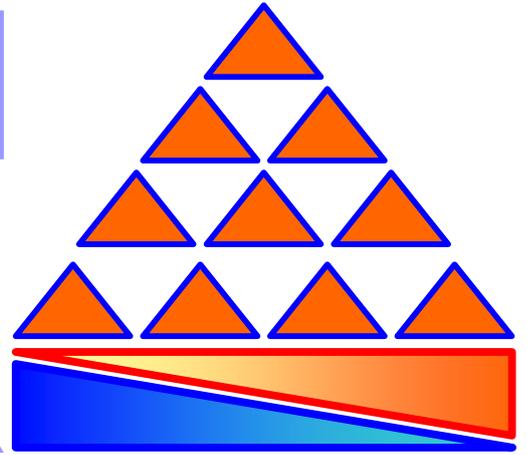


PASCAS CARE HEALTH MATRIX



“Peace And Spirit Creating Alternative Solutions”

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

Queensland, Australia

**Em: info@pascasworldcare.com
Em: info@pascashealth.com**

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

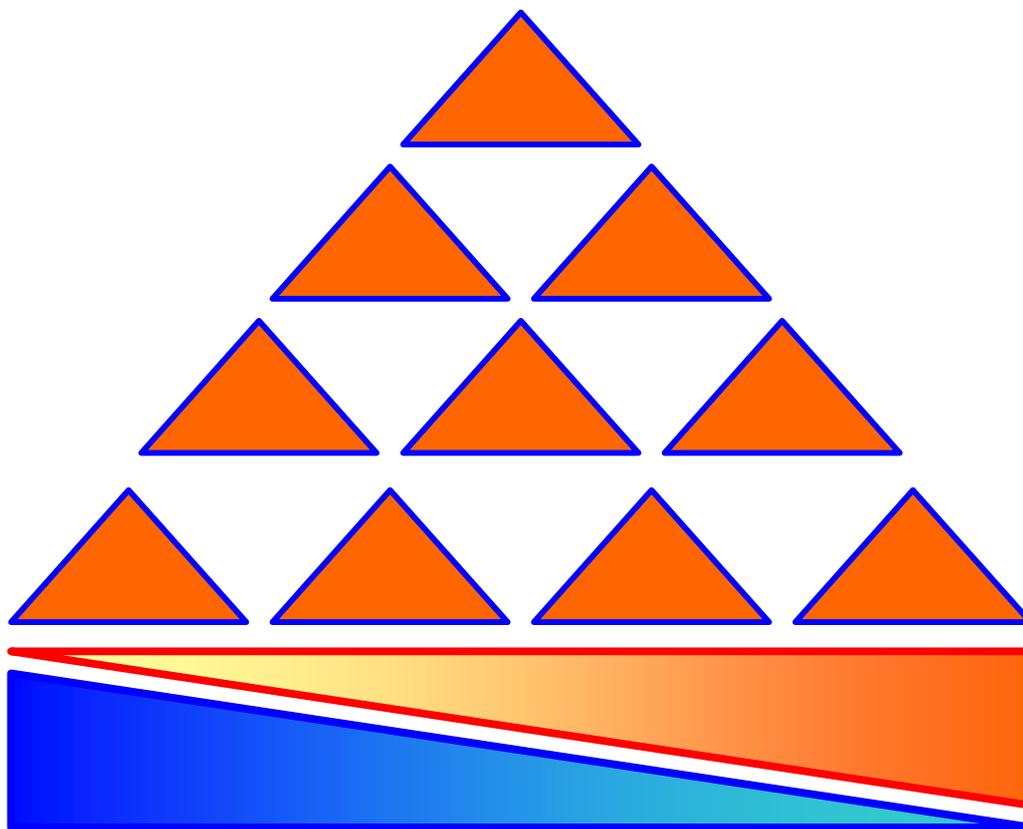
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

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



The HEALTH MATRIX

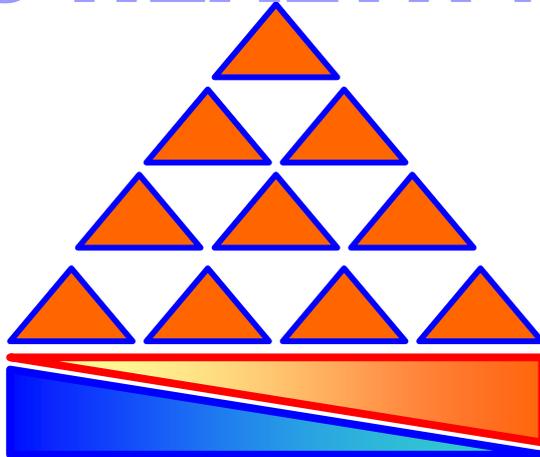


**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

'Pascas Care Centre'

PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

PROFESSIONAL MEDICAL TEAMS

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

COMPLEMENTARY THERAPY FIELDS

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI
Pathology
Streamer – Case Manager**

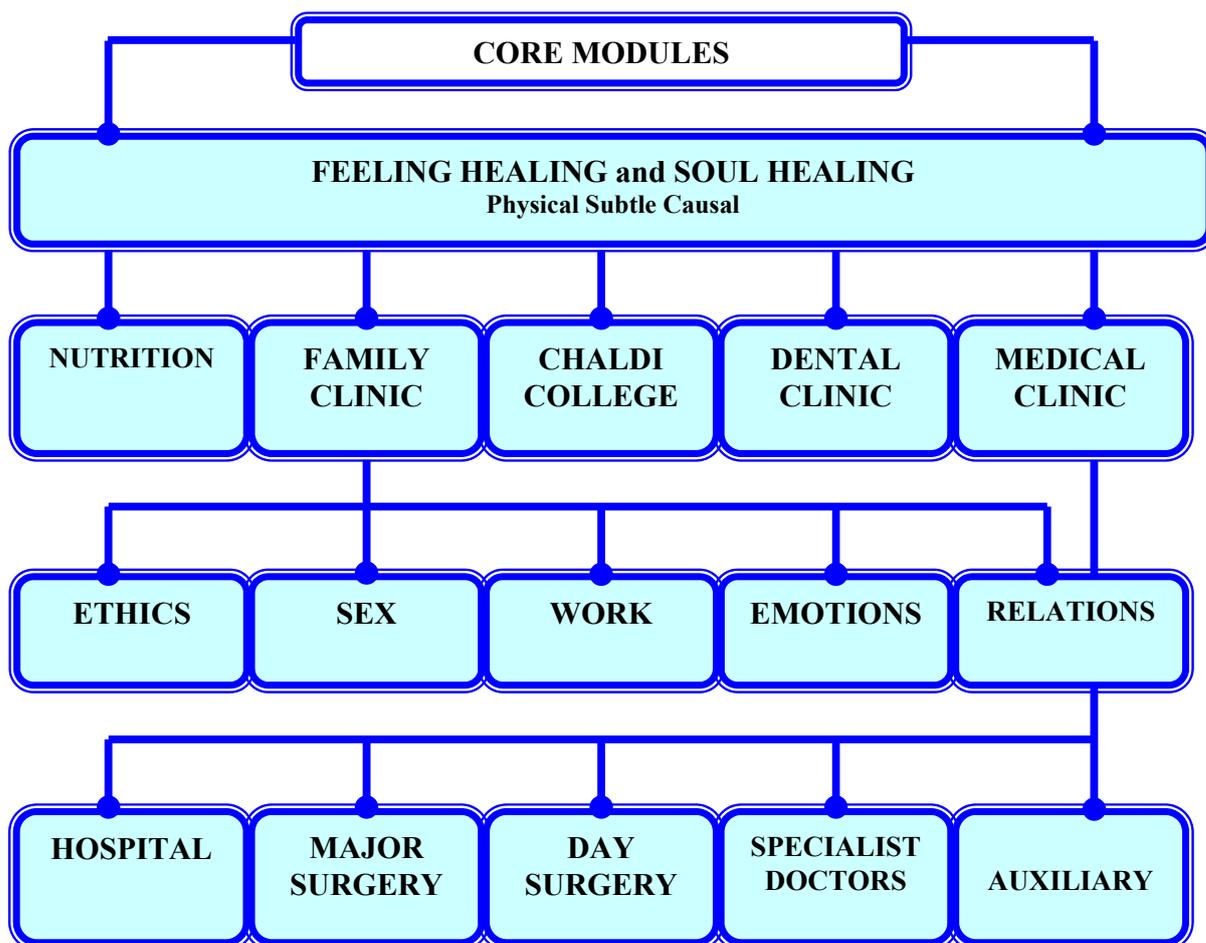


Streamer's Meeting



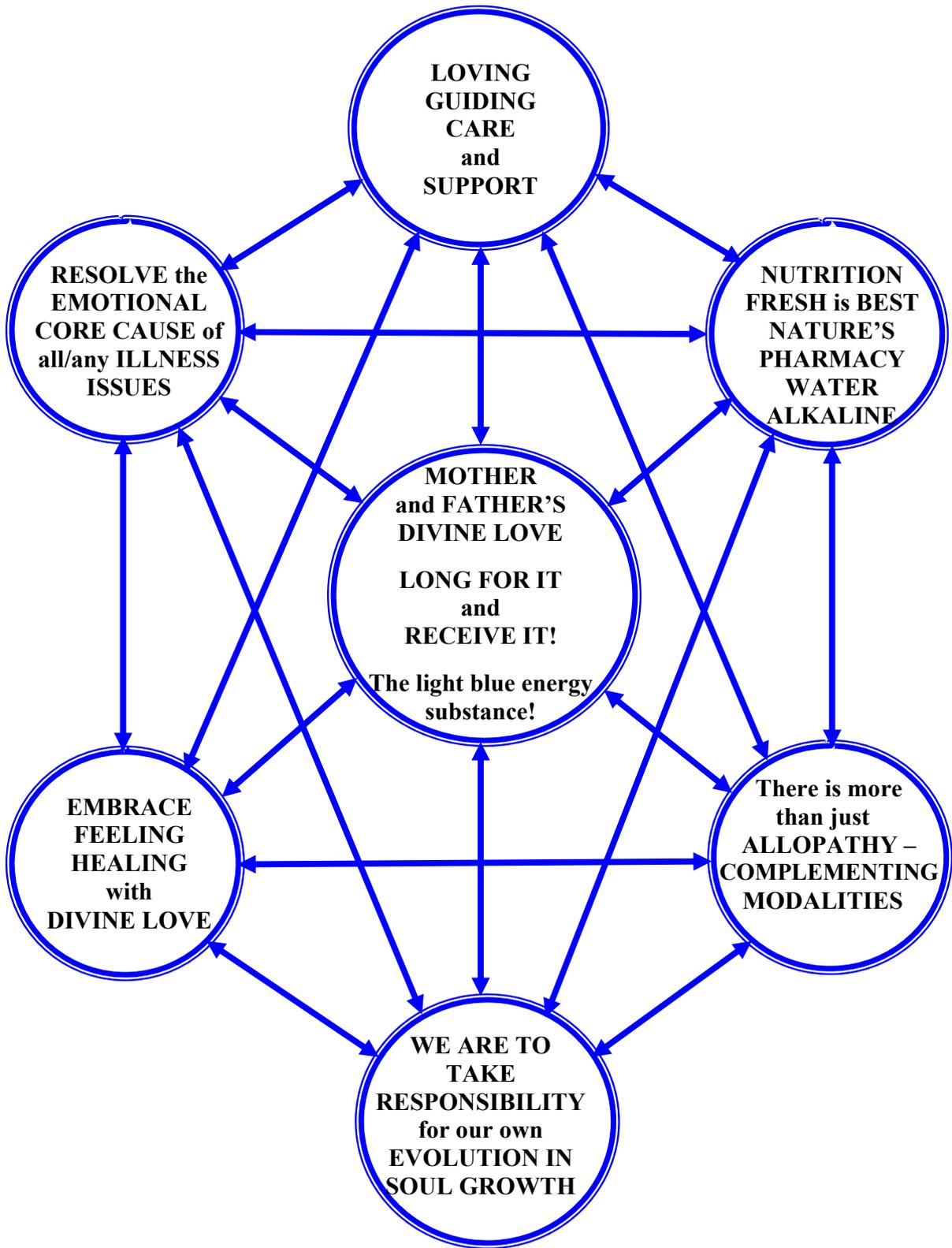
PASCAS CARE

Life Practice Matrix - Feelings First



HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



Integrated health management incorporates:

- Painting a health picture.
- Understand the physical, psychological, emotional and behavioural symptoms of stress.
- Interpreting case history of a client in a holistic way, building up a picture of the progression of any conditions, chronic or otherwise, from their past and even from their parents.
- Holistic Diagnosis.
- Understand the importance of good nutrition.
- Understand the role of exercise in staying healthy.
- General health management for practitioners.
- Understand the link between the energy healing and physical and mental health.
- Practise of basic energy work and therapeutic touch.
- Learn how to self-heal and teach it to others.
- Working with the Mind and Vibrational Energy.
- Use the techniques you have learnt to achieve the life you want now.
- Putting the Theory into Practice.

The **Pascas Health Matrix** melds allopathy (western) medicine with complementary (alternative) therapies with continual blending of advanced practices and sciences, all contributing to the objective of treating the cause more so than the symptoms, with the patient being responsible for their own health management programs.

Pascas continues to draw on new practices, innovations, sciences, protocols to support health management programs and deal with diseases that are decidedly difficult to manage – all with a focus of delivery of services in remote and emerging economies.

The following information is a general introduction into various styles and systems of holistic health management – all practices have something to contribute. It is **Pascas's** agenda to focus on those practices with the highest level of efficacy and appropriateness for desired health management programs.

Through the diagnostic streamer, patients / clients are able to obtain an understanding of the health care programs available and resolve the program to be supported by the management of the streamer and his team.

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

Integrated health management helps stem rising health costs:

Today, virtually all employers suffer from continually rising health care costs and related medical care concerns -- but they do so in different ways.

The good news is that developing an integrated health management system is not that difficult, time consuming or costly. Ideally, a senior-level executive champion is identified to lead the process of identifying health-related goals and objectives. This champion oversees the process of conducting a complete inventory of all the services the company offers. The next step is to consider how these various services can be maximized. The firm constructs a matrix of the current services and identifies areas of overlap and duplication. To do this the company must ask tough questions. Are employees using these services consistently and effectively? Are they even aware these services are available? Is the company getting what it's paying for?

The final step on the drive toward integrated health management is to set up a structure for collaborative business planning and ongoing communication. This will allow all health functions to become fully aware of what each is doing and to determine how they can work together to reduce duplication, complement each other and reduce costs.

To create and implement a true integrated health management approach, an organization must eliminate the silo-based organizational structure and present "one face of health" to the employee. Everyone works together to maximize the investments being made to maintain and improve the health of employees. Given the critical importance of a company's human capital in today's complex and costly health care environment, an integrated health management approach is the only way to accomplish this.

Can the results of this integrated approach be measured? Is there any hard data on the results that an integrated health management program can achieve? The answer is a resounding YES. One of the most well-respected names in the health care products industry, Johnson & Johnson, integrated its various health and wellness programs in 1995. As part of this integration, Johnson & Johnson offered every employee a US\$500 health benefits credit in exchange for completing an annual health-risk assessment before enrolling in the plan. Ninety-one percent of domestic employees signed up. After the program had been in place for four years, Johnson & Johnson retained an outside health information and research company to evaluate the results.

The study found:

- Medical care costs decreased by US\$225 per person per year due to lower administration and medical utilization costs -- a total saving of \$8.5 million over the four-year period. The study showed savings grew over time and most savings came in the third and fourth year of the program.
- For high-risk employees who reduced their risks (ceased smoking, lowered cholesterol, etc.) the savings were US\$390 per year.

Other major corporations our company serves are in the process of measuring the results of their health care integration and risk-assessment programs. The bottom line is that these relatively easy to implement programs pay off both in terms of a company's own cost structure and bottom line, and in terms of improved employee health, morale and productivity. They work for small to mid-sized companies as well as large organizations.

ALLOPATHY MEDICINE melding with COMPLEMENTARY THERAPIES:

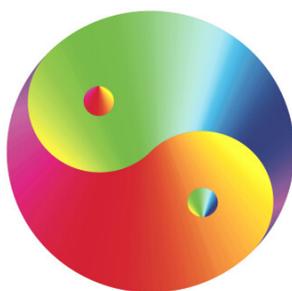
“**Complementary Therapy**” / “**Alternative Medicine**” is something of a misnomer when describing many of the therapies available, because people have been relying on acupuncture, Chinese medicine, herbal medicine, and massage for centuries whilst so-called “**Conventional**” **medicine**, “**Allopathic**” **medicine**, has only been in existence for a relatively short time. Furthermore, these therapies do not necessarily replace conventional medicine but complement or support it.

Allopathic medicine has always tended to isolate a problem and treat it, often without any reference to the root cause. Alternative medicine treats nothing in isolation, stressing instead the importance of the holistic approach; seeing the mind and body as inseparable and capable of self-repair if the individual is ready to take an active part in his or her own healing and general welfare.

In recent years “complementary therapy” has become increasingly popular as more and more of us decide to take control of our own health. This is merely a long overdue acknowledgment that allopathic medicine has ignored the most important aspect of healing: the untapped power of positive thinking and body’s innate ability to heal itself.

Look at yourself! The way your body works defies belief. You are a miracle beyond imagination, far greater than that of drugs or surgery. If you realise this and that the responsibility of maintaining your own health lies with you, you will be capable of anything. You must learn to be guardian of your own health and welfare. How you choose to do so is up to you but the fact that you have decided to review this material may prompt the realisation that each of us is an extraordinary and therefore capable of creating miracles to match the miracle of life within us.

We must each take control of our own health treatment and management programs!



Fresh is Best!

INTRODUCTION:

Few of the so-called “natural” therapies you read about are new developments. The majority of the treatments involved, from massage to the use of herbs and water, are probably as old as the human race itself. Others such as traditional Chinese medicine and Ayurveda (traditional Indian medicine) go back thousands of years into the mists of time.

Introducing the “Gentle” Alternatives:

The rise of modern “scientific” medicine in the last 200 years resulted in many of these ancient practices being pushed aside, sometimes even suppressed. But in recent years that trend has been dramatically reversed, and natural therapies are becoming as popular and widespread as they ever were. Today’s natural therapists usually see themselves as the latest in a long tradition – including the modern-day shamans (“witch doctors”) of Africa, the United States, and Australia.

This trend seems as much to do with many people’s growing disillusionment and even distrust of conventional medicine, with its reliance on powerful drugs and impersonal “high-tech” equipment, as a general movement toward more natural and less harmful ways of living.

The return of traditional medicine (conventional medicine – allopathy – is new medicine, not traditional) has brought with it a host of new ideas to add to those from ancient times. From homeopathy, founded at the start of the 19th century, osteopathy, and chiropractic, developed at the end of the same century, to those created in the 20th century – including radionics, radiesthesia, aromatherapy, reflexology, a mass of psychological and manipulative therapies, nutritional medicine and the more recently popular “energy” therapies such as crystal, electrocrystal, and colour therapy – the list increases almost daily as new approaches are developed.

Choosing the right therapy can be a daunting task. This document sets out to make that choice a lot clearer and easier.

Why go to a Natural Therapist?

A natural health practitioner is, or should be, someone who understands not only you and your problem but is also familiar with the host of safe and gentle treatments available. They should be prepared to give you plenty of time to explore these options.

This person may be a medical doctor but is just as likely to be a nonmedical practitioner of natural, holistic, alternative, or complementary therapies – that is unconventional medical techniques to treat disease.

People often turn to a natural therapist as a last resort. They have tried the conventional route and it hasn’t worked. For various reasons – and it is usually because their problem was not helped or, sadly, perhaps even made worse – their needs have not been met. But whatever the reasons, people seem to get a high level of satisfaction when they do go to practitioners of natural therapy. In Britain, for example, where no therapist is legally required to train to practice nonmedical therapy or “heal”, surveys in recent years have consistently shown satisfaction levels of 60% to 80%.

What is Alternative Medicine?

There is a quite a discussion (not to say argument, even among alternative therapists themselves) about whether or not all alternative therapies operate under one common idea or principle. In separate reports published in the early 1990s both American and British medical authorities have stated that alternative therapies are a mixture of different beliefs and techniques with nothing in common at all. But this is untrue. The natural approaches more or less understand, accept, and operate under the principles outlined below:

- The body has a natural ability to heal itself and remain stable (this is known also in medicine as homeostasis).
- The human being is not simply a physical machine, like a car, but a subtle and complex blend of body, mind, and emotions (or spirit or soul as some prefer to call it) and that all or any of these factors may cause or contribute to problems of health. In other words, that every individual is not a random collection of moving parts but a fully integrated “whole”. The term “holistic medicine” has been coined to describe treating the individual as a “whole being” composed of body, mind, and emotions, as opposed to the allopathic principle where physical symptoms are treated in isolation, using the same text-book solutions for everyone.
- Environmental and social conditions are just as important as an individual’s physical and psychological makeup and may have just as big an impact on his or her health.
- Treating the root cause or causes of a problem is more important than treating the obvious immediate symptoms. Treating symptoms only may simply cover up the real underlying problem.
- Each person is an entirely original individual and cannot be treated in exactly the same way as every other person.
- Healing is quicker and more effective if the person takes central responsibility for his or her own health and has an active involvement in the healing process. (However, a good therapist should also recognise when someone needs to “let go” and place themselves in the hands of another.)
- Good health is a state of emotional, mental, spiritual, and physical “balance”. (Balance is fundamental to the basic notion of health in natural therapy. Ill-health, say its exponents, is the result of being in a state of imbalance, or “dis-ease”. (The Chinese express this as the principle of yin and yang.)
- There is a natural healing “force” in the universe (the Chinese call this chi or qi – pronounced “chee” – the Japanese ki, and in India it is prana. In the West it used to be called by its Latin description *vis medicatrix naturae*, meaning “natural healing force”, shortened today to “life force”). Anyone can “tap into” or make use of this force, and it is a natural health practitioner’s job to activate it in the client or help the client activate it in the client or help the client activate it in him or herself.

It is natural therapists’ belief in the Oriental ideas expressed particularly in the last two principles – and also often their use of those terms – that has caused so much controversy among so many doctors trained in the Western scientific method. But many doctors now feel that the essence of the natural therapies is, or should be, at the core of what makes good medicine in a return to the earliest principles followed, practiced, and preached by the ancient healers of Greece, Asia Minor, and China.

To summarise: the best approach is the one that is the softest and gentlest, that avoids dangerous and traumatic procedures, that treats the client as a “whole” individual, that encourages the body’s natural healing processes to do their job, and in which the client takes a positive and active part in his or her own recovery and health maintenance.

How Alternative Therapies Differ:

Alternative therapies are considered to fall very roughly into two main categories: physical therapies and psychological therapies. Some people consider there is also a third category that can be termed “energy” therapies.

- Physical therapies are those that work obviously and directly on the body in a very physical way, both outside and in. Examples are chiropractic, osteopathy, herbalism, nutritional therapy, massages, and aromatherapy.
- Psychological therapies aim to help the body through the mind and emotions. Examples are counselling, psychotherapy, hypnotherapy, relaxation therapy, meditation, visualisation, and biofeedback.
- “Energy” therapies are often based on Eastern ideas of health and disease (or dis-ease) and work on the idea that illness is the result of an imbalance or interruption in the body’s natural energy or “life force” at a very fine or subtle level. Examples are homeopathy, acupuncture, shiatsu, and reflexology.

There are, however, many therapies that fall into more than one of the above headings. That is they have a “multilevel” effect, treating both body and mind as well as, in some people’s view, the soul or spirit of a person. The best examples of this are therapies such as yoga and t’ai chi, but others would be massage and meditation.

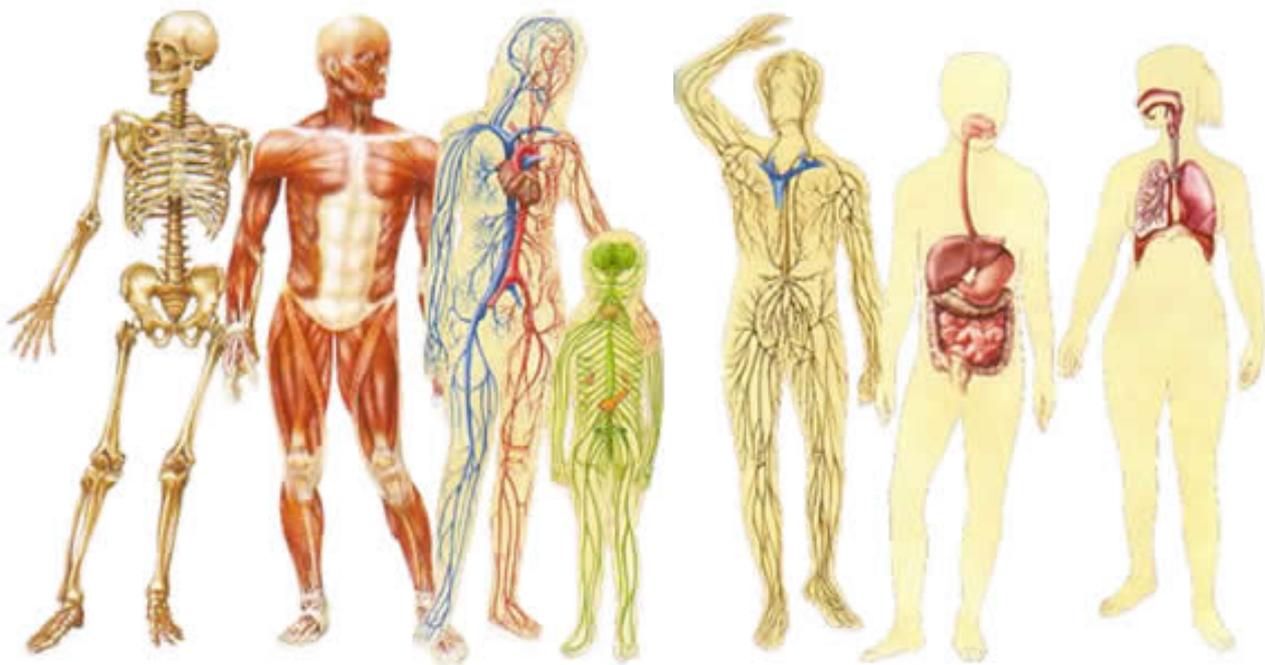
What to Expect from a Natural Therapist:

Most natural health practitioners will treat you for the precise way you are feeling at the time you see them. If, for example, you are suffering from a cold or influenza at the time of your appointment, your practitioner will want to treat that as well as the back pain or the depression you made the appointment for in the first place. The principle here is that there is a reason for the infection and it should be cleared first since it may be linked to the basic problem. You are likely to find this common approach whether you are seeing an osteopath for a back problem, a reflexologist for your energy levels, or an aromatherapist for relaxation. They will all adjust your treatment for that visit, to encourage your body to heal itself in the best way possible. Most therapists will encourage you to “take control” of the problem, using terms such as “taking responsibility for yourself”.

The Significance of “Taking Control”:

Research shows conclusively that actively participating in your own healing is an important factor in the success of most alternative therapies – whether the problem is one as commonplace as influenza or as serious as heart disease. A good practitioner will always encourage you to take on a positive role, even if it is a matter of just recommending a simple change in lifestyle.

The realisation that even small changes in lifestyle can contribute to an individual’s health can come as a total revelation to many people who have struggled for years with a persistent problem. The Pascas Health Matrix platform will open the way to making sure that little problems never become large ones – and encourage the first steps toward learning to live healthily, energetically, and, as far as possible, with neither doctors nor drugs.



Eat the Colors of the Rainbow



PASCAS CARE CENTRE GOALS:

Goals of Pascas Care are lead by our desire to:

Treat the cause of illness rather than the symptoms, this is the focus of Pascas Care.

P.7 Pascas WorldCare – and 500 + Years!

Further stated policy, Pascas Care – Kids of the World:

The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

Your body is a reflection of your soul condition which in turn, are your emotions. It is the resolving of the blocked errors within your emotions that corrects the issues emerging as illnesses within your physical body that, in turn, permanently clears the physical body's illness.

It is difficult to quantify the results of emotional clearing work as this work is so very personal and unique. We are all emotional beings, here to experience our individual selves and to learn and grow in love. The problem is that from the moment of incarnation we begin to absorb the emotions of our parents and the environment around us. This adds to our uniqueness. The emotions that our parents face will be different for each successive child that they bring into the world. Add to this the unique experiences that we each begin to have as young children, then at day care, playgroup, kindergarten, school, etc., and you begin to see the complexity of the situation. There is no one size fits all approach when it comes to our emotional structure and emotional processing and clearing. How one person connects to, feels and releases an emotion will be very different from how another person may do this.

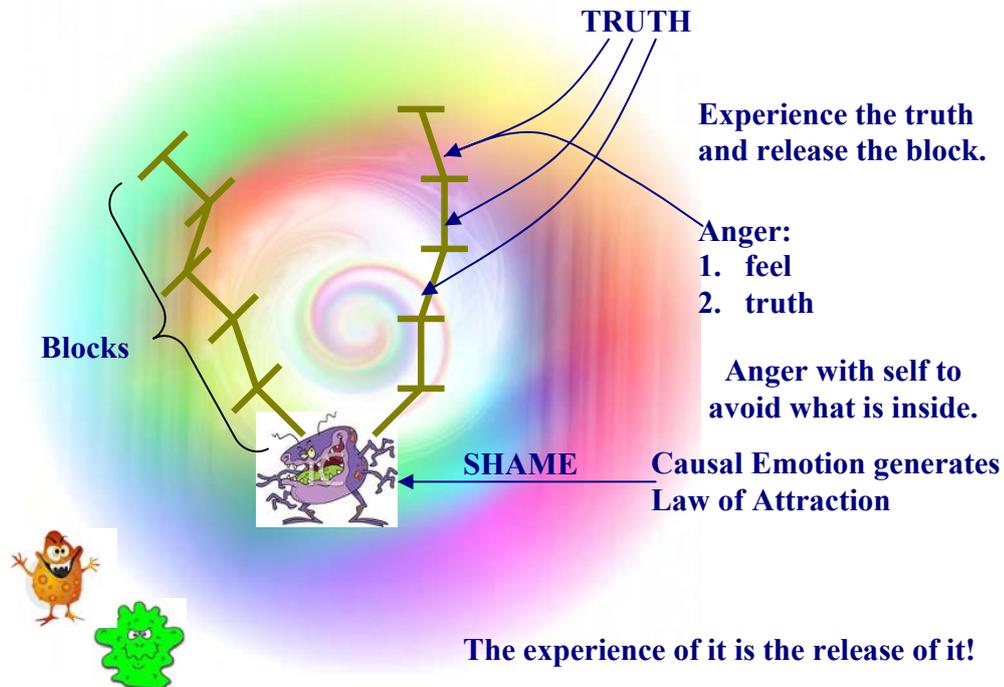
Because this journey is so unique, and our emotional makeup unique, and accordingly, the results are also unique, it is difficult to understand how it works unless we have witnessed the results first hand. This is human nature born out of living in fear for many millennia. It is now time to change that, and the only way we can do that is to release all of the erroneous emotions within us. This takes time and commitment and we offer here one person's experience as a guide:

“It has been my experience, and I must say, great frustration, that emotional clearing is a hugely complex issue that takes time, patience, trust, faith and commitment. In my own case I have now experienced what I hope have been thirteen episodes of emotional clearing at a causal level (still lots of doubt at times). The process has at times been very intense but each time there has been an amazing sense of peace that comes with letting go and letting God. I get incredibly frustrated that I am still hugely overweight and that that has yet to change. I am also very frustrated that my body is still experiencing a lot of physical pain. But if I am honest with myself I can see that there have been changes. Most of these changes are very subtle and not the magical clearing that I had hoped. I am beginning to realize that this work is multi-layered and requires commitment and patience. My problem is that I am impatient. I expect to clear an emotion and see a result immediately. What I am beginning to understand is that there are many, many layers to some of the emotions that I have to clear and it is not until I have cleared all the branches of an emotion will I feel a cure relating to that particular emotion. It is a slow process and I am learning to be patient and to trust God. At times I have no idea where the emotion will lead me and I am often surprised and overwhelmed at the outcome. I am committed to continuing on this path as I know it is the only way to achieve complete wellness and I am prepared to do whatever it takes to achieve that goal – always have been.”

LM Gold Coast 2010

We now know that emotional processing and clearing **must** be an integral part of any health facility that is serious about affecting a cure or benefits in its clients / friends.

EMOTIONAL INJURIES and ERRORS are of the MIND



We will explain a bit further on. But first we would like to comment on the following statement:

‘Our physical body is created by God and is the most remarkable and the finest of God's creations. He set our body in a physical world and supplied not only a body which is self healing, but all that we required in the physical realm to achieve that. What we have done is that we have moved away from the idealised physical existence intended.’

The reason we have become so far removed from the ideal existence that God intended for us is because of the decision that Aman and Amon (our first parents) made to become self-reliant rather than God-reliant. By choosing to walk away from God they set in motion a chain reaction that has reverberated down throughout the ages and gathered momentum to the point where mankind's soul condition deteriorated to an animal like condition as described by Jesus in the Book of Truths (Feb 16, 1916; P307).

From this point we have slowly begun to wake up to our true nature and our connection to God, our Father / Mother. We have begun to seek our way home and many have found their way back to the perfect state of the natural man that God created us to be in, but for the most part this has taken centuries. It is this back log of erroneous emotions that has lead to our less than ideal life style choices which now manifest as illness and disease in the body.

Many seem to be firmly fixed on ideas of perfect health and yet there seems to be conflicting information available that would suggest that perhaps there are different measures for perfect health within the body.

This has led to the development of what is a very complex clinical structure in the form of a Pascas Care centre.

A Pascas Care centre is an educational unit as well as a nutritional experience, both in conjunction with health care and wellness.

Pascas Café, being the entry to the centre, is to assist with understanding how our diets can be readily enhanced. It is a demonstration and educational experience in the preparation of food and development of diets with a focus upon raw food, vegetables, fruits, minerals, vitamins, and moderately prepared foods that are representative of vegetarian and vegan diets.

Pascas Care is a holistic health clinic, melding allopathy practices with complementary practices.

Chaldi (pronounced Kaldi) College is an educational centre with a focus upon short courses for the introduction of a host of possibilities to enhance one's quality of life.

Pascas Worldcare is being founded by a global community of like minded people. The centre of this community is located on the Gold Coast in south east Queensland, Australia. Everyone is welcome to participate in the aims and goals of Pascas Worldcare which will proceed to establish itself in more than 40 countries over the next 5 years.



**PASCAS
HEALTH**



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



NATURAL DIAGNOSTIC TECHNIQUES:

Diagnostic methods used in natural therapeutics differ from therapy to therapy, but one thing alternative practitioners generally have in common is that they spend a great deal of time in consultations, especially at the initial examination. In many cases the first consultation may last an hour, or even longer. Holistic systems of medicine usually depend for diagnosis on assimilating a whole range of signs, symptoms, and general information which may seem totally unrelated to the complaint but builds up to form a picture of the client, predisposing conditions in the client, and external factors that may have contributed to the present complaint.

The practitioner will talk through a person's case in detail and make notes on a wide range of influences. He or she will probably ask about diet and food preferences, temperament, and liking for warmth or cold, sleep patterns, digestion, lifestyle, environment, social life, mental and emotional state. By contrast, conventional doctors in the West will make a diagnosis on the basis of physical tests and questions about symptoms, rarely being concerned to explore other influences.

The approach of alternative medicine generally involves a greater reliance on intuition and also the use of testing methods that are unproven in conventional scientific terms. Often these methods are tests of a physical kind, such as muscle-testing, but they can also involve such techniques as dowsing and "aura reading", based on psychic powers. In many cases, however, "conventional" modern equipment is also used. Blood pressure may be taken and X-rays of ultrasound scans used.

The differences in approach can be summed up as subjective versus objective methods. Conventional doctors rely mainly on diagnostic techniques that are considered to be objective in which their personal opinions play no part. Alternative therapists trust more in their own subjective judgment and responses. However, in all the major forms of therapy (such as homeopathy, acupuncture, or herbalism), this subjective evaluation is set against a background of rigorous training and experience and systematic theory.

Although all alternative therapists will ask questions about symptoms and take a detailed case history, the real aim is to find out what has caused the problem in the first place and to treat that. The belief is that if the root cause of the problem is removed, the symptoms themselves will disappear.

Particular aspects of diagnosis include those listed below.

Oriental Systems

Acupuncturists, Chinese herbalists, Ayurvedic practitioners, and practitioners of other forms of Oriental medicine strive to discover what disharmonies, deficiencies, and excesses are involved in a person's "energy" systems.

Homeopathy

The practitioner needs to analyse the patient into one of the major types recognised by the system. The patient will be asked many questions about his/her tastes, preferences, and responses.

Chiropractic

The chiropractor uses X-rays to check for fracture or other underlying skeletal conditions.

Osteopathy

An osteopath checks the whole musculo-skeletal framework of the body, paying particular attention to the spine.

SUMMARY of Alternative Diagnostic Techniques

Testing techniques in alternative medicine differ widely, not only between those who favour either physical or psychic means but also between East and West. Among a wide range of diagnostic techniques used by alternative therapists worldwide the following are the most common:

Oriental Diagnosis

Oriental methods of diagnosis concentrate mainly on personal touch and observation and very little on machinery or “outside” tests. They include:

- pulse-taking
- abdominal touch
- observational diagnosis
- tongue diagnosis
- “listening” diagnosis
- urine analysis
- questioning.

Western Diagnosis

Western diagnosis uses a combination of both ancient skills and modern “high-tech” machinery and tests. Among those most used are:

- dowsing (or radiesthesia)
- radionics
- aura reading
- Kirlian photography
- muscle-testing (or applied kinesiology)
- iridology
- reflexology
- hair analysis
- VEGA and MORA devices.

ORIENTAL DIAGNOSIS:

In traditional Oriental diagnosis, the practitioner uses all the senses of touching, looking, listening, smelling, as well as questioning. The aim is to determine the relative balance of energy in the body as a whole rather than concentrating on isolated symptoms.

Pulse-Taking

This is the most common form of touch diagnosis in Chinese medicine. The procedure takes much longer than that used in Western medicine. Three fingers are used on each wrist to measure a total of 12 different pulses. The speed, depth, and overall quality of the pulses are all considered important. Each pulse is correlated with a particular acupuncture meridian (energetic pathway) and internal organ. There are 14 different pulse characteristics that may be found at each location, signifying different types of disharmony. These are described in terms such as “empty”, “full”, “floating”, and “slippery”, as well as “rapid” and “slow”.

Abdominal Touch Diagnosis

This is used in Japanese traditional medicine, with some practitioners believing that all the organs can be both diagnosed and treated by applying pressure to different parts of the abdomen. It is thought that each part of the abdomen relates to a particular internal organ. If one part of the abdomen is soft and weak to the touch, it is likely that the corresponding internal organ is not working properly.

Observational Diagnosis

This begins the moment a client walks into the surgery as the practitioner looks for signs of imbalance in the posture and movement of the person as well as on the face. The colour and texture of the skin, and even the presence of lines and blemishes, can give important clues about the person's health. For example, a grey tint to the skin could indicate weak kidney function, while a very red end of the nose may be a sign of heart problems.

Tongue Diagnosis

This is also widely used, with the practitioner examining the shape of the tongue, its colour and coating as part of the diagnosis. As with the abdomen, each part of the tongue corresponds to different internal organs, and its appearance, the colour, thickness, and quality of the coating, all give information about the state of health of each organ.

Listening

This involves listening to the sounds of the voice and of the body. A loud voice can be a sign of an excess condition, and a weak voice can suggest a deficiency condition. In a similar way, the person's breathing can give an indication of his or her condition. Obviously, a gurgling abdomen is a clear sign that all is not well with the person's digestion. Smells are sometimes regarded as embarrassing in the West, but the Oriental practitioner will pay attention to body odours and the smell of the breath.

Urine Analysis

In Chinese medicine it is important to note whether the urine is scant and dark or plentiful and pale. It may be clouded and may have a peculiar smell. In Tibetan medicine urine analysis incorporates both listening and smelling diagnosis and has been refined to a highly accurate diagnostic tool. The appearance and odour, and even the sound of urine when it is vigorously stirred, are all noted and interpreted. A strong odour can indicate too much heat in the body, and if a lot of noisy bubbles are produced when the urine is stirred, this is taken as a sign of mental confusion and restlessness in the client.

Questioning

This may cover medical history, symptoms, psychological state, and even external influences, such as diet and the weather. All of these provide important information, but for a skilled Oriental medical practitioner, it is the senses that are crucial in diagnosing the clients condition.

Perspiration

Daytime sweat indicates a yang deficiency,, and sweating at night suggests a yin deficiency. The area of the body affected, and the quantity and quality of the sweat, give further indications for the diagnostic process.

Sleep Patterns

Such problems as inability to sleep, continually waking and sleeping, waking because of unpleasant dreams, waking too early, and sleeping too much, all form part of the overall picture.

Taste

A preference for hot drinks indicates a “cold” problem and vice versa, and food preferences also indicate the nature of the disease. The patient may have a characteristic taste in the mouth, such as bitter or sweet.

Whilst we are receiving our Heavenly Parents’ Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God’s way of loving us into love and then we live what we are, love.

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

WESTERN DIAGNOSIS:

Most Western alternative therapists will start an initial consultation by taking a detailed case history. Homeopaths and many naturopaths, for example, will rely on little else, believing that the answers to the problem will be revealed by close questioning regarding a client's entire lifestyle, past and present.

Some therapists practise a therapy they say will diagnose as well as treat a problem – both radionics and reflexology are said to do this – but others use a range of further tests if questioning alone is not considered enough.

Diagnostic tests in Western alternative medicine fall roughly into one of two broad categories: the physical and the psychic.

Physical Diagnostic Methods

Common diagnostic methods that concentrate on testing a person's physical state include:

- ☑ muscle-testing or “applied kinesiology” – this is a way of testing for food allergies and intolerances
- ☑ hair mineral analysis – chemical analysis of hair is often used to reveal nutritional deficiencies in the body, particularly of minerals
- ☑ iris diagnosis – here a diagnosis is formed by careful observation of the iris of the eye, also known as iridology.

Psychic Methods and “Energy” Devices in Diagnosis

Popular psychic methods of diagnosing include dowsing, radionics, and “aura” reading, while among those claiming to measure levels of “subtle energy” in the body are Kirlian photography, MORA and VEGA devices, and polycontrast interface photography (PIP).

PSYCHIC METHODS

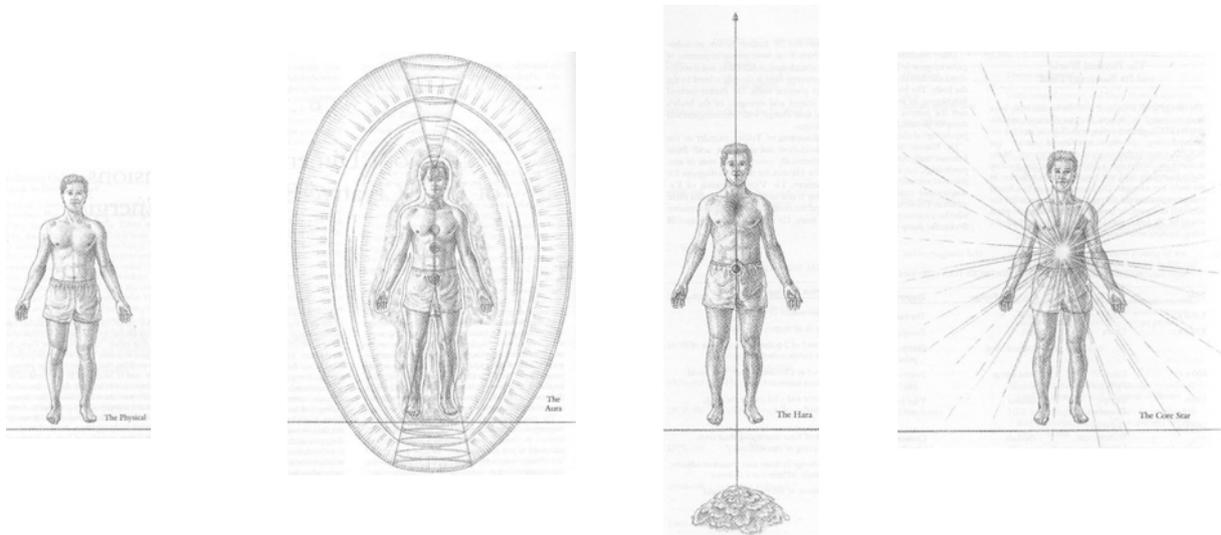
Certain people have the gift of dowsing, which is comparable to water dowsing. Dowsing for water, oil, and minerals using rods or twigs has long been accepted as a valid way of finding something normally hidden from view.

Dowsing for medical purposes began in the West in the 1920s when the French Abbe Mermet began using a pendulum hung on a thread to locate and diagnose illness. His theory was that all substances, including the human body, emit radiations that can be identified. He called this form of medical dowsing radiesthesia (meaning “sensitivity to radiations”).

Today many natural therapists use dowsing to aid assessment. Held over the body's “energy centres” or chakras, the pendulum's swing is said to indicate strengths and weaknesses in the energy system. It may also be used to give yes/no answers (by swinging clockwise or anticlockwise) to specific questions about the person's health status and requirements.



Accurate dowsing requires good training and extreme honesty. A dowser with strong opinions about diet, for instance, can unconsciously influence the pendulum in their hand to respond to their own beliefs rather than the patient's condition and thus invalidate the assessment.



The Physical → The Aura → The Hara → The Core Star

Each level is a quantum leap over the prior.

The Core Star is said to be the 26th level of the Auric field OR is it the sum or all levels?

RADIONICS

Radionics uses instruments to measure different aspects of a person's energy state from a "witness" – a hair clipping or drop of blood – often at a distance, accompanied by a questionnaire completed by the client. This covers the energy system, nutrition, mental / emotional problems, chemical and environmental poisoning, lifestyle, and so on as a basis for radionic treatment. Practitioners do not claim to produce a medical diagnosis, preferring the word "analysis" instead.



AURA DIAGNOSIS

The aura is the human energy field or magnetic field surrounding a person's body, which certain sensitive people can discern by clairvoyance, touch, or an inner "knowing". Most healers "scan" the energy field with their hands, sensing areas of heat, cold, pain, tingling, and so on that indicate problems. A few can actually see and interpret the colours of the aura and can pick up the effects of past traumas and potential future problems. Some diagnose at a distance, using a photograph or simply the person's name as a link. Accuracy varies, but healers have been known to find problems missed by conventional medical diagnosis.

KIRLIAN PHOTOGRAPHY

Developed by a Russian engineer, Kirlian photographs are said to show the energy radiations emitted by living things, including plants and animals. A healthy person emits strong radiations, while weak radiations are said to show imbalances requiring treatment. Usually the subject's hands are photographed. The resulting print shows flares of energy, areas of blockage, and so on that the trained practitioner interprets.



VEGA and MORA DEVICES

VEGA and MORA are two of the best-known examples of a large number of "high-tech" devices, many originating in Germany, that claim to be able to make a diagnosis based on various "energy" principles, particularly those of acupuncture.



POLYCONTRAST INTERFACE PHOTOGRAPHY (PIP)

A diagnostic aid developed over seven years by Harry Oldfield, a pioneer of the clinical use of Kirlian photography and electrocrystal therapy, PIP consists of a video camera attached to a specially programmed computer. The way in which the computer then interprets this light in the colours that appear on the screen is all down to computer mathematics. According to Oldfield, it shows a person's subtle energy field in full, moving colour. Particular colours and patterns indicate states of health or illness. Oldfield believes these can also reveal latent weaknesses before physical symptoms manifest, so that appropriate preventive action can be recommended, or a medical checkup sought.



IRIDOLOGY

As per iridologists, the iris of the eye represents a kind of map of the human glands, organs, and systems of the whole human body. Problems show up on the iris as spots, flecks, white or dark streaks, and so on. Texture and colour indicate the person's general state of health.

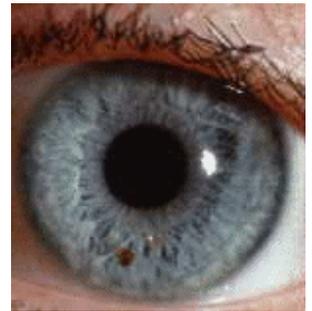
Some iridologists state they can find tendencies toward inherited disease and possible future problems, and some even address emotional and spiritual health problems this way. Common conditions that iridologists state to be able to diagnose include arthritis, heart disease, skin problems and allergies.

Iridology was developed in the 19th century by the Hungarian Dr Ignatiz von Peckzely, who as a boy noticed changes in the eye of an owl with a broken leg as the owl made its recovery. He published his theories in 1881, and soon after a Swedish doctor, Nils Liliquist, added his own observations.

But iridology did not become widely popular until Dr Bernard Jensen pioneered its use in the United States. In 1950 he published a chart that showed the location of every gland and organ reflected in each eye. The left eye, he said, corresponds with the left-hand side of the body, the right with the right-hand side. Generally speaking the upper organs (for example, the brain) are at the top of the iris, and the lower ones (for example, the kidneys) at the bottom. The bodily systems – digestion, blood and lymph, glands and organs, muscles, skeleton, and skin – appear in six rings around the pupil.

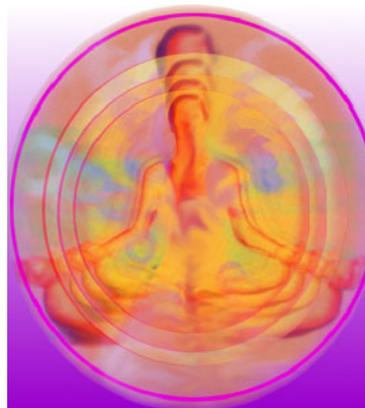
Some practitioners examine the iris with a flashlight and magnifying glass. Others take colour photographs or transparencies (slides) that are magnified and read.

Iridology is a purely diagnostic tool. Iridology, or “iris diagnosis” is widely used by many natural therapists to aid diagnosis and assessment, particularly in the United States, Germany and Australia.



Many iridologists also practice nutritional therapy and will prescribe herbal remedies or nutritional supplements to help the condition that they detect. The aim is to pinpoint the underlying causes of generalised symptoms such as joint pain or bowel problems, both of which may be the result of an allergy, and to support and rebalance the whole body system.

NOTE: Alternative diagnostic methods employed with conventional allopathy medical diagnosis is preferred pathway.



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

COMPLETE THERAPEUTIVE SYSTEMS:

What is a useful definition of a complete therapeutic system? It may be described as a system based on all-encompassing philosophy or set of beliefs and a comprehensive range of treatments, therapies, and remedies. Until very recently most people in industrialised Western countries would have considered conventional Western medicine just such as self-contained system, and in a way it is. But developments that have taken place since the 1970's, particularly the growing interest in the traditional Oriental systems of healing, have changed that.

Western allopathy medicine of the future may well incorporate some of the traditions of the rich and varied systems that have survived for centuries in India, China, Japan, and Arabia.

Introduction to Western Systems

Though few people in the West know it, a complete system of healing did manage to survive the onslaught of Western science that came with the Industrial Revolution in the 18th and 19th centuries. It was called "Nature Cure" at first and, later, "naturopathy", and today it is thriving.

But what still fewer people realise is that modern naturopathy descends directly from that tradition of complete systems of medicine learned by the Greeks from the Orient, and passed to the West by the Arabs during the European "Dark Ages". Although that tradition seems never to have included some of the methods and much of the philosophy and terminology we think of a peculiarly Oriental, it included almost everything else.

Most important, it included all the elements of body, mind, and emotions that are now seen as vital to any system of medicine that claims to be complete, and a common thread seems to run through many of the systems described later. They all incorporate principles from the same ancient source.

For example, both homeopathy, which was founded by the 18th century German doctor Samuel Hahnemann, and anthroposophical medicine, started by the 19th century Austrian philosopher Rudolf Steiner, owe most of their basic ideas to the practices and principles of ancient Greece and the Orient.

Homeopathy is now a major part of naturopathic medicine in most countries where naturopathy is established (although there is a case for it being seen as a complete system in its own right) while anthroposophical medicine, hugely influential in the 1920s and 1930s (and still popular in parts of Europe and the United States), has largely been absorbed by newer and more accessible systems.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

NATUROPATHY:

The Naturopathic Philosophy. Naturopaths usually follow three main principles when prescribing any treatment:

- ☑ The body has the power to heal itself, so treatment should not be given to alleviate symptoms but to support the self-healing mechanism or *vis medicatrix naturae* (Latin of “natural healing force” or “vital force”).
- ☑ The symptoms of disease are not part of the disease itself but a sign that the body is striving to eliminate toxins and return to its natural state of balance of homeostasis.
- ☑ In addition to being as natural and gentle as possible, all treatments should take into account the mental, emotional, and social aspects of a person as well as the physical.

Naturopathy is an umbrella term used in most Western countries to cover a range of therapies coming under the heading of “natural medicine”. Originally coined by the German pioneer Benedict Lust, naturopathy means, literally, “natural treatment”, and today its practitioners are generally those trained at specialist colleges in a range of skills that include acupuncture, herbalism, homeopathy, osteopathy, hydrotherapy, massage, nutrition, and diet.

Lust came up with the term “naturopathy” after he, and his fellow-countryman Henry Lindlahr, emigrated to the United States early in the 20th century. But he based his ideas almost entirely on those of a 19th century German predecessor Vincent Preissnitz, who founded “Nature Cure”, and the Austrian Dominican friar Father Kneipp. Nature Cure, and “natural hygiene”, are still terms used by practitioners who claim to follow this form of natural medicine first recommended by Hippocrates.

Germany, where *heilpraktikeren* (“health practitioners”) enjoy a status similar to that of doctors, remains the true home of naturopathy, but the United States is where it is most firmly established. Pioneers there and in Britain include Herbert Shelton, John Bastyr, Stanley Lief, and James C Thomson. They have built naturopathy up over the course of more than half a century so that it is now the closest thing in the West to an alternative system to conventional allopathy medicine, on a par with the various complete systems of medicine in the Orient.

Training in naturopathy is becoming standard for those interest in practicing natural medicine in its widest sense (except, ironically, in Britain where the trend is proving slow to be accepted by those who run the natural therapies). Countries such as United States, Australia, Canada, Germany, Israel, New Zealand, and South Africa now run full three- to four- year courses leading to a recognised degree or diploma.

The Basis of Naturopathic Medicine

Naturopaths believe that four basic components make for good health:

- ☑ clean air
- ☑ clean water
- ☑ clean food from good earth
- ☑ exercise and “right living”.

All naturopathic treatments concentrate on various of these elements, and often all of them combined, to restore health and vitality.

Naturopaths hold that infections seldom occur if the body is looked after in the way nature intended and that the body will cure itself of anything as long as it takes in only pure air and water, is kept clean, and given the right food and healthy activity. But they also believe that illness is natural and that methods of cure should follow the same natural principles.

So, far from being suppressed, symptoms of illness should be encouraged to come out and the body helped to fight back and restore its proper balance, or homeostasis.

Naturopaths routinely prescribe brief periods of fasting to help conquer simple infections such as influenza. They also pay a great deal of attention to the health of the bowels (where nutrients are absorbed into the bloodstream). The diet prescribed in the treatment involves cutting out or reducing alcohol, eating “whole” foods, and also severely restricting intake of fats, salt, and sugar.

Because of the theory that bacterial toxins in the gut may play a part in the cause of many illnesses, most naturopaths encourage special diets to clear the gut and eliminate the overgrowth of “unfriendly” bacteria in the intestines that can contribute to toxicity, allergy, and poor immunity. Some may use a treatment for washing the gut clean known as colonic irrigation, or colon hydrotherapy.

Colonic Irrigation

Colonic irrigation, or colonic hydrotherapy, is a way of flushing out toxic waste and impacted faeces from farther up the bowel, in the colon. It is not the same as an enema. Water is kept at body temperature and flushed through a tube into the rectum. A second tube carries the water and colonic debris out of the body.

The procedure is dangerous and not without side effects, and should only be carried out by a highly trained practitioner who follows scrupulous hygiene procedures. Because it flushes good as well as bad bacteria out of the bowels, acidophilus and bifidus supplements are essential afterward to repopulate the gut with the bacteria it must have to stay healthy.

Because of the dangers involved in colonic irrigation, many practitioners disagree with the practice, while others use colonics only in special circumstances. A better, safer, and cheaper method is claimed to be colonic cleansing. This uses supplements and special fibres (such as psyllium husks) taken by mouth to achieve the same result.

To liberate one’s real self, one’s will, being one’s soul, is begun by embracing 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.

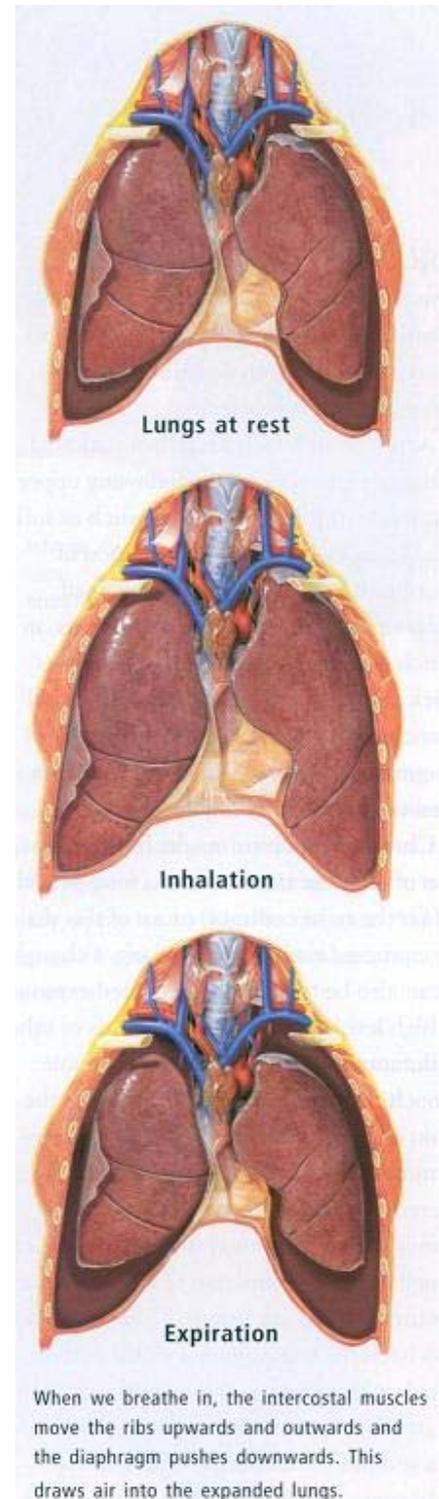
BREATHING:

Good breathing is essential to relaxation, a fact that is becoming increasingly recognised in both the complementary and orthodox medical professions. Breathing properly can ease tension and promote calmness, which has an extremely important effect on the way our bodies function. When we are stressed or anxious, we breathe more rapidly, using only the upper part of the chest. This offers the quickest boost of oxygen to the system, but in the long run is not effective. When we are tired or depressed, we breathe more deeply, exhaling heavily and sighing.

Naturopaths believe breathing clean air is essential to health because clean air oxygenates the blood and makes the tissues function more efficiently. Air is also believed to have antiseptic properties. But breathing clean air on its own is not enough: how you breathe is also considered vitally important.

The correct way to breathe is using the diaphragm, a muscle separating the chest from the abdomen. Contractions and relaxations of the diaphragm force the flow of air in and out of the lungs. Diaphragmatic breathing is more relaxing and efficient since the lungs are able to fill and empty completely. In turn, the body is able to work more effectively since it has a good quality supply of oxygen with which to do so. When we breathe from the chest, as we do in times of tension, fear, or anxiety, waste products build up in the lungs, leading to increasingly less efficient breathing and a feeling of tiredness and lethargy. Most practitioners will offer advice on breathing efficiently, and many therapies are focused around it, including Relaxation, Alexander Technique, Yoga, and Meditation.

Practitioners encourage long deep breaths that expand the rib cage, and also the use of air baths and ionizers to improve the quality of air for patients with respiratory conditions.



HYDROTHERAPY:

Hydrotherapy – water therapy – is the use of water to promote healing. It is one of the oldest, simplest, and most effective of all the natural therapies. Water treatments include taking natural spring waters internally for their beneficial mineral content, and external treatments such as bathing, douches, and taking exercise in water.

Water cures originated in the use of natural spring water, often minerally rich, and sometimes also naturally warm to hot or very cold, and spas or watering places where people went to “take the cure” became popular all over Europe from the early 19th century. Many European spas were established during the time of the Roman occupation and are still in use. However, ordinary water is also used in hydrotherapy today. Water of either extreme of temperature is used, or can be used alternately. Hot water first stimulates and then relaxes, while cold water invigorates. Alternating hot and cold water stimulates blood and lymph circulation, relieves congestion, and tones tissues.

Through a variety of techniques, naturopaths use the therapy to improve circulation, stimulate the vital force, ease pain, reduce fever, relax the nervous system, and empty the bowels. Water therapy also contributes to encouraging the efficient elimination of wastes through the skin.



BATHS

The various forms of baths include arm and foot baths, sitz baths, and whole-body immersion. Special baths include Turkish baths, spa baths, sea-water baths (or thalassotherapy), saunas and various baths containing herbs (such as moor peat), minerals (Dead Sea or Epsom salts are examples), and other nutrients (Karwendal oils) for specific ailments or cleansing. Massage is often recommended, to be given in conjunction with the bath.

Sitz baths are hip baths used as a tonic or in the treatment of abdominal or pelvic disorders. The baths comprise two “bowls”: you sit in one containing hot water and place your feet in cold water and vice versa. Alternatively, some naturopaths advocate transferring from hot to cold every two minutes, using one sitz bath at a time. Sitz baths may be used to treat liver or kidney problems, constipation, and piles. The purpose of the bath is to relieve tissue congestion and improve blood and lymph circulation in the pelvic area.

DOUCHES

Douches or showers were first used by the naturopath Vincent Preissnitz, who developed hydrotherapy in the 19th century. Cold water was poured over the patient with great force while he or she was also hosed with jets of water. Today, douches involve the use of hot and cold water sprays on specific areas of the body. When possible a strong jet of water is used, although treatment is adjusted to suit the individual. In what is known as the “Scottish douche” the jets are direct at the spine to stimulate the nervous system. Other examples are the Blitz jet-douche and needle shower.

COMPRESSES

Compresses are either large pieces of absorbent cotton, lint, or, sometimes, small towels that are soaked in either hot or cold water and applied to a particular part of the body. For example, for a painful and inflamed joint a cold compress will be used. The joint will then be wrapped in a thicker piece of dry fabric, which helps to retain the heat generated by the compress and so ease the pain and inflammation. Compresses can be made using infusion or pastes made from herbal remedies such as arnica, comfrey, marshmallow, or St John's wort.

Fomentations, which involve the application of hot and cold towels, are used to stimulate circulation, ease pain, and relieve lung congestions.

"Packs" often consist of whole body, trunk, or abdominal wraps, used to reduce fever and encourage elimination of toxins through the skin.

ENEMAS

Enemas involve the use of water internally to cleanse the lower bowel of impacted faeces.

This is a practice often recommended by naturopaths as a means of removing a buildup of harmful toxins from the bowel. A catheter is used to pass water at body temperature into the rectum. It is held for five to ten minutes before being released, taking the toxins with it.

WALKING IN WATER

Nineteenth-century hydrotherapists advocated walking barefoot in dew or snow every morning. This may be impractical today, but wading in cold water baths about 35 centimetres (14 inches) deep is part of the regime in many modern hydrotherapy clinics and is said to have a general restorative effect. People with circulatory problems or diabetes should probably avoid this treatment unless under medical supervision.

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself



**PASCAS
HEALTH**



FOOD and DIET:

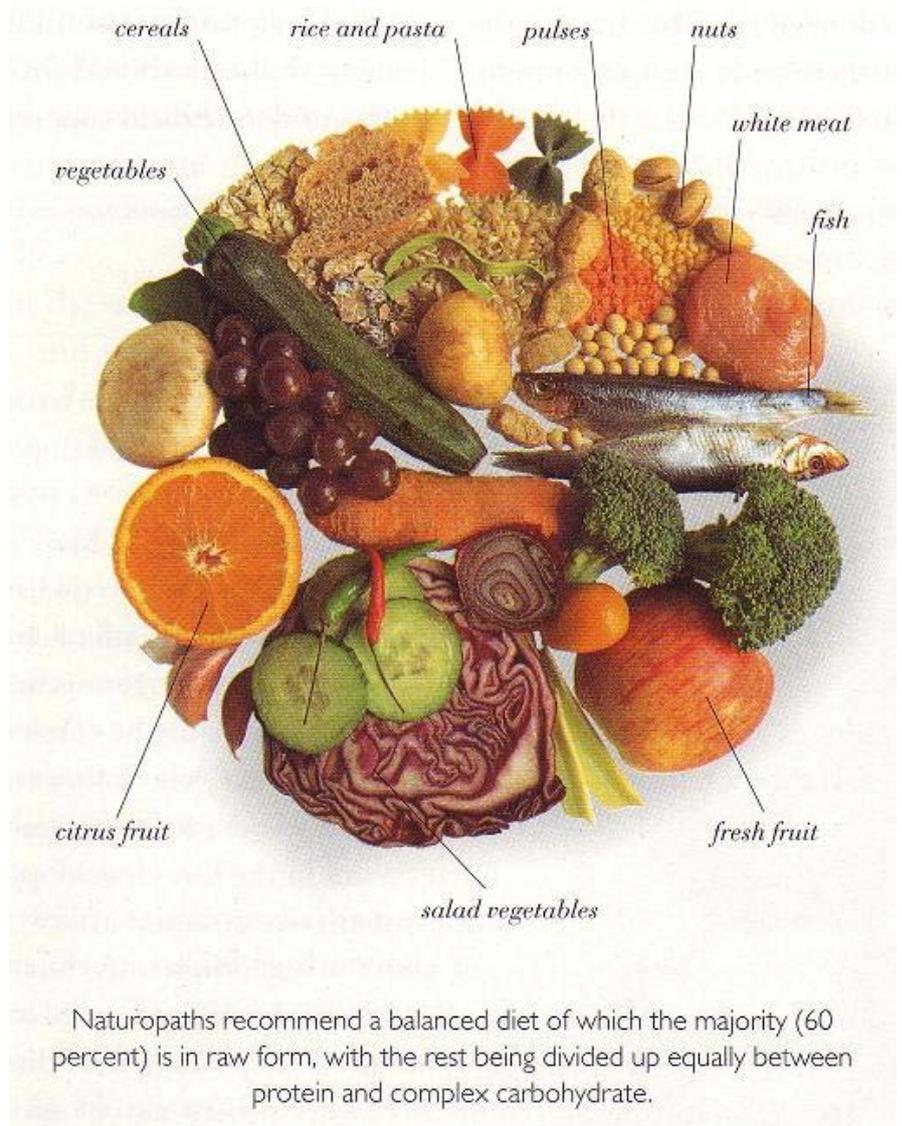
Naturopathy encourages us to take responsibility for our own health by encouraging sensible diet and lifestyle management. This is a principle with which few conventional medical practitioners now argue. Diet is becoming rapidly and widely accepted as much of the basis of good health.

In naturopathic terms a good diet is a wholefood one comprising “live” foods – that is, foods that have not been processed or refined and are mostly organic. Such foods fuel vitality and stimulate the vital force. Diets must also provide the necessary materials or “nutrients” on which the body relies for good health.

Many practitioners base their dietary recommendations on those devised by Lindlahr. He recommended the 60/20/20 diet, in which 60% of the diet is to be made up of raw foods, 20% is protein (preferably plant), and 20% complex carbohydrates. Tea, coffee, and alcohol, refined, processed, fatty, or salted foods should be avoided.

Naturopaths frequently also advise against drinking too much water, suggesting that the liquids best suited to the body are those that we ingest as part of fresh foods, supplemented by juice extracted from fresh fruit and vegetables.

But though practitioners of most traditions now agree that a balanced diet is essential, opinion differs about what exactly a balanced diet is. Some practitioners believe a vegetarian diet (one that excludes all meat) is necessary to be healthy, while others insist on cutting out all animal produce, including milk and eggs (veganism).



Macrobiotics, food combining, and nutritional supplementation can also form part of a naturopath’s dietary recommendations, as do elimination diets and those tailored to specific needs. The prescribing of special diets and food supplements such as vitamins and minerals, which began in the United States in the 1950s, has now spawned its own therapy: nutritional therapy or nutritional medicine.

ELIMINATION DIETS

Such diets are often used in diagnosing food allergies or intolerances. All suspect substances, which often include wheat and dairy produce, are eliminated from the diet to see how a person fares without them. They are then reintroduced, one at a time, to determine which particular substance(s) cause a reaction.

MACROBIOTICS

Macrobiotics developed by the Japanese Michio Kushi, is based on the principle that ideally we should eat locally grown wholegrains, seeds, and plant foods.

Foods are divided into two groups, according to the Oriental principles of yin and yang. Yin foods are those that grow above ground, usually in hot countries, have a high water content, are soft, juicy, and cooling. Warming yang foods grow in a cold wet environment and tend to be made up of roots, stems, and seeds.

The object is to eat according to your individual needs and environment in order to maintain balance in the body. For example, when it is hot we should eat more cooling (yin) foods.

The HAY DIET

This food-combining regime was devised by the American Dr William Hay from principles laid down by various experts including Lindlahr and Shelton. There are now several other versions of food combining, which all follow more or less the same principles: not to mix foods that clash and to avoid refined or processed foods.

Hay classified foods into three main groups:

- alkaline-forming foods
- concentrated proteins
- concentrated carbo-hydrates.

Proteins and carbohydrates are both acid-forming, but each requires a different digestive environment and should never be eaten at the same meal. You can eat alkaline-forming foods with either proteins or carbohydrates, in a ratio of four times alkaline foods to one acid in order to maintain the balance of alkaline and acid mineral salts in the body.

FASTING:

Fasting means not eating solid food for a specified period of time. It does not mean starving completely or going thirsty. Liquids must always be taken regularly during any fast.

Fasts can be of any length and they serve several purposes. Naturopaths believe they:

- ☑ cleanse the system of poisons accumulated from bad eating habits, a poor environment, and suppressed or repressed emotions
- ☑ enhance immune functioning and speed up healing
- ☑ give the digestive system a well-earned and often much-needed rest.

Fasting is particularly beneficial in the treatment of fevers and acute problems such as skin rashes or digestive upsets. Naturopaths also recommend fasting one or two days a month regularly as an important part of preventive healthcare – often advising timing the best moment by using a biorhythm reading.

Short fasts, lasting no longer than 48 hours, can be safely carried out by most healthy adults without supervision. However, strict supervision is necessary for fasts lasting longer than three days and for those undertaken by the chronically ill. There have been supervised fasts that have lasted for 21 days or more.

Fasts aimed at correcting specific conditions can sometimes seem extreme. Examples are:

- ☑ the Guelpa fast – this is a three-day saline fast, often prescribed for rheumatic conditions
- ☑ the Schroth cure – also used in the treatment of rheumatism, this method alternates dry days with liquid days over a period of two or three weeks.

Other types of fasts include:

- ☑ water fasts (in which nothing is eaten and only water is drunk)
- ☑ citrus mono diets (where you eat only oranges and drink their juice and water)
- ☑ other fruit mono diets (such as a grape fast)

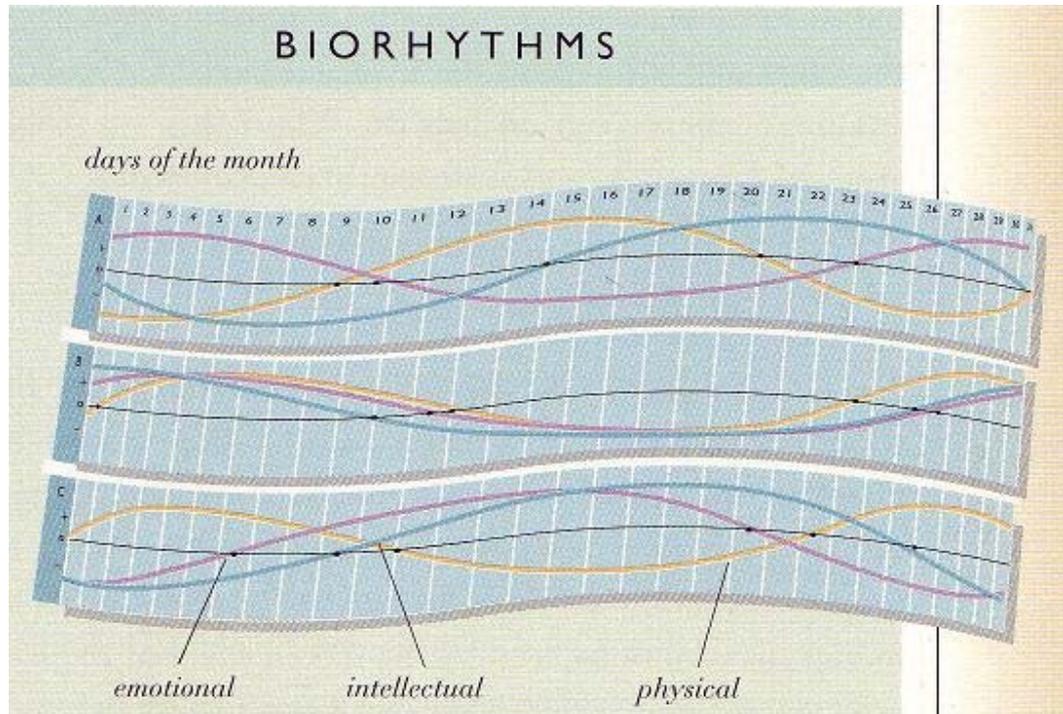
The benefits of fasting are said to be enhanced by several processes such as hydrotherapy, deep breathing, and gentle forms of exercise.

BIORHYTHMS

According to the theory of biorhythms, which many naturopaths follow, our physical, mental, and emotional health are governed by cycles.

- ☑ The Physical Cycle. This lasts 23 days and governs vitality, immunity, confidence, strength, endurance, sex drive, and the ability to recover from illness.
- ☑ The Emotional Cycle. This lasts 28 days and controls moods, emotions, creative abilities, and sensitivity.
- ☑ The Intellectual Cycle. This takes 33 days to complete and it governs the ability to reason, learn, make decisions, and remember facts.

These cycles can be charted on a graph, which some naturopaths use to help determine “critical” stages when you will be more likely to be accident-prone, depressed, or ill. Most charts are produced by computer.



<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

ORIENTAL SYSTEMS:

Traditional Chinese Medicine has existed for at least 2,000 years. The earliest medical text, the Huangdi Neijing or “Yellow Emperor’s Canon of Internal Medicine” is thought to have been written around 500-300 BC (BCE) and is still used today.

Chinese medicine consists of acupuncture, moxibustion, and herbal medicine as well as acupressure massage, cupping, therapeutic exercises, and advice on diet and lifestyle. It is based on the principle of internal balance and harmony. When there is good balance between all the internal organs, the body and mind, and the external environment, there is good health. When this state of harmony and balance breaks down, there is disease.

VITAL ENERGY

The Chinese have a concept of universal energy or “life force”. This vital energy known as chi (pronounced chee) or qi is said to be the basis of all life. In the human body the chi circulates through the body via 14 major energetic pathways known as “meridians”. The meridians cannot be seen by the naked eye, but modern science has shown that their existence can be detected electrically. Most of the meridians connect to one of the major internal organs, and the chi is said to power the organ and enable it to function effectively.

YIN and YANG and the FIVE ELEMENTS

The chi is regulated by the interdependent forces of yin and yang, which govern all living things. Yin qualities are typically coldness, weakness, hollowness, and dark, which the opposite yang qualities are heat, strength, solidity, and light. The person’s constitution or the nature of the disease may be described in terms of the yin / yang balance. For example, a person with a high fever, bright red cheeks, and an intense headache would be someone with an excess of yang, while someone with symptoms of chronic fatigue, pallor, and cold limbs would have an excess of yin. Treatment aims to restore the yin / yang balance.



The body is also said to be made up of five basic elements. Wind, Water, Earth, Fire, and Metal. All five elements must exist in good balance in the body. If one element predominates the others will become unbalanced and disease will result. The elements are affected by the seasons, the weather, diet, and even emotional state, and all these have to be considered in diagnosis and treatment.

OTHER ORIENTAL SYSTEMS

There are many similarities between Chinese medicine and Ayurvedic medicine practiced in India, partly due to the influence of Buddhism on both. But the practice of Chinese medicine itself spread with Chinese civilisation to Korea, Japan, and Vietnam, and practice and theory are very similar in all these countries. In Tibet there is a blend of Chinese and Ayurvedic systems.

CUPPING

Cupping has been used in China since the third century BC. It involves lighting a match in a small, rounded “cup”, made of glass, bamboo, metal, or pottery, and then removing it quickly and applying the cup to the skin. The flame creates a vacuum, and the cup sticks tightly to the skin. Several cups may be applied at any one time to a particular part of the body such as the back.

The jars are left in position for 10 to 15 minutes while the vacuum inside the cup produces strong suction on the skin and increases the blood flow and circulation. The cup is released by pressing the skin next to the edge of the cup so that the vacuum is broken.

Cupping is particularly helpful for conditions such as rheumatism, lumbago, and stiff neck and shoulders as it increases circulation and the mobility of affected areas.



Using a burning cotton wool ball to create a vacuum inside a glass cup



Cupping is particularly useful for moving stagnant Qi and blood and expelling exterior pathogens such as wind and damp. It is used for musculo-skeletal problems and often for conditions such as asthma, colds and flu.



Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

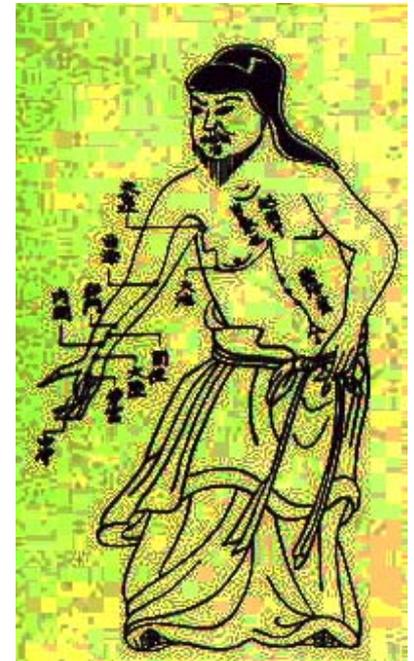
ACUPUNCTURE:

There are over 350 acupoints on the meridians of the body. Selected points are stimulated by inserting fine acupuncture needles in order to improve the flow of chi or qi, in the meridians and to restore balance and healthy functioning to the internal organs of the body.

Treatment points are selected on the basis of pulse and tongue diagnosis, examination, and questioning and categorised according to their effects on specific body systems and organs. The insertion of the needles is quick and virtually painless and often a comfortable and relaxed feeling follows.

Nobody knows exactly how acupuncture works but a growing body of research has shown acupuncture to be effective for a wide range of ailments including pain and joint problems, and childhood illnesses.

Increasing numbers of Western medically trained doctors and nurses are now studying and practicing acupuncture, while more people every year embark on full-time training in acupuncture as a career.



Acupuncture is economical and effective for both treating and preventing disease and has an important role to play in Western healthcare.

ACUPRESSURE

Acupressure involves the application of fingertip or nail pressure to acupuncture points on the body in order to remove blockages or pain and enhance the flow of chi. In Chinese medicine acupressure may be used in its own right or incorporated into an acupuncture treatment.

Typically the middle or index fingers or the thumbs are used, but sometimes, as in shiatsu, the knuckles, elbows, or knees may be used to apply firmer pressure to large areas of the body.



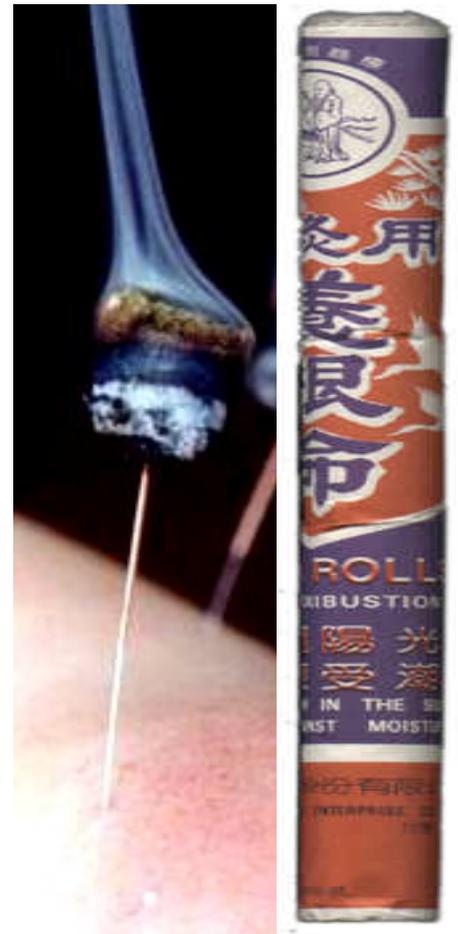
Acupressure is particularly suitable for those who are anxious about acupuncture needles. It can also be easily learned and safely applied as a self-help technique. However, since its application is less direct and specific than an acupuncture needle, the results are likewise often slower and less specific.

MOXIBUSTION

Moxibustion is the application of heat to specific points on the body in order to treat diseases and restore the smooth flow of chi in the meridians. Generally the heat is obtained by burning dried mugwort leaves (*Artemisia vulgaris*, known as moxa) either directly or indirectly on the skin.

The direct method involves rolling the dried moxa wool into small cones and placing them directly onto the skin. The tips of the cones are set alight but extinguished once heat is felt. With the indirect method pre-rolled moxa sticks are lit and held close to the skin until heat is felt.

Sometimes a handful of moxa is lit in a specially designed box that is placed on the back in order to warm a larger area such as the kidneys. Moxa may also be placed on a slice of ginger or garlic, or on salt for more specific effects. Ginger helps to promote circulation while garlic has a strong antiseptic effect. Moxa is widely used for conditions such as stiff neck, cold, weak back, frozen shoulder, and fatigue and has an invigorating and warming effect.



FEELING HEALING with DIVINE LOVE is SOUL HEALING:

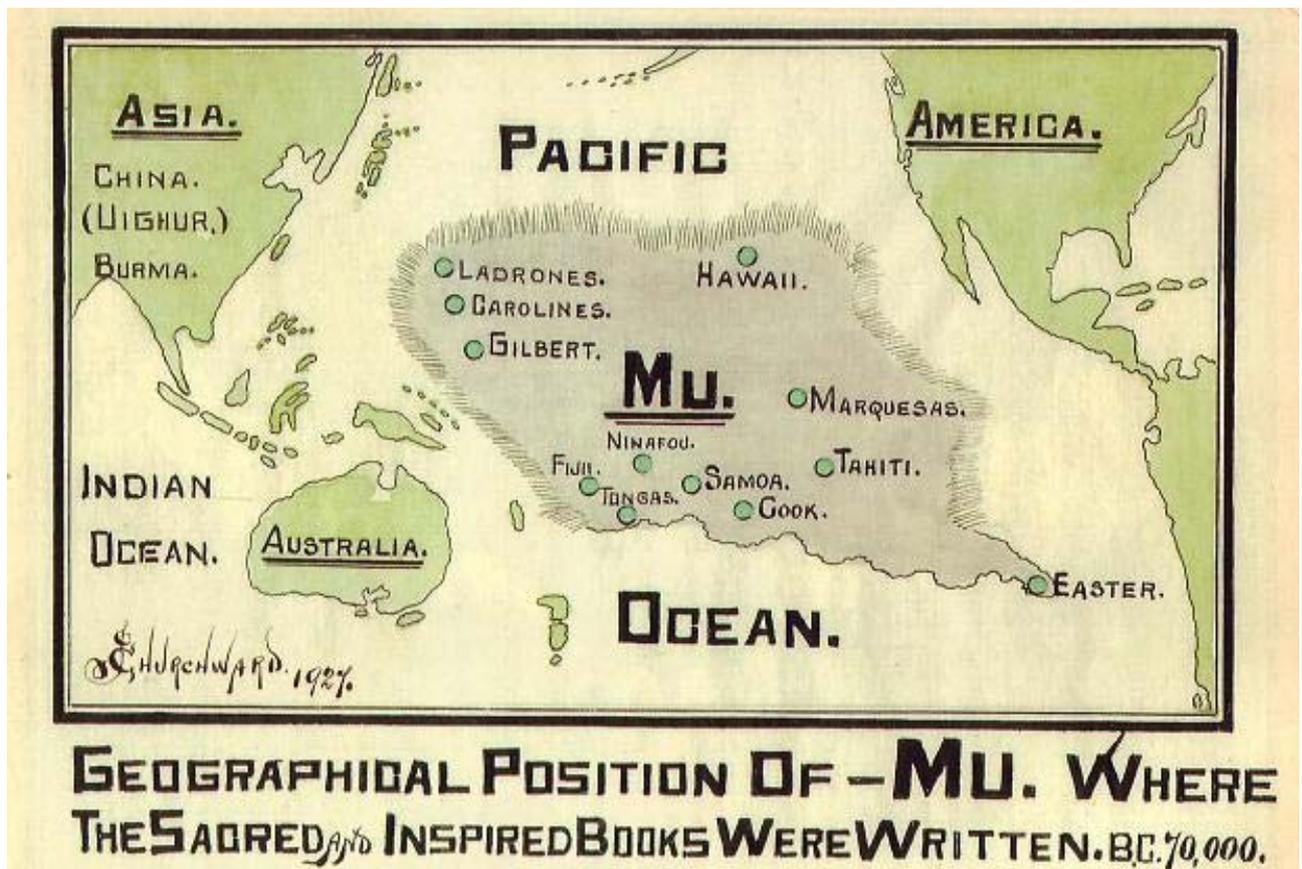
**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

MERIDIANS and CHAKRAS – Ancient Knowledge:

Ancient China is accredited for developing acupuncture practices from their knowledge of the etheric / spirit body blue print for the functioning of the physical body.

However, the Aztecs from Mexico and Central America, as well as the Incas from the west coast of South America also had the knowledge of the meridians and chakras.

Clearly, this knowledge emanated from Lemuria. Lemuria was the source of humanity from inception through to about 26,000 years ago when it submerged into the Pacific Ocean. The hieroglyphic writing in Lemuria was the foundation writing style that, once learnt, enabled easy interpretation of the hieroglyphics on temples in Mexico, Burma, Cambodia, Egypt and elsewhere. Some 10,000 clay tablets outline the history of the world and the culture of Lemuria (refer to Col James Churchward's books). Ten different tribes of people migrated from Lemuria populating the world in all directions.



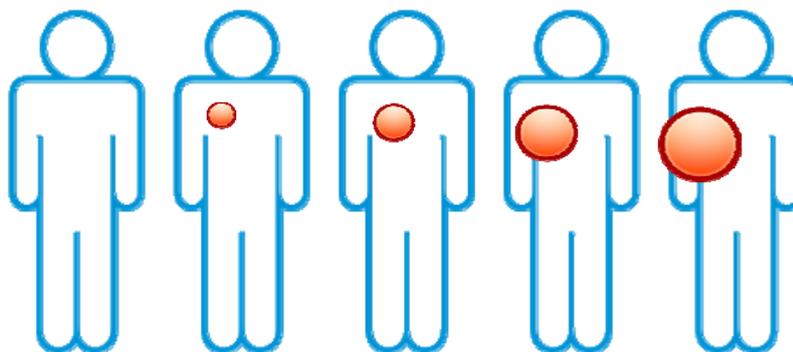
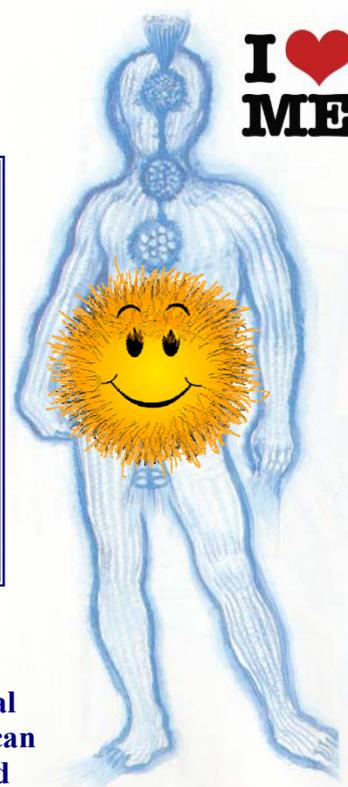
LOVING and UNLOVING EMOTIONS:

They are plasmatic balls of energy.
 Loving emotions are life enhancing.
 Unloving emotions are life retarding.

*Thoughts
 become
 Things.....*



*Emotions are
 Things.....*



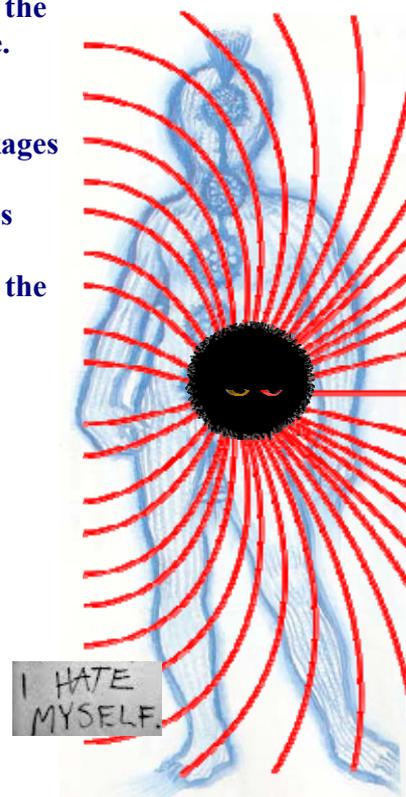
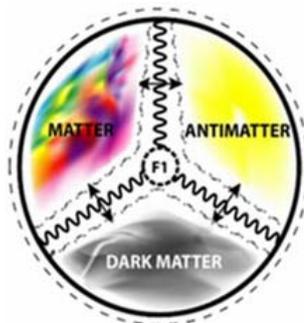
Emotional damage can fester and grow should you persist with the issue.

Negative emotions, that are those that calibrate 200 or under on David Hawkins' Map of Consciousness, create energy flow blockages within your meridians that are within your spirit body / etheric body. In the physical, these energy blockages / emotional injuries emerge to disrupt the flow of energy along your nervous system creating mayhem, pain, and ultimately illness. The frequency of the emotional injuries generally relates to the frequencies of specific organs in your body, that is why various emotional injuries are related to various illnesses.

The emotional injuries can be readily removed – permanently.

PLASMA:

Antimatter / principal matter is the life giving energy source.
 Dark matter / transitional matter restricts the flow of light.
 Matter is the concentration of these energies resulting in physical matter.
 Plasma is the building block of all.



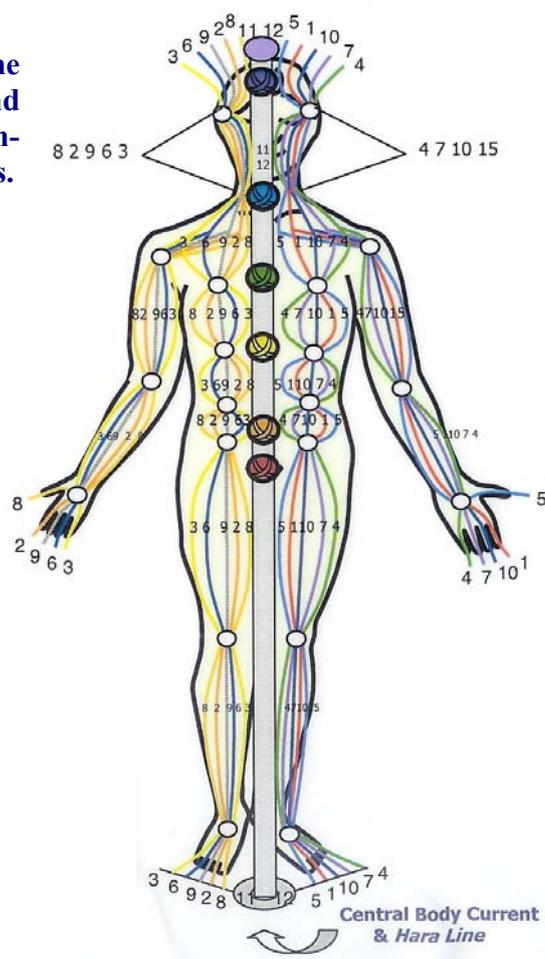
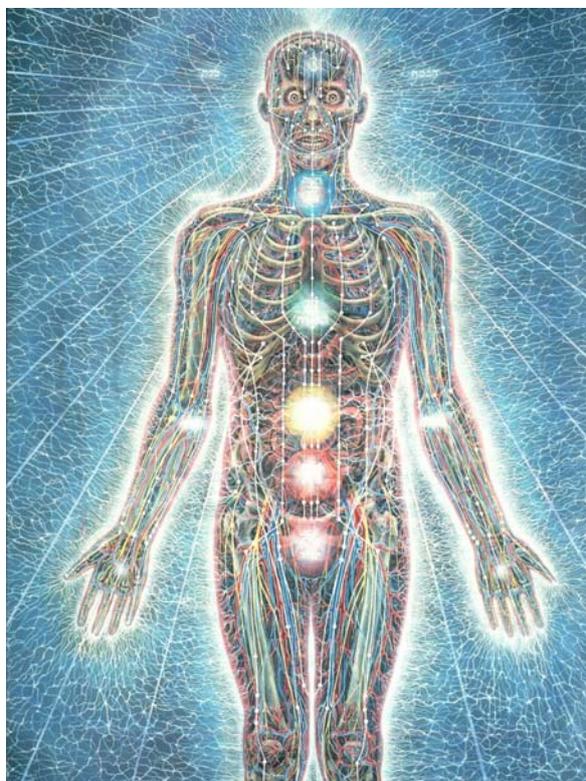
Meridians – the Pathways of Energy Flow

The pathways of chi flow are called meridians. Where are the meridians? When a surgeon operates on a person, he does not find any meridians. The surgeon does not see air either, but it is still there. Compare a meridian with a stream. A stream, unlike a pipe, has no defined boundary. It is simply where water flows, and it may constantly change its shape, although the change is so small that it generally maintains a definite line of flow. In the same way, a meridian has no fixed boundary.

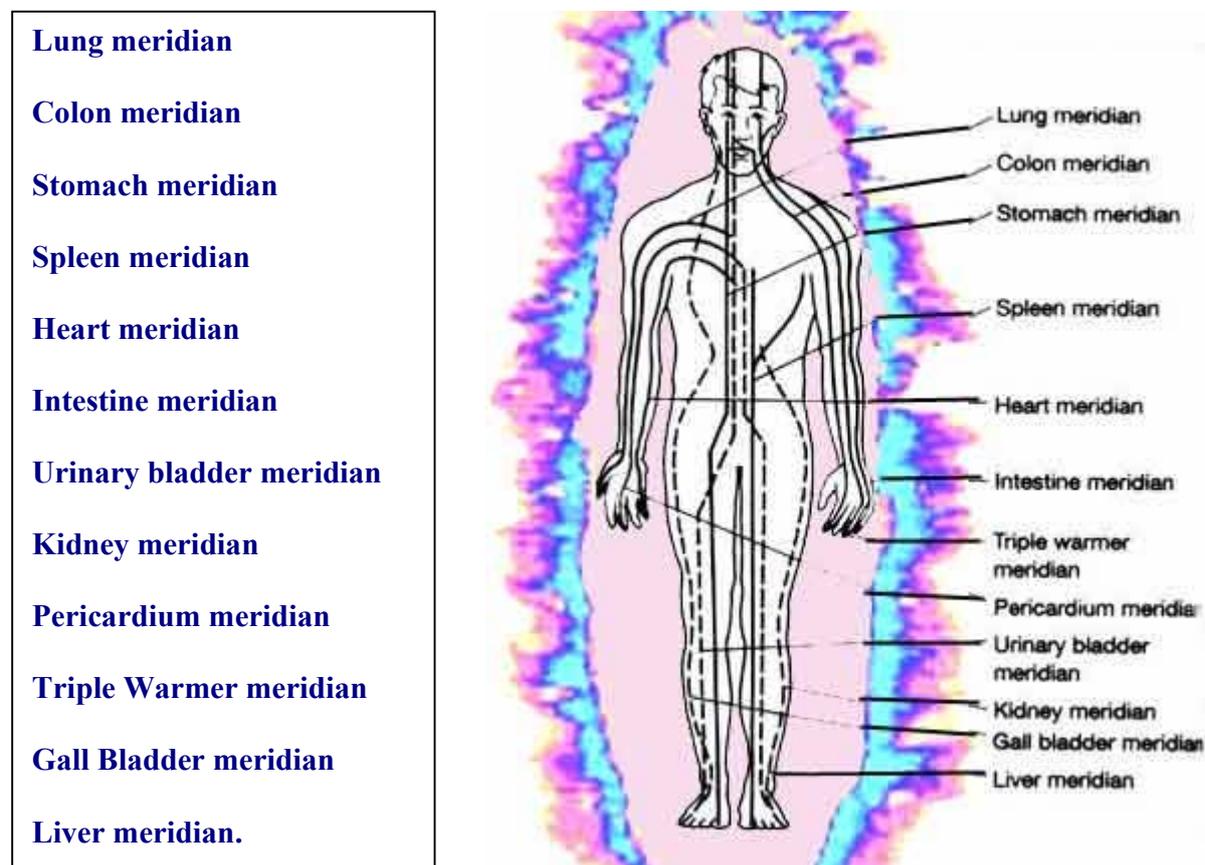
It exists where the chi flow is, though it maintains its general form. Meridians are of two kinds: the main ones are called channels (jing), and the branches are called collateral (luo). However, the term ‘meridians’ is often used to denote channels.

When Chi does not flow easily and smoothly we have what is commonly called a dis-ease. The Chinese believe that a Chi gets trapped in the meridian and the body suffers from all the ailments. To heal this blockage the Chinese healers understood the flow of energy through the various Meridians. They stimulated the energy points to let flow the Chi and, so therefore the healing took place.

Tonal lines create the web-work of energy which the scalar-wave frequencies of the core Katha Grid and DNA Template translate into the Chakra Meridian-Nadius Line (Hara Line) and chemical DNA systems.



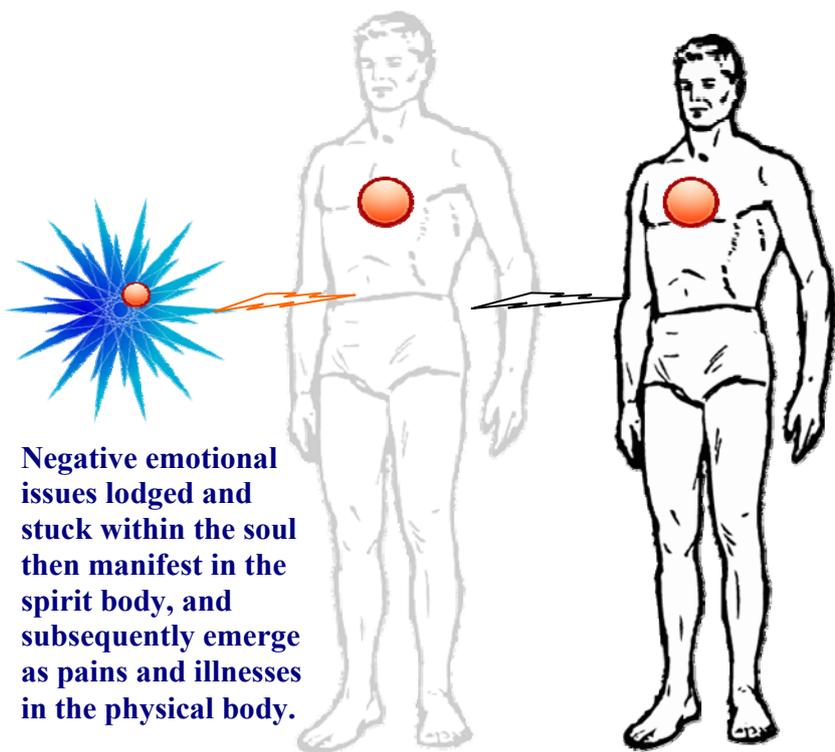
Meridians, or channels, can be classified into two groups: primary and secondary: Primary meridians are those that pass through internal organs, secondary meridians do not. There are twelve pairs of primary meridians flowing in a never-ending circle. For simplicity, only one of each pair is described. The twelve meridians are as follows:



Negative energy in the form of holding onto an untruth about anything, being a person or an event, deposits within one's soul as a tiny cell of unwanted energy. This tiny energy blockage can grow and grow should you allow the issue to fester within your being.



Untruths with anger and hatred will slowly, but surely, manifest themselves into your meridian system which resides within your spirit body. This then results in energy flow blockages within your meridian system, being the template for your physical body. Unless these energy blockages are released and allowed to pass through your spirit body, you will begin to feel pains within your physical body, and subsequently, an illness may emerge within your physical body. Such illness is a direct result of an emotional issue, or series of related emotional issues, that could have commenced during your early childhood, or even before birth. Proceeding to release these emotional time bombs while receiving medical assistance for your physical body can result in the permanent recovery from such illness.

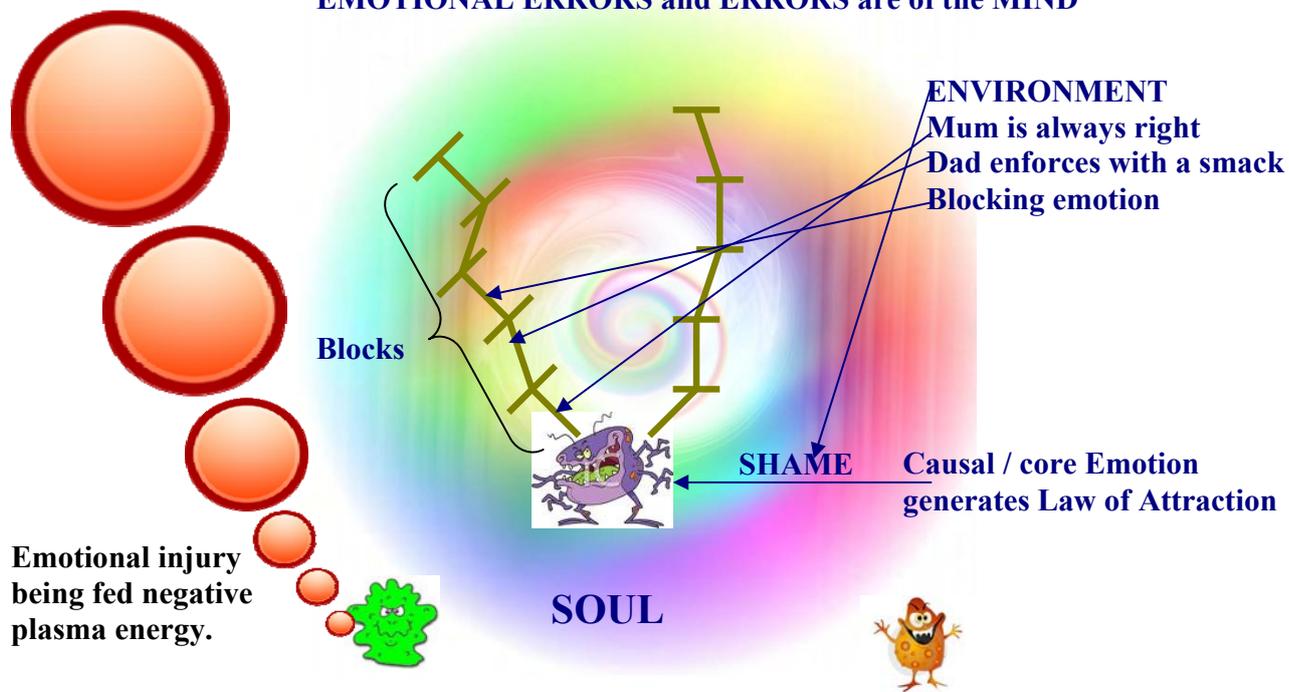


Negative emotional issues lodged and stuck within the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.

The energy, plasma, being attracted to the stuck emotion can cause the injury to grow and grow and grow.

SOUL SPIRIT BODY MATERIAL BODY
PERSONALITY

EMOTIONAL ERRORS and ERRORS are of the MIND



PLASMA and YOUR WELLBEING:

Loving emotions attract principal matter / anti-matter to your soul as you grow in love.



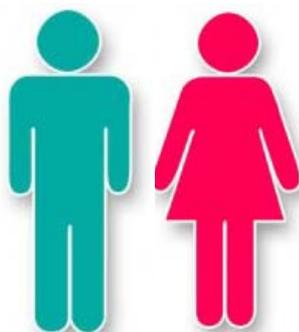
Soul



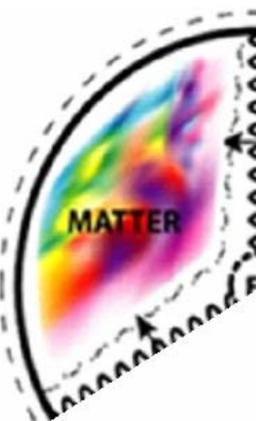
Spirit Body

Loving emotions enhance your life's experiences.

Your soul blossoms and your spirit state is one of beauty.



This way or that way?



Matter aspect of plasma is the energy that you recognise as your physical body. The energy lines of your bodies are enhanced with loving emotions. Negative emotions impede the flow of energy through your bodies and this brings about difficulties and illness. Love is the greatest energy that you can bring to your soul, spirit body, and physical body.

Attracting Antimatter Plasma results in a far healthier and loving life than by from attracting Dark Matter Plasma.

Unloving emotions cause the soul to loose radiance and to contract in size. Your spirit state experiences are devoid of happiness.

Unloving, negative emotions retard the growth of your soul and your life experiences are generally difficult in all aspects of your living.

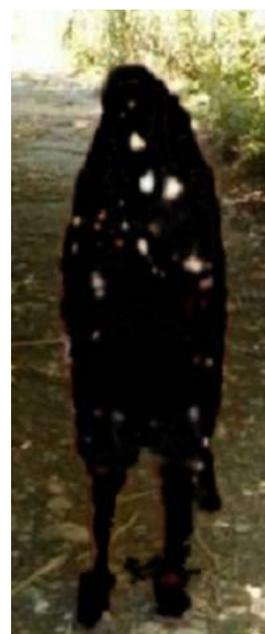


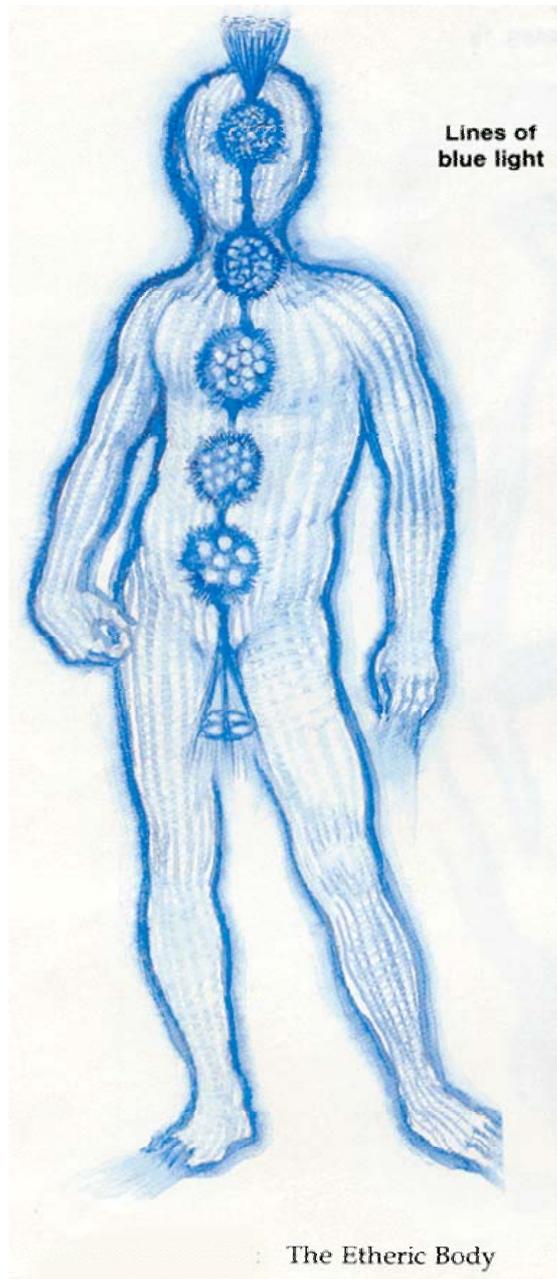
Encrusted Soul



Spirit Body

A soul's condition is never frozen. No matter what condition one's soul is in, from there it can grow in love. From the poorest state it can grown to 





All forms of energy give off colours. The spirit body gives off an aura, or a group of colours. If the spirit body is in a poor condition, it will not give off a strong aura, or its aura will be damaged in some way, there will be holes in it. A person who can see an aura will see these different shapes and colours inside the spirit form.

That is not the spirit body itself. The spirit body has organs, it is like your body, it is in a different dimensional space. Sometimes you will notice your spirit body operating. The spirit body has a heart – your spirit body's heart beats at a high rate.

Spirit Body incorporates all the subtle bodies, including the etheric body, emotional body, mental body, astral body and the causal body, all being various layers of the Spirit Body.

Your Soul, being your real self, resides within your Spirit Body but is not of your Spirit Body.

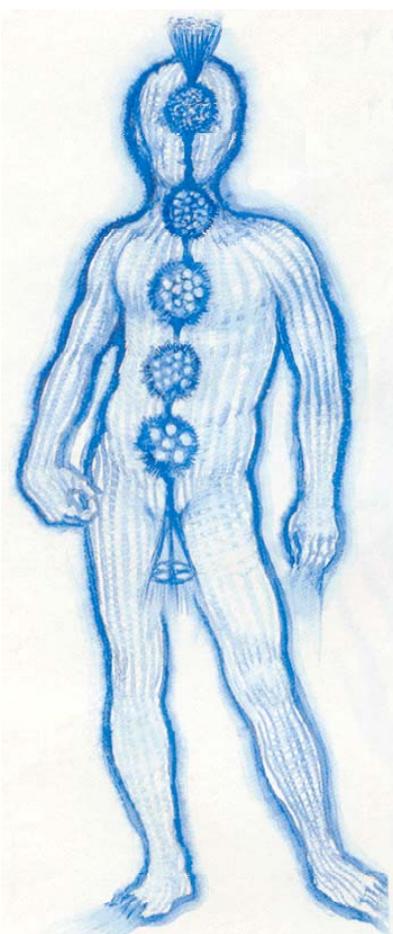
HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being part of your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.



In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

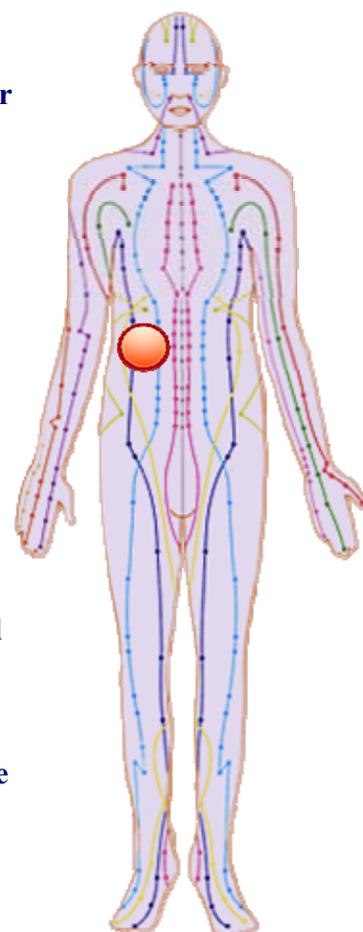


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.



ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

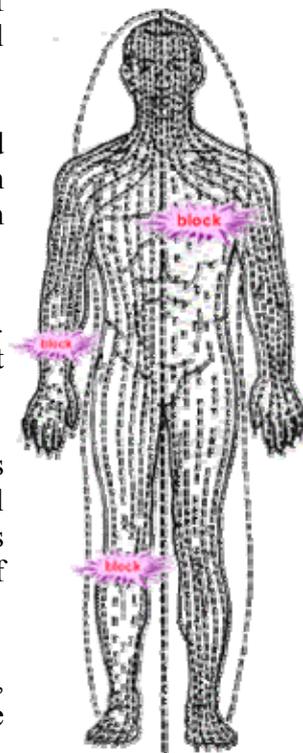
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

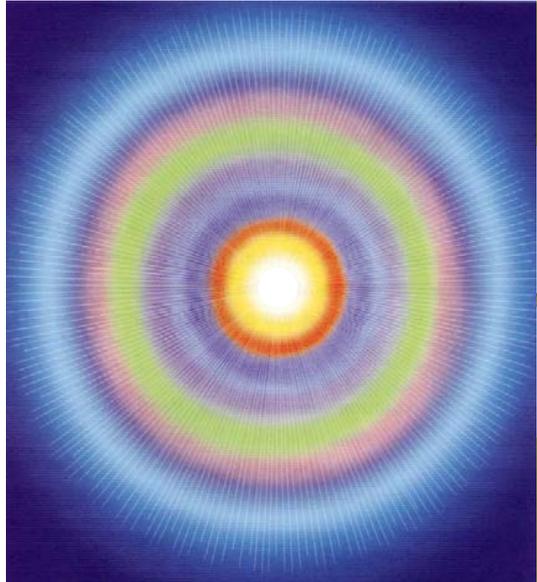
Feeling Healing with the greatest infusion of Love is the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for our Mother and Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



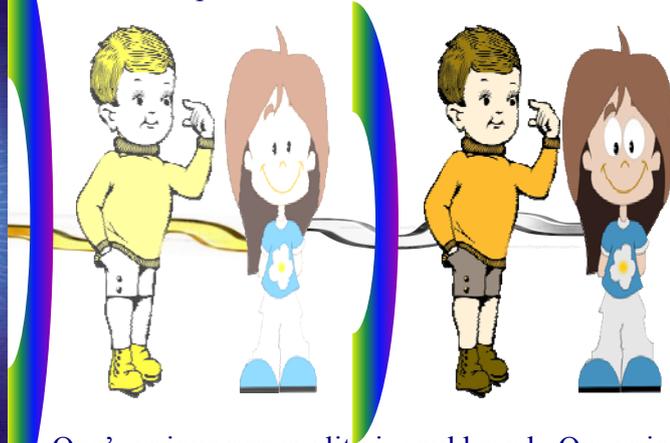
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



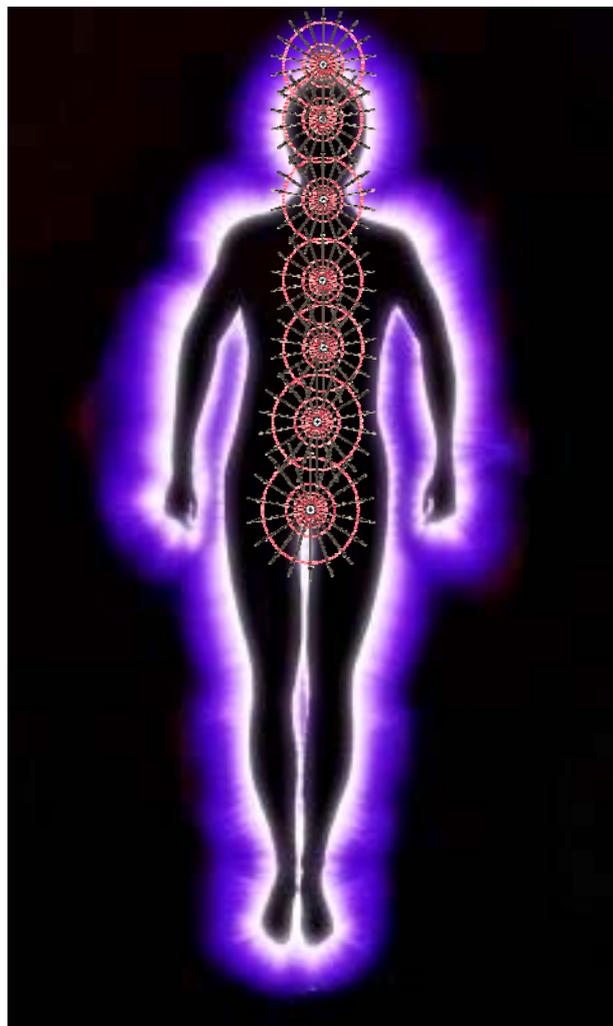
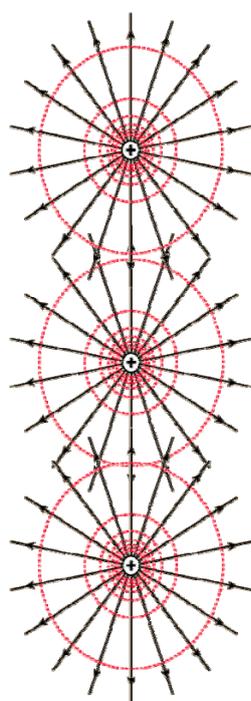
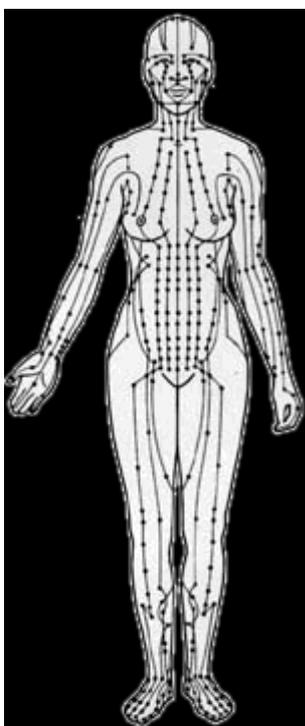
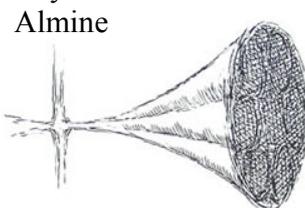
**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and female personality - it is a duplex!**

MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.

Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

Etheric or Astral Body: The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body.

Each chakra point, major or minor, has a swirling vortex that draws in energy to feed the spirit body and subsequently the physical body.



CHINESE HERBALISM:

The Chinese herbal tradition is believed to date back some 4,000 years to the Emperor Shen Nong (or Chi'en Nung). He is said to have described over 300 medicinal plants and their uses in a book called the Pen Tsao. Although versions of several ancient pharmacopoeia still exist today, the main surviving text on herbalism is the book by the physician Li Shih-chen describing almost 2,000 herbs and 10,000 herbal remedies, and written in the 16th century.

As well as the herbalism of trained physicians, there is also a folk tradition of herbal medicine in China. Many families had their own remedies, which were passed from generation to generation.

Traditional medicine came under question in the 20th century, but was reinstated under the communist regime. The barefoot doctors in the country districts were skilled in administering herbal prescriptions, the ingredients of which they had usually gathered and prepared themselves.

Today, Chinese herbalism is very much an orthodox form of therapy and preventive treatment in China, and it is increasingly practice in the West.



The so-called raw ingredients of herbal preparations are usually dried materials. They are often prescribed as “soups”, decoctions, or teas but may be taken in their raw form or processed into pills, powders, ointments, liquid tonics, or teas. They are classified according to their properties, such as “warming” and “cooling”, and by their taste. The majority are of plant origin but a few are derived from minerals or from animal sources.



Usually the herbs are combined into formulas that are often adapted to suit changing circumstances as the client progresses. The careful adjustment of the remedy to suit the individual client is characteristic of Chinese medicine. Chinese herbalism can be used for a wide range of ailments, including asthma, skin diseases, menstrual problems, digestive disturbances, and migraine, and is effective when used on its own or in conjunction with another therapy such as acupuncture.



JAPANESE MEDICINE:

Chinese medicine was introduced to the imperial court of Japan in the 5th century AD (CE) by Korea physicians. Monks and travelling physicians from Korea and China introduced Chinese ideas more generally during the 5th and 6th centuries. Medical works on acupuncture and moxibustion, with detailed diagrams, were made known in Japan by the Chinese doctor Zhi Cong around AD 560, and from the early 7th century Chinese medicine began to be adopted systematically under the influence of two Buddhist monks who had spent many years in China.

A Japanese adaptation of Chinese medicine still exists today. However, there are several distinctive features in Japanese medical practice.

A strong tradition of blind practitioners has resulted in very well-developed palpation techniques of diagnosis and treatment, such as abdominal palpation; shiatsu, which is a specifically Japanese form of acupressure massage, has also developed.



Japan also has a strong herbal tradition, which has close links with Chinese herbal medicine but tends to use smaller amounts of more refined ingredients and also has different formulas of its own. There are also a number of specifically Japanese manipulative and bone-setting therapies. Folk remedies, spa baths, and spiritual medicine in the form of prayers and talismans from shrines and temples are also popular.

The Japanese adaptation of Chinese medicine is known as kanpo, and the main foundations of present practice date back to the 16th and 17th centuries.

Japan was also exposed to Western influence at this time, when Christian missionaries began to arrive. Just as Buddhist monks had once cared for the sick, now Jesuits, followed by Dominicans and Franciscans, did the same. This type of medicine came to be known as “cosmopolitan” medicine.

During the 18th century, when the Dutch and Chinese were the only nations allowed to trade with Japan, Western understanding of anatomy was introduced, and at the same time many Oriental notions were introduced from Japan to Europe. Acupuncture and moxibustion became known for the first time in the West in this way.

“Cosmopolitan” medicine now officially dominates in Japan, but kanpo is also popular. This term is now often used to denote herbalism, but the whole range of Chinese medicine is practiced.

AYURVEDA:

Ayurveda, meaning the “Science of Life”, is said to be the oldest and most complete medical system in the world and dates back to 12,590 BC (BCE). Its roots are in ancient Indian civilisation and Hindu philosophy, and it has been an important influence on the development of all the other Oriental medical systems. The original source of Ayurveda is the holy scriptures of the Vedas and the texts known as Samhitas, which give a treatise on healthcare and describe medical procedures, including surgery and a form of massage of vital energy points (similar to Chinese acupuncture).



Ayurveda has much in common with Chinese medicine. The human being is viewed as a microcosm of the universe, and both the body and the universe can be seen partly in terms of five elements. In Ayurveda these are space or ether, air, fire, water, and earth, and they correspond with the five cognitive senses: hearing, touch, sight, taste, and smell, and also with five “senses” of action.

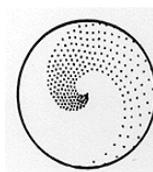
The concepts of life force or energy and balance within the body are important in Ayurvedic as in Chinese medicine. In Ayurvedic medicine, the life force is prana, similar to the Chinese chi, or qi. As in Chinese medicine the functioning of the body is controlled by immaterial forces, linked to physical substances.

These substances are the three basic forces or dosas that exist in all things:

- ☑ Pitta, the force of heat and energy, linked with the sun, that controls digestion and all biochemical processes in the body
- ☑ Kapha, the force of water and tides, influenced by the moon, the stabilising influence that controls fluid metabolism in the body
- ☑ Vata, linked to the wind, the force that controls movement and the functioning of the nervous system in the body.



When “not abnormal” these three forces ensure that the body is healthy, but when they are “abnormal” or unbalanced, disease follows.



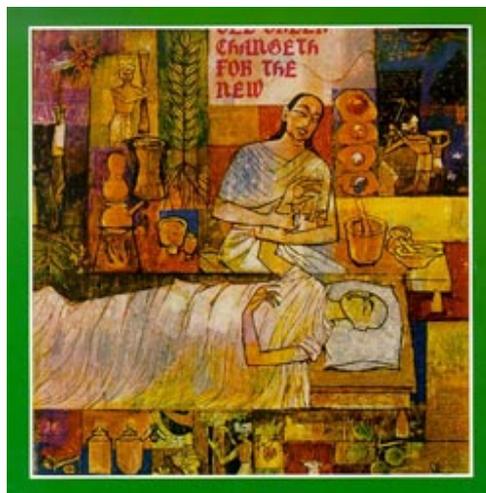
Ayurveda emphasizes equilibrium – balance of mind, body, and spirit and balanced adaptation to external forces – and it focuses on keeping a person healthy rather than on disease itself.

The cure of a sick patient involves purification and palliation and is tailored to the nature and strength of the disease and of the patient. The first stage is generally control of diet, and fasting, combined with practices such as meditation, yoga and chanting, as well as following advice on posture, sleep, and other lifestyle matters. This alone may effect a cure, but herbal medication may also be required to treat excesses with their opposites (for example, cooling heat symptoms and warming cold symptoms) in order to restore balance.

For stronger disease, stronger treatment is then required, and this is purification, with purges, emetics, or enemas, and perhaps also medication

to drain or nourish the body, depending on whether the disease is wet or dry. When the disease has been eliminated a period of palliation, with rest and careful diet, follows. Finally the patient is given rejuvenation therapy to restore full strength. Advice is given on lifestyle, exercise, diet, hygiene, and daily habits.

Ayurveda is used all over India and in many developing countries and is recognised by the World Health Organisation.



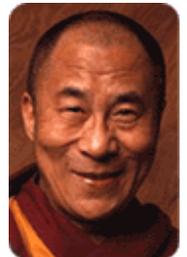
PASCAS
PERS

TIBETAN MEDICINE:

Tibetan medical tradition is long established, and, because Tibet was not subjected to any European dominance in the age of empire, has been able to remain quite free of Western influence. Nevertheless, it is relatively recent in origin, as compared to Chinese or Indian medicine, and is believed to date back to about the 7th century AD. The Tibetan ruler, King Songtsen Gampo, who introduced medicine, summoning to his court physicians from China, from India, and from Iran.

Tibetan medicine is based on a unique synthesis of Indian and Chinese traditional medicine and Tibetan Buddhism, with elements of Arabic medicine. As with the Ayurvedic and Chinese systems, it is holistic and takes into account such factors as diet, lifestyle, environment, weather, attitudes, and emotions alongside any symptoms of disease. The theory of meridians or energy channels is particularly highly developed. There is also a strong folk and religious traditions relating to healing, which runs parallel to the more orthodox medical tradition.

In Tibetan medicine disease is considered to be the result of imbalance in the three “humors” that exist in all living things and that control organ function in the body. They are



- ☑ wind, relating to respiration and movement
- ☑ bile, relating to digestions, complexion, and the temperament
- ☑ phlegm, relating to sleep, joint mobility, and skin elasticity.

One root of disease is considered to be ignorance of the true nature of reality. As a result of this we fall prey to conflicting desires and emotions and these produce three types of mental state: attachment, aversion, and confusion, otherwise known as “the three poisons”, which in turn lead to imbalance and disease.

Other causes of imbalance are factors such as the environment, diet, conduct in life, seasonal climatic influences, poison, and trauma, which act on the humors by their similar or contrary natures, causing excess or deficiency.

This theory differs from Ayurvedic theories in that the “three poisons” are said to develop within the growing foetus, generating phlegm, bile, and wind.

In Tibet itself, medicine is till closely linked to religion and magic. Prayers and rituals to protect from evil and prevent misfortune play their part in maintaining and curing disease, and this aspect is not entirely separate from medical practice.

Diagnosis is based on pulse-taking, urine analysis (which is exceptionally highly developed and which may stem from medieval European medicine, as introduced by the Persians), tongue diagnosis, and observations. Treatments, which aim to restore the balance of the humors, include herbal medicine, accessory therapies (massage, moxibustion, acupuncture, dietary and behavioural advice, religious rituals, and purification techniques).

Tibetan medicine is practiced throughout Tibet, India, Ladakh, Nepal, and Bhutan and is now becoming more widely available through Tibetan physicians living in Western countries.

TRADITIONAL PERSIAN MEDICINE:

Traditional Persian or Islamic medicine became known in India, where it is widely practiced, as Unani-Tibb. “Tibb” is an Arabic word meaning “medicine”, while “Unani” is thought to be derived from “Ionian” (meaning Greek) – acknowledging the influence of the early Greek healing traditions on this system of medicine.

The system dates back to the 7th century, when the Arab-Islamic world adopted the traditions of Europe as it expanded into areas that had been part of the Greco-Roman empires. Medical practice and theory were then dominated by the works of the Greek physician Galen (AD 130 – 200) who studied anatomy and made use of numerous drugs.

The Muslims who invaded India in the 11th century brought their medicine with them, and the system is prominent today, particularly among Muslims, in India and its surrounding countries. It owes most to the work of the 10th century Persian physician Ibn Sina, known in the West as Avicenna. A follower of Galen, he considered the physical, emotional, and spiritual aspects of health and developed a system of botanical medicine and dietetics for health.



Unani-Tibb has been influenced by Ayurvedic medicine, as well as influencing it. It is a holistic system that treats the imbalances that lead to disease and encourages the patient to adopt a balanced way of life. It incorporates the following concepts:

- ☑ four elements, namely, earth and water (heavy) and fire and air (light)
- ☑ nine temperaments, one equable (balanced) and eight nonequable and relating to hot, cold, wet, and dry
- ☑ four humors, as in ancient Greek medicine – blood, phlegm, yellow bile, and black bile – semi-gaseous vapours that maintain body fluids and balance digestion.

Unani Philosophy

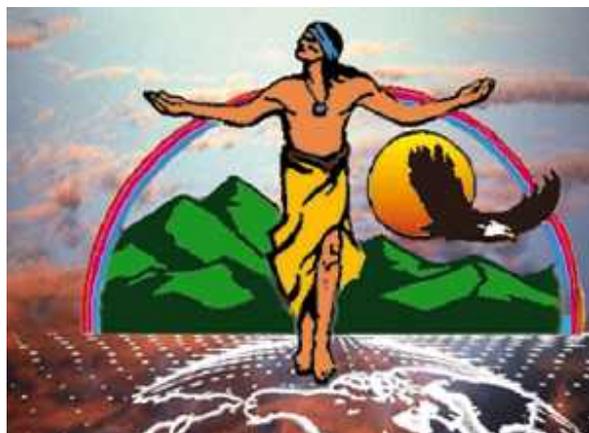
Health is considered to be the body’s natural state, but each person has unique predisposing factors, which react within a matrix of external factors to produce the imbalance of the humors that enables a disease to take root.

Diagnosis is formed by pulse and urine analysis, and by examining six external factors: climate, food and drink, physical activity and rest, sleep, emotional factors, and excretion. Modern techniques such as X-rays and ultrasound have been adopted in recent times. Treatment stresses dietary change and uses herbal medicines but also frequently incorporates various forms of hydrotherapy, including steam baths. Prayers may also be recommended.

This system of medicine treatment is often hospital-based, and through it, hospitals were established throughout the Islamic world from as early as the 8th century.

SHAMANISM:

Prehistoric paintings on walls in caves in Europe show that shamanism was practiced at least 20,000 years ago. The word comes from Siberia, from the language of the Evenk peoples who hunted and herded reindeer for a living. However shamanism has been found in most tribal cultures in every continent, from Alaska to Borneo. Witch doctors or sangomas (Africa), medicine men (North America), yogis or holy men (India), and witches and wizards (Europe) are all shamans who follow more or less the same practices everywhere.



The essence of shamanism is the ability of the shaman to enter a trance or dream state of altered consciousness (and sometimes to help the sufferer into the same state). Shamans claim this takes them into the spirit world where they can use their ability to control the spirits to make changes that affect the physical world. In a trance state, they are able to separate their souls from their bodies and fly to any part of the cosmos to seek the cure, or the reasons for the illness, and so cure the patient.

They also use herbal medicine and cleansing rituals. Traditionally shamans were not only highly skilled at healing the sick but had the ability to foretell the future, interpret dreams, and ward off evil spirits. In traditional hunting societies, they were able to seek out the souls of prey animals and lead the tribe to the best hunting grounds.

Shamans in the traditional hunting societies were usually men and were held in the highest regard, often having a status equal to that of a chief or leader. Genghis Khan, leader of the Mongol hordes, was a shaman. In the agrarian societies of Africa, India, and Asia, many shamans were women, and in Korea, all shamans are female.



Shamanism Techniques

The techniques used by a shaman to bring about a state of altered consciousness include drumming, rattling, chanting, dancing, and the taking of natural hallucinogenic drugs.

Drums are a feature of the northern shamanic traditions, whereas rattles are significant in South America, as are hallucinogenic plants. In Peru, shamans are known as *vegetalistas* because of their skilled use of dangerous plants. Through these means, the shaman claims to be able to move between the real and the spirit world at will. He may go into a deep trance state or more dramatically allow himself to be temporarily taken over by the spirits that he has summoned. However, a shaman always controls and summons the spirits; he is not possessed by them.



During their rituals many shamans call on the help of the essential spirit of animals or sacred objects to which they feel a special connection. By harnessing the energy of their guardian spirits, the shaman divines what the problem is – whether physical, spiritual, or emotional – and what remedy is needed to treat it.

Contemporary or neo-shamanism uses many traditional techniques but emphasizes a direct connection to a spirit guide rather than using a shaman as an intermediary. New forms of so-called shamanism, which are popular in many New Age groups, such as “Trance Dance”, have little connection to real shamanism.



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



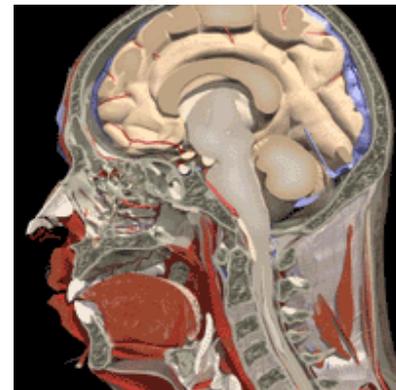
ALLOPATHY PROFESSIONAL MEDICAL TEAMS – OVERVIEW:

Briefing notes by Dr Daniel T O'Connor who will act as liaison officer and be instrumental in the establishment of the medial advisory committee which is to consist of 12 to 22 members:

The team concept as per these headings for the Pascas Health Sanctuary and Clinics goes like this:

NEUROSURGERY:

A neurosurgical team includes neurosurgeons capable of dealing with intracranial, spinal and peripheral neurological disorders. They are supported by neurophysicians for diagnostic work as well as radiologists and various therapists who are involved post-operatively. A neurosurgical team also requires that there be nursing staff with expertise in the management of neurosurgical cases.



EARS, NOSE & THROAT – ENT:

In addition to orthodox ENT surgeons there is a need for an endoscopic sinus surgeon, laser surgeon, head and neck surgeon, along with support and speech pathologists, speech therapists, radiologists, etcetera.

UROLOGY:

Surgeons and urologists co-operate most frequently in the discipline of urology. A urologist with paediatric experience or a paediatric surgeon with urological experience is also essential as well as support physiotherapists etcetera.

ORTHOPAEDIC:

General orthopaedic surgeons would be needed plus arthroscopy experts, hand surgeons, microsurgeons, trauma surgeons. Physiotherapy and orthopaedic surgery can't survive without each other.

TRAUMA SURGERY:

Trauma surgery is a special consideration as the Hospital will have a busy accident and emergency department so there needs to be readily available general surgeon with trauma experience; orthopaedists, neurosurgeons, etc, twenty-four hours a day to back up the Accident and Emergency (A & E) department and with the ability to call in other surgical disciplines as required for example, ophthalmic, plastic, etcetera.

GYNAECOLOGY:

Gynaecological surgery is now split into general gynaecology, cancer surgery, endoscopic surgery, colposcopic and laser surgery. Either way, the hospital will require several experts or gynaecologists with multiple expertise.

IN-VITRO FERTILISATION – IVF:

There is no mention of IVF in the projected work areas and this may well be of consideration for Pascas Health Sanctuary. For IVF there is need in addition to endoscopic surgical expertise, a dedicated laboratory support team for efficient function as well as support counsellors, etcetera.

Radiology / ultrasound are an integral part of gynaecological services these days.

GENERAL SURGERY:

General surgeons have split their expertise so there are now colorectal surgeons, breast and endocrine surgeons, vascular surgeons, endoscopic surgeons, and so on. Their teams include radiology / ultrasound, alimentary tract endoscopists, endocrinologists, pathologists, physiotherapists, etcetera.

Paediatric surgery is a highly specialised area which encompasses endoscopic surgery as well as plastic surgery and requires special theatre facilities and post-operative care teams.

OPHTHALMIC SURGERY:

Eye surgeons now specialise in the anterior and posterior chamber of the eye, plastic and reparative / corrective surgery, laser surgery, lens extraction and implants, and work on a mix of day case and inpatient care. They require orthoptists and trained ophthalmic nursing staff as part of their team.

DENTAL and FACIOMAXILLARY SURGEONS:

They work in the same area and need radiological, pathology and physiotherapy support.

PLASTIC and RECONSTRUCTIVE SURGERY:

Plastic and reconstructive surgeons include microsurgical repair teams, reconstructive surgery and head and neck surgeons who again require radiology, pathology, physiotherapy and special nursing care staff.

CARDIO THORACIC:

Cardiac by-pass surgeons need the assistance of cardiologists, radiologists, perfusionists as well as physiotherapists and highly skilled intensive care nursing personnel.

This list is not exhaustive but aims to provide an idea of the teams that are required for the various surgical units that Pascas Health Sanctuary Hospital being established on the Gold Coast, Queensland, as well as the Bahamas and South Africa and elsewhere during the construction and fitout period.

You will note that there are particular support disciplines common to all surgical teams – for example, radiology, anaesthetics, physiotherapy and nursing care.

For many of the surgical disciplines specialised nursing skills are required – for example, ophthalmic, orthopaedic, paediatric and so forth.



ONCOLOGY – CANCER:

When looking at the relevant cancer treating teams you add to the basic unit specialist radiotherapists as well as radiologists and these are two separate areas of expertise with the frame work of radiology, chemotherapy specialists and pathologists, counsellors and support staff and the usual management goes like this:

A patient is diagnosed with a malignancy. Pathological confirmation is obtained and the relative oncology unit usually considers the individual in committee and allocates a therapeutic management protocol for the ongoing care of the patient. For this purpose special specific discipline oncology clinics are held where follow-up is also maintained after initial treatment. These clinics are usually held on a once a week basis and there would be in attendance, for instance say for gynaecology, the patients gynaecological cancer surgeon, radiotherapist, chemotherapy specialist, support nursing staff or counsellor and pathologist.

These special discipline teams usually meet on a weekly basis where they see new cases and follow-up cases and of course function all year round.

One reason why it is important to make sure there is two of every type of surgical specialist on the staff is that there is always people away on leave or at courses and so forth, and if there is only one person then everything grinds to a halt during their absence, whereas if with at least two then these clinic services go on irrespective.

CARDIOLOGY:

Similarly with heart disease patients, the diagnosis involves triage by clinical history and examination, stress test, angiography and perhaps nuclear medicine, and then a committee of the cardiology clinic may allocate individuals to different therapeutic programs – for example, angioplasty or CABG surgery or palliation only, etcetera.

Within the cardiology clinic there will therefore need to be cardiologists, interventional cardiologists, radiologists, cardiac surgeons, as well as anaesthetists with specialised skills and perfusionists, physiotherapists, dieticians, psychologists, etcetera.



RADIOTHERAPY UNIT:

There will be a need for two of everyone covering radiation oncology, medical oncology, radiographers covering planning and treatment, nursing staff that are oncology trained in therapeutic radiation, physicists, x-ray engineers and pharmacist – pharmacy to be equipped with laminar flow unit. Patient care has two groups, a day care unit to accommodate 10 in a quiet area with observation and the other being a cluster of wards for the more serious cases. A radiotherapy director is to be appointed.

DIRECTOR of MEDICAL SERVICES:

Each clinical service will have its own director who, in turn, are to be supported by a Director of Medical Services as appointed by Pascas Health Sanctuary.



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

PHYSICIAN, HEAL THYSELF:

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

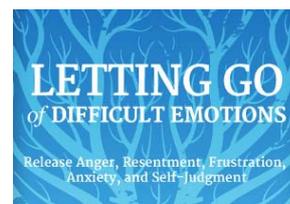
- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is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

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

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

LETTING GO with The LOVE:

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling. Focus quietly on the feeling. Breathe into the sensations and allow them to be.

Step 2: Ask yourself one of the following three questions:

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?

Step 4: Ask yourself this simpler question: When? This is an invitation to just let it go NOW.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

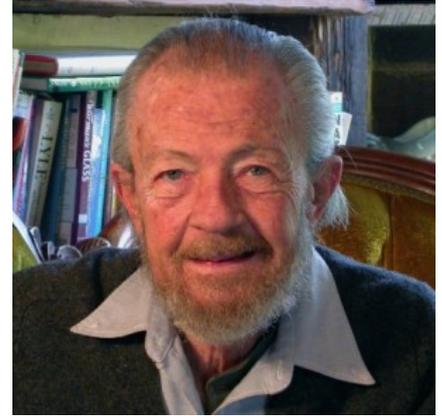
Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins

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



Dr DAVID R HAWKINS:

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, interbalancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the build-up of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 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. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

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



CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

Release one's pain through expressing one's feelings.



in conjunction with



Longing for the Truth when also longing for Divine Love.

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

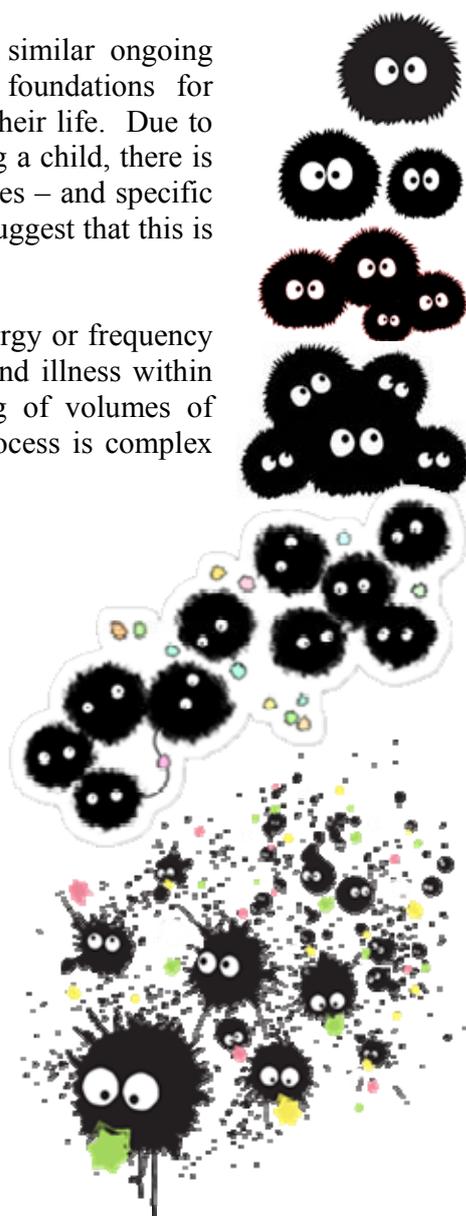
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.

The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018



Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

We are to uncover the truth of our untruth through the healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



Spirit Mansion World 3 equivalent on Earth: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.

Spirit Mansion World 5 equivalent on Earth: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Spirit Mansion World 7 equivalent on Earth: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



Accept, express and long for the truth of your feelings.

Live true to your feelings; your feelings are your true self. Be free in your feelings. Free your feelings from your mind's control. Live true to yourself through your feelings.

BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

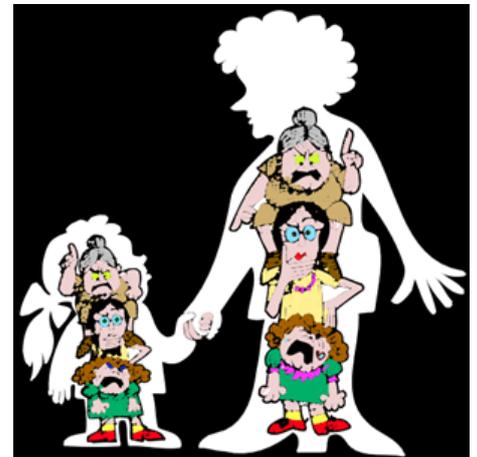
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



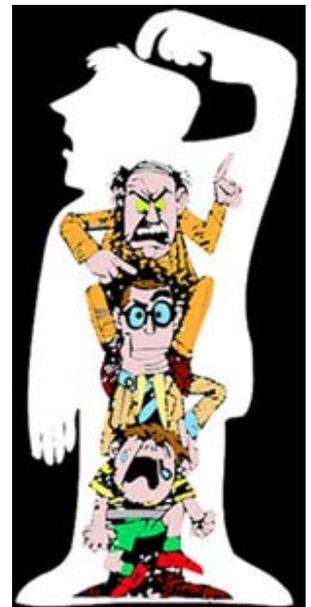
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.



What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

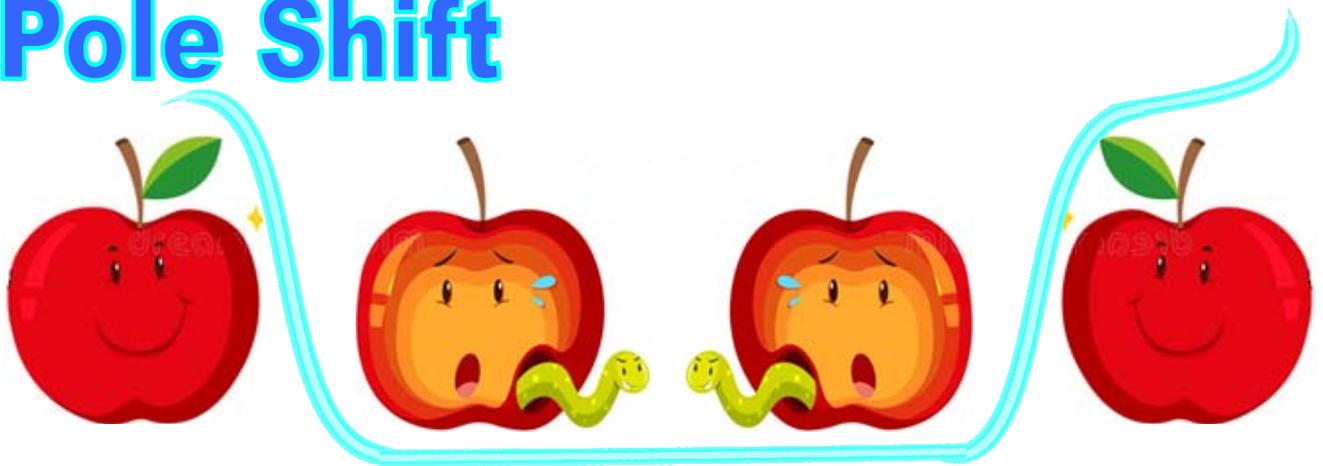


Hitting and humiliating a child

**CHILDHOOD
TRAUMA**



Pole Shift



Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.

At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into 'bad apples'. We proceed through our life experience, after our parents' well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.

Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.

We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.

This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.

HEALING PROPERTIES of SUBSTANCES:

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak words. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything

further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system. The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make it's way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.



Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences

helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3rd Celestial sphere): What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth, 3rd Celestial Heaven: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual



needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the mind's way versus the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.

Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and

be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your mind's control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



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.

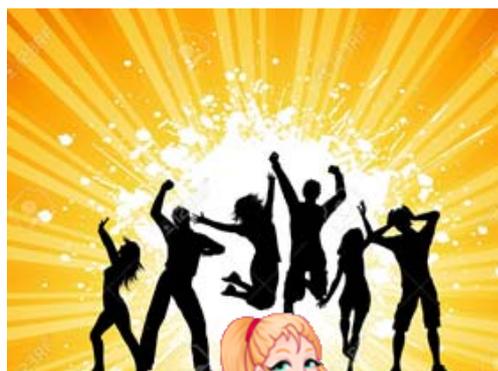


We are all to have our own pure relationships. And it's the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it's more personal and private and 'JUST FOR YOU'. So we have our own separate, unique relationships.

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 all 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 Angelic pair continue with us for eternity.



**Feelings
first**

Saturday, 31 March 2018:

COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth, 3rd Celestial Heaven: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the

wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it. It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people's Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

To liberate one's real self, one's will, being one's soul, is begun by embracing 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.

Release one's pain through expressing one's feelings.



in conjunction with

Longing for the Truth when also longing for Divine Love.

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

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into

your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



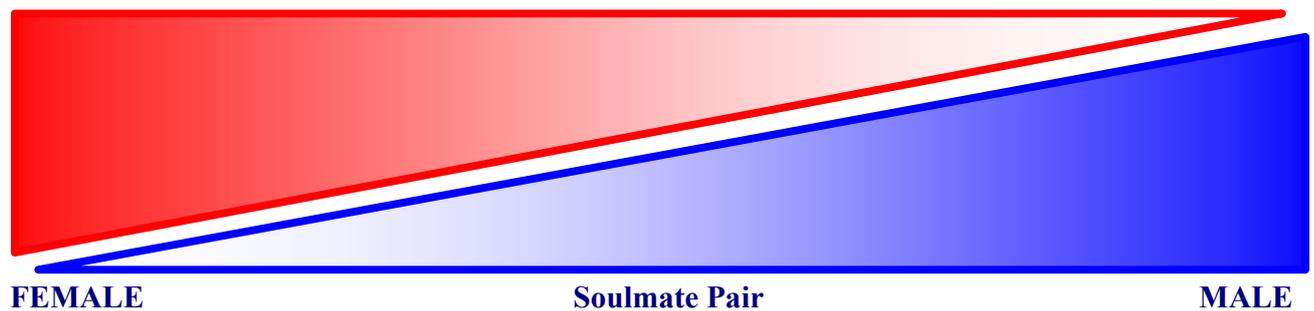
By living true to ourselves, true to our feelings, we are living true to God. It's that simple.

Consider visiting the Library Downloads at www.pascashealth.com
Then Pascas Introduction Notes:
Pascas Care Letters Healing Properties of Substances

Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that will lead and assist the male in their Feeling Healing process, while progressing with her own. The male cannot do this on his own, only the female is capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I took over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation. Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourselves we are denying ourselves life. We are sending ourselves off into the nothing, shutting ourselves away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”

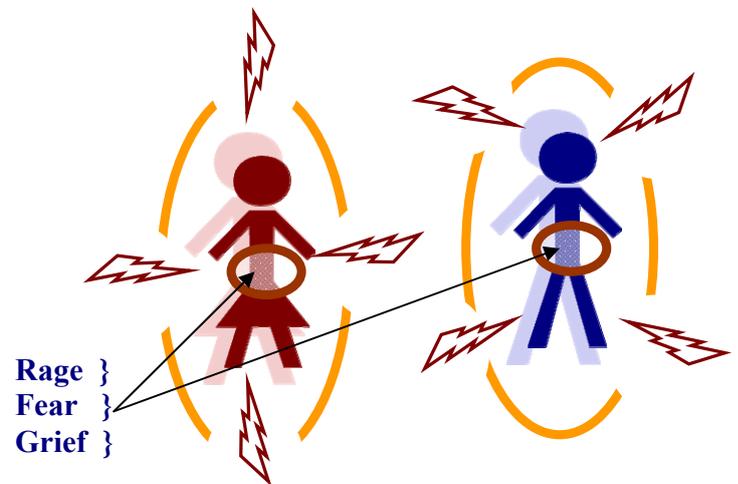
WE ARE KILLING OURSELVES! Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

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

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

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

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



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

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

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

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU
FEEL, THINK AND ARE.

Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
 Free your feelings from your mind's control
 Live true to your feelings; your feelings are your true self
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
 Your feelings are your spiritual guide.
 Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's**

about time! With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God’s Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we’ve all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise
 **HOME**

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



Immortality with the Love.

DIVINE LOVE:

The Greatest Experience

If the physical universe is striving towards order, could not it also be the case that the other parts of the universe, not seen by man, the spiritual and soul parts, the other dimensions proven by mathematics to exist, are also striving towards complete order and harmony, not just in a physical context, but also in a moral and spiritual context?

Would it not make sense that if we desire to know the truths about these things as yet unseen by the eyes of most people in the material world, our highest priority should be to find out how to go about contacting the Source of such things, the Creator of this universe?

To contact Him, all we need do is have a soul longing for His Love, and, if that longing is sincere and we have a desire to experience emotions, then our Father's Love will flow into us, and we shall feel it. Finding God is simplicity itself, so simple in fact that the majority of mankind, mortals and spirits, overlook the only method we have of ever finding Divine Truth, which is made possible by two things; the sincere desire of a man to seek for and feel God and His Love (which we call Prayer), and the overwhelming Passion of God to give all His Children His Love, and have all of His Children come to know Him and experience the joy and happiness of Living in His Love.

This is the Greatest Experiment, and when any person tries it, the experiment often begins tentatively, but ends in complete certainty. God is Reality, and the Love and Truth that comes from Him is Real. When we try the Greatest Experiment, we at that time also begin to live in Reality.

So my brothers and sisters, live in Reality, in our Father's Love, seek for it, and desire it above all else. Seek first His Love, and all the other things will be added to you.

Although the contents of this message may be well known to you, I hope that you have enjoyed a reconsideration of this information.

*With love from your brother,
AJ*

“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

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

Our salvation IS the embracement of Feeling Process with Divine Love.

DIVINE LOVE:

<http://www.fcdt.org/divinelove.htm>



The words "Divine Love" have been used in many contexts to convey different meanings. But in the context of our Heavenly Father, Divine Love is the greatest gift in all the universe. It transcends all else that can assist humankind fulfil their dreams of happiness and have them resolved within themselves. God's Divine Love is the one thing in all of God's infinite universe that can bring about eternal life and everlasting happiness in the Celestial Kingdom.

What is Divine Love?

The Divine Love differs from the natural love of man with which he was endowed when created, which belongs to all humans, and which they all possess in a more or less perfect condition in this: that the Divine Love is that Love which belongs to or is a part of God, possessing His Nature and composed of His Substance, and which, when possessed by a human soul to a sufficient degree, makes him divine and of the nature of God.

What is the New Birth?

The New Birth is simply the effect of the flowing of this Divine Love of the Father into the soul of a man and the disappearing of everything that tends to sin and error. As the Divine Love takes possession of the soul, sin and error disappear. It, the soul, becomes of a quality like the Great Soul of the Father. And with the Soul of the Father being Divine and immortal in Its quality of Love, so, when the soul of man becomes possessed of this quality of Love, the soul being the man, this soul becomes divine also. Then, the image becomes the substance; the mortal becomes the immortal; and the soul of man, as to love and hope, becomes a part of the Father's Divinity.

How does one receive the Divine Love?

The only way is simply this: that men shall believe with all the sincerity of their minds and souls that this

great Love of the Father is waiting to be bestowed upon each and all of them; and that when they come to the Father in faith and earnest aspirations, this Love will not be withheld from them. And, in addition to this belief, that they pray with all the earnestness and longings of their souls that the Father will open up their souls to the inflowing of this Love, and that then may come the Holy Spirit to them to bring this Love into their souls in such abundance that their souls may be transformed into the very Essence of the Father's Love. The soul who will thus believe and pray will never be disappointed, and the Way to the Kingdom will be his as certainly as that the sun shines by day upon the just and unjust alike.

Take the test.

Too often we are told to believe something based on what we are told. You don't have to "believe" anymore. Now you can have physical proof of the existence of God and His Love for you?

"test my teachings that the Father's Love was now available, and pray for it to the Father in earnest prayer, and see whether, if this was done in sincerity, the Father's Love, conveyed through the Holy Spirit, would burn and glow in the soul, by which sign they would realize His Love was present therein." – Jesus

http://www.fcdt.org/Publications/NTRJ/ntr_1_9_22.htm

Date: June 14 and November 5, 1955

Medium: Dr. Daniel G Samuels

Publication: New Testament Revelations of Jesus of Nazareth, p. 22

Take it to heart – earnestly pray for God's Divine Love and feel the glowing of His Love in your soul. Jesus gave us the Prayer for Divine Love to help us in our prayers to the Father.



Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

DIVINE LOVE – what does it do?

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raises one's quality of life and also of all those around such person who is seeking and receiving this love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8th sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.

“The Law of Compensation doesn't operate on isolated actions, but on the overall condition of people's souls, because the deeds are the consequence of this condition. Our behaviour is the reflection of our souls. Never see isolated deeds, always see souls whose condition leads to certain deeds. It is the soul condition which determines the motive and consequently the action. It is our lack of trust in God, this ultimate and definitive trust, which only soul development may give us. This lack is why we suffer.”

Judas of Kerioth 5th October 2001

As you grow in love, illness issues abate, financial security improves, and your treatment of your fellow man is the same as how you would like to be treated. You grow in natural intelligence, your perception on many subjects becomes profoundly more loving and supportive of and for your way of life and how you interact with your fellow man.

This quality of life and love permeates and extends into every facet of your physical life and continues to grow as you progress on your journey within the spirit world.

Your capabilities to ask for and receive Divine Love is a gift between you and your creator, God. You do not need an intermediary, nor do you need to join with any organisation. This is your own personal journey and experience. You can share this with others, but no one can take it away from you.

This Love will elevate the human soul to a condition that it may perceive the spiritual truths which God has waiting to be revealed to His children who aspire to understand the nature of the divine and what their true relationship to Him and their family of souls is.

“Keep faith with God, and be open to Their Love, and you will overcome with confidence and, indeed, peace of mind, optimism and happiness, those circumstances that seem to mar the fulfilment of your years.” Mary (mother)

<https://new-birth.net/samuels-messages/53-revelations/revelation-14-prophecies-of-daniel-ntr13/>

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

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

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

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

‘The difference 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



The Only Prayer That Man Need Offer to the Father:

The Prayer for Divine Love

(as given within the first century)

2 Dec 1916

I am here, Jesus

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our false teachers would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.

That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.

We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.

Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.

Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.

Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'.

Also, the evil ones, being those parts of one's mind, that are controlling you.

Another version:

<https://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-1/the-prayer-given-by-jesus-as-the-only-prayer-vol-1-pg40-2/>

Our Father, who art in heaven, we recognize:

That Thou Art--art all holy and loving and merciful, and that we are the children of Thy care and not the subservient, sinful and depraved creatures that our false teachers would have us believe.

That we are the greatest of Thy creations and the most wonderful of all Thy handiwork, and that we are the objects of Thy great Soul's love and tenderest care.

That Thy will is that we become at one with Thee and partake of Thy great love which Thou hast bestowed upon us through Thy mercy and desire that we become, in truth, Thy children; and not through the sacrifice and death of any one of Thy creatures, even though the world thinks that one Thy equal and a part of Thy godhead.

That Thou will open up our souls to the inflowing of Thy love, and that then will come Thy holy spirit to bring into our souls, this, Thy love in great abundance until our souls may be transformed into the very essence of Thyself; and that there may come to us faith--such faith as will cause us to realize that we are truly Thy children and that we are one with Thee in very substance and not in image only.

Let us have such faith as will cause us to know that Thou art our Father and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Thy love changing us from the mortal to the immortal.

Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee with faith and earnest aspirations, Thy love will never be withheld from us.

Keep us in the shadow of Thy love every hour and moment of our lives, and help us to overcome all temptations of the flesh and the influence of the powers of the evil ones who so constantly surround us and endeavor to turn our thoughts away from Thee to the pleasures and allurements of this world.

We thank Thee for Thy love and for the possibility of receiving it, and believe that Thou art our Father--the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Thy arms of love.

We pray thus with all the earnestness and longings of our soul, and trusting in Thy love give Thee all the glory and honor and love that our finite souls can give.

“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”
Jesus 11 May 2016

A Personal Adaptation of the Prayer for God's Divine Love:

Joseph Babinsky

Our Father, who art in heaven, I recognise:

That You are holy and loving and kind, and that I am the child of Your care.

That I am the object of Your great Soul's love and tender most care.

That Your will is that I become at-one with You and partake of Your great love, which You have given me through Your desire that I become, in truth, Your child.

That You will open up my soul to the inflowing of Your love, and that then will come Your holy spirit to bring into my soul, this, Your great love in great abundance until my soul may be transformed into the very essence of Yourself; and that there may come to me faith – such faith as will cause me to realise that I am truly Your child and that I am one with You.

Let me have such faith as will cause me to know that You are my Father and the giver of every good and perfect gift, and that I only can hinder and stop the river of your inflowing love.

Let me never cease to realise that Your love is waiting for each and all of us, and that when anyone comes to You with faith and earnest aspirations, Your love will never be withheld.

Keep me in the shadow of Your love every hour and moment of my life, and help me to remain completely focused on this, your ever-present and unconditional love.

I thank You for Your love and for the possibility of receiving it, and believe that You are my Father – the loving Father Who smiles upon me always and is always ready to help me and take me to Your arms of love.

I pray this with all the earnestness and longings of my soul, and trusting in Your love give You all glory and honour and love.

“The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

“But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace.”

P.6 Judas of Kerioth

Judas – August 19th, 2001

The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of our Mother and Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



**Divine Love having been
assimilated within one's soul,
now being reflected through the
radiance of the spirit body.**



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas
www.lulu.com

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

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

Our salvation IS by embracing Feeling Healing with the Divine Love.

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

“Soul God, I love you and I love receiving and experiencing your Divine Love.”

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

<http://www.pascashealth.com/index.php/library.html>

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm>

James Moncrief's books, the Padgett Messages and The Urantia Book at:

DIVINE LOVE SPIRITUALITY – DLS:

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945
The Urantia Book (see suggested papers to read below)

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

<http://religionoffeelings.weebly.com/>

<http://dls spirituality.weebly.com/>

<http://divinelovesp.weebly.com/>

<http://childhoodrepression.weebly.com/>

<http://dls cr.freeforums.net/>

<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>

FEELING HEALING and SOUL HEALING with the DIVINE LOVE:**James Moncrief Publications:****all publications are free downloads:**<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

These four books encapsulate the second of the revelations with the first having been introduced by James Padgett one hundred years previously. These four books provide a wide range of guidance that has never previously been made available.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel and it's been criticised as being too heavily clichéd, but that's the point because it's a reflection of how he was back then.

Ann and Terry

For an example of people who might want to immediately start working on themselves and doing their Healing.

Feeling Bad? Bad Feelings are GOOD

For more understanding about our denial of our feelings and why we should not deny our feelings, and it includes how it all came about for James, using himself as an example.

Feeling bad will make you feel BETTER – Eventually!

This includes specific examples of Marion and James working on expressing particular bad feelings, again with the hope that it will help others gain something of an idea as to what's involved in doing your Feeling Healing.

Sage – and the Healing Angels of Light

Through Sage who's 13 years old, the story is primarily about the two aspects of healing; that being, with the help of our angels, and the full Healing we can do by looking to our feelings for their truth.

Religion of Feelings

Welcome to LOVE – the Religion of Feelings

Feeling Healing**you can heal yourself through your feelings**

So these books, including the four Speaking with Mary Magdalene and Jesus books, provide the essence of it all and are examples of James' work. Then it's up to whatever takes one's fancy. Other reading to consider may include:

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

A collection of 'papers' that draw together specific topics including all of the above and more from other sources of information and revelation designed to help increase one's awareness about why we have the problems we do and how to heal them, all whilst living a more healthy and sustainable life. They provide a brief snapshot of the more complicated topics and issues.

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

PASCAS INTRODUCTION NOTES: *All papers below can be found at Library Downloads link..*

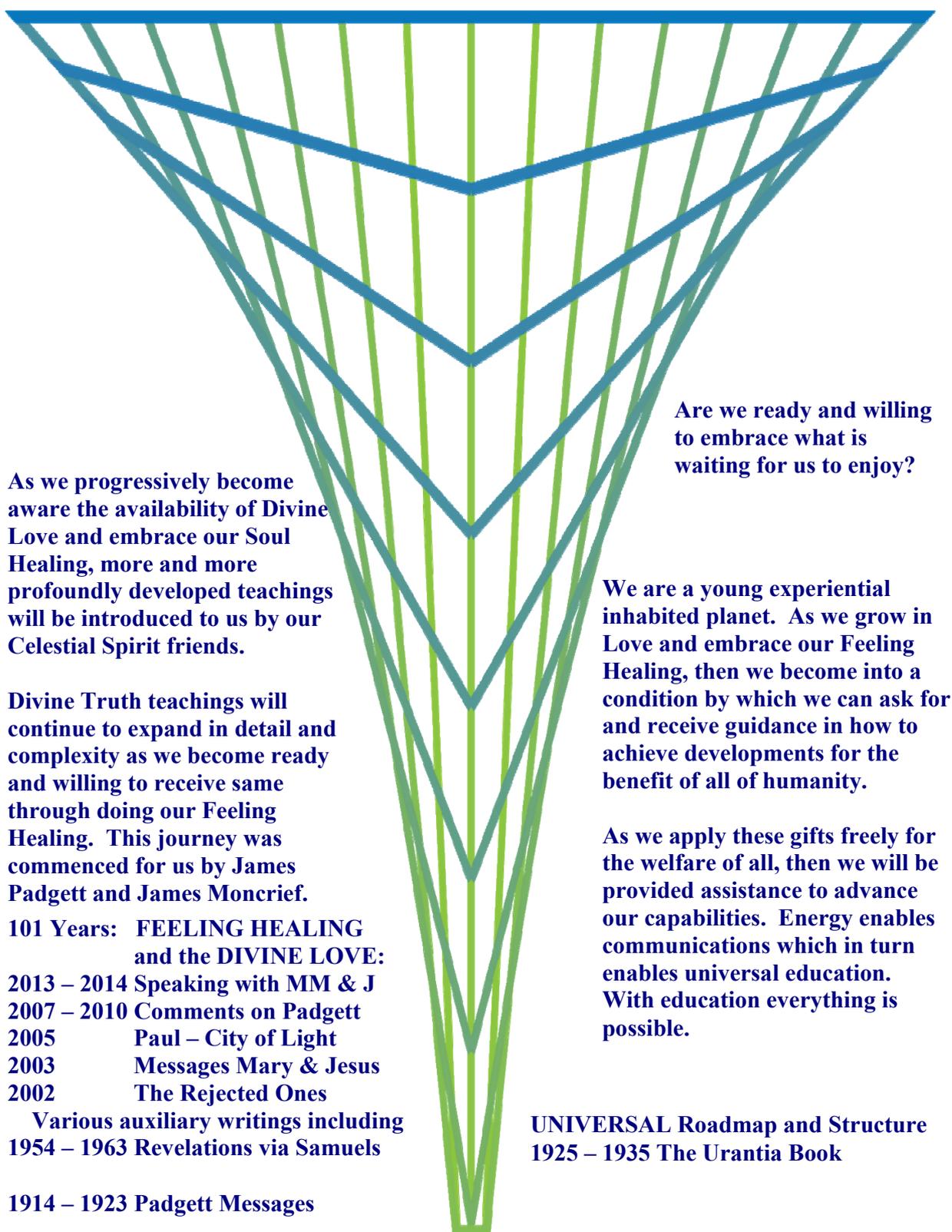
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

Pascas Care – Feeling Healing
Pascas Care – Feeling Healing All is Within
Pascas Care – Feeling Healing and Health
Pascas Care – Feeling Healing and History
Pascas Care – Feeling Healing and Parenting
Pascas Care – Feeling Healing and Rebellion
Pascas Care – Feeling Healing and Starting
Pascas Care – Feeling Healing and Will
Pascas Care – Feeling Healing Angel Assistance
Pascas Care – Feeling Healing Being Unloved
Pascas Care – Feeling Healing Child Control
Pascas Care – Feeling Healing Childhood Repression
Pascas Care – Feeling Healing End Times
Pascas Care – Feeling Healing is Rebelling
Pascas Care – Feeling Healing Live True
Pascas Care – Feeling Healing Mary Speaks
Pascas Care – Feeling Healing My Soul
Pascas Care – Feeling Healing Perfect State
Pascas Care – Feeling Healing Revelations X 2
Pascas Care – Feeling Healing the Future
Pascas Care – Feeling Healing Trust Yourself
Pascas Care – Feeling Healing Versus Cult

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



On the WINGS of a BUTTERFLY: No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve.

Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller



LOVE and LIGHT: The luminosity of a loving soul shines through the spirit body.

