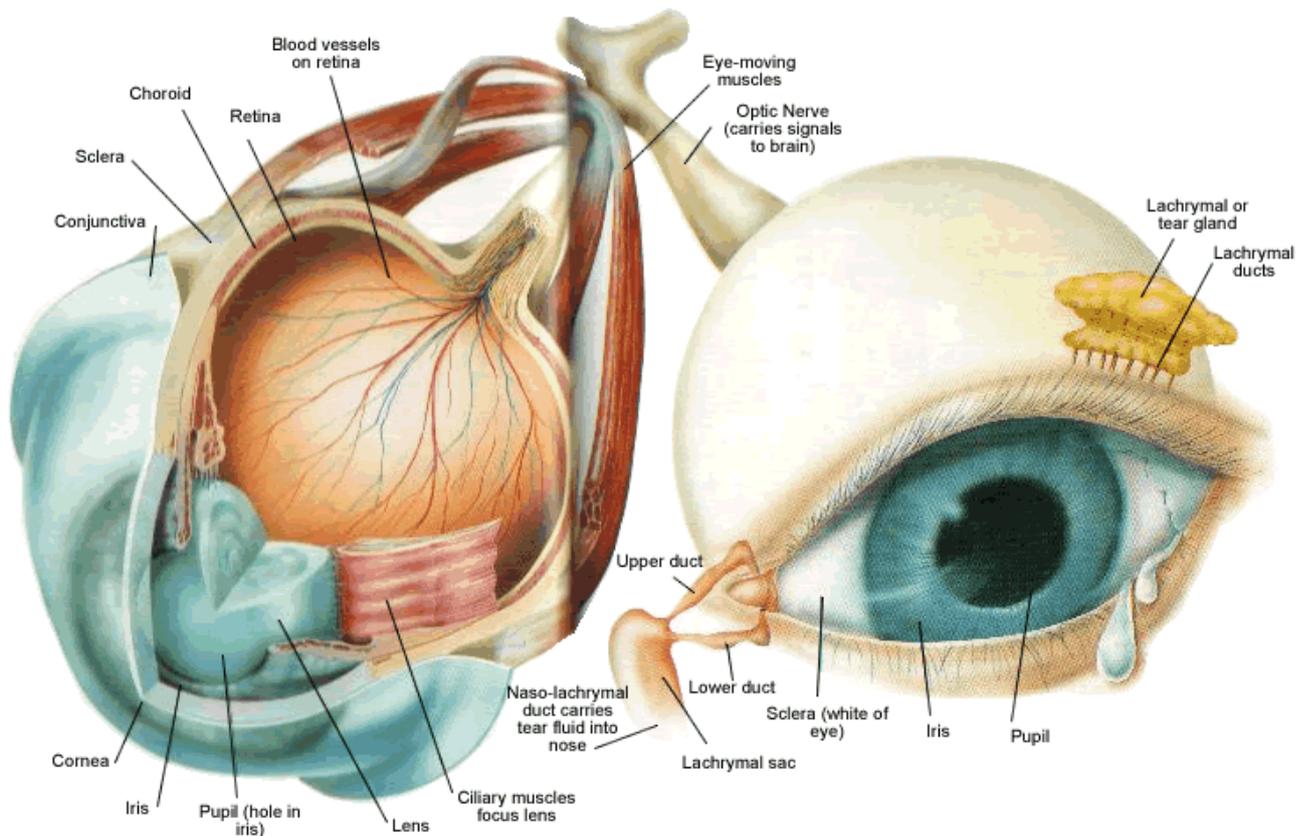
Intuitive Services : Angel Healing
 Chakra Balancing
 Channelling



Intuitive Counselling
Medical Intuitive Reading
Mediumship
Past Life Regression
Psychic Healing
Psychic Reading
Space Clearings
Spiritual Advisor

Speakers Network : Alternative Complementary HealthCare
Speakers Network : Spirituality & Transformation

Spiritual Centres : Spiritual Centres
Wellness Centres : Learning Centres



About some of the Services:

Inpatients and outpatients have access to the following therapies, which may be used separately or in combination:



Acupuncture (Full Body, outpatient only) – Is the gentle use of very fine, small needles to influence energy flow.

- reduces pain
- used to treat many chronic and acute medical problems

Acupuncture, Auricular – Is the gentle use of very fine, small needles placed in five ear points.

- drug and alcohol detoxification
- pain relief
- lowers stress levels

Aromatherapy – Is a therapeutic use of essential oils, which are derived from a variety of plants and resins; a modality used for thousands of years.

- decreases pain
- improves sleep
- reduce stress, promotes relaxation

Holistic Nursing Assessment – Specially trained nurse works with the client to identify health needs and goals and assist them in facilitating desired changes.

Such goals may include but are not limited to stress management, smoking cessation, pain management, palliative care, disease prevention and chronic illness.

Imagery Instruction – Learning to use the power of the mind to promote health and relaxation.

Has been used in a wide variety of illnesses, including cancer and chronic pain.

Massage Therapy – Is the therapeutic manipulation of soft tissues in the body.

- improves circulation
- lowers stress hormones
- reduces muscle tension

Music Therapy – Uses music through audiocassette tapes to facilitate the relaxation response, decreases stress, promotes comfort and a restful sleep.

Reflexology – Is the application of pressure to specific areas of the feet or hands.

- decrease migraine headaches
- decrease premenstrual syndrome (PMS)
- support overall well-being

- decrease pain – anxiety

Relaxation Training – Is learning to consciously relax the skeletal muscles while maintaining a passive attitude.

- reduces stress
- reduces anxiety
- promotes restful sleep

Reiki – energy based healing technique which can help

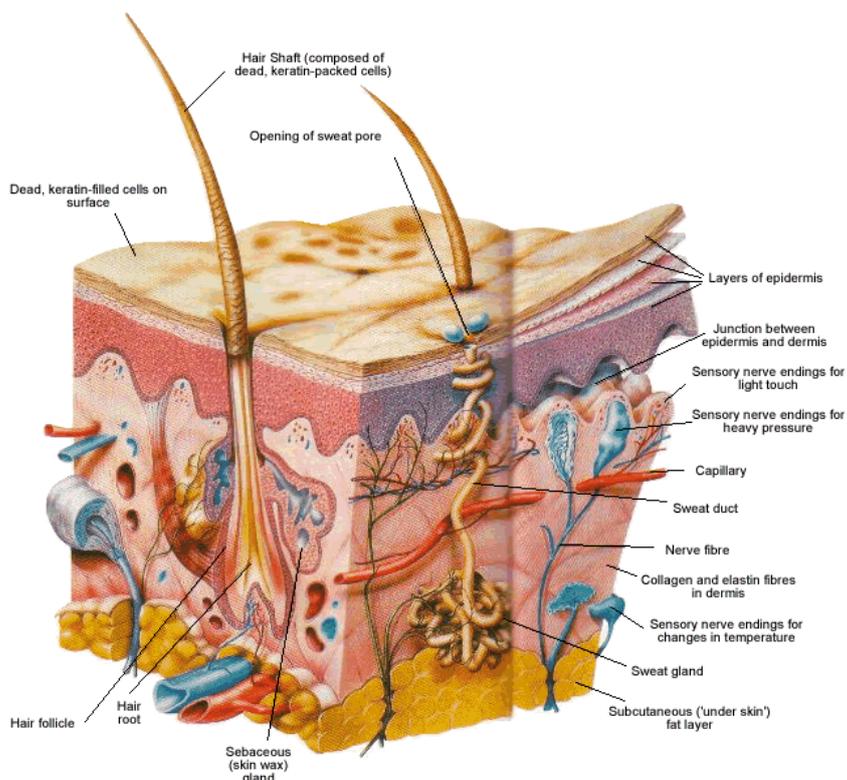
- decrease pain
- help relaxation
- create balance

Rhythmic Breathing Techniques – Use of breathing techniques to promote comfort, decrease anxiety and stress.

Surgical Preparation Program – Skills which can be learned to ease discomfort, decrease anxiety and help recovery of the body after surgery.

Therapeutic Touch – Is an energy based healing, developed by Dr. Dolores Krieger and Dora Kunz in the 1970s and taught to thousands of health care professionals.

- decreases pain
- decreases anxiety
- improves wound healing
- facilitates the relaxation response



Workshops / Classes:

The following classes and workshops are some examples of what is offered:

1. Therapeutic Touch, Basic and Intermediate

Full day workshops, based upon the Krieger/Kunz Method.

2. Infant Massage

Four 75 minute classes that meet weekly for four weeks. One or both parents or caregiver may attend. The class is designed for infants who are not yet walking. Infant Massage enhances parent-child bonding, helps strengthen and regulate respiratory, circulatory and gastrointestinal functions, often relieving the discomforts of colic and gas.

- Prenatal classes are also available.

3. Newborn Massage: One 75 minute class for infants up to 6 weeks in age.

4. Smoking Cessation

Three one hour classes using cognitive and behavioural techniques to help you kick the habit using the Quit Smart program – individual or group sessions available.

5. Body-Mind-Stress Management

A series of classes which discuss the cycle of stress, physical tension, anxiety, symptoms and disease. You will learn mind-body approaches to help break old, harmful patterns that can be incorporated into everyday life. Especially useful for persons with pain, migraines, cardiac disease, insomnia, high blood pressure, anxiety and gastrointestinal illness.

6. Therapeutic Touch Mentoring

A year long program available for those interested in deepening their knowledge and experience of Therapeutic Touch through the mentoring process.

7. Qi Gong An ancient Chinese technique which can increase and direct the flow of energy, known as Chi, to help maintain a state of wellness and promote healing.

8. Tai Chi A gentle system of Chinese exercises, a series of slow dance-like movements linked together in a continuous, smooth-flowing sequence

- o promotes balance in the elderly
- o decreases fatigue
- o increases feeling of wellness and health

9. Reiki A full day workshop on ancient Japanese healing technique.

10. Meditation – a series of classes to learn and practice the art of cultivating a sense of inner peace and balance. Meditation can help sleep problems, pain, fatigue and anxiety.



<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.

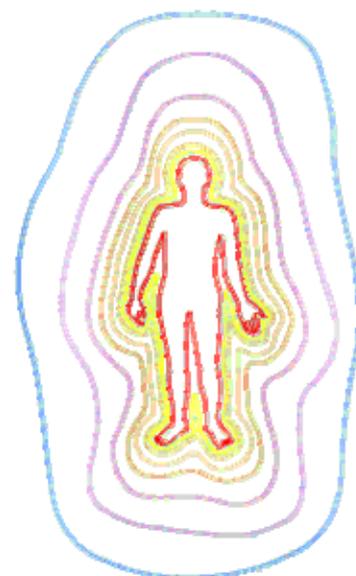
info@pascashealth.com

The Human Auric Field, Chakras System and Kunda:

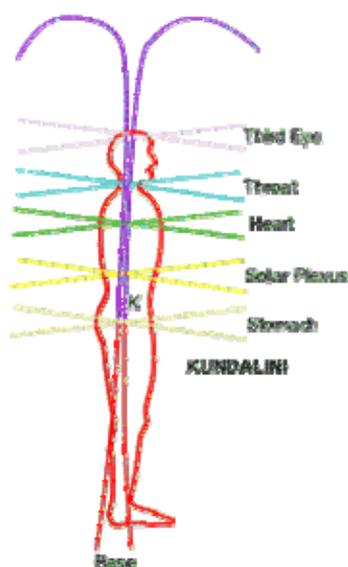
The Aura is the energy field surrounding all forms, including the human body. This vital field is quite large (say 4 metres in diameter) when fully functional. In its basic form, it embodies seven major layers powered through seven major energy centres called Chakras and is energized by the Kundalini which is the storehouse of vital energy situated at the base of the spine. The energy should flow naturally up the spine with some energy radiating out of each Chakra with most rising through the Crown Chakra at the top of the head.

It then showers through the Auric Field to be reabsorbed through the Chakras and returned to the Kundilini.

During this process, Universal Energy is also absorbed into the body creating a state of energy, joy and personal growth. A walk in the forest after it has been raining or along a beach energizes us by this method. Auric Healing is very holistic. The seven major layers are attributed to the seven states or bodies of our psyche with the inner three being the Physical, Emotional and Mental Bodies. There are many people in need of emotional healing and coordination of these bodies is very beneficial to our well-being. A broken bone will mend faster when the patient's mental and emotional state is conducive towards a good repair job being carried out by the Hospital staff.



The outer four bodies, Will/Spirit, Soul and the Divine, are more Spiritual dealing with relationships. Here clarity and coordination of the bodies improve personal growth, building wisdom, inner strength and inner peace. **See Fig. 1.**



The Aura is a living, pulsing, ever changing energy field, which changes as quickly as our moods.

Many Auras are damaged by pollution, negativity, injury, trauma, etc. It is not unusual to repair an injury site years after it healed in the physical body.

CHAKRAS:

Present as rotating coloured cones, made up of a number of smaller energy vortexes or spirals. Energy flows in and out simultaneously. Each Chakra rotates at a different rate embodying a colour, musical note and a scent. Crystals, symbols and token animals etc. are also attributed to each Chakra. **See Fig.2**

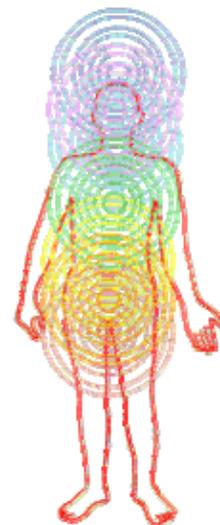
Chakras are often blocked by negative influences or blown completely open

by toxic chemicals and drugs.

NARDIES:

There are a number of almost major energy centres, for example, the liver, spleen, etc. and these together with a vast number of minor energy points are called Nardies. Nardies occur at the intersecting points of the energy lines in the Auric Web or Aura.

Fig. 3 is a representation of the Auric Web. Please note the interconnections of the energy lines indicating the interconnection of our many and various ills. Locating and removing a blockage in this system has many benefits and allows a whole section to fire up. It's rather like turning on the lights of a Christmas tree. Rents or tears leak Vital energy out of this Auric system leading to fatigue.



AURIC HEALING:

Auric Healing seeks to redress this situation by restoring the natural process and balance.

There are many different ways to carry out auric healing and Healers begin their work by sealing the Aura to prevent further leakage and then clean both the Chakras and the Auric Field. "Black negative blockages" are removed and replaced with a clear white light energy or another appropriate colour (each colour indicates a different frequency of energy). The layers are then rebalanced and harmonized with the Chakras. Healers may finish off with a protective field to sustain the client.

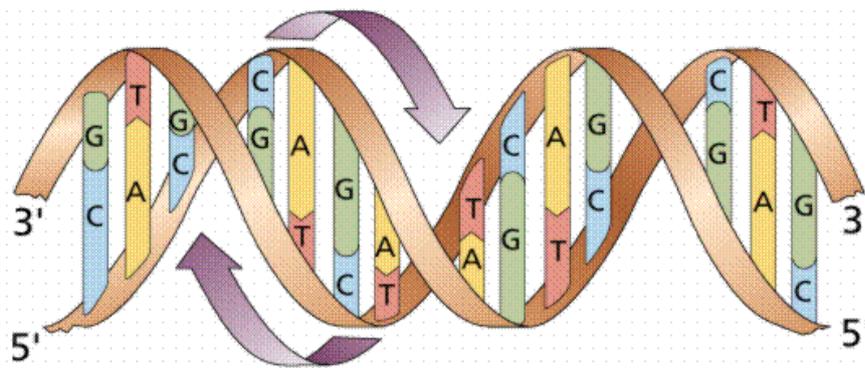
Clients often sense this healing energy as a warmth or a coolness or sometimes as an internal breeze. Some perceive colours or sounds. Some Healers work some distance away from their client's physical body. There is nothing to take except water as this work induces thirst in both the healer and the client.

Auric Healing is compatible with any medication, treatment or therapy as it is designed to aid the bodies recovery on many levels. All healing is at the perfect rate. The Healer's aim is to energise their clients so that they can heal themselves.

Possible Physics of the Human Energy Field as Indicated From High Sense Perception Observations:

Barbara Ann Brennan

As a longtime practitioner and teacher of energy healing, Barbara Brennan presented her model of the human energy field (abbreviated as HEF or Aura). Her knowledge of the HEF is not abstract or coming from second hand information. Instead, it comes from many years of practice at entering into an expanded state of awareness in which she can "see" the energy field that surrounds and interpenetrates all things: humans, animals, cells, and even microscopic DNA.



Levels of the Human Energy Field (HEF)

Using slides as a visual aid, Brennan's presentation enumerated four aspects of the human energy field that she has perceived during many years of practice:

1. The physical body.
2. The aura, which has seven levels of structured and unstructured fields, each with seven chakras, or energy vortices, located along the human spine.
3. The Hara line, which runs vertically up the spine and inside the auric vertical power current.
4. The Core Star, which is the inner Divine within all things.

Brennan began by pointing out that many cultures have made references to something that lies beyond and below the human physical body. According to Brennan's observations, the human aura has at least seven levels, and she has observed many more but kept the discussion to the lower seven. Of these seven levels, every other one is structured (1st, 3rd, 5th, and 7th), meaning they have a specific pattern to them. These levels look like standing beams or avenues of light in which particles are flowing. The even numbered levels are unstructured, and Brennan sees in them types of energetic bio-plasma composed of fluid light. The different levels of the fields are like frequency bands that encircle and penetrate the physical body. When she is feeling them, the fields feel like currents of wind or energy. They look like coloured streams of bio-plasma of different consistencies, which vary depending on the auric level.

For Brennan, the fields are both "deeper" and "higher" than the physical body. While most scientists try to explain energetic phenomenon, such as acupuncture meridians or the HEF, as derivative processes of the physical body, Brennan, in contrast, sees the physical body as being derivative of the human energy field itself. In short, the energy-body is primary, and the physical-material body is derivative. Take, for

example, the physical processes of growth in nature, such as a leaf on a tree. According to Brennan, the leaf grows into an energetic pattern that is already there. We just cannot see the energy-body that the physical leaf is growing into. Every cell and organ inside our physical body is wrapped in layers of light. They flow through all physical structures, even though common human perception cannot see them—at least not yet.

Brennan shared another example that demonstrates this pattern as well. According to her observations of the HEF, an unborn child-soul that wishes to be born into the physical plane of existence will come to her potential mother's field and establish energetic relational cords to the mother's heart chakra before birth. If the cord connections cannot be made, the mother won't get pregnant.

In expanded states of awareness, Brennan can open her consciousness to the 4th level (the astral level), where all types of non-physical imagery start to emerge, such as light beings and hell beings. At the 5th level (the template level), in addition to spiritual beings, Brennan has observed intricate geometric patterns that serve as the energetic and architectural template for all forms of our physical level. At the 6th, 7th levels and beyond, Brennan has observed Spiritual Beings of Light.

The Chakras

The human chakra system has been referred to by ancient Indian religious texts as well as by Western esoteric traditions, such as Jewish Kaballistic teachings and alchemical texts. According to Brennan's observations, these texts confirm what she herself can see: there are 7 chakras (which look like swirling funnels of energy extending from the spinal column out beyond the physical body) that align themselves vertically up the human spinal cord. The first chakra rests at the base of the spine and the seventh is at the top of the head. The fourth is right in the centre of the chest, frequently called the heart chakra, and there are three above it (5,6,7) and three below it (1,2,3). When a person is healthy, their chakras spin clockwise, pull in energy, and are in alignment vertically up and down the spinal cord. Healers work to restructure and balance the chakras and the HEF of people who are sick or emotionally upset. Brennan has frequently used voice toning to remove blockages from unhealthy chakras and the HEF.

The Hara Dimension

Even deeper than the human energy field and the chakras is the Hara line. This is a place of deep calm due to the fact that it is a zero-point energy field, apparently lacking magnetic polarity. According to Brennan, the Hara line is a solid pole of intentionality that runs vertically through the centre of the human body connecting us upwardly to the sky and downwardly to the centre of the Earth. When working with a person's Hara line, Brennan tries to connect that person's intentionality with the centre of the Earth in order to foster a calm and grounded feeling.

According to Brennan, the Hara dimension is associated with human intentionality and our soul's incarnational task to be accomplished in this body and lifetime. Brennan emphasized that the energy that she sees in the HEF is never separate from a person's thoughts and feelings. For example, when someone's mind is feeling calm and positive that will be reflected in their HEF. In fact, everything a person experiences has a correlation in their HEF. Every thought, feeling, sensation, and emotion can be seen in the field. Brennan noted that when she looks at the HEF, she sees much more information than she could ever possibly communicate. The HEF is robust with information and activity. Brennan also pointed out that most healers work with the HEF without the ability to perceive it and many do not

understand the functional relationship between the Hara and the HEF. This discrepancy sometimes has led to confusion amongst those who are trying to understand the energetic basis of healing.

The Core Star

The Hara line is located inside the layers of the HEF and the chakras and on another dimension. The Hara line is the foundation of the HEF and correlates to our intentionality. So what is inside the foundation of the Hara? According to Brennan's observations, within the Hara lies our inner Divine Core that is our connection to the Eternal Divine. When looking at this dimension, Brennan sees brilliant light just above the navel that is the individuated divine within. It is from here that creativity upwells from our centre within, seemingly coming from other dimensions.

Health and Diagnosis of Disease

One of the greatest benefits of Brennan's ability to see the human energy field is its implication for revolutionizing health care. According to Brennan, common diseases, such as cancer, can be detected before they take on physical form. Picking up on this theme, Marilyn Schlitz noted that CAT scans frequently will miss cancer cells until it is too late. Thus, healers, such as Brennan could be effective in diagnosing illnesses that have not even formed yet physically.

When looking at the HEF of cancer patients, Brennan has seen the adverse effects of chemotherapy upon a person's field. For example, the normally flowing and healthy bio-plasma of the unstructured levels turns brown and stagnant. Brennan also noted that energy healers can help organ transplants be much more successful by cohering the energy that surrounds the transplanted organ with the new body.

Brennan believes that the human healing process is rooted in our intentionality that arises in the Hara level. Creative and healing energy upwells from our Core Star deep within us and then filters through the intentions we hold in our Hara level and is then precipitated down through the HEF level as thought, feeling, and will, before descending into the physical body as health or disease. Thus, in Brennan's system, human intentionality has a direct influence on our ability to heal.

Brennan believes that energy healers can also speed the recovery of common injuries. For example, when working with someone with a sprained ankle, Brennan will re-build the energy lines and help the bio-plasma start to flow again. She has seen this reduce the level of swelling and speed up the healing process to 30 to 45 minutes, rather than two weeks on crutches.

When observing her clients, Brennan has noticed that emotional traumas appear as frozen bio-plasma. Good energy healers help the plasma to flow again. Importantly, Brennan noted that the physical presence of the patient is not necessary to conduct a healing session. The work can be conducted non-locally as well as locally.

Time and Other Dimensions

Brennan believes that the seven levels of the aura are all on the same dimension of space-time. When she enters an expanded state of awareness, her consciousness can travel to other dimensions. She indicated that any of us can take the time to clear our chakras and align our fields and thereby be open enough to experience other dimensions. At levels of the HEF well above the 7th, Brennan experiences higher frequencies and patterns that only seem to be accessible when her consciousness is in a refined state.

After hearing that Brennan can see into the past and future while doing her healing work on her clients, George Leonard asked if the future is determined? Brennan believes the future is filled with probabilities and possibilities but is not determined. Sometimes when she meets spirit guides, they will reveal future events to her. On many occasions, Brennan has seen people's past lives (which we have none – we do not and cannot reincarnate). The longer most people have been out of the body (after physical death) the higher in frequency they become, as they go through their growth process in higher realms before returning to physical incarnation.

Western Science and the Human Energy Field

Brennan believes there is a continuum between the energies we can measure now with our current instrumentation and the energies we cannot yet measure. One of Brennan's priorities is to help advance the technological sophistication of our current instrumentation. On this note, she mentioned a book by Albert Davis and Walter Rawles called *Magnetism and Its Effects On The Living System* (Exposition Press, 1974). These authors have looked at the relationship between the physical body, cells, and electromagnetism. If mainstream science will ever succeed in measuring the HEF, Brennan believes they will discover the first level of the aura, which is most akin to what we call "energy."

On this note, Beverly Rubik mentioned the work of Valerie Hunt, who has been measuring the aura by way of high electromagnetic frequencies around the muscles and claiming it correlates to certain colours that psychics see. Brennan believes those are the colours of the 2nd and 4th level of the HEF.



PHYSICIAN, HEAL THYSELF:

The basic principles that facilitate the process of self-healing.

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. ***We cannot feel a disease.*** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
 - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
 - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
 - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
 - Am I interested in hearing about the diseases of famous people?
 - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
 - Do I believe that certain diseases “run in our family”?
 - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
 - Do I like hospital TV programs?
 - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
 - Am I a guilt-ridden person?
 - Am I holding a lot of anger?
 - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
 - Do I hold resentments and grudges?
 - Do I feel trapped and hopeless?
 - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
 - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
 - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

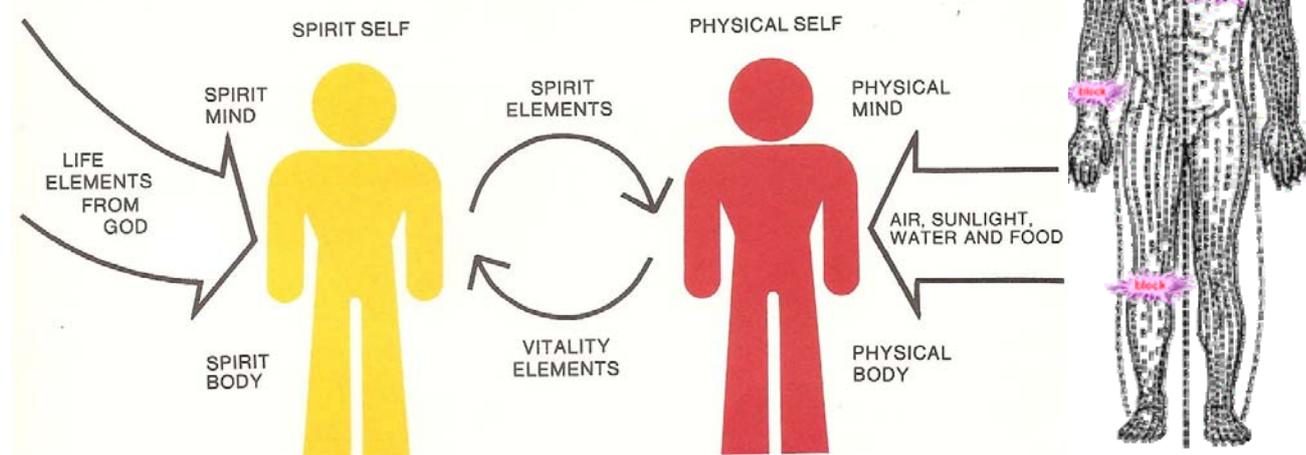
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

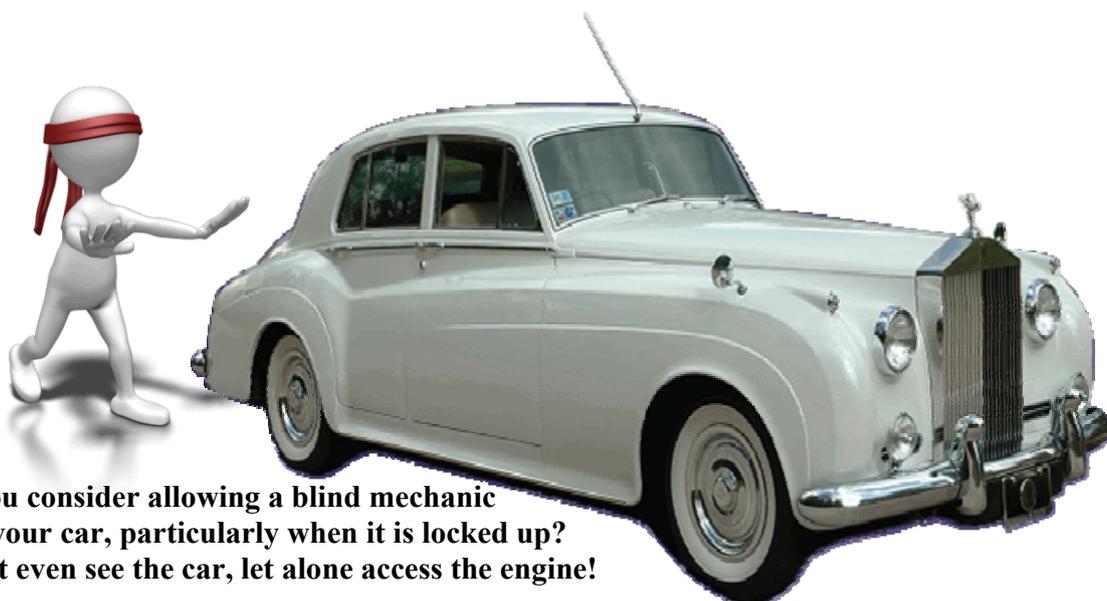
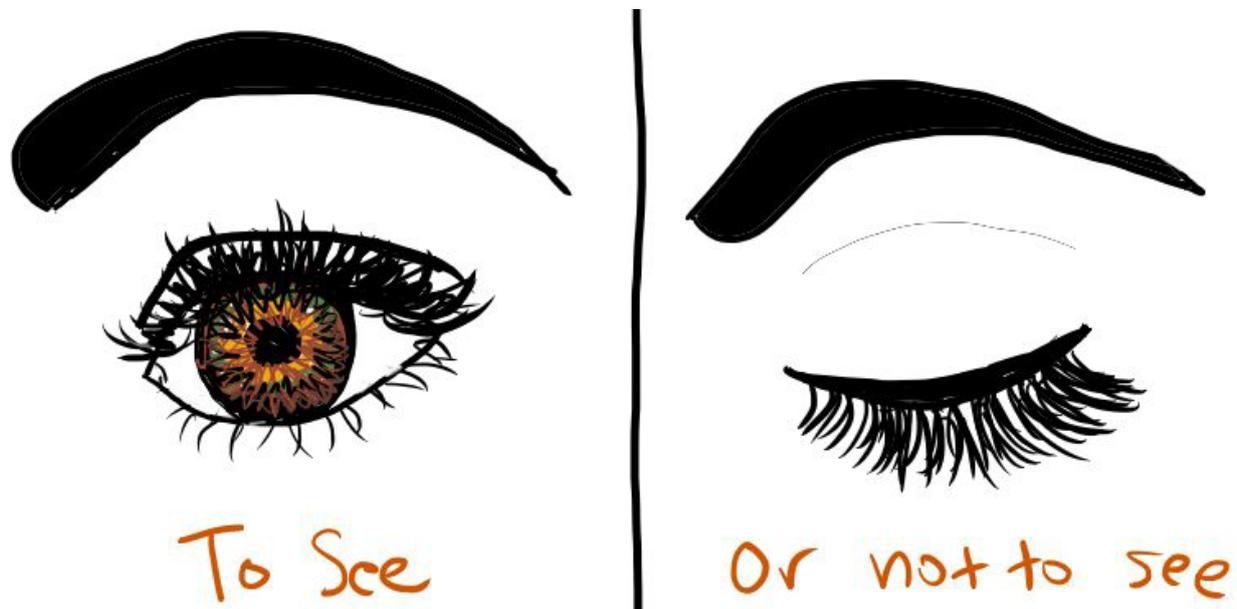
While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your soul and spirit body is the home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.



Would you consider allowing a blind mechanic work on your car, particularly when it is locked up? He cannot even see the car, let alone access the engine!

The health industry stubbornly resists recognising the subtle bodies that we all have.

The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.

It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.

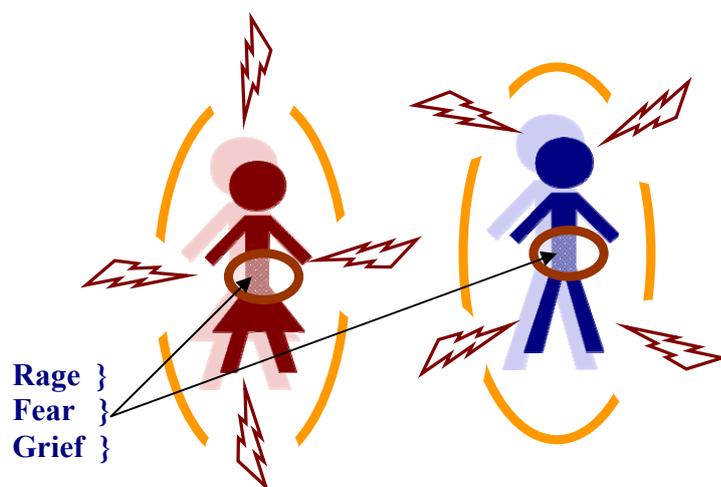
WE ARE KILLING OURSELVES! Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

‘Humanity (us) has to learn about every aspect of life from behind the eight ball. It’s not only last in the race but it’s going in the wrong direction. It needs to stop. To come back, and not do what it doesn’t want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

‘It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

‘Humanity has practically tried everything else and look where it’s got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they’re not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



‘We all have felt that angry during our childhood. We can’t feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

‘That’s what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

‘It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it’s conditioning our lives. And it won’t go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn’t mean we are Happy Larry deeper down inside. And one day if we don’t acknowledge that anger it’s going to show, it’ll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that’s causing it all would. So what do you want to do? It’s always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.’

MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND

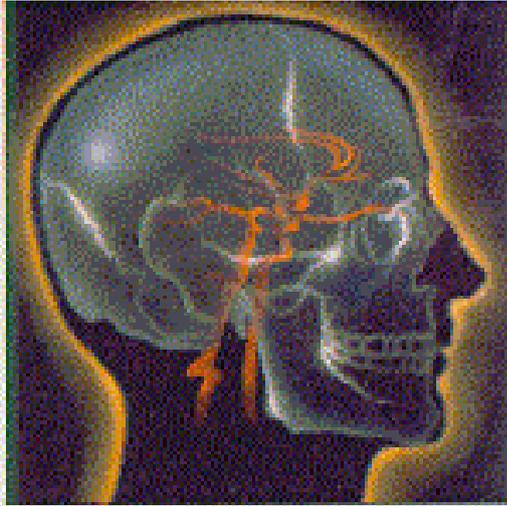


**Feeling
Healing with
Divine Love is
the key!**



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

PASCAS HEALTH SANCTUARY GLOBAL CENTRES of EXCELLENCE



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