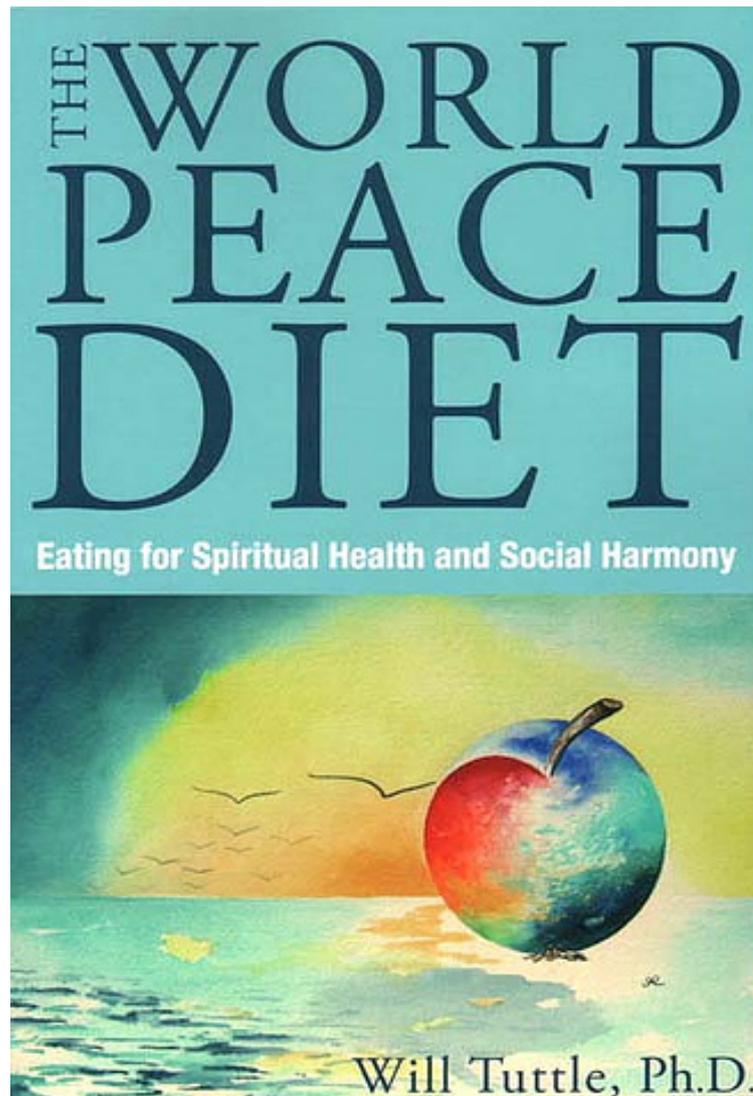


PASCAS CARE

World Peace Diet



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas 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.

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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.*

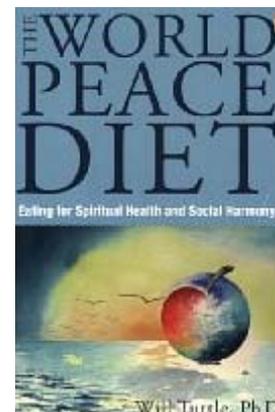


“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

OUR MEALS: The HIDDEN KEY to UNDERSTANDING:

<http://www.worldpeacediet.com/>

This book is an attempt to illuminate our culture's story and to present the outlines of a more empowering understanding of our world. The key to this understanding lies in comprehending the far-reaching implications of our food choices and the worldview they both reflect and mandate. At first glance it may seem unlikely that such a potent key could be found in the pedestrian place that food occupies in our culture, but if we look closely, we begin to realize that our shared cultural reality is profoundly affected by the attitudes, beliefs, and practices surrounding food. There are amazing unrecognized social, psychological, and spiritual consequences to our meals that ripple through all aspects of our lives.



Food is actually our most intimate and telling connection both with the natural order and with our living cultural heritage. Through eating the plants and animals of this Earth we literally incorporate them, and it is also through this act of eating that we partake of our culture's values and paradigms at the most primal and unconscious levels. As children, through constant exposure to the complex patterns of belief surrounding our most elaborate group ritual, eating food, we ingested our culture's values and invisible assumptions. Like sponges, we learned, we noticed, we partook, and we became acculturated. Now, as adults, finding our lives beset with stress and a range of daunting problems of our own making, we rightly yearn to understand the source of our frustrating inability to live in harmony on this Earth. When we look deeply enough, we discover a disturbing force that is fundamental in generating our dilemmas and crises, a force that is not actually hidden at all, but is staring up at us every day from our plates! It has been lying undiscovered all along in the most obvious of places: It is our food.

Top Of The Food Chain Baby!



And Looking To Stay There!

While debates rage over which diets are best in terms of health and longevity, this book is not about diet in this usual sense, but is an exploration of the profound cultural and spiritual ramifications of our food choices and the mentality underlying them. By placing humans at the top of the planet's food chain, our culture has historically perpetuated a particular worldview that requires from its members a reduction of essential feelings and awareness—and it is this process of desensitization that we must understand if we would comprehend the underlying causes of oppression, exploitation, and spiritual disconnectedness. When we practice eating for spiritual health and social harmony, we practice making certain essential connections that our culturally induced food rituals normally require us to block from awareness. This practice is an essential prerequisite for evolving to a state of consciousness where peace and freedom are possible.

We are in the midst of a profound cultural transformation. It is becoming increasingly obvious that the old mythos underlying our culture is collapsing. We are realizing that its core assumptions are obsolete and, if followed further, will result not only in the ecological devastation of our planet's intricate and delicate

systems, but in our self destruction as well. A new mythos, affirming cooperation, freedom, peace, life, and unity, is struggling to be born to replace the old mythos based on competition, separateness, war, exclusion, and the idea that might makes right. Food is a critical key to this birth, because our food habits condition our mentality profoundly—and because meals are the primary way our culture replicates and promulgates its value system through us. Whether this birth of a new mythos and more evolved spirituality and consciousness is successful will depend on whether we can transform our understanding and practice of food.

The Practice of Connecting

Our cultural predicament—the array of seemingly intractable problems that beset us, such as chronic war, terrorism, genocide, starvation, the proliferation of disease, environmental degradation, species extinction, animal abuse, consumerism, drug addiction, alienation, stress, racism, oppression of women, child abuse, corporate exploitation, materialism, poverty, injustice, and social malaise—is rooted in an essential cause that is so obvious that it has managed to remain almost completely overlooked. In trying to solve the social, environmental, and individual problems we face while ignoring the underlying cause that generates them, we are treating symptoms without addressing the root of the disease.

Such efforts are ultimately doomed to failure. Instead, we need to build a web of understanding and awareness that helps us see the connections between our food choices, our individual and cultural health, our planetary ecology, our spirituality, our attitudes and beliefs, and the quality of our relationships. As we do this and act on this understanding, we contribute to the evolution of a more harmonious and liberated shared experience of life on this beautiful but misunderstood planet.

I believe that until we are willing and able to make the connections between what we are eating and what was required to get it on our plate, and how it affects us to buy, serve, and eat it, we will be unable to make the connections that will allow us to live wisely and harmoniously on this Earth. When we cannot make connections, we cannot understand, and we are less free, less intelligent, less loving, and less happy. The most crucial task for our generation, our group mission on this Earth, perhaps, is to make some essential connections that our parents and ancestors have been mostly unable to make, and thus to evolve a healthier human society to bequeath to our children. If we fail to make the connection between our daily meals and our cultural predicament, we will inevitably fail as a species to survive on this Earth. By refusing to make this essential connection, we condemn others and ourselves to enormous suffering, without ever comprehending why.

The Call to Evolve

Though I spent the first twenty-two years of my life eating the large quantities of animal-based foods typical of our culture, I've spent the past thirty years or so exploring the fascinating connections and cause and effect relationships between our individual and cultural practice of using animals for food and the stress and difficulties we create for each other and ourselves. I've discovered that the violence we instigate for our plates boomerangs in remarkable ways.

It becomes immediately obvious, though, that our collective sense of guilt about our mistreatment of animals for food makes recognizing this basic connection enormously difficult. Eating animal foods is a fundamental cause of our dilemmas, but we will squirm every which way to avoid confronting this. It is

our defining blind spot and is the essential missing piece to the puzzle of human peace and freedom. Because of our culturally inherited behavior of abusing the animals we use for food and ignoring this abuse, we are exceedingly hesitant to look behind the curtain of our denial, talk with each other about the consequences of our meals, and change our behavior to reflect what we see and know. This unwillingness is socially supported and continually reinforced.

Our behavior invariably reflects our understanding, and yet our behavior also determines what level of understanding we are able to attain.

The calling we hear today is the persistent call to evolve. It is part of a larger song to which we all contribute and that lives in our cells and in the essential nature of the universe that gives rise to our being. It is a song, ultimately, of healing, joy, and celebration because all of us, humans and non-humans alike, are expressions of a beautiful and benevolent universe. It is also a song of darkest pain and violation, due to our accepted practices of dominating, commodifying, and killing animals and people. In order to confine and kill animals for food, we must repress our natural compassion, warping us away from intuition and toward materialism, violence, and disconnectedness.

The song of the new mythos that yearns to be born through us requires our spirits to be loving and alive enough to hear and recognize the pain we are causing through our obsolete food orientation. We are called to allow our innate mercy and kindness to shine forth and to confront the indoctrinated assumptions that promote cruelty. While we are granted varying degrees of privilege depending on our species, race, class, and gender, we are all harmed when any is harmed; suffering is ultimately completely interconnected because we are all interconnected, and socially constructed privilege only serves to disconnect us from this truth of our interdependence.

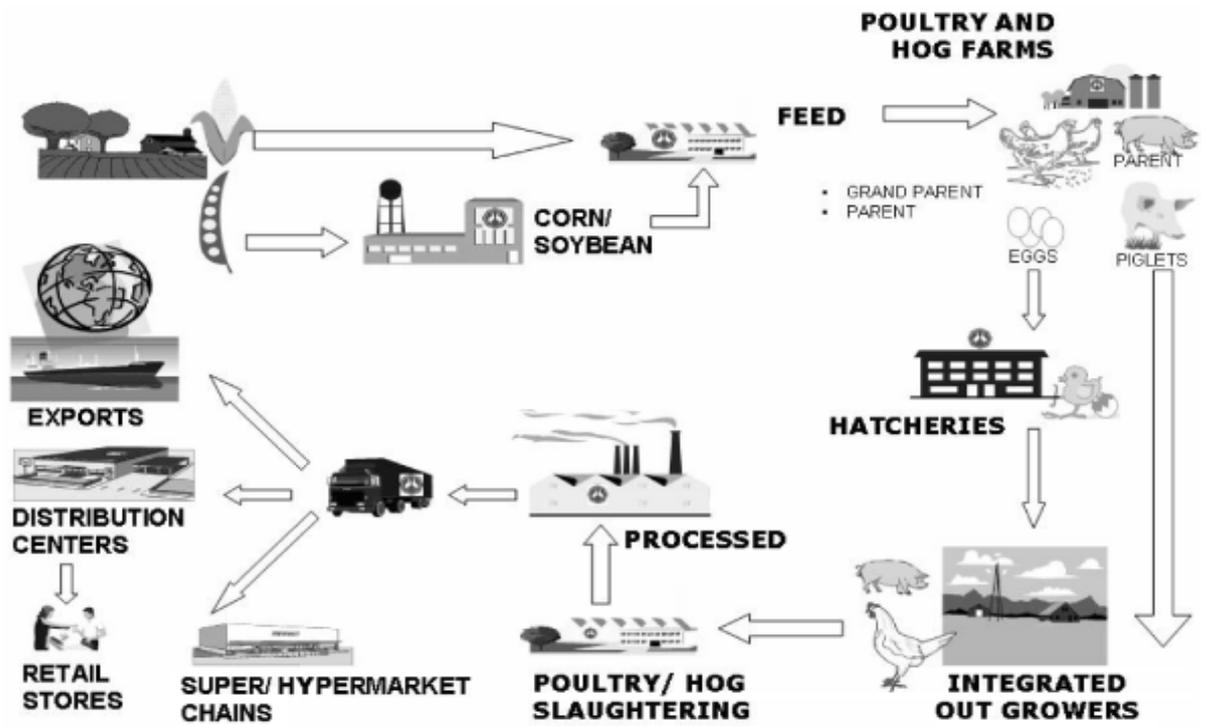
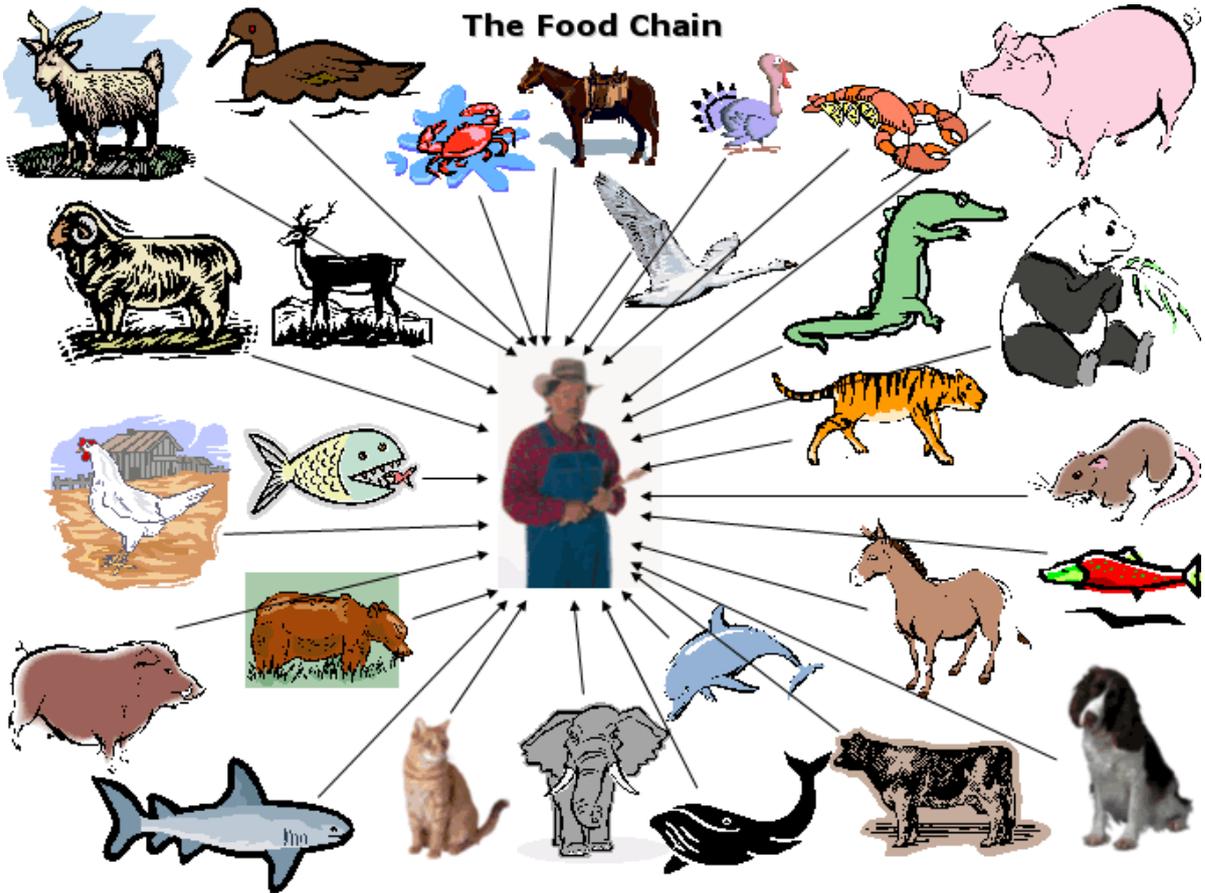
This book is intended for readers of all religious traditions as well as those who do not identify with any particular tradition. Like the Golden Rule, which articulates a principle that is pronounced by all the world's religious traditions and is intuitively accepted by people of every culture and persuasion, the principles discussed in this book are universal and can be understood and practiced by all of us, whatever our religious affiliation or non-affiliation may happen to be. A moderately open mind and a willingness to make connections are all that are needed to apprehend these principles, and to see that they never contradict our deeper religious teachings or our spiritual yearnings, but always fulfill and illumine them.

The song of our necessary evolution and awakening is calling.

Achieving the deeper understanding this song requires lies in uncovering connections and relationships that have been hidden or chronically ignored. A journey is required, and this is the adventure of discovery that beckons.

**PASCAS
HEALTH**





Slaughter of the Innocent:

<http://www.worldpeacediet.org/articles.htm>

Reflections on the Virginia Tech Shootings

Originally published on KPFT Pacifica Radio, Houston, TX, April, 2007

By Will Tuttle, Ph.D.

Exactly one week ago, on Monday, April 16, 2007, 32 innocent people were gunned down by a lone suicidal killer at Virginia Tech in what President G.W. Bush called “an act of senseless violence.” Yet, was it actually a senseless and random act, as Bush implied, or is it a telling and understandable manifestation of our cultural mentality as it exists today?

We should not be quick to shake our heads in disbelief at this gruesome incident. Though our heads may not understand the underlying dynamic involved, we understand it in our bones. In our bones, we know that we were all born into a culture that reduces beings to things, and that exploits them as commodities to be used. We know that our culture has at its core a mentality of violence and privilege that is universally mandated and reinforced throughout our society in the relentless slaughter of over eight million animals daily in the U.S. for our meals. We dine routinely on the flesh and secretions of animals that have been mutilated, confined, and reduced to mere cuts of meat and to being mere egg- and milk-producing machines.

In our bones we know that we live in a culture that trained us from birth to eat like predators, to compete in an exploitive economic system, to exclude vast numbers of people and non-human animals from the circle of our compassion, and to numb ourselves to the suffering that our daily food choices force on the innocent and vulnerable: on animals, on starving children, on future generations, and on fragile and precious ecosystems. We know in our bones that we have been taught by our culture to disconnect from the reality of violence and slaughter that is meticulously hidden and yet permeates our culture, ironically ubiquitous on our landscape as the fast-food restaurants, supermarket meat counters, and bloody movies we flock to but rarely reflect on.

Universal principles, like gravity, demand understanding and respect. What we do to others will eventually be visited upon us. What we do to animals, we will do to each other, inevitably, because our life and our experience flow from our consciousness, and our behaviour determines our consciousness. Sowing seeds of exclusion, predation, and slaughter of the innocent, we are not, in our bones, shocked when suddenly we see this horror thrust into our reality against us. In our heads, maybe we are surprised, but not in our depths.

To create a culture of peace, kindness, caring, and cooperation, we are called to practice these qualities toward those who cannot retaliate against us—to those who are at our mercy and to whom we are taught by our culture to show no mercy. Our ongoing violence against animals is the hidden root of violence in our culture, and we are each called to uproot this violence from our mentality and from our daily behaviour. When we do this, we create a field of compassion and peace that radiates through our culture, blessing and transforming it. We are all connected. Though the animals we routinely abuse and kill cannot themselves retaliate, our violence itself retaliates against us. We can see it clearly when we make the effort to question our cultural conditioning and change our behaviour.

As long as the underlying foundation of violence in our culture remains invisible, denied, and fed, its voracious appetite, mirroring our own appetite for flesh, will crave and perpetuate violence, competition, terrorism, disease, exploitation, and war. We daily make our bed, and as the saying goes, we must then lie in it. The greatest victory for peace, justice and sanity is when we go vegan and live, as Gandhi said, the change that we would like to see in the world. We build a field of peace, kindness, and respect for life that blesses everyone, and removes the underlying forces that drive us to war and senseless killing.

The horror and suffering experienced by those involved in the Virginia Tech tragedy need not be in vain. If we make the deeper connections and transform our lives to be agents of inclusiveness and universal kindness and respect for others, we can help each other awaken from the cultural trance of oppression that comes from reducing beings to mere objects to be used and killed for our pleasure. Let this tragic incident inspire us to transform ourselves and our culture.

To avoid the innocent being senselessly slaughtered, we must stop senselessly slaughtering the innocent.

Will Tuttle, Ph.D., composer, pianist, Zen priest, and author of *The World Peace Diet*, is cofounder of Karuna Music & Art and of the Prayer Circle for Animals and Circle of Compassion ministry.



The Three Reasons People Eat Animals

By Rev. Will Tuttle, Ph.D.

<http://circleofcompassion.org/articles/articles-will/article-threereasonseatanimals.htm>

Why, in the face of the overwhelming evidence that it is cruel, unhealthy, ecologically disastrous, and spiritually corrupt to eat animals, do the vast majority of our North American brothers and sisters continue to do so? Why is it, exactly, that even the greatest minds of our species have been unable yet to find a proverbial magic button we could push, a communication of some combination of thoughts, words, feelings, art and/or images, that would simply show to our fellow humans the utter absurdity of dining on animal foods, in a way that they would easily understand and that would change their behaviour? Why is this so difficult to accomplish?

It seems to me that there are at least three reasons why people continue to eat animals in spite of the horror and tragedy this behaviour generates. The first and essential reason is that eating animals is not a behaviour people have ever chosen freely. It has, instead, been forced upon them, starting at an early age. People have been indoctrinated to do it. Indoctrination is a most interesting phenomenon to observe, in ourselves and others.

First of all, in our culture, “the home of the free,” the existence of indoctrination is denied, making it invisible. As they say, “the perfect slaves think they’re free.” Secondly, indoctrinated beliefs cannot be defended or contemplated, since we never arrived at them freely on our own. I’ve found that when I hold a belief about something that I have truly struggled within myself, freely, to arrive at, that when that belief is challenged, I feel energized and eager. I sense an opportunity to learn something more, to deepen my understanding, to exchange, be challenged, and grow. If the belief has been indoctrinated, however, and I’ve never truly arrived at it freely on my own, I feel irritated and nervous if it’s challenged. It’s not my belief, after all, yet I believe it! So I strive to change the subject, create distraction, close down, or attack the one who would challenge my indoctrinated belief. Because it is not my belief, but has been forced on me by others and I have only unconsciously accepted it, I am forced to remain unconscious and unaware of all the feedback from my environment that is naturally working to challenge and perhaps enlighten my consciousness. This forced unawareness, as we all know, becomes a sort of armour, dulling the mind, and inhibiting its intelligence, which is its ability to make connections and respond to feedback. This deadens the vital spiritual spark that naturally seeks higher awareness through increasing understanding.

Our task, then, is to undo our own indoctrination and thereby help others do the same, moving toward greater understanding and compassion, which are the outcomes of increased awareness, and the goals of spiritual life. As Jim Mason has demonstrated in his indispensable book, *An Unnatural Order*, herding and eating animals is perhaps the defining core of our culture, so in questioning this, we are liberating ourselves from the slavery of indoctrination at a very deep level.

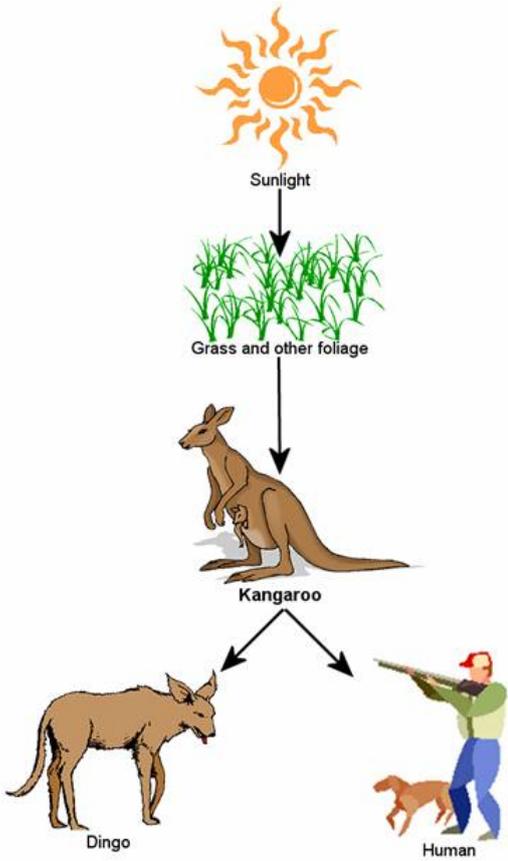
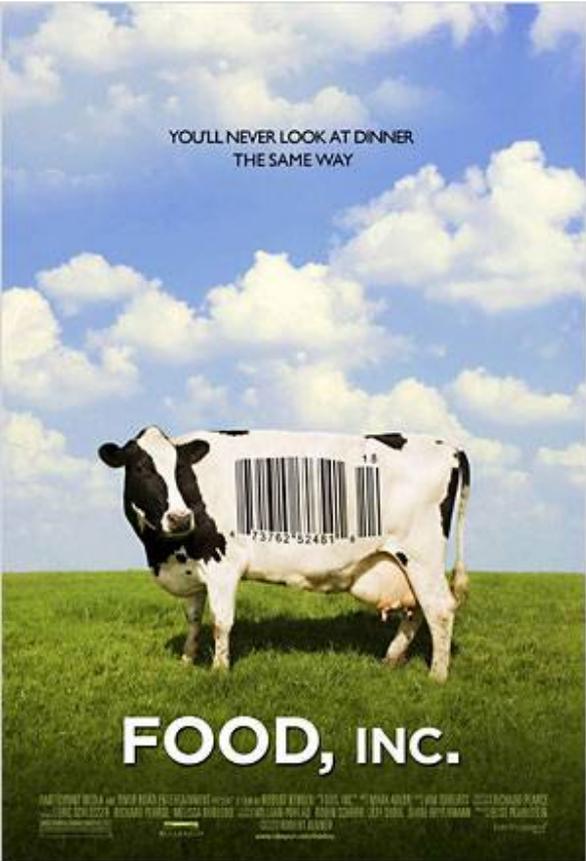
The second reason people eat animal foods is because of social pressure. Besides the fact that people swim in a media sea of carnivourism here, so that they are continually reminded how right it is to eat animals; there is the fact that most people are surrounded by friends, families, colleagues, neighbours, and associates who are not vegans. Being so gregarious, we humans like to fit in and be part of the group, and

this militates strongly against questioning the eating of animal foods, because veganism can be so divisive and threatening.

The third big reason people eat animal foods is that they like the taste: they get a certain pleasure that they are loath to give up. Some people go so far as to say there's something somehow addictive about animal fat, cholesterol, and animal protein. Or maybe it's the urea, blood, and hormones. Or the adrenalin rush. Whatever it is, it is a powerful reason that drives people to continue their non-vegan habits, and is coupled with their self-image, which is that they're someone who enjoys eating fish, chicken, cheese, and so forth.

Each of these three reasons seems powerful, and together, they reinforce each other to form the hardened bastions that we vegans face when we confront those who use and abuse animals as commodities. Fortunately, these three fundamental reasons for eating animal foods are all ultimately invalid and indefensible. Indoctrination, social pressure, and the self-centred pursuit of pleasure have been behind all the atrocities we humans have committed, and when we shine the light of our awareness and truth on them, they are seen for the weak, erroneous delusions that they truly are.

Will Tuttle, Ph.D., composer, pianist, Zen priest, and author of The World Peace Diet, is cofounder of Karuna Music & Art and of the Prayer Circle for Animals and Circle of Compassion ministry.



Sound / audio files can be acquired from <http://www.worldpeacediet.com/>

Such as – Living in Harmony with all Life – a discourse on the World Peace Diet by Will Tuttle Ph.D

[Living in harmony with all life – Free MP3 Download](#)

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Our Future is Vegan

Originally published in *This Crazy, Sexy Life* e-letter, June 2009

<http://circleofcompassion.org/articles/articles-will/article-futureisvegan.html>

By Will Tuttle, Ph.D.

We live on the road. For fourteen years now Madeleine and I have been plying North America's highways in our '86 diesel pick-up that pulls our solar-powered fifth wheel "rolling home" across this beautiful land. Although we only drive about fifteen to twenty thousand miles per year, following the geese in spring and fall, and presenting around 150 lectures, concerts, and workshops annually, we are able to get a pretty good glimpse into what's happening here. For me, two things especially stand out.

One—monoculture agribusiness. Huge fields of corn, soybeans, hay, alfalfa, and other grains and legumes grown primarily to feed our billions of hyperconfined cows, pigs, chickens, turkeys, and fish.

Two—hospitals and medical facilities. They are springing up like mushrooms after the rain—mainly for the flood of people hyperconsuming the flesh, eggs, and milk of the aforementioned creatures.

North and south, east and west, monocultures and hospitals.

Drugged and poisoned land with all its inevitable results.

According to recent statistics from the Department of Agriculture, a whopping 86 percent of U.S. agricultural land is devoted to just four crops— corn, soy, hay, and wheat—the main crops used to feed and fatten confined animals. By contrast, growing all the vegetables in the U.S. requires only 1.5 percent of our agricultural land! And for all the orchards and vineyards that provide our nuts, berries, and fruits, it's just 1.6 percent! Just three percent of our farmland produces all our fruits, veggies, and nuts! Talk about small footprint! Last fall, for example, as we were driving through Iowa, and I was delivering lectures promoting veganism in cities and towns throughout Iowa (whew!!), we travelled through countless thousands of acres of soybean fields. We found out that only one small field in the entire state grew soybeans that were used for tofu and soymilk for humans; virtually the entire vast Iowa soy crop was squandered to fatten cows, pigs, and other enslaved animals that were hidden away in their stinking sheds and feedlots far from the major roads. In contrast to this, Russia has been encouraging small-scale family gardens ("dachas"), and these dachas have been an amazing success, now supplying 93 percent of Russia's potatoes, and 80 percent of all vegetables and fruits! This could be our future as well if we understand and act!

By reducing vast expanses of our precious forests and prairies to toxic monocultures, where only one species is allowed to grow in order to feed the mistreated animals whose flesh and secretions we are all pressured into eating, we create the ongoing conditions of psychological, ethical, ecological, cultural, and spiritual disconnectedness. These prevent us, as a society, from understanding the roots of our unyielding dilemmas. The violence on our plates reverberates through our bodies, our minds, our culture, and throughout our world. How can we or our elected representatives act wisely while the blood that is running through our veins and brains is polluted with hormone, drug, and pesticide residues, cholesterol, and the fear, panic, and psychotic depression lived by the animals we eat?

It is way beyond time for all of us in our culture to look behind the curtain of institutional denial and bring the light of compassion and awareness to our meals and what our meals require.

Everyone in our culture feels it, I think; the existential doubt, visceral and haunting, about our future; the future of our species; of the Earth; our way of living. We feel it, but it's just too much—so we turn away and focus on the familiar distractions, turning up the volume to drown out the inner knowing.

Yet our sanity longs for truth. More than anything else, veganism is truth. The truth of awareness—of what we're actually eating; of what it takes to get it on our plates; of all the implications of our routine actions; the truth of our interconnectedness with all beings; the truth of our radiant essential nature, free, awake, loving, merciful, and wise. The truth of the ramifications of our meals: of our devastation of oceans for fish to feed chickens and cows whose bodies, babies, and yearnings we steal. The truth of our repressed and deadened horror. The truth of our inability to make some pretty obvious connections. Eating violence and terror, we long to avoid the truth.

Everywhere, though, the truth is popping up! It's increasingly difficult to avoid hearing and seeing the obvious. Eating animal foods destroys the Earth, drives global climate breakdown; drives species extinction; drives ocean depletion and forest devastation, drug addiction, disease, soil loss, water pollution, acidification, toxification, despair, and the mentality of exploitation and elitism and war.

Like the rising sun, the truth is shining brighter every day, revealing the interconnections, bringing healing, insight, and understanding. And we are awakening. Veganism is the stark and liberating solution to the omnivore's dilemma, the cultural conundrum bearing down ever more relentlessly as our massive violence toward animals and the Earth and future generations ripens before our eyes.

Happiness, peace, and freedom flow from nonviolence. We are all connected, and our joy is in blessing others. I don't know how it will happen, but this I know in my bones: our future is veganism. Our future selves are vegans – delightedly and powerfully aware of the ancient truth of our magnificence. We are not shrinking, reducing, commodifying, cruel and numb people who heartlessly destroy the Earth and the sacred web of life—who have no future and have lost our purpose by stealing the purposes of others. We are consciousness, grace, kindness, creative inspiration, joy, and understanding. When light shines, darkness simply disappears without a trace. No fight is required. Letting the light shine through, breathing deeply and fully, we partake of the infinite, moment after moment.

This, then, is the situation in a nutshell:

We are all beings of light and awareness and love, born into a culture of violence, ignorance, and exclusion. We take on its darkness and fear, and the core ritual used by our culture to effect this is our daily meals, where we are forced to participate in routine killing by eating and buying the flesh and secretions of imprisoned, terrified animals. Our path to freedom lies in freeing these animals. Veganism is the feminine wisdom of interconnectedness, the spiritual and practical key to happiness and peace for all. She is our future. She is beckoning to us.

We all live on the road—the road to vegan living and to the harmony, sustainability, freedom, and co-creative celebration shining within.

Will Tuttle, Ph.D., composer, pianist, Zen priest, and author of [The World Peace Diet](#), is cofounder of [Karuna Music & Art](#) and of the [Prayer Circle for Animals](#) and [Circle of Compassion](#) ministry.





Slaughtering Equipment for Goat/Sheep



Goat-body Processing/Cutting in Hanging



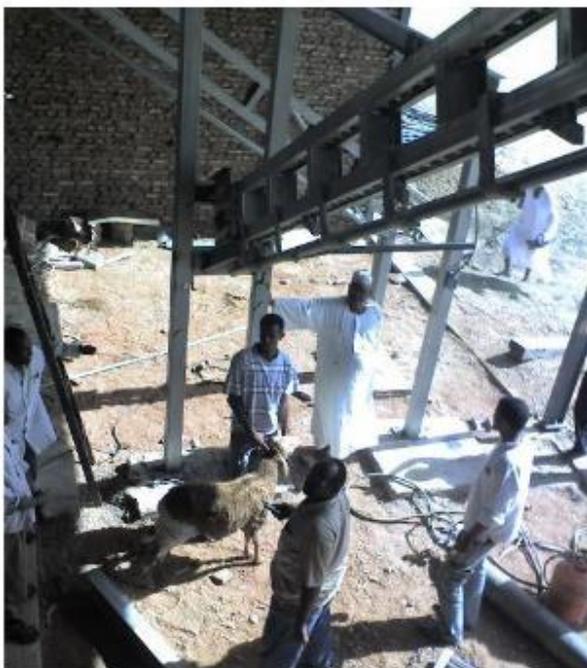
Goat-body pre-cooling Temporarily



Device to remove dirt of Intestine of goat/pigs



Conveying Line for Goat-cutting on table



Installed Project in Sudan, Africa.



Hanging-type Dissecting Pushing Line & Inner Viscera-Inspection Conveyor

The sea is stained in red not because of the climate effects of nature. It's because of humans killing hundreds of the famous and intelligent Calderon dolphins. This happens every year in Feroe Iland in Denmark. In this slaughter the main participants are young teens.



LESSON in NATURAL LOVEwww.divinetruth.com

Refusal to learn and apply Natural Love lessons will result in stagnation on the Divine Love path.

The Divine Love path incorporates all Natural Love lessons, but from an emotional soul perspective.

All lessons in love (either Natural or Divine) are from God's perspective, not our own.

There are literally 100's of Natural Love lessons, but if we receive God's Love into the soul, then these lessons will be automatically learned as long as we allow that process emotionally.

Eating meat is breaking a natural love law. You need to feel an emotion as to why you need to feel meat within your body.



Divine Love Path (DLP) incorporates elements of natural love. We need to take personal responsibility, e.g., not eating meat. Spirit interaction impacts on our emotions and health.

Animals and plant life reflect back to you your expressed and denied emotions – they have a spirit form, not a soul.

Going through emotions – releases ailments.

Upon reaching At-one-ment with God, which is 8th sphere, at that time the number of major chakras that you have increases from 7 to 13.

Lesson 10 – Love Is Loving To All Creation

I live in harmony with Natural Love when I realize and feel that:

Every single creation deserves my love

Eg. Meat eating, Littering, Uneconomically using the worlds resources that are not renewable

Natural Love Solution

Stop doing actions that are unloving to creation (but feel drawn to continue them)

Divine Love Solution

Pray to God. What disharmonious emotion within me results in my choice to harm creation?

What addiction emotion is being satisfied by my unloving choices?

What can I forgive (causal emotional release) within me that will result in action ending?

E.g. Pray to God to recognize, & feel the Divine Truth about why I am prepared to be unloving to God's creation. Once processed, I will automatically no longer be able to act unlovingly.

VEGAN MEALS:

<http://webecoist.com/2008/09/01/20-delicious-vegan-meals-recipes-that-dont-suck/>



Here are 20 vegan meals that don't suck – even if you're an omnivore.



Image: [wordridden](#)

1. Sloppy Janes

Even Adam Sandler would like [this one](#). The great thing about this recipe is that it's really easy to make. Actually there are two great things: it uses tempeh, which is an extra-chewy type of tofu that is perfect if you're a meat eater. Tempeh holds sauces really well – in fact it's similar to chicken nuggets in terms of consistency. If you are new to tempeh, you'll find that the taste is really nutty and satisfying. One thing that a lot of vegan meals miss is that all-important rich mouthfeel – the Japanese call this fatty, meaty taste [umami](#), or the fifth taste.



Image: thebittenword.com

2. “Chicken” and Sundried Tomato Sandwiches with Fresh Pesto Basil

This [sandwich](#) just kicks ass. Choose the fajita strip style prepared “chicken” by Yves in the vegetarian case at the supermarket. It’s nicely flavorful and succulent and doesn’t have that mock meat consistency you often get with things like tofurkey slices. If you don’t say anything, your carnivore friends may not even notice.

**PASCA
PERS**



Image: [zesmerelda](#)

3. Tofu Scramble

I was skeptical the first time my vegan roommate made a [tofu scramble](#) for breakfast. Honestly it tastes nothing like eggs, but that isn't a bad thing. It's good and very easy to whip up in just a few minutes. This is great for those times when you're all out of eggs. All you need are some basic spices and a handful of frozen veggies. This particular recipe calls for turmeric to give a little curry flair, but try chipotle and jalapenos for a great Latin twist. You can pretty much put anything in this and it will taste great. Good hangover dish.



Image: [blmurch](#)

4. Guac and salsa

Who doesn't like [guacamole](#) and chips and [salsa](#)? Add in some healthy blue corn chips (organic) and you're set. Avocados, the main ingredient in guacamole, are really good for your heart and skin and salsa contains antioxidants and vitamins. See, all these Super Bowl Sundays, you've been eating vegan and didn't know it! Bonus on this recipe: if you're really lazy you can just buy both at the market. Select organic if it is available.



Image: [serenejournal](#)

5. Vegetarian Chili

Everybody likes [chili](#). It's easy to make, it's ridiculously cheap (beans and tomatoes), and it's so hearty no one will even miss it without the ground beef, though you can add seitan for texture.



Image: [foodistablog](#)

6. Grilled Salad

The first time I had grilled romaine salad was at Restaurant 301 in Eureka, CA. Because they flame-broiled the lettuce spears for just a moment, the salad was mysteriously smoky and meaty. Yet vegan. [This version](#) is delicious – you’ll actually want to lick the plate.



Image: [Stu Spivack](#)

7. Chocolate Covered Strawberries

That's right – one of the best aphrodisiacs around (not to mention tastiest desserts) is vegan. You'll need [chocolate...and...strawberries](#). That's it. Delicious.

Image: [islander](#)

8. Chana Masala

An Indian staple dish, [chickpea curry](#) is substantial, nicely textured (all those garbanzo beans to bite into), and rich in flavor. It's fairly simple to make, too. No clay oven or pressure cooker necessary. Serve with hot naan or brown rice. Everyone loves this dish.





Image: [kanko](#)

9. Soba Noodles with Peanut Sauce

If your dinner pal is OK with vegetables, add some fresh broccoli florets to this to make the peanut sauce sing. [Soba noodles](#) are incredibly nutty, dense and filling, so even carnivores will love this meal. Soba noodles are really versatile, so you can cook them in a rich broth, use them like you would pasta, or top them with all kinds of veggies.



Image: [double.reed](#)

10. Fettuccine Alfredo

This one is a bit riskier because it involves numerous faux dairy ingredients. But it's worth inclusion, because if done right the result is rich, creamy, and decadent [fettuccine alfredo](#). First, dress this recipe up: add a tiny bit of either white wine or vodka to make the sauce extra-savory. Next, up the "cheese" and leave out the soy milk altogether so you're guaranteed a really thick sauce. What ruins this dish and makes it obviously vegan is the watery factor. Skip the soy milk to avoid this issue. And, as shown, you can use any pasta shape that you like. Curly and shell shapes will hold extra sauce.



Image: [D'Arcy Norman](#)

11. Amazing Pancakes

The. best. pancakes. ever. They're fluffy, moist, sweet, and a touch salty. [Pancakes](#) are vegan – but who cares, they're that good. Whip these cakes up anytime, even for dinner or a late-night post-drinking snack with your friends. To make them even more delicious, add blueberries or (recommended) dark chocolate chips to the batter.



Image: [normanack](#)

12. Seitan Fajitas

Seitan is a realistically-textured “wheat meat” that most closely resembles leftover (read: a bit dried-out) roast beef. Seitan is surprisingly high in protein, too. These [seitan fajitas](#) are spicy, easy to shred for pulled-not-pork tacos the next day, and fast to prepare.



Image: [digivesica](#)

13. Vegetable Paella

While traditional paellas famously include fresh seafood and shellfish, this is a pretty amazing [vegan version](#). The secret weapon to “meat it up”: drizzle in a generous amount of truffle oil.



Image: [avlsyz](#)

14. Fried Tofu

Warning: it's not as easy as slathering yourself a PB&J and it's not healthy, either. But what's life without a little fried goodness from time to time? Forget the fish and chips next time you're in the mood for breaded trans fat, and go for salty, hot, crunchy [fried tofu](#) instead. The extreme heat of the oil keeps the tofu moist but magically firm. It's like a chicken nugget, only good for the planet. Just not for you. Roll it around in some really coarse sea salt and dip in something tasty like sweet 'n sour or soy sauce.



Image: [steffenz](#)

15. Nut Loaf

Oh, the [nut loaf](#). Though nut loaf is not exactly a gourmet delight, neither is meat loaf. If you're willing to eat a loaf of anything, it may as well be nuts. This is incredibly rich and filling, so eat slowly or you won't want to eat for days.



Image: [tomeppy](#)

16. BBQ Tempeh

It's [BBQ](#), but vegan. And it actually holds up well. Because it's baked, the texture is substantial and satisfying. If you like chicken satay you will enjoy this vegan dish.



Image: [signal11](#)

17. Mushroom, Pea, and Asparagus Risotto

Risotto is a great trick to have up your vegan sleeve. Its consistency is naturally extra-creamy, unlike most rice. If you've never had risotto you're in for a delicious, creamy treat. [Risotto](#) takes a while but is very simple to make. This one has lemon zest and wine, which gives it a great layer of fresh flavor. The mushrooms and peas add a little meatiness, too.



Image: [jlander](#)

18. Spring Rolls

Thai food – the lime, the mint, the basil, the peanuts. You can't go wrong with these phenomenal vegan [spring rolls](#). It's just one more vegan meal that doesn't suck.



Image: [jlander](#)

19. Cookie Sheet Pizza

[Cookie sheet pizza](#) – it doesn't get better. Seriously, you will not miss the pepperoni. Hint: drain the tomato sauce a bit with some thick paper towels, and use extra vegan cheese.



Image: [paul govette](#)

20. Leek and Corn Stuffed Peppers

We are including [this recipe](#) because it's healthy, really easy and simple to make, and bursting with great flavors. It's also a little bit more fancy, so it makes a good dinner for guests or a first date. Leeks add mellow bite, the corn is sweet and has great texture, and the pepper is substantial and a tiny bit smoky. Cornbread on the side would be dynamite.

There you have it – not just vegetarian, but vegan meals. Try one or try them all and come back soon for more.

<http://webecoist.com/2008/10/14/20-delicious-vegan-recipes-meals-desserts-appetizers/>

Veganism is a fairly restrictive dietary choice, though it's getting easier – and plenty of [vegans](#) report that it's really not difficult at all. According to research, only about 2.5% of the American population is [vegetarian](#), with strict vegans being but a fraction of that number. No one disputes that vegan fare is gentler on the planet. For now, though, forget tofu and sprouts side of things. Let's begin with what's clearly most important: dessert.

Old-Fashioned Extra-Rich Chocolate Cake



Image via [jorgempf](#)

Someone has to make sacrifices for the greener good, and it might as well be you with this chocolate cake. Anything for a good cause, right? This Depression-era egg-free and hence [vegan chocolate cake recipe](#) (originally conceived to save cash) seems fitting for the current economic times, but truth be told it is delicious no matter what's happening on Wall Street. According to the recipe publisher it is also “absurdly easy”, and there is no disagreeing with that.

Vegan Chocolate Coconut Cream Pie



Image via [Blair Christensen](#)

Taking coconut cream pie and making it even better with the chocolate and the vegan factor, this [vegan chocolate coconut cream pie](#) recipe will not disappoint. It is fudgy and rich while also being cool and creamy. Just don't indulge too often – although vegan desserts typically have less fat and fewer processed ingredients than conventional desserts, they aren't really health foods.

Spicy, Savory Vegan Pumpkin Pie



Image via [pbody](#)

This insanely delicious [vegan pumpkin pie recipe](#) will be a hit at Thanksgiving. Start practicing your pie making skills now. [Pumpkin](#) is actually quite nutritious; it was a staple of Native Americans and rivals yams and sweet potatoes for vitamin A (as beta carotene) content. It's also very high in vitamin C – and, trivia hounds will be happy to know that 1 cup of pumpkin contains more potassium than a banana. The

lack of butter in the crust makes this dessert relatively healthy.



Banana Chocolate Oatmeal Cookies

Image via [bcmom](#)

Not just rich chocolate. Not just fresh banana. Not just chewy oatmeal. All three, in one impossibly tasty cookie. To quote a taste tester who shall remain nameless, it's pretty much foreplay in your mouth. Don't add peanut butter or you may die of ecstasy. The best part about these [amazing cookies](#) is that they're vegan.

Vegan Fudge



Image via [Powellizer](#)

Fudge is one of those seasonal desserts that is simple yet easy to screw up. Add Earth-friendly into the mix and a good [vegan fudge recipe](#) is hard to find. This one is incredibly delicious and also amazingly simple. Add nuts to make it even better because, well, everything is better with nuts.

Double-Chocolate Vegan Brownies

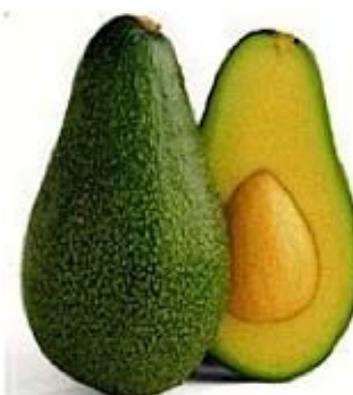


Image via [bloggyboulga](#)

Your friends won't believe you when you tell them these are both vegan and low-fat. Probably best to leave out this information entirely. One of the best [vegan brownie recipes](#) as tried and tested. Very rich, moist and chewy, too.

Now for some healthier but no less tasty fare: best vegan salads. (No iceberg to be found.)

Tropical Salad



Images via [hojusaram ingserban, fxp](#)

The truth is that anything can make a salad. No leaves need to be involved. For example, non-vegans can enjoy the classic Caprese (mozzarella, tomato, basil), and simple sliced fruit and berries is always a delicious combination, too. A great vegan leafless salad is cubed mango, sliced avocado and sliced pink grapefruit. It's refreshing, surprisingly filling thanks to the high (but healthy) fat avocado, and just unusual enough to shake up the standard salad routine. Plus it's really easy to make.

Classic 3 Bean Salad



Image via [Zesmerelda](#)

There are a number of ways to configure the three-bean salad – most classic recipes call for green beans, kidney beans and garbanzos (chickpeas) marinated in an Italian olive oil herb dressing. But you can use any cooked beans you like, including leftovers. White beans are great, as are pintos. The blend is high in protein and easy to make, which makes [vegan bean salad](#) a perfect lunch.

Healthy Vegan Pasta Salad



Image via [Miss Pupik](#)

Forget the saturated fat-fest of those gluey picnic pasta salads. This [vegan pasta salad recipe](#) is loaded with veggies and drenched in healthy fats. The pasta gives it just enough substance and it's simple enough to cook up a big batch for several days of delicious vegan lunches. (Note: the recipe calls for olives, but the image above shows an olive-free version. You can add or eliminate whatever veggies you prefer.)

Classic (Vegan) Caesar Salad



Image via [WordRidden](#)

One of the most popular of all salads combines just the right mix of crunchy Romaine lettuce, creamy savory dressing and crusty croutons. This version leaves out the egg, anchovy and cream for a tasty, tangy [vegan Caesar salad](#) – rest assured no guest will notice that it is missing the standard ingredients.

Fresh is Best!

Peas 'n Greens Salad



Image via [Crystl](#)

This is a really delicious salad, especially when it's chilled a bit. Peas are buttery and substantial and always make a salad better. The [recipe](#) calls for black eyed peas but green peas are even better because the sweetness plays off the onion. The greens are dressed with a terrific lemony olive oil blend that makes the whole thing sing. (Note: tomatoes have not been added in this image; the recipe is completely variable according to your tastes.)

Wild Rice Salad with Pecans and Oranges



Images via [Fresh Approach Cooking](#) and [jlander](#)

This is simply delicious. The chewiness of the wild rice paired with the sweet crunch of pecans and the tart burst of flavor from the oranges makes for an addictive vegan salad. You'll find yourself making this complete protein [wild rice salad](#) again and again. With only a handful of ingredients, it's very easy to make and quite healthy, too.

Moving on to the fun stuff: finger foods, hors d'oeuvres, and appetizers.

Sun Dried Tomato and Olive Tapenade



Image via [YumSugar](#)

This incredibly rich, pungent and fruity spread is great with toast points or warm cubes of foccaccia bread. The tart acidic flavor of the tomatoes blends perfectly with the oiliness of the olives to create a truly flavorful and easy-to-make party favorite. Try out [vegan sun dried tomato and olive tapenade](#) today.

Balsamic and Basil Bruschetta



Image via [Jeffrey Beall](#)

Everyone loves bruschetta – it’s hot and crusty and perfect for soaking up the delicious juice of garlic and chopped tomatoes. This [vegan bruschetta](#) leaves out the cheese but is still rich and tasty, with the basil offering a classic cool note.

Vegetarian Mini Meatballs



Image via [Special*Dark](#)

Carnivores won’t miss the standard tiny sausages when you serve up these completely meat-free vegan “[meatballs](#)“. These little guys are sweet and spicy and use GimmeLean mock meat, a pretty tasty mock meat. You can also use tempeh or wheat meat, but the recipe as is works very well. Recommended: go a little stronger on the seasonings.

Baked Sweet Potato Fries



Image via [Kanko*](#)

These are awesome anytime – for guests, as a snack, late at night. They are low fat and since yams are one of the healthiest vegetables around, they are actually a completely healthy version of French fries. They

manage to achieve something very rare indeed: certified delicious “junk food” that is 100% healthy and vegan. What makes [vegan sweet potato fries](#) healthy (aside from the ingredients) is the cooking method: baked instead of fried.

Mini Cheese ‘n Chive Muffins



Image via [British Cheese](#)

These tasty little muffins are great as a snack any time, not just for entertaining. Normally vegan cheese doesn't go over too well, but because it is baked into the muffins, it simply lends a great flavor without imparting any odd texture. [Vegan cheese and chive muffins](#) are easy to whip up, and cheap.

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Spicy Roasted Nuts

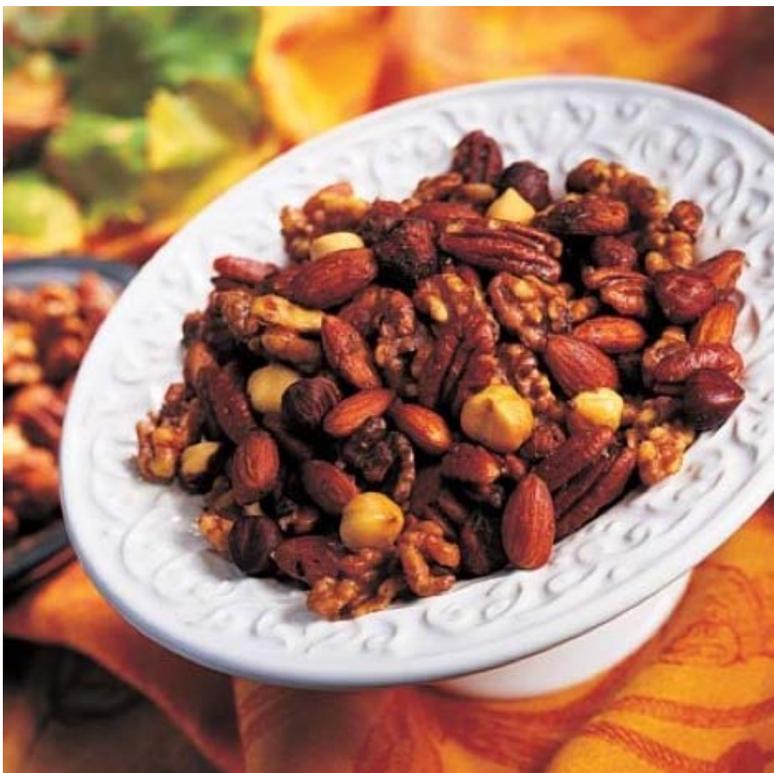


Image via [MyRecipes](#)

Great to bake up in large batches for easy snacking and serving anytime, this [vegan spicy roasted nut recipe](#) is sure to be a hit. Perfect for beer and the game or late-night healthy munching. For a slightly saltier version use cashews and peanuts instead of pecans.

Corn Fritters

Image via [Laura B](#)

Don't laugh – these are seriously amazing. They're also ridiculously easy to make. [Vegan corn fritters](#) are simple, cheap, and delicious. They're a little bit like crab cakes, only vegan, of course. You can even eat the leftover ones cold the next morning with maple syrup and vegan sausages. (Or real sausage, if you've had enough of the veg.)



Vegetable Samosas

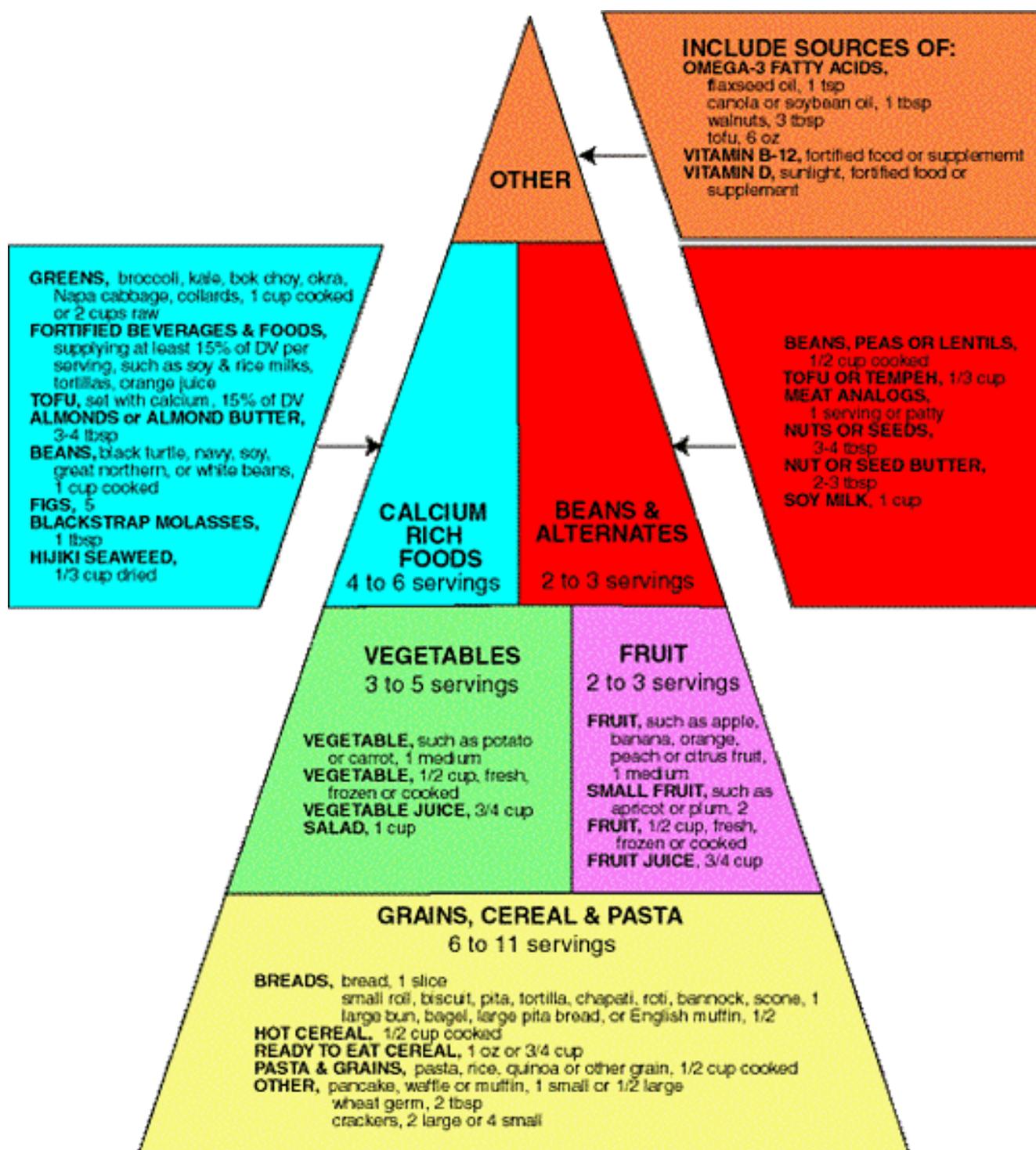


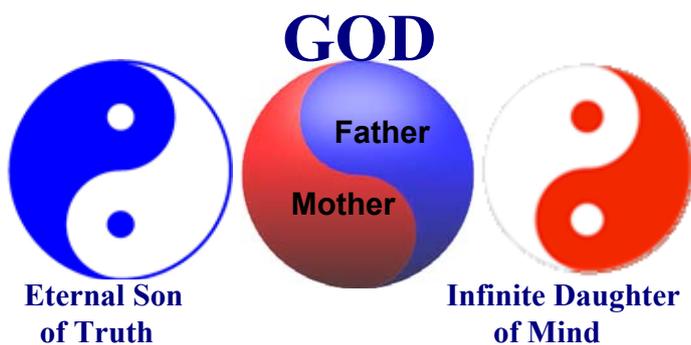
Image via [kspoddar](#)

Anyone who's enjoyed Indian food has no doubt quickly grown addicted to the deliciousness that is the [samosa](#). These deep fried pillows of tastiness aren't exactly healthy, but as an occasional treat, they're a nice vegan addition to the snack roster.









CREATION of SOUL and SPIRIT:

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

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

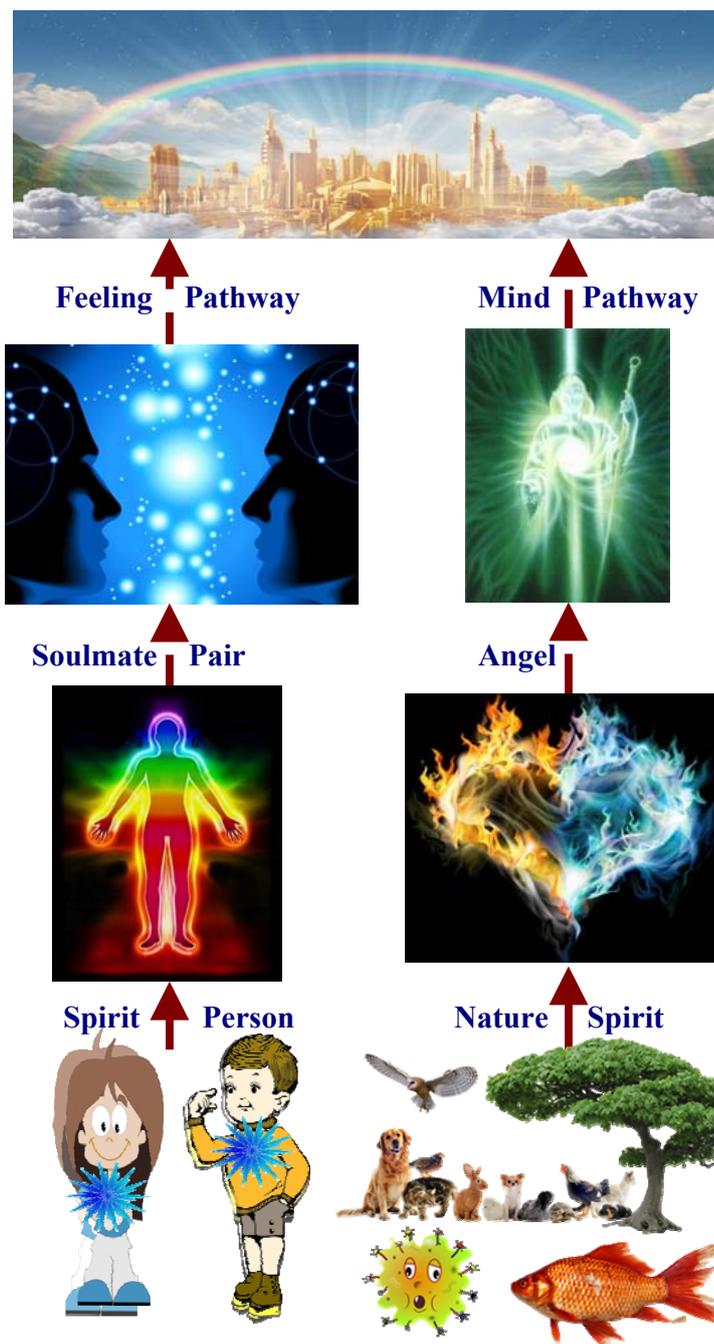
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

CREATION being an EXPRESSION OF MIND – Nature Spirit Verna:

I, Verna, am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elemental, elves, fairies and the like, but really we're nature spirits. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we are permanent residents.

We, nature spirits have an hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you, humanity, well, we can if we want, move up to becoming an angel, we can evolve into one.

About soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen is all in accordance with the soul's pattern. As far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you.

We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind, so we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given, and when they are fulfilled, or completed, we move onto the next assignment, that is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it is for the angels.

So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. By the *light* of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.

Creation is all created by, and so is a manifestation of, the Mind of God, it consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, then all you are, all the environment is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you are slowly to learn to do. You are not to try and fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul – or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over using your mind, to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul resulting in the desired truth you are to see, know, and hence live.

YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is



not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

What you as a person, YOU, are doing to nature is wrong. How you are negatively affecting it, and how that is all because you are doing it all to yourself. **EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF** – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner has been created through your early childhood.

I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth (humanity) who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe, but mostly you just allow your soul to manifest your spirit form as its currently manifesting your physical form, whereas we angels being all light, have a choice – and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different to you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are; but we angels – I'll call myself an angel for the time being, just for the sake of argument – don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling mind, we are just mind, and all that is mind.



All things and creatures of Creation have a 'light' to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn't matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree's spirit. However were you to talk to the tree's spirit and have it talk back to you, that's then where we come in. You can't actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Mind spirits aren't going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don't care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it, so they won't say, oh sorry, I'm a mind spirit, for nature spirits you'll have to change frequencies, they're that channel over there.

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

NATURE SPIRITS will INTERACT and ASSIST US in our ENDEAVOURS:

Extracts from 'With Verna – a Nature Spirit' by James Moncrief
 I, Verna – a nature spirit, would like to say to the people of future who will read this, that we are more than willing to make contact with you humans, however, WE WILL ONLY DO SO WITH THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES BY HEALING THEIR NEGATIVE STATES. We can't otherwise, if people are choosing to remain as they are, all bound up in their evilness, untrue and bad feeling denial, as the new age will forbid it. Once the new Spirits of Truth have been liberated, we will have to adhere to them, not that we would want to do anything else anyway. And we can't wait to have the new Spirits of Truth to guide us as they help and guide you.



Now, why I'm telling you this is because there's going to be an upsurge of people saying they are speaking to nature spirits, people who are not doing their healing nor seeking the truth of themselves. They will say they are, and their nature spirit communication will be part of them doing so, but it won't be true. So beware, many people will say they are speaking to our kind when they aren't, speaking only to mind spirits in the lower Mansion Worlds and Earth planes.

It's far more important for you to gain a true understanding of your own personal role in nature, how you are to conduct yourself with nature, and also the same with the impersonal, the greater whole. And along the way your knowledge about how things are in nature will expand directly through your experiences and with our input. But (put this in capitals please James); BUT OUR INPUT WILL ONLY COME TO THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES THROUGH THEIR FEELINGS, by doing all you have written James; essentially, all Mary has told you and all Marion has told and helped you with.

We are able to impress certain insights and understandings upon her (Marion), we do upon you both, all of which help you understand nature more; yours and the natural world, and your relationship with it. So everyone who grows in truth, as a part of that growth, comes to love nature more, relating to it very personally through their own nature, so we are able to move in and be with you.

James: So really your kind is to have a very close and complete relationship with us.

Verna: Yes, it will grow and evolve as humanity does. We are just a part of the natural realm as are plants, animals and the air you breathe. We should not be kept alienated from you. And just because you might not be able to see us, doesn't mean we are less important or have less of an influence on you, in fact we have more of an influence than does direct experience with plants and animals. Your hands on physical experience with nature is very limited, there is only so much you can do with and in it. But your understanding of it and its relationship to yourself and yourself to it, is all but unlimited, it growing – your awareness of it all growing, as you grow in truth. And humanity is meant to grow in complete harmony with the natural world whilst it's here with it, not separately from it as you currently are. You are going against nature, not going with it, so you are going against your own natures, not with them, which of course is why you're going against nature. Your parents set you against yourself, your own nature, so you don't see that nature offers you anything other than what you can get from it. But that's all thankfully soon to change, and as there is already a slow awakening taking place in certain parts of humanity as to how special nature is, so this will continue to evolve.

Nature Spirits control every aspect of the natural world:

28 June 2012

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

We have a progressive consciousness, we are evolving our minds, as I've told you, but they being a creation of Mind can so be influenced by higher angelic minds. So really in the mock you had, what I meant was we nature spirits can prevent fish from being caught if that's what we're asked to do by either higher angels on behalf of the Mother and Father, the Divine Minister in Nebadon, or by Sons and Daughters of Truth, that being Mary and Jesus, the Creator Pair, or Avonal Pairs.

We'd know the Avonal pair would ask us knowing from their feelings and the truth they were living that it would be what the Eternal Son and Infinite Daughter desired.

We nature spirits can control EVERY aspect of the natural world if need be. We can make anything happen, from causing earthquakes and volcanic eruptions, down to move the smallest bacteria this way and that. We can bring about any mutations that are desirable, and we can work in the moment or over long periods of time. Nothing is too much for us when it comes to influencing the material plane, that's what we're all about as nature spirits, we do always and continually influence it. By our very nature, our very existence we're influencing it. Nature on the physical level doesn't and can't exist without our ongoing influence. And as to that influence, what it entails, that all awaits humanity, and one day we'll be able to tell various people everything we do. There will be those people destined to have very close and open relationships with our kind, and they will learn and see what we do. And then humanity will be able to move toward living more truly with us and our natural influence, all of which will make people feel so much happier about how they live and treat their natural environment. Currently you are so far away from the truth, heading fast in the opposite direction, so you are the furthest you've ever been from our kind. But once the age changes, then we'll be able to come to you as you'll be able to come to us and things will start to change for the better, that's what we're all looking forward to.

Potsy, the cat, her spirit has gone to join with the combined spirit from all Earth's creatures, to be drawn upon to create us nature spirits, and in fact the sporangia as well, having become part of the spirit collective energy from which my kind, among others, are drawn.

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

Feelings First Spirituality The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

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



We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

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

The whole human race is suffering from repressed childhood and mind control.

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it’s there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: **Longing for the truth of our self, because: we are our feelings**. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.”

Kevin of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with

our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



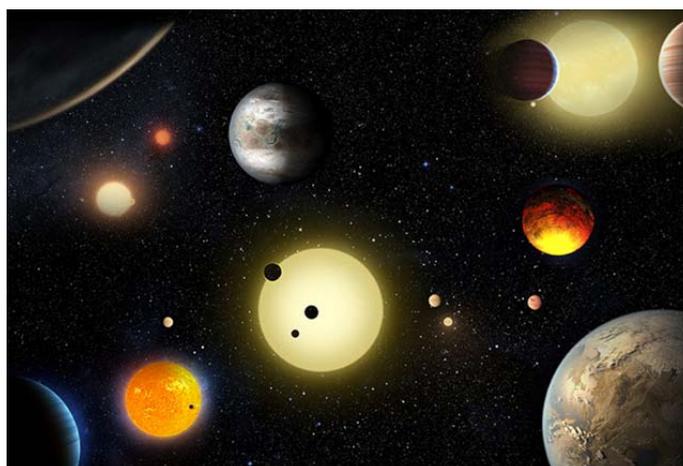
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



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:



PASCAS CARE

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



This document overall:

Map of Consciousness calibration 625