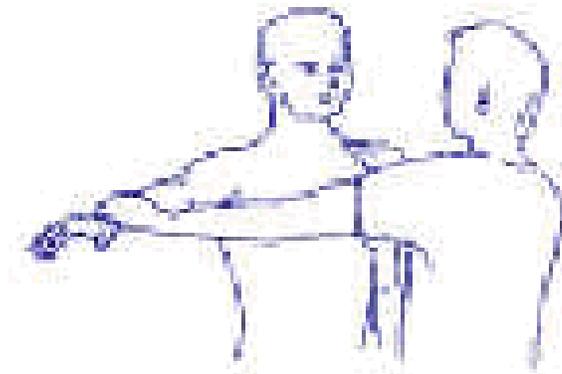


PASCAS CARE

**KINESIOLOGY
&
CALIBRATE the LEVELS of
CONSCIOUSNESS
&
EMOTION CODE**



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

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

Aspiring to 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

**Treatment Session =
Management of energy flow within in our bodies
= Release of Negative Emotions.**



GENERAL INFORMATION:

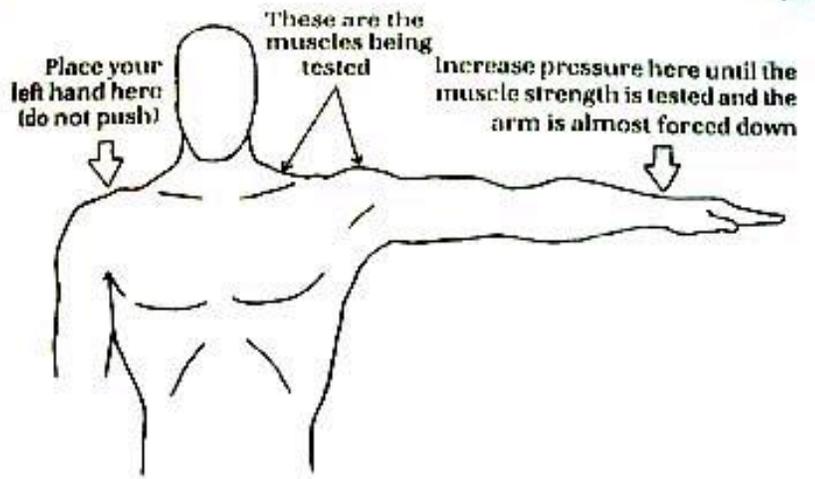
David R Hawkins – Transcending the Levels of Consciousness P.372

The energy field of consciousness is infinite in dimension. Specific levels correlate with human consciousness, and these have been calibrated from “1” to “1,000”. See the Map of Consciousness. These fields reflect and dominate human consciousness.

Everything in the universe radiates a specific frequency or minute energy field that remains in the field of consciousness permanently. Thus, every person or being whoever lived and anything about them, including any event, thought, deed, feeling, or attitude, is recorded forever and can be retrieved at any time in the present or the future.

TECHNIQUE

The kinesiological response (muscle testing) is a simple “yes” or “not yes” (no) response to a specific stimulus. It is usually done by the subject’s holding out an extended arm and the tester pressing down on the wrist (bony bit) of the extended arm, using two fingers and light pressure. Usually the subject holds a substance to be tested over their solar plexus with the other hand. The test says to the test subject, “Resist”, and if the substance being tested is beneficial to the subject, the arm will be strong. If it is not beneficial or has an adverse effect, the arm will go weak. The response is very quick and brief.



Basics of Muscle Testing

It is important to note that the intention, as well as both the tester and the one being tested, must calibrate over 200 in order to obtain accurate responses.

If either the tester or the one being tested is dehydrated, errors will occur. A large glass of water will promptly remedy this situation.



Solar plexus is that region about 2.5 inches above your belly button. The test subject holds the item over their solar plexus with one hand and extends the other arm for response in the normal way.

The higher the levels of consciousness of the test team, the more accurate are the results. The best attitude is one of clinical detachment, posing a statement with the prefix statement, “In the name of the highest good, _____ calibrates as true. Over 100 on the Map of Consciousness. Over 200, etc.” The contextualization “in the highest good” increases accuracy because it transcends self-serving personal interest and motives.

MAP OF CONSCIOUSNESS

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

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

Note:

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

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

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

Thus the energy differentials are in fact enormous!

Blessing your food achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

Levels of consciousness are always mixed: a person may operate on one level at one time and quite another level in another area of life. [In fact, we move in and out of fear, anger, guilt, etc. for either brief or extended periods. Even the levels up through unconditional love at 500 are experienced by most. But it is the percentage of time spent in each level that determines the dominant level in which one lives.]

Shame: Shamed children are cruel to animals and to each other. Later they are capable of forming vigilante groups to project their shame onto others whom they righteously attack. Serial killers have often acted out of sexual moralism with the justification of punishing "bad women". Shame produces false pride, anger, guilt. Moc 20 – 29

Guilt: associated with victim hood, masochism, remorse. Unconscious guilt results in disease, accident - proneness, suicidal behaviour. Preoccupation with punishment. Guilt provokes rage. Capital punishment is an example of how killing gratifies a guilt-ridden populace. MoC 30 – 49

Apathy: State of helplessness / death through passive suicide / level of homeless and derelicts / level of streets of Calcutta, abandonment of hope. MoC 50 – 74

Grief: Level of sadness, mourning over the past / habitual losers / chronic gamblers / notion of being unable to replace what is lost. MoC 75 – 99

Fear: Fear runs much of the world [in the enmity fearfulness is dominant emotion of 65% of the world] insecurity, vulnerable / leads to jealousy and chronically high stress level / very contagious / fearful people seek strong leaders. MoC 100 – 124

Desire: Motivates vast areas of human activity. Desire for money, prestige runs lives of many who have risen above Fear. At this level of addiction / desire for sexual approval has produced an entire cosmetics and fashion industry / accumulation / greed. It is insatiable because it is an ongoing energy field. Satisfaction is impossible / frustration is assured. MoC 125 – 149

Anger: Leads to either constructive or destructive action. Expressed most often in resentment and revenge. Irritable / explosive / leads to hatred. MoC 150 – 174

Pride: Has enough energy to run the Marines. Is a great leap forward from lower fields / is socially encouraged. Defensive / vulnerable because dependent upon external conditions. Inflated ego is vulnerable / divisive / arrogance / denial. The whole problem of denial is one of Pride. MoC 175 – 199

Courage: Where productivity begins / zone of exploration / accomplishment / fortitude / determination / exciting / challenging / openness. All of this is achieved through the leap to truth / the courage to face one's flaws. MoC 200 – 249

Neutrality: Release from a position or opinion / flexible / non-judgmental / realistic. Not getting one's way is less defeating or frustrating. Beginning of inner confidence. One is not driven to prove anything. Does not lead to any need to control others. MoC 250 – 309

Willingness: Growth is rapid here. Willingness implies that one has overcome inner resistance to life and is committed to participation. Genuine friendliness/ do not feel demeaned by service jobs. Helpful / high self-esteem / sympathetic / responsive to needs of others / resilient / self-correcting / excellent students / readily trained. MoC 310 – 349

Acceptance: Major transformation takes place when one recognizes that one is the source of the experience of one's life. A full assumption of responsibility for one's self. Acceptance of life without attempting to conform situations to one's own agenda. Denial is transcended / calm / perceptive / balanced / appropriate. No interest in determining right and wrong. Self discipline / honouring of others rights / inclusive / tolerant. MoC 350 – 399

Reason: Intelligence/ capable of making rapid, complex decisions and abstractions / level of science / capacity for conceptualization / deals with particulars / level of Nobel Prize winners, Einstein, Freud, etc. but ironically reason is often a block to higher states. MoC 400 – 499

Love: Love is not what the media professes: emotionality / physical attraction / possessiveness/ sentimentality / control / addiction / eroticism / novelty. When lovers or marriages "break-up", they usually were based on these attitudes rather than love, which is why this kind of "love" can lead to hate. It wasn't love in the first place. Love Deals with wholes. Unconditional love is accompanied by measurable release of endorphins. Love takes no position / permanent. Only 0.04% of population lives out of this level of consciousness. MoC 500 – 539

Joy: Level of saints / effortless / people with near death experiences often have reached this level of consciousness. Healing occurs. Individual will merges with Divine will. MoC 540 – 599

Peace: Radiance / suspension in time and space / everything connects to everything else / no preconception. Great works of art, music and architecture, which calibrate between 600 and 700, can transport us temporarily to higher levels of consciousness. MoC 600 - 699

Enlightenment: Buddha and Krishna. Jesus progressed beyond 1,000 to achieve at-onement with God whilst living on earth. Enlightenment is a never ending process. Moc 700 – 1,000



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[David Hawkins - Applied Kinesiology - Power vs Force - 1 of 2](https://www.youtube.com/watch?v=-dbEZYfp-70)

<https://www.youtube.com/watch?v=-dbEZYfp-70>

duration 1:54:52



David Hawkins - Applied Kinesiology - Power vs Force - 1 of 2

[David Hawkins - Applied Kinesiology - Power vs Force - 2 of 2](https://www.youtube.com/watch?v=_mqZPgKqbZ0)

https://www.youtube.com/watch?v=_mqZPgKqbZ0

duration 1:00:54



David Hawkins - Applied Kinesiology - Power vs Force - 2 of 2

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NATURAL LOVE or HUMANITY's ERRONEOUS EMOTIONS:

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

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

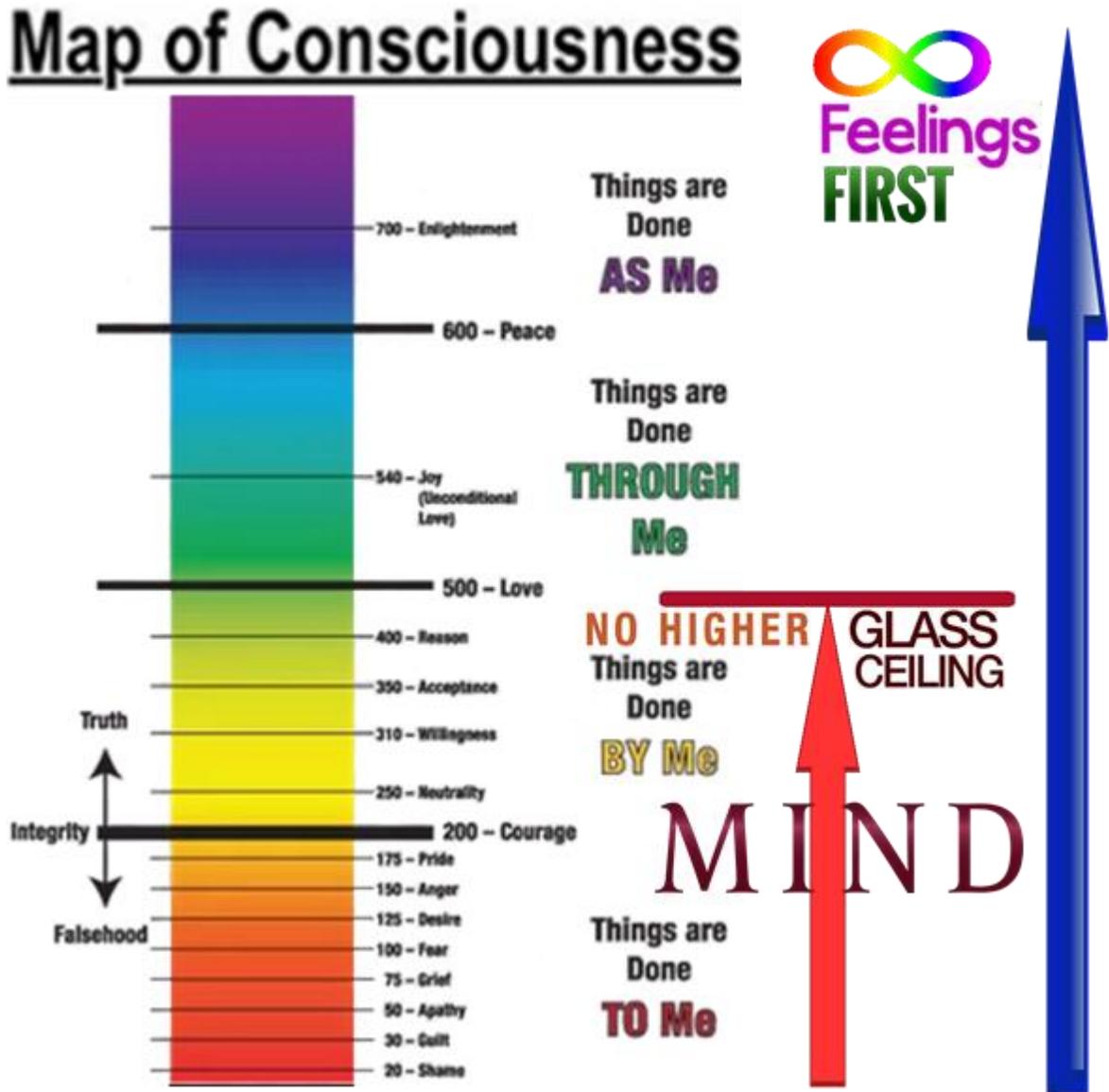
Humanity's erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child's soul. When the child reaches about the age of 7, the child's soul condition will reflect the parent's condition.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

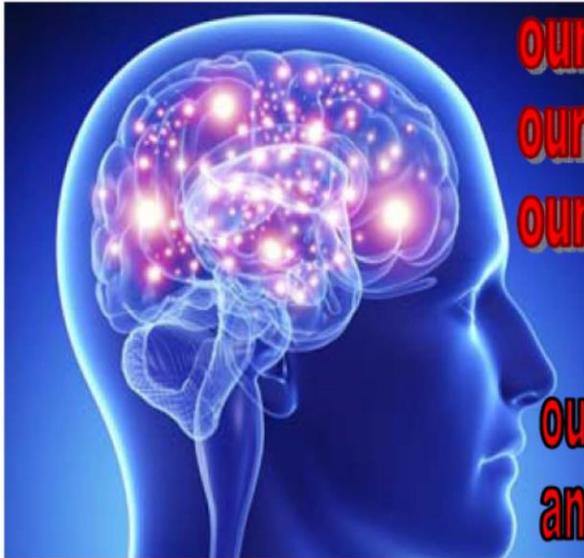
MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive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

Ironically, humanity strives for human perfection and it has placed a ‘glass ceiling’ on its potential by living through its mind! Living through our minds limits our capabilities to the peak of Reason – 499 on the Map of Consciousness. Hawkins’ calibration of many of the world’s most renowned scientist revealed their potential achieved was 499 MoC.

Our minds are unable to differentiate truth from falsehood, our minds are addicted to untruth as well as control over others and the environment. Only by embracing our feelings, our soul-based feelings, which are always in truth, and then longing for the truth that our feelings are bringing to our attention, will we progress to human perfection. Our potential is way beyond the scale of the Map of Consciousness.

Feelings first in all we do and have our mind assist in implementing what our feelings are guiding us to embrace, all at the same time longing for the truth behind our feelings.





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

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

ASSUMPTIONS are the product of our MIND!

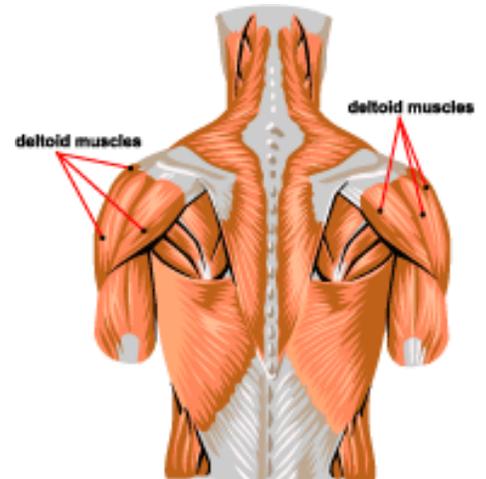
HEALING ends
MIND-CONTROL!



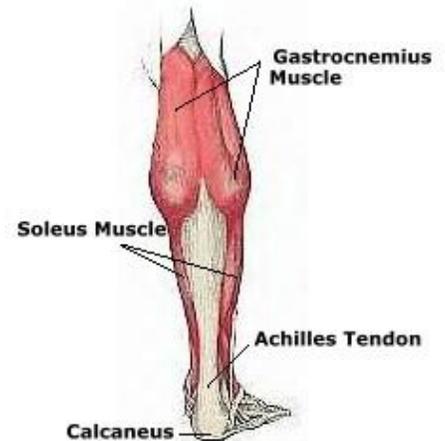
**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

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

For many years, the test was thought to be a local response of the body's acupuncture or immune system. Later research, however, has revealed that the response is not a local response to the body at all, but instead is a general response of consciousness itself to the energy of a substance or a statement. That which is true, beneficial, or pro-life gives a positive response that stems from the impersonal field or consciousness, which is present in everyone living. This positive response is indicated by the body's musculature going strong. For convenience, the deltoid muscle is usually the one best used as an indicator muscle; however, any of the muscles of the body can be used, such as the gastrocnemias, which are often used by practitioners such as chiropractors.



Before a question (in the form of a short statement) is presented, it is necessary to qualify 'permission'; that is, state "I have permission to ask about what I am holding in mind." (Yes / No) Or, "This calibration serves the highest good."



If a statement is false or a substance is injurious, the muscles go weak quickly in response to the command "Resist". This indicates the stimulus is negative, untrue, anti-life, or the answer is "no". The response is fast and brief in duration. The body will then rapidly recover and return to normal muscle tension.

There are three ways of doing the testing. The one that is used in research and also most generally used requires two people: the tester and the test subject. A quiet setting is preferred, with no background music. The test subject closes their eyes. *The tester must phrase the 'question' to be asked in the form of a statement.* The statement can then be answered as "yes" or "not yes" (no) by the kinesiological response. For instance, the incorrect form would be to ask, "Is this a healthy horse?" rather than make the statement, "This horse is healthy", or its corollary, "This horse is sick."

After making the statement, the tester says "Resist" to the test subject who is holding the extended arm parallel to the ground. The tester presses down with two fingers on the wrist of the extended arm sharply, with mild force. The test subject's arm will either stay strong, indicating a "yes", or go weak, indicating a "not yes" (no). The response is short and immediate.

A second method is the "O-ring" method, which can be done alone. The thumb and middle finger of the same hand are held tightly in an "O" configuration, and the hooked forefinger of the opposite hand is used to try to pull them apart. There is a noticeable difference of the strength between a "yes" and a "no response. (Rose, 2001).



The third method is the simplest, yet, like the others, requires some practice. Simply lift a heavy object, such as a large dictionary or merely a couple of bricks, from a table about waist high. Hold in mind an image or true statement to be calibrated and lift. Then, for contrast, hold in mind that which is known to be false. Note the ease of lifting when truth is held in mind and the greater effort necessary to lift the load when the issue is false (not true). The results can be verified using the other two methods.

CALIBRATION of SPECIFIC LEVELS

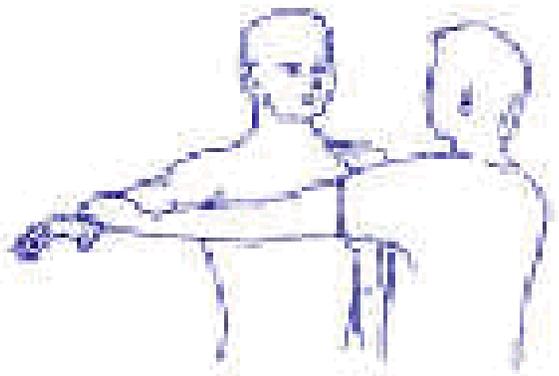
The critical point between positive and negative, between true and false, or between that which is constructive or destructive, is at the calibrated level of 200 (see Map of Consciousness). Anything above 200, or true, makes the subject go strong; anything below 200, or false, allows the arm to go weak.

Anything past or present, including images or statements, historical events, or personages, can be tested. They need not be verbalized.

NUMERICAL CALIBRATION

Example: “Ramana Marharshi’s teachings calibrate over 700.” (Y / N)

Or, “Hitler calibrated over 200.” (Y / N) “When he was in his 20s.” (Y / N) “His 30s.” (Y / N) “His 40s.” (Y / N) “At the time of his death.” (Y / N)



APPLICATIONS

The kinesiological test cannot be used to foretell the future; otherwise, there are no limits as to what can be asked. Consciousness has no limits in time or space; however, permission may be denied. All current or historical events are available for questioning. The answers are impersonal and do not depend on the belief systems of either the tester or the test subject. For example, protoplasm recoils to noxious stimuli and flesh bleeds. Those are the qualities of these test materials and are impersonal. Consciousness actually knows only truth because only truth has actual existence. It does not respond to falsehood because falsehood does not have existence in Reality. It will also not respond accurately to nonintegrated or egoistic questions, such as should one buy a certain stock.

Accurately speaking, the kinesiological response is either an “on” response or it is merely “not on”. Like the electrical switch, we say the electricity is “on”, and when we use the term “off”, we just mean that it is not there. In reality, there is no such thing as “off-ness”. This is a subtle statement but crucial to the understanding of the nature of consciousness. Consciousness is capable of recognising only Truth. It merely fails to respond to falsehood. Similarly, a mirror reflects an image only if there is an object to reflect. If no object is present to the mirror, there is no reflected image.

To CALIBRATE a LEVEL

Calibrate levels are relative to a specific reference scale. To arrive at the same figures as in the Map of Consciousness, reference must be made to that table or by a statement such as, “On a scale of human

consciousness from 1 to 1,000, where 600 indicates Enlightenment, this _____ calibrates over _____ (a number).” Or, “On a scale of consciousness where 200 is the level of Truth and 500 is the level of Love, this statement calibrates over _____.” (State a specific number.)

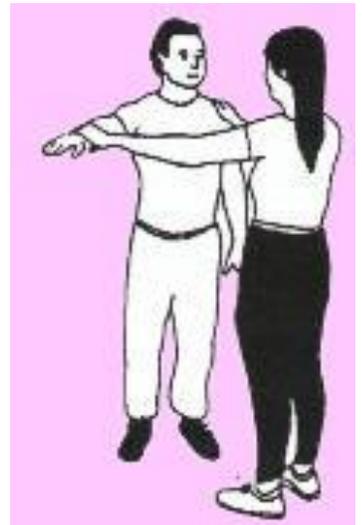
GENERAL INFORMATION

People generally want to determine truth from falsehood. Therefore, the statement has to be made very specifically. Avoid using general terms such as a “good” job to apply for. “Good” in what way? Pay scale? Working conditions? Promotional opportunities? Fairness of the boss?

EXPERTISE

Familiarity with the test brings progressive expertise. The “right” questions to ask begin to spring forth and can become almost uncannily accurate. If the same tester and test subject work together for a period of time, one or both of them will develop what can become an amazing accuracy and capability of pinpointing just what specific questions to ask, even though the subject is totally unknown by either one. For instance, the tester has lost an object and begins by saying, “I left it in my office.” (Answer: No.) “I left it in the car”. (Answer: No.) All of a sudden, the test subject almost ‘sees’ the object and says, “Ask, ‘On the back of the bathroom door.’” The test subject says, “The object is hanging on the back of the bathroom door.” (Answer: Yes.) In this actual case, the test subject did not even know that the tester has stopped for gas and left the jacket in the restroom of a gasoline station.

Any information can be obtained about anything anywhere in current or past time or space, depending on receiving prior permission. (Sometimes one gets a ‘no’, perhaps for karmic or other unknown reasons.) By cross-checking, accuracy can be easily confirmed. For anyone who learns the technique, more information is available instantaneously than can be held in all the computers and libraries of the world. The possibilities are therefore obviously unlimited, and the prospects breathtaking.



LIMITATIONS

Approximately ten percent of the population is not able to use the kinesiological testing technique for as yet unknown reasons. The test is accurate only if the test subjects themselves calibrate over 200 and the intention of the use of the test is integrous and also calibrates over 200. The requirement is one of detached objectivity and alignment with truth rather than subjective opinion. Thus, to try to ‘prove a point’ negates accuracy. Sometimes married couples, also for reasons as yet undiscovered, are unable to use each other as test subjects and may have to find a third person to be a test partner.

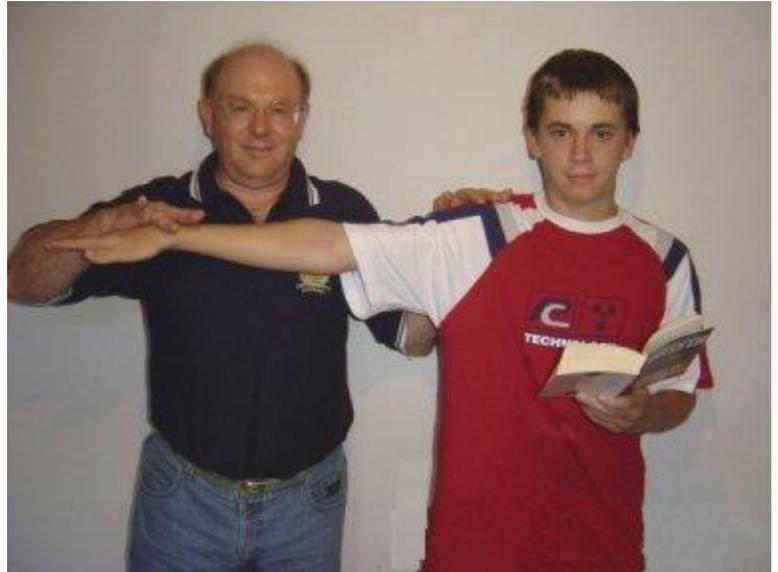
A suitable test subject is a person whose arm goes strong when a love object or person is held in mind, and it goes weak if that which is negative (fear, hate, guilt, etc.) is held in mind (e.g., Winston Churchill makes one go strong and bin Laden makes one go weak).

Occasionally, a suitable test subject gives paradoxical responses. This can usually be cleared by doing the “thymic thump”, as was discovered by Dr John Diamond. (With a closed fist, thump three times over the

upper breastbone, smile, and say “ha-ha-ha” with each thump and mentally picture someone or something that is loved.)

The temporary imbalance will then clear up. It can be occasioned by recently having been with negative people, listening to heavy metal rock music, watching violent television programs, playing violent video games, etc. Negative music energy has a deleterious effect on the energy system of the body for up to one-half hour after it is turned off. Television commercials or background are also a common source of negative energy.

As previously noted, the kinesiological method of discerning truth from falsehood and the calibrated levels of truth has strict requirements. Because of the limitations, calibrated levels are supplied for ready reference in prior books by David R Hawkins, and extensively in *Truth vs Falsehood*.



EXPLANATION

The kinesiological test is independent of personal opinion or beliefs and is an impersonal response of the field of consciousness, just as protoplasm is impersonal in its responses. This can be demonstrated by the observation that the test responses are the same whether verbalised or held silently in mind. Thus, the test subject is not influenced by the question, as they don't even know what it is. To demonstrate this, do the following exercise:

The tester holds in mind an image unknown to the test subject and states, “The image I am holding in mind is positive” (or “true”, or “calibrates over 200”, etc.). On direction, the test subject then resists the downward pressure on the wrist. If the tester holds a positive image in mind (e.g., Abraham Lincoln, Jesus, Mother Teresa, etc.), the test subject's arm muscle will go strong. If the test holds a false statement or negative image in mind (e.g., bin Laden, Hitler, etc.), the arm will go weak. Inasmuch as the test subject does not know what the tester has in mind, the results are not influenced by personal beliefs.

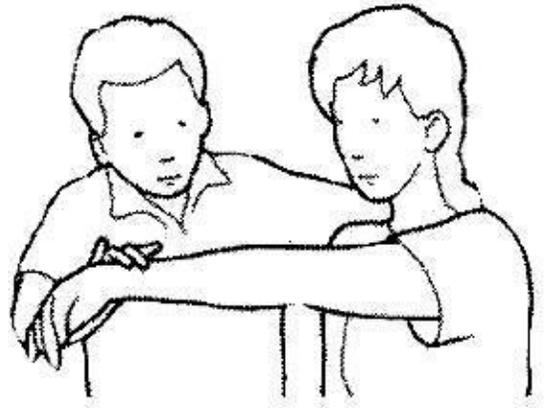
CORRECT KINESIOLOGICAL TECHNIQUE

Just as Galileo's interest was in astronomy and not in making telescopes, the Institute for Advanced Spiritual Research is devoted to Consciousness research and not specifically to kinesiology. The video, *Power Versus Force* (Veritas Publishing, 1995), demonstrates the basic technique. More detailed information about kinesiology may be found on the Internet by searching for 'kinesiology'. Numerous references are provided, such as the College of Applied Kinesiology (www.icak.com), and other education institutions.

DISQUALIFICATION

Both scepticism (cal. 160) and cynicism calibrate below 200 because they reflect negative prejudgement. In contrast, true inquiry requires an open mind and honesty devoid of intellectual vanity. Negative studies of behavioural kinesiology *all* calibrate below 200 (usually at 160), as do the investigators themselves.

That even famous professors can and do calibrate below 200 may seem surprising to the average person. Thus, negative studies are a consequence of negative bias. As an example, Francis Crick's research design that led to the discovery of the double helix pattern of DNA calibrated at 440. His last research design, which was intended to prove that consciousness was just a product of neuronal activity, calibrated at only 135.



The failure of investigators who themselves, or by faulty research design, calibrate below 200 (all calibrate at approximately 160), confirms the truth of the very methodology they claim to disprove. They 'should' get negative results, and so they do, what paradoxically proves the accuracy of the test to detect the difference between unbiased integrity and non-integrity.

Any new discovery may upset the apple cart and be viewed as a threat to the status quo of prevailing belief systems. That a clinical science of consciousness has emerged that validates spiritual Reality is, of course, going to precipitate resistance, as it is actually a direct confrontation to the dominion of the narcissistic core of the ego itself, which is innately presumptuous and opinionated.

Below consciousness level 200, comprehension is limited to the dominance of Lower Mind, which is capable of recognizing facts but not yet able to grasp what is meant by the term 'truth' (it confuses *res interna* with *res externa*), and that truth has physiological accompaniments that are different from falsehood. Additionally, truth is intuited as evidenced by the use of voice analysis, the study of body language, papillary-response EEG changes in the brain, fluctuations in breathing and blood pressure, galvanic skin response, dowsing, and even the Huna technique of measuring the distance that the aura radiates from the body. Some people have a very simple technique that utilizes the standing body like a pendulum (fall forward with truth and backward with falsehood).

From a more advanced contextualization, the principles that prevail are that Truth cannot be disproved by falsehood any more than light can be disproved by darkness. The nonlinear is not subject to the limitations of the linear. Truth is of a different paradigm from logic and thus is not 'provable', as that which is provable calibrates only in the 400s. Consciousness research kinesiology operates at level 600, which is at the interface of the linear and the nonlinear dimensions.

DISCREPANCIES

Differing calibrations may be obtained over time or by different investigators for a variety of reasons:

1. Situations, people, politics, policies, and attitudes change over time.
2. People tend to sue different sensory modalities when they hold something in mind, i.e., visual, sensory, auditory, or feeling. “Your mother” could therefore be how she looked, felt, sounded, etc., or Henry Ford could be calibrated as a father, as an industrialist, for his impact on America, his anti-Semitism, etc.

One can specify context and stick to a prevailing modality. The same team using the same technique will get results that are internally consistent. Expertise develops with practice. There are some people, however, who are incapable of a scientific, detached attitude and unable to be objective, and for whom the kinesiological method will therefore not be accurate. Dedication and intention to the truth have to be given priority over personal opinions and trying to prove them as being “right”.

Note:

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

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

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

Thus the energy differentials are in fact enormous!

At the level of 200 on the scale of 1 to 1,000 you achieve a positive level, below is negative.

Example: Any food calibrating below 200 is not life enhancing.

Each time you go into an “arm bending” session:

Ask permission to ask these questions / test these statements.

(some enquiries are off limits)

Always ensure you are hydrated – drink a glass of water.

**PASCAS
HEALTH**



ASSUMPTIONS *and the* **MIND**

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.

These platforms need to be revisited and addressed. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

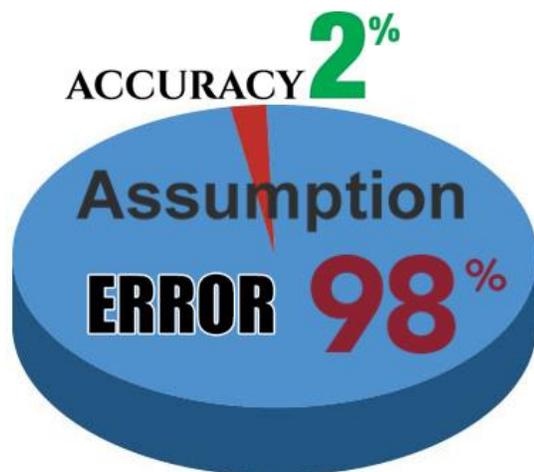
Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.



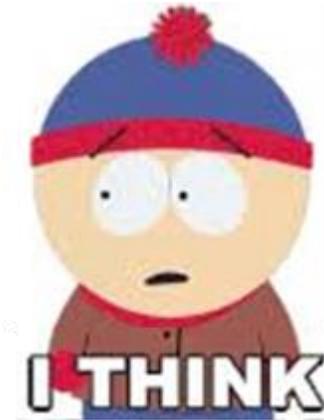
I Think ...



We frequently find ourselves in a conversation that starts with “I think ...” and we automatically cringe not understanding why we do so.

“I think ...” is our addiction to being controlled by our minds and of suppressing our feelings, our soul based feelings that are always in truth and it is our feelings that we are to embrace and have our minds to follow in support, not how it is for all of us presently.

“I think ...” is innately telling us that what we are about to listen to is what that person’s control and error addicted mind is going to impose upon us and that the conversation will be a pointless endeavour to shift that person to some level of truth and away from control of others.



“I think ...” is the imposition of an assumption or multiple assumptions in keeping each of us submitted to the repression that has been imposed upon us throughout our childhood forming years. This is all about our capitulation to the Rebellion and Default. We can all recall our parents frequently asking us what do we think! The question is to be **“What do you FEEL?”** When you ask that question of a person, their response is instantaneous and it is their soul’s truth emerging – not our mind’s 98% in error assumptions that are tiresome and debilitating to say the least.

~~“I think...”~~

Following our healing and then ascension through our local universe of Nebadon, before leaving Nebadon we return our mind to the Divine Minister and embrace the mind of the Infinite Daughter, the God of Mind. The mind of the Infinite Daughter enables us to progress to Paradise, the home of our Heavenly Mother and Father. The Eternal Son is the God of Truth. The Divine Minister is of the mind whereas Mary and Jesus are of the truth for our local universe of Nebadon.

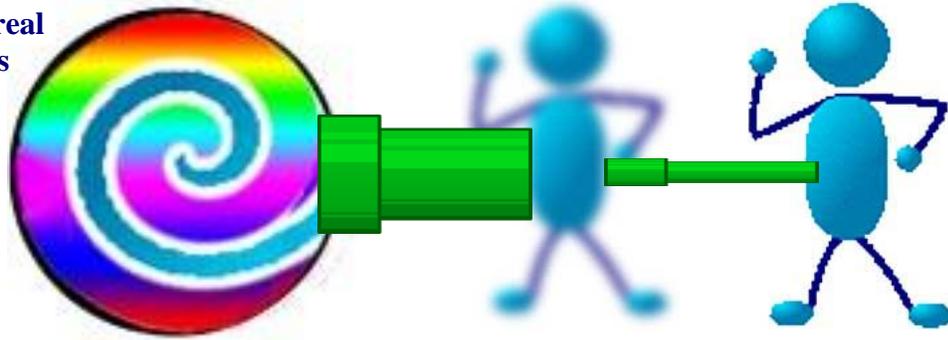
When we embrace how to use our minds in the appropriate manner, then we will find our minds being wonderful. Our lives are all about experiences and what arises from our feelings about each experience. This is all in preparation for when we achieve our ultimate status as a Finaliter which occurs when we arrive in Paradise. Then we will be well prepared for the ongoing assignments throughout the outer universes now forming.

IT'S ALL ABOUT
Experiences
 &
feelings

What do you FEEL?

KNOWLEDGE downloading from your source, the SOUL

The real you is your soul.

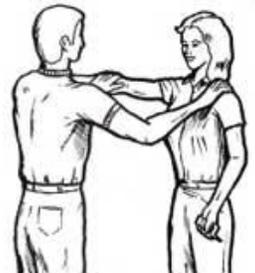


P E R S O N A L I T Y
 SOUL  SPIRIT BODY  PHYSICAL BODY

The flow of knowledge and sensory capabilities from the soul to the spirit body is constricted by the soul's condition and further restricted by the limited, though great, capabilities of the spirit body. This flow on to the physical body from the spirit body is further constricted by the physical bodies greater limitations.



- Physical Body ↑ we first generally develop our physical senses.
- Spirit Body ↑ mind / brain development starts.
- Soul ↑ soul development is typically ignored on the planet.



Soulmate development is soul to soul. Once we open up our soul, we cease to depend upon our bodies, and connect soul to soul. Connecting to the soul can be achieved through kinesiology muscle testing.

Feeling
 Healing with
 Divine Love is
 the key!



**PASCA
 PERS**

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

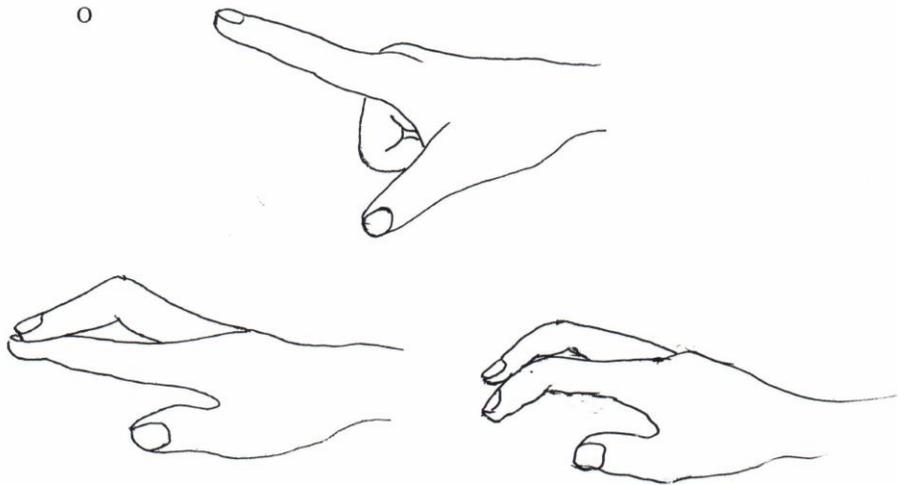
CIRCUIT FORMULA:

The well established principles of kinesiology have shown that a clear energy circuit (using an isolated muscle's strength / movement) may be established and utilised to indicate one's bioenergetic states and their response to specific influences, e.g., if one is testing for kidney function problems, the isolated muscle would test weaker than normal if there was a problem. Various proposed remedies could then be tested regarding their influence on the kidney condition – strengthening in the test muscle indicating a beneficial influence from the tested remedy. The most appropriate dosing of the remedy could also then be tested.

The Circuit formula helps establish a clear channel within one's own biofields using the fingers of one hand – focused through the heart chakric field (one's expression of true consciousness and truth) and the minor chakras (subtle energy centres) in the testing hand's palm and finger joints.

When the subtle state being tested or checked is 'positive' or 'free from energy distortion' it is clear and aligned with truth and this is indicated as strong flow (from the heart centre) of subtle level light as truth which may be registered via the subtle energy flow through the minor polarity fields linking the joint centres of the testing index finger. This in turn is reflected in the strength of the index finger to resist bending under pressure exerted by the adjacent middle finger, thus indicating the positive state.

When the subtle state being tested is energetically disturbed this is reflected in interference with the index finger energy flow, allowing the opposing middle finger to bend the resisting index finger – usually to a varying extent depending on the extent of the disturbance indicated.



So this testing method may be used as a basic 'yes' or 'no' indicator regarding subtle energy states, and gradually extended / refined if desired, to assist clarification ('where appropriate' – which can also be tested, i.e., if it is appropriate to use this system for such an answer) of issues and information relating to one's life path. If testing regarding life path issues, rather than testing 'choices or decisions' to be made it is best to support and follow one's heart, e.g., test to confirm the truth of one's heart feelings, and if 'untrue' test for what needs be addressed to restore and clarify one's true feelings.

The New Way: Learning how to live true to ourselves by living true to our feelings.

The Emotion Code Really Rocks!!



Body rocking forward suggests statement is true,
body rocking back suggests not true.



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DETAILS of KINESIOLOGIC TESTING**Power vs Force p 247**

Scientific validity depends on replicability. To insure reliable duplication of results, the kinesiology testing technique used for all the research cited in Power vs Force is described in detail below. It is essentially the same method developed by Dr John Diamond in his pioneering work in Behavioural Kinesiology.

Step 1

Two people are required. To determine the suitability of a test subject, the tester presses down quickly with two fingers on the wrist of the horizontally extended arm of the subject, simultaneously telling him to “resist”, (i.e., against the downward pressure). A normal subject is able to resist the pressure and keep the arm extended parallel to the ground.

Occasionally there are persons who are unable to keep their arm extended when any downward pressure is applied due to previous contact with weakening energy fields or negative health conditions; these are not suitable test subjects. Some of these subject can recover by thumping themselves over the thymus gland (at the top of the breastbone) in a “one-two-three” rhythm, while they smile and think of some one they love. They will then “go strong” and respond normally, but the “fix” may last for only four hours and this “thymus thump” will then have to be repeated.

Step 2

Keep the testing situation impersonal; refrain from smiling or making personal comments. Keep the environment free of noise, background music or distractions such as pets or intrusive children. Remove metal objects such as eyeglass frames from the test subject’s body midline. Also remove watches or jewellery, including necklaces. Be aware that aberrant stimuli such as a tester’s perfume or after-shave lotion may affect the test results. To improve concentration, have the test subject close his or her eyes.

Step 3

If subjects repeatedly go weak, evaluate the examiner’s voice. The occasional voice that makes others go weak disqualifies its owner as a tester under ordinary conditions.

Step 4

Do a trial run with the prospective subject. Ask the candidate to think of someone he or she loves, then press down with two fingers on the wrist of the arm extended out to the side, parallel to the ground. A normal subject will go quite strong and be able to resist firmly. Next, have the party think of someone he or she hates or fears or has a resentment toward (alternatively, Adolph Hitler). A normal subject will go very weak and be unable to resist downward pressure on his or her wrist. Run through a few more contrasting pairs of stimuli to establish consistency of response and develop a rapport between tester and subject. Some sample ideological, visual and auditory stimuli with predictable responses are:

Test Weak
Hate

Test Strong
Love

Swastika
Stalin
Gangster Rap music

National Flag
Mahatma Gandhi
Classical music

Step 5

After establishing that the test subject reacts reliably and is in a normal state, proceed with the topic under investigation by making declarative statements. Questions should always be posed as a declaration of fact. It is useless to ask questions about the future as the test results will have no reliability. Always preface the investigation with the statement, "It is safe for me to make inquiry into(the specific topic)." (Y/N?) The line of questioning itself can be checked by stating, "This is the correct form for the question." (Y/N?) The statement (e.g., "The accused committed the burglary." (Y/N?) may be made by either the questioner or the test subject. Each time a question is stated, the test subject is told to resist and the tester presses down quickly with two fingers on the test subject's extended wrist.

In Dr Hawkins research he frequently used teams of test subjects. For example, twenty, thirty, or up to 1,000 people were divided into two-person teams who took turns as tester and test subject. The whole group was asked the same question at the same time, or was divided into subgroups for independent research projects. In a group of 100 people (fifty two-person teams), perhaps one or two will have difficulty in obtaining the same results as the others. They can be taken aside to do the "thymus thump", described above, which will return their responses to normal, and they can then rejoin the group.

Using the above method, test results are one-hundred percent replicable over the course of time so that any group of people anywhere will always produce the same results; for example, the image of Adolph Hitler will make everybody go weak, even if they never heard of him or think that he is a great national hero.

Step 6

The test can also be performed by holding test objects next to the solar plexus of the test subjects. They will be found to go weak in response to artificial sweetener, pesticides, or even a picture of Hitler concealed in a manila envelope. They will go strong in response to nutritious food, beneficial medicines and nutrients, a concealed picture of Abraham Lincoln, etc.

Step 7

Test results can be verified to be independent of the test subject's knowledge, opinions, belief systems or attitudes. For example, an image of Nelson Mandela will make all test subjects go strong, even racists who resent him. The music of Bach makes everyone go strong, even if they do not personally like it, just as heavy metal music makes all subjects go weak, even if they personally prefer it.

This confirmability of results has been observed during the last twenty years by thousands of clinicians using kinesiology in their everyday clinical practices or for research. The results, in fact, are more consistent than conventional diagnostic methods used in traditional medicine (e.g., a weak heart never tests strong with kinesiology but may give an erroneous normal EKG tracing – a well-known fact).

WHAT is BEHAVIOURAL KINESIOLOGY?

Website

"Now a simple muscle test has been discovered that can tell you what stimuli strengthen or weaken you – how your body responds to stress...and physical environments," states Warner Books, publisher of Dr. Diamond's book.

Dr. Diamond on X-rays, electrical and magnetic fields, and power lines:

"We know that any source of X-radiation and any generator of large, powerful electrical fields is likely to be harmful until proven otherwise. Until the laboratory tests are in, we can confirm our suspicions by using BK testing.

"We are constantly being affected by magnetic fields around us...experimental work has shown that weak magnetic waves can alter brain rhythms.

"... a transmission line of only 18,000 volts: Although this voltage is low in comparison to that of large lines, my friend tested weak within 75 yards of the line."

How kinesiology works

A "simplified" theory is:

- 1) The brain sends electrical impulses through the nervous system to direct the body;
- 2) If something disrupts those signals, then the body's functioning is affected;
- 3) If something interferes with the electrical signals telling a muscle to contract, then there will be a noticeable difference in muscle "strength."

Doing kinesiology testing using some of Dr. Diamond's methods

Have the subject stand erect, right arm relaxed at his side, left arm held out parallel to the floor with elbow straight..."Have the subject keep their hands open. If the subject is stronger or bigger than the tester, then begin the testing with their arm extended 30-45 degrees below horizontal.

Face the subject and place your left hand on his right shoulder to steady him. Then place your right hand on the subject's extended arm just above the wrist.

Tell the subject you are going to try to push his arm down as he resists; Now push down on his arm quickly and firmly. The idea is to push just hard enough to test the spring and bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can easily lock the shoulder joint against the push."

Our thoughts and intentions are powerful. Therefore, it is helpful, when doing kinesiology testing, for the tester and the subject to be open and curious about what will be discovered with each muscle test, rather

than trying to prove something or to verify some assumptions about the likely results of the test. By doing that the highest level of accuracy will be produced.

Repeat the basic kinesiology test with the following steps:

- A. If the subject is wearing glasses, have them remove them for parts B and C of the testing in this section;
- B. Before pushing on their arm, have the subject place the palm of their free hand over the top of their head; then test and notice if the result is the same or different than the basic test;
- C. Repeat the basic test a second time and have the subject place the back of their free hand over the top of their head; test noticing if the result is the same or different than the basic test;
- D. On test B, the subject should test "strong," and on test C the subject should test "weaker" to be testable; if this is the case, then go to step G; however, if both tests are either strong or weak, then the subject is not easily testable or as Dr. Diamond would say the subject is electrically "switched"; next complete steps E and F, and then proceed to step G;
- E. To help to alleviate "switching" it is suggested that both the tester and the subject do the first three items (1, 2 & 3) in this section:
 - 1. Tap the side of one hand where the soft tissue begins (i.e. just below the rounded bump where the pinky finger joins the hand) against the same spot on the other hand for about 60 seconds;
 - 2. Rub the soft tissue area between the first and second ribs (i.e. down from the collar bone) next to the breast bone or sternum for about 60 seconds; and
 - 3. Drink an 8 ounce glass of water

Now proceed to section F.

- 4. This is a comprehensive procedure for clearing "switching" and takes about two minutes. Once you are in position, relax and breathe comfortably. Sitting in a straight-back chair is best, but this can be done while lying down or in a standing position.
 - i. Cross your left ankle over right ankle.
 - ii. Extend both arms straight out in front of you.
 - iii. Cross your right arm over your left arm at the wrist.
 - iv. Rotate the palms of your hands so that they are facing and interlock your fingers.
 - v. Rotate your hands down toward your stomach.

vi. Continue rotating inward so that you bring your hands up close to your chest. At this point you have crossed the centre line of your body with your hands, arms, and legs.

If it is more comfortable for you, reverse the right ankle over left, left wrist over right. It doesn't make a difference, as long as they are opposite.

Once in the proper position, inhale through your nose while touching the tip of your tongue to the roof of your mouth. Exhale through your mouth, resting your tongue on the floor of your mouth.

Focus your thoughts on the concept of balance. It might be the idea of the balance of mind and body, or just the word "balance." At the same time picture in your mind, if you can, image that represents balance.

F. Repeat steps B, C, and D in this section to recheck the subject for being testable; if they are now testable, then proceed to section G for further testing; if they are not yet testable, then go back and do section E. 4. If they are still not testable or "switched," then select another subject;

G. Repeat the muscle testing again as the subject does the following:

1. Eats some refined white sugar;
2. Stares up at a fluorescent light;
3. Turns on a hair dryer next to their head;
4. Thinks of a "negative" or bothersome situation;
5. Stands one foot away from a TV or computer that is on.

There will likely be a noticeable "weakening" of the muscle or increased effort needed by the subject trying to resist the same downward pressure. Even though you will be using the same downward pressure for each test some subjects may think you are pushing harder when they are actually experiencing the effects of a disruption in their electrical energy flow to the muscle being tested.

Now put a BioElectric Shield on the subject. Repeat tests B, D and/or E above, and notice that for most people with a Shield on they test "stronger." Now practice testing others for their level of sensitivity to EMF and proving to yourself that BioElectric Shields really work.

Disclosure Statement: John Diamond, M.D. mentions that, while BK has not yet been proven to work by Western medicine's scientific testing, his many years of laboratory testing and further usage of BK methods by members of the psychiatric, medical, dental, and nutritional communities have demonstrated consistent value.



Kinesiology: The Tool for Testing

http://www.perelandra-ltd.com/AB1473/webpage.cfm?WebPage_ID=68&DID=8

Kinesiology is simple. Anybody can do it because it uses your electrical system and your muscles. If you are alive, you have these two things. I know that sounds smart-mouthed of me, but I've learned that sometimes people refuse to believe that anything can be so simple. So they create a mental block—only "sensitive types" can do this, or only women can do it. It's just not true. Kinesiology happens to be one of those simple things in life just waiting around to be learned and used by everyone.

I don't mean to intimidate you, but small children can learn to do kinesiology in about five minutes. It is mainly because it never occurred to them that they couldn't do it. If I tell them they have an electrical system, they don't argue with me about it—they just get on with the business of learning how to do simple testing. Actually, I do mean to intimidate you. Your first big hurdle will be whether or not you believe you have a viable electrical system that is capable of being tested. Here's a good test. Place a hand mirror under your nose. If you see breath marks, you have a strong electrical system. (If you don't see breath marks, call your local emergency rescue squad—you're in trouble.) Now you can get on with learning how to use kinesiology!

If you've ever been to a chiropractor or holistic physician experienced in muscle testing, you've experienced kinesiology. The doctor tells you to stick out your arm and resist his pressure. It feels like he is trying to push your arm down after he has told you not to let him do it. Everything is going fine, and then all of a sudden he presses and your arm falls down like a floppy fish no matter how hard you try to keep it up. That is using kinesiology.

Simply stated, the body has within it and surrounding it an electrical network or grid. If anything impacts your electrical system that does not maintain or enhance your health and your body's balance, your muscles, when having physical pressure applied, are unable to hold their strength. (Muscle power is directly linked to the balance of the electrical system.) In other words, if pressure is applied to an individual's extended arm while his body's electrical system is being adversely affected, the muscles will weaken and the arm will not be able to resist the pressure. The circuits of the electrical system are overloaded or have short-circuited, causing a weakening of that system. However, if pressure is applied while his electrical system is being positively affected, the circuits remain strong, balanced and capable of fully functioning throughout the body. The muscles will remain strong, the person will easily resist and the arm will hold its position.

This electrical / muscular relationship is a natural part of the human system. It is not mystical or magical. Kinesiology is the established method for reading the body's balance through the balance of the electrical system at any given moment.

When working in a co-creative partnership, nature answers your yes/no questions by projecting a positive energy or a negative energy—whichever is appropriate—into the electrical circuit that you have created by your fingers especially for the kinesiology testing. The "yes" or "no" that nature projects registers in this one electrical connection and not throughout your entire electrical system. The special connection created by your fingers allows you to use the kinesiology technique without adversely impacting your electrical system or your body's balance. Only one circuit is being used, and this circuit is artificially

created by you for the testing and is not a part of the normal function of the electrical system throughout your body. The answer you are able to discern through the testing is from nature. It is not an answer that has been concocted by you.

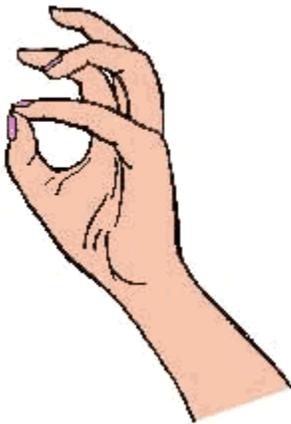
If you have ever experienced muscle testing, you probably participated in the above-described, two-person operation. You provided the extended arm, and the other person provided the pressure. Although efficient, this can sometimes be cumbersome when you want to test something on your own. Arm pumpers have the nasty habit of disappearing right when you need them most. So you will be learning to self-test—no arm pumpers needed.

- Kinesiology Self-Testing Steps
- Another Testing Method
- Kinesiology Tips
- Troubleshooting Kinesiology
- A Note on Clarity
- Final Comments on Kinesiology

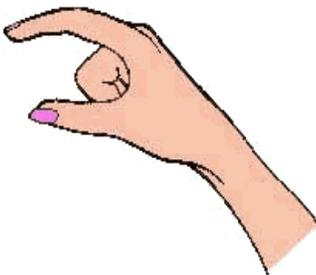
This information is an excerpt from the book
Co-Creative Science by Machaelle Small Wright.

Kinesiology Self-Testing Steps

1. THE CIRCUIT FINGERS. If you are right-handed: Place your left hand palm up. Connect the tip of your left thumb with the tip of the left little finger (not your index finger). If you are left-handed: Place your right hand palm up. Connect the tip of your right thumb with the tip of your right little finger. By connecting your thumb and little finger, you have closed an electrical circuit in your hand, and it is this circuit you will use for testing.



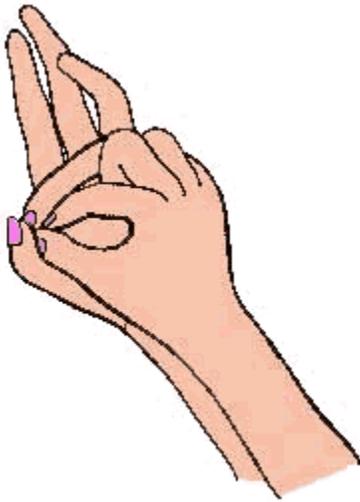
Before going on, look at the position you have just formed with your hand. If your thumb is touching the tip of your index or first finger, laugh at yourself for not being able to follow directions, and change the position to touch the tip of the thumb with the tip of the little or fourth finger. Most likely this will not feel at all comfortable to you. If you are feeling a weird sense of awkwardness, you've got the first step of the test position! In time, the hand and fingers will adjust to being put in this position and it will feel fine.



Circuit fingers can touch tip to tip, finger pad to finger pad, or thumb resting on top of the little finger's nail. Women with long nails need not impale themselves.

2. THE TEST FINGERS. To test the circuit (the means by which you will apply pressure to yourself), place the thumb and index finger of your other hand inside the circle you have created by connecting your thumb and little finger. The thumb and index finger should be right under your thumb and your little finger, touching them. Don't try to make a circle with your test fingers. They are just placed inside the circuit fingers that do form a circle. It will look as if the circuit fingers are resting on the test fingers.

3. POSITIVE RESPONSE. Keeping this position, ask yourself a yes/no question in which you already know the answer to be yes. ("Is my name _____?") Once you've asked the question, press your circuit fingers together, keeping the tip-to-tip position. *Using the same amount of pressure*, try to pull apart the circuit fingers with your test fingers. Press the lower thumb against the upper thumb, and the lower index finger against the upper little finger.



The action of your test fingers will look like scissors separating as you apply pressure to your circuit fingers. The motion of the test fingers is horizontal. Don't try to pull your test fingers vertically up through your circuit fingers. This action sometimes works but it is not as reliable as the horizontal scissors action.

The circuit position described in step 1 corresponds to the position you take when you stick your arm out for the physician. The testing position in step 2 is in place of the physician or other convenient arm pumper. After you ask the yes/no question and you press your circuit fingers tip-to-tip, that is equal to the doctor saying, "Resist my pressure." Your circuit fingers now correspond to your outstretched, stiffened arm. Trying to pull apart those fingers with your testing fingers is equal to the doctor pressing down on your arm.

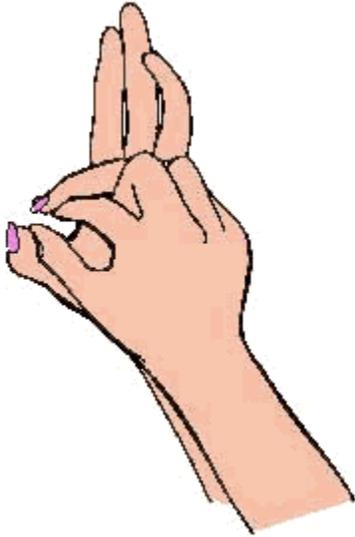
If the answer to the question is positive (if your name is what you think it is!), you will not be able to easily push apart the circuit fingers. The electrical circuit will hold, your muscles will maintain their strength, and your circuit fingers will not separate. You will feel the strength in that circuit.

IMPORTANT: Be sure the amount of pressure holding the circuit fingers together is equal to the amount of your testing fingers pressing against them. Also, don't use a pumping action in your test fingers when applying pressure to your circuit fingers. Use an equal, steady and continuous pressure.

Play with this a bit. Ask a few more yes/no questions that have positive answers. Now, I know it is going to seem that if you already know the answer to be "yes," you are probably "throwing" the test. That's reasonable, but for the time being, until you get a feeling for what the positive response feels like, you're going to need to deliberately ask yourself questions with positive answers.

While asking questions, if you are having trouble sensing the strength of the circuit, apply a little more pressure. Or consider that you may be applying too much pressure and pull back some. You don't have to break or strain your fingers for this; just use enough pressure to make them feel alive, connected and alert.

4. NEGATIVE RESPONSE. Once you have a clear sense of the positive response, ask yourself a question that has a negative answer. Again press your circuit fingers together and, using equal pressure, press against the circuit fingers with the test fingers. This time the electrical circuit will break and the circuit fingers will weaken and separate. Because the electrical circuit is broken, the muscles in the circuit fingers do not have the power to easily hold the fingers together. In a positive state the electrical circuit holds, and the muscles have the power to keep the two fingers together.



How much your circuit fingers separate depends on your personal style. Some people's fingers separate a lot. Other's barely separate at all. Mine separate about a quarter of an inch. Some people's fingers won't separate at all, but they'll definitely feel the fingers weaken when pressure is applied during a "no" answer. Give yourself time and let your personal style develop naturally.

Also, if you are having a little trouble feeling anything, do your testing with your forearms resting in your lap. This way you won't be using your muscles to hold up your arms while trying to test.

Play with negative questions a bit, and then return to positive questions. Get a good feeling for the strength between your circuit fingers when your electrical system is balanced and the weakness when it is short-circuited or imbalanced. You can even ask yourself (your own system) for a positive response and then, after testing, ask for a negative response. ("Give me a positive response." Test. "Give me a negative response." Test.) You will feel the positive strength and the negative weakness. In the beginning, you may feel only a slight difference between the two. With practice, that difference will become more pronounced. For now, it is just a matter of trusting what you have learned—and practicing.

Don't forget the overall concept behind kinesiology. What enhances our body, mind and soul makes us strong. Together, our body, mind and soul create an environment that, when balanced, is strong and solid. If something enters that environment and challenges the balance, the environment is weakened. That strength or weakness first registers in the electrical system, and it can be discerned through the muscle-testing technique—kinesiology.

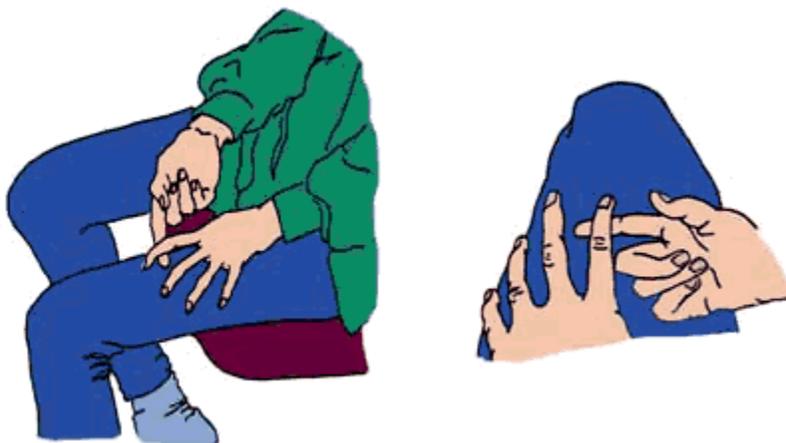
Another Method of Kinesiology

recommended by Machaelle Small Wright

There is a method of kinesiology that uses the pointing finger of your test hand and your leg. If you have a physical impairment, this may be easier for you to use.

Place the pointing finger of your test hand on top of the centre of your thigh. This finger should lay flat on the leg. Your other fingers may be in whatever position is comfortable. Place the pointing finger of the other hand in a face-up position under the first knuckle of the test finger. Make sure you are using the knuckle section, not just the tip of the finger (the first knuckle of each pointing finger should be in contact). The electrical circuit that you are using runs down the centre of the leg and you are connecting it

with the circuit in your finger. To test; ask the question, press your test finger down on the leg, then try to lift up the finger of the test hand with the same amount of pressure that you use to hold the finger down on your leg. If the circuit breaks easily, the answer is negative, if the circuit holds and it is difficult to lift the finger, the answer is positive. If you have any questions regarding this method of kinesiology, please let us know (questions@perelandra-ltd.com).



Kinesiology Tips

If you are having trouble feeling a positive and negative response in the circuit fingers, try switching hands—the circuit fingers become the test fingers and vice versa. Most people who are right-handed have this particular electrical circuitry that is used in kinesiology in their left hand. Left-handers generally have the circuitry in their right hand. But sometimes a right-hander has the circuitry in the right hand and a left-hander has it in the left hand. You may be one of those people. If you are ambidextrous, choose the circuit hand that gives you the clearest responses. Before deciding which to use, give yourself a couple of weeks of testing using one hand as the circuit hand to get a good feel for its responses before trying the other hand.

If you have an injury such as a muscle sprain in either hand or arm, don't try to learn kinesiology until you have healed. Kinesiology is muscle testing, and a muscle injury will interfere with the testing—and the testing will interfere with the healing of the muscle injury.

Also, when first learning kinesiology, do yourself a favour and set aside some quiet time to go through the instructions and play with the testing. Trying to learn this while riding the New York subway during evening rush hour isn't going to give you the break you need. But once you have learned it, you will be able to test all kinds of things while riding the subway.

Sometimes I meet people who are trying to learn kinesiology and are not having much luck. They have gotten frustrated, decided this isn't for them, and have gone on to try to learn another means of testing. Well, I'll listen to them explain what they did, and before they know it, I've verbally tricked them with a couple of suggestions about their testing, which they try, and they begin feeling kinesiology for the first time—a strong "yes" and a clear "no." The problem wasn't kinesiology. Everyone, as I have said, has an electrical system. The problem was that they wanted to learn it so much that they became overly anxious and tense—they blocked.

So, since you won't have me around to trick you, I suggest that if you suspect you're blocking, turn your focus for several days, even a couple of weeks, to something completely different. Then trick yourself. When you care the least about whether or not you learn kinesiology, start playing with it again. Approach it as if it were a game. *Then* you'll feel the strength and weakness in the fingers.

If you're still not getting a satisfactory "yes" and "no" after several weeks of trying, ask nature to help you learn and develop kinesiology. In fact, it can help you un-jam the logs around this issue. Simply direct your focus to nature (natural intelligence) and state that you would like it to help you learn to do kinesiology testing. Also state that you would like to feel a clear positive and negative response in your testing. Then walk away from trying to test for the rest of the day and return to it in a day or two. Read the kinesiology steps again and practice the testing. This time, pay attention to any intuitive "hits" you might receive about the testing and play with the information. Now you'll have success with feeling "yes" and "no."

Troubleshooting Kinesiology

Suppose the testing has been working fine, and then suddenly you can't get a clear result (what I call a "definite maybe") or get no result at all. Check the following:

1. SLOPPY TESTING. You press apart the fingers before applying pressure between the circuit fingers. This happens most often when we have been testing for awhile and become over-confident or do the testing too quickly. I think it happens to all of us from time to time and serves to remind us to keep our attention on the matter at hand. (Excuse the pun.)

Especially in the beginning, start a kinesiology session by "warming up"—that is, feel a few positive and negative responses. Ask yourself some of those obvious questions. Or simply say several times, "Let me feel a positive." (Test.) "Let me feel a negative." (Test.) This warm-up will remind you what positive and negative responses feel like before you start.

2. EXTERNAL DISTRACTIONS. Trying to test in a noisy or active area can cause you to lose concentration. The testing will feel unsure or contradict itself if you double-check the results. Often, simply moving to a quiet, calm spot and concentrating on what you are doing will be just what's needed for successful testing.

3. FOCUS OR CONCENTRATION. Even in a quiet spot, one's mind may wander and the testing will feel fuzzy, weak or contradictory. It is important to concentrate throughout the process. Check how you are feeling. If you're tired, I suggest you not try to test until you have rested a bit. And if you have to go to the bathroom, do it. That little situation is a sure concentration-destroyer.

4. THE QUESTION ISN'T CLEAR. A key to kinesiology is asking a simple yes/no question, not two questions in one, each having a possible yes/no answer. If your testing isn't working, first check your hand positions. Next, review your question, and make sure you are asking only one question. And, while you're asking a question, don't think ahead to the next question! Your fingers won't know which to answer.

5. WATCH YOUR INTENT WITH HOW YOU WORD THE QUESTION. If you are prone to saying, "Oh, I didn't mean to say that!" when you talk to others, this might be an area you need to work on.

A woman at one of our workshops asked me about some strange answers she had gotten about what to feed her cat. She had asked, "What kinds of food would make my cat happy?" She got some pretty weird answers like chocolate, catnip, steak. . . . I pointed out that she probably asked the wrong question. She meant to ask nature what foods would make her cat healthy. She was a little surprised. She thought that this was the question she had originally asked. In short, her question and her intent did not match.

6. YOU MUST WANT TO ACCEPT THE RESULTS OF THE TEST. If you enter a kinesiology test not wanting to "hear" the answer, for whatever reason, you can override the test with your emotions and your will. This is true for conventional situations as well. If you really don't want something to work for you, it won't work. That's our personal power dictating the outcome.

Also, if you are trying to do testing during a situation that is especially emotional for you, that deeply stirs your emotions, or if you are trying to ask a question in which you have a strong, personal investment in the answer, I suggest that you not test until you are calmer or get some emotional distance from the situation. During such times, you are walking a very fine line between a clear test and a test that your desires are overriding. Kinesiology as a tool is not the issue here. It is the condition or intent of the tester.

7. CONTRADICTIONARY RESULTS. If your testing has been going along just fine and you suddenly begin to get contradictory or "mushy" test results, consider that this may not be a good day for you to do this particular work. Or you may need to drink water. If you are dehydrated, your electrical system will feel weak during kinesiology testing.

Kinesiology: A Note on Clarity

If you are having difficulty wording a simple yes/no question, consider this an important issue to be faced and something worth spending time to rectify. You have not simply stumbled upon a glitch in your quest to use kinesiology. You have also stumbled upon a glitch in the communication between you and nature. This is not as serious a situation with non-scientists because they have all the steps and procedures to the processes already set for them and they need only do simple testing with nature. But, even as a non-scientist working with co-creative science, you will need to know how to ask some questions. However, for the co-creative scientist, this is a critical situation. You must be able to ask clear and concise questions. You must also develop a good flexibility around questions if you wish to work with nature well. If you can't even clearly phrase the question, you can't expect an answer. I have met people who cannot articulate a question. In a workshop they will attempt to ask me something and I can't figure out what they are asking—nor can anyone else in the workshop. Usually it turns out that they are frustrated because they can't get any clarity in their own life and are trying to ask me what to do about it.

For those of you who find yourselves in this boat, you have a terrific opportunity to turn that around and develop internal order by learning how to articulate a simple yes/no question. If you do this, you not only develop the tool of kinesiology, you also develop clarity for communicating with nature—and everyone else around you.

If you need to develop yourself in this area, I recommend that you initially devote your attention to learning to ask simple questions and not worry about receiving answers. When you need to ask someone a question, take time to consider what you really want to ask and how it can be most clearly and efficiently worded. It helps to write down the question. In this way, you can visually see your words. If they don't convey what you want to express, play with the wording. Keep doing this until you feel those words accurately and concisely communicate what you wish to ask. Then go to that person and ask the question. Notice the difference in the quality of how the person answers you. Your clarity will inspire similar clarity in the response.

Quite often, that frustrating inner confusion we experience exists because we have not had an acceptable framework for the development of mental ordering. Learning to ask questions gives the mind something tangible to work with and, in the process, you learn mind-word-and-mouth coordination. You'll find that as you develop the ability to clearly articulate a simple question, your inner fog will begin to lift, which in turn will automatically begin to lift your outer fog. Another point: It also will be helpful to focus on your ability to ask simple questions so that you will know how to troubleshoot a question you have asked nature but for which you can't get a clear answer. You'll know where your weaknesses in this area are and you'll be able to review the question to check for a problem.

As you develop internal order, your intuition will become clearer and stronger. You will see that when you ask a simple yes/no question, you will intuitively sense the answer or begin to "hear" nature answer before testing. This is a normal development. I recommend that you continue with the kinesiology testing as a verification that your intuitive or "overheard" answer is correct.

It is also helpful, especially in the beginning, to literally verbalize your questions out loud and not just think them. When we say something aloud, we tend to articulate it better than when we just think it. And I will ask something out loud if I'm a little tired and I need some extra sensory input (sound) to help me keep my focus.

Final Comments on Kinesiology

Kinesiology is like any tool. The more you practice, the better you become at using it. You need a sense of confidence about using this tool, especially when you get some very strange answers to what you thought were pretty straight questions. It helps you get over the initial "this-is-weird-and-the-damned-testing-isn't-working" stage if you have some confidence in your ability to feel clear positive and negative responses. The only way I know to get over this hump is to practice testing. It is impossible to mentally reason yourself over the hump. Through practice you will develop clarity in your testing, you'll learn your personal pitfalls and you will fine-tune your technique.

In teaching kinesiology, I have found that something interesting happens to some people when they are learning it. Every block, doubt, question, concern and personal challenge they have, when faced head-on with something perceived as unconventional, comes right to the surface. It is as if the physical tool of kinesiology itself serves to bring to the surface all those hurdles. So they learn kinesiology right away and are using it well. Then, all of a sudden it is not working for them. When they tell me about it, I realize that the thing they do differently now that they didn't do at first is double-checking their answers—and rechecking, and rechecking, and doing it again, and again. . . . Each time the answers vary or the fingers get mushy and they get definite maybe's.

Well, again the issue is not the kinesiology. The issue is really why they are suddenly doing all this rechecking business. What has surfaced for them are questions around trust in their own ability, belief that such unconventional things really do happen and are happening to them. They have a sudden lack of self-confidence.

Again, the only way I know to get over this hurdle is to defy it—keep testing. Keep doing the co-creative processes. They all require testing and you will be able to observe the positive results. The successful results, in turn, give you confidence about your testing ability. The other alternative is to succumb and stop developing kinesiology. But that doesn't really accomplish anything. So in cases like this, I suggest the person keep testing, *stop double-checking* and take the plunge to go with the first test result. Eventually, what action is taken based on the first test result will verify the accuracy of the test. As I've said, from this, your confidence builds. I firmly believe that only clear personal experience and evidence can get us through these kinds of blocks and hurdles—and that means just continuing to go on.

As I have worked through the years to refine my ability to use kinesiology, nature has provided many occasions when I have had to follow through on answers that made no sense at all to me. Doing this and looking at the results with a critical eye is the only way I know to learn about ourselves as kinesiology testers and to discover the different nuances and uses of kinesiology itself.

One last piece of information: Give yourself about a year to develop a strong confidence with kinesiology. Now, you'll be able to use it right away. This just takes sticking with your initial efforts until you get those first feelings of positive strength and negative weakness in the circuit fingers. But I have found from my experience and from watching others that it takes about a year of experimentation to fully learn the art of asking accurate yes/no questions and to overcome the hurdles. As one woman said, "You stick with this stuff a year, and boy, what a great thing you end up with!"

Kinesiology muscle testing is a guide, it does not replace other methods of discernment.

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.

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

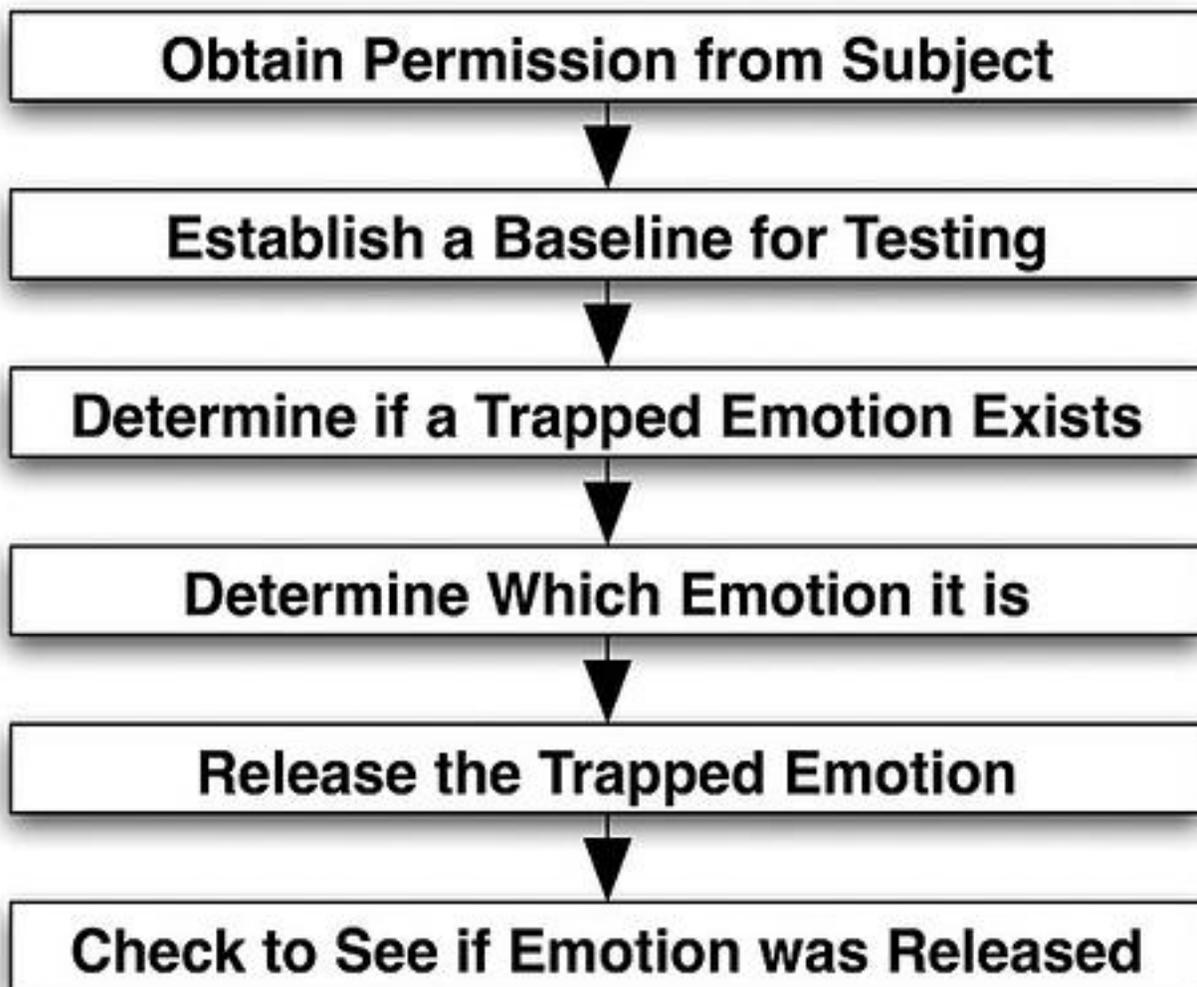
Library Downloads – Pascas Papers

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

MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

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

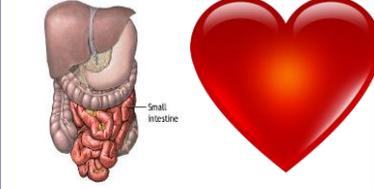
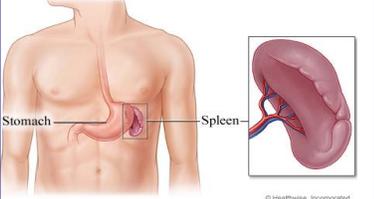
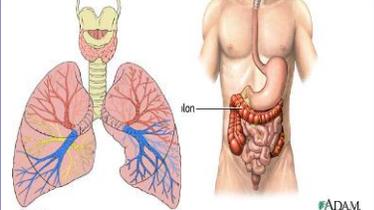
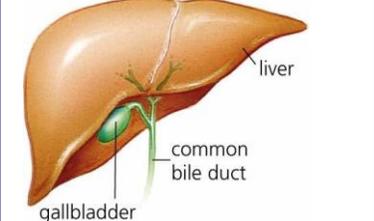
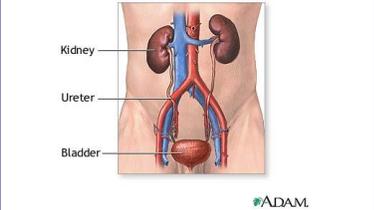
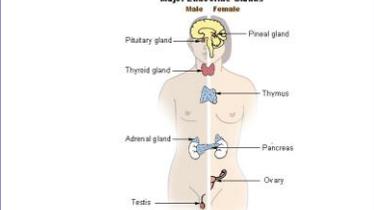
MAP of CONSCIOUSNESS	MoC	calibrations
God, our Heavenly Mother and Father	Infinity	Location being Isle of Paradise
Celestial Heavens peak	1,500	3 rd Celestial Heaven (10 th spirit world)
Feeling Healing / Divine Love teachings	1,480 – 1,500	3 rd Celestial Heaven spirit guided
Now at one with Heavenly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



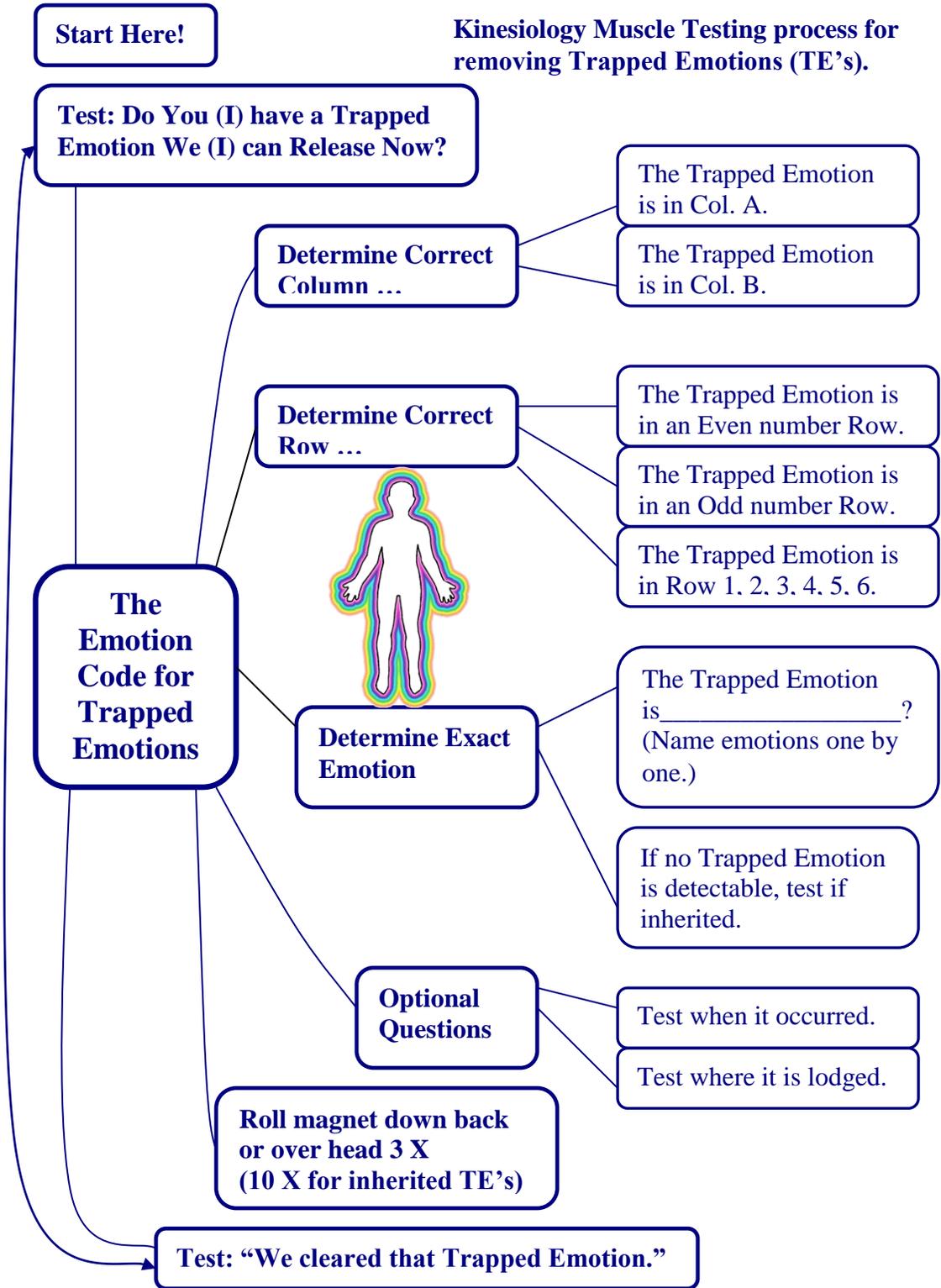
Feelings *first*

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

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

EMOTION CODE™ FLOWCHART



WHEN did the EMOTION became TRAPPED?

Kinesiology muscle testing can assist in determining when an emotion or cluster of emotions became stuck within your being. Also, testing may suggest the type of emotions held, as well as if they are being introduced by other people. Test statements for being true, the arm remains strong with truth, weakens with error. Avoid asking questions.



After using the Emotion Code to determine the stuck predominate or strongest emotion, then proceed to determine when it became frozen.

Yes / No

The specified emotion became trapped before age 28.

The emotion became trapped during my first full time employment.

The emotion became trapped during my university time.

The emotion became trapped during my high schooling.

The emotion became trapped before age 14.

The emotion became trapped during schooling.

The emotion became trapped before age 7.

The emotion was transferred to me from my mother.

The emotion was transferred to me from my father.

The emotion was transferred to me by a sibling.

The emotion was transferred to me by a close relative.

The emotion became trapped during age 6, 5, 4, 3, 2, 1, 0.

The emotion became trapped during birth.

The emotion became trapped prior to birth.

The emotion became trapped during 3rd trimester.

The emotion became trapped during 2nd trimester.

The emotion became trapped during 1st trimester.

The emotion became trapped at the around the time of conception.

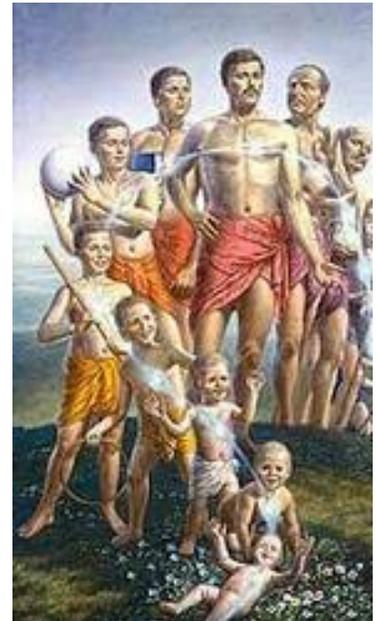
The emotion belongs to a relative who has passed away.

This relative still believes he/she still has this illness.

This relative spends much time with me.

This spirit is attracted to me due to our matching emotions.

During our pregnancy and our first 5 to 7 years of physical life, we are like sponges, we absorb the emotions of our parents and our close relatives rapidly and thoroughly thus conditioning us.



Foetal Growth from 8 to 40 Weeks



EMOTION CODE™ Heart-Wall FlowChart

Start Here! Kinesiology Muscle Testing process for removing Trapped Emotions (TE's).

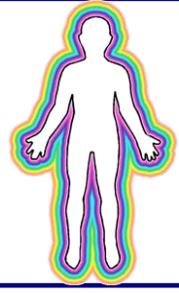
**Test: Do You (I) have a (hidden) Heart-Wall?
Can we release a Trapped Emotion from the (hidden) Heart-Wall now?**



Determine Correct Column ...

- The Trapped Emotion is in Col. A.
- The Trapped Emotion is in Col. B.

Determine Correct Row ...



- The Trapped Emotion is in an Even number Row.
- The Trapped Emotion is in an Odd number Row.
- The Trapped Emotion is in Row 1, 2, 3, 4, 5, 6.

The Emotion Code for Hidden Heart-Walls

Determine Exact Emotion

The Trapped Emotion is _____?
(Name emotions one by one.)

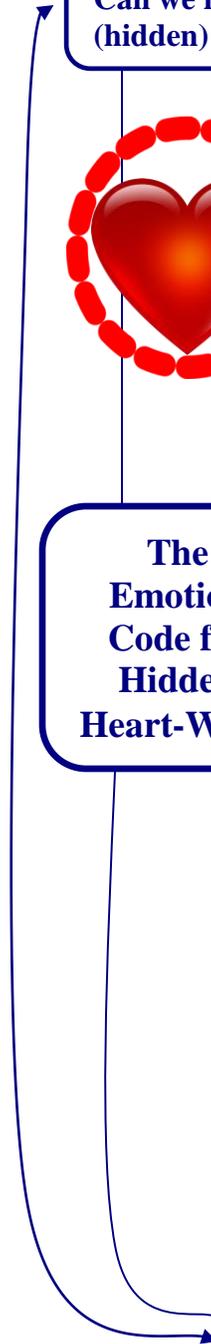
If no Trapped Emotion is detectable, test if inherited.

Optional Questions

- Test when it occurred.
- Test any observations.

**Roll magnet down back or over head 3 X
(10 X for inherited emotions)**

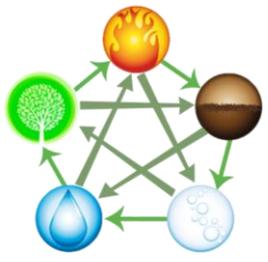
Test: "We cleared that Trapped Emotion."



BODY CODE™ CHART

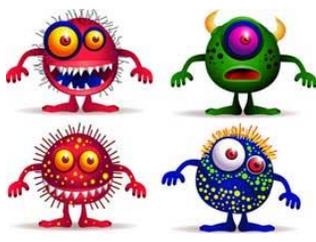
Energies

- Emotional
- Post-Traumatic
- Allergy or Intolerance
- Mental
- Offensive



Pathogens

- Parasites
- Fungal
- Bacterial
- Viral
- Mould



Toxicity

- Heavy Metals
- Free Radicals
- EM Spectrum
- Chemicals
- Microbial



Body Code System

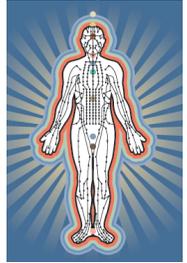
Structural

- Bones
- Nerves
- Muscles
- Connective Tissue
- Organs or Glands



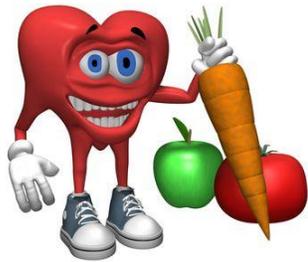
Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians



Nutritional

- Ph Imbalance
- Foods
- Herbs
- Nutrients
- Dehydration
- Magnetic Field



The BRAIN at the CONSCIOUSNESS LEVEL 200 CROSSOVER:

While these following basic differences in brain physiology that occur above and below the important consciousness level of 200 are decisive, even more significant change occurs at that level because above level 200 in consciousness as per the Map of Consciousness, a unique energy field emerges for the first time in evolution. It is concordant operationally with the physical right brain but is specific to spiritual awareness and consciousness. For want of better terminology, this specific energy field has been labelled the “etheric brain” to denote that it is purely energetic and not protoplasmic or anatomical in nature.

This etheric brain, or spiritual energy body, registers higher energy frequencies to which protoplasm is unable to respond.

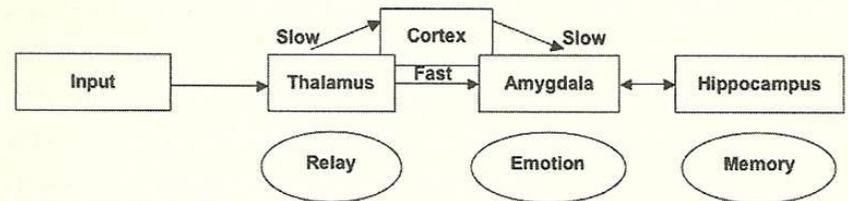
The reality of an energy body that exists independently of the physical brain has been recognised in all cultures throughout history.

Upon attaining the consciousness level of 200, the brains neurochemistry changes in a positive direction, and like a butterfly out of a cocoon, the etheric brain springs forth as a consequence of the onset of the flow of spiritual (i.e., kundalini) energy, and the experience of life and the self in the world begins to transform.

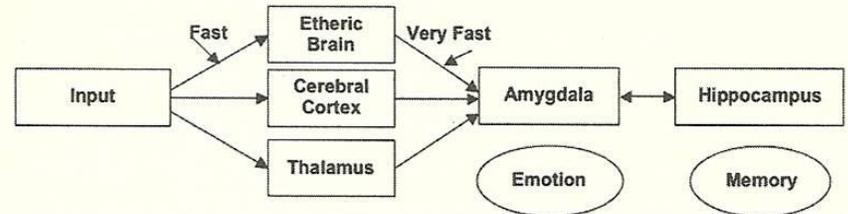
It is with the emergence of the etheric brain at the calibration level of 200 which enables the capabilities to employ kinesiology muscle testing to determine the existence of truth or the lack thereof.

BRAIN FUNCTION AND PHYSIOLOGY

Lower Mind (Below 200)



Higher Mind (Above 200)



Below 200

Left-brain dominance
 Linear
 Stress—Adrenaline
 Fight or flight
 Alarm—Resistance—Exhaustion
 (Selye—Cannon: Fight/Flight)
 ▼ Killer cells and immunity
 Thymus stress
 Disrupt acupuncture meridian
 Disease
 Negative muscle response
 ▼ Neurotransmitters—Serotonin

Track to emotions twice as fast
 as through prefrontal cortex
 to emotions
 Pupil dilates

Above 200

Right-brain dominance
 Non-linear
 Peace—Endorphins
 Positive emotion
 Support thymus
 ▲ Killer cells
 ▲ Immunity
 Healing
 Balanced acupuncture system
 Positive muscle response

Track to emotions slower
 than from prefrontal
 and etheric cortexes
 Pupil constricts

Importance:

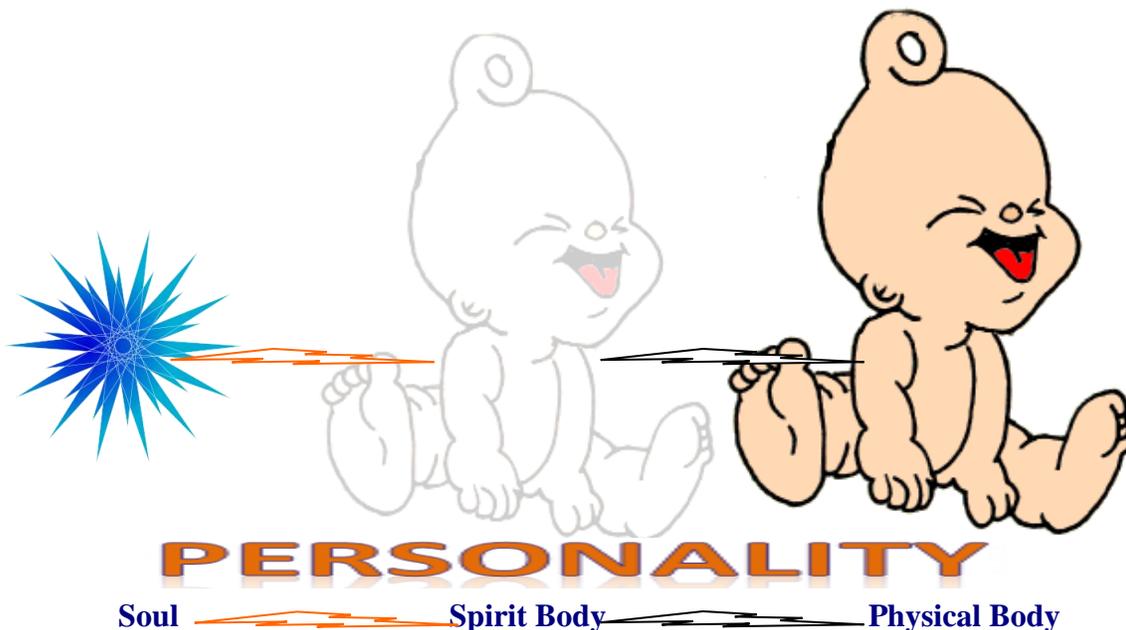
Spiritual endeavor and intention change the brain function and the body's physiology and establish a specific area for spiritual information in the right-brain prefrontal cortex and its concordant etheric (energy) brain.

AJ Miller on Kinesiology:

Kinesiology muscle testing is reactive to your own emotional beliefs, your soul beliefs, influences the response of your own body. Even though testing entails two people and the tester may silently hold in mind, on a soul to soul level, the responder does know what is being tested. At the soul level, there is always a transaction, and it is your soul's condition that determines the response to that transaction. The soul condition of the person making the test and the person responding contributes to the outcome. This is why it is not quite as accurate as people believe. **It is a guide.**

If you allowed yourself to test above 1,000 you will find responses running into the 1,000s, for example if you got out the discussions about prayer, particularly the one on Prayer for Divine Love and allowed yourself to go beyond the calibration of 1,000 then you will find many of these will go into the 1,000s for those teachings. When you retest, when you know these truths, the calibrations will be different. The results will depend upon what level of truth you are. A lot of these truths you would classify as loving, the testing is a reflection of the amount of love on Dr David Hawkins' scale of consciousness, the Map of Consciousness. It is the amount of love from these teachings that you are actually testing.

Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.



SPEAKERS for GATHERINGS

There are a group of spirits surrounding every person on any spiritual journey. The condition of these spirits mixes with the persons own soul condition, which then creates a general condition surrounding each person. To summarise:

1. There is a spirit (or a number of spirits) who have been assigned by God as a mortal person's (living on Earth) spiritual guides. These guides are assigned depending on the desire of the person. If the person is on the Natural Love flow (most people), then the guides are also generally on the Natural Love path. If the person is on the Divine Love flow (which is not a matter of believing that you are in your mind, which many people do and therefore think they are on the Divine Love path when they are not; but rather going through the soul transformations emotionally and connecting directly to God), then the person would be assigned Divine Love guides.

Sometimes a person's guides are relatives or friends who have passed into the spirit world who have found the Divine Love flow, who are attempting to guide the person towards the Divine Love path even when the person on Earth is on the Natural Love path, mainly because he/she may not be aware of the availability of Divine Love. Often, if a person does have Divine Love guides, which can be from any sphere from the 3rd and above, they are not aware of those surrounding them, and when they visit a medium, the medium themselves can only connect to another group of spirits surrounding the person who are in lower spheres, who the medium then inaccurately calls the person's "guides".

Sometimes a person on Earth has a "self-appointed" "spirit guide". The "self appointed spirit guide" is a person in the spirit world who thinks they are in good condition, and thinks they can help the person on Earth, and so they connect to the person on Earth in an effort to "guide" the person on Earth to do what the spirit thinks is the best thing to do. They then may frequent the person on Earth to such an extent that often the person on Earth does not know whether they are acting on their own free will, or that they are being influenced by the spirit. A spirit cannot take away your free will or cause you to do anything that you do not intend to do. Rarely, but some times these "guides" falsely state their own identity, and claim to be famous people from the past who the person will accept (such as myself, my mother, "archangels", etc), and people on Earth often want to believe they are connecting to spirits such as Jesus, Mary or others when in reality the spirit with them is allowing them to falsely believe the identity of the spirit so that the person on Earth accepts the connection. Any person in the spirit world in a better condition of love than yourself will always feel more trustworthy and loving (have a much more powerful "loving" energy).

One can kinesiology muscle test these questions to develop clearer understandings about the spirits that are connecting / communicating with a person, such as their location (sphere level) within the spirit world.

If the spirit guide of the person is Natural Love based, they will focus on a person's spiritual development in the direction that the spirit guide thinks it should be (and which often mirrors the spirit guides own development in the past). A Divine Love guide will not do this. I have seen many instances that when I discuss Divine Love principles to a person who is heavily influenced by Natural Love spirits, the spirits cause the person to even go to sleep in order to avoid listening to the material.

If the person on Earth is mediumistic, then, many times, the person on Earth will begin to assume that they had a "past life or lives" of the identity of the spirits that connect with them. This can be very damaging to

the person on Earth, since they then often feel an even stronger connection with the spirit (due to the same emotions being expressed by both individuals), and it is only when the person passes into the spirit world that they often find out that the entire situation was totally incorrect. This is because a spirit in the spirit world can then see another spirit, who is with them, as a separate entity. Generally, a spirit person endeavours to identify themselves to the physical person who in turn takes that information as a past life when it is actually the background of the life had on Earth by the spirit guide.

If your own spirit guide is in the Celestial spheres, (spheres 8 to infinity) they can help you resolve the following questions for any persons through your testing methods. The questions could be:

- a. Has the person on Earth received Divine Love?
- b. Is the person on Earth, whether they have received Divine Love or not, consciously asking for and receiving Divine Love?
- c. Does the person on Earth have spirits who are receiving Divine Love as their spirit guides?
- d. Does the person on Earth have spirits on the Natural Love path as their spirit guides?
- e. What location (sphere) in the spirit world does each of the guides live?
- f. If the spirit guide is not on the Divine Love path, are they open to listening to and understanding about the Divine Love?
- g. Does the medium or person on Earth have as their primary spirit connection a spirit living with Divine Love?
- h. Is the healing / mediumship being guided by Natural Love or Divine Love spirits?
- i. What is the true spiritual condition on Earth of the person? (1st sphere, 2nd sphere, 3rd sphere)
- j. What is the merged spiritual condition surrounding the person on Earth (this is a merger of all soul conditions of all spirits surrounding the individual)? (refer to Map of Consciousness)
- k. What "scale of consciousness" measure is the true spiritual condition of the person on Earth?
- l. What "scale of consciousness" measure is the true spiritual condition surrounding the person on Earth (merger of all spirits)?
- m. Does the person on Earth believe they have had "past lives" of the spirits who are surrounding them?

You could then choose people to speak at your discussions and groups who have a personal spiritual condition (or a merged spiritual condition which includes the spirits surrounding them) that is greater than the merged spiritual condition of all of the people who would be attending, and this would guarantee that the meeting would benefit most people present at the meeting. Also, you could then be reassured more that what is being presented at the meetings is more harmonious with Divine Truth.

2. The second group of spirits surrounding the person is a group of spirits who are generally all attracted to the person because of a common soul condition, or common personality traits and objectives. Mostly these are spirits ranging from dark spirits in the "hells" of the lower levels of the 1st sphere (people who were once on Earth who have passed, but have yet to begin working on their own Law of Compensation) to spirits who are not malevolent, but who do not aware of or understand Divine Truth. These spirits generally think they understand Divine Truth, and are often very opinionated about the "Truths" they tell people on Earth.

This second group of spirits has the largest amount of influence over the person on Earth, due to the emotional soul condition being similar. "Birds of a feather flock together". Almost all commercially

inspired mediums are being heavily influenced by this group of spirits. Almost all persons on Earth who believe they are "talking to God" are actually talking to spirits in this second group.

When people have "moments" of inspiration, they are often being influenced by higher spirits who are their guides, but, unfortunately for most people, this influence is fleeting.

The questions you can ask about your proposed speaker include:

- a. Does he/she have surrounding them a group of spirits in lower 1st sphere condition?
- b. Is the person's "truth" that they are presenting heavily influenced by teachings that are not Divine Truths?
- c. Does the person want to believe that they "have it right", when in reality they have an incomplete picture?
- d. Is the person open to more Divine Truth being presented to them?
- e. Are the spirits with the person open to more Divine Truth being presented to them?

Generally, spirits present around any person are loving and seeking to grow in love. No spirit can cause harm nor influence any person to do anything negative.

3. A third group of spirits surrounding the person are generally people who have passed over who were relatives and friends of the person on Earth, and who think that they have the best interests of the person on Earth at heart. If the spirit has progressed with Divine Love, they will definitely have their person's best interests at heart, but, if the person who has passed has yet to make much progression in the spirit world, even though they think they know what is best for the person on Earth, they will generally not know at all, because they are yet to learn the truth themselves.

The questions you can ask about your proposed speaker include:

- a. Is the person heavily influenced by a relative or friend who has passed over?
- b. Has the spirit who has passed over actually progressed beyond the 1st sphere?
- c. Is the relative / friend who has passed over living with Divine Love?

Spirits on the Natural Love path will have a very heavy focus on the physical or meta-physical, and think they understand the human soul, but do not understand it at all. Also, people who are speaking who are influenced by them are often very focused on the same things, and often believe themselves to be in excellent spiritual condition, but may simply be connected to a person in the spirit world who is doing the many "interesting or great" things for the person on Earth in order to obtain attention or approval from others.

Also, if you have this method of becoming aware of what is going on, then you also are in a position to discuss with the people involved (the invited speakers, the spirits connecting with the speaker, and the audience), the principles affecting the intended discussion, and this may help each of these ones to grow in condition. This can be a very powerful help in the future to the speaker, the spirits with the speaker, and the audience, if they have the humility to accept your findings.

Anyway, my friend, I would be very happy to talk to your group about your testing different "truths" and "teachers". As you are aware, this can be done without the "teachers" being present, and can be a very fascinating insight regarding where each "teacher" is in their own progression from God's perspective. Obviously there are a lot of other factors influencing "testing", and once you are aware of them all, it can be a very powerful tool to determine truth, and I would be very happy to discuss with your group some of those principles at some time.

Bye for now John
Love AJ Miller

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

WE are INCARNATED with Natural Love, but not with Divine Love:

We are conceived with natural love, however, we are not endowed with anything of the Divine. While we are without anything of the Divine, namely Divine Love, we can grow our natural love attributes and progress to that of being the perfect man whose lodging is found in the 6th Sphere. We do not have immortality without having received Divine Love.



Natural love radiance is very different from that which Divine Love brings.

The two loves complement each other, bringing about greater harmony.



When we become aware of the presence of Divine Love and subsequently ask for and then receive the Divine Love, our soul steadily starts to change to that which is Divine and we achieve immortality. This is the Immortal Choice that we can make whilst here in the physical or later in the spirit world. Once we add Divine Love to our being, we continue then with the two loves, that of the natural love and also that of Divine Love. As we continue and receive Divine Love, our soul condition progresses so that we may eventually enter the Celestial Heaven, 8th sphere, should we have engaged in the proves of Feeling Healing, and above, then progress further to enter the Eternal Spheres, then the Infinite and Universal Spheres, and then further on towards the Spheres of Paradise.

WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



ANCIENT TRANSCRIPTS and GROWTH of HUMANITY

Monday, 7 January 2019

I have often wondered why it is so that very ancient writings that Dr David R Hawkins has calibrated so highly when one would have considered previously impossible due to the perceived nature of ancient civilisations from which these writings occurred. The Christian writings do not calibrate at all strongly. Why was that possible and what are the ramifications upon the events now unfolding please?

Nanna Beth – 3rd Celestial Heaven, John's grandmother: The **calibrations are based on 'perceived truth'**. Is there any, or the potential for, truth within these writings, within the civilisation, within the individual? So on the surface the writings or person might not show such truth, however the calibration shows there's potential for it. And yet that potential might not get realised, it might continue to live dormant. So you can't judge the calibrations by what you see or think you see on the surface.

Some of the calibrations are also influenced by the person undertaking them, in that's how they perceive or wish to perceive such writings being included or deducted from the reading. However as to what extent is hard to say. Ideally you'd need to ask someone, like a young child who has no idea or interest in such things, to see what they calibrated, or someone who is very open and objective without any perceived biases.

Something like A Course in Miracles for example, within it are the seeds of much natural love truth, however to uncover, plant and then nurture those seeds would need someone doing their Healing. Which means, someone who'd be able to pick out all the truth-relevant bits and discard the rest. So the Course has potential, however it's not much good to anyone unless you want to further your untruth; which means, taking the potential truths and corrupting it into your denial. So the Course calibrates relatively highly, however that's not a true indication of how helpful spiritually it might be. As I said, it will spiritually help you move deeper into your Wrongness. And so it is with all these things in your list John, other than James' work, which really shouldn't be included in the list, it being of a different list, that which is resulting from people doing their Healing, and would need other calibration parameters.

So Nicholas calibrates high compared to other work that doesn't include the Divine Love, however as you know yourself from reading his work, it's in potential, he involves and covers a lot of what potentially might be beneficial, yet with that benefit only coming were you doing your Healing. Otherwise, it calibrates high giving it a high potential for people to use to further their Wrongness by including much of the truths associated with the Divine Love.

So do you see what I'm getting at? In so far as using David's Map of Consciousness for spiritual purposes, it needs to be taken into account as to whether it's to further your spiritual denial or helping you Heal it. So you have these calibrations reflecting **relative truth potential**, whilst being understood it's all within an anti-truth system. And then another list of calibrations based on the Healing, being down within the Healing or Celestial level.

SCRIPTURES and SPIRITUAL WRITINGS

P.366 Truth vs Falsehood by David R Hawkins

Map of Consciousness (MoC) calibrations by Dr David Hawkins

Abhinavagupta (Kashmir Shaivism)	665
A Course in Miracles (workbook) (not assisted with by Jesus)	600
A Course in Miracles (textbook)	550

Aggadah	645
Apocrypha	400
Bodhidharma Zen Teachings	795
Bhagavad-Gita	910
Book of Kells	570
Book of Mormon	405
Book of Revelation (New Testament of the Bible)	70
Cloud of Unknowing	705
Dead Sea Scrolls	260
Dhammapada	840
Diamond Sutra	700
Doctrine and Covenants: Pearl of Great Price	455
Genesis (Lamsa Bible)	660
Gnostic Gospels	400
Gospel of St Luke	699
Gospel of St Thomas	660
Granth Sahib-Adi (Sikhs)	505
Heart Sutra	780
Huang-Po Teachings	960
Kabbalah	605
King James Bible (from the Greek)	475
Koran	700
Lamsa Bible (from the Aramic)	495
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880
Lao Tsu: Teachings	610
Lotus Sutra	780
Midrath	665
New Testament (King James Version after deletion of the Book of Revelation)	790
New Testament (King James Version from the Greek)	640
Psalms (Lamsa Bible)	650
Proverbs (Lamsa Bible)	350
Ramayana	810
Rhubyat of Omar Khayyam	590
Rig Veda	705
Talmud	595
Tibetan Book of the Dead	575
Torah	550
Upanishads	970
Vedanta	595
Vedas	970
Vijnane Bhairava	635
Yoga Sutras, Ptanjah	740
Zohar	905

Note: Following calibrations done by others:

The Urantia Book (TUB)	920	
Divine Love based truths	calibrate over 1,000	(being relative truth potential levels)
Book of Truths (containing the Padgett Messages)	1,492.4	
Gospel Revealed anew by Jesus (Padgett Messages)	1,492.4	
Revelation	1,490	
Judas of Kerioth	1,482.1	
The Golden Leaf	1,480	
The Divine Universe	1,494.7	
Celestial Soul Condition	1,480	
Shining Toward Spirit Vol I, II, III	1,484	
Family Reunion Afterlife Contact	1,486	
James Moncrief 10 major publications which reveal	1,490	
Feeling Healing and with Divine Love, Soul Healing		

Only the writings of James Moncrief are free of the imposts of the Rebellion and Default. These writings contain the revelations that are to become universally embraced by Earth's humanity throughout this coming Avonal Age of 1,000 years.

Divine Love was taught and understood by early Christianity up until the Nicaean Council 325 AD/CE:

Christianity – Early calibrations by David Hawkins

First Century – “The Way” (Divine Love was understood)	980
The Apostles	905 – 990
Gnostics	510
Prior to Council of Nicaea	840
After Council of Nicaea (325 AD) Constantine took control	485
(Divine Love teaching are now all lost)	
Roman Catholic	
Papacy	570
College of Cardinals	490
Faith and Liturgy	535
Clergy	490
Jesuit Order	440
Church (worldwide)	450
Roman Catholicism – calibrations of current position	
As an institution in year 1900	460
As an institution in year 2004	305
Position on contraception	180
(Contraception itself calibrates at 205)	
Theological Theory on Contraception	180
Position on Clergy Paedophilia	125
(Paedophilia itself calibrates at 135)	

Now these calibrations can also be related to the historical observations by Dr David Hawkins:

Worldwide Level of Consciousness based on the Map of Consciousness

see Power vs Force by Dr David R Hawkins

6,000 years ago	72
At the time the Vedas were written	74
At the birth of Buddha	91
prior to the conception of Jesus of Nazareth	101
After the birth of Jesus of Nazareth	147
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President	190
Lincoln was shot and killed	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2008: Current observation as we move forward to the apparent evolutionary jump, which will be a slow steady process	212
4000: Towards the end of the Aquarian cycle, the average consciousness of humanity will be within this range	450-470
During the Aquarian cycle of 2,160 years, the vast majority of humanity is anticipated to progress	

Firstly, the calibrations of ancient writings are calibrated on the line of one perfecting their mind without consideration of one's soul healing and the availability of Divine Love. Thus the ancient writings were all leading to the dead end that still left the personality restrained within the mind mansion system of worlds 1, 2, 4 and 6 and then having to recognise the Feeling Healing pathway and to return to the first of the healing worlds and progress through 3, 5 and 7 before being able to enter the Celestial Heavens with Divine Love having completed their soul healing through Feeling Healing which is now only being introduced to humanity within the physical. Is this not so?

Nanna Beth: Yes.

Secondly, are all these ancient writings indirectly or directly orchestrated by Lucifer soulmate pair through their deputies to further the Lucifers' personal objectives still taking humanity further away from our Heavenly Parents and our ultimate home in Paradise?

Nanna Beth: Yes.

Dr David Hawkins observed that the impact upon humanity through the arrival of a bestowal pair in the first century, namely Mary and Jesus, resulted

PASCALPERS

in a profound overall shift in the calibration of humanity. (Nanna Beth: Which was the unseen and unknown influence of their Spirits of Truth.) The estimated population number at their time was 300 million. Hawkins' observations reveal that humanity has sat at 190 on the Map of Consciousness scale until the 1980s.

Since the 1980s the calibration for humanity overall has steadily shifted from 190 to 207, then 212, and now at this time (2019) of writing 215. The population for the world is now 8 billion, a 27 fold increase thus depleting the impact of a bestowal pair on the calibration relatively speaking compared to the 1st century as against now being the 21st century with the planet's huge population. (Nanna Beth: It depletes in the context you are suggesting, however just dealing with the 'truth-potential' it's still relevant.)

Are these 'Map of Consciousness' calibration increases for humanity overall being the direct result of the presence and progression of the bestowal pair?

Nanna Beth: Yes. And will increase rapidly as people embrace the Truths and do, or at least understand, the need to do their Healing.

Has the Harmonic Convergence of the 1980s had anything to do with the increases of the calibrations for humanity?

Nanna Beth: Yes, as in it signifies astronomical (as in what's happening in the stars) change, which is then symbolic of the underling Creational changes (changes of light, both Truth-Light and Mind-Light) being continuously brought about to effect changes in humanity and to the Earth.

“The **Harmonic Convergence** is the name given to one of the world's first globally synchronised meditation events, which occurred on August 16–17, 1987. This event also closely coincided with an exceptional alignment of planets in the [Solar System](#). Although the event had been predicted by author [Tony Shearer](#) in his book *Lord of the Dawn* (1971), the principal organiser of the Harmonic Convergence event was [José Argüelles](#).

“Since the initiation of the Harmonic Convergence, there have been measurable increases in the energy of our planet Earth. After resonating at a base resonant frequency of 8 Hz per second for thousands of years, during which Earth has essentially been asleep, her frequency is now rising. She appears to be rising to a fundamental vibration of 13 cycles per second, as predicted by the Fibonacci series (mathematical proportions based on the Golden Mean, also called the harmonics of the universe).



Accompanying this energy boost is a rapid decrease in the magnetic field that surrounds the planet. Our magnetic field has served us in the past by creating an illusion of separation and protection from energies outside ourselves. It will eventually reach zero when there will be no artificial barriers, so it is essential that we take our power individually and collectively, honouring others and ourselves in the process.”

Nanna Beth: It's not an illusion, it is what it does. And it varies in intensity, becoming weaker and stronger thereby affecting the conditions on Earth.

Kinesiology Muscle testing calibrations – perceived truth MoC or relative truth potential MoC

Monday, 27 March 2017: **John:** When I have proceeded to calibrate each of the Pascas Papers with Dr David R Hawkins' Map of Consciousness (MoC) scale, is it you that prompts me with the calibration number? It sure is an intriguing experience as to how the number comes about. Could you explain what takes place please?

Nanna Beth, 3rd Celestial Heaven, John's grandmother: No, it's not. It's another member of our soul group. He stands with you in the first Earth plane if need be, so close as he can get to you, and helps you with your calibrations and all the other subtle points you sense and intuit about it. His name is Alex – Alexander, and he is well versed in the theory of it, also giving it a helping hand when need be. There is in fact far more science behind it, however that is yet to be revealed to the world.

Monday, 27 March 2017: **John:** Talking about prompting. Frequently I feel energy around my right ear, it is as though an assumption I have made is being affirmed or rejected, mainly rejected! Is this anything to do with you?



Nanna Beth: Sometimes, but mostly it's your angelic guardians or your Indwelling Spirit. Your IS (Indwelling Spirit), although it is centred within your higher spiritual mind, it still has access to all parts of your personality, so all aspects of your spirit body and aura. It's all part of your internal intuitive ability – your 'quirks' if you like. However sometimes we have cause to come closer to you and exert more of ourselves on you, but rarely these days, more so when you were more shut off to these aspects of yourself. And doing your calibrations (Kinesiology muscle testing in conjunction with the Map of Consciousness as revealed by Dr David R Hawkins) helps put you in a frame of mind that enables you to be more sensitive to your 'inner state'.

example:

perceived truth MoC 880 – relative truth potential MoC 1,480



ASSUMPTIONS *and the* MIND

Truth, until now, has been ‘rationalised’ by the mind. The mind cannot discern what truth is. The mind is addicted to untruth as well as control over the environment, others and the personality to which it is associated with – you and me!

My personal experience is that through the mind, assumptions are generally about 98% flawed and in error. The 2% accuracy is from flukes!

You may listen to endless ‘debates’ and discussions that may go on for hours and the mental hi-jinks are pathetically insane.

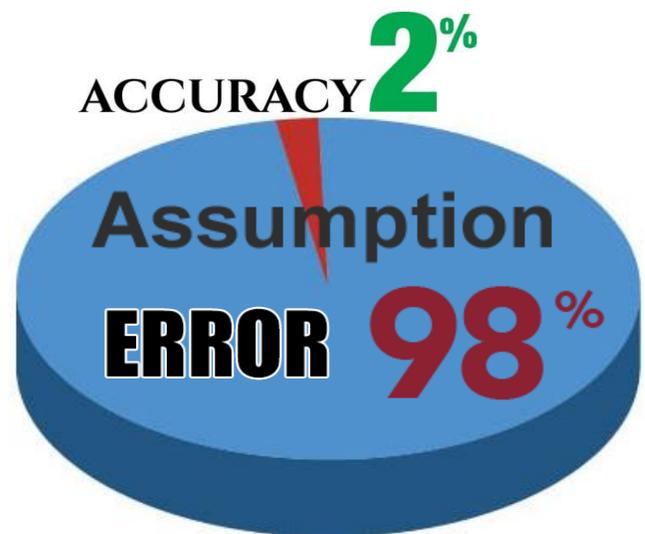
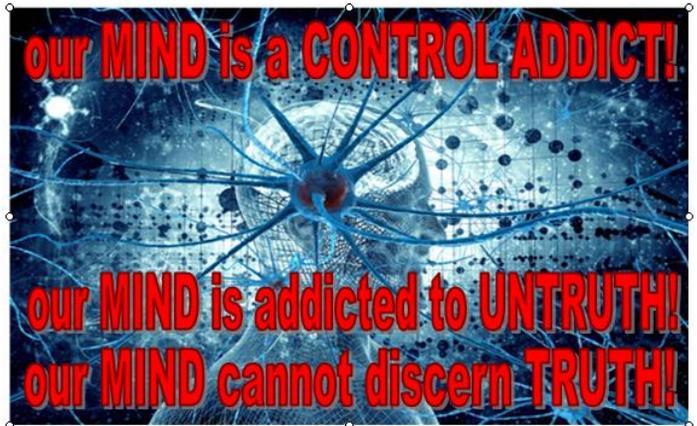
When you quietly sit there and use kinesiology muscle testing you can resolve what the answer to what is being debated in seconds – well minutes in some cases.

You may wonder why this is not generally known. Dr David R Hawkins published *Power vs Force* in 1995. Well, it does not suit people that want to keep secrets. Further, the process is free – you do not make a profit out of it!

What is true and what is false can be determined in seconds. You do not have to read the material, document, book or see the movie – you can calibrate the level of truth of anything in seconds. Not only can you determine if something is in truth or not true, but also the level of that truth. You can calibrate a book, then its chapters, then page by page, paragraph, line, whatever you feel is needed by you.

A few followed the secret process of the election of a pope for the Roman Catholic Church. They determined who the front runners were, what the elimination round of voting resolved, then down to the final two, who they were, then who won, and then who voted for him and who didn’t. They had answers before the black then white smoke came out of the chimney. It is not difficult, you can do it.

The focus here on ‘assumptions’ is that a great deal of what we live our lives by is based on assumptions. All of these assumptions can now be revisited and the restructuring that will follow will be all embracing.



Suppression & Repression = Universal Depression

WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus' Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It's that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

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 our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair's guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world's spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.



M&F



J&M



AVO

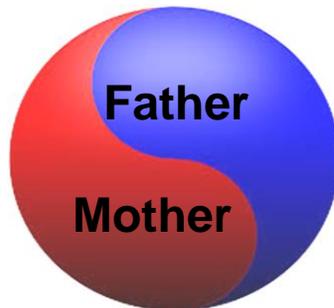


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
We are to long for the truth of what we are feeling.
We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.

In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.



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

AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Neadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

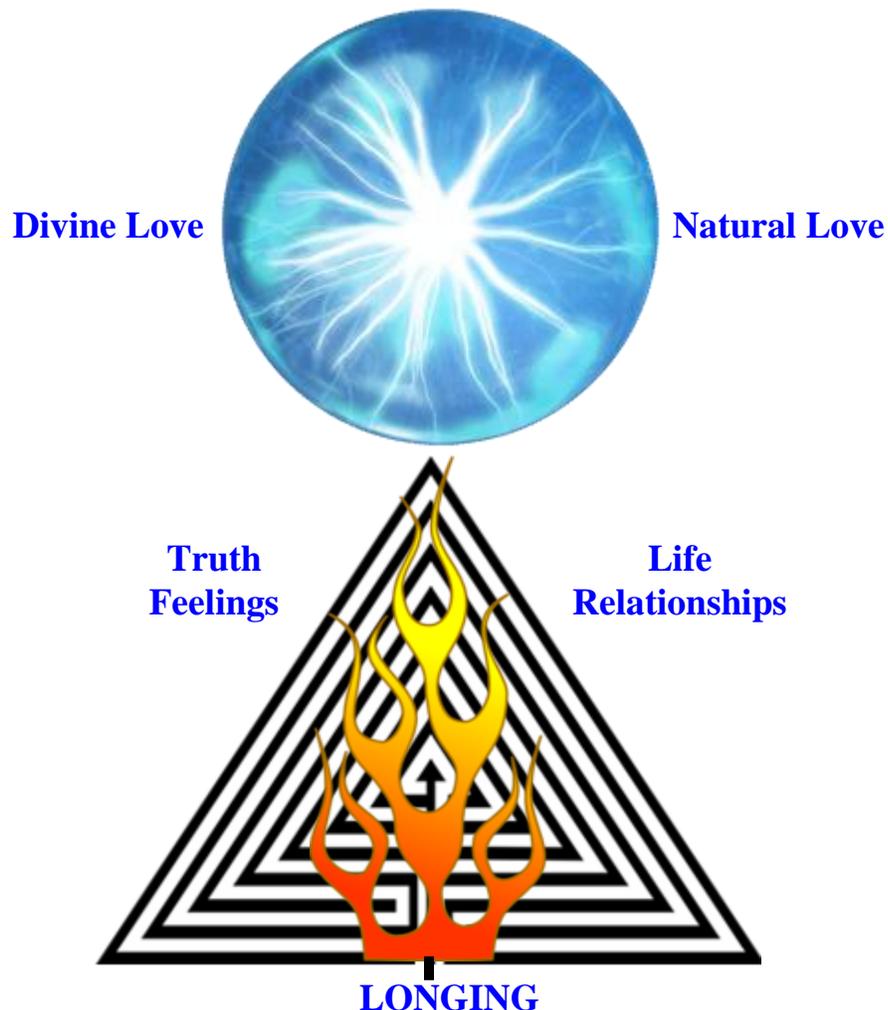
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

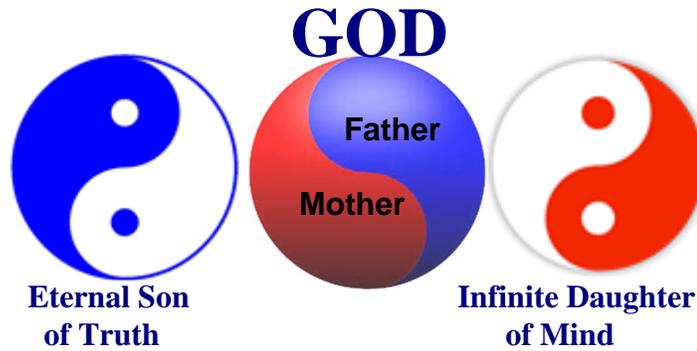
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soul partners)
 2. **ETERNAL SON (ES) – Divine Truth**
 3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit).

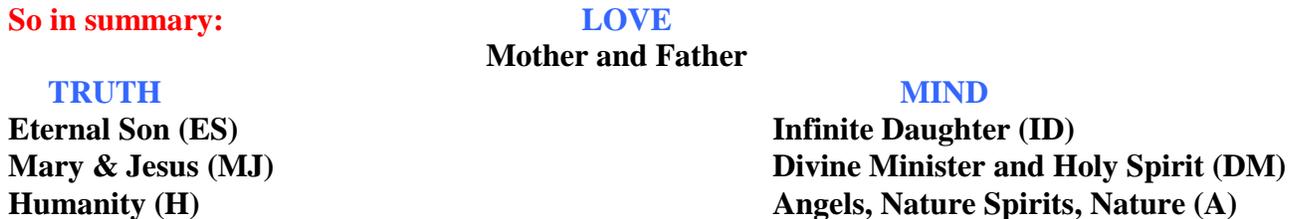
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS (MF) – Love – the Living Truth**
2. **DIVINE MINISTER (DM) – Mind (and her Holy Spirit)**
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

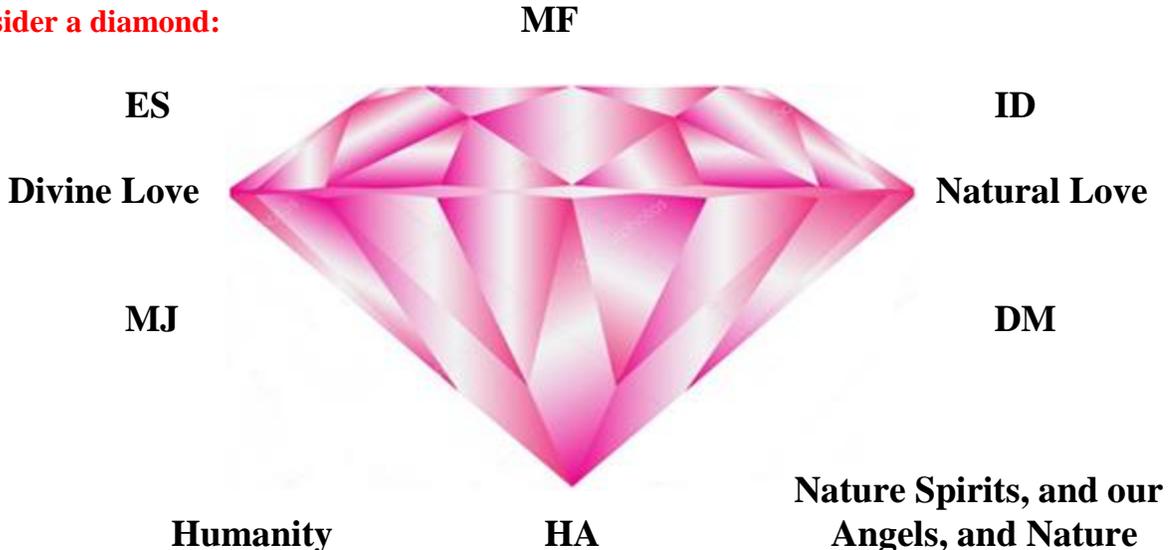
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR – the Feeling Healing process – incarnate**
2. **DAYNAL – TEACHER PAIRS – they do not incarnate**

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter

Jesus and Mary

Avonals

as soul partner pairs

Trinity Teachers

as soul partner pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soul partner (soulmate) pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

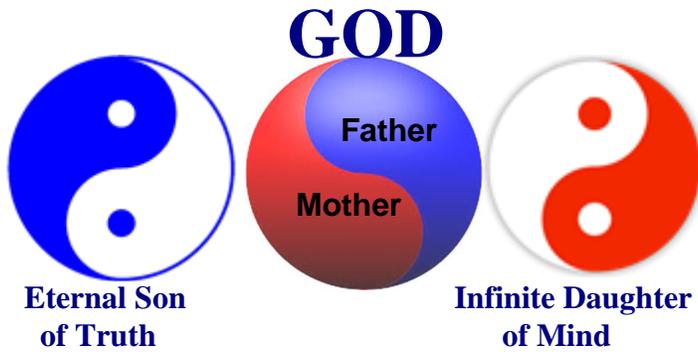
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soul partner pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

CREATION of SOUL and SPIRIT:



God is *The Paradise Trinity* — the eternal Deity union of the Personalities: the Universal Mother and Father; the Eternal Son of Truth; and the Infinite Daughter Spirit of Mind.

The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one's feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.



The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate / soul partner) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, as we progress in truth up through the Mansion Worlds, celestial heavens and all the way to Paradise.

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

Spirit Person

Nature Spirit



A nature spirit is an angel in waiting.

Pascas Care Letters Dr Hawkins validates Feeling Healing

The above Pascas Paper may be downloaded as a PDF from www.pascashealth.com by going to the Library Download page and scrolling down to the file within Pascas Care Letters and click on:

 [Pascas Care Letters Dr Hawkins validates Feeling Healing.pdf](#)

Books by Dr David R Hawkins include but not limited to:

Power vs Force
 The Eye of the I: From which Nothing is Hidden
 I: Reality and Subjectivity
 Transcending the Levels of Consciousness
 Healing and Recovery
 Truth vs Falsehood: How to Tell the Difference
 Discovery of the Presence of God: Devotional Nonduality
 Reality, Spirituality and Modern Man
 Letting Go: The Pathway to Surrender



YouTube has DVDs with Dr Hawkins demonstrating kinesiology.

In his writings, Dr David R Hawkins unequivocally endorses the Feeling Healing process that James Moncrief has published throughout his writings.

David R. Hawkins, MD., Phd., born 3 June 1927, died 19 September 2012, Celestial November 2022

Nanna Beth, 3rd Celestial Heaven, John's grandmother: Saturday, 19 November 2022

“David Hawkins has indeed attained the first Celestial level and he is aware of all you've been doing so far as using his work, however he is not able to speak to you directly through James because James has chosen not to do any of that for the time being, he only will allow myself and Isabella, this being needed for the sanity of his mind, as well as streamlining all he is doing with us spirits and Angels.

“David did indeed come to you, John (this week), to tell you of his happy achievement, and should you wish to speak with him, then I would suggest when you feel open to receiving from him, ask him to come and speak with you, however bearing in mind that it will also be easy for your mind to make up things and assumptions which might not come directly from David. However, if you look to the essence of what is being conveyed to you, such as what you felt the other day that he'd moved into the Celestial spheres, then that's enough. He is happy that you use his techniques, however he will have other work he'll need to do with his soul-group and soul-mate, taking time to get to know each other. He won't be directly involved with you or your work, that's to be and is being orchestrated by third Celestial sphere spirits, so he will be moving further away from all that's transpiring on Earth. I can't say anything about his soul-group, as that's for him to discover for himself, however you might consider saying your goodbyes to him. It will be the higher Celestials in league with your Angels that will help you use his techniques on other people. However, also remember that such measures are still highly subjective and shouldn't be used too much, given too much credence. **Although as a light guide and to start with getting a feel for someone or a group of people, they are fine to use.**”