

PASCAS HEALTH SANCTUARY

MEDI-HOTEL

also a

SPA RESORT



“Peace And Spirit Creating Alternative Solutions”

**PASCAS HEALTH Pty Ltd
Pascas Health Sanctuary & Pascas Health Clinic**

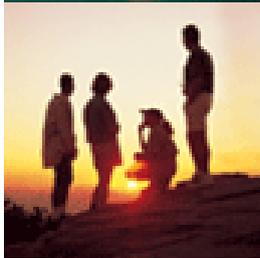
Queensland Australia

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www.pascasworldcare.com www.pascashealth.com



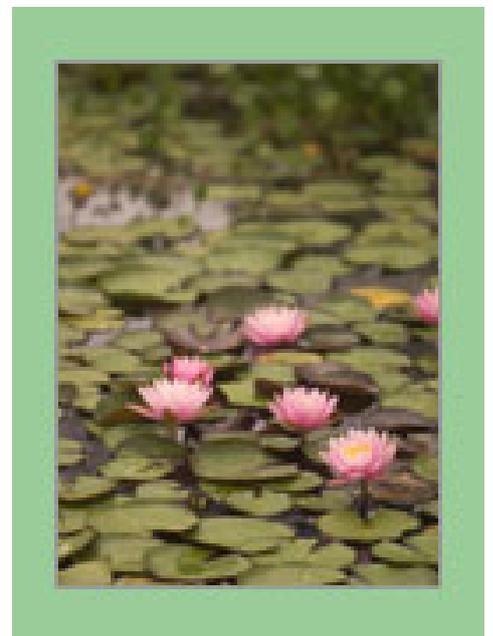
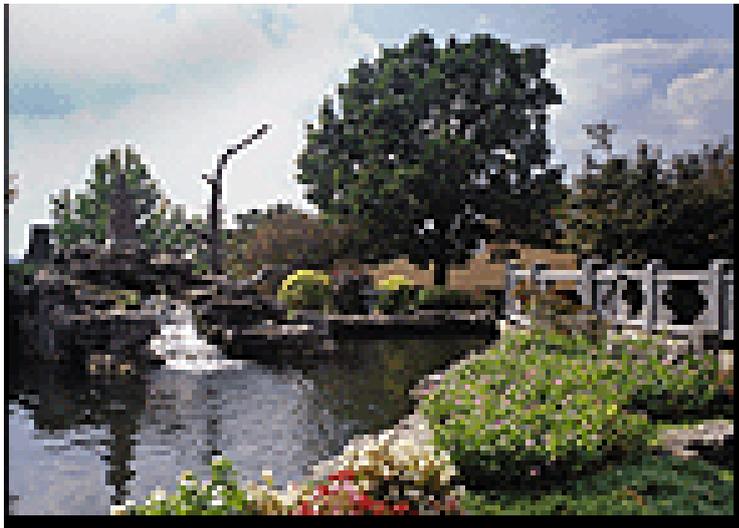
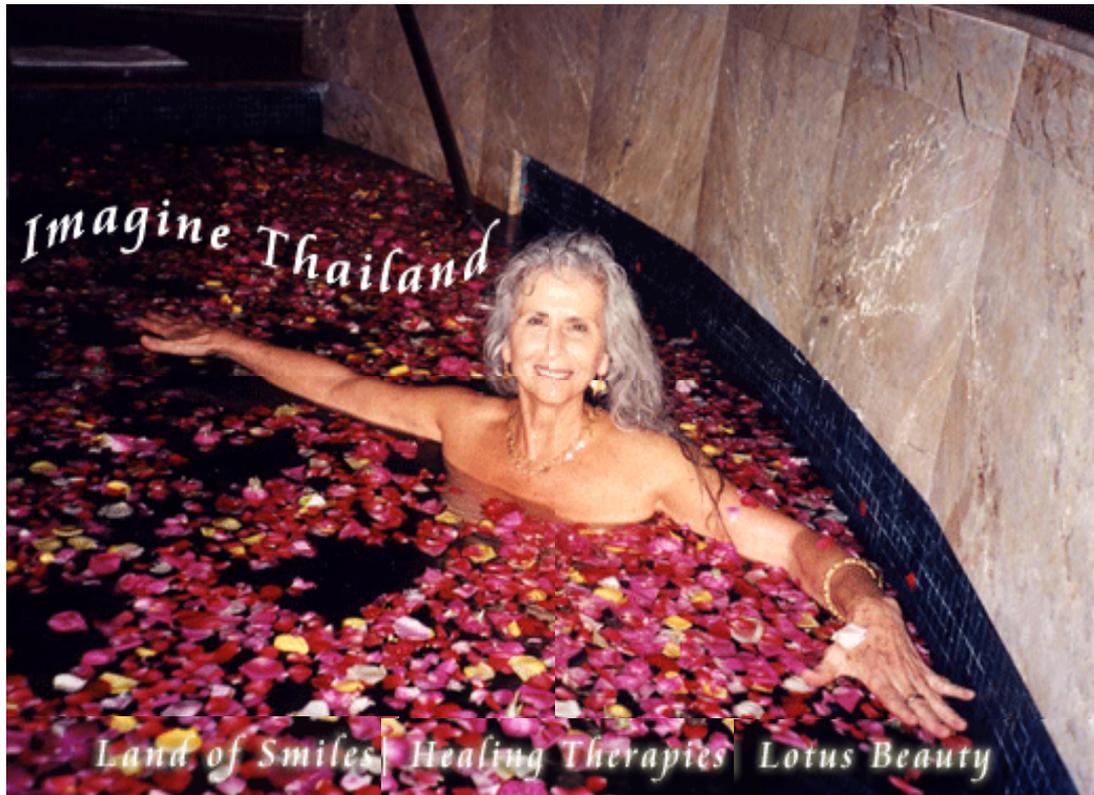
choose...



live...



transform...



Pascas Health Sanctuary Resorts and Medi-Hotels will set the standards for healthy vacations for years to come. Whether you choose our resort in lush foothills of the Gold Coast, Australia, or the island settings of the Bahamas, you have the opportunity to focus your stay on a health related issue - anything from weight loss to smoking cessation and stress management to grief. If you are ready to make the commitment to a healthier lifestyle, we have programs and resources to help as well as the skills to help you with your personal health crisis or concerns.

The Life Enhancement Programs may be a weeklong, in-depth experience designed to guide you through significant lifestyle changes in an inspiring and fun way.

Whether you have a specific medical concern or just want to learn more about healthy living, you'll find the perfect balance of physical activity, private time, and workshops tailored to your interests.

The **Life Enhancement Program** focuses on self-discovery, preventive and supportive care, and the development of positive lifestyle habits. **Specialty Weeks and Special Programs** offer a variety of in-depth programs covering specific health and wellness concerns.

And because it's Pascas Health Sanctuary, you'll not only have a relaxing, unforgettable vacation experience - you'll learn how to keep that healthy feeling for life.

This dynamic program is held in the Life Enhancement Clinic, a separate, supportive setting for the focused, small-group experiences of the Life Enhancement Program.



FOR PHYSICIANS and NURSES

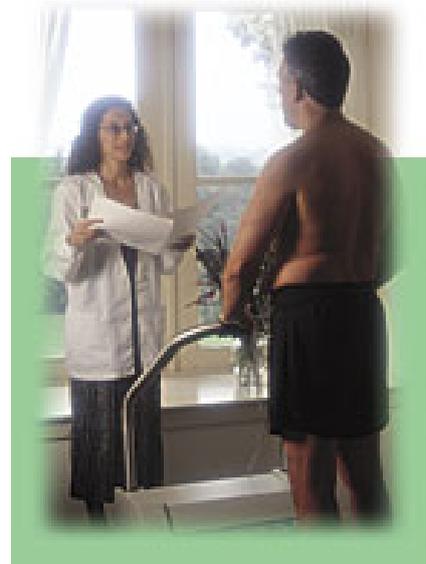
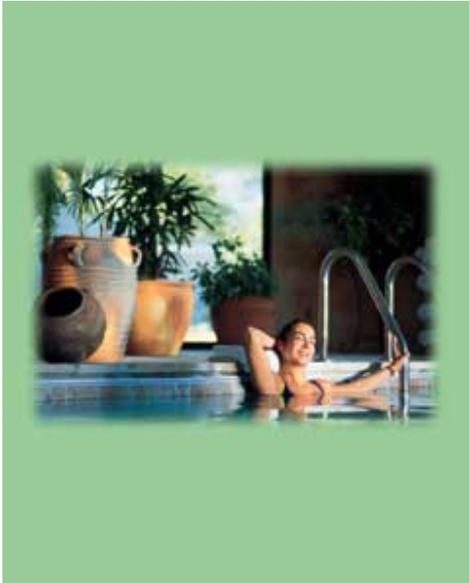
Pascas Health Sanctuary programs allow health professionals to enjoy a relaxing, fun vacation at a world-class resort while expanding their knowledge of leading-edge preventive care. Physicians and nurses may earn continuing medical education credits through several fully accredited programs.

Some continuing education programs are held in our Life Enhancement Clinic, a separate, supportive environment on the grounds of the Sanctuary resort complex. Participants enjoy exclusive use of the Clinic's fully equipped gyms, locker rooms, dining room, lounge, meditation garden, massage facilities and swimming pool.

Programs include:

4-Night Program

Physician-only program begins any day of the week throughout the year.

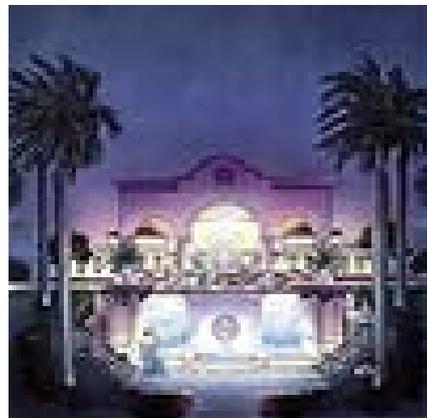
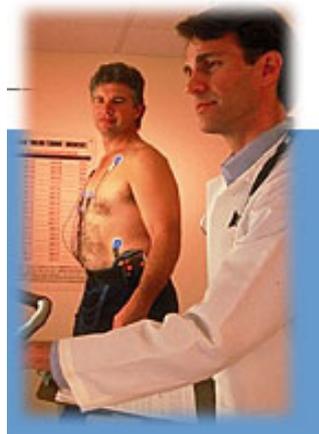


AN IN-DEPTH LOOK AT WELLNESS

Gold Coast, Australia and The Bahamas

Our Health Packages give you information and inspiration to make lasting changes. Each package includes services that you hand-pick based on your special interests. An integrated team of health specialists reviews your wellness profile and advises you on fitness, nutrition, heredity issues and lifestyle.

A stay of four nights or longer is required with most packages.

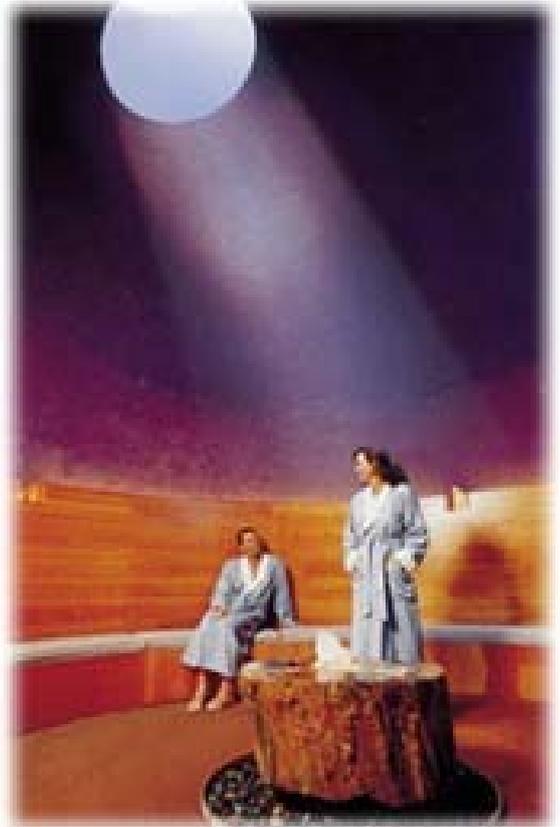




THE SPA

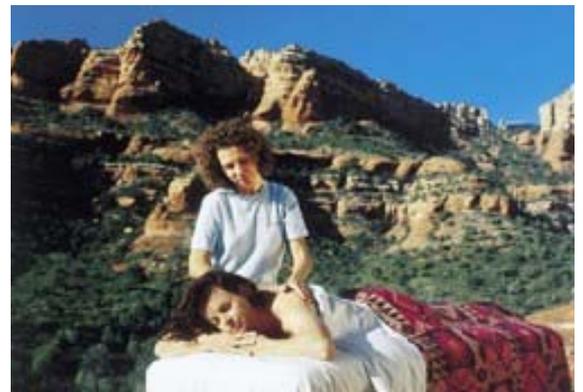
Never before have the elements of heaven and earth come together in a sacred space like they have in a Pascas Health Sanctuary, with Mii amo, a destination spa at Enchantment. In the Yuman dialect of Native American language, Mii amo (me ah moe) means a journey or passage. Daily in Mii amo, spiritual ceremonies honouring the union and balance of sacred earth elements will be celebrated in the Crystal Grotto near the main entrance. The dome shaped grotto is fashioned after the traditional Native American “kiva”, which is a room used for rituals and cultural observances. Adorned with crystals spotted by natural light from the sky through an opening in the ceiling of the grotto, this sacred space within the Sanctuary will see the daily blending of essential oils and other rites.

Mii amo is located on the property of the Sanctuary Resort away from the main entrance and secluded from guest areas. Accessible to the guests of Enchantment Resort by walking paths and a land bridge connecting the properties, the main spa building includes seven bodies of water, twenty four treatment rooms, elaborate men’s and women’s locker rooms, aerobic studio, retail shop, library, herb garden and an exhibition-style kitchen that will serve an 80 seat spa cuisine restaurant highlighted by a 16 seat communal style table reserved especially for Mii amo guests.



As a secluded destination spa in a unique setting surrounded by national forest and wilderness lands, Mii amo offers natural amenities such as a sunny and mild four-season climate or sub-tropical vegetation, abundant native flora and one of the most scenic settings anywhere in the World.

This unique locations also offers an array of cultural, historical, and exploratory activities that feature aspects of Native American history, known for a vast variety of spiritual and healing offerings, is the perfect location for this luxurious destination spa. At the Sanctuary, our guests will always have magical journeys to experience on their personal path towards revitalization and renewal.



The Sanctuary consists of four main areas: the treatment and relaxation centre, the fitness and activities area, the pool and food & beverage areas, and the specially designed spa casitas. The architecture of the Sanctuary matches the understated style of the Enchantment Resort. The utilization of many of the same features such as latillas, traditional plasters and rock walls, gives the Sanctuary a sense of belonging to the resort and the environment. In keeping with Enchantment Resort, a Native American and

Southwestern influence is felt throughout the facility. Then, by adding a hint of Asia through the use of geometric lines and warm fabrics, a sleek and elegant appearance is achieved. This combination of cultural design elements has created an atmosphere comfortable enough to enable guests to walk around in their spa robes and slippers between treatments, activities and meals.

Combine the talents of the world's best spa therapists with one of the most spectacular natural settings on Earth, and each Sanctuary guest will be nurtured for individual serenity and calm.

Our weight room is open from 6 am until 9 pm. There is a variety of Cybex equipment, including treadmills, EFX, free weights, and a Pilates Reformer. We have personal trainers available for private sessions. Please talk to a spa specialist to schedule a session. Sixty and ninety minute sessions are available by appointment.

We have a wide variety of classes from Step Aerobics to Qi Gong, Meditation, Yoga, Power Walks, Hula Hooping and Aqua Aerobics. Please check the Activities Schedule below for a calendar of events.



CELESTIAL ROOM – MEDI HOTEL

ZODIAC ROOM – MEDI HOTEL

ZODIAC

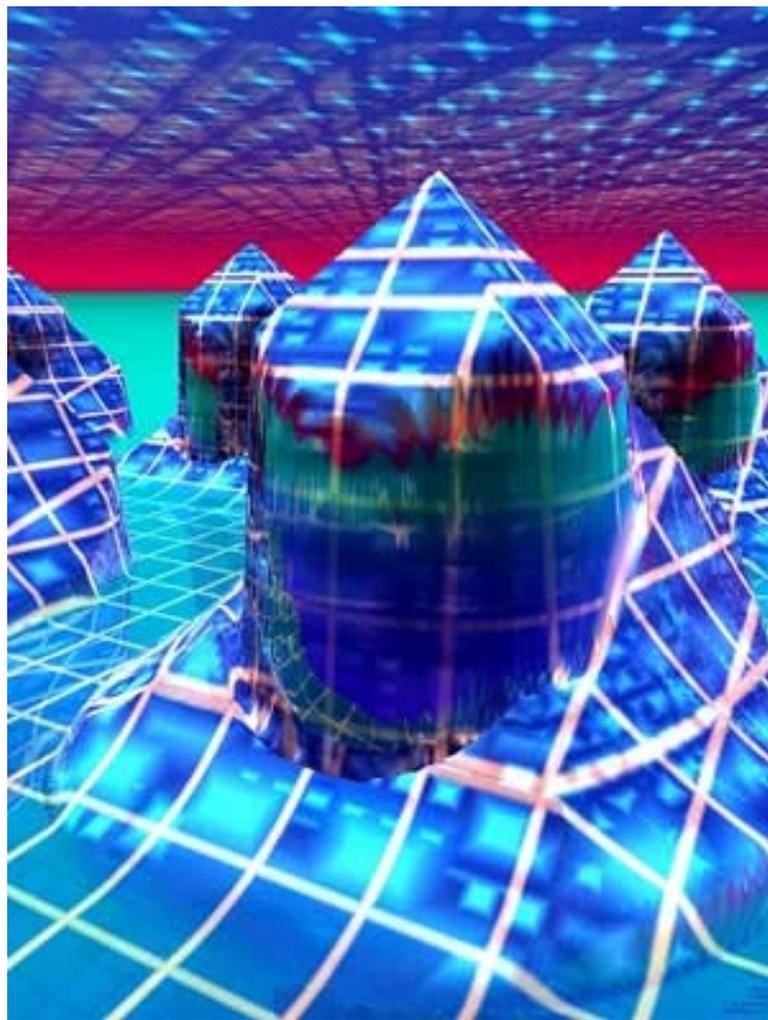
The zodiac is an imaginary band around the celestial sphere, which is divided into 12 parts known as the constellations of the zodiac. The band contains the ecliptic (the line representing the Sun's apparent path across the sky over the course of the year), and the Sun, Moon, and planets are always to be found within its limits. Each constellation of the zodiac contains a pattern of stars that represents an animal or character from Greek mythology. The zodiac originated as a device for measuring time, but by the 5th century BC it had been incorporated into attempts to determine character and predict the future. Although there is no scientific proof of its validity, astrologers still use the zodiac for assessing trends in people's emotional and physical lives.

CONSTELLATIONS OF THE ZODIAC SHOWN ON THE CELESTIAL SPHERE

SIGNS OF THE ZODIAC

ARIES (RAM) 21 MAR-20 APR	TAURUS (BULL) 21 APR-20 MAY	GEMINI (TWIN) 21 MAY-20 JUN	CANCER (CRAB) 21 JUN-21 JUL	LEO (LION) 22 JUL-21 AUG	VIRGO (VIRGIN) 22 AUG-21 SEPT
LIBRA (SCALES) 22 SEPT-22 OCT	SCORPIO (SCORPION) 23 OCT-21 NOV	SAGITTARIUS (ARCHER) 22 NOV-20 DEC	CAPRICORN (GOAT) 21 DEC-19 JAN	AQUARIUS (WATER-BEARER) 20 JAN-18 FEB	PISCES (FISH) 19 FEB-20 MAR





**PASCAS HEALTH SANCTUARY WELLNESS PROGRAMS and FACILITIES WILL
EXTEND to REMOTE NATURAL ENVIRONMENTS and SETTINGS:**



FITNESS & ACTIVITY SCHEDULE

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:50	Mvt. Studio		Tai Chi Bonnie				Tai Chi Bonnie	
7:00-7:50	Spa Lobby	Power Walk Iala	Power Walk Iala	Power Walk Iala	Power Walk Patricia	Power Walk Susan	Power Walk Patricia	Power Walk Patricia
8:00-8:55	Mvt. Studio	Cardio Ball Iala	Body Bar Cardio Iala	Cardio Ball Iala	Cardio Pump Jeanne	Karatebox Patricia	Body Bar Cardio Patricia	Karatebox Patricia
8:15-8:25	Crystal Grotto	Morning Ritual Therapists	Morning Ritual Therapists	Morning Ritual Therapists	Morning Ritual Therapists	Morning Ritual Therapists	Morning Ritual Therapists	Morning Ritual Therapists
8:30-9:30	Spa Lobby					Nature Walk Forest Ranger		
9:00-10:25	Mvt. Studio	Flow Yoga Nicole	Yogalates Iala	Hatha Yoga Sharon	Gentle Flow Yoga Nicole	Hot Yoga Susan	Gentle Flow Yoga Nicole	Basic Yoga Achmed
10:30-11:25		Aqua Aerobics Iala Pool	Mat Pilates Iala Mvt. Studio	Aqua Aerobics Iala Pool	Mat Pilates Iala Mvt. Studio	Aqua Aerobics Achmed Pool	Fit Camp Patricia Mvt. Studio	Pilates-Based Sculpt Achmed Mvt. Studio
12:00-1:20	Spa Lobby		Mountain Bike Excursion Scott		Mountain Bike Excursion Scott		Mountain Bike Excursion Scott	
1:00-2:00	Library			Guest Lecture (Subject info @ Desk)			Guest Lecture (Subject info @ Desk)	

2:00-2:55	Mvt. Studio	Dance, Tone & Stretch Dance Sharon		Dance, Tone & Stretch Dance Sharon		Dance, Tone & Stretch Susan		
3:00-3:55	Mvt. Studio	Pilates Strength & Balance Tami	Cardio Strength Jeanne	Pilates Strength & Balance Tami	Pure Strength Tami	Cardio Strength Jeanne	Pilates Body Sculpt Achmed	Breathe Easy Susan
3:00-4:00	Cafe			Cooking Class			Cooking Class	
4:00-4:55	Mvt. Studio	Restorative Yoga Sharon	Qigong Paulette	Restorative Yoga Sharon	Qigong Paulette	Restorative Yoga Sharon	Qigong Paulette	Hatha Yoga Susan
5:00-5:25	Crystal Grotto	Meditation Sharon	Meditation Paulette	Meditation Sharon	Meditation Paulette	Meditation Susan	Meditation Paulette	Meditation Susan
5:30-5:55	Mvt. Studio	Evening Stretch Sharon		Evening Stretch Sharon		Evening Stretch Sharon	Evening Stretch Achmed	
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



WORKSHOPS AND LECTURES

Relaxation, fabulous food, and spectacular natural scenery - what else could you possibly want? How about some tips on how to feel your best and live happier and healthier for the rest of your life. Choose from a variety of workshops and special lectures on contemporary issues throughout the year. Please ask the spa reservation for a list of upcoming speakers, weekly workshops, and special lectures that will occur during your stay.



Program 1

Wednesday	Kristina	Feeling "Centred" on a Daily Basis	Discover simple techniques to ground and focus your daily intentions.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	The Benefits of Supplements	This discussion will introduce you to the use of supplements in a simple and fun way.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Kristina	Meditation	You will learn the principles and tools and then practice meditation techniques.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	Herbal Medicine: Support for Body & Mind	Learn the benefits of natural herbs and supplements to improve the health of your mind and body.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.

Program 2

Wednesday	IaIa	Journaling for Clarity & Relaxation	Learn how to use journaling for self-discovery, uplifting the spirit, and setting life goals.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	Cleaning the Mind & Body	Discover gentle and safe tips for internal cleansing.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Susan	The Healing Power of the Colour Green	Green is the colour of the heart Chakra. In honour of St. Patrick's Day, come explore its healing power.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	Leslee	Herbal Medicine: Support for Body & Mind	Learn the benefits of natural herbs and supplements to improve the health of your mind and body.
Saturday	Janet	Ayurveda	Learn the Science of Life through this ancient whole health philosophy.
Wednesday	IaIa	Journaling for Clarity & Relaxation	Learn how to use journaling for self-discovery, uplifting the spirit, and setting life goals.

Retreats for the Heart
Sanctuary's Annual Calendar

Healing the Heart Yoga Retreat:
Reconnect the potential within

(4 night inclusive program, low season rate, includes 3-60 minute treatments and 1-90, the Yoga program and all regular inclusions)

Summer Solstice Week:
Honouring Native Traditions

(7 nights inclusive program, low season rate, includes 5-60 minute treatments and 5-90's and attendance to all Native American events as well as the Sweat Lodge and all regular inclusions)

Serenity Yoga Retreat:
Nurturing, Empowering and Celebrating Women

(3 night inclusive program, low season rate, includes 2-60 minute treatments and 1-90 and the Yoga program and all regular inclusions – this is a women's yoga retreat-)

Communication & Relationships:
A Couples Retreat at the Sanctuary

(4 night inclusive program, mid-season rate, includes 3-60 minute treatments and 1-90, the program course and all regular inclusions)

Rejuvenation of Mind & Body:
An Anti-Aging Approach

(3 night inclusive program, SPECIAL INTRODUCTORY RATE \$1,290 p.p (= \$300 below low-season rate!), includes 3-60 minute treatments and 1-90, all program events and all regular inclusions)

MASSAGES, PERSONAL PAMPERING & LIFESTYLE:



SWEDISH RELAXATION MASSAGE

Our traditional full-body massage alleviates aches and pains, and leaves you feeling completely relaxed from head to toe.

SPORTS MASSAGE

Get energized and feel ready-to-go! We warm up and stretch your muscles before you take to the tennis court, swimming pool or an aerobic class. This massage will help decrease your chances of injury and improve recovery time.

JAPANESE RESTORATIVE MASSAGE

Eastern and Western techniques are combined in order to relieve stress and promote well-being. The Western contribution improves the circulation of your blood and lymphatic fluids. The Eastern style concentrates on acupressure point, restoring natural energy pathways to a normal balance.

FOOT REFLEXOLOGY

This complete foot massage stimulates the reflexes to cause reaction in corresponding parts of the body. Working these reflex points will drain away stress!

THERAPEUTIC AROMA MASSAGE

This massage works in combination with pure essential oils to enhance energy flow throughout the body and lymphatic system.

CRANIO SACRAL THERAPY

A light-touch therapy that concentrates on the environment in which our brain and spinal cord develop and function. This system is responsible for the health and well-being of your entire body.

RAINDROP TECHNIQUE

A detoxifying treatment which incorporates a sequence of seven essential oils designed to reduce inflammation, reduce pain, improve circulation and possibly destroy viral or bacterial agents that may be dormant along the spine.

SHIATSU

An aggressive oriental massage that focuses on acupressure points and passive stretching. It increases vitality and flexibility and is performed through the clothing on a floor mat.

ULTIMATE SCALP MASSAGE

This massage focuses on the scalp, neck and face, but feels like a full-body treatment. You may choose from two oil blends and the scalp treatment contains conditioners which may be left in.

REIKI

An ancient system of natural healing that works with the human energy bio-field or aura. Only very light touch is used. This session is quiet and introspective and goals include physical well-being and personal growth.

THE HEARTLAND STONE THERAPY

This full-body massage therapy features the use of hot basalt and cold marble stones. The temperatures of our stones greatly increase the exchange of blood and lymph throughout the body, and our unique approach empowers guests to explore the body/mind/spirit connection.

NEUROMUSCULAR THERAPY

A session dealing with one specific condition or area of pain and entrapment. Techniques include myofascial release, cross-fibre friction, ischemic compression, mobilization and appropriate stretching. Examples of such conditions include carpal tunnel syndrome, tendonitis, thoracic outlet syndrome, piriformis syndrome, rotator cuff entrapment, back and neck pain.

TWO BY TWO

Enjoy your relaxing Swedish massage together in the same room: two guests and two therapists.

TWO ON ONE

This is for the massage connoisseur who wants to experience something unique: two therapists working together on one guest.

AROMATHERAPY OIL WRAP

This deep moisturizing treatment begins with a gentle dry brushing. A soothing full-body wrap using our synergistically blended oils combined with an Aromatherapy oil of your choice, such as relaxing Lavender or reviving Grapefruit, or blends like Uplifting and Lullaby. Our warm oils will restore the vital moisture lost through daily cleansing and environmental abuse.

THE "COMBO"

A treatment package combining our Sea Salt Body Scrub and our Aromatherapy Oil Wrap. An "awesome" spa body treatment. Your skin will be as soft as silk after experiencing this pampering indulgence. Don't go home without it!



MARINE MUD WRAP

A full body mud treatment for moisture depleted and damaged skin. Included in this service is a gentle exfoliation with a dry brushing. Our mud replenishes your skin with vital nutrients, while detoxifying your pores, leaving it toned and supple.

BOTANICAL MUD WRAP

Following a dry brushing, Botanical mud is applied to the skin for a marvellously rich body treatment sure to soothe

you. Natural minerals and trace elements stimulate the lymphatic system, releasing toxins, leaving the skin tissue firm and refined.

BOTANICAL BLISS

Two services that compliment each other perfectly are now available in one salon visit. Our Sea Salt Body Scrub and Botanical Mud Wrap to totally pamper almost every inch of your body from the neck down.

SEA SALT BODY SCRUB

Your skin will glow after we restore its natural radiance with this invigorating full body exfoliation. We apply warm oils and pure sea salt for a de-stressing and nourishing treatment designed to release toxins from the skin. You are then rinsed with a relaxing and therapeutic "Vichy Shower".

AROMATHERAPY ANCIENT SEA SALT SCRUB

Our ancient sea salts provide an invaluable source of nutrients and trace minerals to the skin. They are blended with our pure Aromatherapy oils for an exfoliating treatment like no other. You can choose the nurturing effects of our Relaxing Sea Salts or the refreshing effects of our Stimulating Sea Salts.

SMOOTHING BODY POLISH

Experience the silky feel of spa exfoliation. We use fine-buffing micro-beadlets suspended in a soap-free gel that is joined with moisture-protecting panthenol and stimulating peppermint extract for a purifying and hydrating indulgence.

WAXING

Our wax consists of a blend of honey and beeswax. This is a gentle epilation treatment that lasts longer than tweezing or shaving. We do the eyebrow, lip, chin, full face, underarms, forearms, Full arms (including underarms), Bikini and legs!



Tai Chi Chuan

An ancient art of meditation and movement. Utilize body, mind and breath to develop coordination and awareness and to reduce stress.

Yoga

Stretch and energize the body, calm and focus the mind, uplift and nourish the spirit. Learn breathing, relaxation and body techniques.

TRIPLE FRUIT ACID INTENSE EXFOLIATION

A simple resurfacing of the skin. Our 28.5% hydroxy acid solution is applied to the face after a thorough cleansing. Followed with a soothing masque, rich in hydrating herb extracts and panthenol to give you a smoother more youthful looking skin.



NATURAL EUROPEAN FACIAL

A surface cleansing, using products with ingredients such as chamomile and balm mint. Includes a mild exfoliation, a facial massage and a nurturing masque specifically selected for your skin.

MEN'S BASIC MAINTENANCE FACIAL

An invigorating treatment designed especially for our male guests. This facial incorporates our men's skin care products, including a mild exfoliation with steam, a facial massage, and a nourishing masque.

HONEY MUD FACIAL*

Revive your skin with this deep-pore cleansing facial, using ultra luxurious "mud" created from natural mineral clays blended with aloe vera and honey. This treatment is perfect for combination skin. The mud not only removes congestion from the oily areas of the face, but also rehydrates the areas that are too dry.

HYDRATING SOY FACIAL

A unique blend of bioactive lipids replicate skin's own natural internal moisturizers, repairing damaged moisture-holding areas surrounding cells that cause dry, rough skin and increase wrinkle formation. Soy extracts reinforce the skin's natural barrier. Relax and enjoy as this facial includes two facial massages.

RADIANT "RIVERROCK" FACIAL

Totally de-stress your skin, as well as your spirit, with the ultimate facial. After a thorough cleansing of the skin and a skin analysis you will feel the total gratification of "thermotherapy". With the use of hot and cool stones in this facial we are able to stimulate the circulatory system and promote self-healing, soften and relax the muscles and skin on the face, release toxins, and induce a state of deep relaxation that diminishes stress. An incredible indulgence for the body, mind and spirit.

VISIBLY FIRMER FACIAL*

A mini face-lift in a facial! You'll see results immediately with this blend of skin-enhancing proteins and exfoliating plant enzymes. An incredible combination that dramatically firms facial contours, clears blocked pores and reveals fresh, new, more youthful skin within minutes. You can feel it!

VISIBLY SMOOTHER FACIAL

A gentle resurfacing of the skin using a professional Alpha Hydroxy Acid Treatment, containing a 28.5% solution of naturally derived fruit acids. Our triple fruit acid gel works within minutes to diminish fine lines, soften skin discolorations and refine pores. The outer skin layer is coaxed to release old, unwanted cells to reveal the newer, younger cells below.

FULL BACK TREATMENT

A deep-pore cleansing and conditioning of the back area. Designed for oily, acne or congested skin. Includes exfoliation and mud-detox treatment.

*These facials include an exfoliation with steam, deep pore cleansing, stimulating massage to the face, neck and décolleté area and a mini massage to the hands and feet.

ESSENTIAL MANICURE

Promoting and enhancing healthy nails and hands, this service includes shaping the nails to your specifications followed by a tension-relieving hand massage. As a finale to your manicure we offer a selection of OPI Nail Lacquers to choose from.



SPA MANICURE

Treat your hands to what they deserve. This treatment includes an exfoliation using natural herbs and luxurious oils to soften your hands. Warm relaxing paraffin is applied to renew them. This includes a massage from the elbow to the fingertips! This service ends with OPI

Nail Products including: base coat, two colour coats and a top coat.

FRENCH POLISH

Add this to a manicure or pedicure for the natural look of the ever popular polishing techniques of the French.

PARAFFIN BATH (HANDS OR FEET)

This moisturizing treatment for the hands and feet is enriched with Vitamin E. We have peach scented paraffin for the hands and wintergreen scented paraffin for the feet.

MOISTURE INFUSION MANICURE

Restore and re-hydrate with this “hand facial.” Fine lines, due to dehydration are diminished, dry patches are repaired and skin is visibly smoother and more vibrant. Relax and enjoy and invigorating exfoliation, a finger tip whirlpool, and an essential oil rich masque.

FRENCH POLISH

Add this to a manicure or pedicure for the natural look of the ever popular polishing techniques of the French.

ESSENTIAL PEDICURE

Following a cleansing and softening of the feet in a whirlpool bath, nails are shaped and cuticles are pushed back. This treatment includes a toe-tingling massage up to the knee.

FOOT FIX PEDICURE

A spa pedicure you won't want to miss. Indulge in total relaxation as we pamper your feet with an invigorating exfoliation, a therapeutic whirlpool footbath, a marine mud masque and a stimulating massage up to the knee. This treatment will leave you with satiny soft feet that are fully rehydrated. Why not give those feet a “jump start” to a healthier lifestyle too!



SOLE SOFTENING PEDICURE

Let your soles delight with this pedicure for rough feet. Our masque with a combination of glycolic and salicylic acids and multiple antioxidants promotes rapid exfoliation, while shea butter helps nourish and condition dry callused skin. Finally, foot relief for dry, cracked heels and hard calluses.

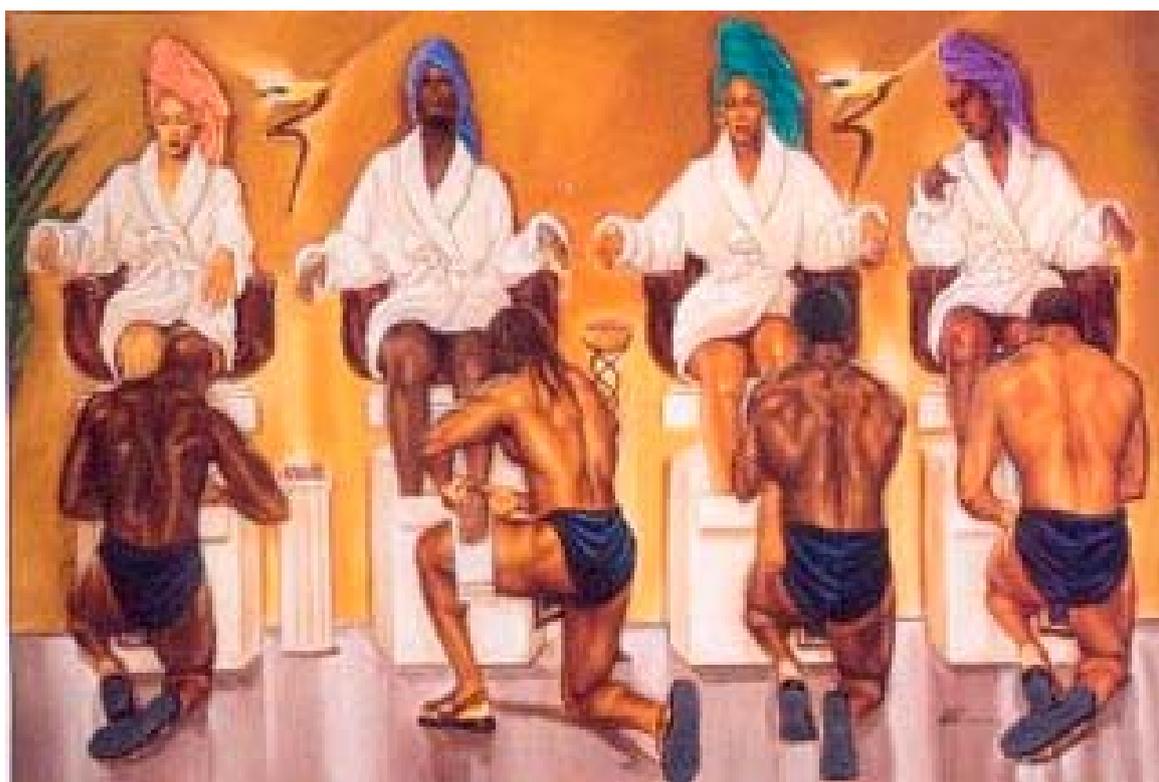
PARAFFIN BATH (HANDS OR FEET)

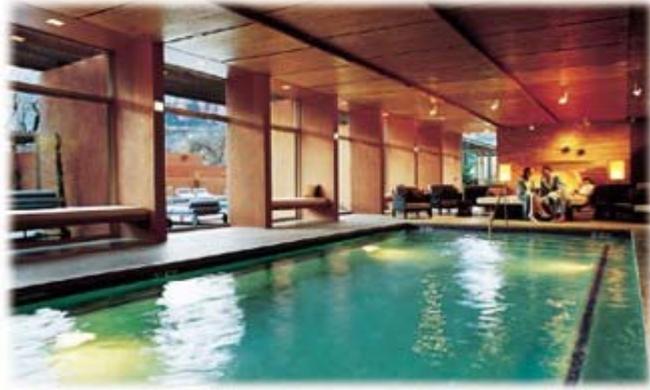
This moisturizing treatment for the hands and feet is enriched with 100% Vitamin E. We have peach scented paraffin for the hands and tea tree oil enhanced paraffin for the feet.

HAIR SERVICES

Our salon is staffed with experienced stylists who are anxious to help you with your hair styling needs. We offer new designs, simple hair shapings and deep conditioning treatments.



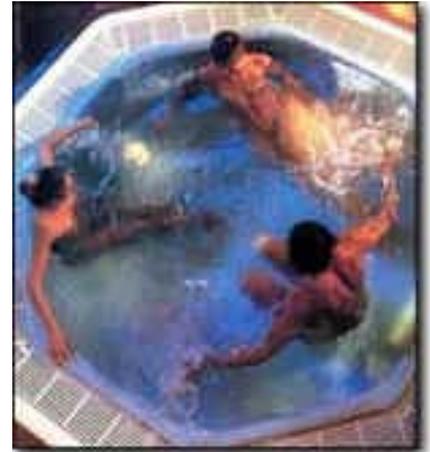


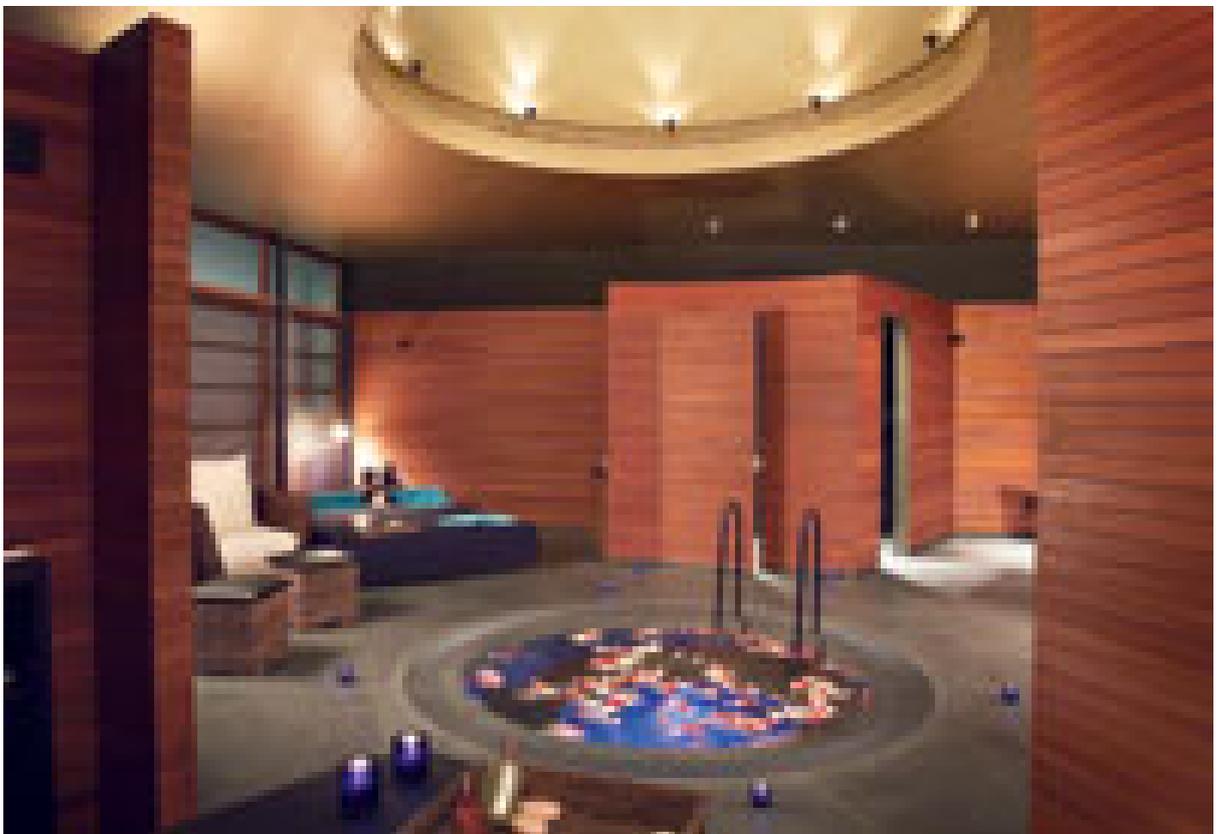












PASCAS INTRODUCTION:

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 persons 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.

Namaste

