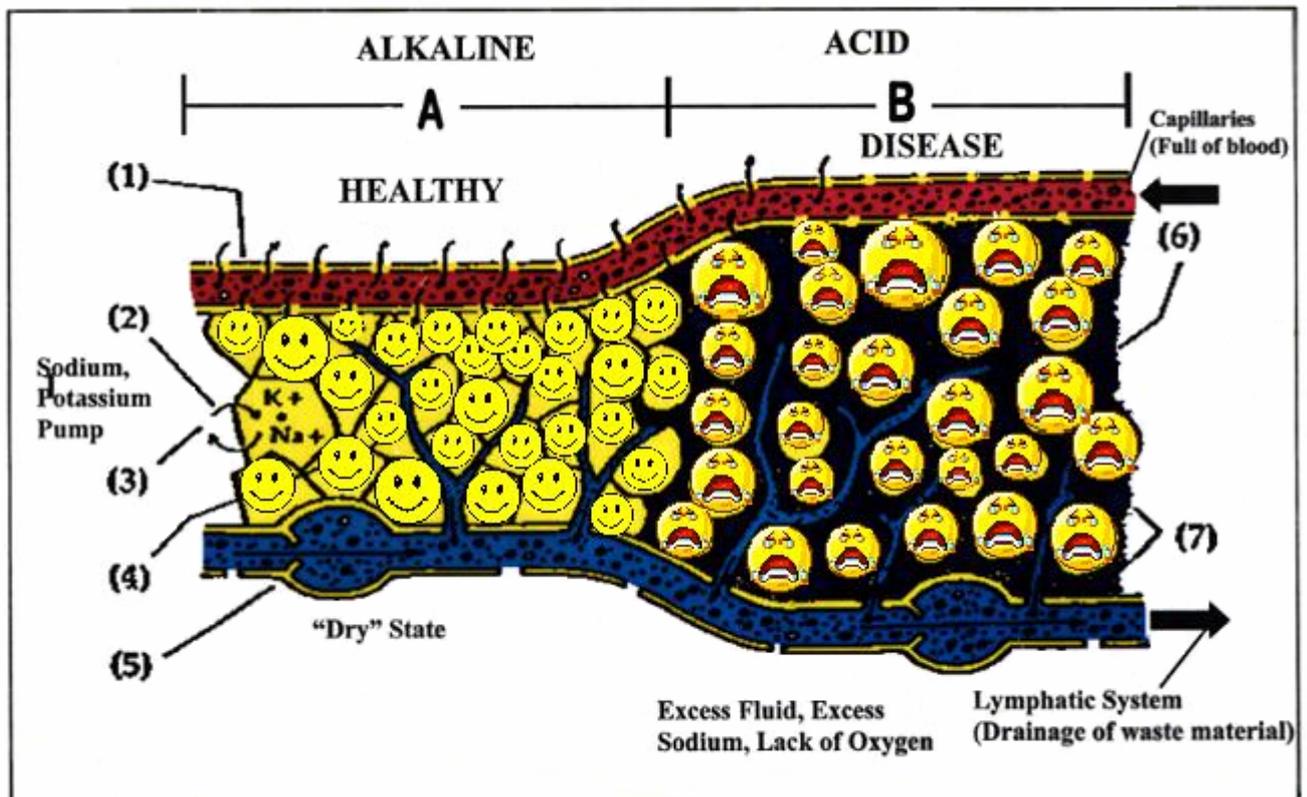


# PASCAS CARE

## Alkaline or Acidic

Do you realise how simple a health program is?



The Reasons Why We Need a Health Programme

“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
 ABN 23 133 271 593

Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)  
 Em: [info@pascashealth.com](mailto:info@pascashealth.com)

Pascas Foundation is a not for profit organisation  
 Queensland, Australia

[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)

## PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*



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

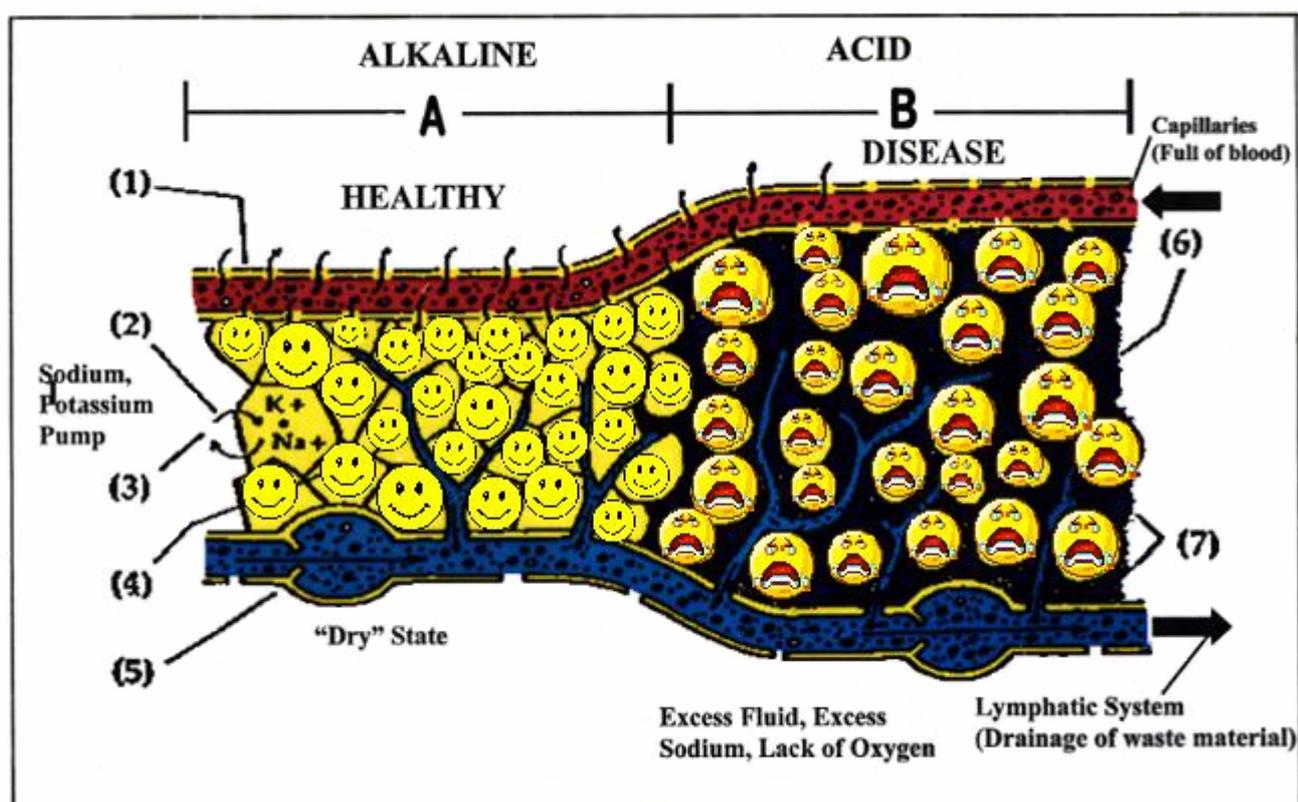
We've got Brian Morley here with us and we are going to talk about Osteosarcoma which is plaguing the young people of today, and of course Osteoporosis and the elderly and Brian has a lot of knowledge about this. He is going to share something with you that you will find very interesting. Brian:

Thank you.

Otto Walberg, was a Nobel Prize winner back in 1931 and again in 1950 and 1963, for his work in discerning that cancer and all viruses cannot live in an oxygen rich environment. When your body has little oxygen it's pH is acidic, flooding your body with oxygen changes your body pH to alkaline. In return, your energy is boosted and cancer and viruses instantly die.

Osteo means bone and Sarcoma means cancer. How cancers are truly formed is a process that people have got to know. There is a fine line between health and disease. Healthy cells are cells that are living in an alkaline environment, they got heaps of potassium inside the cell. The Greek word for potassium is kalian hence potassium k, alkaline. Thus cells must be in an alkaline environment to be healthy. Under the skin, everything has to be alkaline.

## Do you realise how simple a health program is?



## The Reasons Why We Need a Health Programme

You produce acidity through polluted air, polluted water, polluted food and other substances in the air and above all, massive stress, so this is the acid side (B), this is the alkaline side (A), this is a capillary from an artery to the vein giving oxygen, blood sugar, vitamins, minerals and nutrients to feed the cells, regenerate the cells and all the waste goes away in the storm water drains, the lymphatic system.

This is the disease state, remember, we are looking at cancer of the bone here, we are looking at cancer of the liver, we are looking at cancer of the tissue, cancer of the muscle, cancer of the skin, no matter where it is, everything is made of little cells and what we are looking at is excessive fluid, excessive saline, ions, lack of oxygen to the cells, because its acidic, the blood sugar ferments inside of the capillary and forms a glue and stops oxygen from carrying it to the cells, therefore, we get cancer.

This is what is happening to their bones. Bone growth is important as a structure to be able to hold the body erect.

Now, there has been an increase brought about with this problem through fluoride.

Fluoride is a halogen (chemical, any of a group of reactive non-metallic elements (fluorine, chlorine, bromine, iodine, astatine) which form strongly acidic compounds with hydrogen from which simple salts can be made). Quite frankly, it can be a little bit messy in working out the chemicals. I don't want to be a hypocrite, I actually gave Calcium Fluoride to my young children as babies, but I knew that Calcium Fluoride in the calcium form was brilliant for the bones but certainly not Sodium Fluoride, certainly not Aluminium Hydroxyl Fluoride, or Fluoride in all other radicals, because the Fluoride will dispose of uric acid which is your growth hormone, and doesn't allow our cells to reproduce themselves. Fluoride will do that. If you can't have iodine, that is a problem. Fluoride upsets the Chlorine, the Sodium Chloride in your blood. It upsets the entire apple-cart.

Some of the surveys now that young boys, not girls so much, but boys, their bones are brittle.

This is a strange one in a way, because, you will find in today's world because so many "mothers", I found this interesting in my research that the actual spermatozoa that carries the female gene have stronger tails and they can swim in acid fluid, were as the males can't. So if a male happens to mate with a busted tail and does in fact form a boy, right from the beginning, his genes are very weak.

If you are going to Google, just search for "Osteoporosis" and you will find a lot more detail.

***Brian Morley. D.I.Chem., N.D. Dip.Mass., B.Ac.***

Also consider:

**Pascas Care – The Truth About Cancer**

**Pascas Care – The Truth About Cancer – Complementary Modalities**

**Pascas Care – The Truth About Cancer – Exploring Pathways**

<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](mailto:info@pascashealth.com)

# Lifestyle Programme

**vital balance**

## NATURAL THERAPY CENTRES

Shop: 8/78 Station Road, BETHANIA, QLD 4205

✉ Postal: P.O. Box 479, SPRINGWOOD, QLD 4127

☎ Phone: 07 3805 2939 📠 Fax: 07 3805 6422

*Brisbane (Bethania), Buderim, Toowoomba, Forster, Warabrook, Albury (Wodonga) and New Zealand.*

The VITAL BALANCE PROCESS is a system of Natural Medicine specializing in health assessment, the elimination of health complaints and sickness, the prevention of disease, and a range of other health related services. Unlike Western Medicine, which concentrates primarily on the treatment of disease, the VITAL BALANCE PROCESS focuses on the attainment and maintenance of optimum health.

### Our Tools of Education are:-

Acupuncture, Laser Acupuncture, Traditional Chinese Medicine, Herbal Medicine, Homeopathy, Iridology, Non Surgical Facelift, Nutritional & Dietary Management, Dorn Method – Body Assessment & Correction, Breuss Massage, Lymphasizing, Food Supplements, Orion Healing, Alkaline Water, Alkaline Ionised Air, Massage, Raindrop Technique.

### Who to Contact?

If you would like to have a consultation at any of our NSW Clinics please feel free to contact the people above and below to make an appointment.

#### **FORSTER CLINIC**

It's Health Mid North Coast

**Kaye Leadbeatter**

P O Box 930

FORSTER NSW 2428

Ph. 02 6555 7771

Fax. 02 6555 7761

#### **ALBURY CLINIC**

Health & Body Therapy Centre

**Joe Lewinski**

Suite 5-550 Englehardt St

ALBURY NSW 2640

Ph. 02 6023 1577

Fax. 02 6043 1964

#### **NSW CLINIC**

Vital Balance Health Centre

**Marilyn Morris**

Ph. 0427 166 526

## *Regain Your Health and Vitality*



**Congratulations, and Welcome to your first step towards change, because today is the first day of the rest of your healthy life.**

In my early days I never knew that there was a need for vitamins and minerals as a supplement. I never knew that our food was devoid of nutrients. I had no idea that multinational companies were interfering with the food chain. I'm sure I was just like you.

I, like most people around me sustained myself with the all Australian diet of meat and three vegetables. I received a sudden jolt, when dramatically I attended the funerals of five (5) of my best friends in the space of 18 months. Two (2) heart attacks and three (3) cancers, and I was next!!! I had one foot in the grave so to speak. Fortunately, I had a mentor to turn to who inspired me with a **PROCESS OF LIFE**.

Coming from a background of foods, fats and fertilizers led me into a journey of natural therapy out of necessity. I quickly learnt that **'Good Health'** is a complete state of wellbeing not merely the absence of disease.

Born in 1936, I was horrified and mortified to learn much, much later that **Otto Warburg** had discovered the cause of **all disease, all pain and all cancers** and got a **Nobel Prize for it in 1931**.

This **Process** of Vital Balance has been put to the test over the last 30 years with many thousands of patients who have regained their health and vitality and been empowered with the knowledge of self healing. Do you normally see your Doctor? We like the doctors to treat your disease while we look after your health and wellbeing.

The greatest majority of people who come to me, say they have tried so many things and been to so many places to find nothing worked. I tell them "at least we know what hasn't worked". It's time for you to try my process, and they do, and it works.

I would like to thank the many thousands of patients who recommend my process to their family and friends. **That is a testimony to the fact that this process works.**

Please continue reading to discover how to have excellent health always. The information contained herein is vital to your success. Enjoy your new life.

**Ye shall know the truth, and the truth shall make you free, – (John 8:32) or make you well.**

**Brian Morley.**

***Brian Morley. D.I.Chem., N.D. Dip.Mass., B.Ac.***



## THE VITAL BALANCE PROMISE

- ❑ We are so confident that the Vital Balance Process will powerfully assist you to regain your health and vitality, that we offer an extraordinary guarantee.
- ❑ Give us ten minutes of your time and we will produce a graph of the major systems of your body, demonstrating your average energy level and any system imbalances.
- ❑ We can then show you how imbalances in the functioning of major organs and systems lead to health issues and loss of energy.
- ❑ In a further 20 minutes, we will show you what you can do to regain your health and vitality. We will introduce you to the Vital Balance Process. Through knowledge, simple exercise, advice on nutrition, food supplements, massage, laser stimulation and other supportive processes, we will show you how you can achieve your health goals.
- ❑ You will have the committed support of skilled consultants as your personal wellness coaches.
- ❑ We are confident that your involvement with the Vital Balance Process will enable you to achieve significant and measurable progress towards your health goals and overall improvement in your health and vitality. If this is not your experience after just three months, of adherence to the program we will refund all your consultation fees.



- ❑ The Vital Balance Promise is just one measure of our commitment to your well-being.
- ❑ For people with medically diagnosed cancer this promise is Null and Void.
- ❑ No Guarantee can be given for cancer cures; the body alone has the ability to heal! 90% is the MIND.

**GOOD HEALTH is a COMPLETE STATE OF**  
**“WELL BEING”**  
**NOT JUST THE ABSENCE OF THE DISEASE!!!**

**Formula for a Fast Track to Good Health**

**INDEX**

<b>1. <u>BECOME ALKALINE:</u></b>	
a) Alkaline Mouth- Alkalizer (WPB)	Page 9-10
b) Fast Track Eating Programme	Page 11
c) Slow Track Eating Programme	Page 12
d) Power <b>Smoothie</b>	Page 13
e) Book of Unresolved Issues (reduce mental stress)	Page 14
<b>2. <u>KILL FUNGUS (Candida Albicans) 99.9% of people have this.</u></b>	
a) See Fast Track Eating Programme	Page 11
b) Can-Liv Food Combo	Page 16
<b>3. <u>SUPPORT LIVER AND GALL BLADDER</u></b>	
Candida Albicans has denied your liver and gall bladder.	
a) Whey (8 essential amino acids)	Page 15
b) Oil	Page 20-21
c) Can-Liv Food Combo	Page 16
d) Alkaline Water	Page 17-19
<b>4. <u>OBEY RULES</u></b>	
a) See The Seven Major Principles for Life	Page 26
.....	
<b><u>Extra Pages</u></b>	
Long Term Lifestyle Eating Program	Page 22
Composition of Daily Intake of Food	Page 23
Foods – Highly Acid – Acid – Neutral- Alkaline etc.	Page 24-25
Ryodoraku Charts	Page 27
Daily Stress Control	Page 28
Trapped Plasma Proteins Chart –	Page 29
Candida Symptoms	Page 29
Time	Page 30
Positive & Negative Emotions	Page 31-32

# Acidophilus Alkalizer (W.P.B)

## WATER PHASE BALANCER (ACID OR ALKALI)

**ACIDOPHILUS ALKALIZER (WPB)** will also replace the necessary natural bacteria, which are killed by antibiotic treatments and by animal food (chicken, pork, grain and lot fed meat) fed with antibiotics. The Alkalizer contains the entire 9 intestinal flora necessary for balance in the immune system in the entire small intestine.

**ACIDOPHILUS ALKALIZER (WPB)** is truly an exciting product for the chronic fatigue sufferer, who should be able to dramatically increase the absorption of the nutrition from their food, thus greatly increasing their energy levels.

**ACIDOPHILUS ALKALIZER (WPB)** may aid with reflux, heartburn and bloating.



**ACIDOPHILUS ALKALIZER (WPB)** is also gluten free to assist allergy sufferers, and tastes great when taken straight, chilled or in any type of fruit juice.

**ACIDOPHILUS ALKALIZER (WPB)** is a naturally fermented blend of rice malt, pure fresh lemon juice, and a selection of the organic whole grains: brown rice, maize, mung beans, linseed, millet, ginger, fructose, chick peas, adzuki beans, pearl barley, oats and filtered natural alkaline water. A capful taken before each meal is best.

### INGREDIENTS:

Lactobacillus Acidophilus	Filtered Water
Saccharomyces Cerevisiae	Malt
Saccharomyces Boulardii	Rice Malt
Lactobacillus Plantarum	B.D. Rice
Bifidobacterium Bifidum	Linseed
Lactobacillus Caseii	Maize
Lactobacillus Delbruecki (SSP. Bulgaricus)	Mung beans
Lactobacillus Rhamnosus	Chick Peas
Lactobacillus Brevis	Adzuki Beans
Lactobacillus Salivarius	Pearl Barley
Pure Lemon Juice	Oats
Alfalfa Seed	

**ACIDOPHILUS ALKALIZER (WPB)** will improve with age (as does a good wine) so don't be afraid to buy in bulk.

OTHER USES: Colic in Children, Side salad dressing, Substitute for Vinegars.

**How to open the bottle to maximise usage:**  
DO NOT SHAKE. Hold bottle gently on the side, release cap slowly until foam in cup equals 1 tablespoon of liquid. No need to break seal.



**Opening the high-pressured Vital Balance Water Phase Balancer.**

When first purchasing your Vital Balance (W.P.B.) Alkalizer drink, take a bottle (for use straight away) and firmly shake the bottle and place upright in the fridge to be chilled.

When you need to use your Vital Balance (W.P.B.) Alkalizer drink, remove from the fridge and carefully tip the bottle on its side over a glass, and gently ease the cap part of the way off but not necessarily breaking the seal. A foam / froth will spill out of the bottle into the glass.

You will notice the foam / froth will quickly turn into the (W.P.B.) Alkalizer drink. Be careful not to let any of the grain, food for the natural bacteria, escape into your glass.



**Be careful not to let the food for the friendly bacteria escape.**

**Always shake the bottle after use and return to the fridge after opening.**

# **Fast Track**

## **VITAL BALANCE EATING PROGRAM**

*Eating for Health: let your food be your medicine*

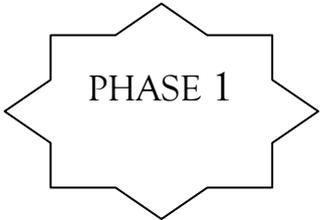
### **CLEANSING PROGRAM PHASE 1 (4 DAYS)**

(Fruit & Vegetables, 2 Power Smoothie Drinks and no other Protein or Grains)

Begin this Cleansing Program now, and then cleanse every month.

(For ladies – best completed during the monthly cycle)

Gentlemen the same time to support the ladies.)



PHASE 1

### **DAILY ROUTINE**

#### ***First thing in the morning (on rising)***

Drink one glass of pure warm water containing lemon juice ( $\frac{1}{4}$  lemon, wedge).

Lymphasizing 20minutes a day (see page 21 for further instructions)

### **BREAKFAST**

Take 15ml (Water Phase Balancing (WPB)) Alkalizer 3 – 5 minutes before any food.

Power Smoothie Drink. (Instructions following)

Mid morning – Fruit

**Avoid Microwaving**  
**Avoid Fruit after sundown**

### **LUNCH**

Take 15ml Alkalizer 3 – 5 minutes before any food or drink

Choice of either Steamed Vegetables / Soup and/or Mixture of Salads (lemon juice & fresh herbs)

N.B Soup is made by blending Steamed Vegetables with water & before serving add Whey Protein Concentrate/Vital 8 and celtic salt (Adjust quantity to suit your taste)

### **AFTERNOON SNACK**

Take 15ml Alkalizer 3 – 5 minutes before

Power Smoothie Drink (Instructions Page 9)

### **DINNER**

Take 15ml Alkalizer 3 – 5 minutes before

Steamed Vegetables and/or Soup made as for Lunch

**Note:** Those unable to follow Phase 1 should start with Phase 2.

**After** completing phase 1, return to Phase 3 and continue to maintain a good healthy eating program.

**Remember:** 80% Alkalizing vegetables, salad and fruit and 20% Acid forming foods, grains and protein.

### **SUPPER (optional)**

Whey Protein Concentrate/Vital 8 mixed in hot water as a hot drink or with a Herbal Tea eg. Exocell, Intra cell, Calm tea, Forever tea & Regeneration tea. (This will also help you sleep better.)

<p><b>Avoid Yeast</b></p> <p><b>Avoid Sugars</b></p> <p><b>Avoid Salt-except celtic</b></p> <p><b>Avoid Anti-biotics-food</b></p> <p><b>Avoid White Flour</b></p>	<p><b>Avoid Flavourings</b></p> <p><b>Avoid Preservatives</b></p> <p><b>Avoid Colourings</b></p> <p><b>Avoid Meat, Fish &amp; Eggs</b></p> <p><b>Avoid Saturated Fats</b></p>	<p><b>Avoid Grain</b></p> <p><b>Avoid Dairy Products</b></p> <p><b>Avoid Coffee and Tea</b></p> <p><b>Avoid Alcohol</b></p> <p><b>Avoid Fast Food</b></p>
---	---	---

# **Slow Track**

## **VITAL BALANCE EATING PROGRAM**

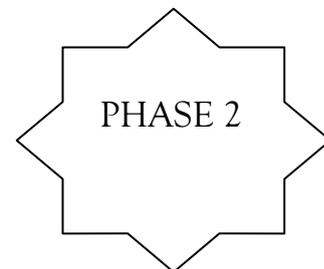
### **CLEANSING PROGRAM PHASE 2 (4-8 DAYS)**

***At this stage we are introducing foods other than vegetables while avoiding difficult to digest combinations, e.g. Carbohydrates and Proteins mixed.***

#### **DAILY ROUTINE**

First thing in the morning on rising

Drink one glass of pure warm water containing lemon juice (1/4 lemon, wedge)



#### **BREAKFAST**

Take 15ml Alkalizer 3 – 5 minutes before any food or drink

Power Smoothie drink (instructions herein)

Fruit (Organic in Season) (optional) N.B. No more than three pieces of fruit per day.

Fresh juices (optional) e.g. – Carrot, Apple, Celery combo or fruit.

**OR**

Wholegrain Millet, Rolled Oats (soak overnight) etc. Mix Smoothie, leaving out fruit and pour over Rolled Oats etc., or use as a milk replacement. See directions Phase 1, using Whey Protein Concentrate Vital Balance, Vital 8.

Mid morning – Fruit

***NO  
MICROWAVING***

#### **LUNCH**

Take 15ml Alkalizer 3 – 5 minutes before any food or drink

One selection of each of the following:

**CARBOHYDRATES:** – Choice of yeast free breads including: Mountain bread; Tortillas; Sour Dough bread; or Rice Cakes; or Brown Rice; or Wholemeal Spaghetti

**VEGETABLES:** – Raw, Steamed or Soup and/or Salad.

#### **AFTERNOON SNACK**

Take 15ml Alkalizer 3 – 5 minutes before any food or drink

Power Smoothie drink (instructions herein)

Choice of one of the following:

Fruit (Organic in season) (optional) N.B. No more than three pieces of fruit per day (including the fruit in your smoothie)

Fresh juices (optional) eg. Carrot, Apple, Celery combo or fruit

Sugar free, yeast free, cakes and cookies.

***N.B. Avoid Fruit after sundown***

***Note: Still no Coffee, Tea, Sugar, Alcohol or Fast Food***

When psychologically ready return and complete the Fast Track

#### **DINNER**

Take 15ml Alkalizer 3 – 5 minutes before any food or drink

Vegetables 4 to 5 types (preferably steamed lightly)

Organic Protein – Meat, Chicken, Turkey, Fish (grilled or steamed) not FRIED or Legumes. SMALL AMOUNT (eaten last).

#### **SUPPER**

Hot whey drink. (instructions herein)

## VITAL BALANCE POWER SMOOTHIE

***For best results, have 2 Smoothies a day***

### INGREDIENTS: For each Smoothie

- Pure Alkaline Water 250mls for a thicker drink or 400mls for a thinner drink
- 2 dessertspoons Whey Protein Concentrate (Vital Eight) or (Vital Five Systems)
- Linseed (Flaxseed) Oil 1 dessertspoon
- Sesame Seed Oil 1 teaspoon
- Can-Liv, Vital Action Herb food, 2 special spoons (spoon inside the container)
- Fruit or Pure Fruit Juice of your choice (Banana OR Apple OR Pineapple etc.)
- DO NOT USE CITRUS FRUIT OR CITRUS FRUIT JUICES WITH OIL IN MIXING YOUR SMOOTHIE e.g. Oranges and Grapefruit etc.
- Vital Nectar (Concentrated Stevia) – (A Natural Sugar Alternative) may be used to sweeten the taste if necessary.
- Quark (a low fat cottage cheese) – optional for a thicker consistency.

### MIXING: For each smoothie

- Firstly blend, using a stick blender or similar (not just a spoon or fork), the Water, the Whey Protein Concentrate, and the Linseed and Sesame Seed Oils.
- At this stage of the mixing do not use any other ingredients.
- Now add the Vital Action Herb food, Can-Liv, Fruit or Fruit Juice, Vital Nectar, and Quark.
- Blend all the ingredients again thoroughly, make sure the oil is sufficiently blended.

### POINTS TO REMEMBER:

- The mixing procedure – Sufficient water to be used to create a proper blend of the 2 Essential Fatty Acids with the Sulphonated Amino Acids, (Amino Acids containing Sulphur). This process is called Saponification and produces the necessary Eicosanoids.
- Eicosanoids are the substances that help transport nutrients through the cell walls, and also provide the Building Blocks in the bone marrow for producing T (cells) – B (cells) Immune cells.
- The Building Blocks of Protein in the 8 Essential Amino Acids, is the only alkalising protein one can have in the smoothie whilst on a cleanse.
- This enables us to use the Whey Protein Concentrate as a smoothie or used on our food during our cleansing process.

### OTHER POINTS TO REMEMBER:

- Microwave Ovens lower the nutritional value of fresh foods.
- Lunch and Dinner can be reversed.
- Nothing out of a can while on a cleanse.
- Eat fruits 20 minutes before foods and not after 7 pm at night.

## Book of Unresolved Issues

Most people do not understand the term ‘mental stress.’ Most people confuse mental stress with emotional stress. We believe that with practice and support, people can learn quickly to control the stress associated with negative emotions.

Stress is a condition in the body manifested by the accumulation of, and lack of elimination of, **unused** adrenalin. Adrenalin caused by the inter-relationship with people, places and things, physically, emotionally and mentally, has to be used up within 1½ to 2 minutes, through FIGHT or FLIGHT. If there is no activity within that given time, then the adrenalin in the bloodstream is stored by the plasma proteins in body tissue in areas of genetic weakness, e.g., bowel, muscle, lungs and stomach etc.

Mental stress is the accumulation of, and the lack of elimination of unresolved issues that the body, mind, spirit paradigm deems to be unreasonable. The first rule of psychology and psychiatry is to externalise that which is on our mind which is unresolved and unsavoury.

The subconscious does not know what the problem is, nor does it care, it just knows that the being is in trouble by holding these unresolved issues in the mind, and therefore produces adrenalin 24hrs a day.

The concentration of adrenalin, ‘**The Stress Hormone**’ is determined by the degree of repulsiveness affecting the conscious mind.

Regular externalisation of these unresolved issues, eg. writing everything down, **including problems that are constantly in your thoughts**, exactly the way it is in your mind, allows the eyes to now see these problems external to the body and relays this to the subconscious. Assuming that the person is fixing his or her problem, the subconscious now backs away from producing any adrenalin.



When the eyes see the unresolved issues written down, then the subconscious is tricked into believing that the unresolved issues have been handled. The writings must be factual and accurate as if one were writing to a brother or sister overseas and able to share every stressful moment. Only then does the subconscious stop the adrenalin response. This book of unresolved issues is best kept of an evening and entries made before going to sleep. The more you write the better. It is then only necessary to re-read, to enhance the externalization of the unresolved issues. One can add or subtract more information as it becomes available to embellish that which has been written and add to it as new issues unfold.

This Book of Unresolved Issues is probably the singular ‘**most important**’ process of resolving mental stress and healing the body of any disease.

# Vital 8 Whey Protein Food Drink

## (W.P. C.) VITAL BALANCE VITAL 8

**Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK** is a rich wholesome food powder that is unequalled in quality and is the finest product of its kind to supply our bodies with the Eight (8) essential amino acids.

No other product can supply the Eight (8) essential amino acids in one form, in the right concentrations and the right balance. Some products contain some of them and other products contain some of them. The pre-digested building blocks of Vital Balance VITAL 8 do not require any further acid treatment in the body's digestive process. It is in fact alkalizing to the body and is used in the Liver cleansing process with fruit, vegetables and salads for **four (4) days monthly**.

**Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK** is designed to be a nutritious alternative to cows milk, and can be used wherever cows milk is used without the risks of lactose and casein intolerance. Some other whey products have partially nutritious qualities, but as a by-product of the cheese industry they have lost a great deal of nutrition and contain up to 70% lactose. The special method of preparing Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK ensures that it is virtually lactose free. Lactose is very mucous forming in the body leading to many allergic reactions and intolerances.

**Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK** is virtually casein free. Casein can also cause blockages to the arteries of the heart. Vital Balance whey contains WHEY PROTEIN CONCENTRATE and therefore boasts high levels of protein, calcium, vitamins, and minerals, many times that of regular milk. Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK is low in fat to help control cholesterol levels, and unlike other whey products, is sweetened with complex sugars, the only sugars that should be taken into the body because they do not interfere with normal blood sugar levels.

**Vital Balance VITAL 8 WHEY PROTEIN FOOD DRINK** is a highly nutritious useful blend of these amino acids (the basic building blocks for life) mixed and formulated to produce a delicious, satisfying and nourishing food, which can be further mixed with fluids to produce a delightful drink. VITAL 8 WHEY PROTEIN FOOD DRINK is pre-digested allowing for an excellent metabolic efficiency. VITAL 8 WHEY PROTEIN FOOD DRINK also has a significantly higher protein efficiency ratio (PER) than casein in animal experimental models.



# Vital Balance can-liv herbal food powder

The **CAN-LIV HERBAL FOOD POWDER** assists with giving your body the ammunition to kill the Candida Albicans and give support to our Liver. This will provide the necessary help for our bodies to self regulate and maintain its purity. If the body is able to keep itself clean by way of elimination of wastes, it should be on its way to optimal health.

The **CAN-LIV HERBAL FOOD POWDER** will assist the Liver Channel Function to maintain optimum blood flow and energy of the blood throughout the other organ channel systems of the body. A healthy Liver Channel Function also means healthier nails, eyes, hair, and skin.

As many as 99% of all people have some form of Candida, but in some cases it hasn't been prolific. In most people it is. A quick question to ask "Have you eaten yeasty bread?" or "Have you eaten grain fed, fast grown chicken or beef?" "Have you taken excess antibiotics?" The Candida Albicans is a fungus, which manifests in the Intestinal Tracts and the major contributing factors are often the sugars and yeasts in our foods. Another major factor with a lot of influence is stress placed on many of our "day to day" lives.

The **CAN-LIV HERBAL FOOD POWDER** is ideal for liver support during detoxification, for people who are Candidised, and while the fungus is being brought back to a controllable level and the gut flora restored. Many of the herbs in this formula have been shown to have anti-viral and anti-biotic properties that can address a wide range of viral infections, as well as the ability to increase the body's natural defence system. **CAN-LIV HERBAL FOOD POWDER** contains many nutrients and herbs that play vital roles in promoting and maintaining a healthy immune system and an effective immune response free of Candida Albicans. They have proven effective against colds, flu's and fevers.

**CAN-LIV HERBAL FOOD POWDER** is therefore necessary daily to assist the elimination of all these symptoms and provide us with a healthy Immune System.



# Alkaline Water Facts

## WHY DO I NEED ALKALINE WATER?

**Alkaline Water helps to remove the cause of all disease from the body.  
All degenerative diseases are linked to acidity**

Alkaline Water penetrates body tissues bringing life-giving oxygen and minerals. Cancer is destroyed by oxygen. Early the last century at least one doctor cured his patients of cancer by giving them Potash (potassium). Modern research indicates precancerous cells do not become cancerous in the presence of calcium. Alkaline mineral salts neutralise poisonous acids while releasing oxygen as part of the reaction.

Alkaline Water carries a negative electrical charge making it a natural antioxidant, and this electrical charge destroys bacteria. Alkaline Water contains mega electrons that act as scavengers that fight the free radicals that attack the cells. This allows your immune system to become stronger and enables the body to better fight off disease. It actually helps the body to heal itself. However, the electrical charge tends to disappear into the environment, so that alkaline water cannot be stored for any extended period of time in the heat. Store in a cool area.

Every living cell within our body creates waste products. Imagine a gold fish in a bowel. It needs alkaline water, food and oxygen. It eats and excretes. The water must always be fresh. The nutrients from our food are delivered to each cell and they combine with oxygen to provide energy for us to live. Whether you eat organic foods, gourmet foods, or junk foods, all foods generate waste products. Foods classified as either good or bad for you are based on the amount and quality of the waste products produced: toxins, acid, alkaline, etc. Most of our cells go through metabolism and these old dead cells also become waste products.



## ALKA MAG WATER

**Why Do I Need Vital Water?** Alkaline Water helps to remove the cause of all disease from the body.

In 1931 Dr. Otto Warburg was awarded the Nobel Peace Prize FOR DISCOVERING THE CAUSE OF CANCER. "Cancer has only one cause.....and that is the replacement of oxygen (aerobic) respiration of the body cells by anaerobic cell restoration". "Cancer is a dark thing living in an acidic place devoid of oxygen."

**Alkaline Water** penetrates body tissues bringing life-giving oxygen and minerals. Cancer is destroyed by oxygen. Early this century at least one doctor cured his patients of cancer by giving them Potash (potassium). Modern research indicates precancerous cells do not become cancerous in the presence of calcium. Alkaline mineral salts neutralise poisonous acids while releasing oxygen as part of the reaction.

**Alkaline Water** carries a negative electrical charge making it a natural antioxidant, and this electrical charge destroys bacteria. **Alkaline Water** contains mega electrons that act as scavengers that fight the free radicals that attack the cells. This allows your immune system to become stronger and enables the body to better fight off disease. It actually helps the body to heal itself.

**Alkaline Water** neutralises excess acidity in the body.

All forms of arthritis are associated with excess acidity.

Heart disease, high blood pressure, osteoporosis, diabetes, kidney stones, gallstones, tooth decay, are associated with excess acidity.

**Why Do I Need Alkaline Water?** All degenerative diseases are linked to acidity.

### THE RELATIONSHIP BETWEEN ALKALINITY AND OXYGEN.

Water ionises into  $H^+$  and  $OH^-$ .

When  $H^+$  and  $OH^-$  ions are in equal numbers the PH is neutral.

If H ions are greater in number, then the water is acidic

If  $OH^-$  negative ions predominate, then the water is alkaline.

The  $H^+$  ions in acidic water will bind free oxygen to create  $H_2O$  molecules of water.

This is why acid rain kills fish. There is less oxygen in the water.

**Alkaline Water** with its many  $OH^-$  negative ions ( $HO^-$ ), is rich in oxygen because the  $OH^-$  negative ions combine with each other to form  $H_2O$  and release oxygen in the process. The negative ions in alkaline water are stable because they are bound to an alkaline earth mineral. The  $OH^-$  negative ion is released and the oxygen produced from the alkaline mineral binds to and neutralises a toxic acid somewhere in the physiology. In this manner the oxygen is delivered to exactly where it is needed - an area in the physiology that is acidic and devoid of oxygen. (Refer to the Trapped Plasma Protein Chart.)

In areas denoted in this chart are Trapped Plasma Proteins creating **excessive fluid, excessive sodium ions and lack of oxygen**. The areas of all disease, all pain, all swellings and all cancer.

Acid beverages, such as soft drinks, rob our bodies of oxygen, while alkaline drinks such as **Alkaline Water**, enrich the body with oxygen and much needed minerals.

### **Why Do I Need Magnesium Bicarbonate in My Water?**

#### **ALKALINE WATER WITH ADDED MAGNESIUM**

What makes the **Alkaline Water** with added magnesium better for your liquid health drink? It contains 90mg. Magnesium and v/v 70 ml/l Oxygen.

**Magnesium** is a vital catalyst in enzyme activity, especially the activity of those enzymes involved in energy production.

**Magnesium** enters into a special partnership with the calcium in the production of the very gem of biologic energy, adenosine triphosphate (ATP) with (ATP) living cells run short of the basic energy currency they need to function properly. **Magnesium** deficiency is the prime factor in cellular energy shortage. **Magnesium** deficiency is the common link among many different diseases affecting the brain, heart, muscles and other organs, restore magnesium to the body in ample amounts and a host of unrelated problems suddenly begin to clear up.

When doctors test for magnesium deficiency they test for it only in the blood and may not reflect the amounts in bone tissues and muscle cells where this mineral plays a major role.

**Magnesium** specialist Bells T. Altura, Ph. D., of the State University of New York's Down State Medical Centre in Brooklyn, believes there is a close link between sudden fatal heart attacks, stress and Magnesium deficiency. She has found that stress indirectly causes the body to excrete magnesium, resulting in a magnesium deficiency in the heart muscle (Medical Hypotheses, vol.6.No.1, 1980). In a major report published by the National Research Council of Canada in 1979, for instance, the hearts of cardiac victims were found to contain about 22% less **Magnesium** than the hearts of those who died accidentally.

**Magnesium** deficiencies general physical characteristics: muscle weakness, muscle twitches and tremors, irregular heart beat, insomnia, leg cramps, restless or jumpy legs, slightly shaky hands, eye flutter, arthritis, confusion, irritability and poor digestion. Other **Magnesium** deficiencies can be synonymous with diabetes, asthma, chronic fatigue, depression to name a few.

### **What Will The Added Magnesium Do For Me?**

#### **FUNCTIONS OF MAGNESIUM BICARBONATE**

A factor in many body processes including energy production and cell replication (or regeneration)

Co-factor for vitamins B1 & B6

Stabilizes body cell structure

Major contributing factor in all stages of growth

The third largest mineral in bones with calcium and phosphorous

Repair and maintenance of body cells

Co-factor in all hormones

Component of chlorophyll

Major component of nerve impulse transmission.

## **THE VALUE OF LINSEED OIL (FLAXSEED)**

*Over the past few years there have been a number of articles in the popular press which discuss the health benefits of Omega 3 fatty acids. While the discussions often centre on the benefits of fish oil concentrates, rarely is the use of vegetable sources of Omega 3, such as flax seed oil, seen as a sale alternative. The importance of using organically grown seed, and the extraction of the oils so that nutrients are preserved, is given even less attention in the public.*

### **WHAT CAN FLAX OIL DO?**

Research and clinical experience shows that Omega3's have beneficial effects in:

1. **HEART DISEASE.** Omega 3's lower high blood cholesterol and triglyceride levels by as much as 25% and 65% respectively. Max Gerson used flax oil for its cholesterol-lowering effect in his New York clinic. Omega3's decrease the probability of a clot blocking an artery in the brain (stroke), heart (heart attack), lungs (pulmonary embolism) or other organ (peripheral vascular disease – gangrene). Omega 3's lower high blood pressure.
2. **CANCERS.** Omega 3's dissolve tumours, Max Gerson used flax oil for this purpose in his clinic. Dr. Budwig in Germany has over 1000 documented cases of successful cancer treatment using flax oil, along with additional nutritional support. She has been using fresh flax oil successfully in cancer therapy for over 30 years now. More recent research shows that Omega 3's kill human cancer cells in tissue cultures without destroying the normal cells in the same culture. Breast, lung and prostate cancer cell lines were studied.
3. **DIABETES.** This DISEASE, according to Dr. Budwig, has its origin in deficiency of Omega 3 (as well as Omega 6) fatty acids, and is made worse by concurrent lack of vitamins and minerals.
4. **ARTHRITIS.** Omega 3's have been found to be effective in the successful treatment and prevention of arthritis. Both fish oil and flax oil have been used. More recently, research using combinations of the Omega 3 and 6 fatty acids, found that 60% of rheumatoid arthritis sufferers were able to completely discontinue their non-steroidal anti-inflammatory drugs (NSAIDs), and another 20% were able to reduce their dosage of NSAIDs in half.
5. **ASTHMA.** Flax oil can relieve asthma noticeably, sometimes within a few days of starting to take the oil.
6. **PREMENSTRUAL SYNDROME.** Many cases of PMS are completely relieved within one month by fresh flax oil. Vitamins and minerals are also important.
7. **ALLERGIES.** Omega 3's help to decrease allergic response. Since the body must be rebuilt, a longer time is needed before the allergies are alleviated. Total nutritional support is required.
8. **INFLAMMATORY TISSUE CONDITIONS.** Include here are the diseases which end in – “it is”, which include meningitis, bursitis, tendonitis, tonsillitis, gastritis, ileitis, colitis, arthritis, phlebitis, prostatitis, nephritis, splenitis, hepatitis, pancreatitis, otitis, etc. as well as psoriasis and lupus. All of these inflammatory conditions may be helped by the Omega 3's.
9. **FLUID RETENTION.** Flax oil helps the kidneys remove sodium and water. Water retention (oedema) is involved in swollen ankles, some forms of overweight, PMS, and late stages of cancer and cardiovascular disease.

- 10. SKIN CONDITIONS.** Flax oil is famous for its ability to make skin smooth, soft and velvety. It also alleviates those skin conditions whose origin is the lack of Omega 3's, in the diet.
- 11. VITALITY.** One of the noticeable signs of improved health from the use of flax oil is increased vitality, and more energy. Athletes notice that their fatigued muscles recover from exercise more quickly. Omega 3's increase stamina.
- 12. CALMNESS UNDER STRESS.** Many people find this calming effect of fresh flax oil to be its most pleasant. Omega 3 fatty acids prevent excess toxic bio-chemicals which our bodies produce under stress.
- 13. OTHER CONDITIONS.** Flax oil can also be helpful in Multiple Sclerosis (in places where essential fatty acid consumption is high, MS is very rare); Omega 3's are required for the development of the brain of the foetus and for brain function in the adult; Omega 3's are necessary for visual function (retina), adrenal function (stress), and sperm formation; cystic fibrosis (Omega 3 containing oils loosen the viscous mucous secretions and relieve breathing difficulties); some cases of sterility, and miscarriage; some glandular malfunctions; some behavioural problems (schizophrenia, depression, manic depressive disorders etc. addictions to drugs, alcohol, and pathological deviant behaviours).

Because they are the essential nutrients most commonly lacking in the diet, Omega 3's are recommended for everybody. In order for the Omega 3 fatty acids in flax oil to unfold their vital functions, the other essential nutrients (proteins, vitamins and minerals) must also be present in the diet in adequate amounts.

#### **HOW IS LINSEED/FLAXSEED OIL MADE?**

Fresh flax oil, even when made with the utmost care and kept cool and closed, retains its vital nutrients unspoiled for only 4 months. Light, oxygen (air) and high temperature destroy the Omega 3's very rapidly. Once opened, flax oil should be consumed within 3 to 6 weeks. The container for flax oil must allow no light to come in contact with the precious oil. The oil must be pressed at a low temperature. Flax oil must be completely protected from light and air between the time it is locked in the seed and the time that it is protected in the opaque container. Only oil made with this required care is worth using to enhance health.

**How to buy & store Linseed/Flaxseed Oil:-** Buy oil only from the fridge or freezer and store the same way.



**PASCAS  
PAPERS**



# **Long Term**

## **VITAL BALANCE EATING PROGRAM**

### **MAINTENANCE (CLEANSING) PROGRAM PHASE 3**

Eating for Health: **let your food be your medicine.** The accent of Phase three is toward good quality food. Avoid fast food and factory processed food. It is important to remember when psychologically ready, one must return to Phase 2 for four to eight days and then to Phase 1 for four days.

***The purpose of cleansing is to force the liver function to detoxify toxic overload in the "Acid" areas of the body, including the liver itself.***

*For those unable to adhere to the requirements of Phases 1&2, the following menu is an example and can be changed to suit.*

#### **DAILY ROUTINE**

First thing in the morning on rising

Drink one glass of pure warm water containing lemon juice (1/4 lemon)

#### **BREAKFAST**

Take 15ml Alkalizer 3 – 5 minutes before

Power Smoothie drink (Instructions Page 9)

Optional: – Whole grain Millet, Rolled Oats etc., mix smoothie leaving out fruit and pour over Rolled Oats etc..

Fruit (Organic in Season) (optional) N.B No more than 3 pieces of fruit a day.

Fresh juices (optional) eg. Carrot, Apple and Celery combination or fruit.

#### **LUNCH**

Take 15ml Alkalizer 3 – 5 minutes before

One selection of the following: A and/or B and/or C

CARBOHYDRATES:- Pocket bread; Mountain Bread; Tortillas; Sour Dough Bread; or Rice Cakes; or Brown Rice; or Wholemeal Spaghetti

PROTEIN:-Meat, Chicken, Turkey, Fish (Grilled or Steamed) NOT FRIED

VEGETABLES:-Raw, Steamed or Soup and/or salad

#### **AFTERNOON SNACK**

Take 15ml Alkalizer 3 – 5 minutes before

Power Smoothie drink (Instructions Page 9)

Choice of one of the following: -

Fruit (Organic in Season) or Fresh Juices (optional) N.B. No more than 3 pieces of fruit a day.

#### **DINNER**

Take 15ml Alkalizer 3 – 5 minutes before

Vegetables 4 to 5 types (preferably steamed lightly)

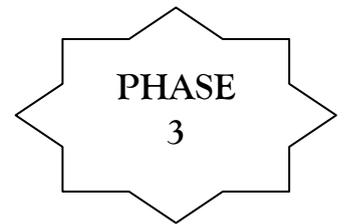
Organic Protein – Meat, Chicken, Turkey, Fish (Grilled or Steamed) NOT FRIED or Legumes SMALL AMOUNT (eaten last)

Carbohydrates (unrefined): Rice, pasta, potatoes (no more than 30%)

#### **SUPPER**

Hot Whey Drink See directions Phase 1

N.B. Avoid Fruit after sun down



#### **POINTS TO REMEMBER**

Keep acid foods to a minimum, around 25% per day. Yoghurt must be live (pro-biotics). Nothing out of a can while on a cleanse. Remember microwaving lowers the nutritional value of fresh foods. Lunch and dinner can be reversed. Fruits should be in season. Eat fruits 15 minutes before any meal (never after a meal). Gradually reduce intake of Coffee, Tea and Alcohol. Strictly avoid refined sugar, refined flour and all types of fast food (KFC etc.)

## COMPOSITION OF DAILY INTAKE OF FOOD

<b>75%</b>	<b>Fruit</b>		<b>(Alkaline Forming)</b>
	<b>Vegetable / Salad</b>		<b>(Alkaline Forming)</b>
<b>8%</b>	<b>Wholegrain</b>		<b>(Acid Forming)</b>
			<b>*P.E.R (Protein Efficiency Ratio)</b>
<b>12%</b>	<b>Protein</b>	<b>Eggs (Raw)</b>	<b>*3.9 (Acid Forming)</b>
		<b>Whey</b>	<b>*2.9 (Alkalisng)</b>
		<b>Fish</b>	<b>*2.7 (Acid Forming)</b>
		<b>Chicken</b>	<b>*2.5 (Acid Forming )</b>
		<b>Meat(Raw)</b>	<b>*2.0 (Acid Forming)</b>
		<b>Legumes</b>	<b>*1.7 (Acid Forming )</b>
		<b>Nuts</b>	<b>*1.5 (Acid Forming )</b>

**N.B.-The body really only requires 1gm per kilo of body weight absorbed.**

**(By weight e.g. 1 Chicken Breast = 60g)**

### **CORRECT EATING ORDER**

- **Fruit (1 type at a time/not fruit salad)**
- **Grains**
- **Salads and Vegetables**
- **Proteins eaten last**

### **SPECIAL NOTE:**

**Poly-unsaturated oils should never be used for cooking or heated in any way.**

<b>5%</b>	<b>Cold Pressed Poly – Unsaturated Oil- As An Oil</b>	<b>Linseed/Flaxseed 1desp x 2 a day Sesame Seed 1 tsp x 2 a day</b>
		<b>Sunflower</b>
		<b>Safflower</b>

**Linseed Oil (Aus) or Flaxseed Oil (USA) – “Do not heat” 1 dessertspoon 2 times a day blended in the smoothie for immunity. (Omega 3 and Omega 6 essential fatty acids)**

**Sesame Seed Oil – 1 teaspoon twice a day also blended in the smoothie for immunity. (Omega 6 essential fatty acid)**

**Cooking** and any other food preparation eg. **Salads** etc. use only

**OLIVE OIL**-cold pressed (a mono-oil: will not form a fat on heating)

**N.B.-It should be remembered that REAL FOOD must come from.....**

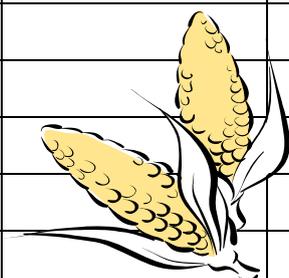
## “THE VEGETABLE KINGDOM”

**N.B.**- The P.E.R Protein Efficiency Ratio is a number that Scientists use to measure how well Protein is able to be absorbed into the Human Body.

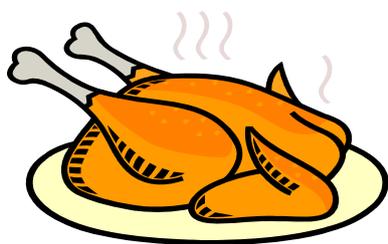
Acid 20%

Alkaline 75%

Highly Acid	Acid	Neutral	Alkaline	Highly Alkaline
Artichoke(Jeru salem)	Beans	Oils	Apple	Almond
Barley	(kidney)	(avocado)	Apricot (fresh)	Avocado
Bread	(navy)	(olive)	Artichoke (globe)	Banana (speckled)
Buckwheat	(white)	(sesame)	Asparagus	Beans (fresh, lima)
Honey	(garbanzo)	(coconut)	Bean (snap)	Blackberries
Lentil (dry)	Beef	(linseed)	Broccoli	Carrot
Oatmeal	Cashews	(sunflower)	Cabbage (red, white, Savoy, Chinese)	Chives
Pasta products	Coconut (dried)	(safflower)	Cauliflower	Endive
Peanuts	Egg yolk	(almond)	Celery	Peach (dried)
Peeled Potato	Fish		Cherries	Persimmon
Rice	Game		Coconut (fresh)	Pomegranate
Rye grain	Millet		Eggplant	Plum
Walnut	Mushroom		Garlic	Raspberries
Wheat grain	Mutton		Gooseberry	Spinach
	Poultry		Grapefruit	
	Natural Yogurt		Grapes	
			Kelp	<b>Very Highly</b>
			Leek	<b>Alkaline</b>
			Lemon & peel	
			Lettuce	Beans (sprouted)
			Melons (all)	String beans
			Onions	Bean sprouts
			Peach (fresh)	Dandelion (green)
			Pear (fresh)	Dates
			Peppers (green. red)	Figs



			Potato (not sweet), Jacket Potato	Prunes
			Pumpkin	Raisins
			Radishes	Kale
			Rhubarb	Tubers
			Tomato (ripe)	
			Turnip	
			Lime	
			Watercress	
			Brussell Sprouts	



**Eat** the Colors of the Rainbow

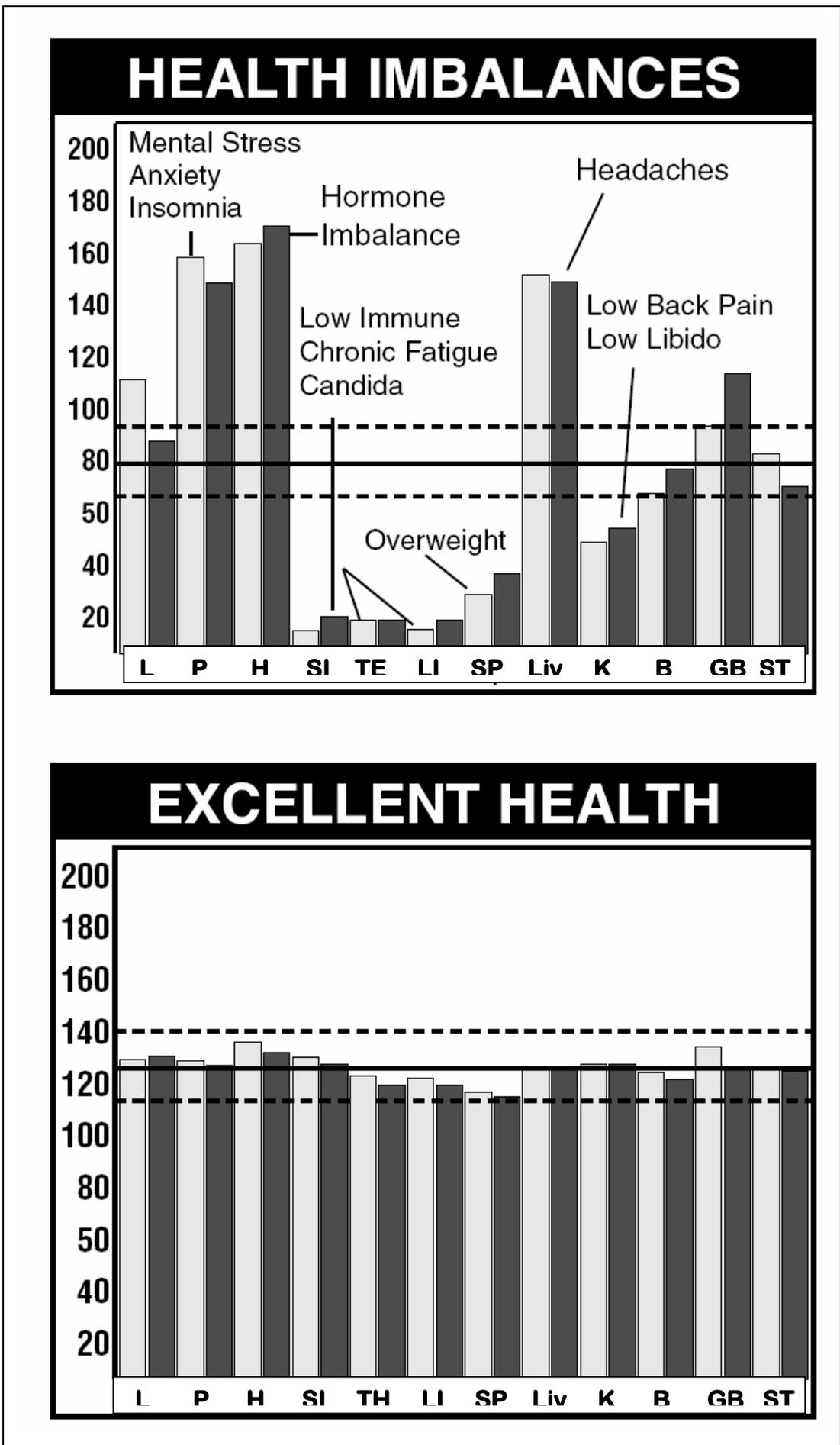
**Fresh is Best!**

## THE SEVEN MAJOR PRINCIPALS for “LIFE”

In order to regain and maintain health and vitality one must follow these basic principles of mental/physical hygiene.

1. **Air:**  
 Pure, clean, rich in negative ions.  
 Proper deep, abdominal breathing. 8-10 breaths slow and focused every morning and evening.  
**Lymphasizing:**  
 Using a gentle bounce, (feet do not leave the mini trampoline)  
 Practice deep breathing – breath out, for 8 consecutive breaths, on the down strokes without breathing in, and breathe in for 4 consecutive breaths, on the down strokes without breathing out. **Maintenance-** 20 minutes requirement per day.  
 Health challenges, start gradually 2 to 5 minutes per day working up to an hour per day (15 minutes 4 times a day)
2. **Water (2 – 2½ litres):**  
 Pure, Fresh, filtered, distilled or rainwater micronised, alkaline and rich in negative ions.
3. **Balanced Nutrition:**  
 Fresh fruit and vegetables, complex carbohydrates, essential amino acids, essential fatty acids, vitamins and minerals. Balanced eating programme.
4. **Physical Exercise:**  
 Movement (walking, swimming, exercise on mini trampoline), stretching, aerobics, weights.
5. **Rest:**  
 Recreation, meditation, relaxation and sleep.
6. **Sunlight:**  
 1-2 minutes in the first hour of dawn, direct on the “rods” and “cones” of the retina of the eye.  
 Later in the day the sun can shine direct on the closed eyelids and “solar plexus” of the abdomen for 10-15 minutes.
7. **Positive Mental Attitude:**  
 Love, contentment, happiness, laughter.  
 Smell the roses!  
 BLISS!

## Examples of Ryodoraku Diagnostic Charts



# Daily Stress Control

A (6) point plan for daily assessment to maintain living in the now.

<b>Wisdom</b>	<b>in</b>	<b>Summary</b>
(1)		(2)

Without warning stop what you are doing and assess you in your performance daily.

**Physical**                      Obeying the Seven Principles of Life

**Emotional**                    You loose points for Negative Emotion  
TOTAL BLISS is the only way.

**Mental**                        Use a “Book of Unresolved Issues Diary” to download  
or        externalise Unresolved Negative Issues on your  
mind daily.

**Spiritual**                      (spiritual perfection – the spirit is perfect  
Control the Mind and live in the now.)

<b>Excellence</b>	<b>in</b>	<b>Planning</b>
(3)		(4)

If you fail to plan, you are planning to fail.

<b>Joy</b>	<b>in</b>	<b>Performance</b>
(5)		(6)

Good Health is a Complete Sate of “Welling Being” not just the absence of a disease.

## SOME CANDIDA SYMPTOMS

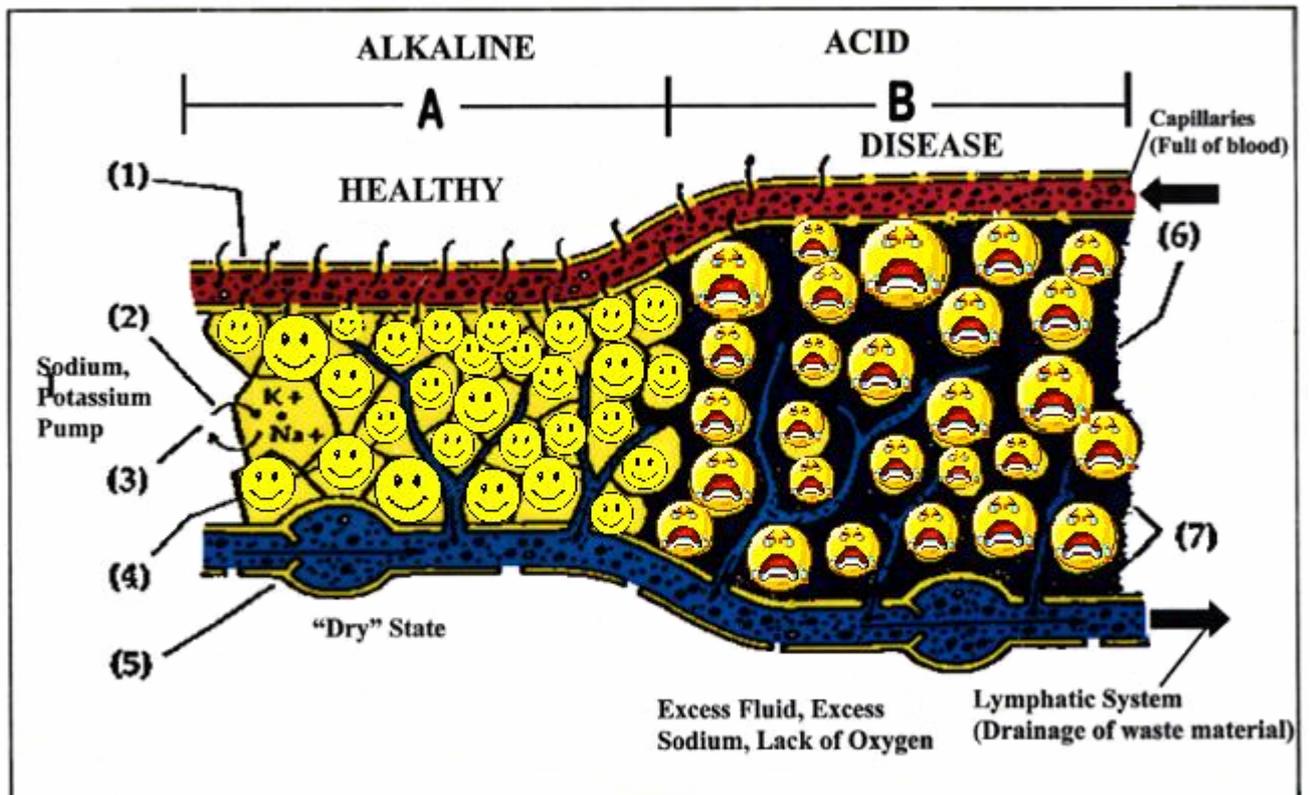


# TIME



- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Brain Fog, difficulty concentrating, short – term memory disturbance.</li> <li>2. Irritability, drowsiness, blurred vision, skin pallor, or cold extremities and extreme fatigue.</li> <li>3. Insomnia, headache, mood swings and depression.</li> <li>4. Sensation of head swelling.</li> <li>5. Weak, shaky muscles.</li> <li>6. Frequent sore throats.</li> <li>7. Unexplained crying spells.</li> <li>8. Chest congestion and palpitations.</li> <li>9. Feeling of being crazy and falling apart.</li> <li>10. Shortness of breath.</li> <li>11. Chills and low – grade fever.</li> </ol> | <ol style="list-style-type: none"> <li>12. Hypersensitivity towards sunlight, sound and touch.</li> <li>13. Sweet cravings.</li> <li>14. Constipation, gas, bloating and stomach pain.</li> <li>15. Extreme food sensitivities.</li> <li>16. Butterfly rash on the face, nail infections.</li> <li>17. Constant postnasal drip.</li> <li>18. Menstrual irregularities.</li> <li>19. Recurrent cystitis.</li> <li>20. Itching all over the body especially anal/vaginal itching.</li> <li>21. Yellow white fur in middle of tongue.</li> <li>22. Thrush or discharge.</li> <li>23. Chiropractic adjustments do not hold.</li> </ol> |
|---|--|

## Do you realise how simple a health program is?



## The Reasons Why We Need a Health Programme

Stand before me on the sign of infinity, all you of the Earth. With the granting of the law of provination comes the application of change. I will give you the key and with this knowledge please realise comes the responsibility of sharing it.

I will show you the way. It's very simple.

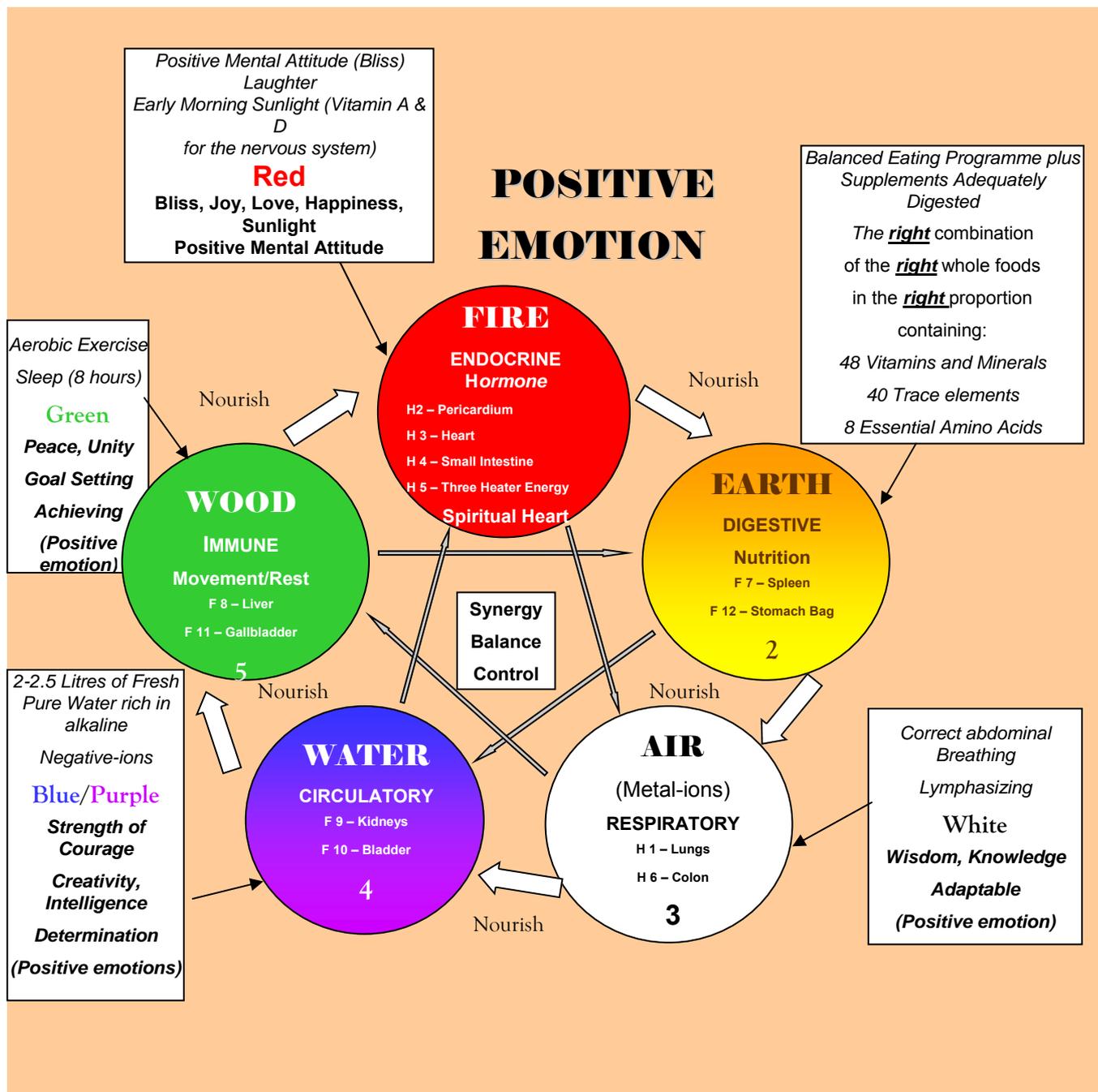
Throughout the Universe is order. In the movement of the planets, in nature and in the functioning of the human mind. A mind that is in a natural state of order, is in harmony with the Universe, and such a mind is timeless. Your life is an expression of your mind. You are the creator of your own universe. For as a human being you are free to will whatever state of being you desire through the use of your thoughts and words. **There is great power there.** It can be a blessing or a curse. It is entirely up to you. For the quality of your life is brought about by the quality of your thinking - think about that. Thoughts produce actions. Look at what you are thinking. See the pettiness and the envy and the greed and the fear and all other attitudes that cause you pain and discomfort. Realise that the one thing that you have absolute

control over is your attitude. See the effect it has on those around you. For each life is linked to all life and your words carry with them chain reactions like a stone thrown into a pond. If your thinking is in order, your words will flow directly from your heart, creating ripples of love. If you truly want to change your world my friend, you must change your thinking. Reason is your greatest tool, it creates an atmosphere of understanding, which leads to caring, which is love.

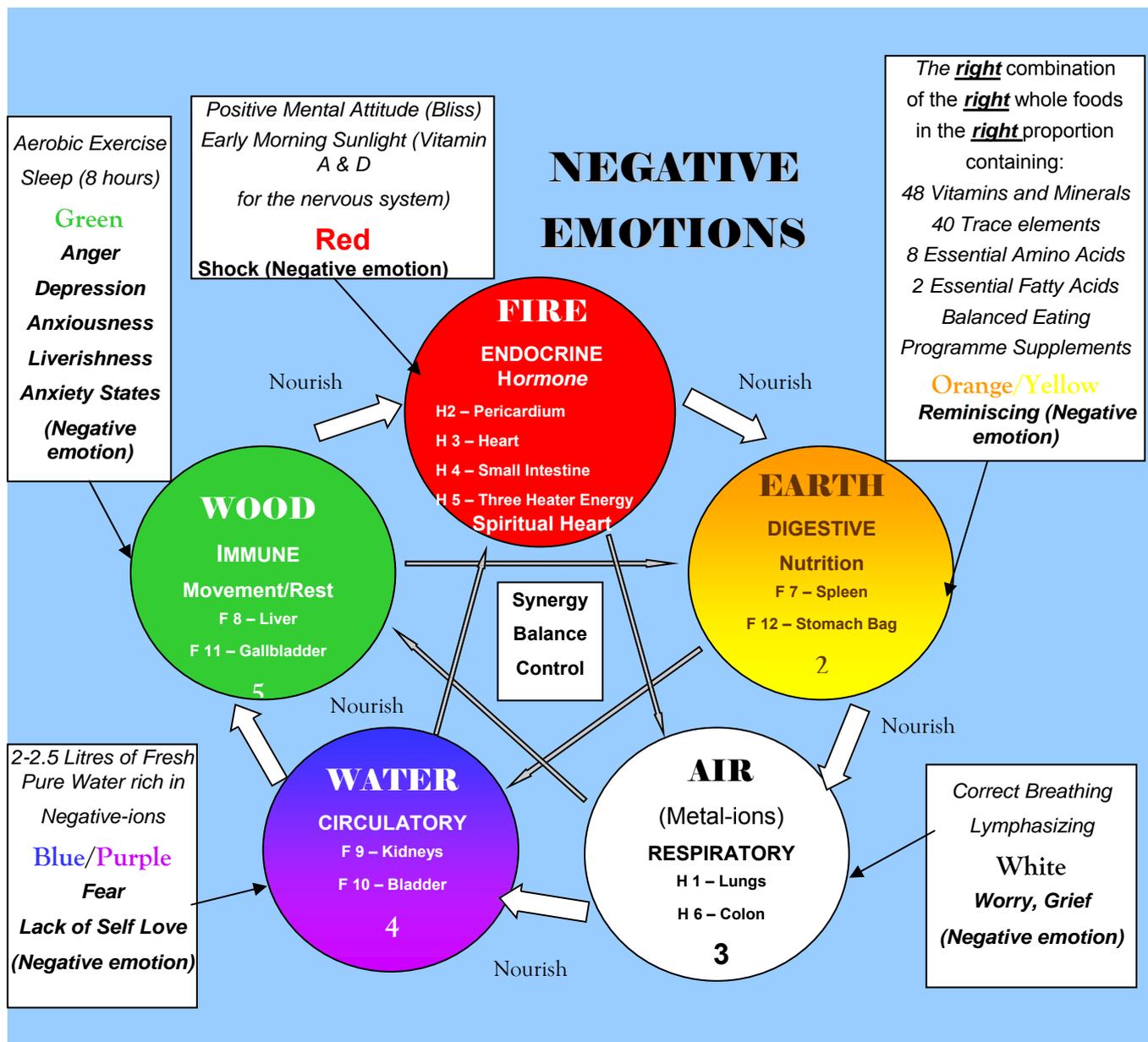
Choose your words with care.

Go forth with Love.

Sir Lawrence Olivier



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



<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](mailto:info@pascashealth.com)

# The Elements of Ageing and its Reversal

*Jeshua*

*through Carolyn Evers, [carolyn@metatronminutes.net](mailto:carolyn@metatronminutes.net)*

*"Is it fair to say or assume that the body ages as negative thought patterns accumulate in the emotional body and the subtle body?"*

Yes, but that is only a part of it.

As you know, genetics play a role because you inherit not only emotional aspects from your ancestors but you also inherit some of their patterns. It is that aspect that's contained in what science calls your "junk" DNA and they don't understand that yet, but there's more to genetics than the physical properties, so to speak – the colour of the hair, the eyes, the stature, the emotional makeup, longevity. That's understood by science. What is not understood by science are the things that a child inherits that have to do with the emotional aspects of past life history. So that plays a role in ageing. Those negative thoughts that you currently use, which of course, can be influenced genetically and the negative attitudes, belief systems, the mores from the years that your ancestors lived. You carry that also. Those aspects don't always show up in the younger years. They show up later.

*Then nutrition plays a role? Exercise.*

Very important – the attitudes of self-worth.

Love yourself – it's that simple. If you don't love yourself you will age faster.

The heart must sing. The soul must laugh. There must be joy.

If the heart is shut off to others, you age quicker. If you don't understand love and you feel unloved, you age quicker. If you feel you are cursed in some manner by another human being, you age faster and you wither.

And so, there are many aspects of ageing. And also, if you have a belief system that humanity is destined to age according to the number of years that you have lived, it is a self-fulfilling prophecy. These are all aspects of ageing. And there is also the time that you carry these attitudes with you where it starts to involve other systems.

## **Reversing the ageing process**

So to reverse ageing you can go through all of this clearing that you are talking about (karmic patterns from this life and past lives, belief systems, patterns within the DNA, etc), but the first step is to heal organs and you don't see those. All of the organs must be healed first so that the systems can perform at peak performance. The Peak. They can't be compromised in any way. Digestion, elimination, assimilation. These are all affecting organs that must be healed first.

So, even though you are clearing attitudes, past life trauma, if you start on this, say, in your '50s, you haven't started doing this until they have been in place for a very long time. You spoke about Atlantis. They did this every 5 years (at the Temple Beauty) and so their clearing took place before it affected the organs. And once the organs are affected, it takes much longer in clearing.

*"How long will it take for the organs to heal and in what timeframe would we expect to see visible change?"*

All of those prerequisites that I've discussed take a lot of work. A person has to be very diligent in completing these things. If you are taking the proper nutrition, clear water, elimination, mental attitude and we're not talking about a disease here, but simply the outer results of ageing. It depends on how intensive a program is that one follows. If these systems are worked upon – and this is without a healer, because intervention by a healer would quicken the process, of course – it might take several years for a person to heal the organs. With the intervention of a healer, it could take a month or two. Healers will show that kind of results in a body because they are bringing down energies that the individual who is not working with a healer has a very difficult time to accomplish for themselves. So when two people work together in the healing process, the organs can be healed faster. Now if you have worked closely with a healer and the organs are healed at optimum, 2-3 months – that is optimum.

That means all the things that we've talked about have to be of the highest priority and besides water, the air quality is important also.

So another factor sits here and that is the toxins that have been accumulating in the body and that would be the toxins and also the amount of plaque that is in the veins. So we would add to that to clear the veins of the plaque, to clear the body of the toxins, to clear the colon – all of those things must be cleared before the youth and vitality return. And so you see, this really is an 'if' answer. Because it is based upon so many components and if all these are dealt with as a high priority of clearing and you worked with a healer, it might only take 3-4 months.

But to work to the point where the reversal of ageing process is noticed – but that's working at the optimum – you can see how intertwined the system is when it has been allowed to go on for many years. If you are only working with a 5 year period like in Atlantis, it would be much easier to clear this.

You see, what ageing is as far as organs are concerned is a loss of cells. They're not replicating like they should. And that means the entire organ now has to carry procedures that were meant for many other cells. So there has to be a rejuvenation of cells. And this takes time.

You're looking at least 9-12 months before you can start to demonstrate any kind of change in the outward appearance because that is one of the last places that reversal of ageing actually is demonstrated. But it can be done.

But you have to apply yourself in all these other areas. Greens are extremely important and if you are not eating enough quality greens, then drink your greens in a powdered form. Greens will heal in ways that you cannot understand because, even though there is a lot of talk of proteins, the human body was designed to exist on greens and fruits, with some nuts. So even though humanity is, as you've been talking about, 35,000 or 70,000 years old, or much older, the digestive system and the assimilation system really hasn't changed that much. But what humanity is eating has changed dramatically. In essence, the physical was designed to eat raw food, when the human being was unensouled. Raw fruits. Raw greens. Raw nuts. Berries.

And what is being consumed is animal fats, which clog up a lot of the systems, so it would be important to look at the amount of fats that are consumed – except for vegetable fats. An avocado has fat in it but that is a vegetable fat. And it is alkaline. And if you ate the ideal diet, the body would be alkaline. And it is the acetic body that is causing the toxins.

If the body isn't alkaline, even if you're working on clearing the toxins, the toxins still increase.

**Jeshua**

## HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I very much enjoyed your conversation with GG that John forwarded this morning. There is a closeness that our little group is developing and I'm looking forward to the day when we can sit down together, perhaps at John's place, and chill with some cheese, crackers (and in my case a pleasurable cup of tea).

If my sense of the quickening is accurate, then that will be soon.

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

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

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

Till next time we chat, sending my love  
Graeme

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

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

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

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part,

so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

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

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

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

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

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

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

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

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch

having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

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



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

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

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is

going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

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

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

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

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

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

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have

wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

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

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

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

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

Love Nanna Beth.

### **Living true to your feelings:**

**It's to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage venting your anger all over the place because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out.**

Marion 7 Apr 2018

27 March 2018:

## HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

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

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

Flower Essences

Crystals and other rare and precious stones

Homeopathy (minute vibrational traces as recognised by Samuel Hahemann 1700s)

Nutraceuticals (being low concentrations of properties found in food)

Pharmaceuticals (being high concentrations of properties found in food – to the level of toxicity)  
and Food all natural without being processed within factories.

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

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

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



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

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned,

nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

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

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

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

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

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

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

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

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

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

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

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

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

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

Love John

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

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



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

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



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

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

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

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



**Feelings first**



**LIVE FEELINGS FIRST**

Saturday, 31 March 2018:

## COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

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

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

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

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

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

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

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

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

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

People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

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

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

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

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

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



**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

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

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

**Library Downloads – Pascas Papers**

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

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

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

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

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

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

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

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

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

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

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release.

But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

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

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

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

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

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

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

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

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

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

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

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

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



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

Consider visiting the Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Then Pascas Introduction Notes:

**Pascas Care Letters Healing Properties of Substances**

# Arvonal Revelation

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

# Feelings First Spirituality

## The New Way

**Feelings First**

**FF**

**Feeling Free**

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

Accept, express and long for the truth of your feelings

Be free in your feelings

Free your feelings from your mind's control

Live true to your feelings; your feelings are your true self

Live true to yourself through your feelings



Live true to yourself by living true to your feelings.

Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly, BAD feelings.

Want to understand why you're feeling them.

Use your surface feelings to take you deeper into your repressed and hidden feelings.



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



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

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

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

Feelings First Spirituality is the True path for humanity.  
 It embraces all people.  
 It completely unifies the world.



Everyone can relate to everyone else through their feelings.  
 And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

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

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

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

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So

let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



my  
**House** is your  
**Paradise**  
 **HOME**

# PASCAS CARE

**"Beacons of Light"  
around the globe**

