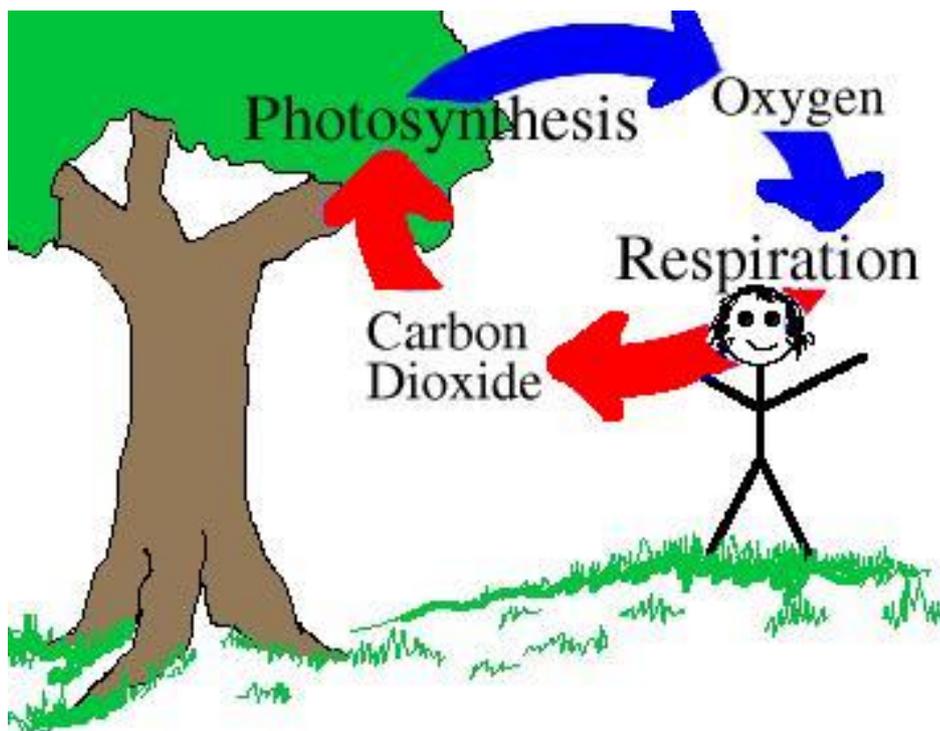


PASCAS CARE

OXYGEN



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

Em: info@pascasworldcare.com

Em: info@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



Oxyrich is manufactured in Australia – similar products are found in different countries.

2oz of stabilised oxygen mint flavour when you need an energy lift in a hurry.

What is Stabilised Oxygen-Oxyrich good for?

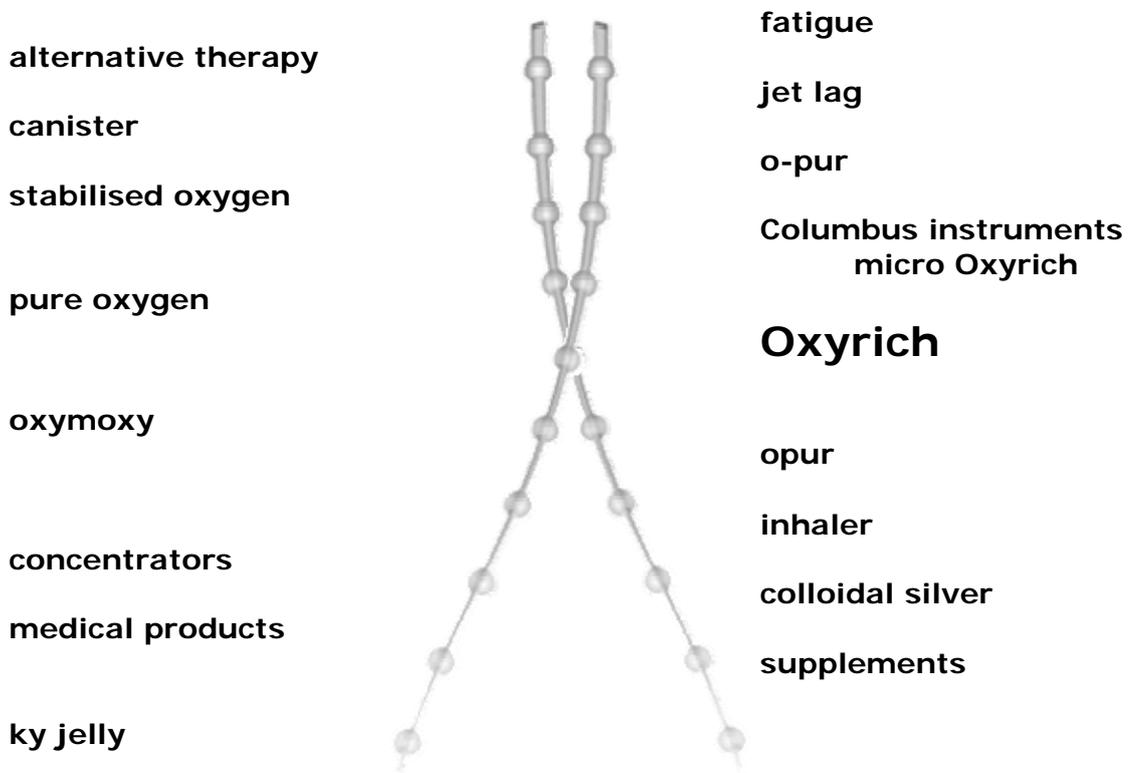
When taken orally 3 – 5 squirts under the tongue one or more times daily. Hold for 30 seconds before swallowing Stabilised Oxygen – Oxyrich offers various benefits:

It is regarded as a potent germ killer, capable of destroying viruses, bacteria, fungi, parasites and protozoa without inhibiting the growth of "friendly intestinal flora".

1. It enhances oxygenation of the body's cells, tissues, organs and bones.
2. It helps to detoxify the blood, by aiding in the elimination of heavy metals, lead, mercury, chemical pollutants, herbicides, pesticides, etc.
3. It stimulates white cell activity, exercise, etc.
4. It acts as an anti-coagulant, thereby assisting in the breakdown of excess mucous in the sinus passage and lungs.

Can it be taken with other dietary supplements?

Stabilised Oxygen – Oxyrich is unique in that it enhances the efficiency of other supplements and remedies, especially the biologically active ones like spirulina and aloe vera. Vitamins, minerals and other nutrients will also be utilised more efficiently by the cells.



Is Oxygen Really That Good?

<http://www.donsbach.com/newsletters/id256.htm>

“You suggested that Oxyrich may help when I have my bad times with COPD. You suggested 10 or 15 drops 3 times a day. I found out that if I doubled that, it was like fifteen years ago, I could breathe again. There has not been a single medicine that has worked like this.”

“When I was diagnosed with terminal cancer over a year ago, I called your radio program. You suggested coming to your hospital, but I didn’t have that kind of money. You suggested OncoTox, Oxygen Capsules and Unit One. Let me tell you that my doctor says he has never seen a cancer stop growing of this type, but mine did. He says to continue whatever I have been doing.”



OXYRICH – Diatomic Oxygen Supplement:

“All chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level”

Dr Arthur C Guyton MD

WHAT is OXYRICH (or similar products)?

- Oxyrich is a very high concentration of bio-available stabilized diatomic oxygen in a solution of Grander Living water and Atlantic sea salt.
- Oxyrich contains only pure diatomic oxygen (O₂) and ozone (O₃) as its oxygen source. App. (175,000ppm O₂ and 3,000ppm O₃).
- Oxyrich is completely non-toxic, colourless, hypo-allergenic and safe to use directly on the skin.
- Oxyrich contains the essential minerals Calcium, chloride, Magnesium, Phosphorous, Potassium, Sodium and Sulphur plus trace minerals Chromium, Copper, Cobalt, Iodine, Iron, Manganese, Molybdenum, Selenium, Vanadium and Zinc.

BENEFITS of OXYGEN SUPPLEMENTATION:

- Increases oxygen uptake at the cellular level.
- Dramatically boost energy levels.
- Strengthens the immune system.
- Heightens concentration and alertness.
- Has a calming effect on the nervous system.
- Oxidises and eliminates built up toxins in cells, tissues and bloodstream.
- Rapidly kills infectious bacteria, viruses, fungi and parasites without harming beneficial micro-organisms.
- Greatly enhances the uptake of vitamins, minerals, amino acids, proteins and other essential nutrients.
- Aids recovery from injury, stress and strenuous exercise.
- Promotes peak brain function, mental clarity and nervous system response.
- Aids in the treatment of respiratory and allergy related conditions such as asthma, sinus and upper respiratory infection.

Oxygen supplementation works without creating artificial chemical conditions in the body. When the body is sufficiently oxygenated it can get on with working efficiently as nature intended.

“The more oxygen we have in our system, the more energy we produce. Understanding this is more important today than ever before because of a general deficiency of oxygen intake”

Dr Norman McVea PhD

SIGNS of OXYGEN DEFICIENCY:

Lack of energy	Overall body weakness
Chronic tiredness	Muscle ache
Poor digestion	Circulation Problems
Depression	Dizziness
Bronchial problems	Acid stomach
Memory loss	Tumours and deposit build-ups
Bacterial, viral and parasitic infections	Lowered immunity to colds, flu and infection

WHO SHOULD USE OXYRICH?

Any person who is interested in a holistic approach to health and well-being.

HOW TO USE OXYRICH:

- A normal dose is 20-25 drops in a glass (250-300ml) of pure water or juice 3 times a day or more if desired.
- Another effective way of taking Oxyrich is sub-lingually. Place one dropper full (about 15-20 drops) directly under the tongue, leave for about 20 seconds then swallow.
- Using a small spritzer bottle or atomiser Oxyrich may be sprayed directly on the skin – aftershave, skin cleanser, cuts, ulcers, minor burns, pimples, insect bites, fungal conditions, sore throat, etc.
- Add a few drops of Oxyrich on your toothbrush or spray into the mount as a breath freshener.

Each 200 ml bottle (7 ounces) is a 6 – 8 week supply of highly concentrated, readily available, activated diatomic oxygen.

The information contained herein is for educational purposes only. It is intended to make the reader aware of the responsibility for their own health. It is not intended as medical advice or to replace the services of a trained health care professional.

CANCER?

In 1931, Dr Otto Warburg won the Nobel Prize in Medicine for his discoveries and research into cancer.

On June 30, 1966 he delivered a lecture to the annual meeting of Nobel Laureates titled:

“The Prime Cause and Prevention of Cancer”

Below are two quotes from this lecture:

“The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

“It is the first precondition of treatment that all growing body cells be saturated with oxygen.”

Oxyrich is the only oxygen supplement that is completely non-toxic, non-chemically formulated, pH neutral, safe to use undiluted and directly on the skin and safe for all age groups.



OXYGEN – OUR MOST IMPORTANT HEALTH SUPPLEMENT:

WHY WE NEED OXYGEN

- 65% of the human body is oxygen.
- 80% – 90% of the energy our bodies need comes from oxygen.

“Oxygen is the source of life to all cells.” Dr Stephen Levine, Ph.D. Molecular Biologist.

Oxygen is nature's most important nutrient, it is critical to the life processes of all living creatures. Oxygen combines with glucose to produce energy and functions as the major – and most efficient – detoxifying element in the body, ridding the body of the toxic by-products of metabolism and destroying fungi, yeasts, viruses, bacteria, parasites and all other harmful microbial.

“Oxygen is needed in the body. We can be without food and water for a lengthy time. We can be without oxygen only for a few seconds ... it's the spark of life.” Dr Charles H Farr, MD, Ph.D.

Studies now show that atmospheric oxygen levels are declining due to an increase in industrial pollutants, automobile carbon monoxide, toxic waste sites, clear cutting of forests and woodlands and an increase of pollutants to our rivers, streams and oceans. This means we are inhaling less oxygen than ever before. Also, we now receive less oxygen from the foods we eat and the water we drink and these consumables contain significant levels of toxins and synthetic chemicals that require high levels of oxygen in order to metabolise (oxidise) them out of our system.

“Oxidation is the source of life. Its lack causes impaired health or disease; its cessation, death.” Dr. FM Eugene Blass, Ph.D.

Our requirement for oxygen makes it the most important supplement needed by the body. Without a sufficient supply of oxygen we simply cannot achieve or maintain optimum health.

“The more oxygen we have in our system, the more energy we produce. Understanding this is more important today than ever before because of a general deficiency of oxygen intake.” Dr Norman McVea.

OXYGEN DEFICIENCY and DISEASE

“All chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level.” Dr Arthur C Guyton, MD. The Textbook on Medical Physiology.

Diseases are anaerobic – they cannot exist in an oxygen-rich environment. Cancer, HIV, Chronic Fatigue Syndrome, Epstein Barr, asthma, arthritis, influenza, herpes, measles, legionnaires, emphysema, bronchitis, E-Coli, staphylococcus, salmonella, Candida, streptococcus, giardia and even heart disease are all anaerobic.

They exist and proliferate where there is little or no oxygen present.

When cellular oxygen levels are increased these disease cannot replicate, proliferate or survive. If the intercellular fluid and the cells are saturated with oxygen, cancer cannot spread, viruses cannot replicate

and the body cannot become diseased. However, aerobic bacteria, the friendly bacteria necessary for good health, thrive in the presence of oxygen.

“The link between insufficient oxygen and disease has now been firmly established.” Dr W Spencer Way, Journal of the American Association of Physicians.

Dr Otto Warburg, Director of the Max Planck Institute for Cell Physiology in Germany, won the Nobel prize for Medicine for proving that a cancer cell cannot exist in an oxidising, healthy cell. Dr Warburg proposed that normalising the metabolism of cancer cells was the key to effective treatment of cancer and the means to accomplish this was to increase the oxygen content of the cells. He stated that as the first priority of treatment, “all growing body cells be saturated with oxygen.”

“Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the cells by an anaerobic (oxygen deficient) cell respiration.” Dr Otto Warburg, Nobel Prize for Cancer Research.

“Oxygen plays a pivotal role in the proper functioning of the immune system.” Dr Parris M Kidd, Ph.D.

PASCAS
HEALTH



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Feeling
Healing with
Divine Love is
the key!



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

WATER:
www.alkalife.com

JSP Publishing

Reverse Aging – Sang Whang
 ISBN 0 9662363 1 9

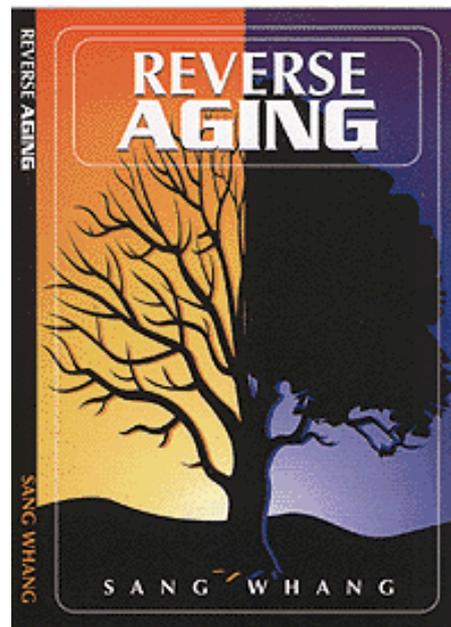
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Water sustains all forms of life, including human life. Water is one of the most mysterious substances on this planet. Scientists are still discovering amazing facts about water. More than 70% of our body weight is water. That translates into about 40 litres (10 gallons) of water for a 55 kilograms (120 lb) person. You are a bundle of water wrapped in skin and walking around. Understanding water and drinking the right kind of water will give us health and longevity.

General Properties of Water

Properties of Water

Water is a strong solvent; therefore, it carries many invisible ingredients: minerals, oxygen, nutrients, waste products, pollutants, etc. Inside the human body, blood (90% of which is water) circulates throughout the body distributing nutrients, and oxygen, and collecting wastes, and carbon dioxides. Every substance deep in our body was brought there by the blood and can be brought out by the blood.



Unlike any other substance, water is lighter in its solid state than in its liquid state. That's why ice floats in water. Otherwise, lakes and ponds would freeze from the bottom up in the winter time killing all living things in them. Water not only sustains life but also protects life.

Structure of Water

We all know that a water molecule is H₂O, that is two hydrogen atoms and one oxygen atom. These two hydrogen atoms are not attached to the oxygen atom in a 180° angle but at 104.5° angle in liquid state and a 109.5° angle in ice, making ice a more open structure than liquid water and giving it a lower density.

These angles create electric polarisation effects on water molecules. The side with hydrogen is more positive than the side with oxygen. For this reason, water molecules are not disjointed, but instead they form structures that change from hexagonal to pentagonal and back, constantly, in a very short period of time (10⁻¹¹ second) in a cooperative manner.

WATER is ALIVE!

Yes, water is alive all on its own entity without any living organism in it.

The percentage of hexagonally structured water molecules varies as a function of temperature. In pure water, there are 3% to 4% of hexagonally structure water molecules at 10°C (50°F) and the rest is pentagonal in structure. There are 10% at 0°C (32°F), and virtually 100% at -40°C (-40°F). We all know that a snow flake is hexagonal. The technology of the NMR (Nuclear Magnetic Resonator) is enabling scientists to see the molecular structures.

Water in a Living Organism

The water in a living organism is much more complex than the pure or 'bulk' water, as the scientists call it. According to Dr Moo-Shik Chun, professor at the Korea Science and Technology Institute, Seoul, Korea, one protein molecule is surrounded by 70,000 water molecules and those water molecules form at least three different layers with different structures.

Dr Chun classifies these different layers as X, Y and Z layers. "The water molecules closely attached to the protein molecule form what is called the Z layer water and the farthest layer is the X layer which is more like the 'bulk' water. The layer in between is called the Y layer. The Z layer water is ionically bonded with the protein molecule and it is very much restricted. It is almost like solid water but will not freeze until the temperature is very low."

"The bulk water, the X layer water is quite free from the influence of the protein molecule, and it freezes at 0°C. The Y layer water freezes at around -10°C and the study of this layer water is important to be able to understand the health and the enzyme activities in the living organism. For example, the Y layer water surrounding an alanine dipeptide molecules has 62% hexagonal structures, 24% pentagonal structures, and 14% other structures."

"It can be said that hexagonally structured water is the water that living organisms like. This may explain the fact that snow-melted water is good for the growth of plankton, green algae, etc. The water from snow has high contents of hexagonal structures. Some of these results are difficult to see but are discovered and demonstrated by computer simulation methods."

Dr Chun further explains that the Y layer water surrounding a malignant tumour doesn't have many structures. He also explains in his paper that the ionised calcium atom forms hexagonal water structures around it.

Other Properties of Water

Another interesting fact that scientist have discovered is that water has some degree of memory. Upon treatment by a magnetic or an electric field, properties such as surface tension and structural activities linger on for some time. Until the technology of the NMR was available, few people believed this fact. The Japanese have many magnetic and/or electric field health treatment devices.

Compared to other liquids, water has a high specific heat value. This fact helps our body to withstand wide variations of ambient temperature. Another important chemical characteristic of water is ionisation. Ionisation happens when an atom or a molecule loses its electrons or gains electron from another atom. Even without any minerals in the water, one in ten million parts of water molecules are ionised. When a water molecule, H_2O , is ionised, the molecules splits into two parts: hydrogen ion, H^+ , and hydroxyl ion, OH^- . These ions in turn ionise minerals in water to create an active chemical reaction. Since water causes ionisation, without water our body ceases its chemical reactions. This means death.

Acid, Alkaline and pH

Acid and Alkaline Water

Sometimes there are more H^+ ions than OH^- ions in water. That kind of water is called acid water. Conversely, the water with more OH^- ions than H^+ ions is called alkaline water. When their numbers are equal, the water is called neutral water. A very interesting natural law exists in these numbers of H^+ ions and OH^- ions. When the water is neutral and the temperature is normal room temperature, the ratio of H^+ ions to the total water molecule is $1:10^7$. If we call the total number of water molecules to be 1 unit, the total number of H^+ ions in this neutral water is 1×10^{-7} unit. Since the neutral water has an equal number of OH^- ions, it is also 1×10^{-7} unit. In short, we say that the pH of this water is 7.

If acid minerals such as sulphur or chlorine are added to this water, the number of H^+ ions increases because the hydrogen atoms give away electrons to the acid minerals. When the number of H^+ ions increases to 1×10^{-6} unit (ten times that of neutral water), the law of nature forces the number of OH^- ions to decrease to 1×10^{-8} unit. The pH of this water is 6. The sum of the exponents for H^+ ions and OH^- ions always adds up to 14 in room temperature water ($22^\circ C$). There is no need to say that the pOH of this water is 8. It is understood. For this reason, we only measure the concentration factor of the hydrogen ion and not the hydroxyl ion.

pH	pOH	H^+ concentration	OH^- concentration
2.5	11.5	$1 \times 10^{-2.5} = 3.163 \times 10^{-3}$	$1 \times 10^{-11.5} = 3.162 \times 10^{-12}$
4.0	10.0	$1 \times 10^{-4.0} = 1.000 \times 10^{-4}$	$1 \times 10^{-10.0} = 1.000 \times 10^{-10}$
6.0	8.0	$1 \times 10^{-6.0} = 1.000 \times 10^{-6}$	$1 \times 10^{-8.0} = 1.000 \times 10^{-8}$
7.0	7.0	$1 \times 10^{-7.0} = 1.000 \times 10^{-7}$	$1 \times 10^{-7.0} = 1.000 \times 10^{-7}$
7.3	6.7	$1 \times 10^{-7.3} = 5.012 \times 10^{-8}$	$1 \times 10^{-6.7} = 1.995 \times 10^{-7}$
7.45	6.55	$1 \times 10^{-7.45} = 3.548 \times 10^{-8}$	$1 \times 10^{-6.55} = 2.818 \times 10^{-7}$
8.0	6.0	$1 \times 10^{-8.0} = 1.000 \times 10^{-8}$	$1 \times 10^{-6.0} = 1.000 \times 10^{-6}$
9.0	5.0	$1 \times 10^{-9.0} = 1.000 \times 10^{-9}$	$1 \times 10^{-5.0} = 1.000 \times 10^{-5}$
9.5	4.5	$1 \times 10^{-9.5} = 3.162 \times 10^{-10}$	$1 \times 10^{-4.5} = 3.162 \times 10^{-5}$
10.0	4.0	$1 \times 10^{-10.0} = 1.000 \times 10^{-10}$	$1 \times 10^{-4.0} = 1.000 \times 10^{-4}$

We think that water is H_2O , that is, two hydrogen atoms for each oxygen atom. However, this exact 2 to 1 ratio exists only in a water with a pH of 7, where the number of H^+ ions is the same as the number of OH^- ions. Since alkaline water has less H^+ ions than OH^- ions, this water **has more oxygen** atoms than half of the hydrogen atoms. Conversely, acid water has more H^+ ions than OH^- ions; therefore, this water has less oxygen atoms than half of the hydrogen atoms.

Human blood has a pH value ranging from 7.3 to 7.45. From the table above, the excess OH^- ions in the water with a pH value of 7.45 is 2.463×10^{-7} ($2.818 \times 10^{-7} - 0.3548 \times 10^{-7} = 2.4632 \times 10^{-7}$). The excess OH^- ions in the water with a pH value of 7.3 is 1.494×10^{-7} . Blood with a pH value of 7.45 contains 64.9% more excess oxygen than blood with a pH value of 7.3. The pH values of 7.3 and 7.45 seem almost the same, but there is a big difference in the amount of excess oxygen between the two examples of blood.

Excess Oxygen in Alkaline Water:

Ten ounces of water weighs approximately 0.296 kilogram. Since the atomic mass unit of a water molecule is 18 and one atomic mass unit is $1.66 \times 10^{-27} \text{ kg}$, one water molecule weighs $29.88 \times 10^{-27} \text{ kg}$. This means that there are approximately 1×10^{25} number of water molecules in 10 oz. of water.

Knowing the pH values of different drinks, one can calculate the number of H^+ ions and OH^- ions in a particular glass of water. The following table compares the pH values and the excess oxygen counts (or oxygen deficiency counts in some cases) in different 10 oz. drinks (300ml).

	pH	H+	OH-	excess oxygen
Popular brand cola	2.5	3.162×10^{22}	3.162×10^{13}	-158.1×10^{20}
Diet soft drink	3.2	6.310×10^{21}	1.585×10^{14}	$- 31.55 \times 10^{20}$
Popular brand beer	4.7	1.995×10^{20}	5.012×10^{15}	$- 0.998 \times 10^{20}$
Reverse Osmosis filtered water	6.8	1.585×10^{18}	6.310×10^{17}	$- 0.005 \times 10^{20}$
Distilled water	7.0	1.000×10^{18}	1.000×10^{18}	0.000
Typical bottled water	7.8	1.585×10^{17}	6.310×10^{18}	0.031×10^{20}
Filtered tap water	8.4	3.981×10^{16}	2.512×10^{19}	0.125×10^{20}
Alkaline water	10.0	1.000×10^{15}	1.000×10^{21}	5.000×10^{20}

All kinds of soft drinks are very acidic, especially colas. In order to neutralise a glass of cola, it takes about 32 glasses of high pH alkaline water.

Any fluid with a pH of less than 7.0 robs the body of oxygen!

Defensive over-kill

In an attempt to get “pure” water, some people promote distillers and reverse osmosis (RO) filters. While these devices work well, they take everything out of the water. Unfortunately, this “pure” water is not healthy. It’s dead water. Fish cannot live in it. If ingested for long periods of time, it can leach out valuable body minerals, such as potassium, magnesium, sodium and calcium, One can take mineral supplements to replace them; however, it’s not easy to replace the minerals in our body in the same form that we lost them in.

If the distilled water or the RO filtered water is used with a water ioniser, nothing happens. No alkaline or acid water will be produced.

Effects of Soft Drinks

A 10 oz glass of cola takes away 160×10^{20} (16 billion times trillion) oxygen from 32 glasses of alkaline water.

Soft drinks are slow killers.

Note

Acid water is oxygen-deficient while alkaline water is rich with oxygen.



OXYRICH (or similar products) – The world’s finest diatomic stabilised oxygen supplement:

- Completely non-toxic, colourless, hypo-allergenic and safe to use directly on the skin.
- Non chemically formulated and no chemical salts used.

Oxyrich is based on the dissolved molecular oxygen (O₂) formulation instead of the salts of oxygen formulations. During its proprietary manufacturing process, Oxyrich actually creates stabilised oxygen molecules rather than bonding oxygen molecules to various salts. This process is a completely unique and totally different approach to creating a stabilised oxygen supplement than all other oxygen supplements. Oxyrich is packed with dissolved oxygen in both its diatomic form (O₂) and as ozone (O₃).

Our bodies require a consistent supply of oxygen to function properly. Oxyrich has a very high concentration of bio-available stabilised oxygen. When taken orally as a daily supplement it provides the bloodstream with pure molecular oxygen which is carried straight to the cells and tissues of the body, saturating them with oxygen. It purges the bloodstream, oxidising and ridding the blood of toxins.

“The body’s ability to metabolise vitamins, minerals and other nutrients is greatly facilitated by stabilised oxygen ... It enhances the uptake of vitamins, minerals and amino acids from natural food sources as well as from daily supplementation.” James Lembeck, DCH, CMP.

Symptoms of oxygen deficiency include: Fatigue – Memory loss – Depression – Muscle ache – Lowered immunity to colds, flu and infection – Bacterial, viral and parasitic infections – Dizziness – Irritability – Acid stomach – Poor digestion – Tumours and deposit build ups – Circulation problems – Bronchial and respiratory problems – Irrational behaviour – Chronic hostility – Sleeping problems.

Research shows that taking diatomic stabilised oxygen daily provides the following benefits:

- Increases oxygen uptake at the cellular level – dramatically boost energy levels.
- Strengthens the immune system – quickly heightens concentration and alertness.
- Has a calming effect on the nervous system.
- Rapidly kills infectious bacteria, fungi and parasites without harming beneficial micro-organisms.
- Supplies the added oxygen needed to oxidise and eliminate built up toxins and poisons in the cells, tissues and bloodstream.
- Dramatically improves nervous system response, promotes brain function, relieves mental fatigue and restores mental clarity to optimum levels.
- Aids tremendously in the treatment of respiratory and allergy related conditions such as asthma, sinus and upper respiratory infection.
- Aids recovery from injury, stress or strenuous exercise. (Diatomic oxygen is gaining enormous respect and popularity with world-class athletes, sports figures, weight trainers and animal trainers.)

“If the body is being starved of oxygen, then to avoid illness the oxygen must be supplemented. The more I prescribe stabilised oxygen for my patients and the more varied the conditions for which I prescribe it, the more success I seem to have with it. While it has been on the market for a short time only, the results I have seen in my patients can only be described as spectacular.” Dr John Muntz Ph.D.

Some Uses for OXYRICH

Dietary Supplementation: Improved metabolism, immune system builder, detoxifier, cleanser and more efficient nutrient utilisation.

Sports and Fitness: Enhanced aerobic performance, endurance, stamina and improved recovery time.

Cosmetic and Personal Care: Non-toxic, anti-microbial preservative, dermal cleanser and detoxifier, brushing teeth, aftershave lotion, insect bites, pimples, etc.

Water Purification & Enhancement – Disinfectant and Preservative: Broad spectrum anti-microbial disinfectant for bacteria, viruses, parasites, mould, yeast and fungi.

Agricultural and Horticultural: Frost resistance, cut flower preservative, seed germination, antiseptic dip.

It is believed that Oxyrich is the best all-round health supplement in the world. It provides a safe, simple to use and inexpensive way to charge the body with pure oxygen.



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

SEVEN CROWN JEWELS of HEALTH – Ed McCabe:

Here's the outline summation of the crown jewel essences that I have learned about healing. The full list is in my new book Flood Your Body with Oxygen, Therapy for our Polluted World.



I have witnessed each one of these jewels – all by itself – work miracles. I'll say it again, each one, all ALONE, has worked miracles! In my experience, from the thousands of interviews I have personally conducted, spanning over 12 years, I have seen astonishing, amazing, "miracle" results appear consistently and quickly in people who have properly applied just ONE of these jewels all by itself. Perhaps just oxygen supplementation, or just ionic minerals, or just enzymes, or just colon cleansing. And don't forget spiritual practices. Each one of these has proven to be a "power-house" solution ALL BY ITSELF.

Now, imagine your increased level of wellness if you actually COMBINE ALL SEVEN CROWN JEWELS into your life in a consistent daily manner?

1. Lots of cellular OXYGEN, the body cleanser and immune booster; you're filthy inside, everybody is. Burn the garbage up, clean it out and rebuild with oxygen! Send the toxins running! Pump up the oxygen so the anaerobic bugs have nowhere to live!
2. ENZYMES, the purifying and dissolving scavengers and catalysts that remove waste, dead weak diseased and dying old cells, and undigested food particles, which are the source of food for all the microbes in your body and fluids.
3. Lots of good clean WATER, the major cleanser and transport mechanism for oxygen and hydrogen and minerals and enzymes. After you pump it up, burn it up, purify everything, and start to flush it away, it's gotta go somewhere, and to do that, you better give the trash something to float in. Flush all the dross out with clear, energetic, natural water! Most people go through life dehydrated, causing themselves unnecessary pain.
4. A CLEAN COLON, to stop auto-toxication and flush wastes. How can you drain the swamp if it has nowhere to go? Don't re-absorb the garbage because the colon is plugged up at the cell surfaces with hardened mucous. Clean your colon regularly. Try fasting one day a week and using Homozone.
5. An abundant supply of the basic building blocks of full spectrum major and trace IONIC MINERALS including energetic HYDROGEN ions and Sulphur as MSM. They are as important to life as oxygen is. They are catalysts for the 5,000 chemical reactions that occur in the body every second. They transmit messages between the cells. They maintain the sub-alkaline balance of the blood and skin. Without the proper mineral being available, few of your vitamins will work, there is no cellular communication, and NO healing occurs. First you've cleaned it up with oxygen, and now you gotta re-build it all. These mineral elements are what your body is actually made of, and therefore are exactly what it needs in order to repair and re-build itself.
6. Light, Sound, and Other Energy. Energy; like sunlight, birds chirping, water flowing, and being surrounded with peace and love, are all essentially and ultimately natural beneficial energy delivery systems. We perceive them when we feel the warmth, listen to the melodies, and feel the warm love energy pour out of Mum's hand as she checks our forehead for a fever. We also seek to acquire more unconditional warm love for ourselves through touching and being with others. The reflection we feel of God's love and acceptance for us is the powerful drive behind the urge to procreate.

7. An Emotional, Moral and Spiritual BALANCE. Stop living with guilt and disease because of making the wrong choices that you thought were unavoidable – only because you were lost in some illusion. Actually, the bad choices you made were only available for you to choose from due to a lack of having complete knowledge of the love that binds us all together, and the ramifications of your decisions. It has been my experience that if one cleans out and oxygenates, the thinking becomes clearer, the intuition gets clearer, and then one makes fewer and fewer bad choices, like anger, or drinking, or dope, including cigarettes. When you think clearer you no longer feel comfortable with self abuse. You make fewer bad choices, and then the body temple can use its energy to repair and rejuvenate – instead of fighting unnecessary toxins you keep piling in.

Instead of just engaging in a holding action against the daily onslaught of stress and toxins, by oxygenating, you engage in positive evolution and character building. Daily prayer or meditation is highly advised. I have seen broken bones healed instantly through meditation, and dipping into The Life Force daily charges up our creativity and immune defences. We are now at the evolutionary jumping off point where we finally are re-integrating our access to our total spiritual selves while resident within our human biology, so let's help the process along, and win the prize.

Try al seven jewels. I mean it. I've seen it all, over many years, in all types of people with all sorts of ailments, all over the world, and I can back up that the jewels helped them all. This so easy for you to just read knowledge came at the cost of great personal sacrifices by many of us. I am sharing this with you and hoping you appreciate its worth.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

VITAMIN O₂ – OXYGEN the VITAL ELEMENT:

By Nadine Laphorne
Conscious Living p.32

Oxygen is the most vital element for human health. We can live without water for days or even weeks, we can go without food for weeks even months, but we can only survive for a few minutes without oxygen.

All the body's activities are dependent on oxygen, from brain function to elimination. Approximately 90% of the body's energy is created by oxygen. The more oxygen we have in our system, the more energy we produce, but today more than ever before there is a general deficiency of oxygen intake.

Where's the O₂ going?

Depletion of oxygen in life today is due to planetary deforestation, chlorinated water, devitalised soil, chemical pollutants, automobile emissions and electronic smog. Other factors include poor diet, vitamin and mineral deficiencies, lack of exercise, a clogged colon, bacterial, viral and fungal infections in the body, poor posture and breathing habits, and stress.

Insufficient oxygen leads to insufficient biological energy that can result in anything from mild fatigue to life threatening disease. Nobel Prize winner in 1931, Dr Otto Warburg, received his honour for discovering the primary cause of cancer. He said, "Cancer above all diseases, has countless secondary causes, but there is only one prime cause. Summary; the prime cause of cancer is the replacement of the normal oxygen respiration of body cells by anaerobic (lacking in oxygen) cell respiration."

When cells lack the right amount of oxygen the glucose in these cells begins to ferment and a chain reaction starts taking place. The cells start living off the fermentation of the stored glucose and not its normal energy supply. This process is called cancer.

Burning Up

In an article in the Journal of the American Association of Physicians, Dr W Spencer Way writes, "Internal respiration is the exchange of oxygen for carbon monoxide which takes place at the individual cell level. Without this, normal metabolism cannot take place, since it is oxidation (burning) of the nutritional elements which makes for their complete assimilation by the cell. Likewise, oxidation of the waste products of the cell metabolism makes possible their complete elimination."

In the absence of a normal oxygen process, the cells are incapable of burning cell waste, which contributes to disease through a build-up of toxins. On the other hand, when the body has sufficient oxygen, enough energy is produced to make sure efficient metabolic functioning takes place with complete elimination of accumulated toxic wastes in the tissues. Natural immunity is achieved when the immune system is not burdened with an overload of toxic build-up.

Harmful anaerobic bacteria and viruses cannot survive in the presence of oxygen. But unfortunately oxygen is selective in what it kills. Unlike drugs and antibiotics which can kill all the bacteria in the body, **oxygen kills only harmful bacteria while allowing beneficial bacteria to thrive.**

Killer Molecules

Oxygen molecules, like those found in stabilised oxygen supplements, are missing electrons in each of the molecules outer shells. Because of this, the oxygen molecules will pull electrons from anything that

will give them up. **Anaerobic bacteria and anaerobic viruses, like all living things, possess an electrical charge. These anaerobic organisms cannot prevent the oxygen molecule from stealing electrons from them.** When this happens the organisms die. Aerobic beneficial bacteria will not give up their electrons to the oxygen molecule, nor will friendly bacteria which live in anaerobic and aerobic conditions in the intestines, be adversely affected by the oxygen.

Colon Care

The colon and intestines are responsible for elimination of waste and assimilation of nutrients and benefit greatly from increased oxygenation. If the walls of the colon become hardened with waste residue due to poor diet, a condition of putrefaction and gas is created. Unfriendly bacteria, parasites, fungals and virals thrive in this atmosphere. It also inhibits efficient assimilation of nutrients.

Fuelling the Brain

Do you know that the brain uses more oxygen than any other organ in your body? Oxygen is the brain's food, fuel, lubricant and cleanser. Much higher brain function takes place in the cerebral cortex. If we were to take any part of the cerebral cortex and enlarge it we'd see millions of nerve cells in each part, with each of these nerve cells interconnecting with thousands or even millions of other nerve cells. With about 100 billion cells in the brain this gives rise to about one million billion connections, which in turn can produce an incredibly large number of firing patterns. Each firing pattern represents a possible thought or action. From this it is clear that if we are under oxygenated we will not be functioning optimally.

Activated Oxygen

Oxygen therapy in the form of hydrogen peroxide and magnesium peroxide has been used since the late 1800s. The stabilised oxygen properties of today are not to be confused with these older forms, which were mainly used as powerful disinfectants. Stabilised oxygen provides a clean, safe and effective solution to the most pressing problems facing Western civilisation – the accumulation of toxic waste and the depletion of environmental oxygen – both of which lead to more rapid human degeneration.

Oxygenating the system will detoxify tissues, clean and improve bowel function and generally rejuvenate health. Better assimilation of nutrients, including supplements, results from improved digestion. Toxic matter is broken down into carbon dioxide and water, resulting in a safe cleansing. The only side effect is a tendency to have liquefied stools, showing that cleansing is taking place. As with any detoxification programme it is important to drink two or more litres of pure water a day.

When the body is under-oxygenated every organ of the body is poisoned. Sufficient cellular oxygenation makes the difference between surviving and thriving.

STABILISED OXYGEN – More than a Deep Breath:

By Ann Louise Gittleman, MS

As most people are aware, we exchange oxygen for carbon dioxide with each breath. The oxygen is picked up by the haemoglobin in the blood and is distributed to all the cells throughout the body.

Without this perpetual exchange, life is snuffed out in a matter of minutes. Even when an individual survives a temporary shut-off of oxygen, there can be permanent brain damage. These effects of severe oxygen deprivation – suffocation – are quite obvious. Less apparent is the wide spread problem of chronic oxygen deficiency caused by environmental and lifestyle factors.

Imagine the lives of our distant ancestors. They breathed clean air, drank pure water, and got lots of exercise chasing down their food supply. Many people today, by extreme contrast, smoke, do sedentary work in polluted environments, wash down pesticide-laden food with beer or wine, and drink chlorinated water from plastic and copper pipes. Even without the negative lifestyle factors of alcohol, tobacco and junk food, there are environmental aspects of depleted oxygen supply caused by the cutting down and burning off of the rain forests, smog from factories and vehicles, and so on.

Of course, it is possible to improve the situation by controlling the diet, moving to a smog-free country environment, getting lots of rest and aerobic exercise, and generally living a stress-free lifestyle. For most of us, though that's an unrealisable goal. Regardless of how much one may want to control his or her environment and the stresses of life, this polluted state of affairs is the present-day fact of life.

When one's body has been starved for oxygen down to the cellular level over a period of time, there is an increased danger of falling prey to disease and injury. In addition, the recuperation time following these events is increased.

Fortunately, there is a technology available which offers an offset to uncontrollable environmental and dietary / lifestyle factors.

Developed by William F Koch, MD, Ph.D, and later utilised by the US National Aeronautic and Space Administration (NASA) for its space research program, the product is **stabilised oxygen**. **It was designed to destroy any known bacteria or virus without harming the host, and may be used both internally and externally.**

Often confused with hydrogen peroxide, stabilised oxygen has a different action in the body and is quite safe to use. Stabilised oxygen is a non-toxic stabilised concentrate of electrolytes of oxygen, which is made available to the body in molecular form when ingested. The molecular oxygen is then released through the digestive process and is absorbed into the bloodstream.

The statement that stabilised oxygen is non-toxic refers not only to its recommended dosage but also to amounts of many times that dosage, so it may be considered to be completely safe to use.

It has been shown to be highly effective in destroying harmful anaerobic bacteria and viruses in the intestines, without harming the "friendly" bacteria, such as acidophilus. There are millions of micro-organisms to which we are constantly exposed and which live within our bodies. Lifestyle factors and the strengths of our immune systems determine which of these predominate over the others. As it turns out, the harmful bacteria tend to thrive in anaerobic environments, both internal and external.

LIQUID STABILISED OXYGEN:

You have heard about the concentration of oxygen in the air we breathe is being slowly reduced. This means we have to breathe more air to get sufficient oxygen. Now the link between insufficient oxygen and disease is firmly established. The more oxygen we have in our system, the more energy we produce. Researchers have found that the human body was originally designed to grow and operate at a 50% stronger concentration of oxygen than what's currently available. Knowing this, how do we get a higher level of concentration of oxygen into our bodies?

Liquid Stabilised Oxygen is the answer.

Four basic components which have to do with the generation and maintenance of the life process are proteins, carbohydrates, water and energy. When looked at from the standpoint of their chemical makeup, the importance of oxygen becomes readily apparent.

Oxygen + nitrogen + carbon + hydrogen	=	Protein
Oxygen + carbon + hydrogen	=	Carbohydrates
Oxygen + hydrogen	=	Water
Oxygen + carbohydrates	=	Energy

All four of these vital elements of life...have at least this one thing in common – OXYGEN!

The makeup of the human body is largely composed of the element oxygen. Especially after you factor in the human body being about four-fifths water, with water itself being at least 33% oxygen. The process of oxygenating the human body works like this: When a person breathes, there is an exchange of carbon dioxide and oxygen. The oxygen, which is taken in by the body from the atmosphere around us, is picked up by the haemoglobin in the blood and distributed to all of the body's seven trillion cells where, among other things, it is then used for another vital process called oxidation.

Any form of stress can cause oxygen deficiency. Stress due to chemical toxicity leads to a reduction in oxygen as the body attempts to detoxify itself by oxidising accumulated toxins; emotional stress produces adrenaline and adrenaline-related hormones, requiring the body to draw down its oxygen reserves for their production and eventual oxidation; infection also depletes the body of oxygen which it uses to combat bacteria. Even the stress of a chronically heavy workload will deplete the body of much needed oxygen. In short, oxygen deficiency will result from any excessive stress, whatever the cause.

Also a chronically acidic system-practically a "given" for most people in today's society-also causes the body to draw down its precious oxygen reserves. Doctors believe this often leads to a vicious cycle of toxin accumulation and oxygen depletion which eventually results in serious illness and disease.

Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (i.e., oxygen-deficient) cell respiration.

Symptoms of Oxygen Deficiency

Over all bodily weakness, muscle aches, depression, dizziness, irritability, fatigue, memory loss, irrational behaviour, chronic hostility, circulation problems, poor digestion, acid stomach, lowered immunity to colds, flu and infection, bronchial problems, tumours and deposit build ups, bacterial, viral and parasitic, infections.

The Solution

Liquid Stabilised Oxygen is a welcome arrival for effective solutions to accelerate treatment.

Couple that with the fact that oxidation is also the process the body uses to quickly rid itself of built-up toxins, poisons, infectious micro-organisms and their toxic waste products, and you can realise the effectiveness of Liquid Stabilised Oxygen.

How does Liquid Stabilised Oxygen work?

Liquid Stabilised Oxygen is a new generation of super oxygenation technology.

Liquid Stabilised Oxygen is a safe, non-toxic, supplement containing Stabilised Oxygen molecules (primarily diatomic oxygen, or O₂ – Ed.) in a liquid solution of Atlantic Sea Salt and Grander Living water. When taken orally as a daily supplement (20 drops in a glass of pure water, 2-3 times per day – Ed.), it makes PURE OXYGEN available to be immediately absorbed directly into the bloodstream. The haemoglobin then carries this oxygen straight to your body's cells and tissues, highly saturating them with oxygen in the process. This gives your body's cells and tissues the extra oxygen they need to help fire up your body's vital oxidising processes, which in turn allows your body to oxidise and metabolise a far greater proportion of your nutrient intake, as well as purifying your bloodstream and oxidising and eliminating from your body any accumulated toxins and poisons.

What is Liquid Stabilised Oxygen?

Liquid Stabilised Oxygen is a solution which contains intact oxygen molecules ready for immediate absorption, the older Chlorite type compounds must first come into contact with the hydrochloric acid (HCl) in the stomach before oxygen is released by way of a vigorous chemical reaction. What's more, unlike Liquid Stabilised Oxygen which is pH balanced and can be placed directly onto the skin, the older Chlorite type compounds are extremely caustic (pH values usually in excess of 10! – Ed.) and can do serious damage to the skin and delicate mucous membranes.

Don't confuse Liquid Stabilised Oxygen with a therapy using hydrogen peroxide (H₂O₂). This therapy can be quite harmful to the body.

Liquid Stabilised Oxygen is natural oxygen and therefore cannot harm the body in any way. The downside of Liquid Stabilised Oxygen is zero, nothing, no side effects at all!

On the contrary, Liquid Stabilised Oxygen has fantastic benefits.

“Liquid Stabilised Oxygen is helpful in such a myriad of ways besides its obvious anti-bacterial / viral / fungal properties. For example, it can be **added to contaminated water (20-30 drops per litre) and left to stand for 24 hours to completely neutralise any potentially harmful water-borne pathogens that may be present. Imagine how beneficial this is for anyone travelling to third world countries where giardia is a real problem.** Liquid Stabilised Oxygen accelerates the results of herbal, vitamin, enzyme and mineral supplements. The areas of highest efficacy are in the treatment of herpes simplex I and II, Candida albicans, M.E., influenza, low grade chest infections, asthma, sinus problems and eczema.”

Liquid Stabilised Oxygen can also help overcome chronic sluggishness.

The Chief Benefits

According to the experts, taking Liquid Stabilised Oxygen on a daily basis helps to provide the following benefits:

- Increases oxygen uptake at the cellular level.
- Dramatically boosts energy levels.
- Strengthens the immune system.
- Quickly heightens concentration and alertness.
- Has a calming effect on the nervous system.
- Allows the body to focus plenty of oxygen on its primary metabolic functions without having to draw down oxygen reserves to fight illness and disease.
- Rapidly kills infectious bacteria, viruses, fungi, and parasites without harming beneficial micro-organisms needed by the body.
- Greatly enhances uptake of vitamins, minerals, amino acids, proteins, and other essential nutrients, from either natural food sources or from dietary supplements.
- Gives the body the added oxygen it needs to oxidise and eliminate built-up toxins and poisons in the cells, tissues and bloodstream.
- Promotes up to 50% faster recovery from injury, stress or strenuous exercise.
- Aids tremendously in the treatment of respiratory and allergy related conditions such as asthma, sinus and upper respiratory infection.

How is Liquid Stabilised Oxygen created?

The Liquid Stabilised Oxygen is processed by a secret, proprietary method (the developer doesn't want to patent the method simply because he would have to disclose it to the US Patent Office and therefore risk having someone steal it!). The only disclosure available is that the method uses distilled water and very tiny amount of food grade salt, which is heated with an electrical current in order to create dissolved oxygen, along with other species of oxygen, all of which are bio-available. An almost insignificant amount of molecular sodium chloride (otherwise known as "salt") remains in the final solution, less than 40 parts per million per dose.

Liquid Stabilised Oxygen is not on any government agencies list of "Minimum Daily Requirements" for essential vitamins, minerals and other nutrients. Therefore the answer is that in the low oxygen concentration environment that we live, we must breath at least three times the air to get sufficient oxygen to maintain a truly healthy body. That is why we suggest 10 to 20 drops per day added to "filtered" water, or juice depending on the individual. Each 200ml bottle should be a six week supply per individual.

What's more, Liquid Stabilised Oxygen appears to work without creating artificial chemical conditions in the body! Instead, it restores the body's own oxygen balance closer to the high natural range it was originally intended to function under.

HYPER-OXYGENATION:

AIDS, CANCER CURED by HYPER-OXYGENATION

By W Forest

Reprinted from "Now What" Issue 1.

Several dozen AIDS patients have not only reversed their death sentences, but are now back at work, completely free of the disease. They destroyed the virus in their blood by hyper-oxygenation, known in various forms as oxygen therapy, biooxidative therapy or autohemotherapy. This is a simple, inexpensive and very broad spectrum process that many feel could force a complete overhaul of the medical industry. The two basic types of oxygen therapy are ozone blood infusion, and absorption of oxygen water (hydrogen peroxide) at very low concentrations.

The AIDS virus cannot tolerate high oxygen levels in its victims' blood. Not only that, every other disease organism tested so far has the same weakness. Even cancer growths contract and disappear when the oxygen saturation is sufficiently increased in the fluids surrounding them, since they are anaerobic.

AIDS, herpes, hepatitis, Epstein Barr, cytomegalovirus and other lipid envelope virus are readily destroyed by hyper-oxygenating the patients blood with ozone. This was demonstrated by among others Dr Horst Kief in Bad Herfeld, West Germany. Dr Kief has already cured a number of AIDS victims by drawing blood, infusing it with ozone and returning it to the patient, at regular intervals until all the virus is gone. Dr S Rilling of Stuttgart and Dr Renate Viebahn of Iffezheim are among the growing number of physicians who have obtained similar results with their patients.

The BASIS of BIO-OXIDATIVE THERAPIES

For many years the health sciences have been seeking to identify the primary physical cause of all diseases, and the cure-all that this basic principal would yield. Now both have been found, but their utter simplicity makes them difficult to accept at first, since it seems life if it's that easy, we should have been using them all along.

Our bodies are composed mostly of water, which is eight ninths oxygen. Most nutritional studies tend to get caught up in the small details of biochemistry and overlook our most abundant and essential element, and the fundamental role of its depletion in causing illness. Of all the elements the body needs, only oxygen is in such constant demand that its absence brings death in minutes.

The main difference, for healing purposes, between benign micro-organisms (including our own cells), and those which cause disease, is that the latter require much lower oxygen levels. This is due to their more primitive evolutionary origins, during the ages when free oxygen was far less abundant. Now their descendants can only survive in low oxygen environments such as accompany stagnation and decay. To become a growth medium for such parasites, one has to have allowed the oxygen saturation of the bodies fluids to drop well below the optimum level for healthy cell growth and function.

The simplest substances available for restoring one's oxygen balance to a healthy range are ozone (O₃), and hydrogen peroxide (H₂O₂), which is much easier to obtain and use. They are both highly toxic when concentrated, which has tended to obscure their germicidal value except as a skin antiseptic. But when diluted to therapeutic level (for H₂O₂), ½ of 1% or less), they are not only non-toxic but uniquely beneficial.

OZONE BLOOD TREATMENT

The treatment is remarkably simple. The ozone is produced by forcing oxygen through a metal tube carrying a 300 volt charge. A pint of blood is drawn from the patient and placed in an infusion bottle. The ozone is then forced into the bottle and mixed in by shaking gently, whereupon the blood turns bright cardinal red. As the ozone molecules dissolve into the blood they give up their third oxygen atom, releasing considerable energy which destroys all lipid-envelope virus, and apparently all other disease organisms as well, while leaving blood cells unharmed. It also oxygenates the blood to a greater degree than is usually reached, what with poor air and sluggish breathing habits. The treated blood is then given back to the patient. This treatment is given from twice a week to twice a day, depending on how advanced the disease is. The strengthened blood confers some of its virucidal properties to the rest of the patient's blood as it disperses. The disease will not return, as long as the patient maintains his blood in an oxygen positive state, through proper breathing, exercise, and clean diet. A Dr Preuss, in Stuttgart, has written up ten case histories of AIDS patients he has cured by this method. But his and the other physicians' reports are all anecdotal rather than in the form of "controlled studies", since they could not be expected to treat some patients and deny treatment to others just for the purpose of accumulating evidence. Thus their results are not considered "proof" by the US medical community.

OXYGEN WATER

A much simpler type of Oxygen Therapy uses hydrogen peroxide (H_2O_2) which is what ozone (O_3) forms on contact with water. It can be taken orally if diluted with water to 1/200 or less, absorbed through the skin by bathing in it (anywhere from 1-8 pints of 3% H_2O_2 in a standard size bathtub half full), or in severe cases it can be injected (250cc of 0.75% to .15% or roughly 1/1300 to 1/650). Injections obviously require a physician's assistance, but self treatment is possible with oral and skin applications. The principle is the same as with ozone blood treatment. All hostile micro-organisms prefer lower oxygen levels than the bodies cells require to remain healthy. Boosting the oxygen level revitalises normal cells while killing virus and other pathogens.

OXYWATER may even CURE STUPIDITY

Perhaps the greatest potential benefit is the reversal of the slight brain damage caused by long-term oxygen depletion, which can be observed in the "average" human, and is not always all that slight. It's well known that after about nine minutes of no oxygen, from drowning or whatever, you can kiss your brain good-bye. By the implications of constant gradual oxygen starvation in our cities somehow escape notice, despite the tiredness, depression, irritability, poor judgement and health problems affecting so many citizens. Increasing the oxygen supply to the brain and nervous system will reverse these conditions. The Oxywater regimen improves alertness, reflexes, memory and apparently intelligence, and may offer the elderly a new weapon against senility and related disorders. Alzheimer's and Parkinson's are reported to be responding to it. Alcoholics who start taking H_2O_2 soon lose interest in alcohol, and the thirst does not come back. Look up what alcohol does to your blood oxygen and your ability to use it, and you'll see why. One possible spin-off of a major increase in the blood oxygen supply to human brains is that various short-sighted and oxygen-depleting activities such as deforestation, and other intelligent practices, should fade from the scene. Americans / Australians especially, will have an opportunity to outgrow many stupid things.

It's strange that the common drug aspirin "stops pain" by interfering with the nervous systems ability to use oxygen, in the electrochemical reactions needed to transmit impulses. Though maybe it's not that strange, considering that the Bayer Company which originated it was a subsidiary of IG Farben, the

German chemical conglomerate that is famous, for among other things, developing and mass-producing the lethal gas Zyklon-B specifically for the exterminations at Nazi death camps.

WHY ISN'T IT ALREADY IN USE?

The obvious question is, if hyper-oxygenation is so simple and effective, why has it taken so long to discover it? Ozone is hardly new and hydrogen peroxide has been on the market for over a century. Why aren't all doctors already using it? How come this story isn't all over the major news outlets? Turning the question around helps clarify the problem. Just exactly what would happen if a cure was discovered that was completely effective against the vast majority of diseases, ridiculously cheap and plentiful, and in most cases could be self-administered without a physician? Would the current medical establishment welcome a break through that could render 98% of all drugs, testing and disease related surgery obsolete? What would the response be of the pharmaceutical industrialists, hospital chain owners, health insurance moguls, AMA, and FDA? Would you expect to read or hear such an announcement from any medical journal or media outlet owned by people financially committed to the medial status quo, which is practically all of them? How many want to make their own occupation unnecessary? And if the cure had already been suppressed once, wouldn't the possible blame for allowing people to die without it provide even more incentive to continue keeping the whole thing quiet? All right the, This is precisely the situation that exists, and the cure has indeed been around for ages. It has been independently reported effective against virtually every disease at one time or another, in thousands of public-domain medial articles, which had never been collected or correlated until recently. And it is so simple and basic that concealing it from physicians and the general public has required a tremendous smoke screen of artificial complications, narrow specialisations, symptomatic classifications and user hostile treatments. If this is so, it follows that the more profit-fixed elements of the medical establishment will not be too thrilled about the recent surge in interest in oxygen therapies. The drug industry has expanded enormously since WWII, while America's level of health has dropped from the world's highest to the lowest among the industrialised nations. It does look as if the bottom line has been money and not health, for a long time.

The battle for the future of medicine, between Nature's truth and lucrative lies, is about to really heat up. We can expect to see disinformation articles and newscasts with persuasive medical experts, some of whom will even believe what they're saying, warning of the dangers of hydrogen peroxide, ozone and even regular oxygen. These reports will attempt to blur the distinction between using therapeutic dosages at safe dilutions, and the harmful effects of excessive concentrations. Plenty of grizzly examples are available, of what happens when various tissues are over-oxidised.

Anti-oxygenation propaganda pieces will probably not mention that over the years the FDA has approved H₂O₂ as a skin antiseptic at full 3% strength, as a hair bleaching agent at 6%, and for internal use as an additive for milk and in antiseptic long-shelf-life packaging. Nor are they likely to acknowledge that many European countries use ozone and H₂O₂ in their cities' water supply, and that they enjoy much better health than in the US. And they will be unable to truthfully cite any examples of people who were harmed by using H₂O₂ in the current demonstrated therapeutic concentrations.

If not enough public move quickly to help spread the news of this alternative, those who fear it could reduce their economic power may go so far as to try to knock off someone who promotes it, while trying to make it look like "too much oxygen" is the cause. Also, product tampering has thus far mostly targeted Bayer Aspirin's competitors, in case you hadn't noticed, but drugstore hydrogen peroxide would not be immune to such tactics. One approach might be to plant a contaminated batch in a town where oral use is catching on and the medical establishment is losing ground, so someone gets hurt and

the story gets nationwide coverage. It is vital for Americans to realise that current economic dynamics don't allow the businessmen in charge of health and industry any incentive at all, to make people permanently healthy and lose them as customers. It's the same reason why the energy conglomerates do not encourage citizens to become energy-self-sufficient, the Pentagon has no incentive to stop wars, and the American Psychiatric Association sees no advantage to ending mental illness.

Fortunately the majority of physicians really do want to see their patients get well. They also wouldn't mind gaining the respect and admiration with which physicians were once widely regarded. When it comes down to choice between saving lives and protecting profits, most will be brave enough to overhaul their medical belief systems, discard obsolete methodologies, and basically tell the pharmaceutical conglomerates to go shove it. The rest will simply get left behind.

Editor's Note: This article was written in the early 1990's and since then there have been many different oxygen supplements developed. The purest and safest of these is diatomic stabilised oxygen (O₂). This liquid oxygen supplement is non-chemically formulated, non-toxic, pH neutral, hypo-allergenic and safe to use directly on the skin. Added to water (15-20 drops in 200ml) this is the simplest, most efficient and least expensive way to increase the supply of oxygen at the cellular level.

SUPEROXYGENATED WATER:

NOTED IDDC SCIENTIST SAYS EUROPEAN JOURNAL of MEDICAL RESEARCH STUDY SUPPORTS OXYGEN ABSORPTION from the STOMACH following the CONSUMPTION of SUPEROXYGENATED WATER

For Immediate Release: April 25, 2002 Contact: Esam Z Dajani, PhD, FACG(786) 425-2209

Nationally acclaimed scientist, Esam Z Dajani, Ph.D, FACG, today commented on a study published by the European Journal of Medical Research, which examined the pharmacology of SuperOxygenated water. This peer-reviewed study was performed by Drs Forth and Adam of the Walther-Straub Institute for Pharmacology and Toxicology, Munich, Germany. The study examined the intragastric absorption of oxygen following the consumption of oxygen enriched water (water containing dissolved oxygen present at a concentration of about 10 times that found in ordinary tap water) in anaesthetized rabbits. The study clearly supports the systemic transport of oxygen, derived from oxygenated water, from the stomach into the portal vein.

The rabbits were administered intragastrically 30 ml of oxygenated water at concentrations of 45, 80 and 150 mg O₂ / litre or PPM. Oxygen pressure (pO₂), carbon dioxide pressure (pCO₂) and pH were recorded at 5 minute intervals in the stomach abdominal (peritoneal) cavity and the portal vein using surgically implanted pressure probes. Oxygen was transported, in a concentration-dependent manner, from the stomach to the abdominal cavity and the portal vein.

Ordinary tap water contains approximately 7 to 15 ppm of dissolved oxygen. The 45 ppm test solution resulted in negligible increase in oxygen pressure in the abdomen. However, the 80 and 150 ppm test solutions resulted in statistically significant increased oxygen pressure in the abdomen (P <0.05). In the portal vein, the administration of 80 and 150 ppm test solutions (typical of commercially available high-quality Super-Oxygenated water) increased oxygen pressure by 10 and 14 mmHg respectively (P <0.05). Neither pCO₂ and pH were influenced by the administration of oxygenated water.

“The kinetics of oxygen transport in the rabbit is expected to be similar to other mammalian species, including man”, said Dr Dajani, president of IDDC Corporation, a Contract Research Organisation (CRO). “The fact that a dose-dependent and a statistically significant increase in pO₂ value was present in the abdominal cavity and portal vein following the intragastric administration of oxygenated water indicates that oxygen is readily transported from the stomach and gastrointestinal tract to the systemic circulation and presumable muscle tissues.”

“Increased oxygen concentration in skeletal muscle would provide the needed fuel for the enhancement of athletic performance,” Dr Dajani added. “Furthermore, the increased oxygen concentration into the portal vein could be of benefit for the treatment of inflammatory liver diseases.” Dr Dajani cautioned this would have to be further investigated in perspective laboratory and clinical studies.

Dr Dajani said this recent study coupled with two independent studies performed by John J Duncan, Ph.D., Texas Woman’s University, and John Seifert, Ph.D., St Cloud State University underscores the value and benefit of SuperOxygenated water toward increased athletic performance. The Duncan study, as it is commonly referred, was a randomised, double blind study that investigated the physiological, psychological, and biochemical consequences of fluid replacement with SuperOxygenated water (50 and 100 ppm of O₂) in comparison with ordinary bottled water (7 ppm of O₂) in 25 athletes. The 5 kilometre (K) running times, oxygen carry capacity, oxygen saturation, psychological parameters, as well as blood lipids, lactate and glucose concentrations were determined. The study showed that 83% of the fastest

running times were achieved by athletes who drank the SuperOxygenated water ($P < 0.01$). Among highly-fit athletes, SuperOxygenated water significantly decreased 5K running times by an average of 31 seconds as compared to the ordinary bottle water ($P < 0.05$). There were no statistically significant changes in blood chemistry or psychological parameters. However, there was a trend suggesting a decreased formation of lactic acid. It was concluded that SuperOxygenated water was a well-tolerated and effective ergogenic aid for improving athletic performance.

The Seifert study was a preliminary investigation of the effect on SuperOxygenated water (80 ppm of O_2) versus tap water on athletic performance. The study was conducted with eight well-trained cyclists using a double-blind, randomised, cross-over design. Subjects cycled at 70% of their maximum oxygen uptake for 60 minutes. At the end of the 60-minute period, cyclists performed a 60,000 Joule performance task. SuperOxygenated water produced a finishing time of 243 seconds for a defined 60,000 Joule task compared with a finishing time of 252 seconds for the placebo. Although cyclists' performance was not statistically improved ($P = 0.16$), there was certainly a positive trend noted for performance improvement with the use of SuperOxygenated water. Case in point, 5 out of 8 cyclists finished faster with the use of SuperOxygenated water than with placebo. Although there was no statistically significant difference between the two groups for lactic acid, blood glucose level was significantly maintained at a higher level during exercise with SuperOxygenated water when compared with the placebo water ($P = 0.01$).

Dr Dajani said that "all three studies suggest that the oxygen made available from the ingestion of SuperOxygenated water can be transported from the stomach and the small bowel to the blood circulation, where it would then directly provide the energy needed by the working muscles rather than having to depend on the metabolic breakdown of glycogen and glucose for the generation of such energy. Such metabolic changes are associated with increased levels of lactic acid in the blood and muscles. Lactic acid accumulation is known to hinder athletic performance and to cause fatigue.

Reference: European Journal of Medical Research 2001; 6(11): 488-492

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UNDER-OXIDATION of the BLOOD, and WHAT IT STANDS FOR:

Wm D Neel, Md, Chicago The Journal of Advanced Therapeutics, pages 93-97, Vol 25, 1907

Under-oxidation of the blood and the resultant subnormal temperature of the body are far more common and are of greater significance than the casual observer is prepared to believe. This conclusion is based upon very extensive observations of the subject of subnormal temperature, its cause, the consequences, and the seeming little attention these conditions have received.

Medical literature has been exceedingly silent upon the subject. The question of the importance of means of oxidising the blood for the prevention and cure of disease has scarcely passed the primary stage. We all know, empirically, that increasing oxidation of the blood by fresh air treatment is often attended by good results, but how best to oxidise, when to increase oxidation, and how much oxidising to do are matters that have not even reached the stage of practical art, much less one of science. See *Oxidising the Blood Through the Agency of Electrification in the Treatment of Disease*.

Physiologists long ago settle the question of how animal temperature is produced and maintained. The cause of body heat was formerly attributed to fermentation, but later to combustion; the chief agent of which process is oxygen.

If the blood does not receive sufficient oxygen to cause the proper amount of combustion to take place, it will surely result in a lowering of body temperature. A low temperature is not a normal condition. It is a danger signal. Not necessarily an immediate danger but a danger nevertheless.

As soon as oxidation to a part is diminished, that part begins to die and becomes a suitable field for infection.

When the blood receives sufficient oxygen to unite with carbon in the proportion of two atoms of oxygen to one of carbon, carbon dioxide is formed which is in a suitable condition to be eliminated. When an insufficient amount of oxygen is received by the blood, carbon monoxide is formed which is not readily eliminated and, through its toxic influences, functional disorders arise.

Carbon monoxide is a deoxidiser, destroys haemoglobin and otherwise lessens the resisting powers of the blood to the destructive influences of micro-organisms and organic diseases are invited.

The union of carbon monoxide with oxygen-carrying bodies of the blood has such a strong tendency to permanency that its separation is only accomplished after prolonged and persistent efforts at oxidation.

One of our best aids in making a diagnosis generally is the clinical thermometer, but the force of habit is responsible for many oversights in its use. As a rule, when we unsheathe our thermometers for clinical observations, we anticipate fever and feel contented when the register fails to poke its nose above the spear that stands for normal. So strong is this habit and so fully are we imbued with the idea of fever that we have fallen into the custom of calling the clinical thermometer "a fever thermometer". It is a most common occurrence to hear a physician ask for a "fever thermometer" or speak of the clinical thermometer as a fever thermometer.

Why call it a fever thermometer when there is as much significance to be attached to the reading when the register stops below the normal mark as there is when it rises above? I fear that we are too liable to conclude that a low register is the result of haste, imperfect contact, failure to exclude air, or that a

subnormal temperature is non-important. Probably we pass a subnormal temperature over lightly because it does not indicate an acute trouble or anything that would tend to a rapid dissolution.

It is to be feared that we have learned too little of the lesson of under-oxidation as a cause of disease, if, indeed not a most important factor in senile atrophy.

It is natural for one who has studied a subject as long and as closely as I have this one to run to extremes, but I have found so much in it that has been apparently overlooked that it astounds me. I find that many other physicians are equally surprised when they are induced to get out their thermometers and test the temperature of their obstinate and chronic cases. They can hardly believe their own eyes when they almost invariably find a high percentage of them subnormal from the fractional part of one degree to two, three, four, or five degrees.

Especially will this be found true when the temperature is tested early mornings. The subnormal temperature is not only observable mornings but in a very high percentage of cases, it obtains throughout the twenty-four hours of the day.

In seeking an explanation for the great prevalence of sub-normal temperature, some have ventured the suggestion that "a low register may be looked upon as a normal condition". This deduction can be controverted by placing those of low temperature under better conditions for oxidising the blood, when the temperature will be seen to rise to 98.6°F and maintained indefinitely.

The symptoms that arise from under-oxidation of the blood are not necessarily in proportion to the degree of subnormal temperature. A patient, showing the fractional part of one degree of subnormal temperature, may present as severe symptoms as one who is several degrees below.

The subnormal individual will almost invariably present some one or more of the following symptoms: Fatigue, lack of energy, pain in the back, loss of memory, sleeplessness, headache (creeping, throbbing, or bursting), constipation, loss of appetite, constant sense of pulse-beat, visual disturbance, stomach complications, disordered menstruation, vertigo, lower limbs have a tendency to give way beneath the weight of the body, shooting or darting pains, headaches sent them to oculist, cold hands and feet, frequent micturition nights, numbness or creepy sensations, heavy sediment in urine, cough, tightness of chest, difficulty in breathing, palpitation of the heart, flushing of face or body, apprehensive of dreadful happenings, etc.

From these symptoms, we are warranted in rendering a diagnosis of under-oxidation, taking on the form of either neurasthenia, insomnia, functional insanity, asthma, constipation, consumption, dyspepsia, anaemia, liver or kidney disorder, ovarian trouble, womb disease, menstrual irregularities, sexual depression, malnutrition, hysteria, chorea, etc. And, we might find that organic complications have already set in as bacterial and toxic troubles are highly favoured.

Interference with functional activity impairs the resisting powers of the whole economy. If the blood is not right other things will go wrong.

I believe that I am well within the limits of facts when I assert that under-oxidation of the blood is responsible for the great majority of functional diseases and that organic diseases owe their existence mainly to function perversion.

A sufficiency of oxygen for the blood means better blood, better combustion, better equilibrium of the body temperature, better circulation, better vasomotion, better functional performance of all the organs, better assimilation of food, better elimination of waste products, less chance for auto-intoxication, better chance for body builders, and less chance for body destroyers.

It is a praiseworthy fact that the attention of the medical world is being more and more directed towards better oxidation and less medicine as a means of treating disease. It was a great revolution in medicine when the profession discarded the practice of medicine by depletion for that of oxidising and building up. It was a great step but we have been dreadfully slow in formulating the new method into a practical and satisfactory system. As a comparison between the two systems of medicine, a brief summary will show a radical difference.

For instance, the practice of medicine by depletion had reached the zenith of its glory in the days of George Washington, and soon after his time it began to wane. Up to the George Washington period, most all acute troubles were classed as fevers. When one was taken sick, he was put to bed, the doors and windows were closed, the cracks were chinked, evidently with the object of excluding every breath of fresh air. All the available bed clothing about the house was piled on the patient with the view of causing him to sweat. If he failed to sweat, hot bran or steaming hot ears of corn were packed about his body, he was denied drinking water, and was either bled, leeches, cupped, or blistered; all with the object of depleting the fluids of the body to overcome disease.

Under the revised system, the order of procedure is completely reversed. Now, the doors and windows are thrown open, if the weather will at all admit, to give the patient fresh air for the purpose of better oxidising the blood. Light weight covering is used or none at all, to allow the excessive temperature to radiate in the open air. If the temperature is not reduced to a desirable degree in this way, a cool sponge bath is given and if the temperature is too stubborn, a cold plunge may be resorted to and the patient is given all the water he can drink, and when he becomes convalescent, he is put out of doors for more fresh air than it is practical to get indoors. The great aim is to build up and give the patient resisting powers and not to deplete and tear down.

Oxidising the blood for the purpose of preventing and curing disease has grown steadily in favour. But slow progress has been made towards the improvement or better application of Nature's remedy. We still use it, indiscriminately, as Nature originally provided it for the most part.

Better ventilation of the patient's apartments or turning the patient out of doors is good in many instances, but it does not assure the necessary amount of oxygen in many cases for obvious reasons. A want of knowledge of how to breathe properly, the too passive activity of the air to satisfactorily meet existing pathological conditions, obstructions of the nose, the lining membranes of the lungs thickened by catarrh and coated with mucus are some of the obstacles to free ventilation of the blood, or in other words, the proper exchange of oxygen for carbon dioxide.

MAGNETIC THERAPIES

Biologically, every cell in our body is an electromagnetic phenomenon.

There are two basic classes of magnets or magnetic fields, and several sub types. Permanent or 'static' magnets have been used since 850 BC, that is, for more than 2,850 years. The Earth has its own magnetic system. The source is in the molten core that generates Earth energies and fields on and above the surface between the Magnetic North and South poles. The density is around 0.5 Gauss and oscillating around 9.6 Hz (Hertz is cycles per second) to 10.5 Hz.

Lower power magnets, associated with movement such as the blood circulating or muscles moving under where the magnet is placed, have been shown to induce micro electric currents that can balance body energies and may also stimulate the iron content of the haemoglobin in the blood to transport oxygen more efficiently.

Electromagnetic energy is a most important part of biological systems. We are at the cell level, electro-chemical-magnetic beings. The DNA in every cell has its own electromagnetic spin, which maintains its controlling functions and is in turn affected by internal and external electromagnetic fields, both good and potentially damaging.

Our body's cells are also continuously influenced by strong man-made electrostatic and high frequency electromagnetic fields (EMF), which are well outside what the body is meant to tolerate.

Many types of high frequency EMF have been implicated in immune system deterioration, and together with other factors and stress, can lead to or become involved in some forms of cancer over time.

ELECTROMAGNETIC THERAPY as MEDICINE

At the other end of the EMF scale is the use of the extremely low frequency, low power, and specific type waveform electromagnetic energy, as in the MERIT® or Magnafield MF2000 that has been scientifically proven to be of assistance in pain relief and improved healing of damaged tissue. It is also of great benefit in all neurological conditions, to slow down and arrest the progression, and for the promotion of healing in cancer.

The true essence of energy is vibration. What is now officially known as 'bioenergetic medicine' used to be called 'vibrational medicine' until a few years ago. It is now accepted that at certain very specific selected frequencies, or vibrations, rogue cells including cancer cells can be destroyed, or their reproduction (mitosis) inhibited, while usually leaving normal cells unchanged.

Healing after operations is also greatly improved. Inhibition from any further cancer cell growth is a major benefit for many.

For the best results, the system should be used before, during, and after any procedures or aggressive treatments, along with a balanced and sensible nutrition program for the individual. There is immense healing potential with the appropriate low frequency, low strength electromagnetic energy at the correct level and wave form. It has been shown to be completely safe for over 20 years.

Many hundreds of seriously ill persons facing operations, chemotherapy and/or radiation treatment, who have made the decision themselves to either delay or cancel such procedures, and have used the

Magnafield® MERIT® therapy device, along with a carefully selected nutrition program, have recovered and 5, 10 or 15 years later are not only clear of any cancer, but are enjoying life to the full.

MAGNETIC ENERGY RESONANCE INDUCTION THERAPY – MERIT®

- ☺ MERIT magnetic energy influences many enzymatic intracellular and membrane systems, (e.g., alkaline phosphatase); and influences antigen-antibody relations;
- ☺ MERIT magnetic energy also modifies the permeability of the cellular membrane and therefore the Ionic equilibrium. The sodium / potassium pump balance is stimulated. SpO2 is increased.

The new revolution in medicine is in the area of bio-magnetism and magnetic induction therapy. The difference between electrotherapy and magnetic induction therapy is that electrotherapy uses contact with or through the skin, whereas magnetic induction therapy does not have to touch the person, making it completely non-invasive. The magnetic energy passes through the body and almost everything else.

PERMANENT OR STATIC MAGNETS

Permanent magnets, many of these do work for some of the people, some of the time, for a few hours or until the body accommodates or adapts to the constant energy at or very close to the magnet. Many swear by them. The placebo effect is very real, and accounts for up to 35% of perceived benefits.

Pulsed magnetic therapy is far better than continuous, but there are several factors that must be considered in order for the real benefits to be available. Just to pulse at a frequency may not be the right method in many cases.

OSCILLATING MAGNETIC THERAPY

This involves an energy field that is oscillating back and forth in positive and negative modes, biased towards more negative. The waveform must be close to that of the human body. Sinusoidal, sawtooth, or square waveforms are not common to the body, but were developed for communications, radio, TV and computers, and are usually filtered to remove the ‘hash’ or harmonics that interrupt a clear signal. Medical researchers found that the body needs and uses these harmonics.

There also must be a correct ON-OFF ratio for each pulse, and there must be a period of time for the treatment followed by at least a similar period of time of rest or ‘pause’ before the subsequent treatment. Ideally, the treatment using the Magnafield system involves placing an applicator pad on the floor under the bed and leaving it operating 24 hours a day, seven days a week. Many have done this without removing or turning it off for more than 15 years. The greatest benefits are received during the sleeping hours. There are no contraindications.

It is also good for those aches and pains that annoy many people who do not want to rely on pharmaceutical drugs with their side effects.

Some of the functions and benefits from this therapy include:

- Healthy cells have different EMF characteristics and DNA /RNA spirals from cancer cells. Under the influence of 0.5Hz Magnafield treatments cancerous cells are inhibited from division

or 'mitosis', they just unravel and die off, and are dealt with and removed by the body, as are all other dead cells.

- At 0.5Hz and particularly at 2Hz the Thymus is stimulated to produce more "T" killer and helper cells, to assist and build up the immune system defences. This is a balancing system, it does not over-stimulate.
- Analgesic effects (pain relief) are best at 0.5Hz to 4 Hz.
- Tissue healing is initiated first at 0.5Hz, and then at 2Hz or 4 Hz, followed by using 8 Hz until healed.
- DNA synthesis is enhanced at 5Hz. Also cellular signalling, repair and health.
- Inflammation is reduced at 0.5Hz, swelling and oedema reduced at 3Hz.
- Peripheral circulation is helped initially at 15Hz, but maintained best at 12Hz.
- Joint mobility is improved at 0.5Hz initially, and then at 4Hz, 8Hz and 12Hz using the 'Auto Cyclic' function.
- Liver function may be assisted at 10Hz. Also a neutralising or energy balancing frequency.
- At all frequencies there is a promotion of nutrient and oxygen transport and uptake into the cells.
- Calcium, potassium and sodium balance may be restored, essential for normal cell function and health.
- Acid / alkaline pH balance assisted, and helps to reduce excessive acid conditions, and much more.

Many with cancer and those who have beaten cancer use the Magnafield as part of their cancer-fighting program with great success. Firstly, it seems to have halted the spread of cancer cells. Secondly, it has enhanced the immune system to help fight any remaining cancerous cells. Also, the patient's energy levels have improved dramatically and the oxygen and nutrient acceptance has increased, allowing for a faster healing process.

With this corrective form of treatment, using the proven frequencies, waveforms, and low intensity magnetic energy resonant induction therapy, inhibition of cancer cells has been noted and proved for over 15 years, but still not accepted in most orthodox establishments!

OTHER MAGNACARE MAGNAFIELD PRODUCTS:



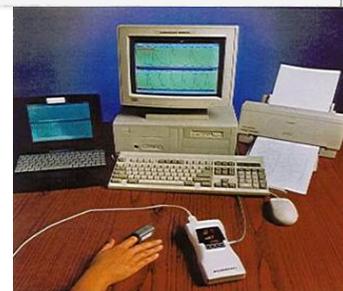
Magnafield®



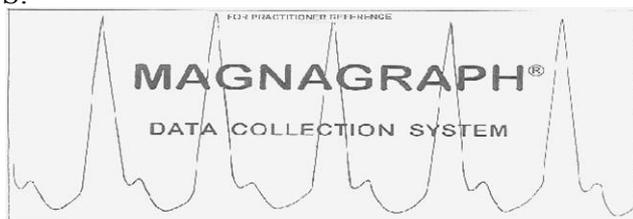
Magnatens®



Acu-Treat®



Magnagraph®



HOW DOES the COMPLEXITY of DIET FIT IN WITH OUR HEALING?

Our Healing, which is healing our untrue state, comes first – then our diet. Our Healing is the focus, understanding that as we're dysfunctional on all levels by being unloving to ourselves because of our childhood, then really it's irrelevant what we eat because of the thousands of layers and levels within us that are in denial. This is also explaining why it's so different for each of us. Because we've all had such different upbringings, resulting in different levels of repressed feelings within us. Broadly we can generalise, if we eat too much of this it will have this negative effect on us, however that's not on everyone, with some people eating and doing all the wrong things with seemingly no detrimental effects.

It is our inner that drives the outer. So our inner state, which is hugely complex, drives what foods we are drawn to. And we can try and control our diet using our mind, just as we can try and control any part of ourselves using our mind, however that only adds yet more complications to the already complicated mess.

So we are to focus on ourselves by attending properly to our feelings doing our Healing. And as we progress in our Healing, so our diet will change. And we might go this way and that, all of which brings up yet more bad feelings, all so we can embrace and express and seek the truth of them. With what we eat in the end being taken care of solely by our feelings – we will feel good about what we eat and when we eat it and how much we eat of it, it eventually giving us no further bad feelings, once we've completed our Healing.

So whilst doing our Healing, we can use our mind to look at the effects certain foods have on us so far as what science can determine; we can look at how that food is grown, how its prepared and so on; we can look at every aspect of it, yet all whilst still fully attending to our feelings. And so what one person will want to eat, how much and when, another person might not feel the same way about; even with people possibly going against all the suggested principles of 'what's best for you' worked out scientifically as humanity progresses in its wrongness, and showing no detrimental effects whatsoever.

So you can say, right, no more wheat, no more processed sugar... and see how that makes you feel, looking to the truth of those feelings. And you can say, oh but I can't be bothered going to all the trouble preparing such alternative food, and the added expense, and what am I going to do without bread – how will I survive when bread has always been my main comfort food? All more bad feelings to work with.

And you can say, all right, only raw vegetables, eggs and a bit of cheese, and start the new regime, only to reject it three days later because the chewed vegetables get caught in your throat making you cough and annoying the shit out of you. More bad feelings to accept, express and seek the truth of.

So as with anything through our Healing, we can look to our mind for its control, and try things we determine by it believing they will be helpful to us, all so long as we also keep paying attention to all the bad feelings (and good ones of course) that come up. And the feelings will be stronger, so we'll end up going against what our mind says, provided we want to give up our mind control and live a truly feeling-led life. All of which overall will have an effect upon us and our diet and every other aspect of our life. All initially, whilst we're doing our Healing, to show us the whole truth of our wrongness. And then once Healed, to live being true.

And then as your Healing progresses and you reclaim your will, so it starts working positively and lovingly for you rather than unloving and negatively against you. And suddenly you might feel and

know: right, no more red meat, or no more milk, or no more of that dried fruit, or no more of that vegetable, or no more of that chocolate, or even more of that different chocolate and more of those vegetables. And you know it's right for you.

We can either keep living being told by our minds what is the best way for us to live, what are the best foods for us and so on; or we can stop and pay complete attention to our feelings, wanting and allowing them to show us the way we are to be. And by doing our Feeling-Healing we are doing this, all of which is healing all that's wrong within us and preventing us from simply naturally doing it as we should have done had we been allowed to grow up lovingly and without any unloving interference.

So we can try and wrestle it all out with our minds; or, we can look to our feelings instead.

Note from James Moncrief Saturday 13 January 2018

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

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

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

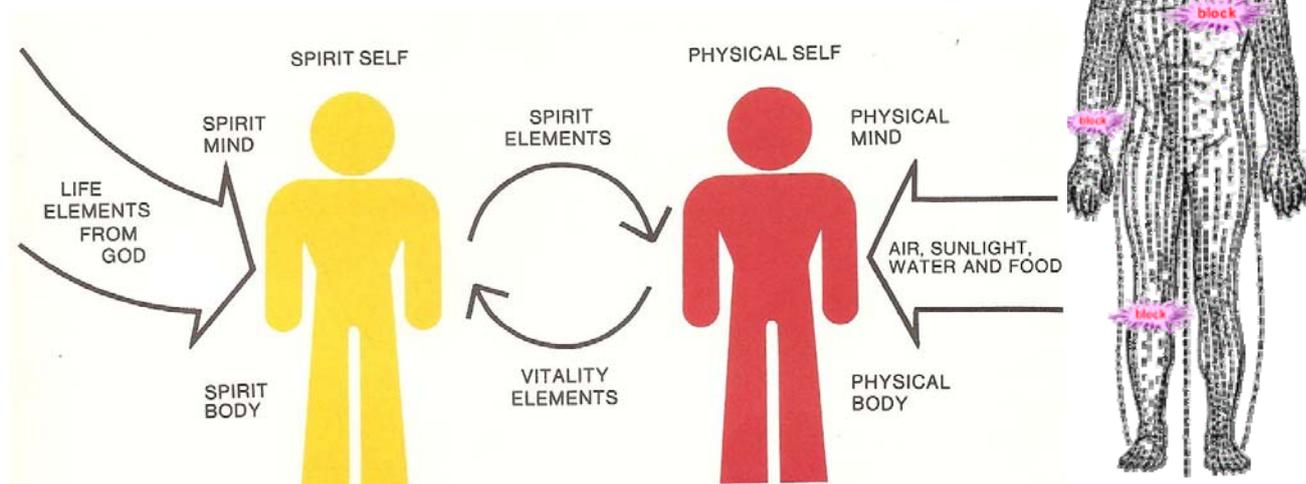
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way is a contemporary 'religion' based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

Feelings First Spirituality has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

Living the New Way of Feelings First Spirituality

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

And to do this you need to do your Healing

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

FEELING TRUTH

It's the Truth that we are seeking. It's the End Point.

The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

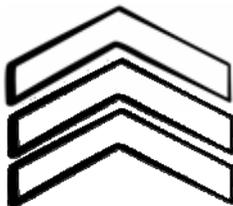
Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.

**THE FEELING WAY**

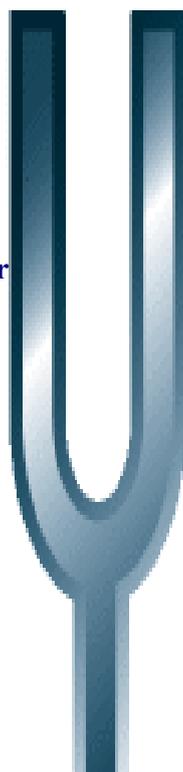
Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.

The CHOICE is OURS to MAKE:**THE MIND WAY**

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing****Welcome to LOVE – the Religion of Feelings
you can heal yourself through your feelings**

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

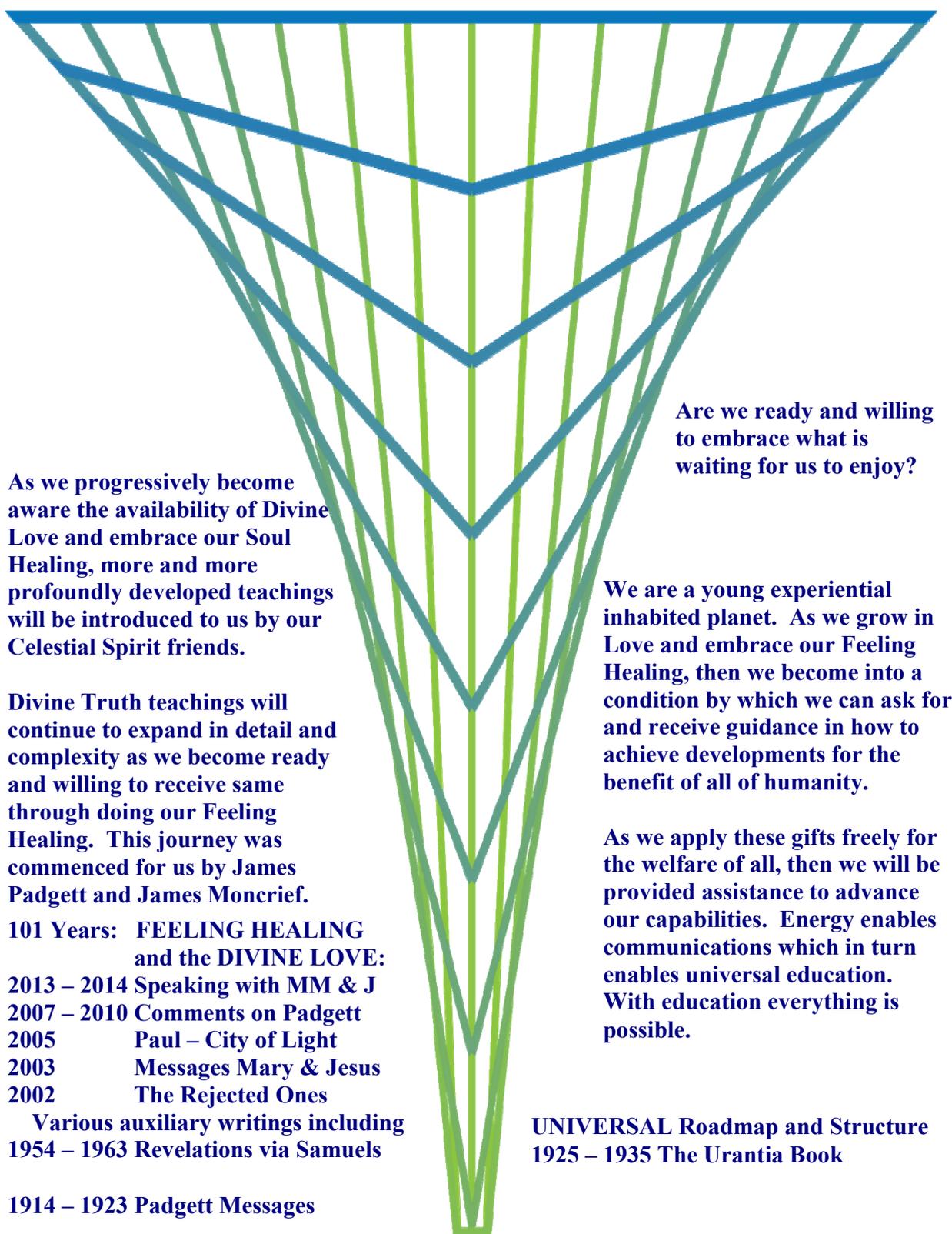
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



God's Divine Love:

Pray for it, ask for it, and receive it.

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

