

# PASCAS FOUNDATION (AUST) Ltd



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## AGED CARE HOME SUPPORT



## What is an aged care advocate?

<https://www.agedcareguide.com.au/information/what-is-an-aged-care-advocate#:~:text=Advocates%20provide%20a%20variety%20of%20support%20and%20services,to%20older%20Australians%20in%20their%20times%20of%20need.>

19 January 2023

If you have any worries, concerns or complaints about aged care services you are receiving, it can be difficult to let your provider know that you feel you are not receiving adequate care and services.

Aged Disability Advocacy	ADA Australia	<a href="https://adaaustralia.com.au/">https://adaaustralia.com.au/</a>	1800 818 338
Aspire 4 Life		<a href="https://www.aspire4life.com.au/">https://www.aspire4life.com.au/</a>	1300 012 055
APM		<a href="https://apm.net.au/">https://apm.net.au/</a>	07 3236 6179
	My Aged Care		1800 836 799

### Key Points:

- There are formal and informal advocates that can help you with any issues that arise while receiving care and services from a provider
- Advocates help empower older people through teaching them their rights when receiving aged care
- Aged care advocates are free to engage if you are receiving Government funded aged care services

If you feel unsure about talking to your service provider about your concerns an aged care advocate can help you.

Advocates provide a variety of support and services to older people who require assistance in handling matters with their providers.

It is an important role within aged care that supplies impartial advice and support to older Australians in their times of need.

### **What do advocates do?**

Aged care advocates can help you take control when you feel you need to discuss your situation with your service provider. They can help you understand your rights and options as well as talk through the best way to address your concerns.

Their aim is to educate and support you to achieve the best outcome and in some cases can even speak on your behalf.

Advocates can be a great mediator during these awkward, scary and difficult discussions with providers.

An advocate aims to represent your views and interests, and can assist you during these difficult conversations or complaint resolution meetings with your aged care service.

Advocates are usually employed by advocacy services or peak advocacy organisations. These organisations often receive Government funding to operate independently and in most cases, their services are free of charge.

Anytime you are feeling pressure to make a decision about something, not satisfied with care or decisions made about you, that is when you should approach an advocate.

Otherwise, advocates are a great way to learn about your rights as an older person and what sort of care, and quality of care, you should be receiving.

The great thing about advocates is that they are impartial, so they will never be on the side of the provider or biased towards any situation you are in personally.

### **Who can be an advocate?**

Every State and Territory has free and independent advocacy services that provide free telephone advice, community education sessions or in-person advocacy assistance.

The Older Persons Advocacy Network (OPAN) is the national network of advocacy organisations covering all States and Territories in Australia. A free advice and advocacy line, 1800 700 600, can link you directly with an aged care advocate in your State and Territory.

OPAN also delivers the Australian Government's National Aged Care Advocacy Program (NACAP), which provides free advice to older people, ensuring accurate and confidential information.

Family and friends provide a lot of advocacy support to older people who are in an aged care home or receiving aged care services at home and aren't able to advocate for themselves.

These people are considered informal advocates that can support you and talk to providers about your personal interests on your behalf.

Additionally, there is an option for you to nominate an [Enduring Power of Attorney](#), also known as a legal advocate, who will be legally able to support you with complaints and advocate on your behalf. This position can be held by anyone you know or trust.

### **Limitations and roles of an advocate**

It is important to remember that while advocates can provide advice to you around complaint matters and can make sure your voice is being heard during meetings with providers, they are not lawyers. So they will not be able to provide legal advice or attend to any legal matters on your behalf.

Guidance, education and information are important parts of advocacy. An advocate wants to empower you through knowledge by making sure you know your rights as an older person, and help you navigate complaints and resolutions with your aged care provider.

This education can come through teaching you about your rights and responsibilities, and explaining how the [Charter of Aged Care Rights](#) work.

They can sit down with you and assist in writing emails or letters to your provider around any concerns you have about the care you are receiving.

An advocate can attend any meetings, hearings or appointments you have with your provider to make sure your views are heard and represented appropriately during these meetings. Also, advocates can make sure that the provider is being respectful and meeting their [Aged Care Standard](#) requirements.

If you are scared to attend a meeting without having support, advocates can provide emotional or moral support as well.

Additionally, an advocate will sit down with you to find out the end result you want to achieve and help negotiate or mediate any disputes.

An advocate will never make decisions or take actions without asking for your permission first, which is why it's important to let your advocate know what you're hoping to achieve during your initial meetings.

If you are moving from one aged care service to another, an advocate can assist with your transition over to the new facility or service.

### **Eligibility for accessing advocacy services**

To be eligible for advocacy assistance through Government-supported services, you either need to be currently living in a Government funded nursing home, receiving home care services in your own home through one of the Government funded programs – such as the Commonwealth Home Support Programme (CHSP) or a Home Care Package (HCP), receiving transition care, or you are a family member or friend that is helping someone who is currently receiving an aged care service.

Advocacy is free for anyone that is currently receiving Commonwealth funded aged care service or will potentially receive aged care services. And if you are not receiving Government funded services, aged care advocates, like the Older Persons Advocacy Network (OPAN), will still provide assistance.

### **COMMONWEALTH HOME SUPPORT PROGRAMME SERVICES**

Myagedcare.gov.au

1800 200 422





# AUSTRALIAN AGED CARE SERVICES



## Aged Care in Australia



- Consists of 3 different types of services and care available to older people and their carers
- Informal care provided by family carers
- Formal care
  - Community Care
  - Residential Care
- Flexible Care eg. Rehabilitation programs
- Accommodation and Housing





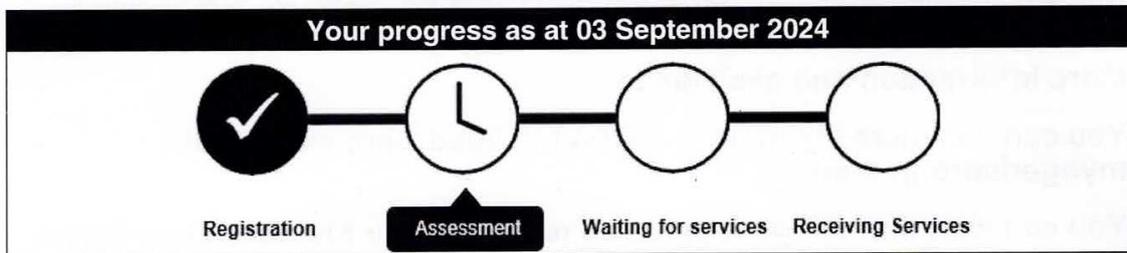
Mr John Doel  
32 BATH Street  
Unit 1  
LABRADOR QLD 4215

03 September 2024

Aged Care ID: AC93541423

### Welcome to My Aged Care

You have received this letter because you are a new client with My Aged Care.



Dear Mr Doel

My Aged Care is a system of support to help you access aged care services that are funded by the Australian Government.

You were registered with My Aged Care on 03 September 2024.

Below is a card with your Aged Care ID number to keep with you.

Your Aged Care ID can help identify you to assessors, aged care providers, and the My Aged Care contact centre.

You can also use your Medicare number, Centrelink Customer Reference Number (CRN) or Veteran card number to help prove your identity.




Australian Government | myagedcare

J. Doel  
**AC93541423**  
Aged Care ID

**Find the help you need with**  
**myagedcare**

Freecall: **1800 200 422**  
**myagedcare.gov.au**




Australian Government | myagedcare

## Next Steps

An assessor will contact you to arrange a time for a face-to-face or telehealth assessment. This assessment will help us to understand your needs and to arrange referrals to services that can assist you.

If you have someone that you trust to be able to speak and act on your behalf, you can appoint them as your representative. Representatives can speak and make decisions on your behalf, and access information for you through their My Aged Care Online Account.

Representatives can be appointed if they are with you at your assessment, or when you phone My Aged Care, and if they have their Medicare card. Alternatively, you can post or upload an Appointment of a Support Person Form to My Aged Care. Visit:

**[myagedcare.gov.au/arranging-someone-support-you](http://myagedcare.gov.au/arranging-someone-support-you)** for more information.

## More information and assistance

You can find more information on the My Aged Care website at **[myagedcare.gov.au](http://myagedcare.gov.au)**

You can view and edit your personal record in your My Aged Care Online Account through: **[my.gov.au](http://my.gov.au)**. To find out how, visit: **[myagedcare.gov.au/access-your-online-account](http://myagedcare.gov.au/access-your-online-account)**

You can also phone our contact centre on 1800 200 422. We answer calls between 8am and 8pm on weekdays and 10am and 2pm on Saturdays.

Regards

**My Aged Care**

**[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**  
Free Call: 1800 200 422



Australian Government



## After you've registered with My Aged Care

Freecall: 1800 200 422\*

Website: [myagedcare.gov.au](http://myagedcare.gov.au)

Visit: your dedicated Service Australia service centre

### What happens after you've registered with My Aged Care?

If you are eligible for an assessment you should hear from an assessment organisation within two to six weeks.

If you haven't heard anything in this time, call **My Aged Care** on **1800 200 422\***. Your Welcome Pack letter included a pop out card with your My Aged Care ID. Please have this handy when you call.

Don't worry if you don't have the card with your My Aged Care ID, My Aged Care will still be able to help you.

### What support is available?

- **Carer Gateway** provides in-person, phone, and online services and support nationally to help carers in their role. You can call **1800 422 737\***, Monday to Friday, between 8am and 5pm, and select option 1 to speak to your local Carer Gateway service provider or go to the website at [carergateway.gov.au](http://carergateway.gov.au) to find out more.
- **Dementia Australia** can be contacted on **1800 100 500\***, 24 hours a day, seven days a week (24/7), or online at [dementia.org.au](http://dementia.org.au) or alternatively you can contact **Dementia Support Australia** online at [dementia.com.au](http://dementia.com.au) or via the 24/7 phoneline on **1800 699 799\***.

You and your carer can also visit the My Aged Care website for more resources, services and support groups at [myagedcare.gov.au/caring-someone](http://myagedcare.gov.au/caring-someone)

### What happens at the assessment?

With your consent, a trained assessor will come to your home. They will assess your care needs and eligibility for services.

If you are eligible for subsidised aged care, the assessor will work with you to develop a support plan which addresses your care needs, goals and service preferences.

Someone else can be with you as your support person at this assessment visit. If you have a carer, you may wish to consider whether they attend the assessment with you as your support person. You can also ask the assessor about having an Auslan or in-language interpreter.

At your assessment, you should have:

- ID for you and anyone you want to be a representative and talk on your behalf: Medicare card and one other form of ID - such as DVA card, driver's licence, healthcare card, or passport.
- any information you already have about aged care services that you may want to discuss.
- information on any support you receive.

## What happens after the assessment?

After the assessment, you will find out if you are eligible for subsidised aged care services and which type.

Then you need to:

- **choose services:** the 'Find a provider' tool on the website at [myagedcare.gov.au/find-a-provider](http://myagedcare.gov.au/find-a-provider) can help you locate and compare services. Your assessor and My Aged Care can also help.
- **find out about costs:** the 'Fee estimator' tool on the website at [myagedcare.gov.au/how-much-will-i-pay](http://myagedcare.gov.au/how-much-will-i-pay) can give you information about costs. You may need a financial assessment.



## Have your say on aged care

We invite older Australians, their families and carers, the aged care workforce and providers to help shape and reform aged care. Register your interest at [agedcareengagement.health.gov.au](http://agedcareengagement.health.gov.au)

## Track your progress after your assessment using myGov

You and your representatives will be able to do the following through myGov:

- update your personal details
- upload documents
- see letters and how long you may need to wait if you've been approved for a Home Care Package
- see your assessors' and service providers' contact details
- update the details of people you've given permission to see your information
- see information about your assessments, referrals for services and support plan.

Sign in at [my.gov.au](http://my.gov.au) and link to My Aged Care.

You will then have access to your My Aged Care Online Account.

For guidance on setting up your Online Account go to [myagedcare.gov.au/access-your-online-account](http://myagedcare.gov.au/access-your-online-account)

## Receive notifications by SMS or email

SMS and email notifications keep you advised on events in your aged care journey such as when your assessment has been finalised.

In your Online Account under 'your profile', you can tick the box to receive SMS and Email notifications.

Otherwise, just call My Aged Care for help in setting up notifications.

## For more information

**Website:** [myagedcare.gov.au](http://myagedcare.gov.au)

**Call:** 1800 200 422\*

- Weekdays – 8 am to 8 pm
- Saturdays – 10 am to 2 pm
- Closed on Sundays and public holidays

**In person** Book an appointment with an Aged Care Specialist Officer in selected locations by calling **1800 227 475\*** (Monday-Friday, 8am to 5pm). You can also visit any Services Australia service centre for general My Aged Care support.

If you are deaf, deafblind, or hard of hearing, you can contact My Aged Care via

**Deaf Connect - deafconnect.org.au.** They can provide in-person sign language interpreting and Video Remote Interpreting services.

The **National Relay Service** can also assist if you find it hard to hear or speak using a phone. Choose your preferred access option at [communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs) and ask for a relay to 1800 200 422.

**Translating and Interpreting Service** call **131 450**, tell the operator the language you speak and ask them to call 1800 200 422.

**If you are a veteran or war widow/er** you may also be eligible for Department of Veterans' Affairs (DVA) services or programs. Ask My Aged Care for more information.

For information on **your aged care rights**, and for support when raising concerns, call the Older Persons Advocacy Network (OPAN) on **1800 700 600\***. These services are free and confidential, and OPAN is independent of providers.

\*1800 calls are free from landlines and most Australian mobile phone providers now offer free calls to 1800 numbers. Check with your mobile phone provider.



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

# Support to stay at home, bigger contributions for some: The aged care reforms, explained

<https://www.sbs.com.au/news/article/support-to-stay-at-home-bigger-contributions-for-some-the-aged-care-reforms-explained/q1xzmwvh2>

Emma Brancatisano Source: SBS News

Published 12 September 2024

A bipartisan agreement has been reached for an AU\$5.6 billion package of aged care reforms, including more support for people living in their homes and changes to residential care.



Minister for Aged Care Anika Wells (left) and Prime Minister Anthony Albanese announced the reforms in Canberra on Thursday, 12 September 2024. Source: AAP / Mick Tsikas

## KEY POINTS

- The government has announced major reforms to aged care after reaching a deal with the Coalition.
- Australians who choose to age at home will have access to greater support through a new system, Support at Home.
- Under the reforms, new entrants to residential care would be required to make larger means-tested contributions.

The federal government has announced a suite of aged care reforms, including more support for up to 1.4 million older Australians who choose to stay in their own homes.

Prime Minister Anthony Albanese announced the AU\$5.6 billion package on Thursday after reaching a deal with the Coalition.

It also includes "essential" changes to residential aged care, such as requirements for new residents to make larger means-tested contributions.

The government said the reforms, which have bipartisan support and were broadly welcomed by the sector, would represent the "greatest improvement to aged care in 30 years".

"This is about caring for the generation that cared for us," Albanese told reporters in Canberra on Thursday.

"We will deliver historic aged care reforms to ensure the viability and quality of our aged care system and support the growing number of older Australians choosing to retain their independence and remain in their homes as they age."

The government introduced the bill for a new Aged Care Act — the main law that sets out how the aged care system operates — to parliament on Thursday.

### **'Older people won a great victory'**

St Vincent's Care Services, Australia's largest not-for-profit aged care provider, said the agreement "smooths the way for the most impactful changes to aged care in a long time".

"It will raise standards and ensure the system can be adequately funded to deliver the aged care our parents and grandparents deserve and need. Now and in the future," chief executive Lincoln Hopper said.

Aged Community Care Providers Association chief executive Tom Symondson called it a "critical step ... that many believed might never happen".

"Today, older people won a great victory," Symondson said.

Craig Gear, chief executive of the Older Person's Advocacy Network (OPAN), said the bipartisan agreement "sends a very clear message to older people, their families and other representatives that their health, safety and wellbeing transcends party politics".

### **Support to stay at home**

Among the major changes is AU\$4.3 billion towards a home care package called Support at Home, which would come into effect on 1 July next year.

According to government figures, the number of Australians in home care has increased fourfold in the past decade.

"We've heard the message from older Australians: they want support to stay in the homes and communities they love," Aged Care Minister Anika Wells said.

"Support at Home will help around 1.4 million older Australians do just that, with shorter wait times, more levels of support, and funding for home modifications."

The government says the new system would provide support for clinical care, such as nursing or occupational therapy, along with everyday living, such as cleaning or meal preparation, showering, getting dressed or taking medications (classified as independence costs).



Aged Care Minister Anika Wells said the reforms will help older Australians stay in their homes. Source: AAP / Mick Tsikas

The government has committed to covering all clinical costs, while individual contributions for everyday living and independence costs would be means-tested.

How much a person pays would be based on their income and assets.

Full pensioners would contribute 17.5% of everyday costs and 5% of those supporting their independence, while the percentages for self-funded retirees would be 80% and 50%.

A lifetime cap would mean no one would contribute more than AU\$130,000 to their non-clinical care, with every Support at Home contribution counted towards that cap.

Participants would also be eligible for up to AU\$25,000 in additional support to spend their final three months of palliative care at home, rather than at a hospital.

According to a 2018 report from the Productivity Commission into end-of-life care, up to 70% of Australians would prefer to die at home, but most will be in hospital.

### **Residential aged care: bigger contributions for some**

The government has announced several "essential" changes to residential care to improve funding, viability and quality of the sector.

A government-commissioned Aged Care Taskforce report, published in March, found the sector would need AU\$56 billion in funding to update existing facilities and build new rooms to meet growing demand.

It recommended Australians make a reasonable means-tested contribution to the cost of their care.

Under the reforms, new residents from 1 July next year would need to make larger means-tested contributions, based on their income and assets.

The government says around half of new residents would end up paying more for their residential aged care.

Fully supported residents won't pay more, nor will seven in 10 full pensioners and one in four part pensioners.

People already in aged care facilities will also be spared under a 'no-worse-off' principle. That means those in residential care on 30 June 2025 will maintain their current arrangements until they leave care.

Other measures include increasing the maximum accommodation price for a room from AU\$550,000 to AU\$750,000. This would be indexed over time.

Providers will also be able to retain 2% of refundable accommodation deposits per year, for up to five years.

The treatment of the family home will be unchanged.

Aged care workers will get pay rises of up to 28% after landmark decision

Gear, from OPAN, said while the majority of older people it spoke to during consultations were happy to contribute to their care, within their means, they agreed any changes to funding must be supported by a "closely woven safety net".

The network is keen to understand the efficacy of such financial protections.

"Older people are entitled to high-quality aged care regardless of their financial situation. It must be based on their assessed need rather than their ability to pay," Gear said.

### **Protections under Aged Care Act**

A new, rights-based Aged Care Act was a key recommendation from the Royal Commission into Aged Care, which handed down its report in 2021.

The new legislation includes a statement of rights for older Australians in aged care, and new duties to hold providers accountable, along with stronger regulatory powers "to protect people from harm", a regulator with stronger investigative powers, and a new independent statutory complaints commissioner.

The legislation also introduces a compensation pathway for older Australians whose rights had been breached, along with new protections for whistle-blowers who report misconduct.

"A rights-based Act, one that addresses the current power imbalance between older people and aged care providers, has been a long time coming," Gear said.

But he expressed concern over the omission from the final legislation of criminal penalties for care providers who cause serious harm and neglect.

"We will need to be reassured that the Act contains sufficient protections for older people and deterrents for providers who do the wrong thing," Gear said.

Under the reforms, the government would spend AU\$930 million over four years, and save AU\$12.6 billion over the next 11 years.

The annual growth of government spending for aged care is expected to moderate from 5.7% to 5.2%.

For every \$1 contributed per person in aged care, the federal government will chip in \$3.30 on average to residential care and \$7.80 for Support at Home.

"These reforms are all about delivering better care for more people in a more sustainable way," Treasurer Jim Chalmers said.

"It's a step change in care, and a structural reform to the Budget."

Advocates and providers are now urging for swift passage of the bill through parliament.

# The Support at Home Program Explained: A New Era in Aged Care

<https://agedcareonline.com.au/home-and-community-care/support-at-home-program>

In response to the growing needs of Australia's ageing population, the government is reforming the in-home aged care system to provide better, more streamlined support to older Australians. A significant part of these reforms is the introduction of the new Support at Home program, which will replace several existing programs over the coming years.

## What is the Support at Home Program?

The Support at Home program is a new initiative designed to simplify and improve in-home aged care services in Australia. The program will replace the current Home Care Packages Program and the Short-Term Restorative Care Programme starting from 1 July 2025. Additionally, the Commonwealth Home Support Programme (CHSP) will transition to the new program no earlier than 1 July 2027.



## Why is the Support at Home Program Being Introduced?

The Support at Home program is being introduced as part of the government's broader efforts to reform the aged care sector. The aim is to create a more integrated, flexible, and user-friendly system that better meets the needs of older Australians.

By consolidating multiple programs into a single, streamlined model, the government hopes to reduce confusion and administrative burden, making it easier for individuals to access the care and support they need to live independently at home.

## Key Features of the Support at Home Program

Here are some of the key features and benefits of the new Support at Home program:

- **Simplified Access:** The new program will provide a single point of access for all in-home aged care services, making it easier for older Australians to navigate the system and find the support they need.
- **Greater Flexibility:** Support at Home will offer a more flexible approach to care, allowing individuals to choose services that best meet their unique needs and preferences.
- **Improved Quality of Care:** The program aims to ensure higher standards of care through stronger regulatory oversight, better training for caregivers, and increased focus on quality and safety.
- **Personalised Support Plans:** Each person receiving care will have a personalised support plan tailored to their specific needs and goals, which will be reviewed regularly to ensure it remains relevant and effective.
- **More Efficient Use of Resources:** By integrating multiple programs into one, the government aims to reduce duplication and administrative costs, ensuring more funding goes directly to frontline services and support.

## Timeline for the Transition

- **1 July 2025:** The Support at Home program will officially replace the Home Care Packages Program and Short-Term Restorative Care Programme.
- **1 July 2027:** The Commonwealth Home Support Programme (CHSP) will transition to the new Support at Home program. The exact date for this transition will be confirmed closer to the time.

### What Does This Mean for Older Australians and Their Families?

For older Australians currently receiving care or those considering applying for in-home support, the transition to the Support at Home program may bring several changes:

- **Current Recipients:** Those currently receiving services under the Home Care Packages Program, Short-Term Restorative Care Programme, or CHSP will be transitioned to the new program over time. The government has promised that there will be no disruption to care during the transition period, and recipients will continue to receive the support they need.
- **New Applicants:** From 1 July 2025, new applicants for in-home aged care services will apply through the Support at Home program. This new system is designed to be simpler and more straightforward, reducing wait times and improving access to care.
- **Providers:** Service providers will need to adapt to the new program's requirements and standards, which may involve changes to how they deliver care, manage funding, and report on services provided.

### Preparing for the Change

To ensure a smooth transition, the government is working closely with service providers, carers, and aged care recipients to provide clear information and guidance on what to expect. For those currently receiving care or planning for future needs, it's essential to stay informed about the upcoming changes and how they may impact you or your loved ones.

The introduction of the Support at Home program marks a significant step in the government's efforts to create a more efficient, flexible, and responsive aged care system. While the transition period may bring some changes, the overarching goal is to provide better support for older Australians to live independently and with dignity in their own homes.

If you or someone you know is currently receiving in-home aged care services, now is a good time to start planning for the upcoming changes. Stay informed, ask questions, and be prepared to take advantage of the new opportunities for support and care under the Support at Home program.

**If you need help finding the best home care services for you or a loved one, call 1300 197 230 for assistance.**

To begin your search for home care providers in your area, simply click on your state below:

- [Home care in the Australian Capital Territory](#)
- [Home care in New South Wales](#)
- [Home Care in the Northern Territory](#)
- [Home care in Queensland](#)
- [Home Care in South Australia](#)
- [Home Care in Tasmania](#)
- [Home Care in Victoria](#)
- [Home Care in Western Australia](#)

**Our free aged care concierge service**

- 1** Connect with our expert aged care advisors
- 2** Review a personalised list of aged care homes
- 3** Tour each home & make your decision with confidence

**1300 197 230**

# Home Care packages in Queensland

## Home Care packages in Southport, Queensland

<https://agedcareonline.com.au/home-and-community-care/queensland>



**Right at Home**

♥ Save

Right at Home Australia is a leading provider of quality in-home care. Our mission is to improve the quality of life for those we serve ensuring the Right Care, Right at Home. We support people living with complex and post-operative care needs, dementia and cognitive decline, seniors, and adults living with a disability including NDIS participants. Our services help clients to remain safe and independent in their homes.

Types offered

- ✓ 24-Hour Care
- ✓ Disability Support
- ✓ Home Care Package Level 1
- ✓ Home Care Package Level 4
- ✓ NDIS
- ✓ Private in home care
- ✓ Transition Support
- ✓ Assistive Equipment
- ✓ Funding by HCPs Available
- ✓ Home Care Package Level 2
- ✓ Home Maintenance
- ✓ Overnight Care
- ✓ Respite
- ✓ Dementia Care
- ✓ Gardening
- ✓ Home Care Packages Level 3
- ✓ Live in Care
- ✓ Private Case Management
- ✓ Social Support Services

**We provide  
high quality  
home care  
you can trust**



## **Home Caring provides professional home care services, tailored to your needs**

Home Caring provides home-based care and support to seniors across Queensland, with a range of services designed to help you feel more comfortable and confident at home. With a team of dedicated care professionals, innovative solutions, and fantastic value for money, Home Caring can offer you all the services and flexibility you need.

Home Caring's comprehensive home care services are flexible which means you have complete control over appointments, domestic services, and other support services. You also have access to a self-service model where you can book your services online.

No matter how complex your care needs are, Home Caring have the experience and skills to find solutions that make your life better.

Home Caring is an approved provider of Home Care Packages.

Home care services provided by Home Caring include:

- 24/7 care
- Behaviour support
- Clinical care
- Complex care
- Dedicated Case Manager
- Dementia care
- Disability care
- Domestic assistance
- Medication management
- Mobility and independent living aids
- Overnight care
- Palliative care
- Personal care
- Rehabilitation
- Respite care
- Social outings
- Transport

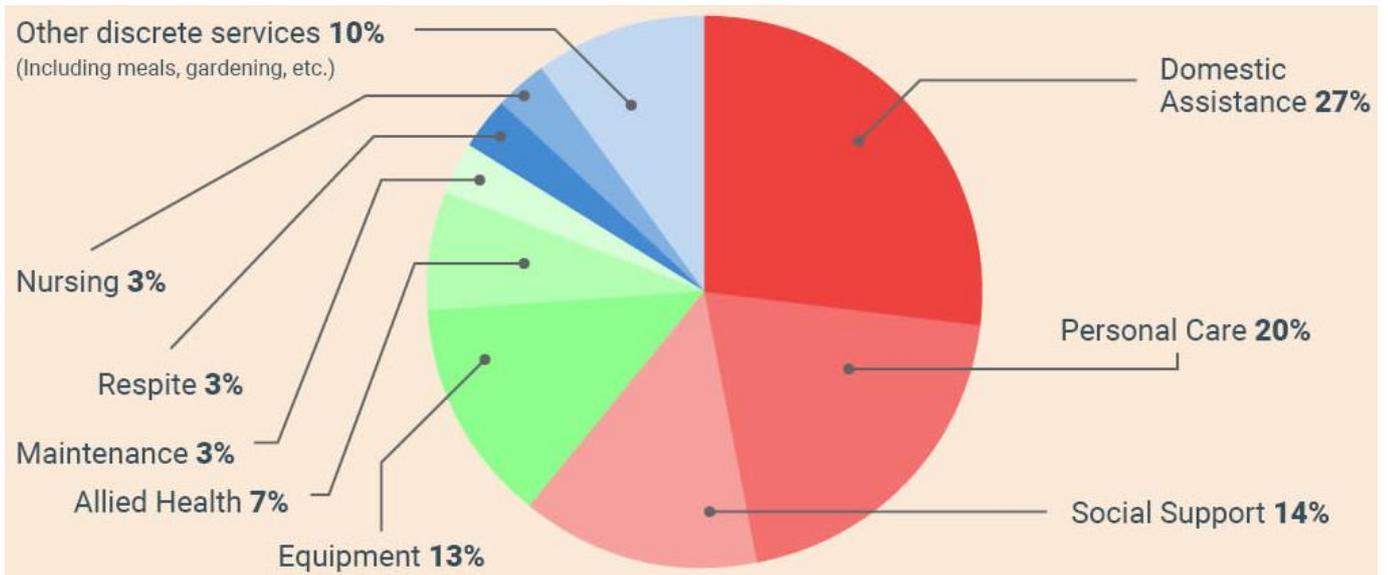
**HomeCaring<sup>®</sup>**  
Disability and Aged Care Specialists

**1300 313 893**

**To find out more or to book a FREE consultation, contact Home Caring today.**

### Care types offered

- ✓ 24-Hour Care
- ✓ Dementia Care
- ✓ Home Care Package Level 1
- ✓ Home Care Package Level 4
- ✓ Overnight Care
- ✓ Social Support Services
- ✓ Assistive Equipment
- ✓ Disability Support
- ✓ Home Care Package Level 2
- ✓ Home Maintenance
- ✓ Private in home care
- ✓ Transition Support
- ✓ CHSP
- ✓ Gardening
- ✓ Home Care Packages Level 3
- ✓ NDIS
- ✓ Respite



Home Care Package level	Daily government subsidy rate	Fortnightly government contribution
Level 1	\$25.15	\$352.10
Level 2	\$44.24	\$619.36
Level 3	\$96.27	\$1,347.78
Level 4	\$145.94	\$2,043.16

# A GUIDE TO HOME CARE PACKAGE LEVELS 1,2,3 & 4

<https://www.feroscare.com.au/faqs/faqs-detail/what-are-the-different-levels-of-home-care-packages>

There are four [Home Care Package](#) levels to help meet the different needs of your personal circumstances.

During your [aged care assessment](#), the Aged Care Assessment Team (ACAT) assessor will discuss your current care needs and determine the best level to meet them. Depending on the [\(ACAT\) assessment](#) outcome, you will be assigned a Home Care Package subsidy. ACAT Assessment Levels are aligned with Home Care Package Levels, so if it's determined to be ACAT Level 1, you'll be assigned a Home Care Package Level 1 subsidy that enables you to access certain in-home services. Here we look at each HCP Level, how many visits you'll receive from a care worker and what each package includes:

- **Home Care Package Level 1 – If you have basic care needs – AU\$10,588.65 per year\*** (amounts are subject to change)

This HCP level provides basic assistance to give you a little extra support to help stay independent at home and might involve one or two visits a week from a care worker.

## What does a level 1 Home Care Package include?

HCP Level 1 care can include some help with cleaning and tidying around the house, and supporting your personal health, such as grooming and dressing or getting some help with meals, shopping and transport.

- **Home Care Package Level 2 – If you have low-level care needs – AU\$18,622.30 per year\***

This HCP level is similar to basic care and provides low-level assistance that's designed to give you a little extra support to help stay independent at home for longer.

## What does a level 2 Home Care Package include?

HCP Level 2 care might involve three or four visits a week from a care worker and can include some help with cleaning and tidying around the house, supporting your personal health, such as grooming and dressing or getting some help with meals, shopping and transport.

- **Home Care Package Level 3 – If you have intermediate care needs – AU\$40,529.60 per year\***

This HCP level provides services for seniors who need a little more support to stay living at home. This might involve visits from a care worker or a nurse most days of the week.

## What does a level 3 Home Care Package include?

Beyond a little help in the home, HCP Level 3 enables you to also access support from our trained medical staff, including podiatry services and virtual nurse health monitoring.

- **Home Care Package Level 4 – If you have high-level care needs – AU\$61,440.45 per year\***

This HCP level provides high-level care and is suitable if you have high level or complex nursing needs. Home Care Package Level 4 care will usually involve daily visits from a care worker or a nurse.

#### **What does a level 4 Home Care Package include?**

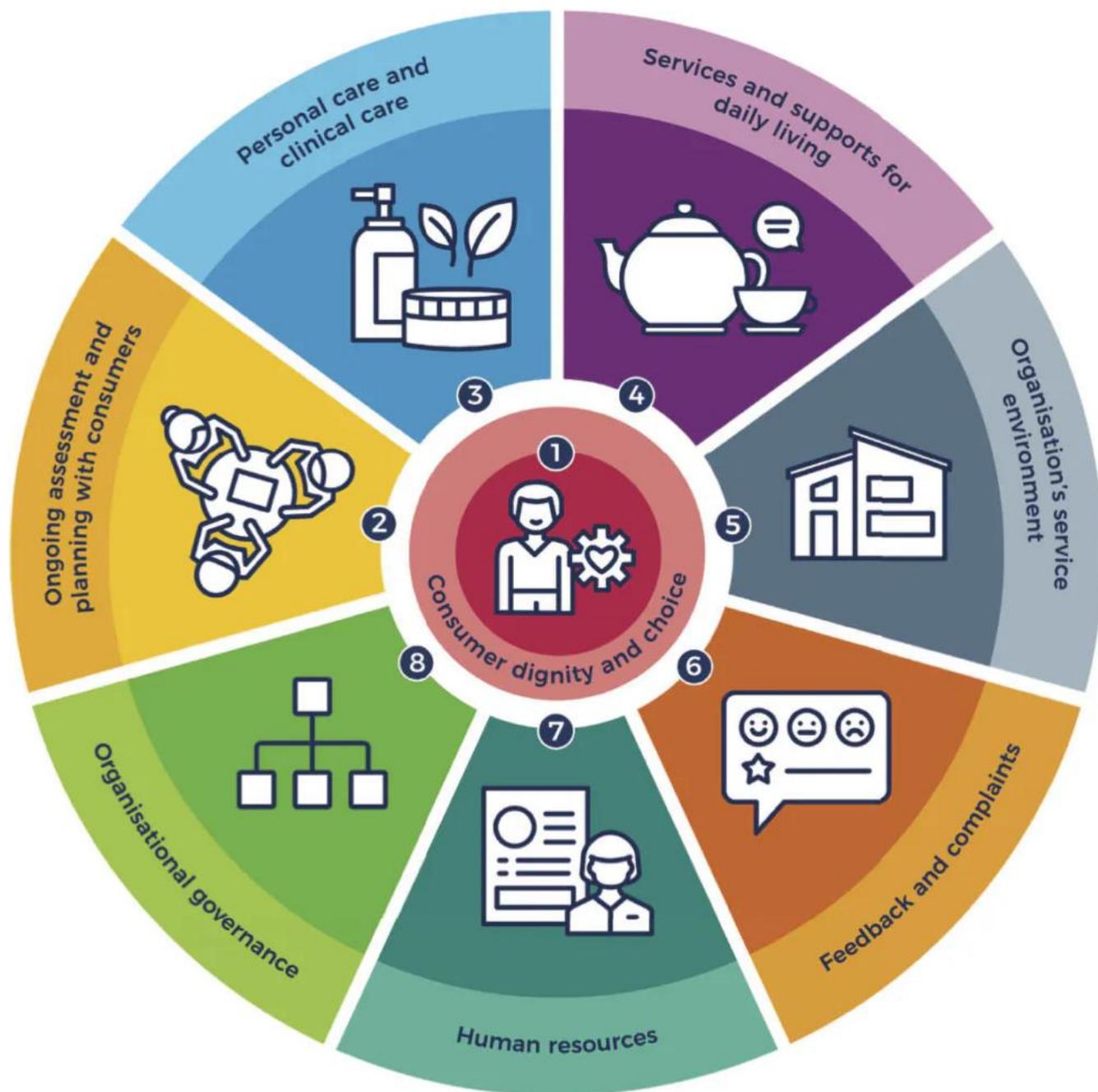
HCP Level 4 is the highest level of support care available and includes assistance with domestic and medical or nursing support. Our qualified and experienced team are here to support your high level and complex nursing care needs all in the comfort of your own home. In-home care can also include help with cleaning and tidying around the house, supporting you with your personal health, such as grooming and dressing or getting some help with meals, shopping and transport.

To get an idea of what services you could include in the Home Care Package level that you're assigned during your ACAT Assessment, try out [Home Care Package Estimator tool](#).

To [get approved for Home Care Package services](#) that help you live independently in your home for longer, you need to register with the Government's [My Aged Care](#). If you phone us on **1300 090 256**, we can complete a referral to My Aged Care to get the process started. You can read more about [ACAT Assessment timelines](#) here.

*\*This amount is estimated as of 1 July 2024. The maximum government contribution increases each year. The individual amount that will be paid will depend on whether you are asked to pay an income-tested care fee.*

# Aged Care Quality Standards



# Meaningful lifestyle activities

<https://www.ariaa.org.au/knowledge-implementation-hub/meaningful-lifestyle-activities#:~:text=For%20older%20adults%2C%20meaningful%20lifestyle%20activities%20may%20be,which%20contribute%20to%20emotional%2C%20cognitive%2C%20and%20physical%20wellbeing.>

The full form of ARIIA is the **Atal Ranking Of Institutions On Innovation Achievements**, which was established by the Ministry of Education in 2018 to rank higher education institutions based on different criteria designed by the Ministry of Education. ARIIA rankings help students learn more about the institution they are applying to.

Australian aged care residents spend over 45% of their day sitting alone in their rooms, often engaging in limited social interactions and very little activity. In a 2022 survey conducted by ARIIA, the aged care workforce nominated 'meaningful lifestyle activities' as a priority topic for the sector. The Knowledge and Implementation Hub team has therefore gathered evidence to help the aged care workforce understand the importance of engagement in meaningful lifestyle activities.

## Understanding meaningful lifestyle activities

For older adults, meaningful lifestyle activities may be those they are familiar with, have participated in, or align with their personal preferences and identity. In residential aged care settings, meaningful activities are pursuits considered enjoyable and engaging and which contribute to emotional, cognitive, and physical wellbeing. Providing opportunities for older adults to participate in activities they consider 'meaningful' can be challenging for aged care services. One activity will not appeal to everyone, and activities should be tailored to suit an individual. Components to consider in providing meaningful activities to older people are presented in Figure 1.

Figure 1: Meaningful activity for older adults living with dementia model.

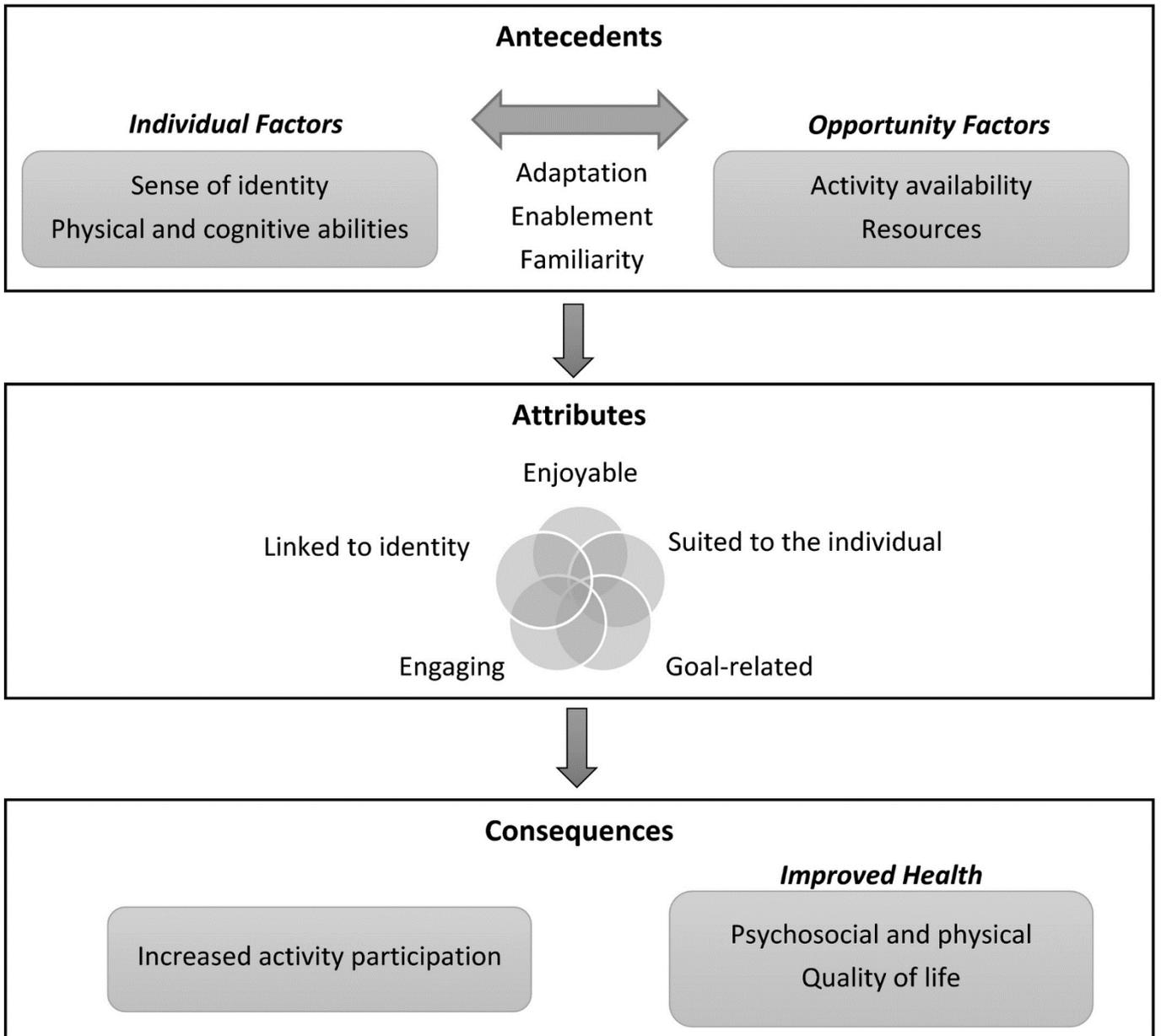
Source: Tierney L, Beattie E. Enjoyable, engaging and individualised: A concept analysis of meaningful activity for older adults with dementia. *Int J Older People Nurs.* 2020 Jun;15(2):e12306. doi: 10.1111/opn.12306. Reproduced by permission of John Wiley and Sons.

## Meaningful lifestyle activities

The Knowledge and Implementation Hub has brought together the research evidence on meaningful lifestyle activities in aged care with Australian online learning, practice tools and resources. This involved:

1. A rapid scoping review of published systematic reviews that revealed the main 'evidence themes' important for meaningful lifestyle activities in aged care.
2. An environmental scan of online resources in diverse formats such as videos, handbooks, and downloadable information sheets.

This work was guided by an advisory group of clinical and research experts with expertise in the topic and experience in the aged care sector.



# Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

# Pathway Forward

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing, so as 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.

**God's Divine Love: Pray for it, ask for it, and receive it.**

**The Golden rule is: Never interfere with another's will.**

**Golden Rule: that one must always honour another's will as one honours one's own.**

**New Feelings Way: learning how to live true to ourselves by living true to our feelings.**

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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



and fully living in hell. This experience paves the way for each of us to now proceed to do and experience wonders beyond our comprehension. So consider our aging years to be a wonder to rejoice about.

What is hell? While we are of the Rebellion and Default which was imposed upon us by high level spirits without us understanding what was happening for us and to us, we have been isolated from all other humanities throughout the universes. Until we heal ourselves fully of what we each have taken on of the Rebellion – started 200,000 years ago, and the Default of Adam and Eve in their mission some 38,000 years ago, we remain isolated. Upon completion of our healing we will be of Celestial soul condition.

Until you have read these few words, no one would have alerted you to this incredible fact.

Pascas Foundation, through the Pascas Papers have drawn together writings and guidance that commenced on 31 May 1914 firstly through James Padgett, then The Urantia Book and presently and most importantly through James Moncrief. These three revealing publications should be considered in the order; firstly James Moncrief, then James Padgett and then The Urantia Book.



What these revelations outline is that many have been very close to comprehending how we are to live and that is through our feelings having our mind to follow supporting us individually in implementing what our feelings are guiding us to consider and embrace.

Authors such as Bruce H Lipton PhD (Spontaneous Evolution), Gregg Braden (27 books), Jane Burgoyne (The Dynamics of Being and Brief Overview Dynamics Defined – psychotherapist), Candace Pert (Molecules of Emotions), Branden Bays (Journey Process) Alice Miller (The Drama of the Gifted Child, Prisoners of Childhood, etc.) Barbara Brennan (Hands of Light), Dr Alex Loyd (Healing Code), Dr Bradley Nelson (Emotion Code), and many others have outlined the need for us to live and express our feelings but none had taken into account the fullness of the expressing of our feelings far enough and penetrated deeply enough to achieve the healing that we are to undergo. We are too long to know, ask to know the truth behind what we are feeling until we reach the core of each feeling.

## **Treating the cause permanently heals that which brings about illness:**

Tuesday, 12 March 2019

**What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand / accept how they came about – eventually! Not even Alice Miller (the Polish / Swiss psychologist and philosopher noted for her books on parental child abuse) or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us. Someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.**

**God, our Heavenly Mother and Father, does the actual healing via Their angels. We can express the feelings directly to Them, if we are so inclined.**

**Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.**

**That's the basic principle, however we do have to apply our will – make an effort – wanting to bring our feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why we are feeling what we are.**

**We are our feelings, which is the truth that we are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.**

**The truth is waiting in us to feel, all the feelings that we should have expressed throughout our childhood. We are all revealers, revealing the truth of ourselves through our feelings.**

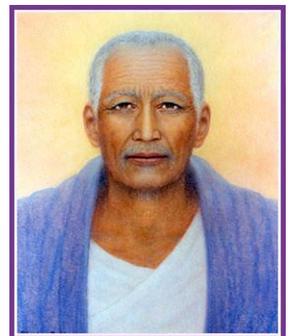
**It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of our unloving relationship with our parents and family because if it wasn't unloving we would not be or have been made to feel bad. And the way to that truth of ourself is by expressing every feeling we have, and in particular, focusing on all the bad ones, the endless bad ones we have got buried away inside us that we are refusing to feel. If we don't want the whole truth of ourself and are not prepared to look for it in and through all our feelings, then we will never truly heal the deepest underlying causes of our pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all our suffering.**

**We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.**

### **Growing Importance of the Etheric Body**

Many early occultists treated the etheric body as “the etheric double” or that lighter, physical form that formed energy fields around the physical body and objects, which was responsible for drawing the sun's energy into the physical body. The Chinese call this *qi*, the Hindus *prana*, modern science *bioplasma*. Today, scientist recognise its existence as do those with etheric vision or clairvoyance. The etheric double was considered more an appendage of the physical rather than a body of its own intelligence like the astral or mental bodies. However, the teachings of the Master Djwal Khul through Alice A Bailey reversed this perception and stated that the etheric body is in reality the true form vehicle, and the physical body is merely its automaton.

In other words, the etheric body exerts control over and interpenetrates, underlies and occupies the entire physical organism. It also extends beyond the physical form and surrounds it like an aura. Those with clairvoyant faculties can observe the etheric body as plainly as one sees the physical body. Others with developed clairscient faculties can actually feel it with their hands.



As we embark on the creation of the transitional society, the etheric body will emerge as the primary form of expression and the faculties associated with this body will play a role in shaping an entirely different society based on the good of the past and the insight of the mankind's enhanced faculties.

David Ramon Hawkins, M.D. (born 3 June 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously.

Dr David R Hawkins, 3<sup>rd</sup> spirit Mansion World, 2 October 2017: And I can see John's excitement with what you (James Moncrief) are revealing. Essentially, **anything, from regular mainstream medical help, to psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what you call your Feeling Healing.**

I just can't believe how obvious it was. I can't believe how I and so many others missed it. It just makes so much sense. As Alice Miller helped us see, we are parented by dysfunctional parents, and because of that, we felt unloved and in pain from masses of bad feelings. And because our parents didn't allow us to express all those bad feelings as we were having them, so we suppressed and then repressed them. And within us they stayed, together with all the psychological and behavioural negative patterns we developed through our childhood, bringing the whole lot with us into our adult lives, and not having the foggiest that such inner conflicts were all simply to do with our early relationships and how they caused us to limit our relationship with our own feelings. All the denial of our feeling-expression.

And then to add to that, that our feelings are the key, or way, to the truth of ourselves, well that was a big eye-opener for me. And it's so true! I don't know how I missed that. I sort of understood it, but never put it together like you, James, have in revealing the understanding about the Feeling Healing.

So I have to confess that really I have no idea about what 'real healing' is. As I told you when we first spoke, I have only recently moved out of the mind Mansion Worlds into the first sector of the first Divine Love Healing Mansion Worlds, as you call them. So it's all new to me, I'm still **reeling** as to the enormity of it, that this other whole different way of looking at ourselves, of living, and of healing ourselves, even exists. And that so many spirits are doing it over here, and have completed their Healing, whereas on Earth it's virtually unknown.

And that it will become so known on Earth in time, because **it is the only way people can seriously heal themselves.** My mind boggles at the enormity of it all. I wish I were back there working with John, to be able to help introduce such an incredible way of looking at oneself, and to finally understand that it is doing the real healing one needs to do, and not just a bandaid patch up job like I was doing.



Dr David R Hawkins, 5<sup>th</sup> spirit Mansion World, 28 February 2019: So that is my small contribution to your 'Healing Documents' (Pascas Papers) John. And I will tell you that I and many spirits read them as you put them together. Some spirits 'read them over your shoulder', others are involved in an unofficial 'mail-out' whereby a spirit sends them to us when you've finished them.

As of September 2024, David R Hawkins was resident of the 3<sup>rd</sup> Celestial Heaven sphere having completed his healing and transitioned into the 1<sup>st</sup> Celestial Heaven some time ago.

## Meaningful Living

Australian aged care residents spend over 45% of their day sitting alone in their rooms, often engaging in limited social interactions and very little activity.

Why is this so and why allow this situation to prevail?

Unknown to all of Earth's humanity, the doors have opened. Not only are we now able to connect with and converse with our invisible friends, namely spirit personalities who are actively engaged with us in our lives and also nature spirits who are assigned to us for the duration of our physical life, enormous amounts of writings have been conveyed by higher levels of spirits, those significantly advanced in their levels of truth, that we can now confidently embrace their guidance and now can live a life on a pathway that is one of personal growth and development. For the past 200,000 years, this had all been closed off to us under the Universal Contract governing the Rebellion and Default which was formally ended on 31 January 2018.

**PASCAS PAPERS** Those who embrace these writings and guidance may find themselves actively engaged in discussions and exploration of the more than 70,000 pages making up the Pascas Papers. The level of Truth association with the Pascas Papers is calibrating at around 970 MoC on Dr David R Hawkins' Map of Consciousness. Dr Hawkins is now a resident of the 3<sup>rd</sup> Celestial Heaven having died on 19 September 2012.

Those who open themselves up to the revelations now presented may find that their intuition and psychic endowments will enable the connections and communications that are possible and now become a routine reality. We are never alone. With us at all times are our pair of nature spirits, pair of spirit guides (people who have died), pair of angels and our indwelling spirit. We can be a party in action at all times!



**When educators do not know what it is that they are teaching - that is the subject of Medicine!**

**Doctors do not know what the cause is of any illness - that is maybe why they have identified more than 10,000 illnesses and diseases!**

**Education and Health systems are now to EVOLVE!**

**The elephant in the room being: CHILDHOOD SUPPRESSION**

**The pathway forward is to embrace: FEELING-HEALING**

# Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

## FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

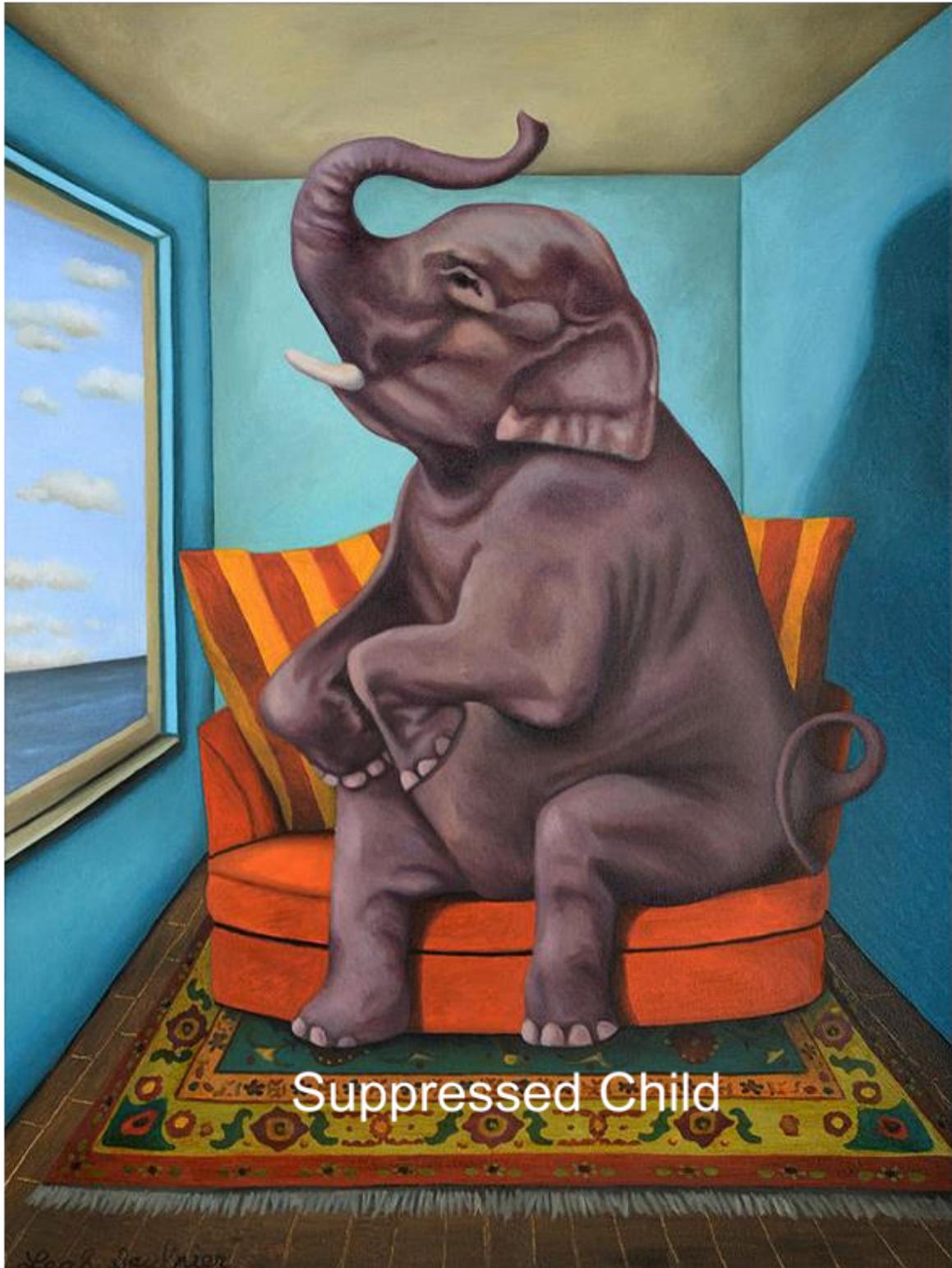
## SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

The one and only truly  
effective vaccine is  
the healing of our  
Childhood Suppression  
and ongoing Repression  
through FEELING HEALING!

**PA**<sup>SCA</sup>  
**PER****S**

# Childhood Suppression is the elephant in the room!



The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

# Childhood Suppression

The soul does it all.  
The soul is a duplex,  
two personalities being  
manifested into the  
physical by our soul.

Soul light continually  
flows from the soul  
through our spirit body  
levels and into our  
physical.

Return light being the  
experiences of our  
physical existence.

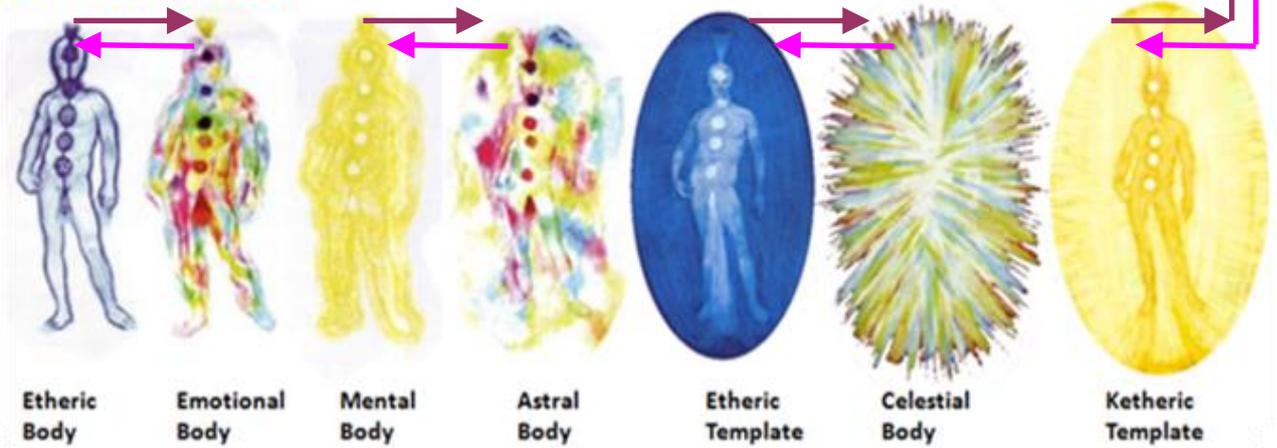
## SOUL



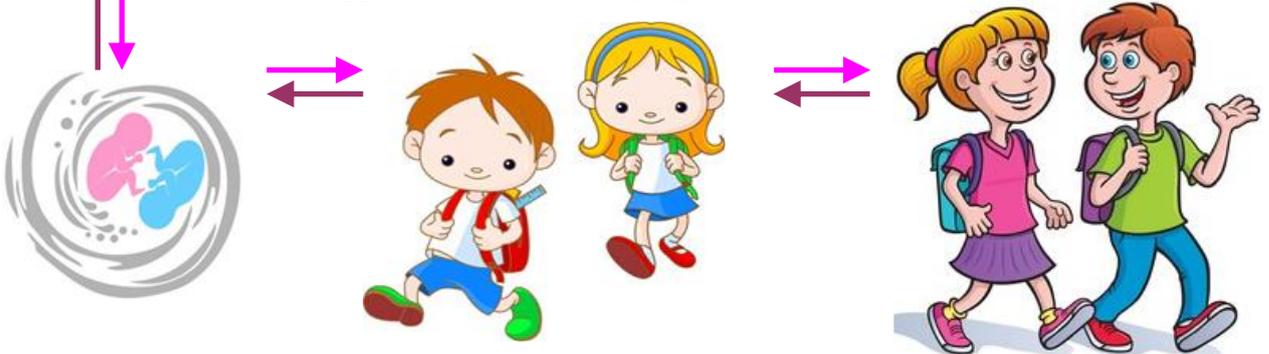
Childhood suppression  
imposed upon us by our  
parents and carers  
causes retarded light to  
return to our soul  
bringing about  
imbalance, reflecting  
emotional injuries and  
errors of belief. This  
imbalance is the cause  
of all our difficulties  
throughout our adult life  
and also all of our health  
issues.

## SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



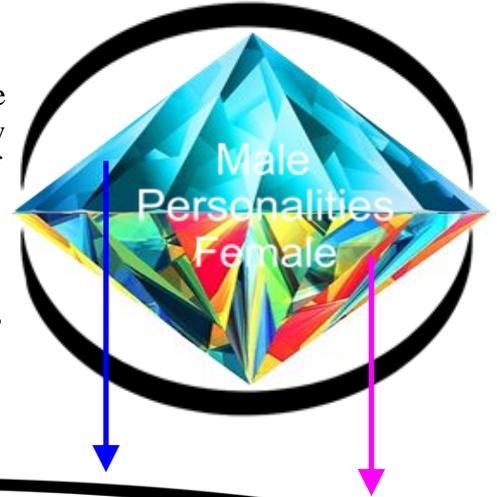
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



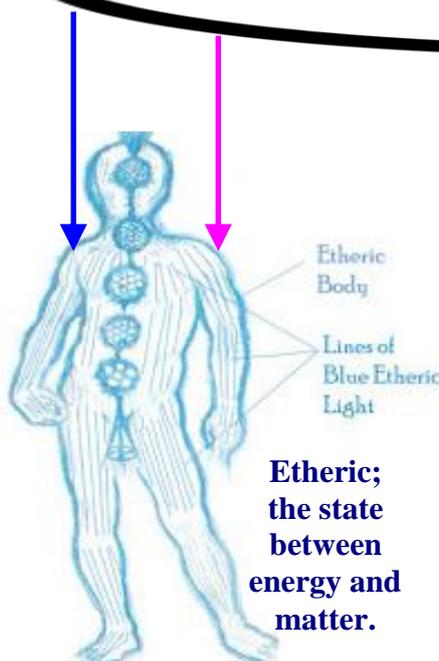
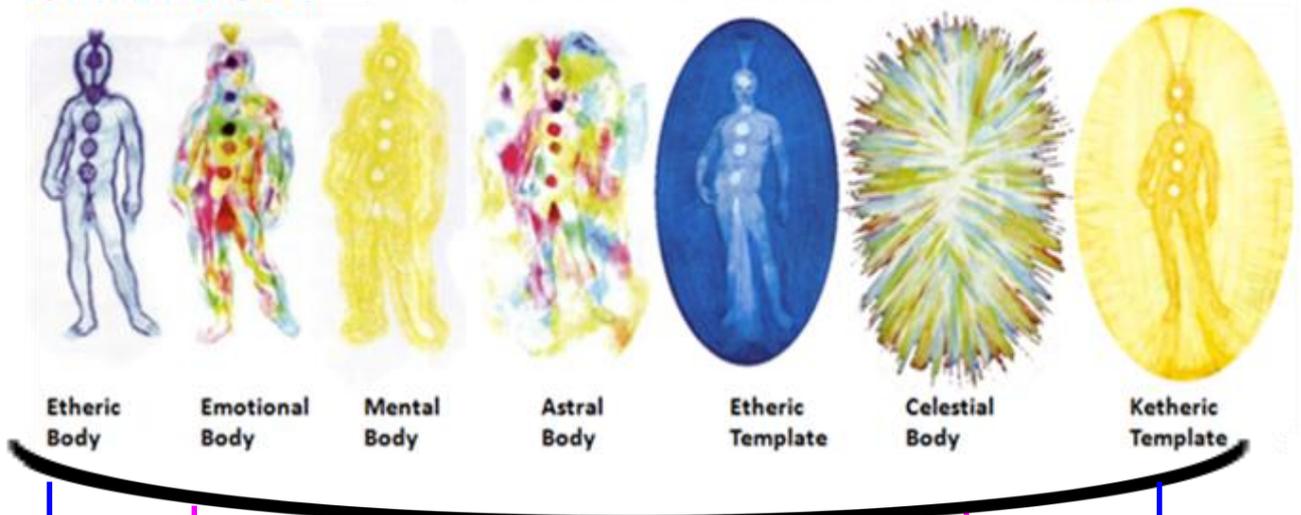
# Childhood Suppression



Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



## SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



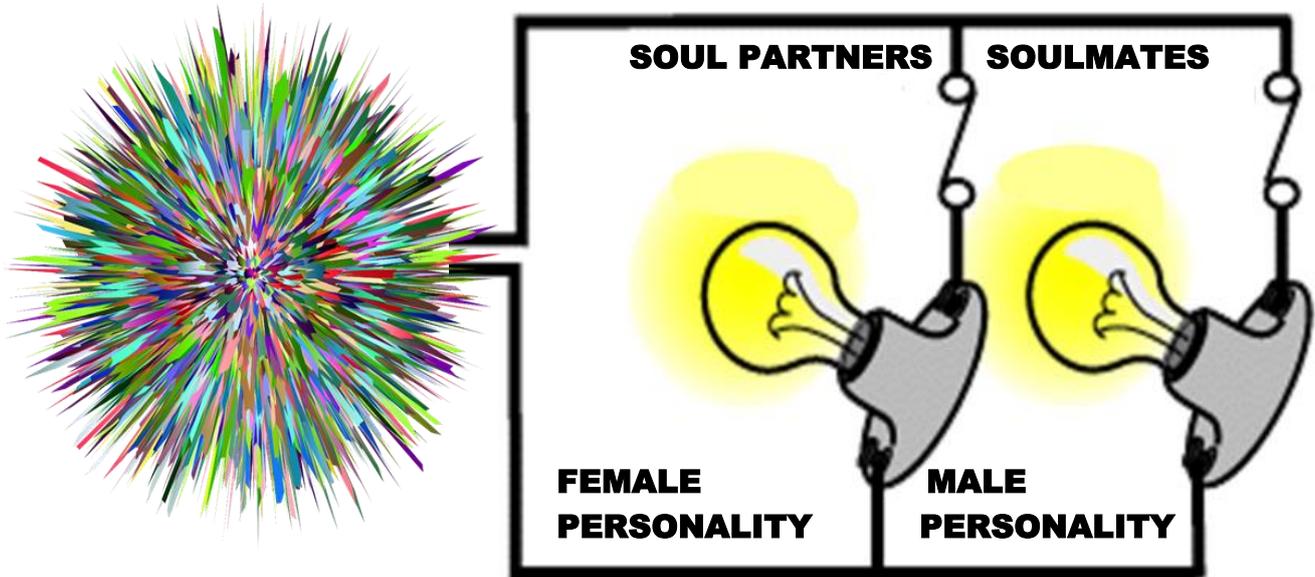
The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



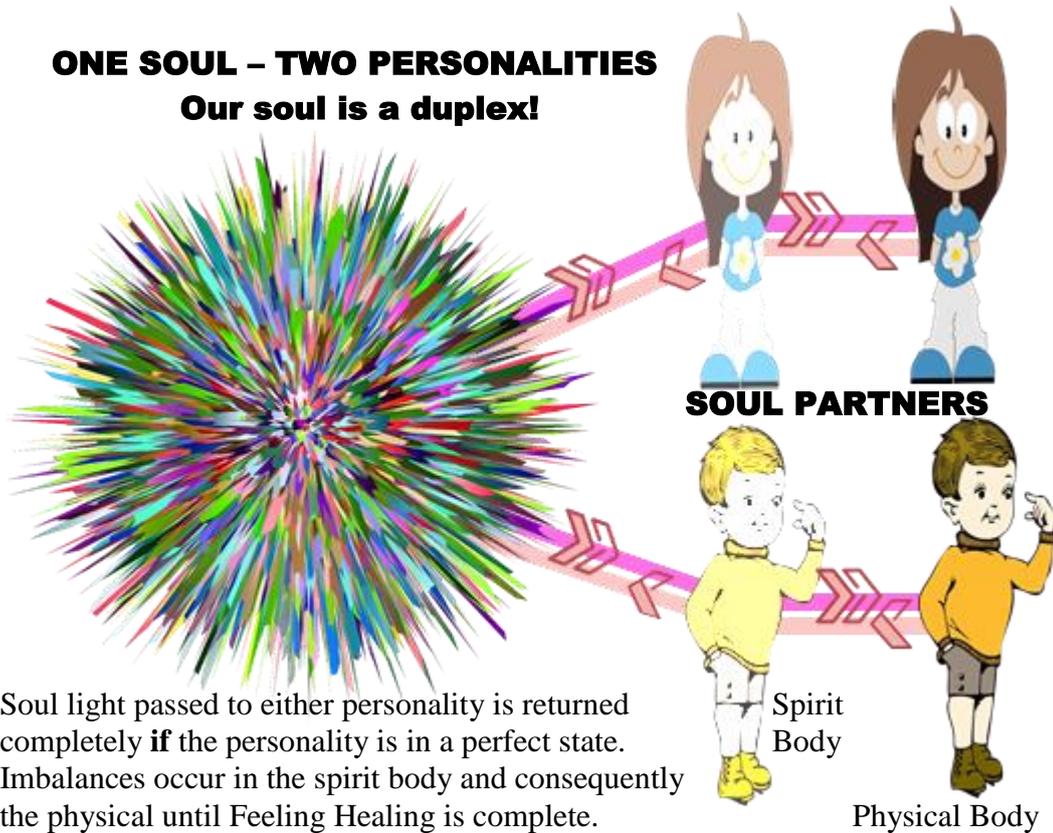
**The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!**

SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

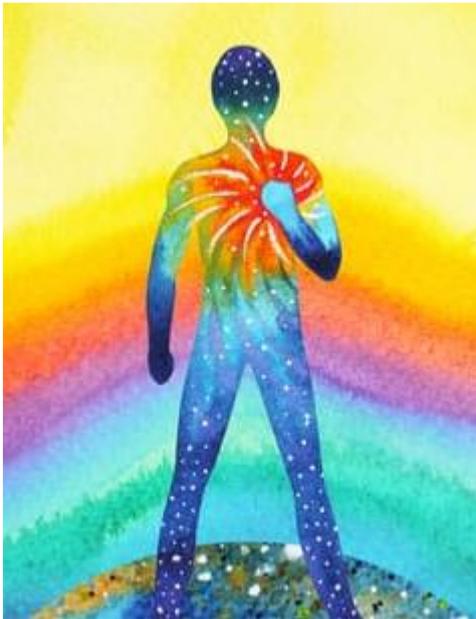
**Two separate personalities on parallel 'circuits' having the same soul.  
What impacts one personality does not impact the other personality.**



**ONE SOUL - TWO PERSONALITIES**  
**Our soul is a duplex!**



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.



I am my SOUL!

I am not my body!

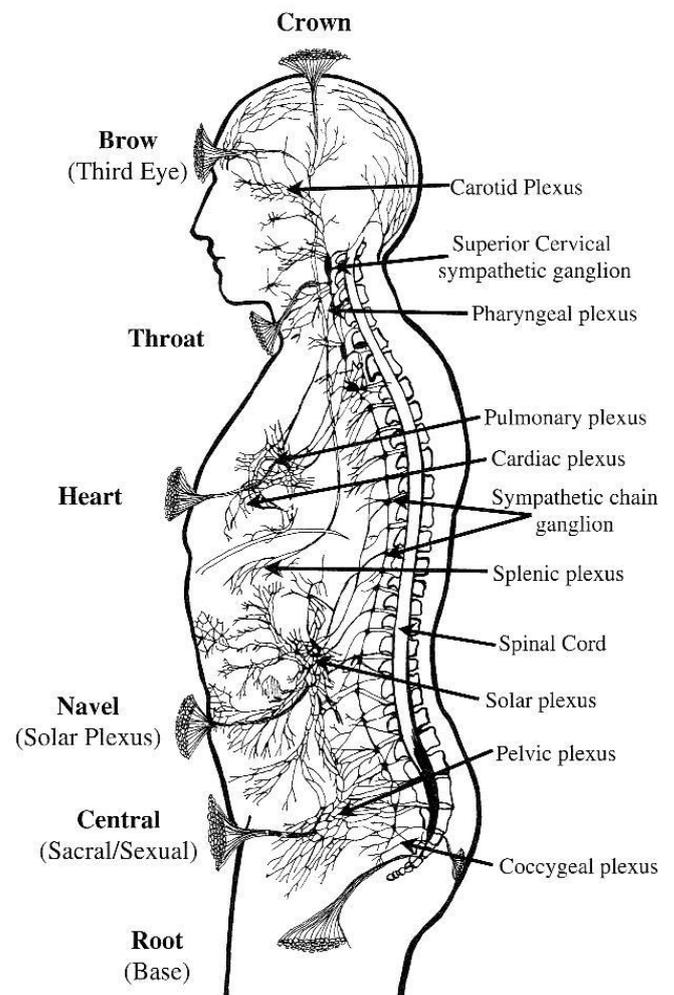
I am not my mind!

### INTERCONNECTION of BODIES:

1. We have our will first,
2. then our spirit body together with our upper (higher spiritual) and lower (more physically orientated) feeling (including our emotions) and mental system,
3. and the subtle etheric systems that link them all.
4. Then last our physical body manifests.

The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul becomes connected to the spirit body through cords of light, within the heart region. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run the full length of one's body in various channels. It is due to emotional injuries and errors of belief that flows of energy may become blocked.

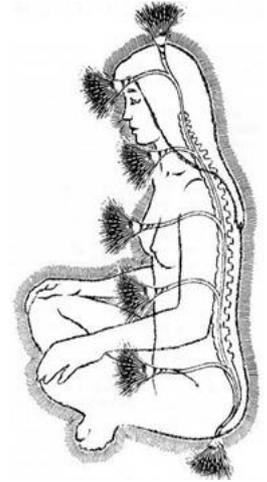
The main meridian interconnects with the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



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

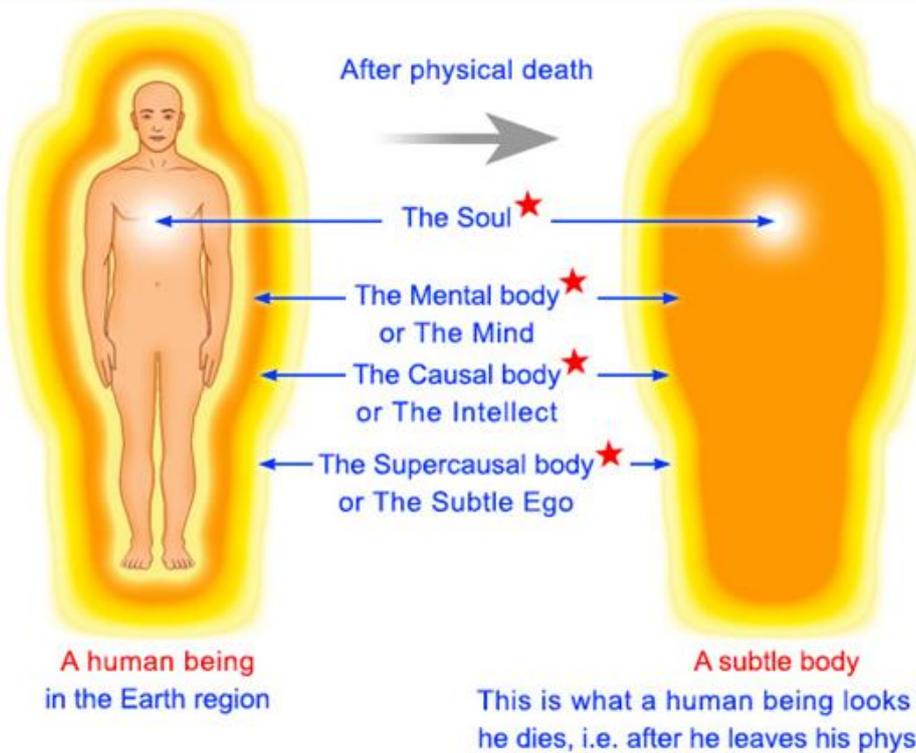
**EMOTIONS or THOUGHTS, which comes FIRST?**

Our emotions and feelings come first, always; they always have for they are closer to our soul. We feel things through our forming years, even though when we were very young – in the womb, a baby and toddler, we weren't able to know fully what those feelings and emotions were, but still they were fully present; and based on them, or around them if you like, so we formed our mind and it's beliefs, our behaviour and our thoughts. We form into being, one could say, from our base chakra upwards and outwards, yet all being expressed from our primary will line as it is what actually comes into being first, it being what our soul manifests first so it can literally will you into Creation.



So we have our will first, then our spirit body together with our upper (higher spiritual) and lower (more physically orientated) feeling (including our emotions) and mental system, and the subtle etheric systems that link them all. Then last our physical body manifests.

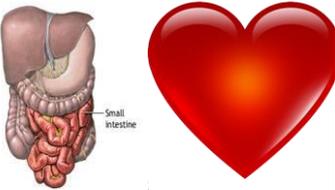
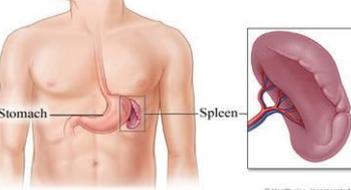
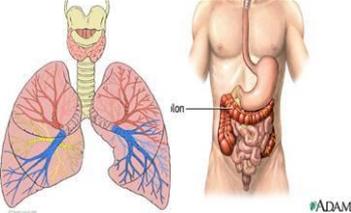
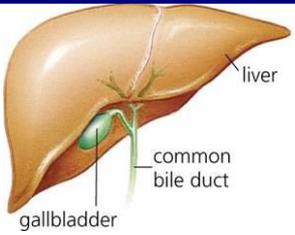
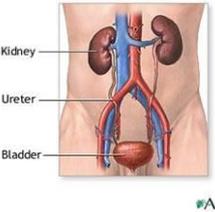
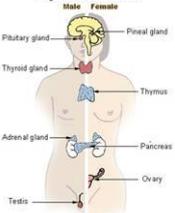
So we have feelings that are comprised of one or various emotions. A feeling can be simple or complex. One can feel angry, but as we express the emotion of our anger, moving with it, it might lead one onto other deeper bad feelings. We have a whole subtle body full of emotions and the feelings they comprise, and so the more we express and grow in truth, the more complex our feelings become, the more passionate about our emotions and wanting to express them and allow ourself to feel them, one will be, and also the more familiar with them we will become, so they will seem in some ways, simpler.



The silver cord is the energy conduit for the natural love and divine love energies as they are received through the chakras, particularly the third eye chakra. The energies flow in both directions following the spinal cord column.

**EMOTIONS affect SPECIFIC ORGANS:**

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body. Emotion Code developed by Dr Bradley Nelson.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

## CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One's Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

### Note:

### The Map of Consciousness scale is from 1 to 1,000

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

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

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

Thus the energy differentials are in fact enormous!

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Mind-made	dis-empowering	emotions:	↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

# MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

## PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

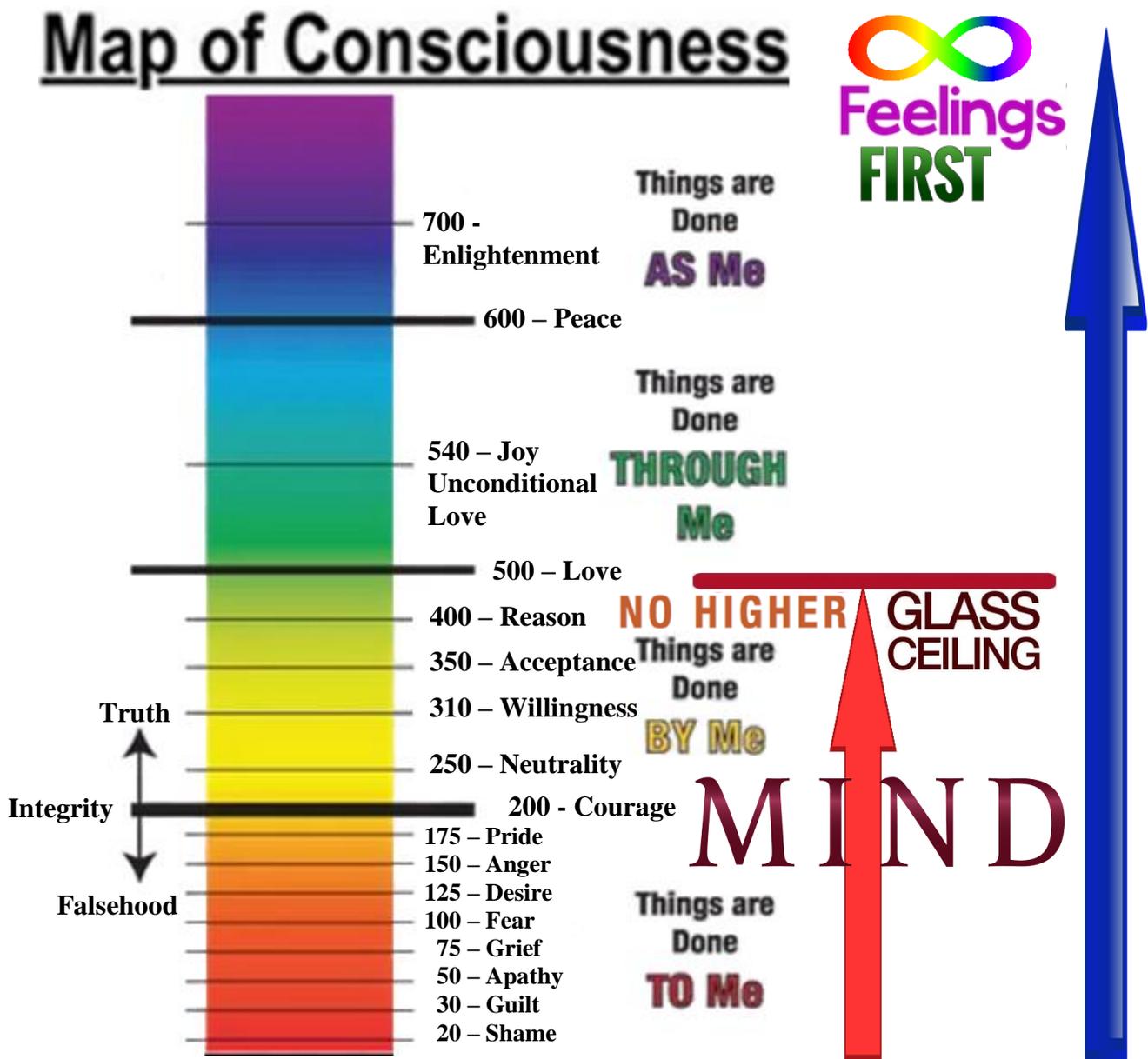
Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

# FEELING HEALING

## FEELINGS FEELINGS

**Feelings!**

**Possible relationship of Map of Consciousness (MoC) with Mansion World Worlds:**

**9<sup>th</sup> then 10<sup>th</sup> sphere peak = 1,500 MoC**

**8<sup>th</sup> sphere 1,081 – 1,251+ Achievement of at-onement on reaching 1,081**

**7<sup>th</sup> sphere 921 – 1,080 Divine love only, transmission to at-onement and Celestial spheres**

**6<sup>th</sup> sphere 841 – 1,000 Natural love mind world – perfect Natural love**

**5<sup>th</sup> sphere 781 – 920 Divine love Mansion World**

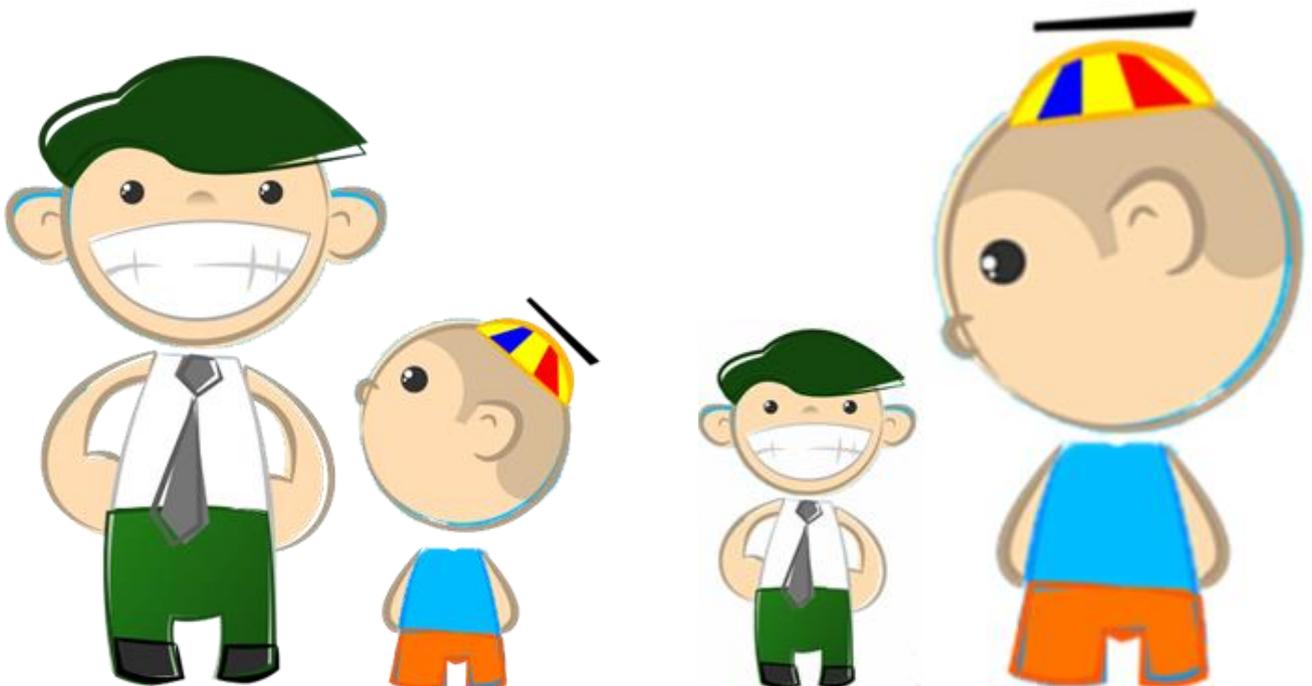
**4<sup>th</sup> sphere 651 – 840 Natural love mind Mansion World**

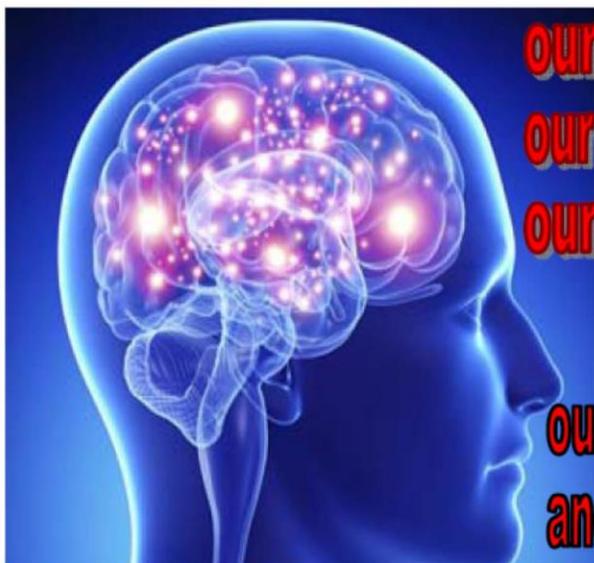
**3<sup>rd</sup> sphere 500 – 780 Divine love Mansion World**

**2<sup>nd</sup> sphere 500 – 650 Natural love mind Mansion World**

**1<sup>st</sup> sphere 1 – 499 Natural love mind world predominantly**

**Humanity awakens in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 220 on the Map of Consciousness.**





**our MIND is a CONTROL ADDICT!  
our MIND is addicted to UNTRUTH!  
our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY  
and orchestrates our physical BRAIN.**

**ASSUMPTIONS are the product of our MIND!**

**HEALING** ends  
**MIND-CONTROL!**



**our SOUL is our TRUTH!  
our FEELINGS are our TRUTH!  
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.  
our MIND suppresses FEELINGS.**

*Being Mind Centric is being  
Blind to Truth!*

mind-  
centric



**BLIND TO  
THE TRUTH**



=

*Truth is our Feelings!*

*Our soul-based Feelings  
are always in Truth!*

**A NATION'S or COMMUNITY'S COLLECTIVE SOUL CONDITION:**

<b>Correlation of Levels of Consciousness – Soul Condition – and Society Problems</b>				
<b>Level of Consciousness</b>	<b>Rate of Unemployment</b>	<b>Rate of Poverty</b>	<b>Happiness Rate “Life is OK”</b>	<b>Rate of Criminality</b>
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

One's soul condition has a direct relationship with all facets of living. To grow and improve one's soul condition is the greatest gift one can give him or her self as it has universal benefits that last for eternity. This is achieved by embracing Feeling Healing through which we commence to repair the damage incurred by the Rebellion and Default that is passed down to us by our parents. Further, by embracing Divine Love with Feeling Healing we are doing our Soul Healing and progressing towards Celestial status.

Dr David R Hawkins' development of the Map of Consciousness (MoC) and research with kinesiology muscle testing observed the overall calibration of consciousness level of many countries. Developed economies are within the highest brackets. Civil unrest and wars are most frequent amongst those within the lowest brackets. Consider the average life expectancy and per capita income relative to the MoC calibration. Consider education as the crux of progress and development. Then review the above table for the rate of unemployment, rate of poverty, happiness rate 'life is okay' and rate of criminality.

<b>WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income</b>							
<b>MoC</b>	<b>No. of Countries+ Territories</b>	<b>Average MoC</b>	<b>Average Life Expectancy</b>	<b>Human Development Index</b>	<b>Happiness Index</b>	<b>Education Index</b>	<b>Per Capita Income 2021</b>
<b>400s</b>	<b>22</b>	<b>405</b>	<b>82.2</b>	<b>0.924</b>	<b>7.1</b>	<b>.890</b>	<b>US\$63,032</b>
<b>300s</b>	<b>71</b>	<b>343</b>	<b>77.2</b>	<b>0.794</b>	<b>6.1</b>	<b>.741</b>	<b>US\$30,154</b>
<b>200s</b>	<b>50</b>	<b>251</b>	<b>72.7</b>	<b>0.676</b>	<b>5.3</b>	<b>.610</b>	<b>US\$16,560</b>
<b>High 100s</b>	<b>38</b>	<b>174</b>	<b>70.5</b>	<b>0.659</b>	<b>5.0</b>	<b>.600</b>	<b>US\$12,516</b>
<b>Low 100s</b>	<b>21</b>	<b>119</b>	<b>67.1</b>	<b>0.587</b>	<b>4.6</b>	<b>.501</b>	<b>US\$7,081</b>
<b>Below 100</b>	<b>14</b>	<b>74</b>	<b>65.3</b>	<b>0.565</b>	<b>4.4</b>	<b>.501</b>	<b>US\$6,377</b>
<b>WORLD</b>	<b>216</b>	<b>220</b>	<b>73.3</b>				<b>US\$17,110</b>

**Note:**

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

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

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

Thus the energy differentials are in fact enormous!

**MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:**

The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

<b>MAP of CONSCIOUSNESS</b>	<b>MoC</b>	<b>calibrations</b>
God, our Heavenly Mother and Father	Infinity	Location being Isle of Paradise
Celestial Heavens peak	<b>1,500</b>	3 <sup>rd</sup> Celestial Heaven (10 <sup>th</sup> spirit Mansion World)
Feeling Healing / Divine Love teachings	1,480 – 1,500	3 <sup>rd</sup> Celestial Heaven spirit guided
Now at one with Heavenly Parents	1,081	1 <sup>st</sup> Celestial Heaven entry at Jerusem
Feeling Healing with Divine Love	1,080	7 <sup>th</sup> Divine Love transitional sphere to Heavens
Natural Love peak	<b>1,000</b>	6 <sup>th</sup> spirit Mansion World peak– can't go further!
Pascas Papers	880 - 970	Perceived truth – potential truth 1,480
Pascas WorldCare (as a platform)	880	5 <sup>th</sup> spirit Mansion World healing + Divine Love.
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880	4 <sup>th</sup> spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings.
Koran	700	4 <sup>th</sup> spirit Mansion World equivalent.
Torah	550	First five books of the 24 books of the Tanakh.
Cookies made for Family	520	Made with love (this supports cooking shows).
Enter EITHER natural or divine pathway	<b>500</b>	2 <sup>nd</sup> natural love OR 3 <sup>rd</sup> Divine Love spirit world.
Peak of mind total orientation	499	1 <sup>st</sup> spirit Mansion World peak.
King James Bible (from the Greek)	475	
Roman Catholic Church	450	Church (worldwide) – mind controlled – reason.
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	
Wine or Beer	330	(in moderation!)
Roman Catholicism administration	305	As an institution in year 2004.
Tea green	300	
<b>Humanity</b>	<b>212</b>	The population of the world overall.
Vegetarianism	205	
Muesli	205	Above 200 is pro-life – positive.
<b>Food</b>	<b>200</b>	<b>At this level and above food is life enhancing.</b>
Food, Commercial Category	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Percolated Coffee / Cappuccino / etc	165	
Corn Flakes	85	
Fish (living in ocean)	20	
Bacteria	1	

## **PROGRESSION TOWARDS the NEW SPIRITUAL AGE – 2020+ is the YEAR!**

Dr David R Hawkins researched and developed the application of kinesiology muscle testing for more than 20 years prior to publishing *Power vs Force* and the Map of Consciousness (MoC) table in 1995. As per the table below, what he came to understand that prior to the conception of Jesus of Nazareth and Mary Magdalene, humanity calibrated overall at 101 on the MoC. Following Jesus' life and that of the Apostles, humanity calibrated around 190 on the MoC at which humanity continued up until around the 1960s. During this era the world population grew from around 300 million to 3 billion, however the MoC calibration for all of humanity remained around 190.

### **Worldwide Level of Consciousness based on the Map of Consciousness**

see *Power vs Force* by Dr David R Hawkins

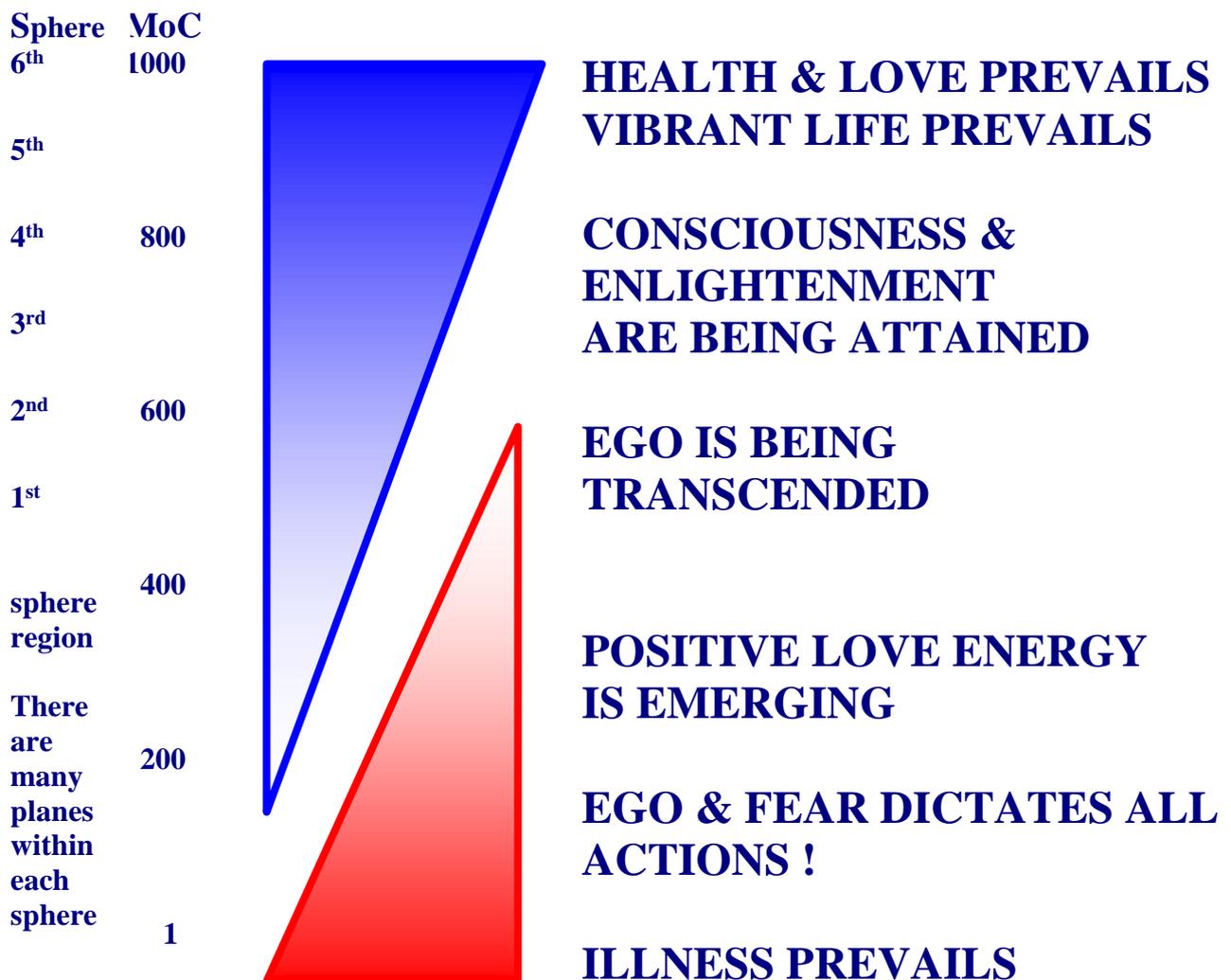
6,000 years ago	72
At the time the Vedas were written	74
At the birth of Buddha	90
Prior to the conception of Jesus of Nazareth	100
After the birth of Jesus of Nazareth	147
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President 4 Mar 1861	190
Lincoln was shot and killed 14 Apr 1865	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2008: Current observation as we move forward to an apparent evolutionary jump, which will be a slow, steady process	212
2024 September: World population is now 8.1 billion. Humanity as of this date calibrates overall at	<b>220</b>
This increase is wholly attributable to three people who have significantly progressed with their Feeling Healing	
2024 September: one lady now having completed Healing	<b>220</b>

For nearly 2,000 years humanity has not been able to progress with their evolutionary development. For all of that time, with humanity calibrating below 200 on the Map of Consciousness; at the level of 190, the potential for total self-destruction prevailed. Only at a level greater than 200 is humanity able to survive. We are not going to self-destruct. We are going to move into the next spiritual age. However as we are to leave behind all the systems and way of life that has prevailed these past 200,000 years of Rebellion and Default, everything will change. We will not be allowed to fall back to the ways of living that we are accustomed to. Thus our environment will change. This we experience through the marginal increases of temperature worldwide and other changes and events. Nothing will remain the same. All institutions and ways of living will collapse around us as we need to now evolve. The Rebellion and Default of humanity was formally ended on 31 January 2018 and now we are to heal ourselves of what we each have taken on of the Rebellion and Default.

When we each are fully healed then we have no need to experience illness, disease, pain or discomfort.

## “All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



To liberate one’s real self, one’s will, driven by one’s soul, moves one to embrace Feeling Healing so as 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. It is Feeling Healing with Divine Love that one progresses through the spirit healing Mansion Worlds 3, 5 and 7 and enters the first of the Celestial Heavens.

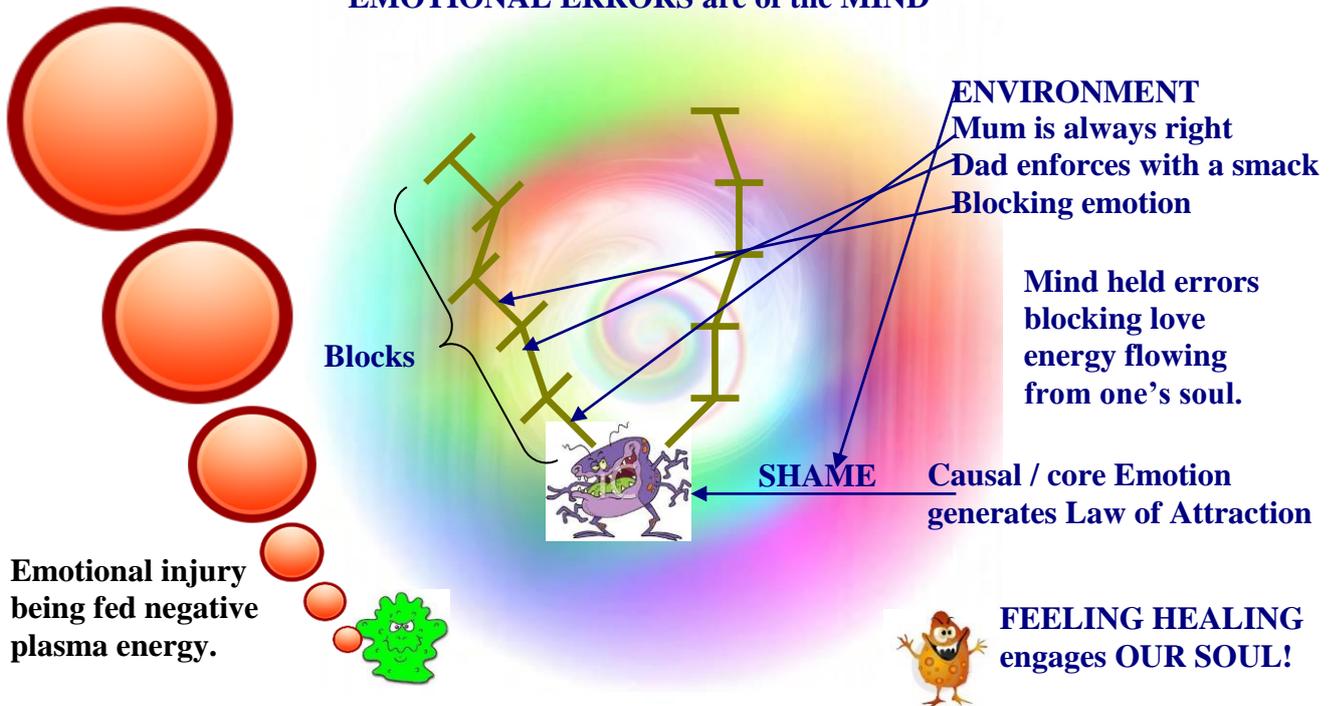
# Healing is by Going Through Doors!



We open up to our feelings by embracing a feeling and longing for the truth that feeling is to show us. This may lead us down to many more feelings through copious doors and stairways, leading us back through our life into our Childhood Suppression of our early forming years commencing at conception. This is a long journey of discovery and acceptance of just how we have been misled and now we are to express all that comes to surface and in so doing we are healing ourselves. Feeling Healing commences with the first doorway.



## EMOTIONAL ERRORS are of the MIND



# Layer upon Layer upon Layer



Emotional injuries and errors of belief are what we are to express and talk out with companions. The amazing thing is that we are now being guided and assisted in our emotional healing which affects every aspect of our living, our life, our being, our physical health and our relationships. Never has it been understood just how retarded and suppressed we each are by living through our minds and ignoring our feelings as we have been led to live our lives by not only our parents, but by all who we interact with – as they have all been misled like each of us.

As we open ourselves up to express a feeling, any feeling, good or bad – they are all to be expressed. Whatever comes to surface will be over laying an older feeling, so we are to then express the slightly deeper feeling / emotion / belief / error / memory. Long to know the truth of our feelings.

We are to find how every aspect of our environment is imposing itself upon us. Government, through its federal, state and local administration, is all controlling and inhibiting of our self-expression. Then we find that our employment is all controlling as it is our life-line to physical survival – our fears and hoarding are all consuming. Our education has been founded upon layers and layers of assumptions which we now find to be extra-ordinarily flawed in what becomes abundantly clear through our truth based feelings which are always in truth. With 3,400 major religions, we now can recognise that they are all agents for our control.

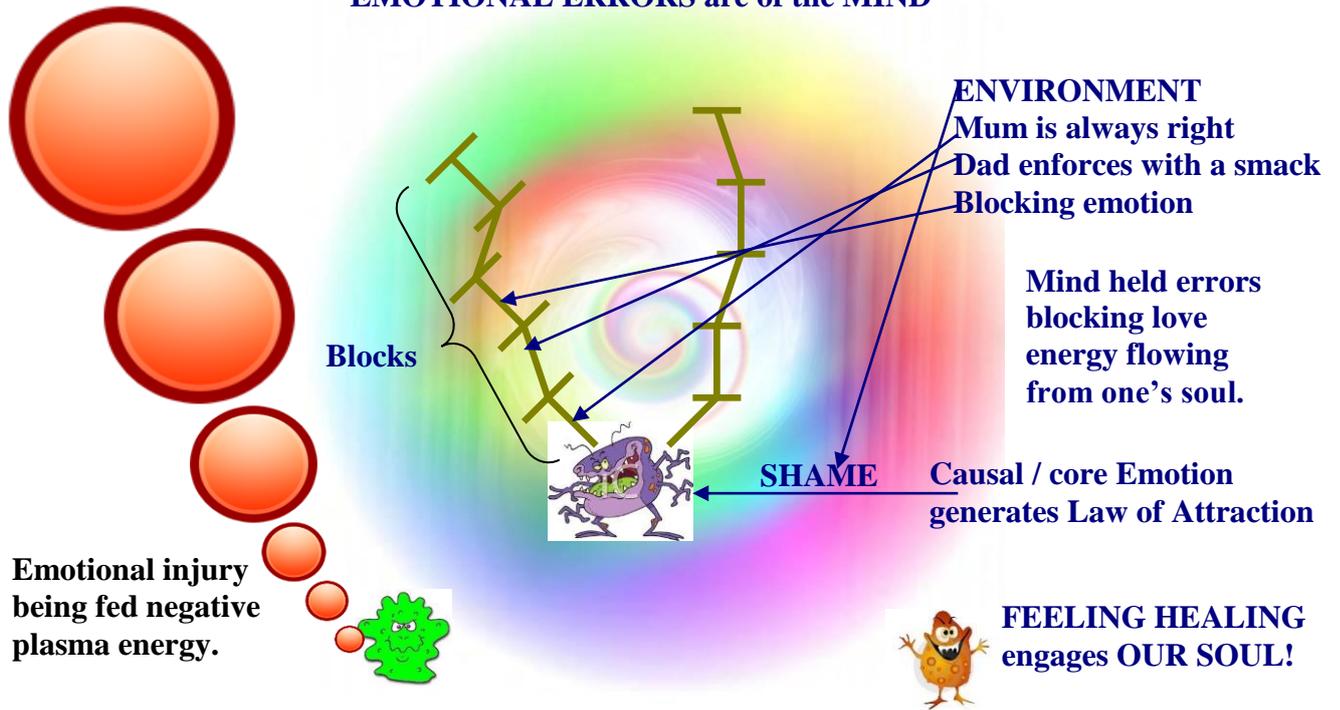
And then as we work our way down through the layers upon layers, back through our adult life and into our teenage years, we begin to find and then anticipate that it is our Childhood Suppression that we experienced under the oversight of our parents and those close within our family, being our siblings, grandparents, etc., that is at the core of our Healing.

Thus, as we work through each and every feeling that arises, we will be working back through our life years to the core of each emotional injury and error of belief which we generally have taken on throughout our childhood forming years, from the moment of conception to the age of six years. It is during our sixth year that our Indwelling Spirit arrives and we become a little more self-aware and assertive of our personality.

Yes, we will work our way back through our dramas all the way back to the moment of our conception. We will become totally aware of just how much we are screwed over and then accepting of being in such a way. However, then being healed is yet another incredible life for us each to experience.



**EMOTIONAL ERRORS are of the MIND**



Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
<b>World wide average</b>	<b>220</b>

**Chronic illness indicates a huge denial of the soul.**

**Illness = out of harmony with truth and love.**

**It is the release of emotions that are out of harmony with Truth and Love, the longing for truth and expressing our feelings, talking them out, both good and bad, that brings about health and harmony to our bodies.**

**Fields above 500 - Love based Awareness Beingness**  
**More feeling based activity, rather than intellectual – in the mind based activity.**  
**Energy field of Love is the one that heals through Feeling Healing with Divine Love.**

**Fields 200 – 500 - Doingness Intellectual**  
**Life is seen by mind as an opportunity.**  
**We are getting closer and closer to truth.**

**Fields below 200 - Wanting & Craving Desiringness Fear Driven Self hatred Grudges**  
**Values are based on what one has.**  
**The energy fields below 200 are opposed to life, do not support life.**

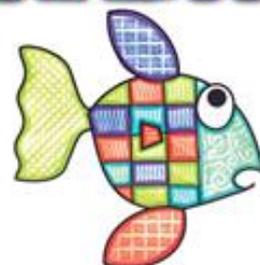
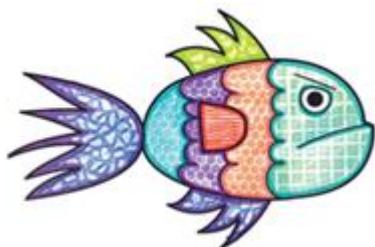
***Violence is never Justified***



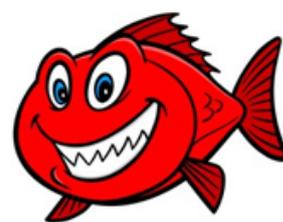
**LONG to KNOW ABOUT what you are FEELING!  
Long to understand the truth behind  
what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.  
It is knowing the truth of that  
which you feel that sets you free!**



**Always be true to your feelings  
because they are your truth  
and truth is love and our way home!**

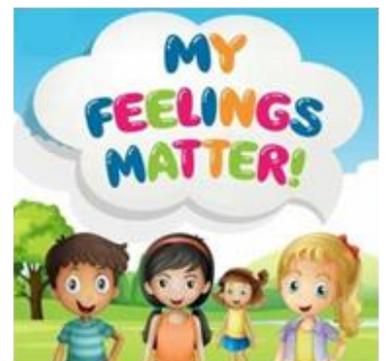
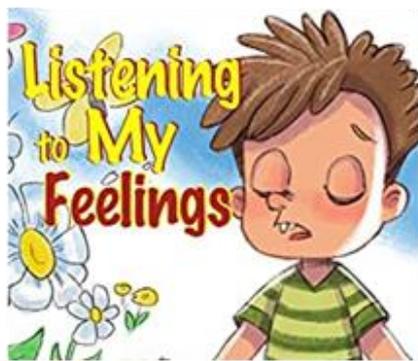


**Express your feelings to those who matter to you.  
Suppressed feelings bring about pain and illness.  
Talk it out to a friend!**

*From our head to our toes,  
what our feelings say goes!*



*Feelings, good and bad, are to be expressed.*



*Heartfelt feelings are our truth.*

*Then we are to continue by longing for  
the truth that our feelings are to reveal to us!*



# TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!





**WHAT ENTERS EMOTIONALLY  
IS TO BE EXPRESSED  
EMOTIONALLY WHILE LONGING  
FOR THE TRUTH TO BE KNOWN  
ABOUT WHAT IS BEING FELT!**

*Childhood Suppression is the underlying  
cause of all physical illness and  
social issues seen throughout society.*

It's all about  
**Experiences  
&  
FEELINGS**

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

# Life After Death



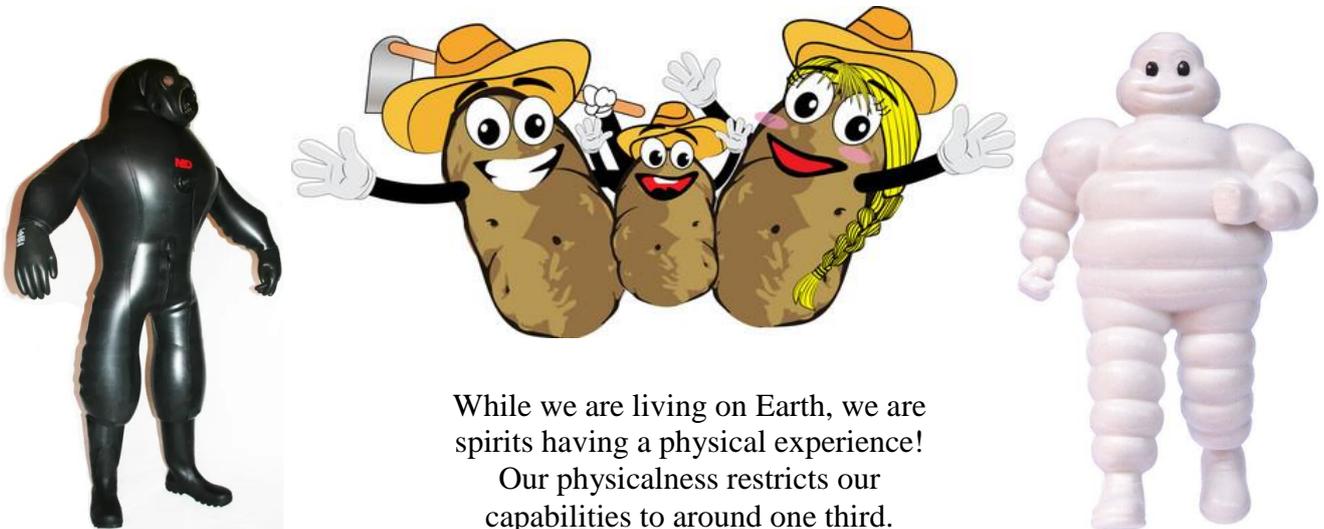
## **We are more alive than ever – when we are dead!**

The life after death is no different in the essentials than the mortal existence.

However, our capabilities are about three fold of what it is when now as we are living in the physical.

We may come to look upon our physical body as though we are living as a potato, or maybe like we are living in and through a heavy rubber suit. Even being the Michelin man may come to mind. Our physical brain is the interface between our spirit body mind and our physicalness, thus upon death of our physical body we lose nothing! Our personality remains as we know it and life is far more fulfilling in the spirit Mansion Worlds than living on Earth. We all arrive in the 1<sup>st</sup> Mansion World.

Every mortal gain is a direct contribution to the enrichment of the first stages of the immortal survival experience. Everything we do in this life which is good contributes directly to the enhancement of the future life – as it does now throughout our physical life! Death is definitely not to be feared, because what awaits us on the other side is a much more amenable way of life, even if it is still all within the Rebellion and Default.



While we are living on Earth, we are spirits having a physical experience!  
Our physicalness restricts our capabilities to around one third.

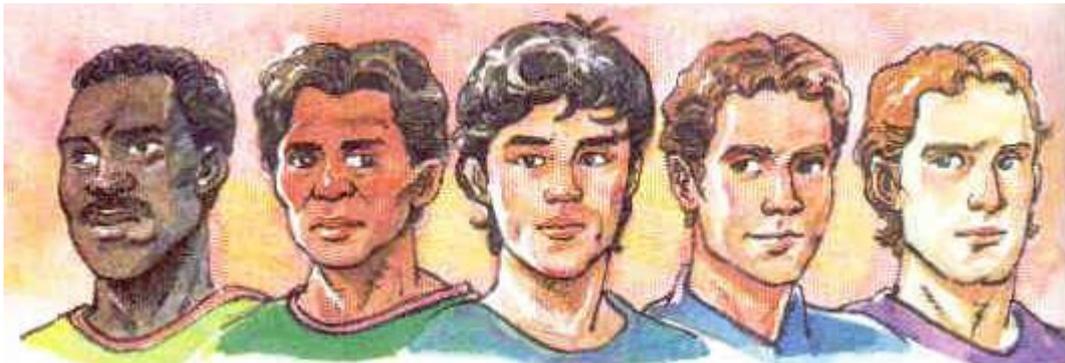
**OUR SOUL is WHO WE ARE:**

**We are the personality of our soul. We never lose our personality.**



**We are a reflection of our parents' personalities. We wilfully embrace our parents' character traits and way of living and beliefs.**

**Our heritage is an outcome only of who we incarnate / individualise via.**



**All humans are descendant from Aman and Amon (Andon and Fonta), who lived about one million years ago. Adam and Eve who arrived about forty thousand years ago, adding features. We all have the same colour skin pigmentation, just different amounts of it. It is our soul based personality that is who we are! Our nationality and racial background is imposed upon us at birth.**

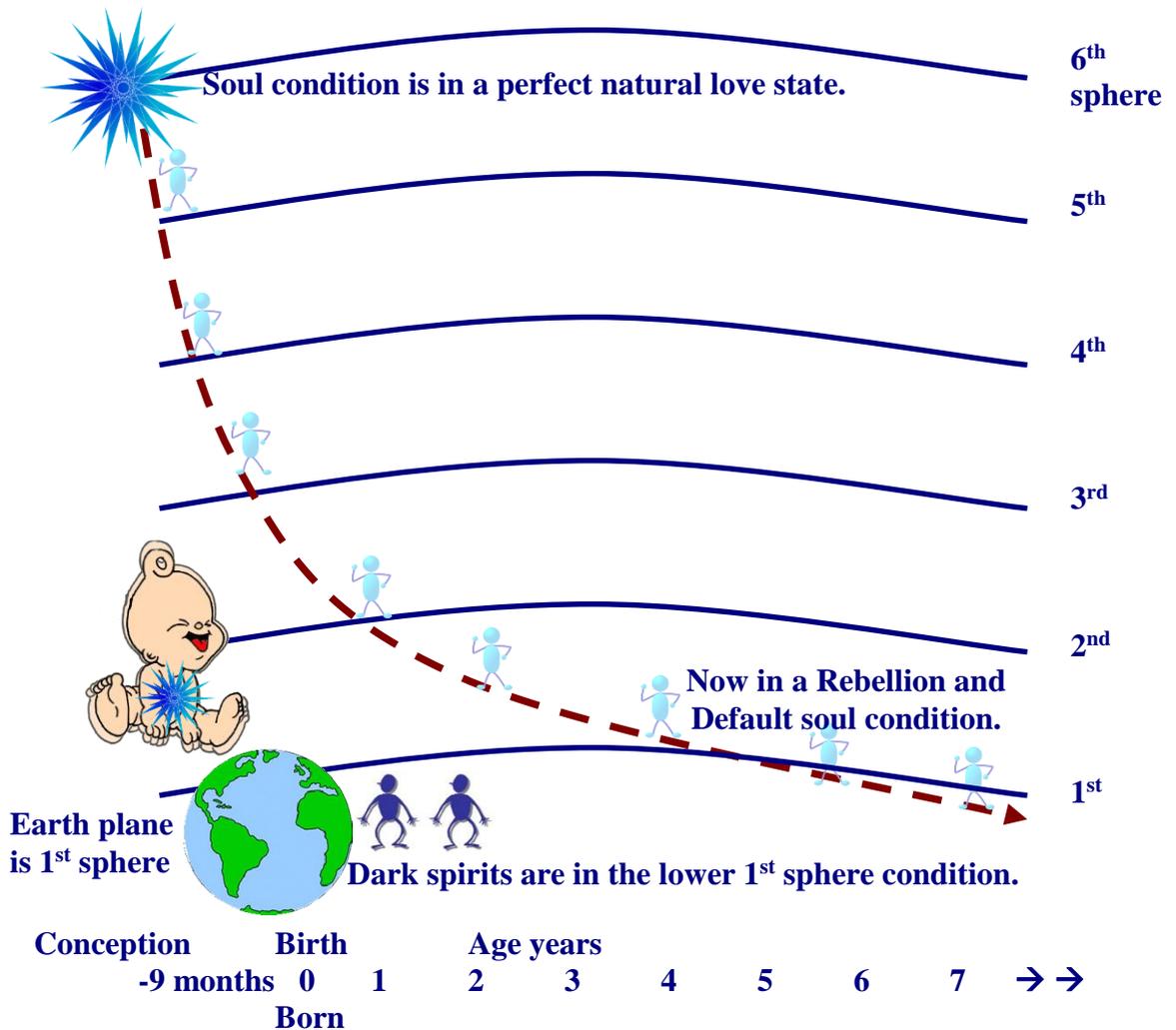
**SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!**

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

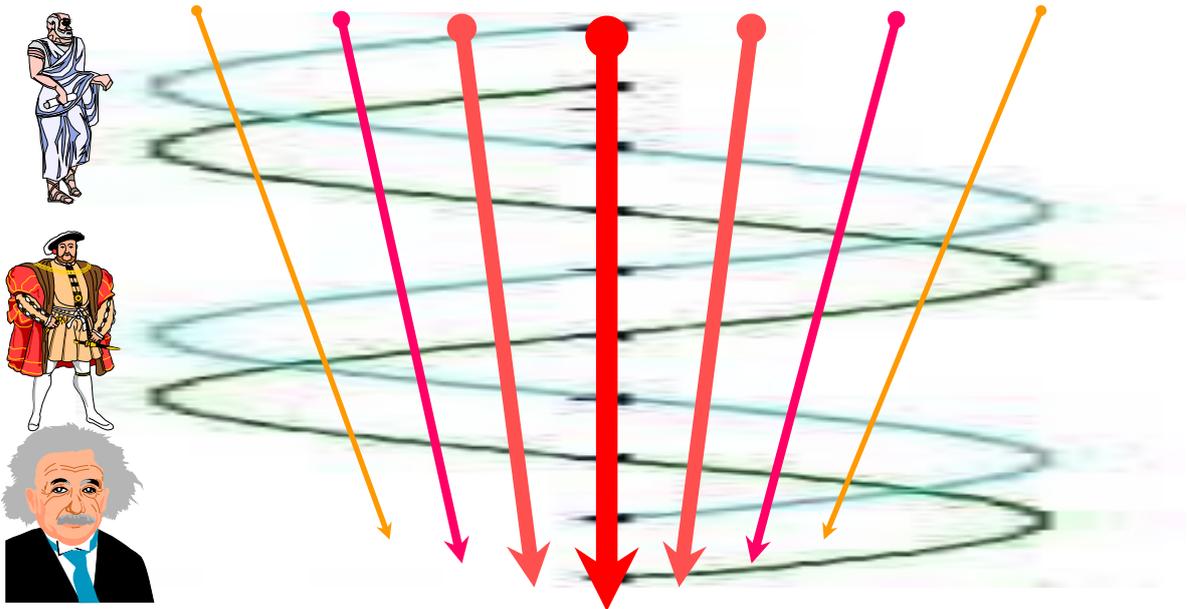
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



# generations

**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



**Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.**

**We are a product of all that has come before us.**

**Our own soul condition is reflected in our children.**



**To assist baby, as well as our self, work and pray to express our blocked emotions.**

**Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.**

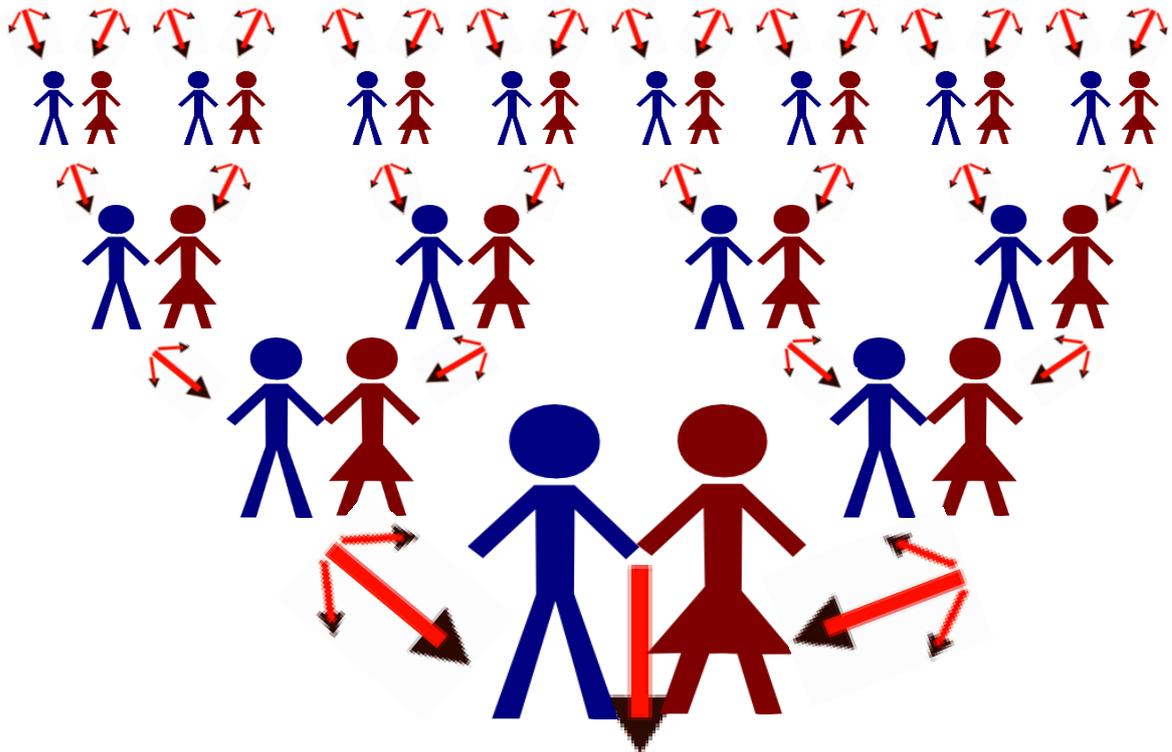
**Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.**

**GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:**

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent’s emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents’ soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

In turn, we are a reflection of our parents’ soul condition, and their parents’ soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents’ emotional issues.

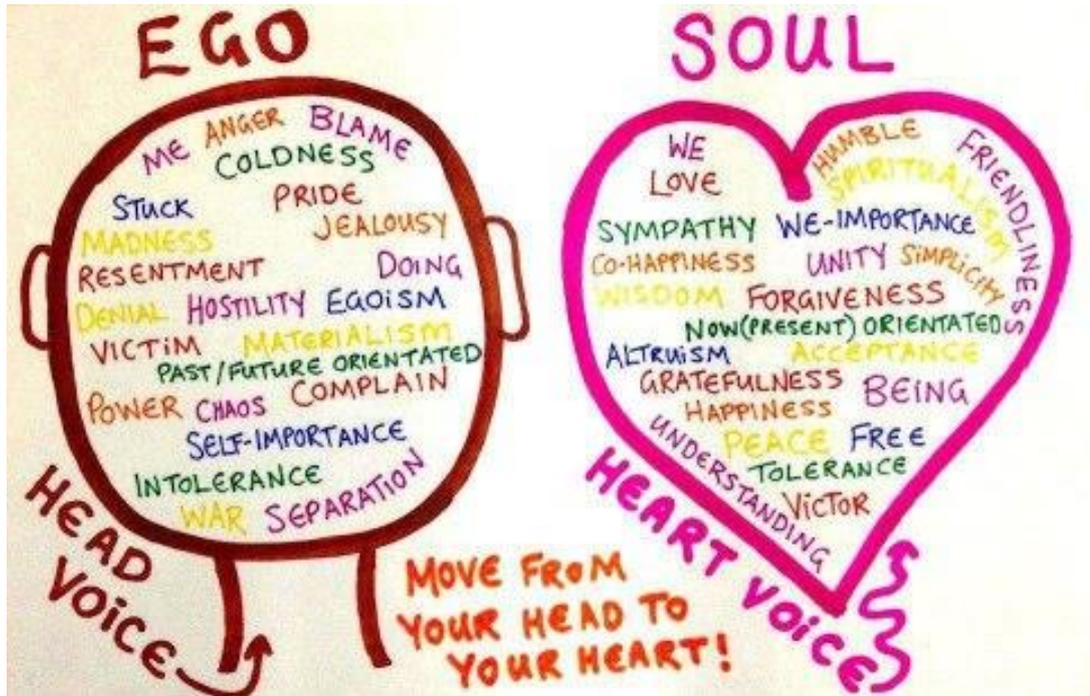


Natural Love Flow

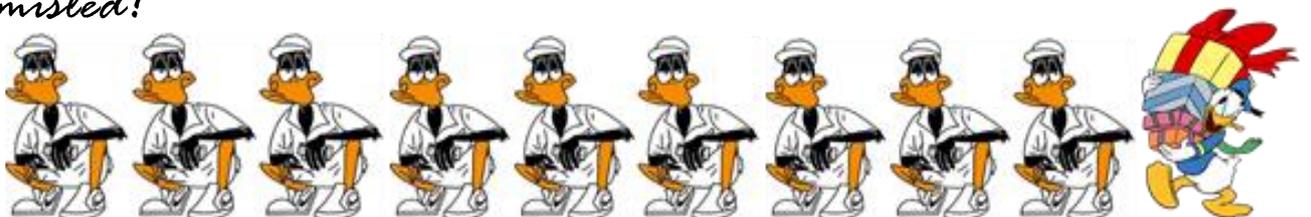
Natural love is Creation's love;  
 One can swap back and forwards between paths  
 I am God  
 Intellectual  
 Self reliant (trust myself)  
 Self-determination way of life  
 Mind dominates  
 Thinking = Mechanistic  
 rational  
 analysis  
 reductionist  
 linear  
 Values = Mechanistic  
 expansion  
 competition  
 quantity  
 domination  
 Adult like  
 Control  
 Millions of paths (man created)  
 Peak possibility is 6th sphere  
 time to complete path:  
 100 years to over 1,000 years

Feelings First with Divine Love Flow

Divine Love is Soul's love.  
 I am God's son/daughter/child  
 Emotional  
 God reliant (God relationship)  
 Soul-spirit living harmony  
 Soul dominates  
 Thinking = Holistic  
 intuitive  
 synthesis  
 integrative  
 non-linear  
 Values = Holistic  
 conservation  
 co-operation  
 quality  
 partnership  
 Child like  
 Feeling  
 Defined path (God created)  
 Peak possibility is infinity  
 (sphere / mansion world are same)  
 5 years to over 10 years to at-onement



*Ten ducks in a row, but one has always been misleading or misled!*



## Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and then progress through all the Celestial Heavens of our local Universe of Nabadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1<sup>st</sup> of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

## Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self-glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1<sup>st</sup> spirit Mansion World to the 2<sup>nd</sup> mind spirit Mansion World, then 4<sup>th</sup> and finally 6<sup>th</sup> mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7<sup>th</sup> spirit healing Mansion World process we transition to the 1<sup>st</sup> of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

# Journey of Earth's Humanity

Years ago:

993,500 **Andon and Fonta - aspire for human perfection.**

950,000 **Andonites reach Tasmania - southern Australia.**

500,000 *Caligastia - Lanonandek - appointed Planetary Prince  
Daligastia manifests on Earth with staff  
Sangik Family - Northern India - 6 colours*

200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary  
Caligastia draws Earth into Rebellion*

38,000 **Adam and Eve manifest on Earth  
Adam and Eve default their mission**

1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS**  
**Commences end of Rebellion & Default**

7 BCE **Jesus of Nazareth born**

2 BCE **Mary of Magdalene born**  
**Creator Daughter & Son Bestowal**

1914 - 1923 **Padgett Messages - second coming**

1925 - 1935 **The Urantia Book - history of humanity**

1944 CE **Bretton Woods Conference - funding**

2002 - 2022 **James Moncrief - Revelations**  
**Avonal Daughter & Son Bestowal**  
**Avonal Age of 1,000 years begins!**

# 4,000 Years Unfolding

1980 BCE

Machiventa Melchizedek

1900s BCE

**ABRAHAM**

MM Jesus  
2 BCE 7 BCE  
46 CE 29 CE

*Bestowals from Paradise:*

Creator Daughter and Son  
Mary Magdalene and Jesus

1914-1923  
1925-1935

**PADGETT MESSAGES**

**THE URANTIA BOOK**

1950 & 1960

*Incararnation of the Avonal Pair*

2018 Jan 31

**REBELLION & DEFAULT**

**FORMALLY ended 31 JANUARY 2018**

2020s+ CE

*Bestowals from Paradise:*

*Avonals - Magisterial Daughter and Son*

Machiventa Melchizedek, to this day, continues to oversee the plan that was evolved more than 4,000 years ago to progressively open cracks in the Universal Contract governing the Rebellion and Default instigated by Lucifer 200,000 years ago. With 'federal' authority, the Creator Daughter and Son brought about the Lucifers and Satans' spirit world imprisonment 2,000 years ago, and set the Avonal bestowals in place.

The commencement of the Padgett Messages on 31 May 1914 triggered the bestowal of the Avonal Pair for Earth's humanity. The Avonals' 'state' authority brought about the Caligastias and Daligastias spirit world imprisonment in 1993. The Avonals' healing of what they have taken on of the Rebellion and Default ends the Rebellion and Default. Now we can all follow and progress on the pathway to Paradise.

## **DIVINE LOVE BLENDS WITH NATURAL LOVE:**

One cannot receive Divine Love unless they have Natural Love! Divine Love enhances one's natural love should one embrace Feeling Healing of their emotional injuries and erroneous beliefs. If you do not have Natural Love you do not exist! One's natural love is a unique variation of the humanness that each of us is. Our natural love soul is our personality, our intelligence, our memory and all those aspects that make us a loving free will endowed individual. Of the one trillion or so (or whatever number) individual souls that will individualise on Earth, we each are unique. Not only are we unique on Earth, no other soul throughout all of the universes is the same as any one of us.

That is the incredible nature of our natural love soul, within this energy comes the potential for courage, neutrality, willingness, acceptance, reason, love, joy, peace and enlightenment in varying amounts. These are the Source Souls gifts within our soul's structure. It is when we embrace these loving aspects we are then embracing our Heavenly Parents' will, our Father's / Mother's will.

We have free will, so we have each embraced pride, anger, desire, fear, grief, apathy, guilt and shame; and subsequently encrusted our always beautiful soul with these unloving attributes. When we engage with these emotions we are embracing free will and stepping away from the God's will, His / Her way.

We are individuals because we are of the energy substance called natural love, we being our souls.

Divine Love is uniform in every aspect. Divine Love is an energy substance that is 10 to 100 times more powerful than natural love, however, it is uniform. If our essence was only of the Divine Love we would all be clones – identical with each and every one another. The Divine Love is available for us to enhance our natural love and make our soul complete.

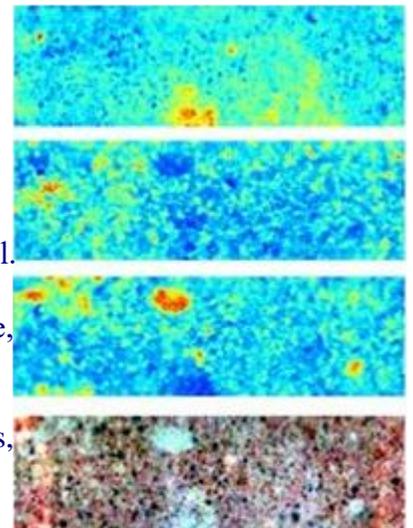
Divine Love blends wonderfully perfectly with natural love. That is the plan. The plan is for us to travel along struggle street and get to the high end of town with our self-reliance, or to embrace the super juice of our Heavenly

Parents' Soul and journey into the stratospheres of wonderment, beauty and incredible love, after we have undertaken our Feeling Healing, and by embracing Divine Love we are also Soul Healing.

One is not exclusive to the other. The Divine Love when added to our soul and blended with the natural love progressively brings about a diminishment and ultimately a total eradication of the potential of man to embrace negative emotions. Further, it then goes on to enhance all of the loving natural love gifts that are within us since the creation of our soul and further develops their natures. It is only with the blending of Divine Love within our soul that we can shed unloving man embraced emotions permanently and grow into our potentialities. It is the presence of Divine Love that ultimately impedes us from engaging in harmful ways and emotions. Oh what a wonderful gift from our Heavenly Parents, should we so ask for it!

There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live in at-onement in the Celestial Heavens and then to progress beyond those glorious realms towards our Heavenly Parents.

The light golden blue energy substance of Divine Love progressively blends with the natural love energy that is the foundation of one's soul. Before embracing our Heavenly Parents' Love, one's soul typically is encrusted with man-made emotional injuries, encrusting and darkening the soul.



The way the Divine Love works in a mortal soul is so practical that it takes us some time to see this truth. As we feel and address our emotional injuries and erroneous beliefs through Feeling Healing, we enable the Divine Love to perfect those aspects of our natural love soul, step by step. One's natural love is slowly enhanced by the presence of the Divine Love in one's soul. As more and more of the Divine Love is asked for and received, progressively and in conjunction with Feeling Healing, more and more of one's erroneous beliefs and emotional errors are resolvable by the light golden blue energy substance, the Divine Love.

When we earnestly and lovingly ask for Divine Love, the Divine Love is added to our soul, thus we steadily and progressively become complete in our being.

“The differences between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.”

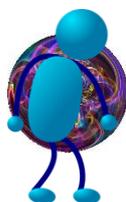
Quote from Celestial Spirit Richard 22 Dec 2012

We never lose our natural love, we enhance it and blend it with the Divine Love. Divine Love, once received, never diminishes, it is forever self-replenishing. We can continually ask and receive more and more of the Love, there are no limits to its availability and how much we can receive into our soul.

Divine Love is a wonderful transformative element and the most wonderful in the universe but it will not actively overcome the Free Will of man. Each one must pay great heed to their own heart and their true care of themselves and of others.

The guidance to love one's neighbour and oneself is perhaps the most difficult to observe during one's existence on Earth as it is abundantly apparent that this is rarely done to the fullest degree. The world is full of discord and war and greed. Even with all of this, it is possible for an individual to engage to live in accord with this guidance, with humility and acceptance. And to succeed in this endeavour one is greatly aided by embracing the Love and living a life with the Love, the Mother and Father's Divine Love – living Feelings First.

**Soul expands as it grows in love and condition.  
Natural love has a limit to its development.  
The first two personalities typify the condition and vibrancy of natural love and self-reliance. The awakening to Feeling Healing with Divine Love can achieve rapid growth in vibrancy and growth beyond comprehension.**



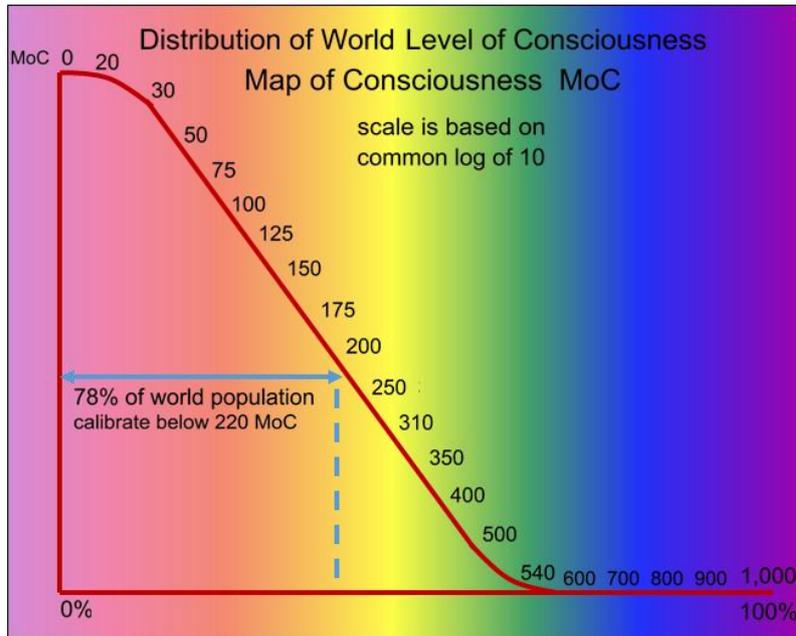
If you are born before  
31 January 2018  
you are

**REBELLION**

**BORN INTO**

To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those imposts of the Rebellion and Default

WORLDWIDE SURVEY			
Levels of Truth / Consciousness	Countries	Population 2020	Lifestyle Feature
500+ MoC	NONE	0 million	Feeling orientated rather than mind-centric
400s	22	700 million	Freedom and Progressive Leadership
300s	71	4,100 million	Open and Free Education
200s	50	1,100 million	Current Religions
100s & below	73	2,100 million	Survival Living
Overall 220	216	8,000 million	Humanity entrenched in mind-centricity



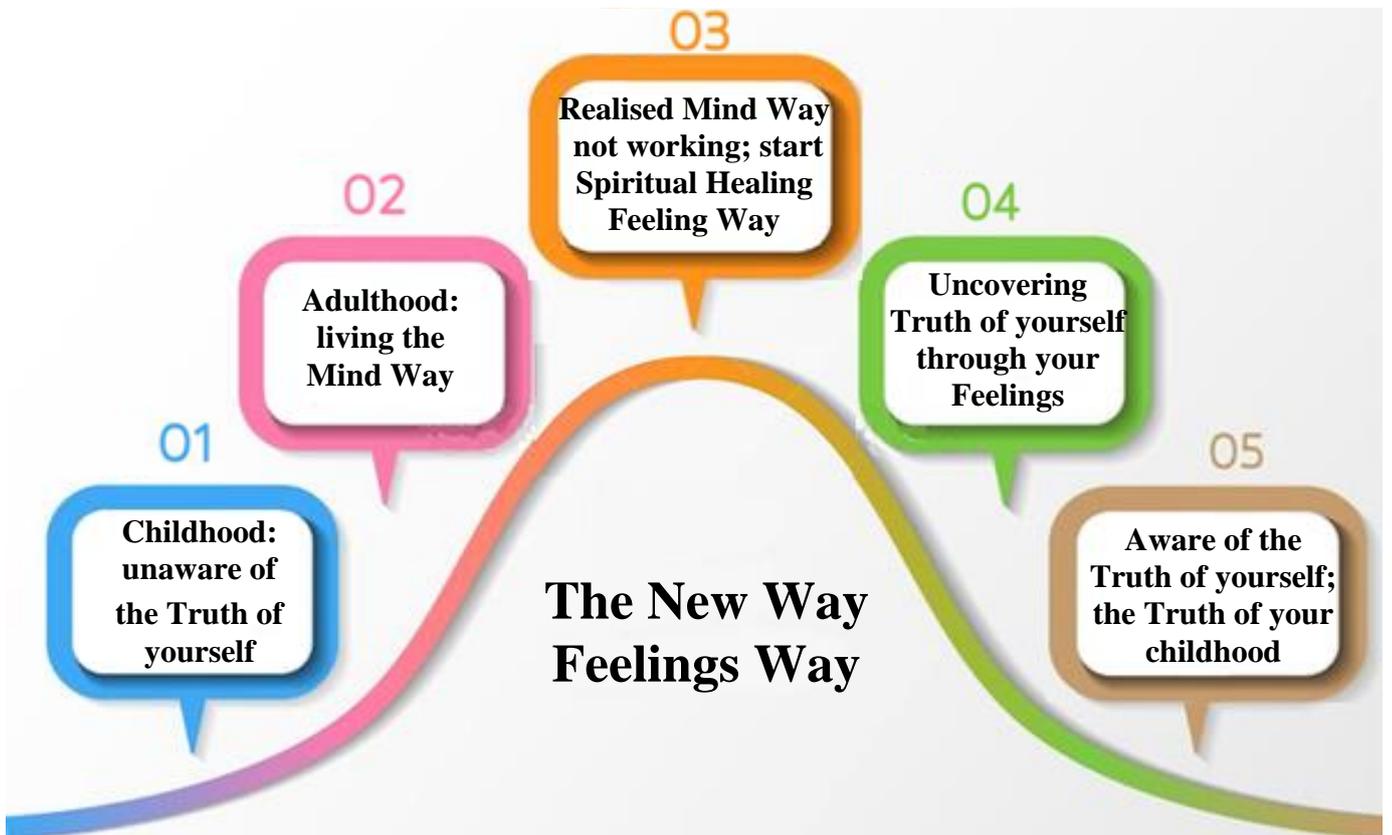
**Note:**  
 The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.  
 A calibration increase of 1 point is in fact a 10 fold increase in energy.  
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.  
 Thus the energy differentials are in fact enormous!



Feelings First with Mind to follow in support.



# NEW FEELINGS WAY



# WHOLE DIFFERENT Way of Life.



*mind*

TRANSITION



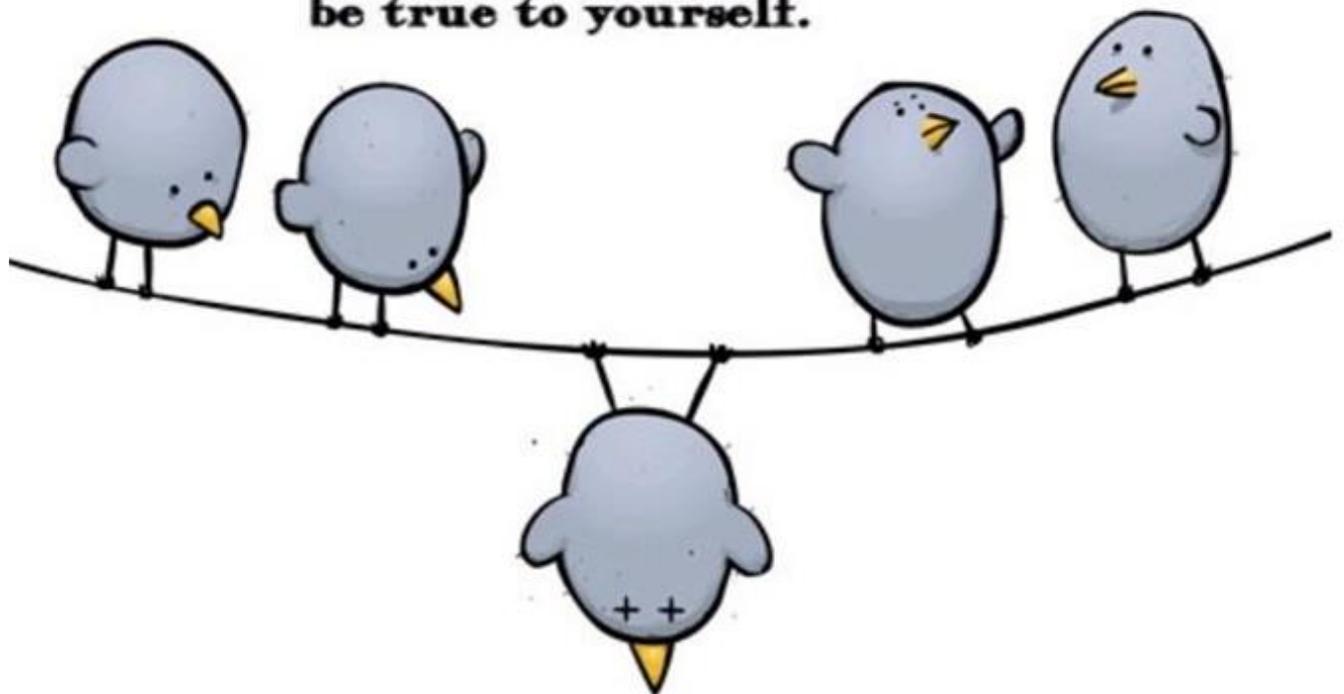
*feelings*

## Be True to Yourself

**open your heart**

**and always**

**be true to yourself.**



# NEW FEELINGS WAY

The way to Paradise and All-Love is a Feelings Way. The Feeling Way is about honouring – accepting and expressing, and longing for the truth, of all feelings. By doing our Spiritual Healing (Feeling-Healing and Soul-Healing with the Divine Love) we can uncover the truth of why we're living in rebellion against the truth of ourselves. Why we live by denying so many of our feelings; especially our bad ones.

The Way of the Rebellion, The Mind Way, leads ultimately to mind-extinction involving annihilation of personality and soul. The Mind Way is about denying as many feelings as we can, selectively choosing the ones you want, all to maintain control over yourself. And yet by denying feelings and your expression of them, you are denying the truth they would help you see about yourself. So you are denying your own Spiritual Growth Of Truth. All of which can only lead to bad outcomes.

The Mind Way is a Dead End – and only pain. The Feeling Way is eternal growth of Truth, Love and Happiness. By truly embracing our feelings, longing for the truth they are to reveal, we evolve through:

Phase 1: Spiritual Healing through the Mansion Worlds and into the Celestial Heavens.

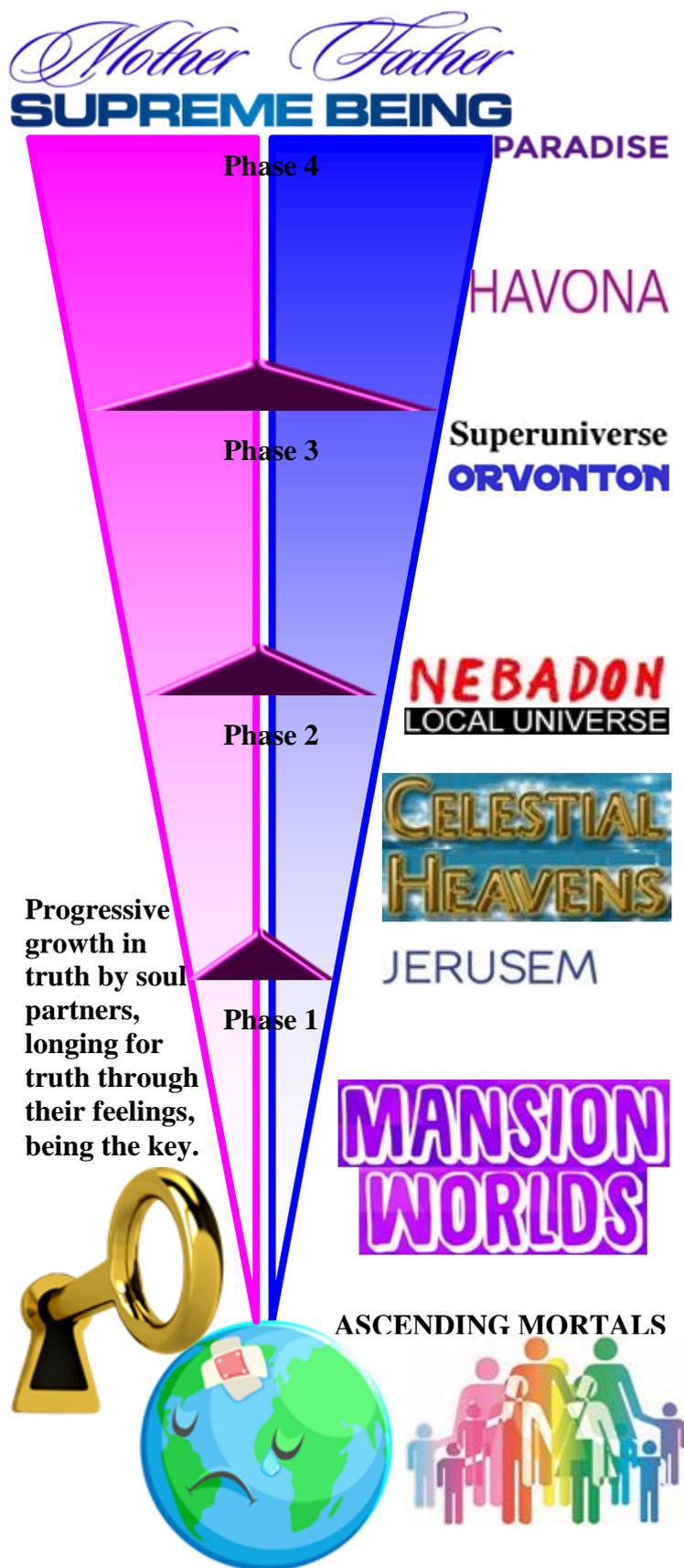
Phase 2: Evolving in Truth through our Local Universe, Nebadon, and into the superuniverse: Orvonton.

Phase 3: Truth progression through the superuniverse of Orvonton.

Phase 4: Truth progression through Havona, and attaining Paradise.

ALL Soul and Truth Progression is done by Living True To Our Feelings.

**The New Feelings Way.**



## THE STRAIGHT AND NARROW PATH



Looking for Spiritual pathways using our mind will mean the True Spiritual Pathway will always elude us. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in 'feelings-clothing'. And we may believe we are getting somewhere with our feelings, only to realise centuries later in the spirit, mind Mansion Worlds that we've still been leading ourselves astray and away from our true feelings.

Surrender and submit willingly allowing our feelings to emerge and be expressed. Long for the truth our feelings are to reveal. Persevere. Allow our feelings to be our way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!

By living true to our feelings we will progress through the Celestial Heavens all the way through Nebadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

It is the True Way, the New Feelings Pathway, that takes us all the way 'Home'. It is a journey of ever-expanding Truth and Love.



# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

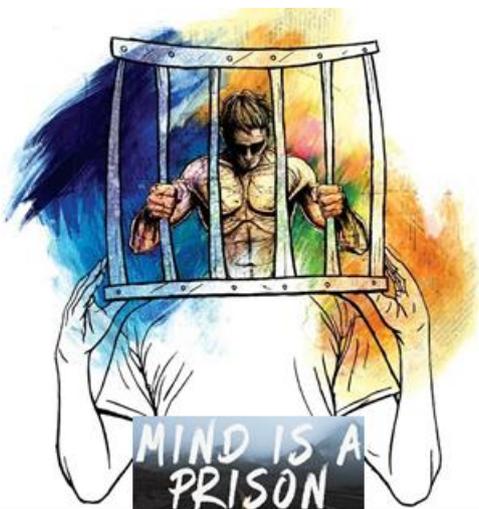
or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.



# Soul Partners

Physical /  
material body  
Brain

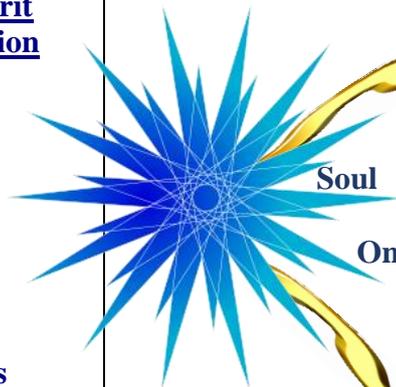
Spirit /  
etheric body  
Mind

Soul + Spirit  
Combination

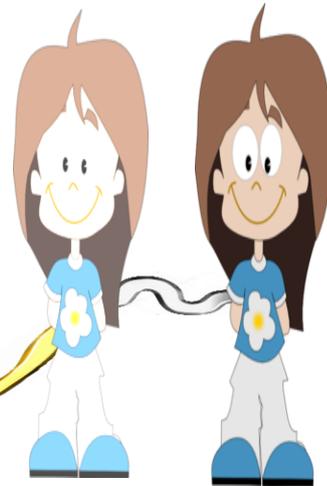
Senses  
Desires  
Memory  
Passions  
Intention  
Free Will  
Emotions  
Creativity  
Awareness  
Personality  
Aspirations  
Intelligence  
Consciousness  
The Real You  
is your Soul!  
Our Soul  
orchestrates  
everything!

## ONE SOUL = TWO PERSONALITIES

The two personalities from the one soul are eternally compatible once they are healed of their Rebellion and Default.



Soul

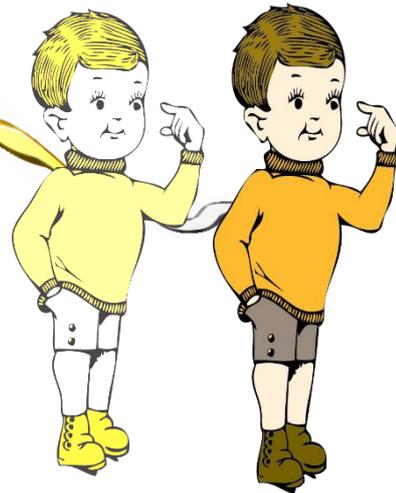


Spirit  
Body

Physical  
Body

One Soul = Two Personalities

The capabilities and potentialities of every individual personality is only limited by their childhood suppression and repression. Once we heal, then our self-expression will reveal our true selves.



**While we are rebelling against our soul we are also rebelling against our Soul Partner!  
We cannot recognise our Soul Partner until we have healed ourselves of our Rebellion and Default.**

**Until then we will reject our Soul Partner!**

**WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:**

**For those doing their Healing or are interested in doing it, will** from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.

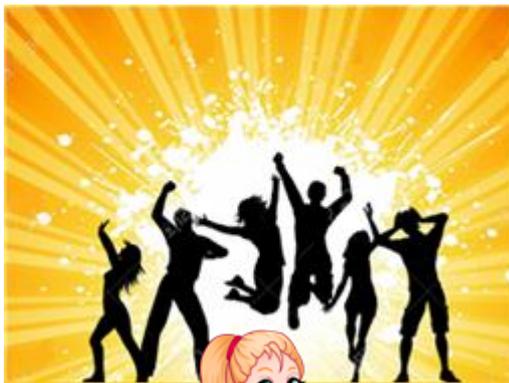
We are all to have our own pure relationships. And it’s the same, of course, in life with your friends. However over there, in spirit, dealing with Nature Spirits, Spirit Guides and Angels, it’s more personal and private and ‘JUST FOR YOU’. So, we have our own separate, unique relationships.



For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand; so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is the only one they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds. However, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



**Feelings! first**

### NATURE SPIRITS

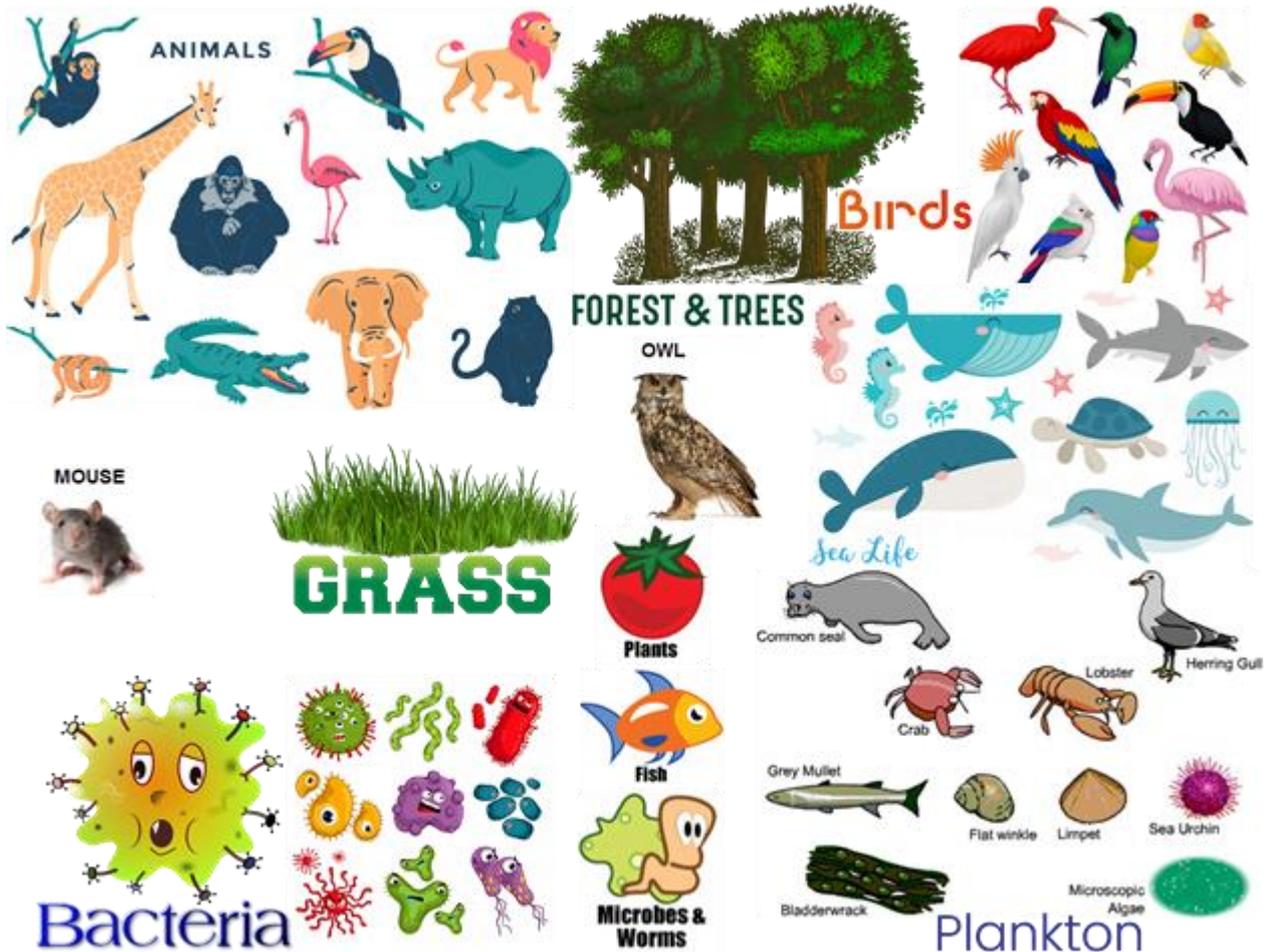
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

**Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’:** “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say, we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”



“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.



My beautiful experience of speaking with Nature Spirits  
As I was speaking, this Nature Spirit appeared



PHOTOGRAPH TAKEN BY SAMIA APRIL 2024

<https://www.facebook.com/photo?fbid=360757817103210&set=a.175312948981032>

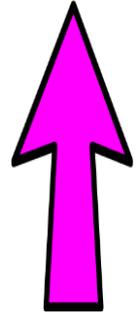
In April 2024, I was out with my camera taking photos in nature for my twitter posts. I was asking my Nature Spirits to help me find the best photos, and a beautiful Nature Spirit appeared. I feel so lucky to have captured her in this photo, just so beautiful.

Samantha McCabe

# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE

**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
**DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES**  
**UNITING with SOULMATE / SOUL PARTNER and SOULGROUP**  
**BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT**



### THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\*

-----  
**Transformation** of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.  
**Transformation** of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.  
 -----

### Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
**SEVEN MANSION WORLDS**

We have to do our: **SPIRITUAL HEALING**  
**(FEELING HEALING)**  
**(SOUL HEALING)**  
**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
**REBELLIOUS**  
**REBELLION AND DEFAULT**

Against Truth and Love  
Living Untrue; against ourselves  
Denying many feelings  
Become Truth to being untrue  
Imperfect relationships  
Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**

### Self-Acceptance

No Healing needs to be done  
Being true and loving  
All done with Natural love  
Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
**NOT REBELLIOUS**  
**NO REBELLION OR DEFAULT**

Not Against Truth and Love  
Living Truth; not against ourselves  
Not denying any feelings  
Become truth to being true  
Perfect Relationships  
Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
What we wish we were living  
A Loving life



### THE MIND WAY \*\* MIND-LED LIFE \*\*

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

### GREAT U-TURN

# Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1<sup>st</sup> spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be when we are in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotionally needs to be expressed emotionally. Should we long for our Heavenly Mother and Father's Love, then we are also SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this is the opposite as to how we have been brought up to live.

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

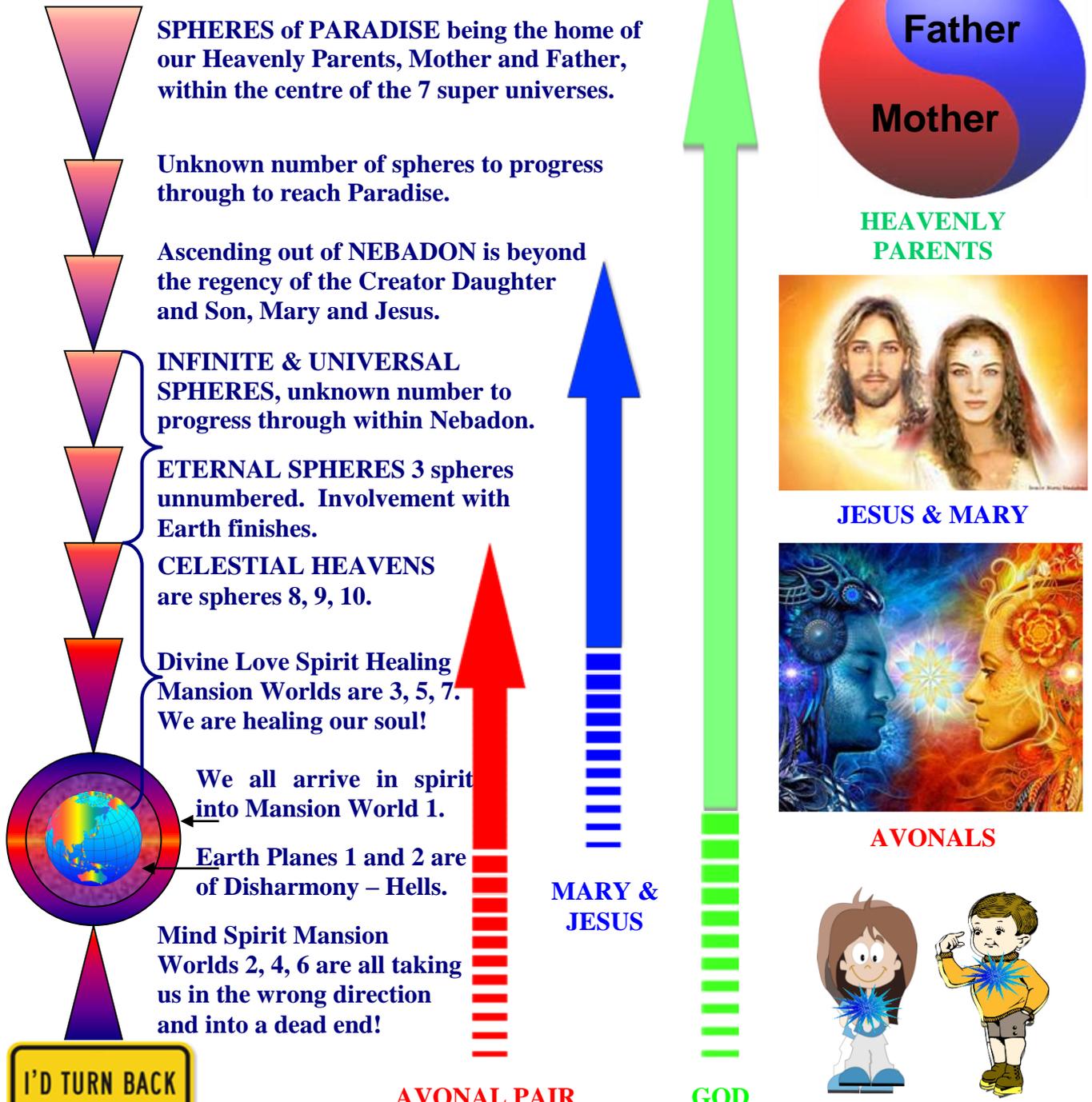
As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

**BE FEELINGS  
 EXPRESSIVE!**



# MUM & DAD THIS WAY

# GOD



**I'D TURN BACK IF I WERE YOU!**

Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

**EXPERIENCES, FEELINGS and TRUTH:**

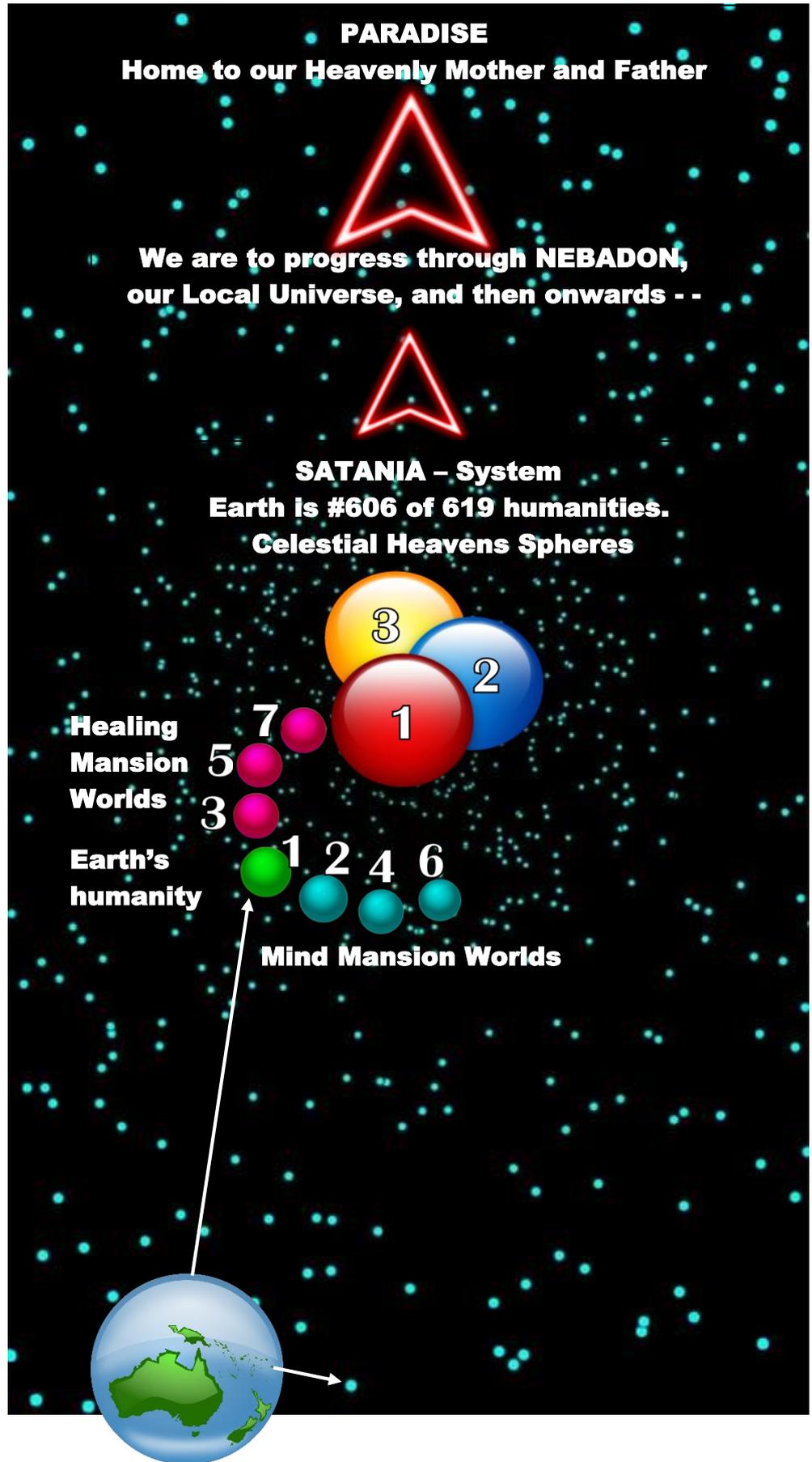
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we ‘die’, and shed our physical body as we are spirits having a physical experience, we all arrive on the 1<sup>st</sup> spirit Mansion World.

If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.





**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

**Soul spheres  
are not  
numbered.**

**Soul spheres  
are to:**



**The New Birth = Become at one with God: sphere 8**

**Peak Sphere =**

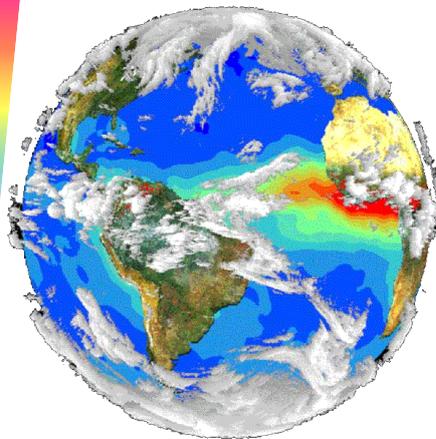
**6**

**NATURAL  
LOVE  
SPHERES**

**4**

**2**

**1**



**7**

**5**

**3**

**Spirit body  
spheres are  
1 - 7**

**DIVINE  
LOVE  
SPHERES**

**Earth sphere is for  
the physical body.**

# JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth's humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth's humanity is possibly the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

The Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving Home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into super, superuniverse Havona which circulates around the Isle of Paradise, being home.

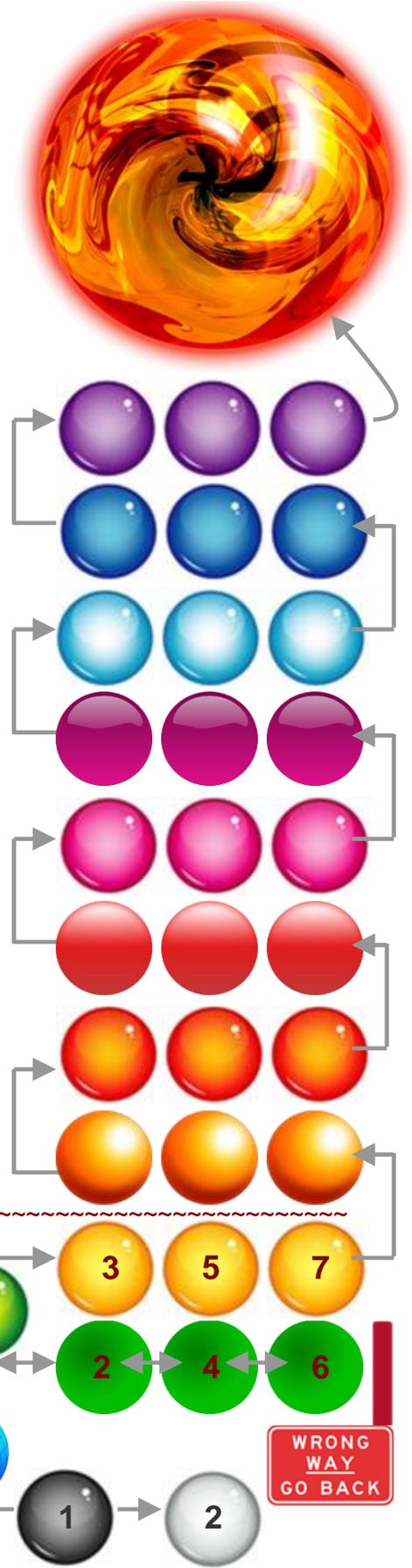
Each of the seven super-universes are approximately constituted as follows and with 1,000,000,000,000 inhabitable worlds:

- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Once we attain the Celestial Heavens (spheres), we start to come in contact with spirits from other 'Earth' worlds. So in spirit, and once we've finished our Healing and are Celestial, we interact, sometimes directly and otherwise indirectly, with potentially 10,000,000 physical worlds of which 3,840,101 are with humanities. Our Avonal Daughter and Son lead us to Mary Magdalene and Jesus (Michael soulmate pair / soul partners, our Creator Daughter and Son), through our healing of the Rebellion and Default by guiding us into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Mary and Jesus then lead us through the Celestial Heavens for the system Satania (that Earth is in), then our constellation and then out of our Local Universe.

Isolation from all other humanities prevails before completing our soul's healing and progress into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 of Earth are for those people who have to compensate for evil wrongdoing. And once done, they may then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to transition into Celestial Heaven.



# Paradise Trinity

Heavenly Mother  
and Father  
'Love'



Eternal Son of 'Truth'

Infinite Daughter of 'Mind'

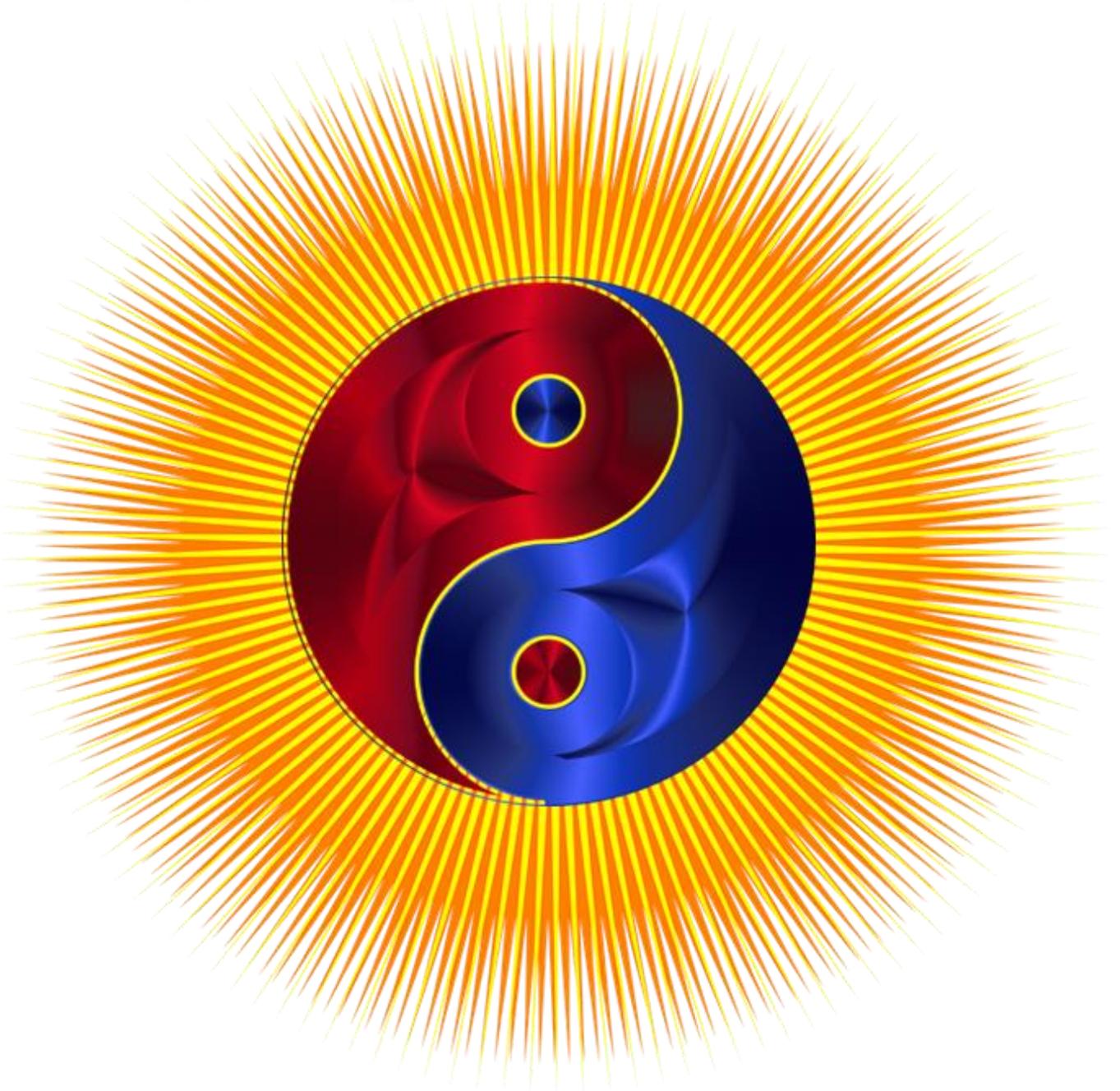
Jesus and Mary's soul are different in design than ours. They are a Creator Daughter and Son, or similarly referred to as Michael Daughter and Son soul, and within their soul is expressed only two of the Primary Aspects of Deity. They are of the Mother and Father, our Heavenly Parents and the Eternal Son.

Avonal Daughters and Sons are expressive of the Eternal Son and Infinite Daughter.

The core of humanity (us mortals of Earth) is of the Truth and Mind, and then with the addition of the Indwelling Spirit, we can then relate to the Love.

And with the Avonal pair now on our world (Earth), or assisting us through others on Earth, they too expressing the Son of Truth and Daughter of Mind, we actually are far better suited to relating to them than we are to Mary and Jesus.

Our Heavenly Mother and Father



**GREAT**  
*U*Turn

**THE**  
**CHANGE**  
&  
**Avonal** **AGE**

## LONGING for DIVINE LOVE:

One's soul is always perfect. It is a creation of our perfect Heavenly Parents.

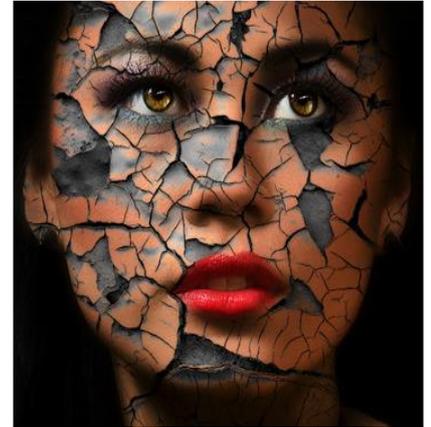
They have given us free will. The freedom to use our mind to embrace or deny Them; to live true to ourselves, or untrue and against ourselves. True to Them; or against Them.

As we progress through our early childhood years we absorb the attitudes, beliefs and habits of those within our environment. Some of these are in error. Such emotional errors and injuries melded with errors in belief encrust one's soul with unhealthy and unloving energies. These 'encrustments' retard the flow of loving energies into our soul.

As we become aware of our Mother and Father's greatest gift in all of the universes, we can ask for and receive this gift, being Their Divine Love. Some people see it as a light golden blue energy substance – light. Through one's Feeling Healing it progressively helps us see the truth of how untrue and erroneous we are. This Love will slowly enable us to break free of such wrong beliefs, trauma, pain and suffering.

With the Divine Love of our Parents, the beauty with which we were created can come to the surface and we can then proceed to progress beyond the ceiling of our natural love formed soul. Once our Feeling Healing with the vibrant energy of Divine Love (our Soul Healing) is completed, the Love enables us to live a life here on Earth as though we were in the Celestial Heavens.

The Divine Love of our Heavenly Parents is the greatest gift for all of humanity. Without exception or condition we can long to our Mother and Father for Their Love anywhere and anytime. Longing with all our heart to be loved by Them – to receive Their Love into our soul.



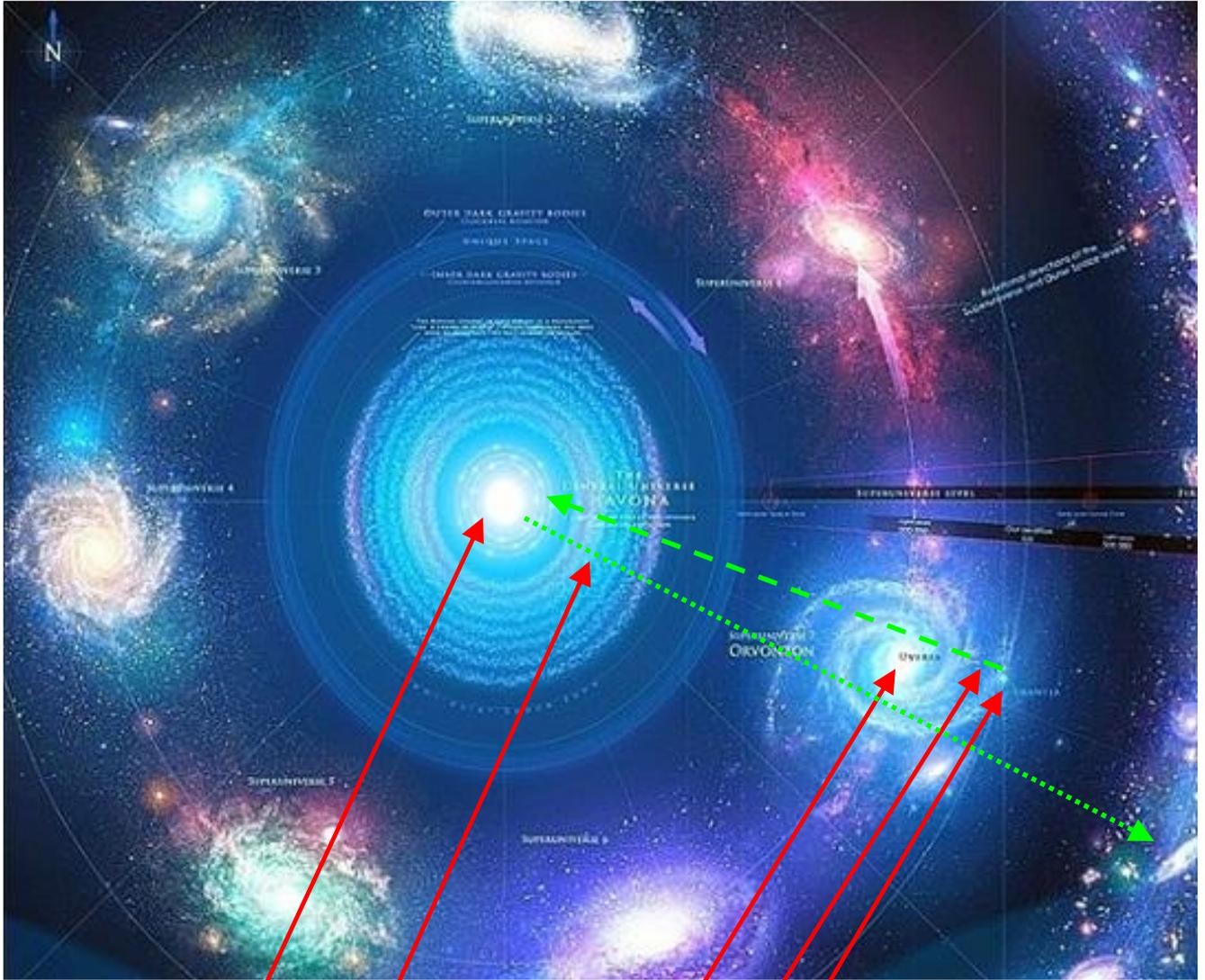
Our Spirit Friends on duty



**OUR JOURNEY**

Ascension is from Earth (Urantia) through Nebadon, Orvonton, Havona to Paradise.

Then in Paradise we progress to be Finaliters and possibly assigned to a newly forming universe.

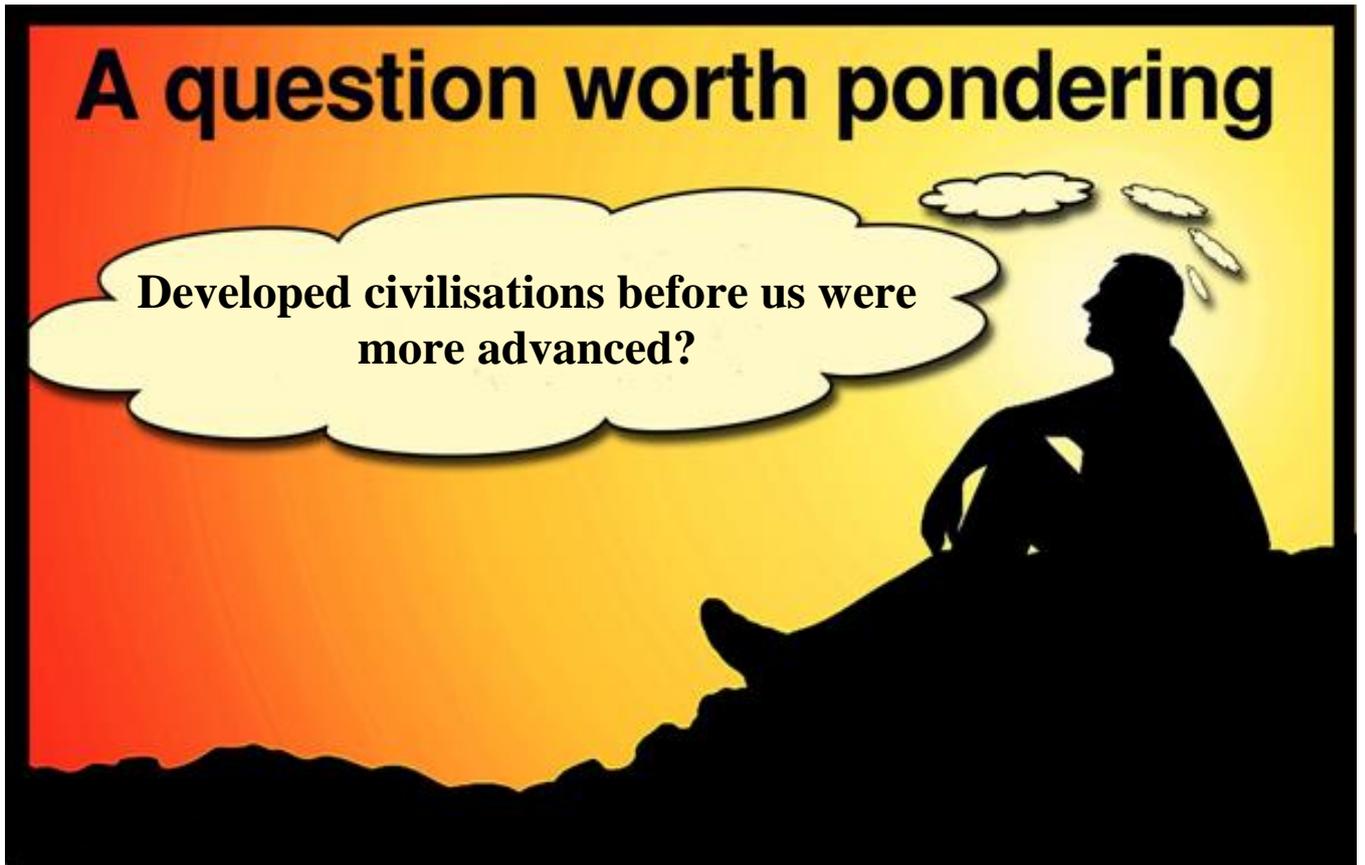


Isle of Paradise  
home of our  
Heavenly Mother & Father

Havona  
Ascendington

Orvonton – our Super Universe  
Nebadon – our Local Universe  
Uranta being Earth

**Finaliter, being what we become  
when we finally arrive in Paradise!**

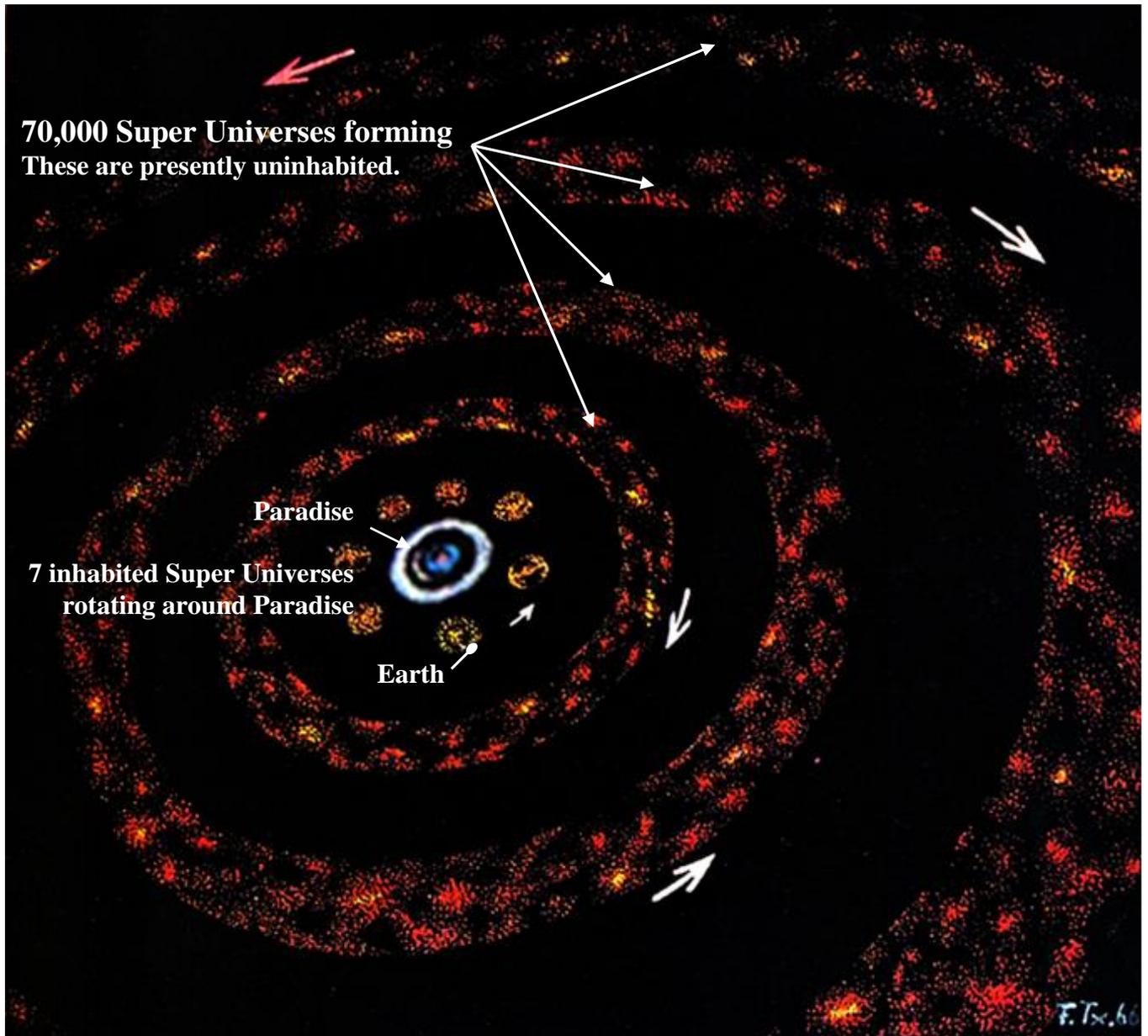


and



Earth

70,000 Super Universes forming



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A photograph of two young children playing in a stream. The child on the left is holding a large, green, pointed leaf over their head like an umbrella. Both children are smiling and appear to be enjoying the water. The background is a lush, green forest with sunlight filtering through the trees.

**Great Gifts through our Feelings are:**

**The Awareness of our Heavenly Mother  
and Father**

**That our soul is a duplex – both male  
and female – one soul, two personalities**

**That Feeling Healing with Divine Love  
is our pathway to Paradise – our true  
home**

**Freely expressing our Feelings to a  
companion is expressing our true  
personality – the personality bestowed  
upon us by our Heavenly Mother and  
Father – our true Mum and Dad!**

**These are truths of living  
Feelings First Spirituality,  
The New Way**

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## Library Downloads – Pascas Papers

**FH denotes Feeling Healing**

**DL denotes the Divine Love**

### PASCAS INTRODUCTION NOTES

- |     |  |                         |
|-----|--|-------------------------|
| 1.  | Administration Overview – Pascas Foundation (Aust) Ltd       | FH & DL                 |
| 2.  | Divide and Conquer Overview                                  | FH & DL                 |
| 3.  | Feeling Healing and Divine Love Discussion Prompts           | FH & DL                 |
| 4.  | Feeling Healing Cosmology Introduction                       | FH & DL                 |
| 5.  | Feeling Healing, Divine Truth and Divine Love Points         | FH & DL                 |
| 6.  | Feeling Healing Structures Introduction                      | FH & DL                 |
| 7.  | Feelings First Spirituality – The New Way adults children    | FH & DL                 |
| 8.  | Health and Healing   | FH & DL                 |
| 9.  | Pascas Care Centre – Clinic Future Goals                     |                         |
| 10. | Pascas Care Centre – Healthy Meridians = Healthy Body        | FH & DL                 |
| 11. | Pascas Care Centre – Introduction for a Friend               | FH & DL                 |
| 12. | Pascas Care Centre – Introduction for a Health Carer         | FH & DL                 |
| 13. | Pascas Care Centre – Tools for Healing                       | FH & DL                 |
| 14. | Pascas Care – Unshackle and Launch                           | powerpoint presentation |
| 15. | Pascas Care – Your Health                                    | powerpoint presentation |
| 16. | Pascas Foundation – Overview                                 | DL                      |
| 17. | Pascas WorldCare – Group Discussion                          | DL                      |
| 18. | Pascas WorldCare One Overarching Cause One Pathway Forward   | FH & DL                 |
| 19. | Universal Gift – Feeling Healing with Divine Love            | FH & DL                 |
| 20. | U-Turn for Humanity  | FH & DL                 |
| 21. | U-Turn for Humanity Pascas reveals New Feelings Way          | FH & DL                 |
| 22. | U-Turn for Humanity pathway being New Feelings Way           | FH & DL                 |
| 23. | U-Turn for Humanity shutting hells through New Feelings Way  | FH & DL                 |
| 24. | U-Turn for Humanity simple is what Life is meant to be       | FH & DL                 |
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| 28. | U-Turn for Humanity unfolding the New Feelings Way           | FH & DL                 |

### FEELING HEALING

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| 30. | Feeling-Healing presentation Samantha McCabe   | FH & DL |
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| 32. | Pascas Care – Feeling Healing All is Within    | FH & DL |
| 33. | Pascas Care – Feeling Healing and Health       | FH & DL |
| 34. | Pascas Care – Feeling Healing and History      | FH & DL |
| 35. | Pascas Care – Feeling Healing and Parenting    | FH & DL |
| 36. | Pascas Care – Feeling Healing and Rebellion    | FH & DL |
| 37. | Pascas Care – Feeling Healing and Starting     | FH & DL |
| 38. | Pascas Care – Feeling Healing and Will         | FH & DL |
| 39. | Pascas Care – Feeling Healing Angel Assistance | FH & DL |
| 40. | Pascas Care – Feeling Healing Being Unloved    | FH & DL |

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| 41. | Pascas Care – Feeling Healing Child Control            |  | FH & DL |
| 42. | Pascas Care – Feeling Healing Childhood Repression     |  | FH & DL |
| 43. | Pascas Care – Feeling Healing End Times                |  | FH & DL |
| 44. | Pascas Care – Feeling Healing is Rebelling             |  | FH & DL |
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| 46. | Pascas Care – Feeling Healing Mary Speaks              |  | FH & DL |
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| 57. | Pascas Care – Parenting Eureka Moment             |           | FH & DL |
| 58. | Pascas Care – Parenting Feelings Supreme Guides   |           | FH & DL |
| 59. | Pascas Care – Parenting Health Generation         |           | FH & DL |
| 60. | Pascas Care – Parenting into the Abyss            |           | FH & DL |
| 61. | Pascas Care – Parenting Rebellion                 |           | FH & DL |
| 62. | Pascas Care – Parenting Vaccinations              |           | FH & DL |
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| 70. | Sam’s Book – Parenting and Feeling Healing        | Book VIII | FH & DL |
| 71. | Sam’s Book – Parenting and Feeling Healing        | Book IX   | FH & DL |
| 72. | Sam’s Book – Parenting and Feeling Healing        | Book X    | FH & DL |
| 73. | Sam’s Essay – I am allowed not to love my Parents |           | FH & DL |

#### **PASCAS CARE LETTERS**

- |     |  |  |         |
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| 74. | Pascas Care Letters – A Huge Upturn                        |  | FH & DL |
| 75. | Pascas Care Letters – Absence of Love                      |  | FH & DL |
| 76. | Pascas Care Letters – addressing Domestic Violence         |  | FH & DL |
| 77. | Pascas Care Letters – Age of Individuality                 |  | FH & DL |
| 78. | Pascas Care Letters – All Disease                          |  | FH & DL |
| 79. | Pascas Care Letters – An Extraordinary Journey             |  | FH & DL |
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219.	Pascas Care Letters – Women’s Liberation and Mother	FH & DL
220.	Pascas Care Letters – Worldwide Survey	FH & DL

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As communications open for others then the Library will expand and expand.

Kindly also consider:

**MEDICAL EDUCATION**

Pascas Park – Journey for Humanity Museum	FH & DL
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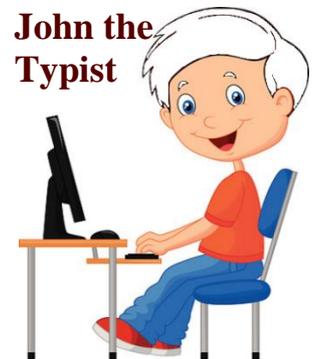
**MEDICAL – DEATH and DYING**

Pascas Care – Death & Dying – Transition & Assimilation	FH & DL
Pascas Care – Death & Dying – Transition & Assimilation Marjorie	FH & DL

**MEDICAL**

Pascas Care – Kinesiology Personality Traits	FH & DL
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Pascas Care – Kinesiology Videos	

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and then onwards for all of eternity .

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**P**hilosophy of global changes

**A**ge of a new way

**S**oul healing

Put **C**hildren first

**A**wareness so that people can improve their lives

**S**pirit creating alternative solutions

**Team Ukraine**