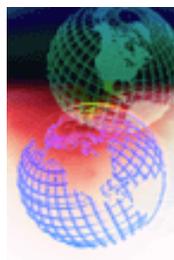


# PASCAS HEALTH

## COMPLEMENTARY THERAPY CLINICS



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

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## **PASCAS HEALTH SANCTUARY – COMPLEMENTARY THERAPY CLINIC:**

### **THE TIME FOR CHANGE – A TIME FOR HARMONY**

#### **WESTERN SOCIETY SCENARIO**

Empirical data would assert the urgent need for lifestyle changes, not only in third world countries, but in the affluent societies in the western world. Incumbent in western societies are the strains of maladjusted lifestyles, emanating most frequently in western society, culminating in diverse forms of impactful health conditions, such as cardio vascular disease, obesity, lethargy, lack of self respect and awareness and lifestyle balance. Additional stressors both in the workforce and the domestic arena add to this neurosis.

It is this positive outcome of the quality of a balanced life of well-being, that millions are so desperately searching to achieve, but are too benign to realize the source of such assistance. Help is at hand, but only limited to short term bandaid solutions from general practitioners offering patient management. **What is required most definitely and assuredly is a conscious, deliberate, and professional holistic life management solution via the health and healing sanctuaries as outlined in this document.**

The key markets that would most readily benefit –

- corporate
- any business

The workforce in these markets are suffering from suffocating workplace constraints, additional work hours, lack of family life, additional pressures through work contracts, lack of exercise and a general lack of purpose, and an erosion of ethical workplace management practice.

The end result of this oppressive environment is premature death culminating from lack of self-honour, self-respect and being seen as an expendable asset. Other precursors are strongly indicated, such as lack of job security, lack of any individual family goal. Anxiety of the future. All of this is based through fear of loss, judgement plus not honouring the godself within. This causes disease.

The cost to society is overwhelming and exponentially cannot be maintained, particularly as societies' infrastructures can no longer cope, such as health system, unemployment system, crime, divorce and so on.

**THIS MUST CHANGE.**

#### **THIRD WORLD SCENARIO**

It is the impression from the author, that the most populous and poorest of nations receive less from those who are capable, from those who are capable of greatest assistance.

Unfortunately this ostracism occurs as a double-edged sword. From a commercially viable viewpoint, the distribution of wealth and health care solutions, life management solutions are not seen as tenable. From an internal cultural viewpoint, third world culture implodes upon itself repeatedly. More specifically, references are made to lack of government stability, education, health education, corruption,

and abuse of natural resources. Consequently the return on investment, be this financial, emotional, spiritual, cultural is not seen as being worthy of effort.

The solution is available in terms of:

- Real education.
- Real government assistance packages (housing, food, emergency shelter, clean water, natural energies).
- Subsidised health.
- Spiritual migration in terms of working through deeply seated doctrinal customs.
- Self awareness.
- Availability of use of technology.
- Accessibility to Universal Library (via the Internet).

It is the belief, the holistic health sanctuary can be developed as the panacea of cure in all areas, but not to be seen as a hospital for the sick. **It is to be seen as a place of empowerment, education and to provide the organic food of life, both in a spiritual and physical sense.**

This is by no means a quick fix – it is however a platform of change and a slow migration of hope. Due to the populations, it would be envisaged for the practitioners to undertake workshop courses to train the trainer, thereby having a greater impact on the critical mass for all concerned.

In order to engender an awareness of products and services offered, through the Sanctuary, it is critical to ensure correct promotional advertising objectives and strategies are put in place.



### **What Is Alternative Medicine?**

Alternative medicine is any form of practice that is outside the realm of conventional modern medicine. It covers a broad range of healing philosophies, approaches, and therapies. Most of these treatments and health care practices are not taught widely in medical schools. Examples are naturopathy, chiropractic, ayurveda, homeopathy and acupuncture. (A complete listing of alternative medical practices are given later.)

### **What is Complementary Medicine?**

If alternative medicine or therapy is used alone or instead of conventional medicine, it is called "alternative" medicine. If the treatment or therapy is done along with or in addition to conventional medicine, it is referred to as "Complementary Medicine" as the two practices complements each other. For example, many Chinese hospitals use acupuncture to reduce the pain during the surgery instead of anaesthetics. This is complementary medicine. Consider the use of sesame oil as a complementary treatment for cancer. Dean Ornish uses life style changes to combat heart disease. These are all examples of complementary medicine.

### **What is Holistic Medicine?**

Many of the alternative practices pay attention to the mental, emotional, and spiritual aspects of health, in addition to the physical body. Therapies like hypnosis and visualization claims to be able to change physical conditions through purely mental interventions. They believe that our bodies are remarkably resilient machines, capable, with some occasional prodding or intervention, of healing themselves. The name "holistic medicine" came from this unification of the mind and the body. Holistic practitioners treat the "whole person" as opposed to the individual organs of the body where symptoms occur. The importance of self care and preventing illness are stressed by holistic practitioners.

### **What is Natural Medicine?**

Any therapy that relies on the body's own healing powers may be considered natural medicine. These include herbal remedies, diet and water therapies.

### **What is the Difference Between Conventional and Holistic Medicine?**

Standard, conventional, or orthodox medicine, also called allopathy, defines health as the absence of disease. This definition is based on a negative. In contrast, holistic medicine concurs with the definition of health used by the World Health Organization (WHO), which posits that it is a state of complete physical, mental, and social well-being.

*"Despite the insights of some eminent doctors, medicine still focuses on disease, giving it a failure orientation. Its practitioners still act as though disease catches people, rather than understanding that people catch disease by becoming susceptible to the seeds of illness to which we are all constantly exposed. Although the best physicians have always known better, medicine as a whole has rarely studied the people who don't get sick. Most doctors seldom consider how a patient's attitude towards life shapes that life's quantity and quality."*

Excerpted from "Love, Medicine and Miracles," by Bernie S. Siegel, M.D.

The allopathic and holistic definitions of health differ greatly in regard to the diagnosis and treatment of illness. People who use conventional medicine usually do not seek treatment until they become ill; there is little emphasis on preventive treatment. The main causes of illness are considered to be pathogens-bacteria or viruses-or biochemical imbalances. Scientific tests are often used in diagnosis. Drugs, surgery, and radiation are among the key tools for dealing with the problems.

Holistic medicine, in contrast, focuses on preventing illness and maintaining health. It views health as a balance of body systems – mental, emotional, and spiritual, as well as physical. All aspects of a person are seen as interrelated – a principle called holism, meaning "state of wholeness." Any disharmony is thought to stress the body and perhaps lead to sickness. To fight disease, alternative medicine uses a wide range of therapies to bolster the body's own defences and restore balance. The best illustration of this approach is the fact that ancient Chinese doctors were paid only when their patients were healthy, not if they became ill.

Natural medicine, which follows a holistic approach, views illness and disease as an imbalance of the mind and body that is expressed on the physical, emotional, and mental levels of a person. Although allopathy does recognize that many physical symptoms have mental components (for example, emotional stress might promote an ulcer or chronic headaches), its approach is generally to suppress the symptoms, both physical and psychological. Natural medicine assesses the symptoms as a sign or reflection of a deeper instability within the person, and it tries to restore the physical and mental harmony that will then alleviate the symptoms.

Holistic medicine recognizes that the human body is superbly equipped to resist disease and heal injuries. But when disease does take hold, or an injury occurs, the first instinct in holistic healing is to see what might be done to strengthen those natural resistance and healing agents so they can act against the disease more effectively. Results are not expected to occur overnight. But neither are they expected to occur at the expense of dangerous side effects.

Natural healing is more or less an attitude. For example, when you have a headache, instead of immediately reaching for aspirin, which may injure the lining of your stomach or cause even more serious side effects, you reach for a pillow and try taking a nap. Backache? Instead of reaching right away for valium, which can cause fatigue, loss of coordination, and worse, try relaxing those muscles with local applications of heat. Severe back pain? Instead of going immediately to potentially addictive pain relievers, consider an osteopathic manipulation, which will often remove the cause of the pain. Chronic severe backache? Before going to surgery, consider first an exercise program, which in many cases can make surgery unnecessary.

**PASCAS HEALTH SANCTUARY is a holistic complementary health and alternative medicine clinic.**

As the **HEALTH & HEALING SANCTUARY** to be established on the Queensland Gold Coast will be the first of its kind in the world, it is recommended, local advertising that local advertising and promotion take place to attract any demographic profile, including individuals and groups to the Sanctuary. Complimenting this strategy is further recommended to develop an augmented Website with several search engines including multi media and photographs. The same process can be expanded on a wide basis on the world wide stage, highlighting the Sanctuary's products and deliverables.

In addition it is recommended Yellow Page entries, under Resort / Health heading be included across Australia, reaching a national 1800 number, website bookings and packages.

Due the spiritual focus of the Sanctuary it is envisaged complimenting advertisements appear in the following magazines:

- Sphere

- Insight
- Elohim

As this is also to be seen as a resort / hotel, it is also recommended, promotional material appear with Qantas inflight videos and Virgin inflight magazines.

To further compliment the above activities and strategies, it is recommended Radio advertising using run of station, that will produce most best mass general appeal to the Gold Coast audience, whilst ensuring adequate reach and frequency of the message.

In terms of promotion, promotional programs when put in place, will effectively educate the mass public on the unique offerings of the Sanctuary. It is recommended that these will include the following:

- Advertorial in the Gold Coast Bulletin.
- Opening Function for all business partners, politician, key business people and other key guests.
- Appearance on local and State Government websites.
- Networking with local tour / bus companies.
- Networking with Gold Coast International airport.
- Networking with Brisbane International airport.
- Networking with community groups.
- Publication of brochures.

Installation of PABX, computer system, telemarketing software for database.

It is central to the promotion and advertising strategies that my influence permeates the formation and deliverance of messages. Complimenting the spiritual focuses outlined in this document, we also possess the corporate experience and tertiary qualifications to augment this procedure.

## **CRITICAL SUCCESS FACTORS**

Being unique, the Sanctuary will rely upon general acceptance, and this paradigm shift in marketing is the means by which community acceptance will be gained through their own contributions to the life skills development of our children and other defined market segments.

Professional management selection and practice is a central component.

The diversity of the Sanctuary's therapy offerings will be key to the successes derived.

More specifically this will include:

-services from a pool of professional practitioners: – kinesiologists; herbalists; nutritionalists; acupuncturists; homeopathy; beauty therapists; massage therapists; aromatherapists.

These will be traditionally graduates from the **Australian Colleges of Natural Medicine.**

-Spiritual Healers- Reiki and other modalities.

Of general appeal supplementary practices will be provided as required.

The Streamer / CEO of the division will run the centre as a spiritual retreat with a major emphasis upon the well-being and life development skills of its guests and clients.

The marketing of the above services coupled with the normal retreat product offerings will add to its acceptance. An augmented web-site and other media vehicles will play a central role and will be seen as attracting both local and international guests. Accessibility is central to the marketing role.

The suite of 'packages' to be offered will include:

Accommodation / sport / practitioner / spiritual / workshop components, and will derive most profitability.

Some criticism from religious sectors is anticipated, but is not seen as being detrimental to the long-term effectiveness of the retreat.

**The Sanctuary's** critical success factors also include:

- Win, win, win for all guests; children, families, any individual, corporate bodies, community bodies, investors and participating staff who will derive first hand benefit at the client interface.
- Unique marketing presently unmatched by other holistic centres. Thus providing an excellent window of opportunity that can be easily translated anywhere, (domestic / overseas).
- Full range of services- traditional retreat services, holistic and spiritual.
- Community interaction.
- Speed to market.
- International appeal.
- Ability to introduce new programs and services.
- Ability to remain price competitive to select lower socio-economic groups.
- Continuous repeat business.
- Ethical and professional business practices.

## **BUSINESS OPERATIONS**

It is understood this development is part of the parent company whereby the Streamer (CEO of Clinic) will report to the overall group administration and Board.

A current core management team will be the hub of the centre. The key personnel (refer Management Structure) will be selected by the Streamer on the basis of being able to deliver prescribed services to

guests quickly. These product offerings must be able to exhibit wherever possible their acceptance, profitability, and ease of translation from guest to completion and satisfaction.

Client feedback is essential.

### **SPIRITUAL FOCUSES**

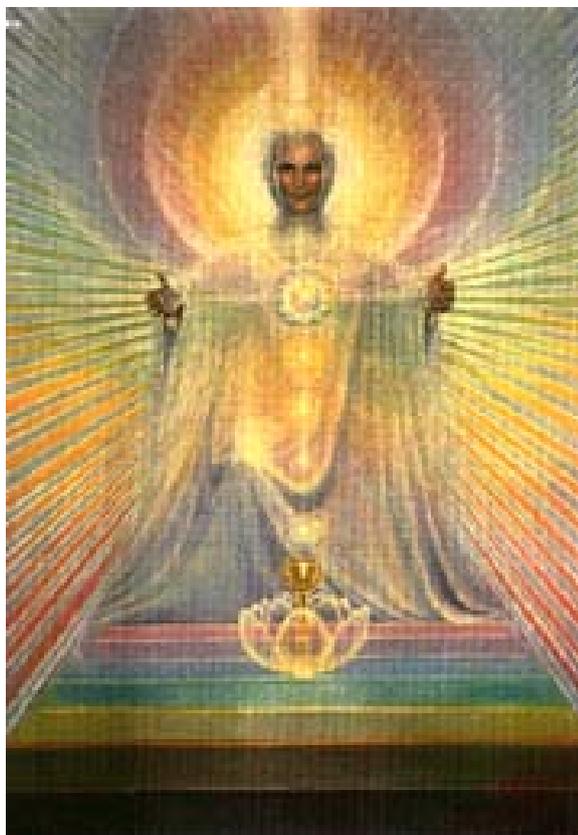
A number of different avenues will exist to provide clients with a spiritual experience and awareness.

These will include the holistic packages offered as well as the workshops on most matters in this genre:- astrology; healing; nutrition and other holistic disciplines available through via practitioners.

Invited guests (VIPs) such as Doreen Virtue; John Edwards; James Van Praagh; Louise Hay; Deepak Chopra as well as North American Indians; Tony Connor and other musicians and vocalists of 'new age' compact discs and dance groups.

It is the general intent the guests will feel the positive energy that the combined ethos of retreat notably through the building design and ambience; the staff; accommodation; the landscaping and consultation rooms; workshops rooms ; landscaping and animals are all provided to engender a feeling of well being and a sense of magic that many may not have experienced previously.

Consequently the consumption of alcohol will not be promoted.



## **BUILDING DESIGN**

Being a spiritual retreat that will be unique in its spiritual offerings, the visual impact of its design will be dramatic and awe-inspiring to many. The likes of which have not been seen before.

The buildings will encompass a Grecian temple with fluted columns leading to a main temple building of similar design.



Smaller temples can be located around the retreat for meditations and other meetings.

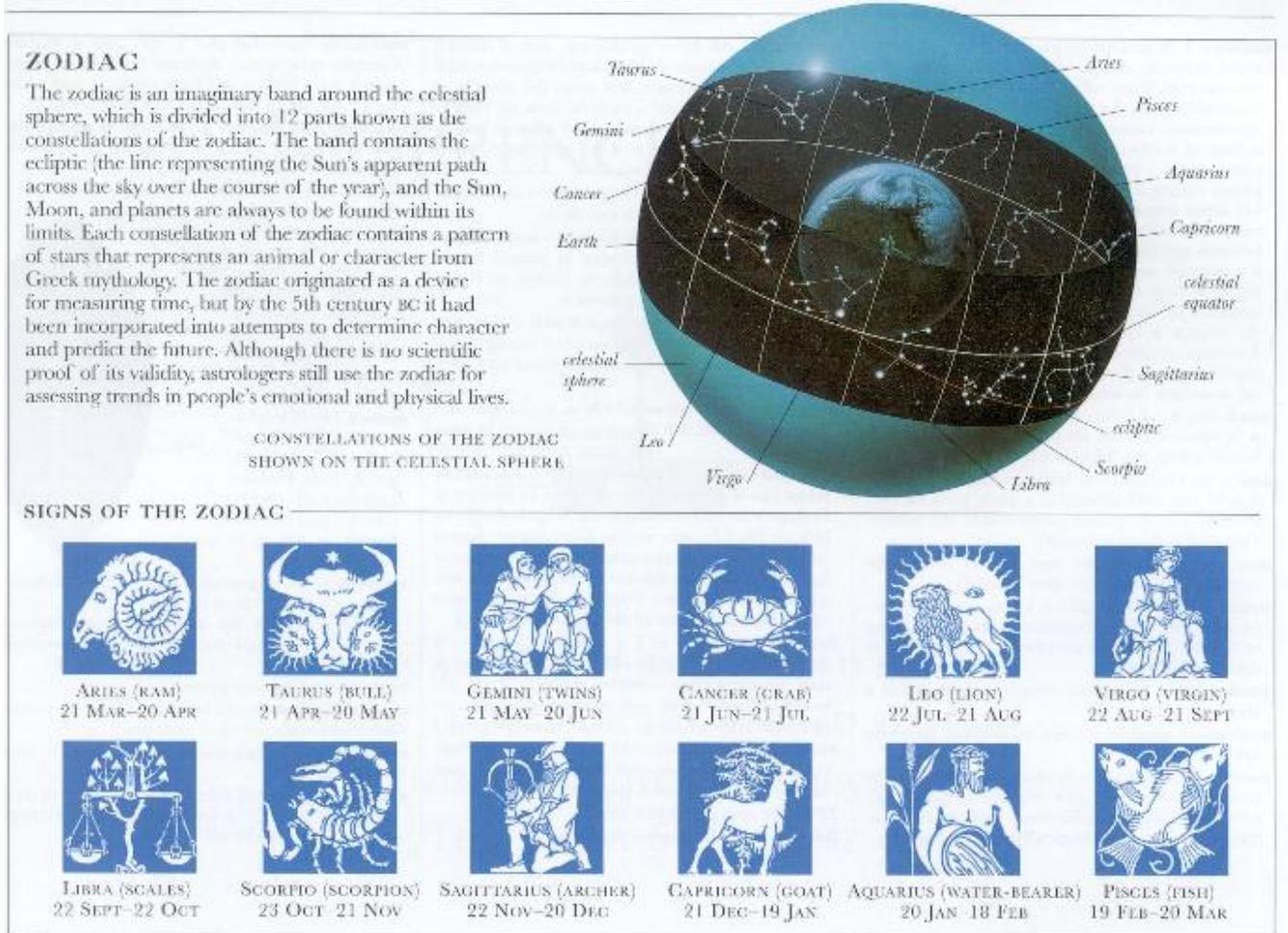
The main building will include reception / booking area and retail area of new age products and Temple promotional stock.

The main central atrium will feature a waterfall with a film of glass cascading into a pond containing large amethyst and rose quartz geodes.

Outlined behind the waterfall is an angel as tall as the waterfall (approx. 40 feet – 12 metres) with two alabaster white hands exposed through the water.



The area behind the reception and security will contain the consultation rooms and lead to the major function room, the ‘**Zodiac Room**’ wherein each zodiac sign will be depicted on the circular ceiling. These astrological signs will have a variable colour whereby the spectrum of colours will migrate through each sign. This room can each be further divided into smaller workshop areas and collectively each area can be opened for major events with extendable stage.



The fluted columns are to surround this building thus enhancing the ‘temple’ theme.

Above this main building is a large crystal / glass double pointer shape suspended by seven arms emanating from the main building and positioned over the middle of the building which contains a dome shape.

**RETREAT LOGO**



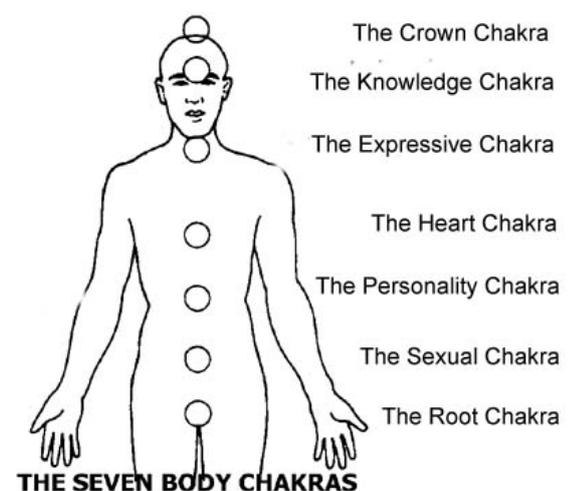
The logo will be reflective of the Temple’s offerings and is outlined below for the readers observation.



The logo depicts a clear quartz crystal that energizes our selves with positive energy. The crystal symbolises 'new age' thought and has an Atlantean presence.

Surrounding the crystal in navy blue background are seven shining stars. The 'seven' is a spiritual number and is representative of the seven Chakras of the human body, and is symbolic of human endeavour and evolution. Chakra balancing is a common healing technique.

- (C1) Muladhara Chakra, The Root Chakra or Sacral plexus.
- (C2) Swadhishatana Chakra, The Personality Chakra or Prostatic plexus.
- (C3) Manipura Chakra, The Sexual Chakra or Solar plexus.
- (C4) Anahata Chakra, The Heart Chakra or Cardiac plexus.
- (C5) Vishuddha Chakra, The Expressive Chakra or Laryngeal plexus.
- (C6) Ajna Chakra, The Knowledge Chakra or Cavernous plexus.
- (C7) Sahasrara Chakra, The Crown Chakra or Pituitary-cerebral cortex.



The background gives the impression that humanity is cocooned in a crystalis floating in the universe and about to be transformed (reborn) in the realm of spirit, into something bigger and better than its original self.

Beneath the crystal is the element of dark green which represents the earth beneath the human. Again the progression of thought creates the impression of a raising of conscious and vibration (an understood trait of crystals).

The balance of duality is also depicted, i.e., 'as above so below'. Noted in Egyptian religion.

The clear quartz crystal also gives the impression of clarity of purpose and innocence as we dance amongst the stars with spirit.

### **RETREAT UNIFORMS**

It is envisaged to have a same gender uniform of white tunic and matching trousers containing gold piping as they will highlight the logo, which is to be located on the left pocket area.



## **HEALTH CLINIC**

As part of the migration of the progress towards the **PASCAS HEALTH SANCTUARY**, the initial concept should undertake the form of a comparatively small clinic.

The objectives of which are to:

- \* Establish a professional reputation of the services provided.
- \* Create an awareness of the spiritual healing / focus that will be enhanced in the Sanctuary in approximately 18-24 months.
- \* Create an environment of positive healing and support as part of overall well-being of each client.

### **Staff Selection**

Of critical success is the calibre of health practitioners who will be working at the clinic.

In order for this business to successfully operate, management needs to attract and retain these quality people, both financially, and with the smooth operation and quantifiable client appointments. This will occur through cost effective promotion and advertising, and the application of sound Human Resources practices.

The number of staff will be dependent upon the physical layout of the premises. Ideally, an initial number of about 8 plus reception and manager with a capacity to accommodate up to 14 would appear appropriate.

At this juncture it is envisaged the following type of staff will be selected:

- Naturopath

This position will also encompass the modalities of:

Herbal treatment

Iridology

Nutrition

- Homeopathy
- Remedial massage
- Chiropractor
- Bowen healing
- Spiritual healing / Angelic healing

- Reiki Healing
- Pilates / Yoga
- Viable and capable practitioners.

Plus receptionist / manager

### **CONSULTATION FEE BASIS**

Empirical research into other Gold Coast based natural healing ~centres~ has revealed:

- 1 There is a plethora of these centres currently operating on the Gold Coast offering similar solutions – refer Yellow Pages.
- 2 The Clinic will be established and evolve in this competitive market.
- 3 It has been determined there is no industry standard with regard to hourly rate payments, and commissions payable, with respect to various healing practitioners. For example prices for naturopathic consultations vary for an initial visit of \$55.00 for 30 minutes to \$65.00 for one hour and 15 minutes. Client pricing for a remedial massage therapist vary from \$55.00 to \$75.00 per hour and the commissions paid directly to the therapist from 25% to 50% of these amounts. Therefore, there is no common benchmark. It is felt that any pricing other than what is recommended i.e. \$75.00 that is currently being offered to the market, will not be accepted by the public at this stage.
- 4 There is considerable fluctuation in the pricing offered from other centres, and as a result of this we need to collate a pricing schedule that reflects both the professionalism and quality of the practitioners required for this clinic.

### **PRICING SCHEDULE FOR PRACTITIONERS**

In order to maintain viable profit margins, and given the fluctuation in the market place, it is recommended e.g. a initial consultation with a naturopath at the clinic would attract a fee of \$75.00, of which \$30.00 is payable to the naturopath. This is a 60/40 split, and is seen as equitable for the following reasons:

- 1 This will ensure a quality naturopath is on premises.
- 2 The naturopath would need to supply a Provider Number, their own diagnostic equipment.
- 3 Whilst the profit margin may not be seen as attractive to the business at this juncture, it is believed the volume of business can only increase so as the amounts will be deemed viable from this one person. E.g., say, 4 visits per day, giving a gross profit of \$180.00 or \$900.00 per week to the business, should be viable.
- 4 It is to be noted there may be resistance to the low rate per consultation being offered. Nevertheless the business is supplying the premises, in situ support equipment, reception services, phone system and promotion advertising, in order to engender a clientele. This will not be borne

out by the practitioner, and whilst the initial costs would need to be borne by the business, break even on this should occur within 3 to 6 months in this one area.

#### PRACTITIONER CONSULTATION

PRACTITIONER	RATE p/hr CLIENT PAYS	CONTRACT TECHNICIAN PAID
• Homeopathy	\$70.00	(need to be reviewed) \$30.00
• Remedial massage	\$70.00	\$30.00
• Spiritual healing	\$70.00	\$30.00
• Reiki level 1 Healing	\$200.00	\$90.00
• Reiki level 2 Healing	\$300.00	\$135.00
• Other practitioners	\$44.00 /30 mins.	\$28.00
• Yoga (min.10 people)	\$10.00 per person	\$40.00
• Meditation Group (Minimum 10 people) up to 2 hrs	\$10.00 per person	\$40.00

#### WORKSHOPS

It is anticipated that practitioners will be running various workshop courses on a number of modalities, during the course of the year. It will be a matter of supply and demand, however, in order to maintain consistency with a minimum of 10 people in each course, to maintain profit margins.

#### **Display Stock**

Other revenue streams can be incorporated with the use of a diverse range of retail products. The selection of these product items will compliment the spiritual / healing objectives and healing modalities / workshops of the clinic.

It is therefore recommended, the following products be made available:

- New Age books such as psychic development; meditation; health; nutrition; angels; spirit guides; self-development etc.
- Compact discs- meditation; relaxation; nature etc.
- Range of crystals and ornaments.
- New Age magazines.

## CLINIC DEVELOPMENT AGENDA

### Alternative Medicine and/or Alternative Therapies, being Complementary 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
- Magneto-resonance 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)

**As such, the core practice will be progressively expanded to incorporate all such modalities that can be delivered in such a way that assists clients to protect their health as well as improve their health. The objective is to treat the cause much more so than treat the symptoms.**

### **CONCLUSION**

**Given the unique approaches on all levels being offered, and with the same translation of reforming lives out of chaos, and into the light of living globally, surely, then, the HEALTH &**

**HEALING SANCTUARIES, ultimately Worldwide, will be pivotal in the transformation of the human consciousness into a realm of total well being.**

**The ramifications of these approaches must surely impact upon humanity and human endeavour, into a peaceful, more humane, global village of love.**



### **PASCAS HEALTH SANCTUARY’S APPROACH TO COMPLEMENTARY MEDICINE:**

Pascas Health Sanctuary’s leading teams are mainly composed of medical doctors and registered nurses who have undergone recognised postgraduate training in areas of Integrative Medicine. They work alongside a team of complementary practitioners including fully qualified chiropractors, traditional Chinese practitioners, naturopaths, etc.

Integrative Medicine is the result of the marriage between conventional orthodox medicine and “complementary” medicine. This approach to medicine utilises and integrates the technology of modern science and draws on the principles of natural healing methods to improve and / or restore function. Integrative Medicine allows medical practitioners to combine successful natural and complementary therapies within the framework of orthodox medical training to provide better clinical results with less invasive therapies.

Medicare of Australia will also offer patients access to medical practitioners who specialise in Clinical Ecology.

Clinical Ecology describes the practice of Nutritional and Environmental Medical sciences when prescribing treatment for patients with immune system disorders and/or chronic degenerative and inflammatory diseases.

Pascas Health Sanctuary requires that medical practitioners who are to work in Clinical Ecology are trained to a post graduate medical standard approved by the Australasian College of Nutritional and Environmental Medicine.

In summary, Pascas Health Sanctuary will also specialise in areas of medicine that are:

- I. Fed by consumer demand,
- II. Gaining increasing government support,
- III. Practised by an ever increasing percentage of medical practitioners,
- IV. Supported by a rapid increase in new scientific and medical research. Numerous papers have been published providing evidence of the safety, effectiveness and mechanisms of action in the fields of Integrative Medicine.

No product or procedure is used or recommended in the Medical Practices unless:

- I. It has been approved by the Therapeutic Goods Administration (TGA) or approved by similar overseas government institutions,
- II. Recognised published studies and literature on the product or procedure have been reviewed and found to be satisfactory,
- III. It has a proven track record of short and long term results,
- IV. Any possible side effects and contraindications have been carefully considered,
- V. They are supplied by manufacturers who have an excellent track record and reputation, personnel have had thorough education in its application whilst also focusing on the continued education and training of all associated personnel.

**CLINIC:**

Core modalities within the Clinic are not limited to the following:

- Naturopath
- Homeopath
- Kinesiology
- Acupuncture
- Nutrition
- Skin & Beauty Therapy
- Reflexology
- Physiotherapy
- Chiropractic
- Reiki
- Spiritual
- Bowen

These twelve specialty groups will constructively expand as further expertise is added to the Clinic encompassing additional modalities. Service delivery will be managed by Streamers who will construct appropriate programs for patients. Focus is upon treating the cause rather than just the symptoms.

CONSULTATION FEES		Year 1		Year 5
Practitioners	12	(need to be reviewed)	30	
Average Visit Fee	\$65		\$80	
Visits attended to per day	4		8	days per annum 250
Fees Generated		\$780,000		\$4,800,000
Practitioners Paid	45%	\$351,000		\$2,160,000
Variable Costs	20%	156,000		960,000
Fixed Costs	10%	78,000		480,000
Total Expenses		\$585,000		\$3,600,000
Profit Contribution		\$195,000		\$1,200,000
Contribution from sale of associated goods		\$130,000		\$800,000
COMPLEMENTARY THERAPY		\$325,000		\$2,000,000

## COMPLEMENTARY THERAPIES

The Complementary Therapy Clinic of Pascas Health Sanctuary is to deliver a universal range of products and programs that focus upon long term wellness and wellbeing of clients in all walks of life and opportunities.

Such programs are firstly to be structured to deliver healthier and more vibrant employees to corporations. Understanding the physical and mental needs of employers within the psychic of a corporation and constructively supporting those needs results in significant reduction in downtime due to avoided illness and lethargy. Long term, employees respond with enhanced loyalty and productivity as the community becomes aware that the organisation cares about them.

Results entail significant cuts in staff turnover, reduced training costs for new employees, higher moral that transmits to customers, significant increases in overall integrity, and general higher standards in performance and products. This extends to the home where the family unit prosper as a result of reduced stress at work being reflected within the home.

These agendas will be packaged from short courses at the Sanctuary to perpetual programs being delivered within corporations own premises. This will result in the Sanctuary being proactive throughout the business community within the city it is established and then throughout the nation as promotion of programs are extended outwards.

With these platforms will go dissemination of Sanctuary approved wellness products pertaining to food, supplements and way of life programs.

## COMPLEMENTARY THERAPIES for CRITICAL CONDITIONS

The Sanctuary is to evaluate and support developments within alternative therapies that deal with health issues that are life threatening to say the least.

Within the Sanctuary are all the expected Western medicine facilities that admirably deal with crisis management and much more. Complimenting allopathy services are developments within complementary therapies. Of these to be employed are:

- o Blood purification. Employing ozone 4 to 8, harmonics and ultra violet light, treatment of blood through this system has been successful in dealing with many life threatening diseases.
- o Magnafield units. Understanding the magnetic field of the body and the magnetic field that is associated with every cell within the body enables non-invasive treatment that typically halves recovery time and also enables cells that are in disorder to recover.
- o Naturapath Programs. Establishing the appropriate environment and managing the food and supplement programs of patients whose immune system has collapsed can result in recovery from many life threatening episodes.

## HOLLISTIC MEDICINE

By institutionalising the widest range of proven and endorsed health programs and platforms, Pascas Health Sanctuary will be a centre for all concerned about their well being.

Visitors and patients have the opportunity to meet with streamers and diagnostic technicians who will develop and manage programs to be delivered by technicians and physicians. These initial consultations, though extensive in the first meeting, will save patients many hours of frustration resulting from the coming and going associated with standard medicine.

The services and facilities will be networked globally to attract the leaders in their various fields of health care as well as to make available the pathways available to the Sanctuary.

## PHYSICAL ENVIRONMENT

Core features with a typical Pascas Health Sanctuary Complementary Therapy Clinic will entail:

Consultation suites	30 practitioners to be accommodated at any one time
Lecture and meeting rooms	400 seating capacity for major functions
Medi Hotel	150 rooms complying with best practice in health

Should the hotel be fully utilised with 21 day programs then its annual capacity is reduced to 2,600 guests / patients per annum. There will be a range of programs of varying lengths of stay. However, expansion capabilities need to be considered.

Ambience commences with white marble columns on entry, celestial room and zodiac room supported by crystal features. Main building structures to be sited on high points with water features around.



## **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?

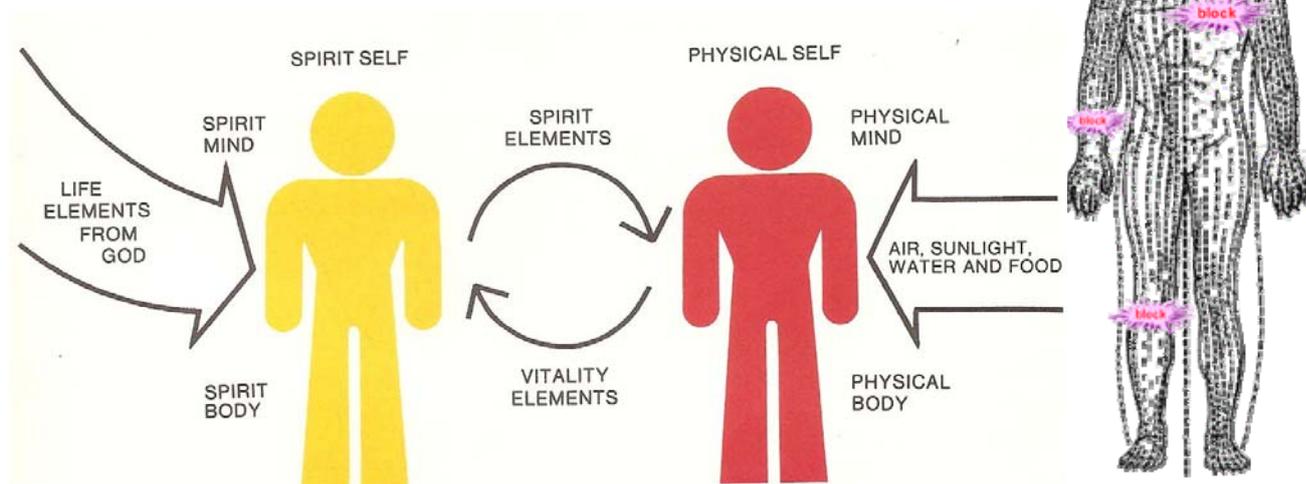
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments 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!**

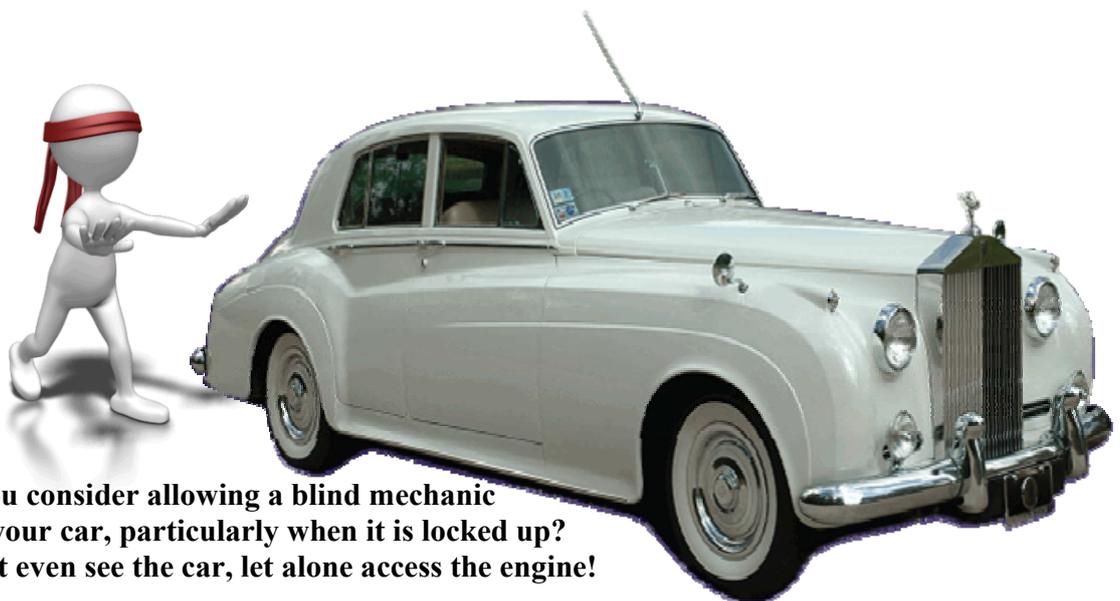
**While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.**



**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.**

## PSYCHIC BARRIERS:

Tuesday, 21 November 2017 – Note from John – Hi Nanna Beth and James

“That there are very real restrictions that act like very real barriers impeding the normal functioning of us all because of the Rebellion and Default.” – Nanna Beth 20 November 2017

I gather that the Psychic Barriers have nothing to do with spirits from any of the mind Mansion Worlds or from the planes referred to as the hells. Are these Psychic Barriers all remnants of the Rebellion and Default controlling ways and contracts, and as we break through them, then are they finished for ever?

Nanna Beth: That’s right John, the Psychic Barriers don’t have anything to do with any of us spirits, however, we are all limited by them in what we can do with you, even including those spirits in the mind worlds.



The barriers are imposed circuits of mind and feeling dictated to us by the tenets or ‘laws’ of the Rebellion and Default. If you like, humanity has Fallen from the Celestial level down through the seven Mansion Worlds, so through every plane and subplane and subsubplane and so on through seven subplanes of every plane in every Mansion World. And even then still being divided up into the negative relationship between the mind and feelings down to what you might see as a microscopic circuit level, that which we can’t see, yet the angels can.

The angels are ‘wired’ into all the mind / feeling circuits, so know exactly where we are in our rebellion against these circuits, that being, how we should truly and lovingly live them and yet how we’re not doing so whilst we’re in our unloving and untrue states, and then where you are in your Healing of them. And each of these circuits, from the smallest and building up into the biggest, are what we call psychic barriers.

And they are all within you, and you have all to heal them all through your Healing. And that’s on the personal level, which then also has to be done on the combined level for the whole of humanity.

So through your Healing, each bad feeling experience you have really equates to having to deal with one or more of these damaged mind / feeling circuits, which are then represented on all the levels within yourself, on the feeling, mind and will levels, and all in between. So when you express all the pain and submit to the bad feelings, no longer trying to control or fight them, you are effectively falling into the pattern of how you live and express your negative circuit, thereby de-powering it, short circuiting it if you like, which then liberates more pain and truth, which then allows the circuit to be made right, this being the progress as you ascend through your Healing up through the Mansion Worlds.



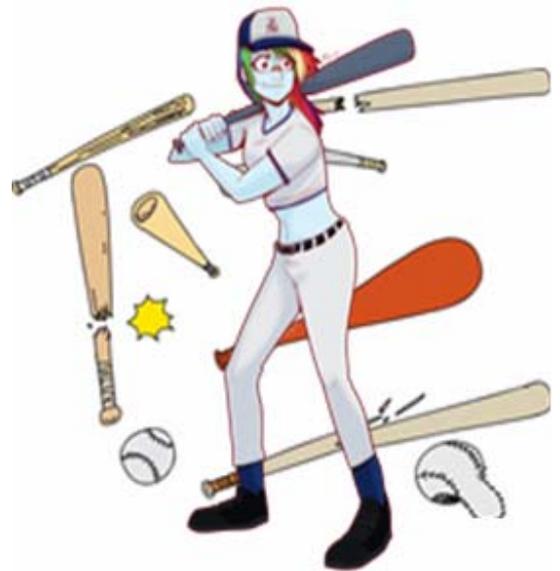
So these barriers are the dysfunctional mind / feeling circuits on all the varying levels. And what Marion and James are doing is crushing them all by taking them all within themselves, which they did through their early life, just like we all do, then Healing themselves systematically of them, each in their separate ways, which then opens the doorway for others to do through their Healing.

And for us Celestials, we have had to wait for them to work their way up through these circuits before we can act, because their breaking through and breaking them down means there are no longer barriers. And so as their Healing advances, so we've been able to do more by taking over as we've told you, and that's continuing on a daily basis. However the difficulty we still face, is, there are still some significant ones in place, so our hands are tied concerning them, and these are what we've been referring to that are causing problems for you and Crystal.

To achieve the cancellation of the Psychic Barriers, it feels as though a few field mice are up against Goliath.

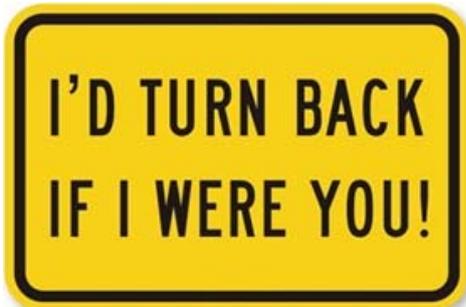
So in all your different ways, you're pushing up against the coal face so to speak, you John, Crystal and Samantha, and there's nothing that can be done other than allowing the process to happen, because it's all being driven by the Mother and Father through your souls. So the real so-called fight between good and evil – Satan and Lucifer and the Devil and forces of Darkness, has actually been going on these past twenty years or so by each of you in your own separate ways taking on the bad within you and looking to Heal yourself. And even though you, John and Crystal, might not be actively doing your Healing like Samantha is, still you're taking on the Healing and all that's involved on the mind levels by accepting all James (and Marion) reveal.

By you not rejecting them, so you are doing your bit to stick it up the Rebellion and Default, which is in fact the Great U-Turn – you are doing it in yourselves, which can then be followed by the rest of humanity. So you are, as you say, little mice trying to scratch a hole in the brick wall, slowly working away at the barriers. And this is being reflected by these unseen barriers at work with the Couriers, who of course don't understand anything about this, but it's why they simply think it's just another job and one that shouldn't pose any problems, so why not just get it done, when in fact they are embroiled in this monumental struggle because it involves you and Crystal.



And we Celestials are not powerful enough to break such hidden and unseen barriers. Only the Paradise Pairs are powerful enough to do that, that's what they are all about, and in particular the Avonals, because it's what they are created to do, no one else can do it. And they can only do it by doing it within themselves, they can't see or know where these barriers are and deal with them through their minds, anymore than the Lucifers could see and control them by smashing through and breaking down the positive circuits as they rebelled. It all happens on the organic human level, with the rebellion being systematically passed on, getting worse, generation after generation, through the ages. And now it's all starting to reverse, all to change generation after generation up through the coming ages as humanity heals itself of its woe.

So I hope I've explained it better for you, it's all what we call 'technical' as it's all to do with the Mind side of things, that which is organised by the Infinite Daughter and Divine Minister, being carried out by the angels.



You can look at it like a matrix, that is often talked about, being created by the Daughter providing the inner mind-matrix or mind-circuits of Creation, about which and within which everything has its being. So your personality expression is built up around this matrix, being expressed in how your physical and spirit bodies are expressed in Creation. And so you can't do anything more than the mind and feeling levels you are on, other than increase their denial by moving deeper into your wrongness, or do your Healing and go the other way working your way out of it by changing your inner circuits. And these inner circuits are the templates for your whole being in Creation, so the laws of the physical body and all the rest run along them. And at best you can identify the laws or circuits, and live with them, but you can't change them. We can only change them within ourselves by doing our Healing. And as enough of humanity Heals itself, so then the greater changes will take place too. But that's more for the future. Right now it's about you few individuals doing what you need to do.



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



# 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**

# Pascas Care Centre



Pascas Care Centre provides an exciting and innovative facility for the delivery of primary health care; incorporating the values of traditional general practice with multidisciplinary, team based care and an academic research unit in general practice; whilst responding to changing community expectations and the pressing need to train the next generation of primary health care providers for all regions of Earth.

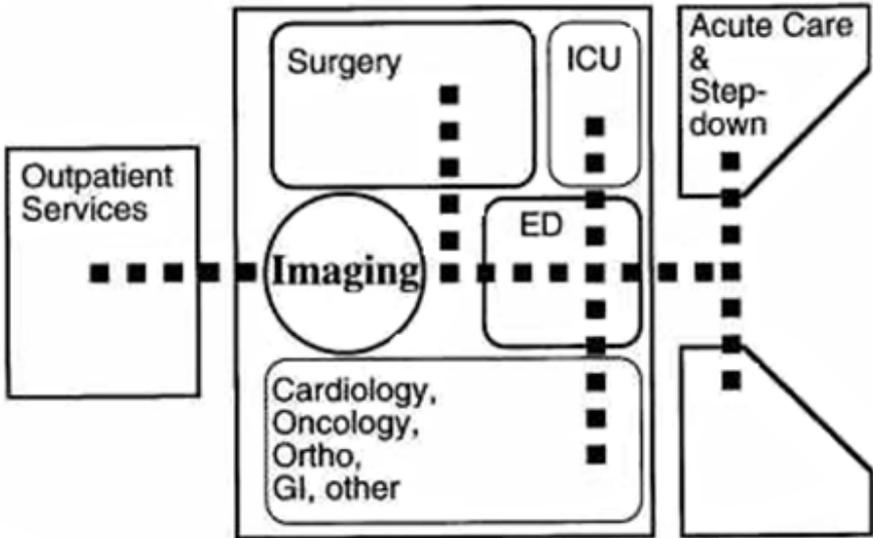
Pascas Care Centre embraces Ayurveda, Acupuncture, Homeopathy and various long standing health care systems.

Essential to Pascas Care is the understanding of the root cause of health issues and the introduction of the revelations as to begin to mitigate all that ails us. This introduction is provided freely and to all. Understanding how the our spirit body is the template for our physical body and the ramifications of emotional injuries and erroneous beliefs that we are infused with impact upon our physical body and quality of life is the basis for our evolutionary growth.

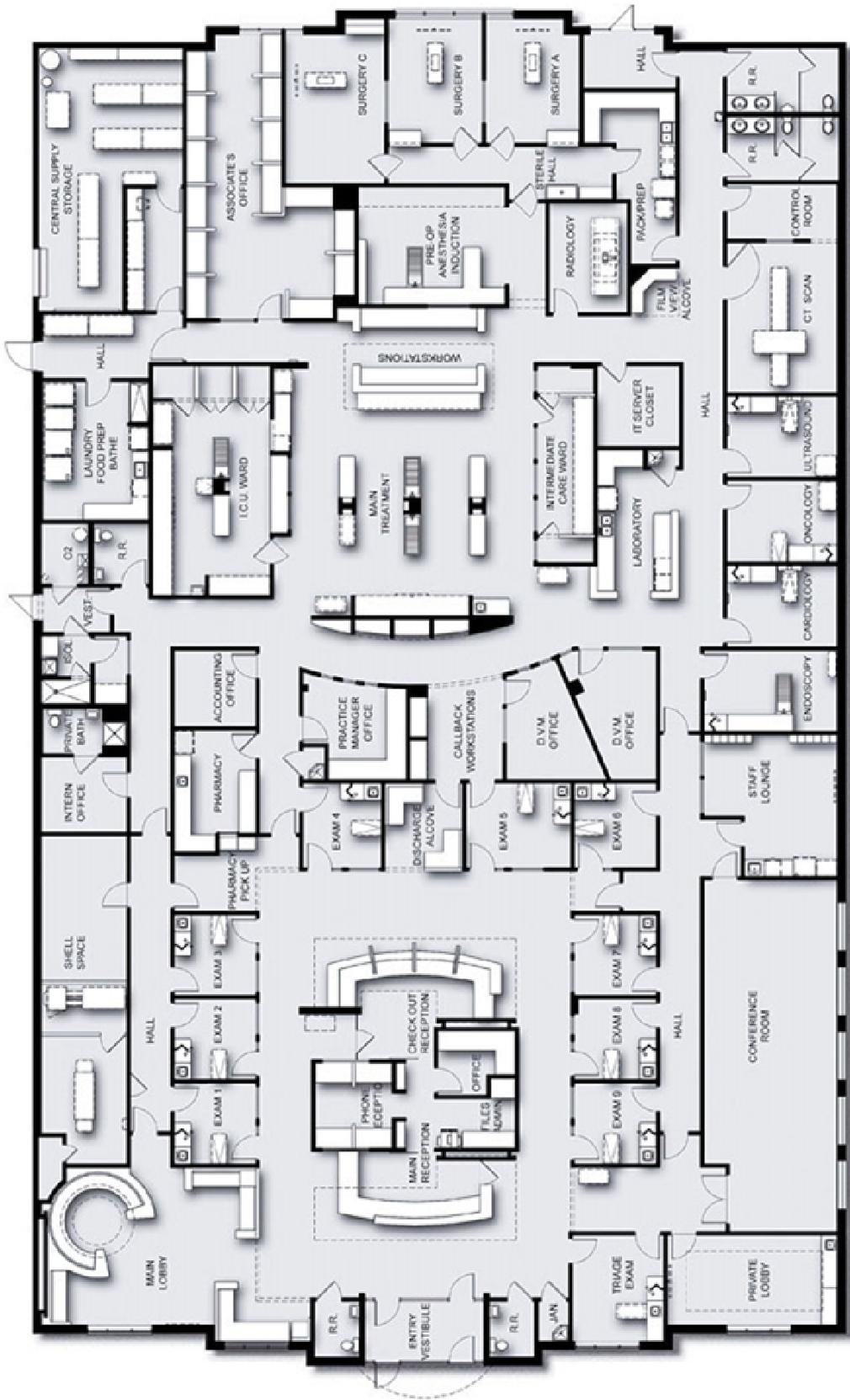
All of the health industry contribution to our betterment of life has its foundations on our childhood forming years and this includes nutrition – enter Pascas Café.



Centralized Imaging Services

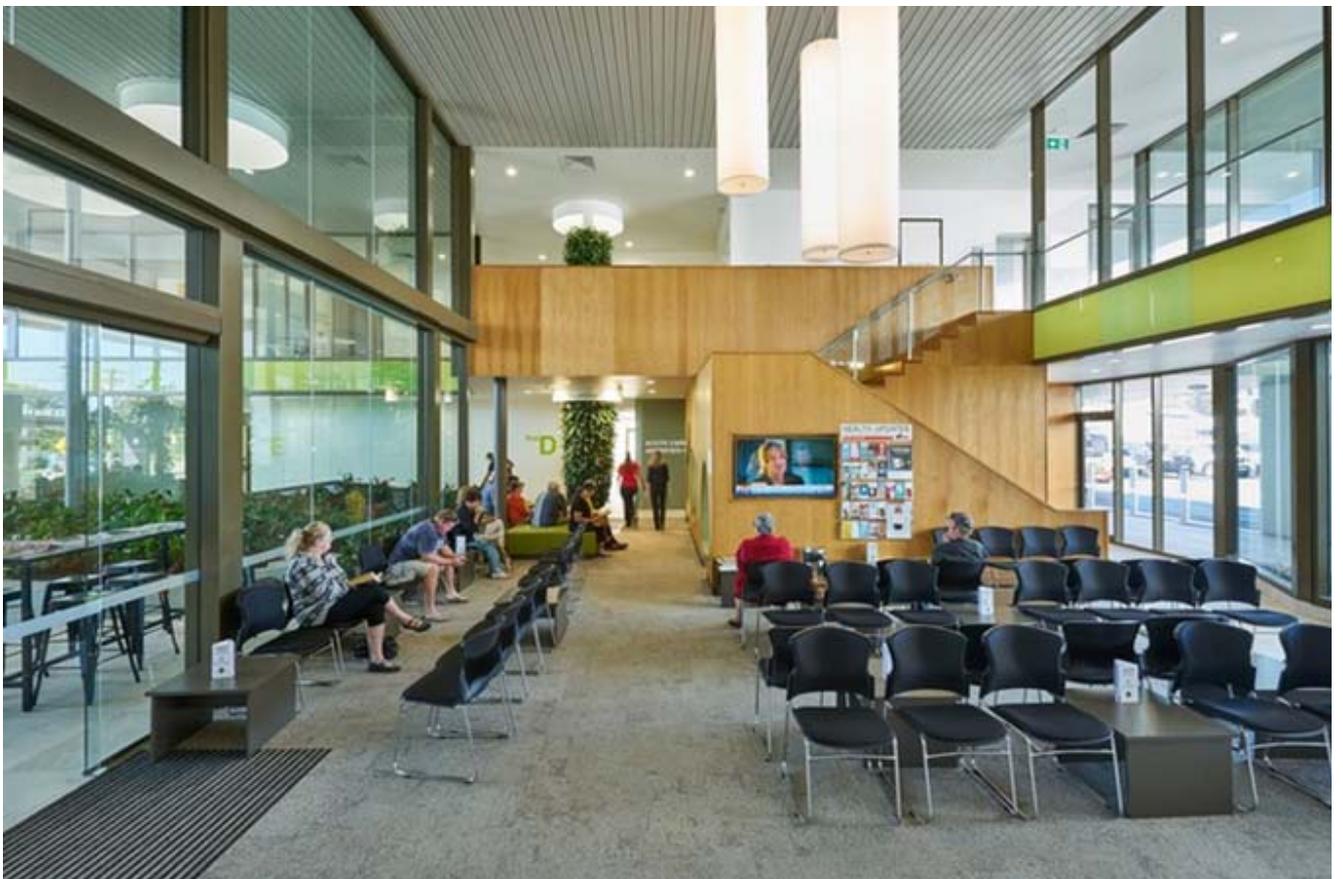




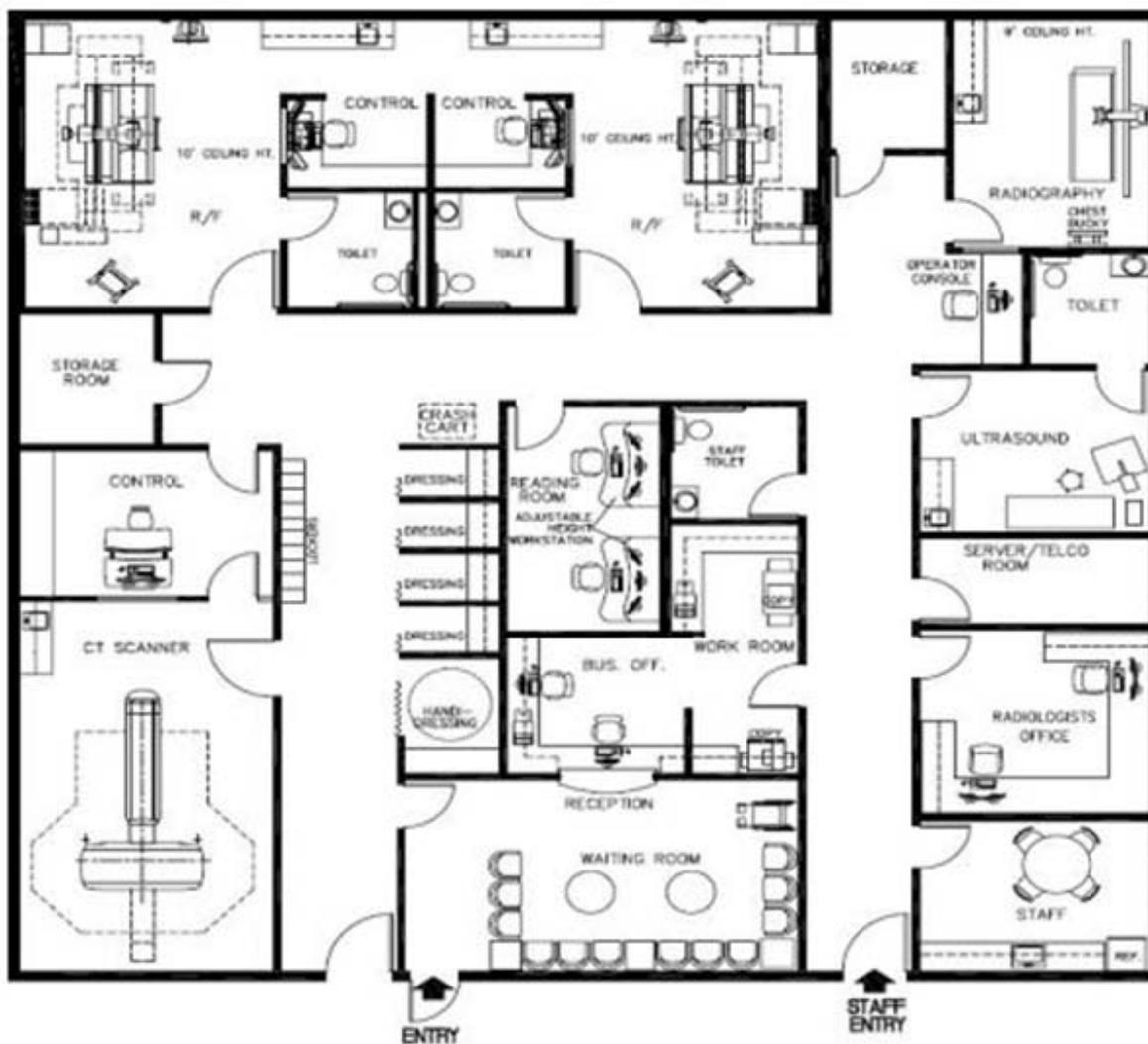
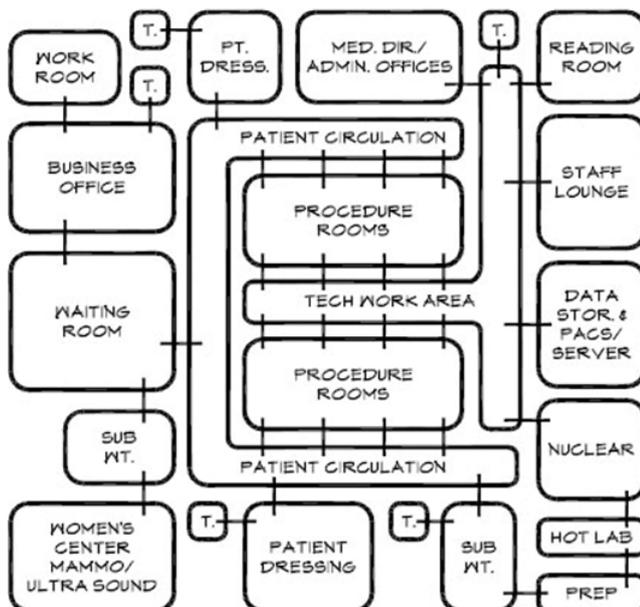


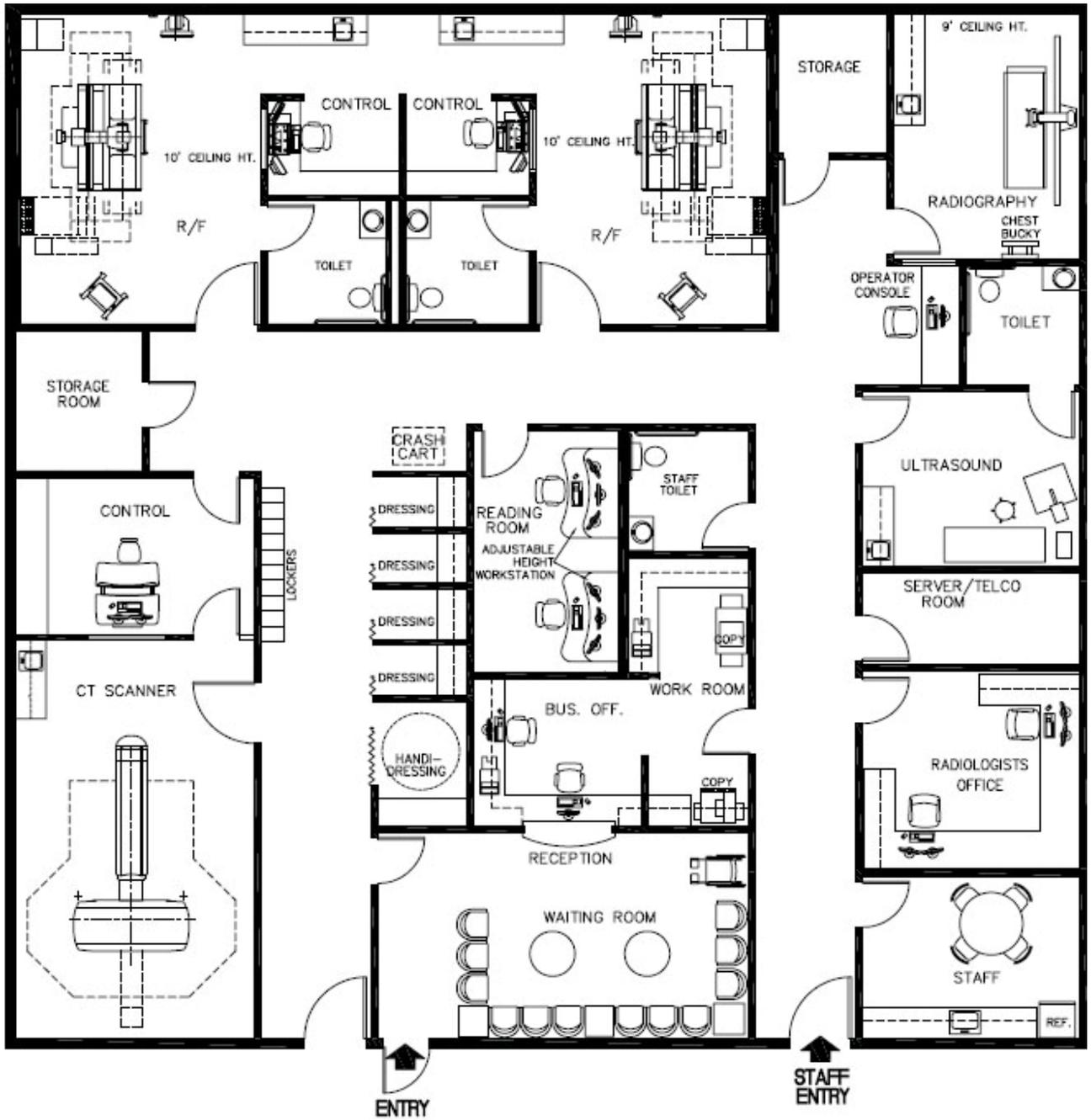
**FLOOR PLAN**  
15,878 SF





# RADIOLOGY

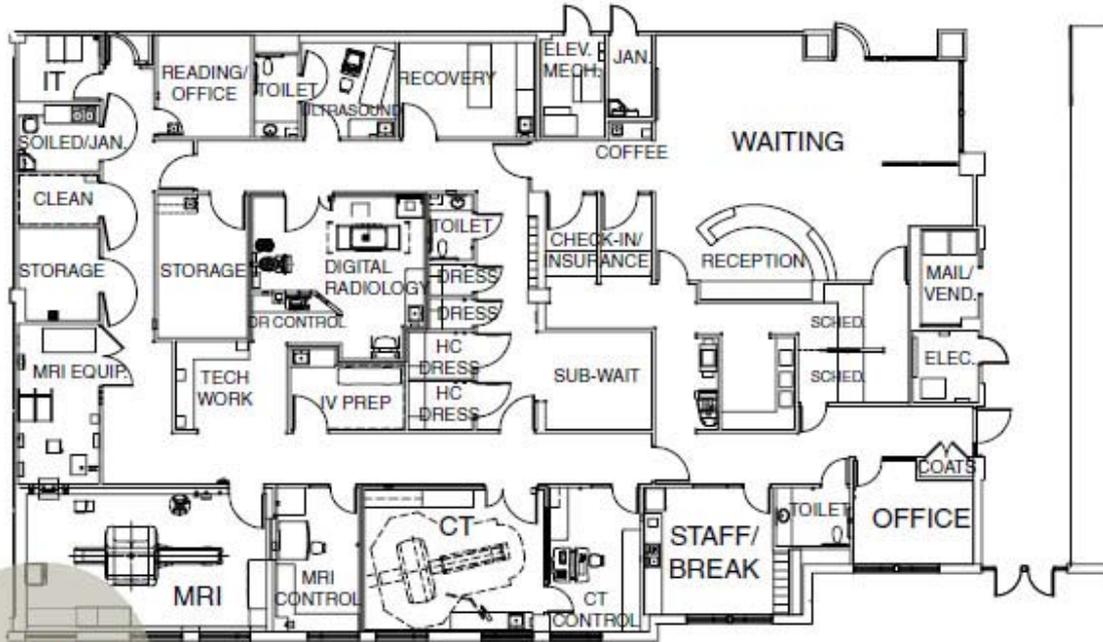
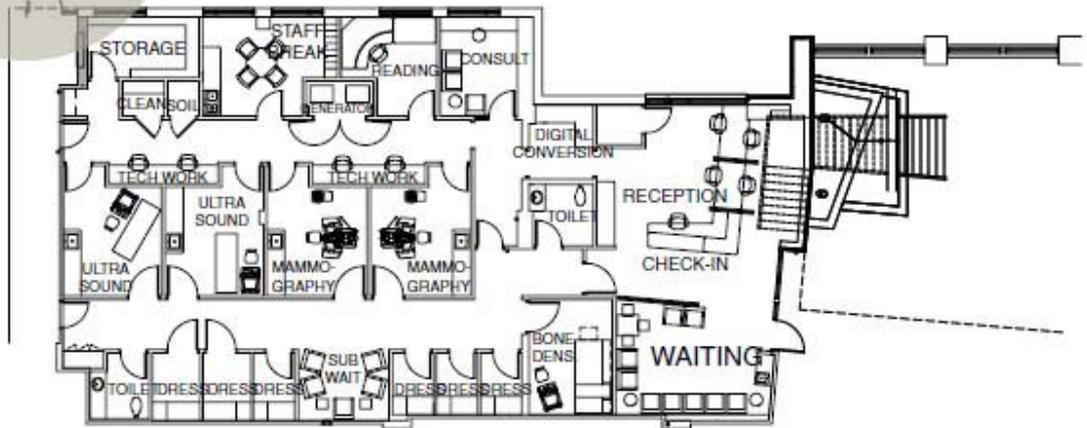




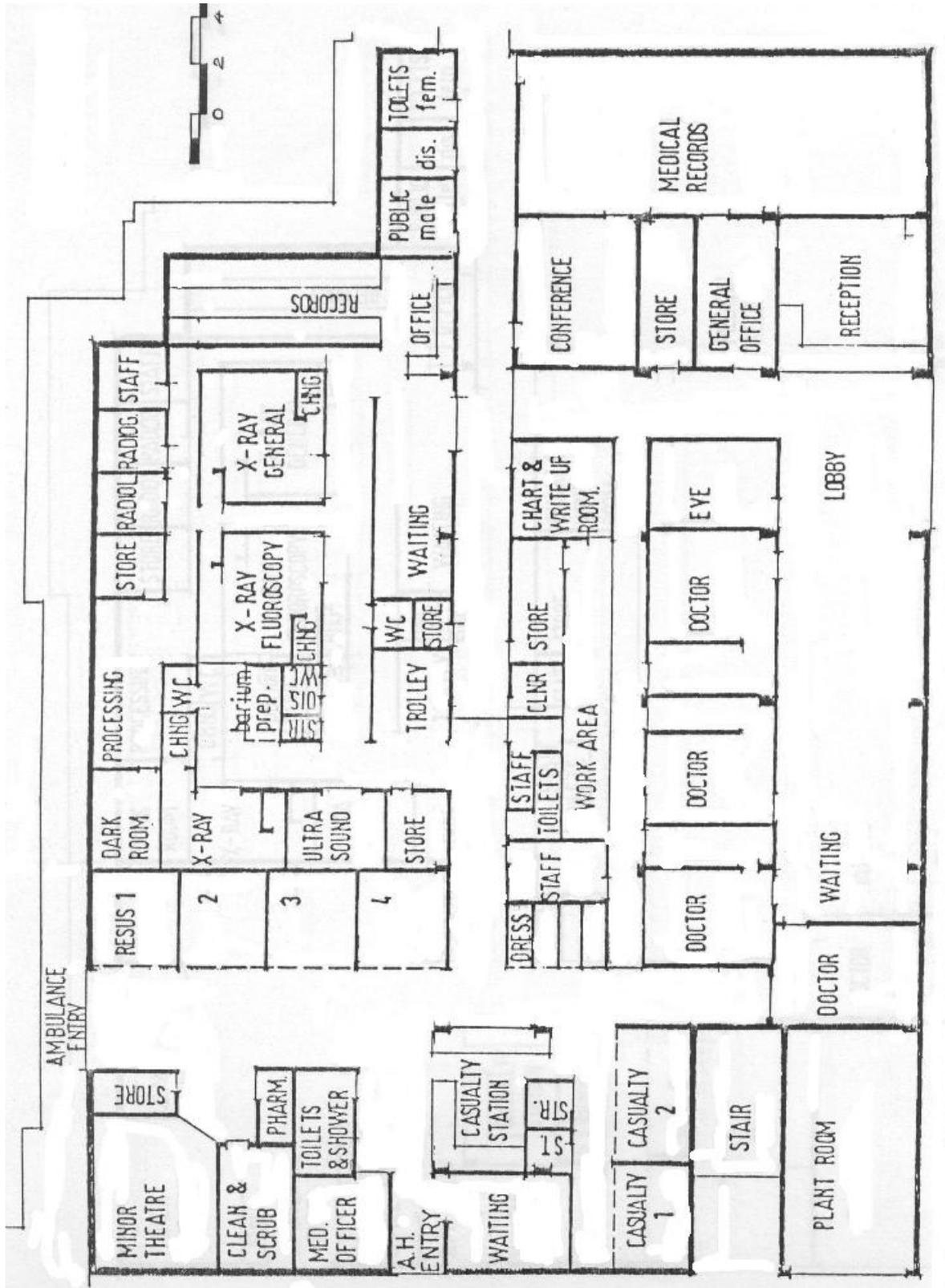
# RADIOLOGY

4422 SF

# Medical Imaging

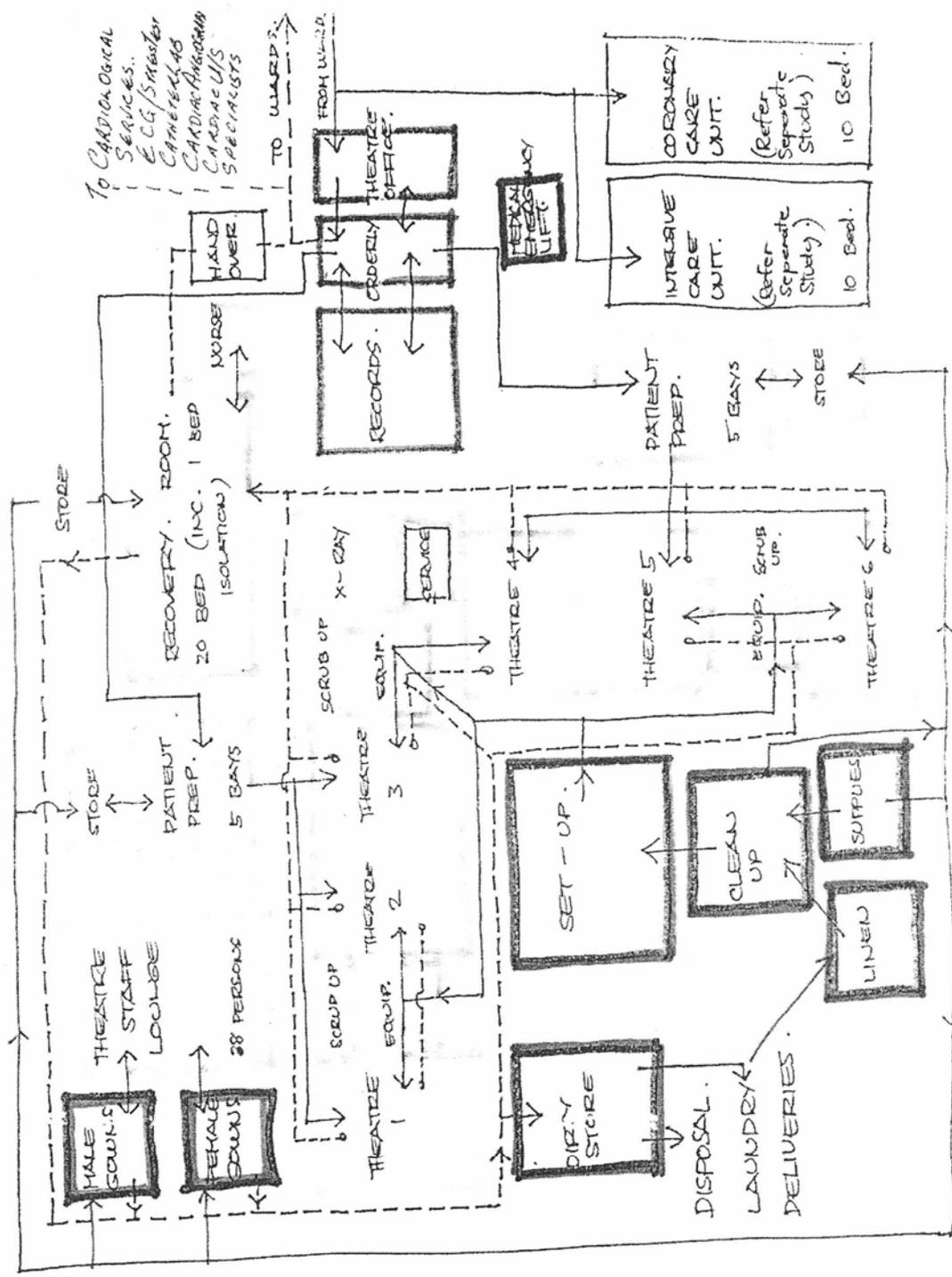


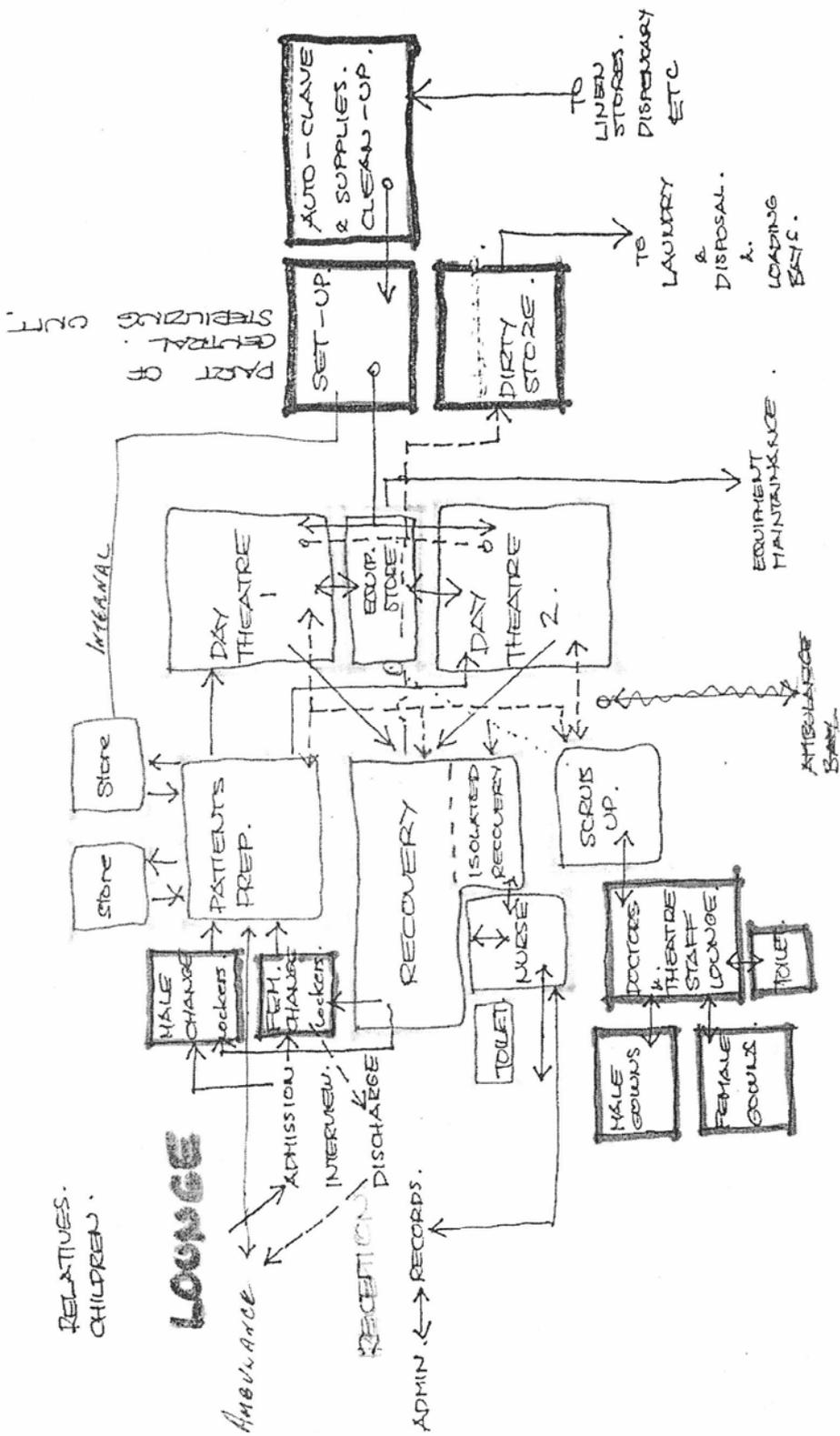
# Imaging



# MAJOR THEATRES.

1/7/





DATE 26/6

AREA. DAY THEATRES.



## PATHOLOGY LABORATORY

Reception & Administration		Biochemistry & Serology	Immunology	Stores & Staff Rooms
	Specimen Reception & Collection			
	Autologous Blood Bank	Haematology & Coagulation	Microbiology	Histopathology
				Fume Hoods

**Department Areas:**

Reception	50m <sup>2</sup> Microbiology	30m <sup>2</sup>
Offices - Pathologist etc	50m <sup>2</sup> Histopathology	70m <sup>2</sup>
Collection Rooms	30m <sup>2</sup> Biochemistry	60m <sup>2</sup>
Autologous Blood Bank	30m <sup>2</sup> Haematology	60m <sup>2</sup>
Stores & Staff Rooms	40m <sup>2</sup> Immunology	30m <sup>2</sup>
	350m <sup>2</sup> to 450m <sup>2</sup>	

Quality Network for Medical Providers, Suppliers, and Process Units

