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24 December 2021

Pascas Family Shelters

FAMILY SHELTER – SUPPORT CENTRE

The following is mainly derived from research published by the Illawara Women's Health Centre for the purpose of establishing Illawarra Women's Trauma Recovery Centre. As it is necessary to establish such a facility within every group of around 330,000 population, then the following is to be considered.

PASCAS FAMILY SUPPORT CENTRE

Such support centres would assist those within 100 dwellings (mostly home units of 1, 2, 3 and more bedrooms – a potential population of 300 of say 100 adults and 200 children). Such a support facility may be appropriate for a regional population of around 330,000. A support zone may be similar to the Illawara Region which has a population of 305,000 and includes the three local government areas – Wollongong, Shellharbour and Kiama. The Illawara region is a narrow coastal strip from the south / south western outskirts of Sydney down to the northern boundary with the Shoalhaven on the south coast of New South Wales (NSW), Australia.

A regional support facility may support those within an aligned community of 100 homes or more as well as the general public within an overall population of around 330,000. This would require as many as 78 such support centres throughout Australia. This is definite advance in support for such families.

					Support Centres
Population 2021:	AUS	Australia	25,830,000	100.00%	78
	NSW	New South Wales	8,200,000	31.75%	24
	VIC	Victoria	6,700,000	25.94%	20
	QLD	Queensland	5,200,000	20.13%	16
	WA	Western Australia	2,700,000	10.45%	9
	SA	South Australia	1,800,000	6.97%	6
	TAS	Tasmania	550,000	2.13%	2
	ACT	Canberra	430,000	1.66%	1
	NT	Northern Territory	250,000	0.97%	2
Population 2021:	NZ	New Zealand	4,900,000		15
Population 2021:	PNG	Papua New Guinea	9,000,000		27

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

Family Support Centre



OVERVIEW

Domestic, family and sexual violence and abuse against women, as well as children, is a public health emergency and occurs in epidemic proportions in Australia and around the world. The victims as well as the abusers need innovative assistance and guidance – otherwise it all continues on and on!

The mental and physical health consequences of this violence and abuse are significant, long lasting and evidence based – impacting women, children, future generations, our community, Government services and our economy – and the frequency grows, no one has introduced what is required to mitigate it.

Based on 2015-16 data, domestic and family violence costs for New South Wales (NSW) at least AU\$7.4 billion per year. These costs include disease burden, service and support costs and costs due to lost productivity. Another AU\$1.2 billion is added to this total as the ‘hidden costs’ of vulnerable women being included. Costs associated with sexual violence costs increase this total materially.

At all levels of government there is increasing recognition of the need to go beyond the crisis intervention model and address the long-term impact of trauma, particularly in terms of the complex psychosocial needs of women and their families. The underlying cause has not been recognised by the health care professionals or the universities – what is provided are bandaids at best. There is no pathway to healing being introduced and victims and abusers continue on in their respective despair.

Nationally commissioned research by Australian National Research Office for Women’s Safety (ANROWS) shows Australia’s public health system does not offer adequate or appropriate support to women and their children who experience domestic and family violence, severely limiting their ability to recover from the trauma that results from this abuse.

The impact of the coronavirus Covid-19 pandemic (2019-2022) has critically exacerbated this emergency, and simultaneously thrown into stark relief the lack of services available to women with their children seeking support because of domestic, family abuse and sexual violence. The domestic, family and sexual violence and related health, financial and social impact on women from the pandemic will last for decades and the consequences will flow through the entire community.

Practical solutions are urgently needed.

The concept of Women’s Trauma Recovery Centre / Family Support Centre is a creative, practical solution to the epidemic of domestic and family violence in Australia and elsewhere. As an innovative model of care, it will transform response and recovery services for victim / survivors of domestic and family violence, and has the potential to be rolled out worldwide.

In June 2020, The NSW Ministry of Health provided funding (AU\$50,000) to develop a Business Case for the Illawarra Women's Trauma Recovery Centre, including the in-depth co-design research undertaken by the School of Population Health, University of NSW that informs the operational framework of the Women’s Trauma Recovery Centre.

The Centre is an Australia first initiative of the Illawarra Women’s Health Centre. Underpinned by the research, it is community-led and co-designed with women with lived experience, professional experts and service providers and will:

- Be an *integrated, specialised, and dedicated* service, offering individualised multidisciplinary and multisectoral wrap-around support to women, as needed over their lifespan.
- Comprehensively address the impacts of domestic and family violence, to improve *long-term health and psychosocial outcomes for women and families*, including breaking the cycles of

ongoing exposure to violence, and *intergenerational trauma*.

- Provide opportunities for *research partnerships* to lead recovery responses to domestic and family violence.
- Be an evidence-based model of care that can be *replicated and scaled up* across Australia and elsewhere. The platforms will always be evolving.

The Women's Trauma Recovery Centre (as well as Pascas Family Support Centre) proposal aligns with several NSW Government priorities and outcomes including the NSW Premier's Priorities, the NSW Government's Outcome and Performance Framework, the NSW Domestic and Family Violence Blueprint for Reform 2016-2021: Safer Lives for Women, Men and Children, and the NSW Health PARVAN Framework (Prevention and Response to Violence Abuse and Neglect) and Women's Health Framework.

Over the past two years momentum and support for the Centre has grown. It is now significant and national.

It is estimated that the annual recurring operating costs of the Centre may be around AU\$5 million per year when fully operational. This equates to approximately AU\$25,000 *per woman recovered*, based on an average three-year engagement with the Centre. At present, for each woman who experiences domestic and family violence it currently costs the NSW Government at least AU\$31,000 per woman per three years. If this trauma is left untreated and unsupported, these costs will accumulate over a lifetime.

On these calculations, the Centre clearly presents a financially attractive, economically feasible, and strategic investment. There will be a substantial, ongoing, and long-term economic and social return on investment, demonstrating a well calculated and considered decision should the NSW Government decide to fund this new and innovative model of care for the Illawara.

Recommendations:

The Women's Trauma Recovery Centre / Pascas Family Support Centre may be an Australian-first community-led initiative, co-designed with women with lived expertise, professional experts and service providers. Further, profound revelations have been brought to the table by Pascas Foundation.

Such an investment would be a cost effective and compassionate response to the epidemic of domestic, family abuse and sexual violence throughout all communities.

Note: It is critical this Business Case be read in conjunction with the University of NSW Report – *A new model of care for women experiencing trauma from domestic, family, and sexual violence. Co-design Report July 2021*. This research was funded by the NSW Government as part of the development of this Business Case.

Further: A Pascas Family Support Centre embraces assistance for the whole family in crisis, the perpetrator(s) as well as the victims of the abuse and separately supporting their respective recoveries, should they seek to do so. Neither have the causes been previously understood nor the pathways to recovery identified, experienced and achieved! These revelations bring about the most exciting event in the history of humanity, for all of humanity!

The Case for Change

A public health epidemic:

Domestic, family and sexual violence and abuse against women and children is a public health emergency occurring at epidemic proportions in Australia. Men are also victims, though mostly the perpetrators.

One in four women has experienced violence by an intimate partner since the age of 15, and one in five experience sexual violence across their lifetime (Australian Bureau of Statistics, Personal Safety, 2017).

In NSW rates of violence against women continue to rise, despite increases in funding for primary prevention, crisis response services and strategies, and legislative changes. The NSW Bureau of Crime Statistics and Research (BOCSAR) reported in June there was an increase in sexual violence of 15% from February – March 2021. BOCSAR data also shows in the 2019-2020 reporting year, a rise of 5% in domestic and family violence across the state, even as approximately 80% of women do not report violence (Australian Institute of Health and Welfare, 2018).

The psychological, emotional, sexual, and physical health consequences of this violence are significant, long lasting, and evidence based. Inconsistent and uncoordinated service responses can compound poor health and wellbeing outcomes through secondary (systems created) trauma, and increase the risk of clients multiple and interrelated service needs not being met [*The Case for Change, integrated prevention and response to violence abuse and neglect in NSW Health*, NSW Health, 2019].

Domestic, family, and sexual violence costs NSW at least AU\$7.4 billion each year, based on 2015-16 data. (KPMG, 2019). Another AU\$1.2 billion is added to this total as the ‘hidden costs’ of vulnerable women being included.

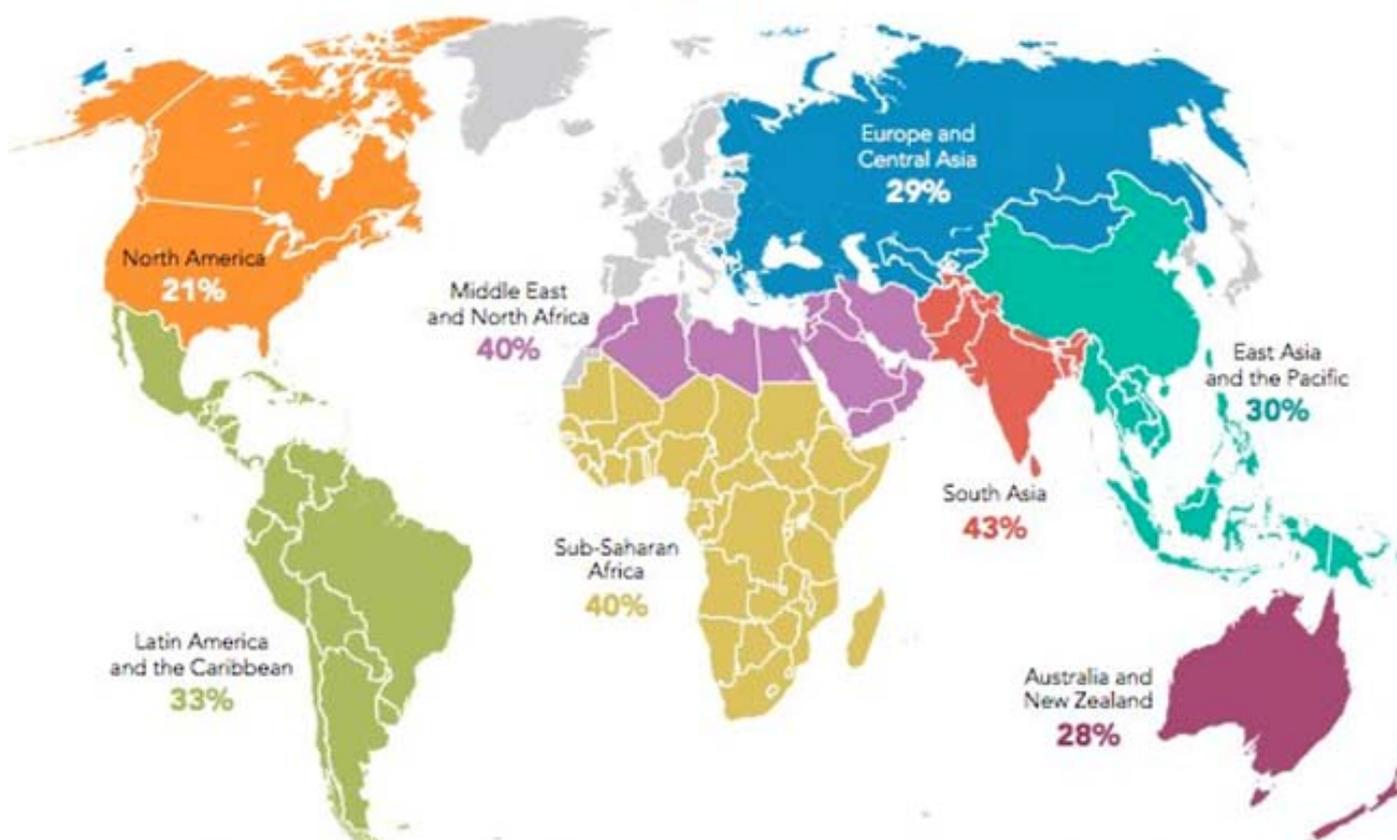




Women's Physical Security



Share of partnered women who have experienced physical or sexual intimate partner violence during their lifetime



Source: Preliminary analysis of WHO (World Health Organization), global prevalence database (2013) using World Bank regions.²⁴

Note: Areas shaded in grey are not calculated or do not have relevant data.

Coronavirus Covid-19 impact – a new normal

The domestic, family, and sexual violence and abuse against women and children epidemic has been amplified and magnified during the Covid-19 pandemic. (Covid-19 commenced circulating in 2019) The Queensland University of Technology Centre for Justice reported in June 2021, that findings from their national survey assessing the impact of the Covid-19 pandemic on the domestic violence workforce and their clients showed:

‘...a huge proportion, 86% of respondents to our survey, reported an increase in the complexity of their client needs, 62% reported increases in the number of clients accessing their services during the COVID-19 pandemic, while 67% of Domestic and Family Violence (DFV) workers reported new clients seeking their help for the first time during the COVID-19 crisis’.

In its submission to the 2020 Federal Inquiry into Family Domestic and Sexual Violence, the Australian National Research Office of Women’s Safety (ANROWS) noted that the evidence suggests that, ‘the health, economic and social crises that have followed COVID-19, have exacerbated pre-existing violence, and led to the intensification of certain tactics of violence’.

For many women, the pandemic coincided with the onset or escalation of violence and abuse. Two-thirds of women who experienced physical or sexual violence by a current or former co-habiting partner since the start of the COVID-19 pandemic, said the violence had started or escalated in the three months prior to the survey.

Many women, particularly those experiencing more serious or complex forms of violence and abuse, reported safety concerns were a barrier to help-seeking.

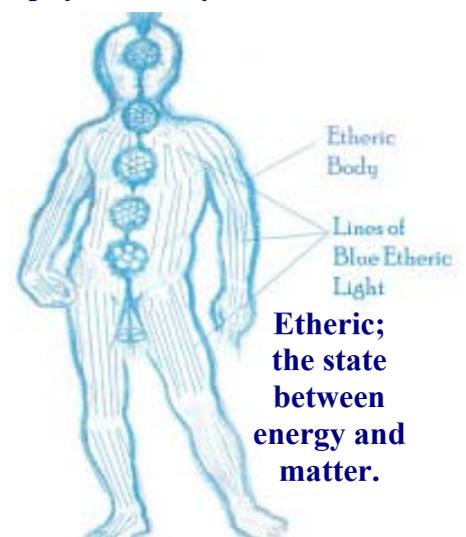
Whilst the impact of the COVID-19 pandemic has critically exacerbated this public health emergency, it has simultaneously thrown into stark relief the lack of services available to women seeking support because of domestic, family abuse and sexual violence. The domestic, family, and sexual violence related health, financial, and social impacts on women from this pandemic, and the consequences flowing through our entire community, will last for decades.

Long term impact

There is growing recognition that the health system needs to address the long-term traumatic impact that domestic and family violence and abuse can have, particularly in terms of the complex psychosocial needs of women and their families [NSW Domestic and Family violence Blueprint for Reform 2016-2021].

‘The impacts of abuse and violence can stay with women in the medium to long term – with depression, anxiety, self-harm, suicidality, brain injury, heart disease, cancer, and it goes on. It has impacts on parenting, on economic security, and workforce participation. When left untreated, the complex trauma can perpetuate intergenerational cycles of trauma, violence, disadvantage, and children grow up in traumatised, unstable, and unsafe environments, despite the best efforts of their mothers and other caregivers. (Frankly, mothers and carers are not being educated, trained or assisted in how to raise such a child – or any child!)

It is via the spirit etheric body that emotional issues and viruses emerge in the physical body as illness.



‘Trauma is infectious, violence is infectious, and we will never prevent domestic, family abuse and sexual violence for as long as we ignore the complex trauma in this country’. *Dr Michael Salter, Scientia Associate Professor of Criminology, University of NSW*

Recovery services critically inadequate

Our Australian public health system does not offer adequate or appropriate support to women who experience domestic, family abuse and sexual violence, *severely limiting* their ability to recover from the trauma that results from this abuse [Salter et al., 2020].

Yet, even as rates of violence increase, women who have experienced trauma including PTSD (post-traumatic stress disorder) and complex PTSD from domestic, family, and sexual violence and abuse, are not receiving the support they need to recover. This impacts the woman, her children, her employment and education opportunities, our community and the economy.

‘Given we know the intergenerational impacts and health implications of this abuse, it is **unfathomable to me as a public health researcher, that we are not investing greater resources in supporting women’s recovery over the long term.**’ Dr Patricia Cullen, Research Fellow, School of Population Health, University of NSW. (That is because it is not understood what is the cause and how to heal!)

Acknowledging this, the 2019 NSW Government’s Integrated Prevention and Response to Violence, Abuse, and Neglect Framework (PARVAN), outlines the profound impact violence and abuse has on health outcomes of victim / survivors, and presents a compelling case for systemic change in *The Case for Change: integrated prevention and response to violence abuse and neglect in NSW Health* (2019).

It is important to understand that recovery is also a key component of prevention. Supporting a woman and her children to recover from trauma – as well as perpetrators:

- will significantly decrease the likelihood she will return to her abuser.
- is a protective measure towards her children.
- will decrease the most significant contributor to burden of disease for women 15-44 years.
- improve employment productivity.

An investment in recovery will therefore reduce the immediate and long-term costs to the public health system, and Governmental costs across the criminal justice system, education sector, and community services more generally.

This is the urgent case for change.

An evidence-based solution that is evolving at all times!

Central to and funded by the contract for this Business Case is the co-design research undertaken by Dr Patricia Cullen, School of Population Health, UNSW. This research is very clear in its findings: women recovering from complex trauma and Post Traumatic Stress Disorder (PTSD) caused by domestic, family, abuse in all its forms, and sexual violence, need a range of support services depending on their personal circumstances, delivered in one safe space, as they need it, in a trauma, violence and culturally informed way. **A new model of care for women experiencing trauma from domestic, family and sexual violence.**

Evidence from research undertaken last year by ANROWS (*Constructions of complex trauma and implications for women’s wellbeing and safety from violence: Key findings and future directions*, 2020),

confirms these services are most efficiently and effectively delivered in one safe place, from a case managed team of professionals.

Based on this research and supporting evidence, this Business Case argues an Australian first initiative, a Women’s Trauma Recovery Centre, represents an excellent social and economic investment by the NSW Government. It is an innovative evidence-based solution to the issue of rising rates of domestic, family, and sexual violence and abuse. Co-designed by women with lived experience (experts by experience), front line service providers, policy and program experts, it is a practical, and cost-effective response to a critical gap in current service delivery.

This new model of care will be a Centre of Excellence, offering a whole-of-organisation trauma sensitive approach, that enables recovery from domestic, family abuse and sexual trauma, and helps break the intergenerational cycle of violence. It will be an integrated service, providing multisectoral wrap around support to women and family using evidence-based therapies and new understandings. Adhering only to ‘evidence-based platforms’ is stagnation! This will include medical and mental health care, social support, legal support, financial counselling, and ongoing individual casework and advocacy. It will provide continuity of care to women, for as long as it takes.

It will also operate as a working model that can **replicated in communities across every state and community, and internationally.**

Step ONE: The Need for a Women’s Trauma Recovery Centre – Family Support Centre

The problem

Domestic, family abuse and sexual violence impacts nearly all aspects of a woman’s life: their safety, physical, mental, and emotional health, housing, parenting, education, employment, and interaction with the legal system. Recovery from this violence and abuse, requires an appropriately timed and well-coordinated response, which is culturally appropriate, individualised and comprehensive.

Additionally, evidence from numerous sources regarding the **long-term impact** of domestic, family abuse, and sexual violence related trauma, especially when untreated, is extensive and unequivocal. It is deeply damaging. In some form, every family is impacted.

Women who have experienced domestic, family abuse and sexual violence have:

- increased rates of **health service access**
- **increased rates of mental health disorders including anxiety, depression, post-traumatic stress, substance use, and**
- **are over-represented in prison.**

At the population level, domestic violence is the largest single contributor to the burden of disease among women aged 25–44 years [AIHW, 2019]. Data from the Australian Women’s Longitudinal Health Study (ALSWH) also shows:

- Compared to women with no abuse history, women who experienced both childhood sexual abuse and/or violence in adulthood, were two to three times more likely to have poor general health, depression, and anxiety.
- Women who had experienced domestic violence were less likely to have adequate cervical cancer screening, and more likely to have experienced cervical cancer than those who had not experienced domestic violence.

- Long term, domestic violence was associated with allergies or breathing problems, pain or fatigue, bowel problems, vaginal discharge, eyesight and hearing problems, low iron, asthma, bronchitis or emphysema, and cervical cancer.

Evidence from ALSWH also shows women who experienced domestic and family violence, had consistently poorer mental health than women who had never experienced domestic violence. The study suggests a cumulative impact of abuse and stressful events on health over the life course, and that **there is a lifetime deficit in mental health associated with domestic violence**. This health deficit remained even after the abuse had ceased.

Research in the Australian state of Victoria shows that of the 16,000 Victorians who attended hospital over a decade due to family violence, 2 in every 5 sustained a brain injury (40%). 31% of victims of family violence attending Victorian hospitals over a ten-year period, were children under the age of 15, and 25% of these children sustained a brain injury.

Everyday living disrupted

Domestic, family, and sexual violence victim-survivors are 10 times more likely than others to experience legal problems other than domestic violence, including a wide range of **family, civil and crime problems**; and their legal problems led ‘*to greater adverse impacts on broad life circumstances and require a holistic, joined up approach to legal and human services.*’ [Law and Justice Foundation, 2019].

Domestic or family violence is a leading driver of homelessness for women. According to the Australian Institute of Health and Welfare, in 2017–18, 121,100 people (42% of all clients) who presented as clients to a Specialist Homelessness Service, reported that they were escaping domestic and family violence. Of these domestic violence clients, over 26,500 were children aged nine or younger. A Homelessness Australia paper, published in 2017, states that, “For women and their children escaping domestic and family violence, access to housing that is secure, affordable, and immediately available, is the most critical factor in their support pathway.”

Long term impact on children

One in four children are exposed to domestic and family violence. Of those women who experience domestic and family violence, approximately 65% have children in their care. *Domestic and family violence is the most commonly reported issue to NSW Department Communities and Justice for children at risk of significant harm*. Domestic and family violence is also the leading cause of homelessness for children in Australia [Australian Domestic and Family Violence Clearinghouse 2011, The Impact of Domestic Violence on Children: A Literature Review.]

The long-term impact of trauma is also recognised in growing evidence around adversity in childhood. The impact on children as measured by the Adverse Childhood Experiences Scale, comprises eight domains in two major themes: abuse to the individual, and household dysfunction.

The impact of domestic and family violence on children is immense, and can often affect them for the rest of their lives. Children and young people do not have to see the violence to be affected by it. (In fact, our childhood suppression that commences from conception through to age six is the underlying cause of all social ills and illnesses of the body, both mental and physical – it is the elephant in the room.)

Childhood exposure to violence increases children's risk of mental health, behavioural difficulties, learning difficulties, and poor educational outcomes in the short-term, and later in life. Indeed, childhood adversities including family violence, physical abuse, and neglect, are the strongest correlates of onset of adult psychiatric disorder [Green et al., 2010]. *And they are also at higher risk of perpetrating or becoming a victim of violence, which perpetuates intergenerational cycles of violence.*

Our childhood suppression and ongoing repression is the greatest crime upon humanity that is to end!

Impact of not recovering

The submission to the Australian Federal Inquiry into domestic, family, and sexual violence (2020), comprehensively outlines the impact of violence and abuse on women and children – particularly when left untreated. The vast majority of submissions to the 2020 NSW Joint Select Committee on Coercive Control, also describe the significant and the long-term impact of violence and abuse on women.

Multiple studies have found that treatment for and recovery from the health impacts of violence can **reduce or prevent ongoing and intergenerational violence**. Supporting women to recover from domestic, family abuse and sexual violence, will decrease the likelihood of women returning to or entering new abusive relationships, and it will decrease the number of children at risk of living within a domestic and family violence environment, thus breaking the cycle of intergenerational violence.

In the last 12 months (2020) 14,846 children were reported to be at risk of significant harm in NSW, domestic and family violence was the primary reported issue. It is forecast the cost of pain, suffering, and premature death in 2021-22 caused by violence against women and their children, will be borne primarily by the victim / survivors at almost AU\$3.7 billion. Children will also bear considerable costs of AU\$211 million (5%), more than by perpetrators at AU\$4 million (0.2%).

We gravitate to measuring pain and suffering in dollars, yet we are personalities living like zombies in a stupor, floundering in desperation with no love or hope – yet now we have a doorway, a pathway and the truth to escape from our enslavement to despair and mediocrity – this is what a Pascas Family Support Centre introduces – REVELATION and TRUTH!

REVELATION and TRUTH

TYPES OF DOMESTIC VIOLENCE

The use of physical force against another. Examples include hitting, shoving, grabbing, biting, restraining, shaking, choking, burning, forcing the use of drug/alcohol, and assault with a weapon. Physical violence may or may not result in an injury that requires medical attention.

PHYSICAL

The violation of an individual's bodily integrity (sexual assault), including coercing sexual contact and rape, as well as any unwelcome sexual behavior (sexual harassment), including treating someone in a sexually demeaning manner.

SEXUAL

Making or attempting to make the victim financially dependent on the abuser. Examples of this include preventing or forbidding an intimate partner from working or gaining an education, controlling the financial resources.

ECONOMIC

Intimidation, threats of harm and isolation. Examples include instilling fear in an intimate partner through threatening behavior, such as damaging property or abusing pets, constant supervision or controlling what the victim does and who they talk to.

PSYCHOLOGICAL

Undermining an individual's sense of self-worth. Examples of emotional abuse include constant criticism, name-calling, embarrassing, mocking and humiliating.

EMOTIONAL

Types Of Domestic Violence

Physical

- Hitting or Slapping
- Biting
- Shoving
- Pinching
- Spanking
- Spitting
- Burning
- Restraining
- Chasing
- Forcing sex
- Touching in uncomfortable way
- Pulling hair
- Punching
- Force feeding
- Denying you food

Emotional

- Blaming Partner
- Playing Mind Games
- Not accepting responsibilities
- Controlling partner
- Insulting
- Calling with Abusive Names
- Taking personal items
- Treat you like child
- Public Embarrassment
- Direct orders
- Blaming
- Criticism
- Threats
- Degradation
- Demands
- Financial control

Verbal

- Yelling
- Insulting
- Calling Abusive Names
- Sarcasm
- Mimicking
- Vulgar Messages
- Negative comments
- Threatning to kill or use
- Lecturing
- Interrupting
- Manipulation
- Circular threats
- Character assassination
- Outburst
- Denying
- Demands

A problem of economic magnitude

It is estimated that one million women in NSW have experienced domestic, family abuse and sexual violence. This costs NSW **at least AU\$7.4 billion per year**. 52% of this is borne by the victim / survivors, approximately 19% by the NSW Government, and remaining 29% by the community, children of women experiencing violence, the perpetrators, employers, friends and family. NSW Police estimate between 40-60% of their workload is domestic and family violence related.

As domestic, family and sexual violence rates continue to rise, so too will costs, particularly taking into consideration the **cumulative financial burden** over a lifetime of untreated trauma.

Meeting multiple needs

The research undertaken confirms the 2020 ANROWS findings on the health service experiences of women with complex post-traumatic stress disorder (PTSD) from domestic, family abuse and sexual violence. That is, ‘both women with experiences of complex trauma and healthcare professionals, pointed to models of holistic, wrap-around and place-based service provision, that aims to meet the multiple impacts of complex trauma as a blueprint for “best practice”. They gave examples including, specialist providers in community health, women’s health, sexual assault, community legal practice and the refugee sector.’

A key recommendation from the Australia's National Research Organisation for Women's Safety (ANROWS) research was to ensure trauma-informed care was embedded within a **holistic wellbeing framework**, that integrates mental, physical and psychosocial wellbeing – and has **sustained and long-term funding for specialist trauma programs and services**.

NSW Health PARVAN (Prevention and Response to Violence Abuse and Neglect) Framework, underscores these findings – outlining key design principles for practice response to violence and abuse including: ‘person centred, holistic and seamless care’.

Internationally and in Australia, interagency and service partnership models are increasingly being implemented to support healing and recovery of the ‘whole person’, and to promote ongoing health and wellbeing. NGO (non governmental organisations) community-based services are considered key partners.

A collaborative interagency approach

The Case for Change (NSW Health) reports it is clear from the evidence that ‘a collaborative interagency approach is critical in responding to clients of the public health system. Evidence of the negative consequences of fragmentation, disconnection and ‘siloed’ service delivery, and the benefits of collaboration, mean that coordinated approaches and integration, are widely regarded as best practice in responding to clients who have experienced violence, abuse and neglect, particularly for individuals and families, who may be experiencing multiple and complex needs’.

Further, Breckenridge et al.’s (2016) meta-evaluation of collaborative interagency interventions and integrated service responses to violence against women, highlights that of 48 evaluations reviewed, relating to 33 integrated service programs or initiatives across Australia, most reported qualitative positive impacts to clients, practitioners and services.

Common benefits to integrated and collaborative prevention and response to violence, abuse, and neglect

identified through the literature, include:

- Improved health outcomes for victims and survivors.
- Reduction in secondary (systems-created) trauma, in part through coordinated and transparent information sharing arrangements.
- Better meeting immediate and long-term needs through a continuum of post-crisis care.
- Improved access to services through robust referral pathways and service agreements.
- Cost effectiveness and service efficiency through minimising duplication.

Despite the evidence and the research, currently there is **no where** in the public health system (Australia), or across the community service sector, where women can access integrated, comprehensive long-term support to recover from the health impact of this violence.

There is a limited range of short-term programs provided by different services (government and non-government), which are largely siloed and only available piecemeal to women, often at different times depending on the waiting lists, and their capacity to pay for services.

More generally, there is a chronic lack of long-term domestic, family abuse and sexual violence services across the sector, particularly for non- housing related support.

A home base – service providers mainly in one principal centre

The co-location of services is crucial in reducing barriers to help and promoting safety and recovery from the impacts of domestic, family abuse and sexual violence. Multiple appointments with services in multiple locations can pose an insurmountable obstacle for women in crisis periods, particularly where they also have parenting responsibilities [Salter et al., 2020]. Many clients engage with a range of services across their lifetime, and navigating the service system itself can be traumatic (Royal Commission into Institutional Response to Child Sexual Abuse, 2017).

Research by Hegarty et al., [2012] demonstrated the need for a holistic service model for addressing complex needs of women who experience sexual violence. Women interviewed for this study, emphasised the importance of being able to easily access appropriate ongoing trauma- informed services, that share information, provide referrals, and support women and men with their children – be they victims or abusers – when accessing help for their complex issues, not only during a crisis period.

Multi-disciplinary and integrated service initiatives are a key feature of the health model, which emphasises collective action, evidence-based interventions, and the crucial role of the health sector in preventing poor or worsening health outcomes, for victims of violence and abuse through early intervention and coordinated care – as well as assisting abusers.

There is an urgent need for a dedicated service to provide a coordinated and comprehensive response to domestic, family abuse and sexual violence, and to break the intergenerational cycle of trauma and violence.

NSW Health provides *health* support through its PARVAN Framework, but there is no service or centre that currently offers multisectoral continuous support. This is a key principle of Pascas Family Shelters and Support Centres. The Centres will complement the work of State Health, enabling cost effective and therapeutically efficacious support.

What happens if we continue as ‘business as usual’?

As outlined above, the immediate and long-term negative health consequences of violence are serious, continue long after the abuse has ended and for many victim / survivors as well as for abusers, are lifelong. People who have experienced or been exposed to violence have a greater risk of developing a range of poorer health outcomes, report poorer physical health overall, are more likely to engage in practices that are harmful to their health, and experience difficulties accessing the appropriate health service (WHO, 2002). As well as returning into abusive environments and continuing to be abusive.

The NSW Domestic and Family Violence Blueprint for Reform 2016-2021, reflects the growing recognition that the health system needs to address the long-term traumatic impact that domestic and family violence and abuse can have, particularly in terms of the complex psychosocial needs of women and their children. The NSW Government’s PARVAN Framework acknowledges the profound impact violence and abuse has on health outcomes of victim / survivors and **argues for systemic change**. However, they neither understand, let alone recognise the underlying cause nor the pathway to healing!

For many women, the coronavirus Covid-19 pandemic (2019-2022) coincided with the onset or escalation of violence and abuse worldwide, and ‘an increase in the prevalence, severity and complexity of violence’. Two-thirds of women who experienced physical or sexual violence by a current or former co-habiting partner since the start of the Covid-19 pandemic, said the violence had started or escalated in the three months prior to the survey. Many women, particularly those experiencing more serious or complex forms of violence and abuse, reported safety concerns were a barrier to help-seeking.

Domestic, family abuse and sexual violence is getting worse, mental health rates are increasing, and the State Governments are *currently* unable to meet demand. For many reasons, many women choose not to report violence and abuse although they need support and treatment. They are more likely to do this in a trauma informed safe place that responds to their needs in a person-centred non-judgemental, and empowering manner. **This decreases existing trauma, reduces the likelihood of systems-based re-traumatisation, and ultimately leads to recovery.**

If we continue as ‘business as usual’, the unmet demand on State Health and other agencies including Police, Department of Communities and Justice, including child protection, out of home care, youth justice and housing, will continue to increase, leaving women and children unsafe and unsupported. This in turn, puts the State Government and broader community services workforce at risk of burnout and vicarious trauma.

Business as usual is not an option, however, until the underlying cause is recognised and the healing pathway understood, then it will continue to be ‘business as usual’.

Having an evidence-based community trauma service it will be repeating the same expecting different results which is insanity at its best. Even though such a centre may holistically supports women suffering the trauma of domestic and family violence that will complement and support the State Government response to this unmet and growing demand, it is more of the same that hasn’t mitigated the rate of occurrence which continues to increase nor bring about healing.

The opportunity

In 2015 the Illawarra Women’s Health Centre (Wollongong region, south of Sydney, NSW) developed the concept of a Women’s Trauma Recovery Centre, having identified a gap in local support services and programs specifically responding to the complex needs of women experiencing long-term impacts of domestic, family abuse and sexual violence.

In 2019, the Centre called together 70 regional leaders and stakeholders, to develop a shared vision of a comprehensive “one-stop” trauma recovery service for women. The principle of a Women’s Trauma Recovery Centre was **unanimously** supported.

Over the following two years, to 2021, the level of support locally and within the state of NSW, has gathered incredible momentum.

The Women’s Trauma Recovery Centre (Family Support Centre) is an innovative, practical and cost-effective solution to the serious need for recovery services for victim / survivors with domestic, family abuse and sexual violence related trauma.

Domestic, family abuse and sexual violence is an extraordinarily ‘wicked’ and urgent problem that is not going away. The impact on the individual, her family, the community, and the economy, is significant, and continues to escalate if the trauma is left untreated. It will continue to cost all of us if we do not respond by providing the right kind of support, immediately.

Most importantly, the root cause of abuse within any family has not been recognised, let alone understanding, nor the pathway to healing. In fact, many endeavours to assist victims have gone deeper into error increasing the injuries and perpetuating greater emotional harm that is carried on for aeons.

Now is the time for the governments and social support providers to capitalise on the personal experiences of the few who have healed and their revelations and undertake to design the operational framework of Family Support Centres and draw together the skills and expertise available with community support to establish centres throughout the nation and worldwide.

Step TWO: Objective of a Women’s Trauma Recovery Centre – Family Support Centre

A Family Support Centre is based on growing need for a trauma recovery service centre which evidence indicates needs to provide trauma informed, wrap around, multisectoral support, that is financially and geographically accessible, and timely. Further, the victim and children need support as well as the abuser needs assistance – all are victims – and the underlying causes will be found in their underlying childhood suppression.

The sooner there is response to trauma arising due to domestic and family violence, the more cost effective and efficient the recovery may be, for everyone impacted. Feeling Healing is a long and difficult pathway, however living in an abusive environment has no resolution to the ongoing pain.

An Australian first

At present there is no such service in Australia, actually worldwide! The objective is to establish and demonstrate the efficiency of this model of care for victim survivors of domestic, family abuse and sexual violence, as well as embracing the needs of the abuser.

Dedicated researched evidence

Based on experiences, the Family Support Centre may be:

- *An integrated, specialised, and dedicated* service, offering individualised multidisciplinary and

multisectoral wrap-around support to women or men and their children, as needed over their lifespan. This extends to the abuser, be that a male or female.

- Comprehensively address the impacts of domestic and family violence, to improve *long-term health and psychosocial outcomes for women and men and families*, including breaking the cycles of ongoing exposure to violence, and *intergenerational trauma*.
- Provide opportunities for *research partnerships* to lead recovery responses to domestic and family violence. This is already commenced through www.pascashealth.com in the Library Download page.
- Be an open model of care that can be *replicated and scaled up* across Australia and worldwide.

The overarching goal of a Pascas Family Support Centre is to be an excellent model of care and support for healing that leads to recovery from trauma related to domestic, family abuse and sexual violence.

Measures of success

The success measures for the Centre are captured in the outcomes detailed in the table headed:

FAMILY SUPPORT CENTRE, RECOVERY PROGRAM LOGIC FRAMEWORK

They include:

- *For clients / friends*: improved physical, mental and emotional wellbeing, improved access to health services and care, and avoidance of ongoing violence or new experiences of violence and abuse. Truth and revelations through their own feelings, both good and bad, expression thereof and the truth of such feelings longed for.
- *For children*: strengthened caregiver capacity, reduced exposure to family violence that will improve physical, mental, emotional, and psychological wellbeing. Guidance to assist in expressing their suppressed feelings.
- *For abusers*: support to heal that which has brought them to live in this hell hole manner.
- *For the service system*: improved linkage between health / legal / policing / housing / government social services / NGOs and reduced duplication of services.
- *For the economy*: increased engagement in education, training and employment.
- *For humanity*: a new and world leading innovative model of care established and ongoing.

Step THREE – Define the Strategic Context and Alignment with priorities and outcomes

There is significant state and federal attention focused on the growing rates of violence throughout all communities, the long-term impact violence has on women, their children, as well as the abusers, the pressure these place on current service delivery, the need for services to go beyond crisis response, and the overall cost of this situation to the nation.

Australia's first National Women's Safety Summit was convened in September 2021 and in the prior year, the NSW Attorney General had introduced a suite of legislative and policy changes to better support women's safety. In the May 2021 Budget, the NSW Government committed an extra AU\$60 million funding to support frontline services.

NSW Premier's Priorities

Among the 14 social priorities set by the **NSW Premier** in June 2019; Family Support Centres may / will contribute to breaking the *cycle of disadvantage* by supporting:

1. Priority 3 – **Keeping children safe**: protecting our most vulnerable children.

By supporting mothers (and fathers) to recover from trauma and supporting them to remain out of violence and abusive relationships, the Centre's activities support the objective to 'decrease the proportion of children and young people re-reported at risk of significant harm'.

2. Priority 5 – **Reducing the number of domestic violence reoffenders**.

Supporting women to remain out of violent relationships, recover mentally, emotionally, and financially, navigate the criminal justice system and the family law system, by providing them with appropriate and timely support and access to services, may mean the perpetrator will have less opportunity to re-offend.

3. Priority 7 – **Reducing homelessness across the state**.

Domestic, family abuse and sexual violence is the primary driver of homelessness. Modelling by Equity Economics in 2021 estimates as many as 7,700 women are returning to violent partners, with another 9,000 domestic violence victims forced into homelessness (within the state of NSW). The Centres will contribute assistance to this priority by supporting women to access appropriate services in a timely manner, including housing. Also, enabling recovery increases a victim / survivor's ability to find and retain employment and education, leading to an independent financial capacity to maintain safe and secure accommodation. Further, the awareness of living feelings first and that it leads to one's healing is the pathway to a healthier life.

NSW Government's Outcome and Performance Framework

The Family Support Centre framework embraces the:

1. **Health Cluster**, which 'focuses on its priorities of providing quality healthcare' contributing to the following outcomes:

- a. People can access care in 'out of hospital' settings to manage their health and wellbeing.

Specifically, 'healthcare extends beyond the hospital, *and connects across settings to reduce the burden of chronic disease, assist people with conditions to live well and avoid complications, support people to recover from illness and injury, and prevent avoidable hospitalisations.*'

The Indicator for this outcome is to 'reduce preventable visits to hospital by caring for people in the community'.

- b. Keeping people healthy through prevention and health promotion.

Specifically, '*reduce preventable diseases and death, help people manage their own health including mental health, and promote equitable health outcomes in the community.*'

- c. Centre people and systems are continuously improving to deliver the best health outcomes and experiences whilst enabling clients / friends to embrace their own healing pathway.

Specifically, ‘a skilled workforce with access to innovative-leading education and training, *‘a system that harnesses experience and research, ... is essential to continuously improve outcomes and performance of care across the system.’*

2. **Stronger Communities Cluster**, which ‘delivers community services that support a safe and just state and nation contributing to the ‘children and families thriving’ outcome.

Additionally, the [NSW Government Domestic and Family Violence Outcomes Framework](#), which links to the [Human Services Outcomes Framework](#), has identified four outcome domains which the Pascas Family Support Centre model of care supports, specifically:

- Safety: All people are safe from domestic and family violence.
- Health: Improved mental health and wellbeing.
- Home: Reduce homelessness.
- Empowerment: The customer / friend is at the heart of decision-making that affects them. Service design is determined by customer experience.

NSW Domestic and Family Violence Blueprint for Reform 2016-2021: Safer Lives for Women, Men and Children

The Centre strategically aligns with the NSW Domestic and Family Violence Blueprint for Reform 2016-2021: Safer Lives for Women, Men and Children. It directly contributes to;

1. Action THREE, ‘Supporting Victims’ by creating a *‘system that is responsive to different types of client needs; and provides access to information and support at any stage of experiencing domestic and family violence. A networked and coordinated system that is able to wrap around the victims and address their varying and multiple needs.’*

Further, ‘it is critical that victims of domestic and family violence *receive flexible, person-centred services to support them through immediate crises and as they deal with the longer-term effects of their trauma.’*

Services that may be needed include police, justice, health care, housing, family support and counselling services. Victims who are unable to access these services, can face serious consequences, including homelessness, financial distress, child protection interventions and increased risk to their safety.

Service users and providers reported that the domestic and family violence service system, is for the most part ‘complex and fragmented.’

Further, non-residents are not supported by governmental agencies – this is to be addressed.

2. Action FIVE: ‘Delivering Quality Services’ – which aims for a ‘system that provides **consistent, high-quality responses to those experiencing, exposed to,** or using domestic and family violence services, regardless of location or where they first came into contact with the service system’.

NSW Domestic and Family Violence Prevention and Early Intervention Strategy 2017 – 2021

The Pascas Family Support Centre strategy supports the *Blueprint for Reform*, and our proposal clearly aligns with Action 5, ‘the system adopts **new and innovative** ways of working and being effective’, which is aimed at ‘encouraging innovative thinking and approaches in all aspects of service delivery’ – noting that ‘**there is an opportunity to significantly shift the social and economic outcomes for domestic and family violence.**

New approaches, and doing existing things differently, will be achieved by bringing together the deep knowledge of communities and experts, and working to create new thinking about the problem, and ways to address it.’ More importantly, Pascas is bringing the awareness of lived experiences and their revelations – Feeling Healing.

NSW Health PARVAN Framework and Women’s Health Framework

Prevention and Response to Violence Abuse and Neglect: As outlined in *The Case for Change* (2019), which underpins the PARVAN Framework, NSW Health and its partner agencies should; ‘aim to promote increased service accessibility, and an integrated patient journey; holistic collaborative care, enhanced service integration, equitable and comprehensive responses – addressing context-specific needs for vulnerable clients; increased staff confidence and capacity in responding to victims of interpersonal violence’.

The community is consistently disturbed by high profile domestic, family abuse and sexual violence cases, each time calling for more to be done to protect and support women and their children from violence and abuse. **The political and strategic environment is ripe for an intervention** that addresses the cycle of violence, by listening to and supporting women, with their children, to recover from trauma. Also to assist the abuser in recovering from his negative patterns.

Step FOUR – Benefits and Risks

The multiple benefits of a Pascas Family Support Centre are outlined in the **FAMILY SUPPORT CENTRE, RECOVERY PROGRAM LOGIC FRAMEWORK**. The explanation as to why these benefits are relevant to Government are detailed in Step ONE. Multiple frameworks and strategies are provided as examples are in Step THREE.

The benefits a Pascas Family Support Centre would accrue for individual women are clear – recovery from trauma will enable a more productive, healthier and fulfilling life.

The benefits for all are more far reaching, and include improved response to domestic, family abuse and sexual violence; reduced hospitalisations; decreased burden on the public mental health system; and increased co-ordination of services leading to more efficient and effective service delivery and public sector cost reductions. The scale of these benefits is difficult to quantify given this is a new and innovative concept – there is no real comparison. To accurately forecast economic and social benefits, it would be worthwhile to undertake ‘Impact Modelling’ of such Centres.

However, the high-level cost estimates provided in Step SEVEN, indicate the cost per client to the Centre may be approximately AU\$21,000, based on an estimated 300 clients over three years. By comparison, an average cost per day of residential mental health services in NSW is AU\$624 [AIHW, May 2021]. On average people suffering PTSD who use residential care stay for 3 weeks, cost the NSW Government almost AU\$14,000. The care costs extend both before and after a stay. Similarly,

specialised mental health public hospital services average cost per patient per day is AU\$1,223, 23 equating to AU\$25,680 for a three week stay. Total cost to the Government for a hip replacement is approximately AU\$25,000.

At the same time, the cost of mental health care continues to rise with the per capita expenditure on state and territory specialised mental health services, adjusted for inflation. Community based specialised and dedicated trauma care for women represents a potentially significant cost saving to all governments.

NSW – a thought leader – or is it Pascas?

As a new model of care, the concept of Pascas Family Support Centre has generated significant interest worldwide.

Governments who may embrace this humanitarian evolutionary way forward may be seen as innovative thought leaders, providing innovative, progressive recovery care services to women and men, with their children, experiencing domestic, family abuse and sexual violence.

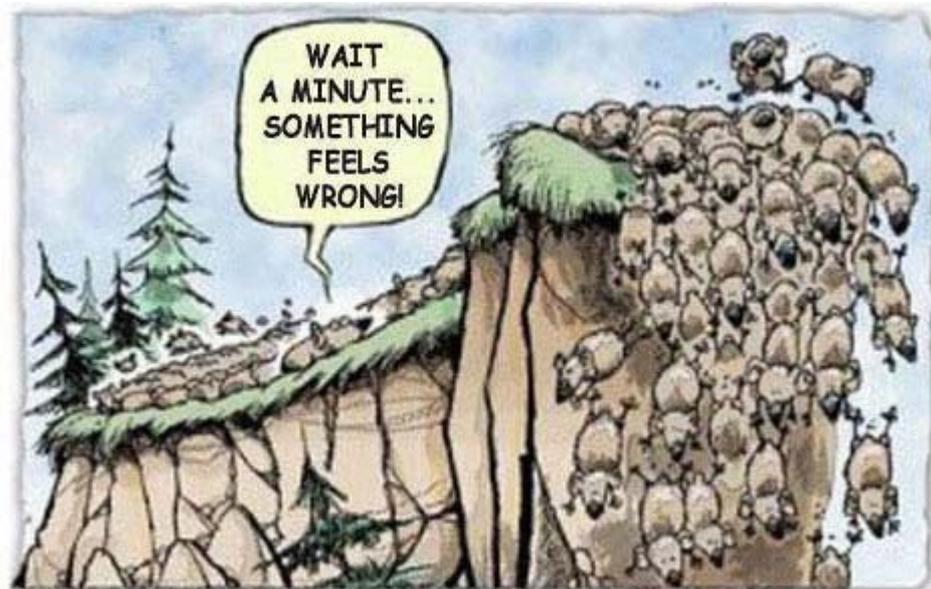
Risks

For the Centre to be successful, it will depend on adequate funding (both capital and operational), the right level and expertise of staff, strong and functional partner relationships, and collaborative arrangements with partnership services and agencies. It will also need to manage the risks as outlined in the table below.

Overview of project risks

Establishment	Operational
Low - medium level risks	
<ul style="list-style-type: none"> - Availability of range (and number) of professionals and services required. - Longer than anticipated lead time to establish. - Loss of key personnel during establishment phase. 	<ul style="list-style-type: none"> - Availability of range (and number) of professionals and services required. - Service provider partnerships and collaboration breakdown. - Business sustainability is compromised. - Demand of services does not meet sustainability threshold. - Evaluation of model's impact does not meet Expectations.
Medium – high level risks	
<ul style="list-style-type: none"> - Lack of funding for capital establishment. - Difficulty in identifying Centre location / infrastructure. - Lack of foundational partner for business development and ongoing business sustainability. - Underestimated demand for services, exceeding capacity to supply. 	<ul style="list-style-type: none"> - Funding beyond pilot stage is not continued. - Unanticipated establishment costs.

BLINDLY following so called “evidence based best practise” is the reason why humanity is stagnating and now on the verge of self destruction which is evident throughout so many families.



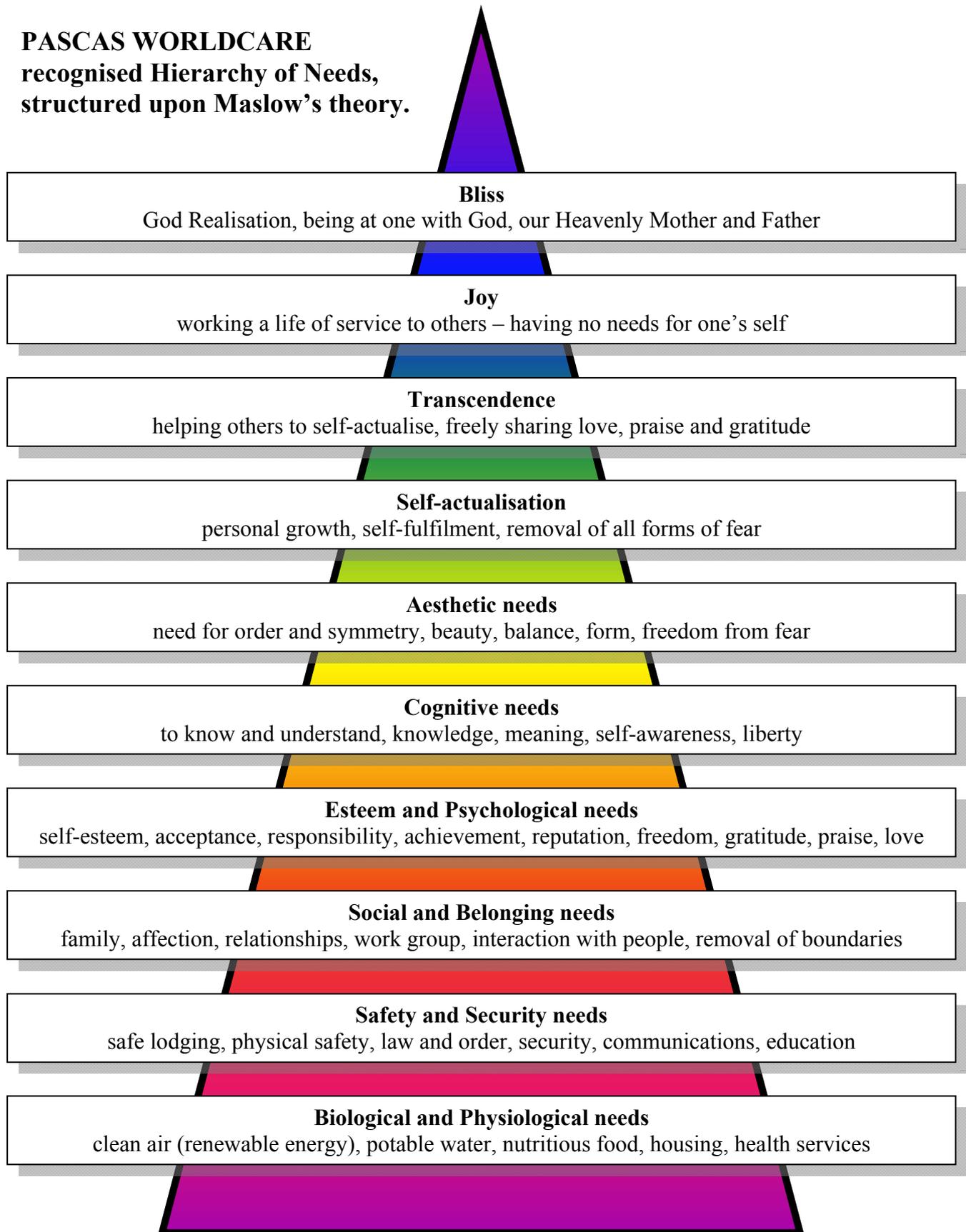
NO PROBLEM CAN BE SOLVED
FROM THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED
IT.
-ALBERT EINSTEIN

EINSTEIN'S THEORY of INSANiTY

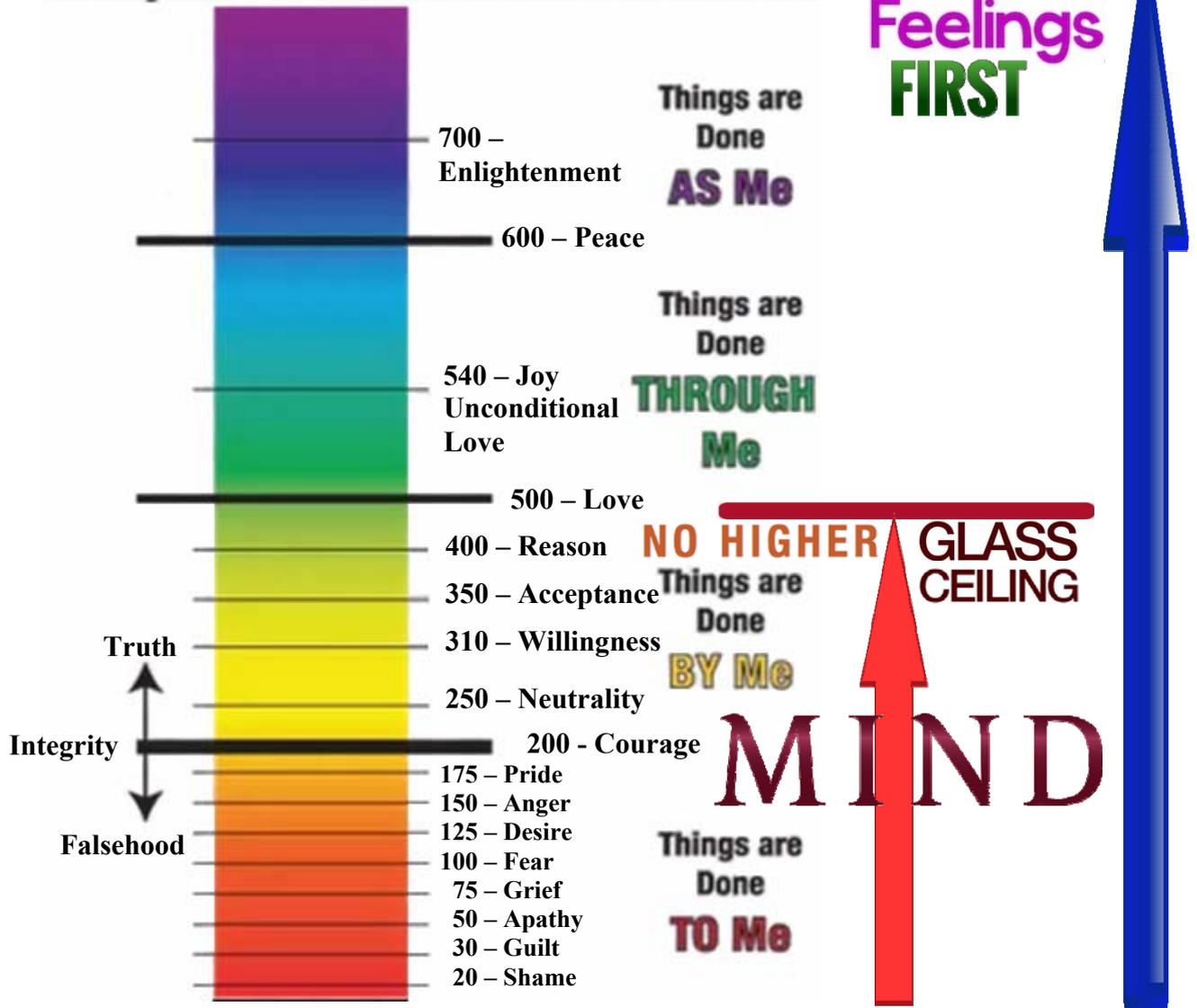


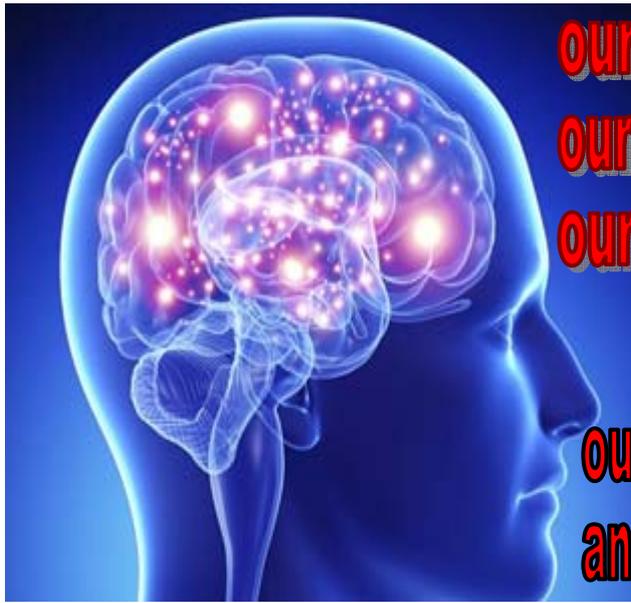
DOING THE SAME THiNG
OVER and OVER and
EXPECTiNG DiFFERENT
RESULTS.

PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.



Map of Consciousness





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

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

ASSUMPTIONS are the product of our MIND!

HEALING ends
MIND-CONTROL!



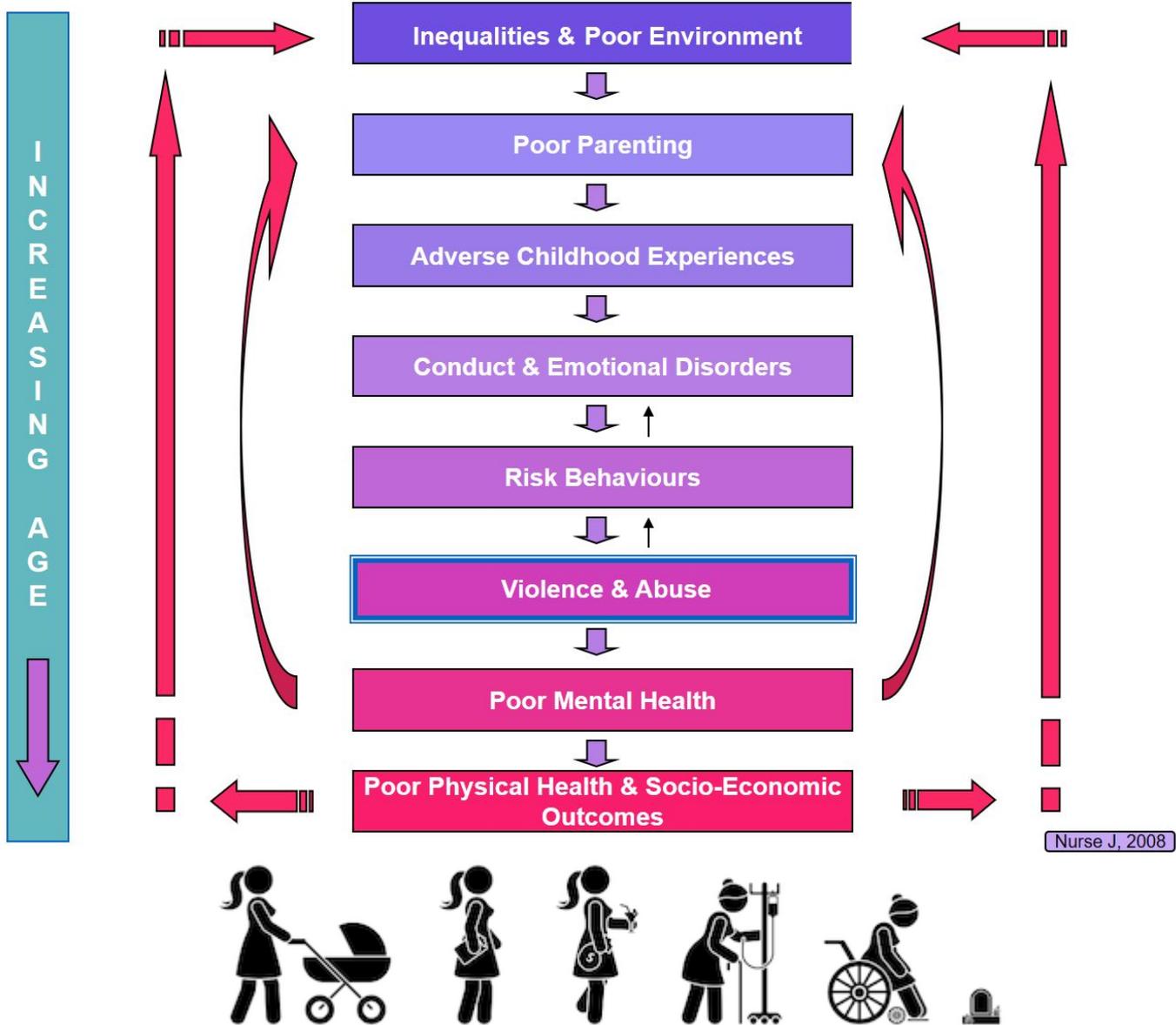
our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

all we need is WITHIN.
our MIND suppresses FEELINGS.

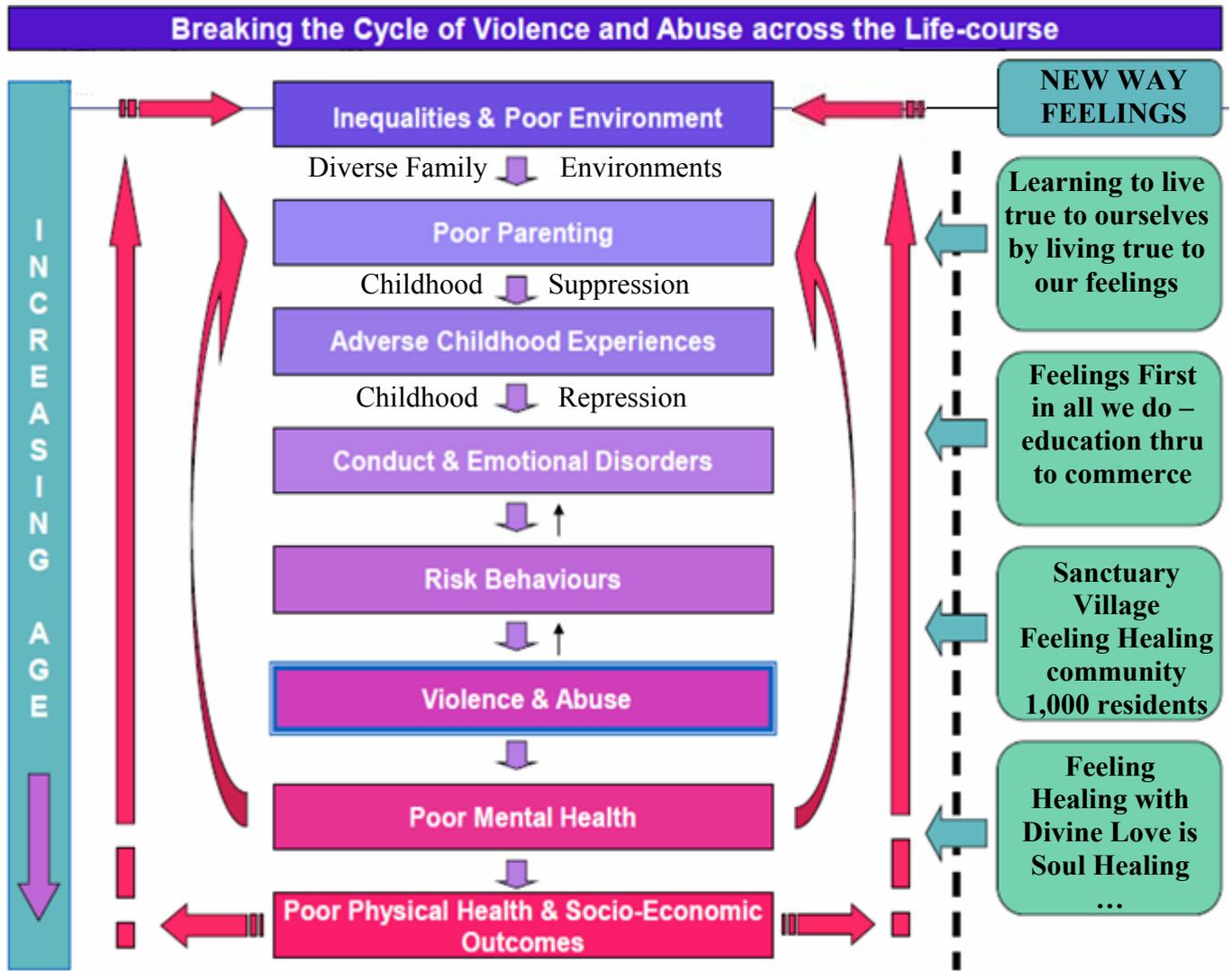
LIFE IS FOR LEARNING



The Cycle of Violence and Abuse across the Life-course



Seek **truth** from the cradle to the grave.



ASSUMPTIONS *and the* MIND



Suppression & Repression

= *Universal Depression*

Family Support Centre

KEY POINTS of FAMILY SUPPORT CENTRE PRACTICE

- No wrong door with “soft” and low entry points: Women, and with children, who present with experiences of complex trauma are to be able to enter into health, legal and other systems through multiple pathways that are supportive and helpful, with low or no barriers to entry.
- Focus on self-determination and recovery: The explicit task of services and agencies is to support the client / friend to be self-determining, autonomous and thriving.
- Safety first: Women and their children’s safety needs are prioritised – assessed and addressed, including safety from abusers, perpetrators, including their housing and security needs. The service centres also need to feel safe for women and their children, involving physical design and the culture of clear boundaries.
- Flexibility: Within those clear boundaries, services are flexible and able to accommodate the needs of women, and their children, with experiences of complex trauma, which may include difficulties attending sessions or after-hours crises.
- Continuity and predictability of care: Women, including their children, are to be able to establish a connection and a safe relationship with a key support counsellor that endures over time, and decisions about the woman’s care and her children are ultimately made with the woman / mother.
- A “whole of life”, “whole of person” perspective: Current presentation and need is framed by a holistic view of the women and their children’s experiences and options with appropriate pathways are evolved that addresses the women’s histories and expectations and this all influences their interactions with the family support centre.
- Stepped care within services: Women and their children receive more intensive care when / if their needs escalate and are referred back to lower threshold care when stabilised (i.e., retained in care rather than being dropped out of treatment because they are no longer “acute”). Stepped care should be available within these services where possible through close collaboration between the various elements of the wholistic service platform.
- Multi-disciplinary teams offering multiple modalities of treatment: Services address physical, psychosocial and mental health needs, as well as practical life challenges, incorporating cultural knowledge and expertise where necessary.
- Psychoeducation: Women have the opportunity to expand upon their experiences and understandings about the impact of their trauma unfolding upon their lives, and how to express it.
- Welcoming physical environments, including spaces for ongoing healing after initial support and treatment: Women and their children are often disorientated after trauma-related assistance, and it may not be safe for them to travel, hence it is important that the physical environments of services are welcoming and can provide a safe, restful spaces.
- Case management and advocacy: Clients / friends are supported to navigate complex and challenging systems, including police and National Disability Insurance Scheme (NDIS) disability scheme.
- Supporting parenting: Services accommodate parenting also promote loving parenting.
- Practical accommodation of clients / friends’ needs: Services have brokerage or provisions in place to address mother’s needs with childcare and transport.
- Investment in staff care, support and consultive trauma prevention, and the promotion of vicarious resilience: Vicarious resilience happens when the professional experiences personal growth in their own life through witnessing the growth of their clients. A culture of care is to be evident among and between workers and extended to all, particularly those in their time of crisis.

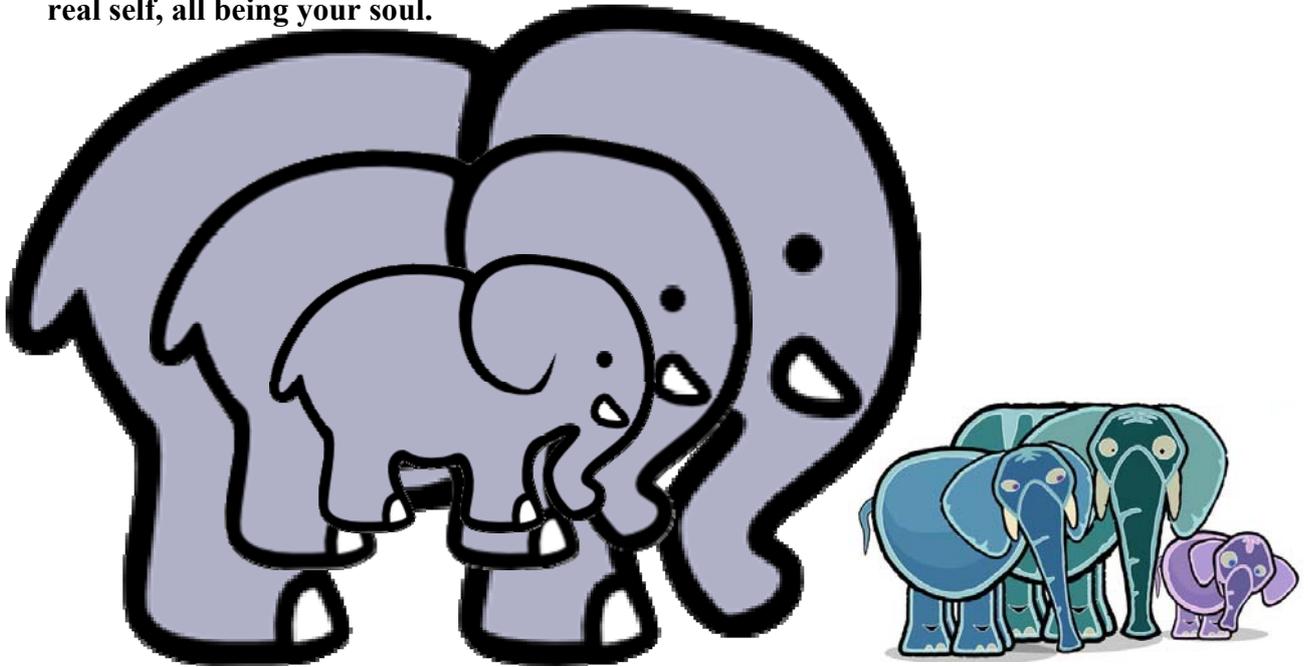
False Facade Self



The ELEPHANT in the ROOM

Childhood Suppression

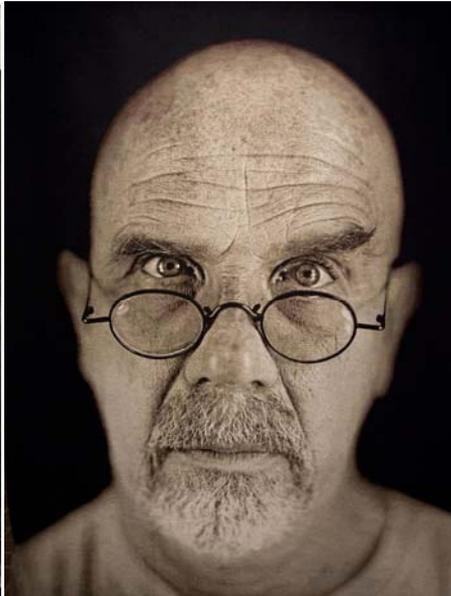
Your façade self, then your damaged self, and then your real self, all being your soul.



Based on Soul Condition:
Façade Self



Damaged Self

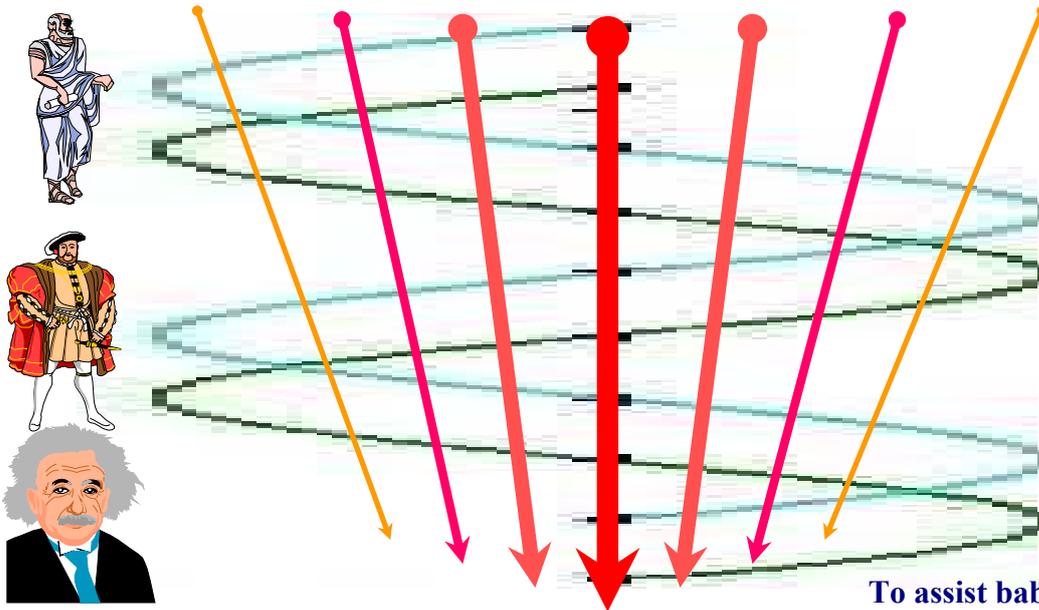


Real Self



generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



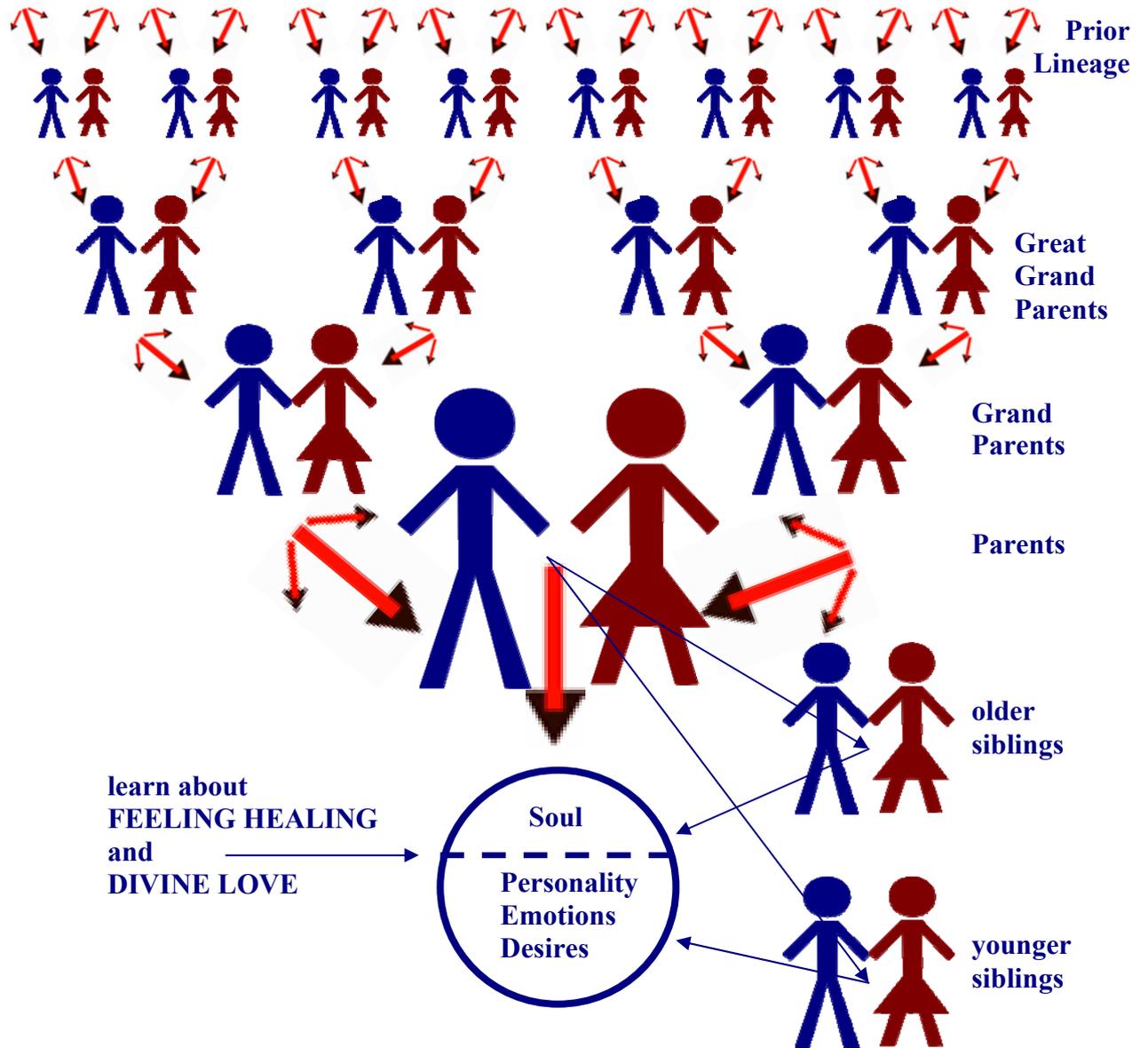
To assist baby, as well as ourselves, long to clear suppressed feelings and held emotions – both good and bad.

Feeling Healing, expressing our negative emotions and longing for the truth behind our feelings, progresses our soul condition as well as that of our children.

Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

Emotional injuries are fed down to the child, essentially during gestation and then throughout the first five to seven years of childhood, by the generations preceding our parents, and including our parents and siblings. The greatest transfer of emotional issues comes from those closest to us.

Everyone within our living environment will have an impact upon our emotional makeup.



OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!



Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!



We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.

SOME NUMBERS:

Currently, each year we have:

130 million live births
44 million abortions
50 million or so miscarriages

224 million conceptions /
incarnations per annum.

6.5 million child deaths per
annum. About 5% of those born do not
make adulthood.

123.5 million of those incarnated
make it to adulthood.

55% of those incarnated make it to
adulthood.

45% of those incarnated do not
have an adulthood life experience.

Natural love and divine love, and indeed
soulmate love are quite different energies.
Soulmate love is not natural sexual love.
Soulmate love is the only natural love that
matures and continues with us into the
Celestial Realms being beyond the 8th
sphere.

Just to step back a little to the above
statistics. For each abortion there are at
least two adults involved. As there are 44
million abortions each year, then 88 million
adults may be involved in that process. That
indicates that two out of every three live
births, that is 66% of adults, become
participants in abortion.

Further, the number of reported abortions
are an under estimation of actual events.

Global estimates of INDUCED ABORTIONS:

	1995	2003	2008
World	45,600,000	41,600,000	43,800,000

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

BABIES born Each Year; 130,000,000
It is estimated that there are approximately 130 million
babies born throughout the world each year.

http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year

**Miscarriage reportedly occurs in 20 percent of all
pregnancies. This may be an inaccurate number.
However, many women, before realizing a life has
begun forming within them, may miscarry without
knowing it. Therefore, the miscarriage rate may be
closer to 40 or 50 percent.**

<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

**World murder rate: 7.6 per 100,000 people per year.
The NUMBERS: Violent deaths worldwide, 2004:**

Total:	740,000
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

http://www.dlc.org/ndol_ci.cfm?kaid=108&subid=900003&contentid=255032

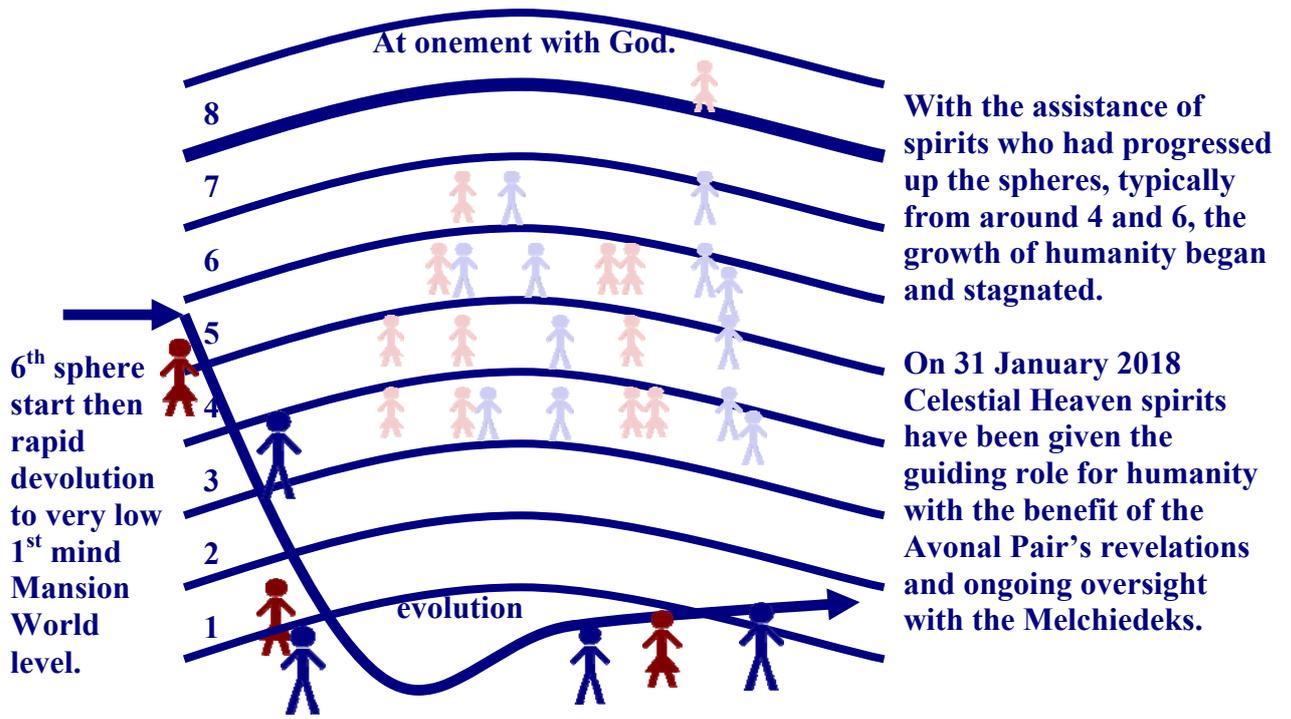
**Over one million people die by suicide every year.
There are an estimated 10 to 20 million non-fatal
attempted suicides every year worldwide.**

<http://en.m.wikipedia.org/wiki/Suicide>

DEATHS worldwide per annum: 60,000,000
**Pollution causes about 40% of deaths worldwide, i.e.,
are caused by water, air and soil pollution.**

<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

**PASCAS
PAPERS**



Resistance to embrace truth is limiting our healing and growth in truth and love.

Ten ducks in a row, but one was always misleading!



The Three Selves

I created

**Our
Facade Self**

Addiction

rejected

Parent creation

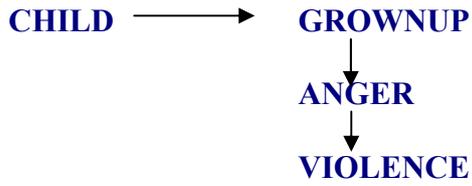
**Our
Injured
Self**

**Causal
emotions**

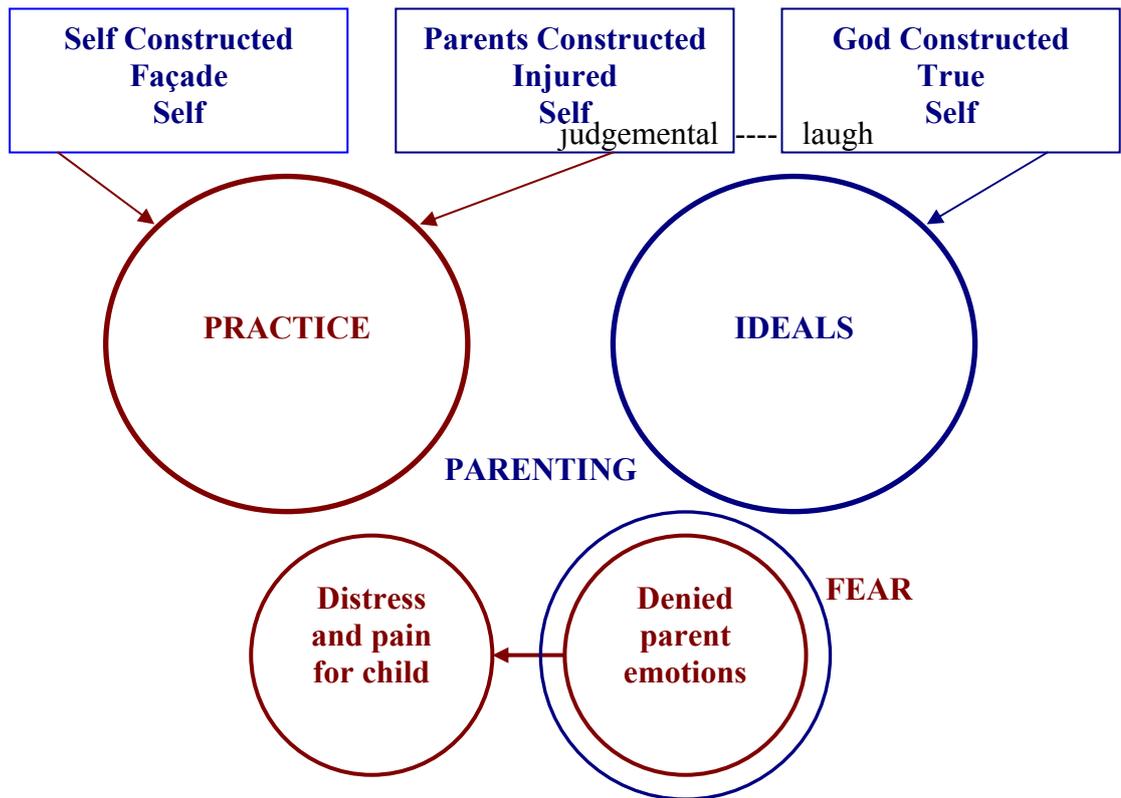
God created

**Our
Real Self**

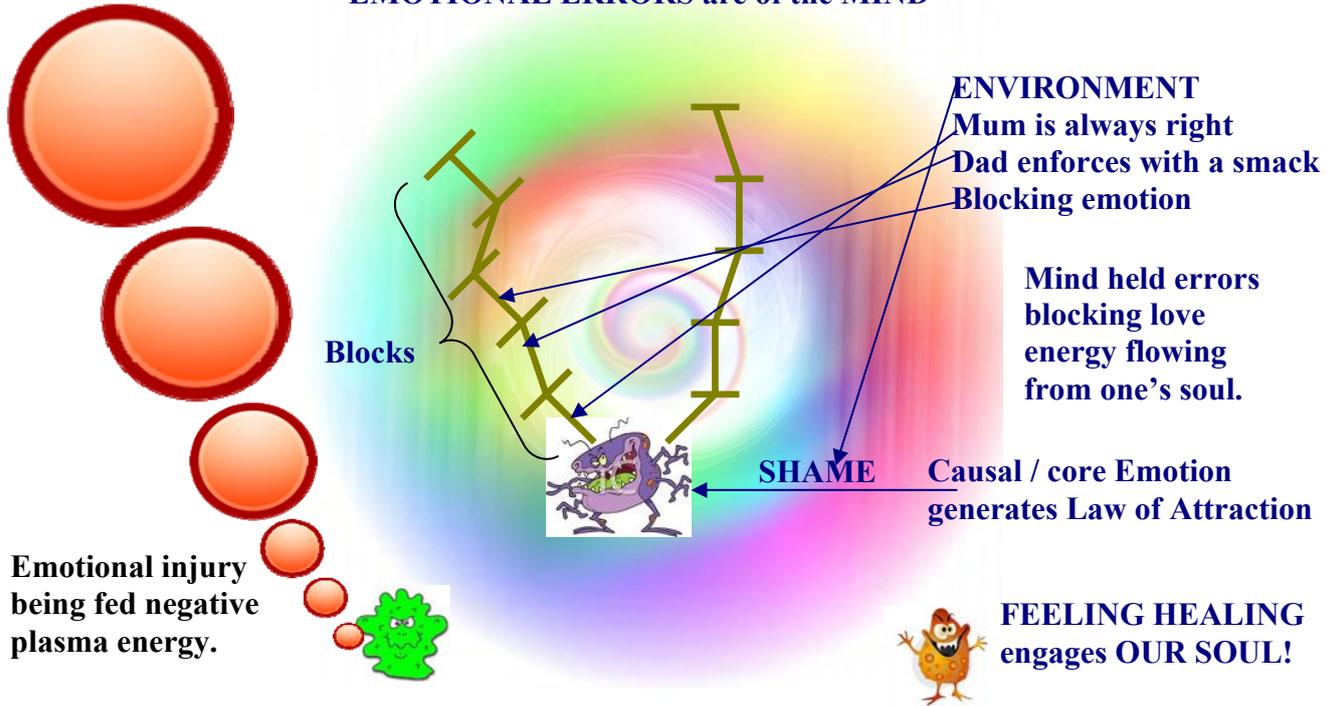
No injury



Is it any wonder why we have trouble feeling fear?



EMOTIONAL ERRORS are of the MIND



UNLOVING PERSONALITY

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is starved of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

LOVING PERSONALITY

Spirit body mind is clear of negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.



Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with truth and love.

It is the release of emotions that are out of harmony with Truth and Love, the longing for truth and expressing our feelings, talking them out, both good and bad, that brings about health and harmony to our bodies.

Fields above 500 - Love based Awareness Beingness
More feeling based activity, rather than intellectual – in the mind based activity.
Energy field of Love is the one that heals through Feeling Healing with Divine Love.

Fields 200 – 500 - Doingness Intellectual
Life is seen by mind as an opportunity.
We are getting closer and closer to truth.

Fields below 200 - Wanting & Craving Desiringness Fear Driven Self hatred Grudges
Values are based on what one has.
The energy fields below 200 are opposed to life, do not support life.

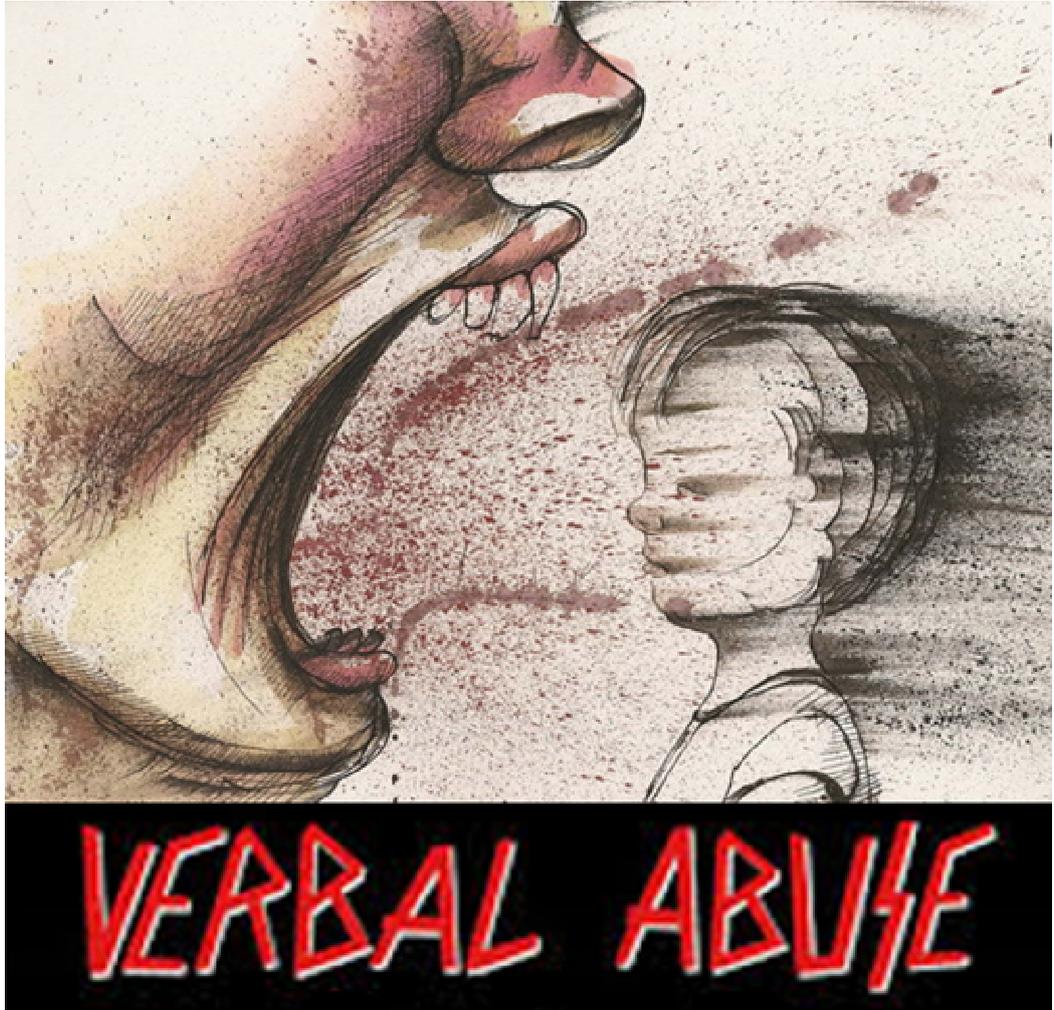
Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	220



Violence is never Justified



Childhood Suppression



and much, much more!

What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

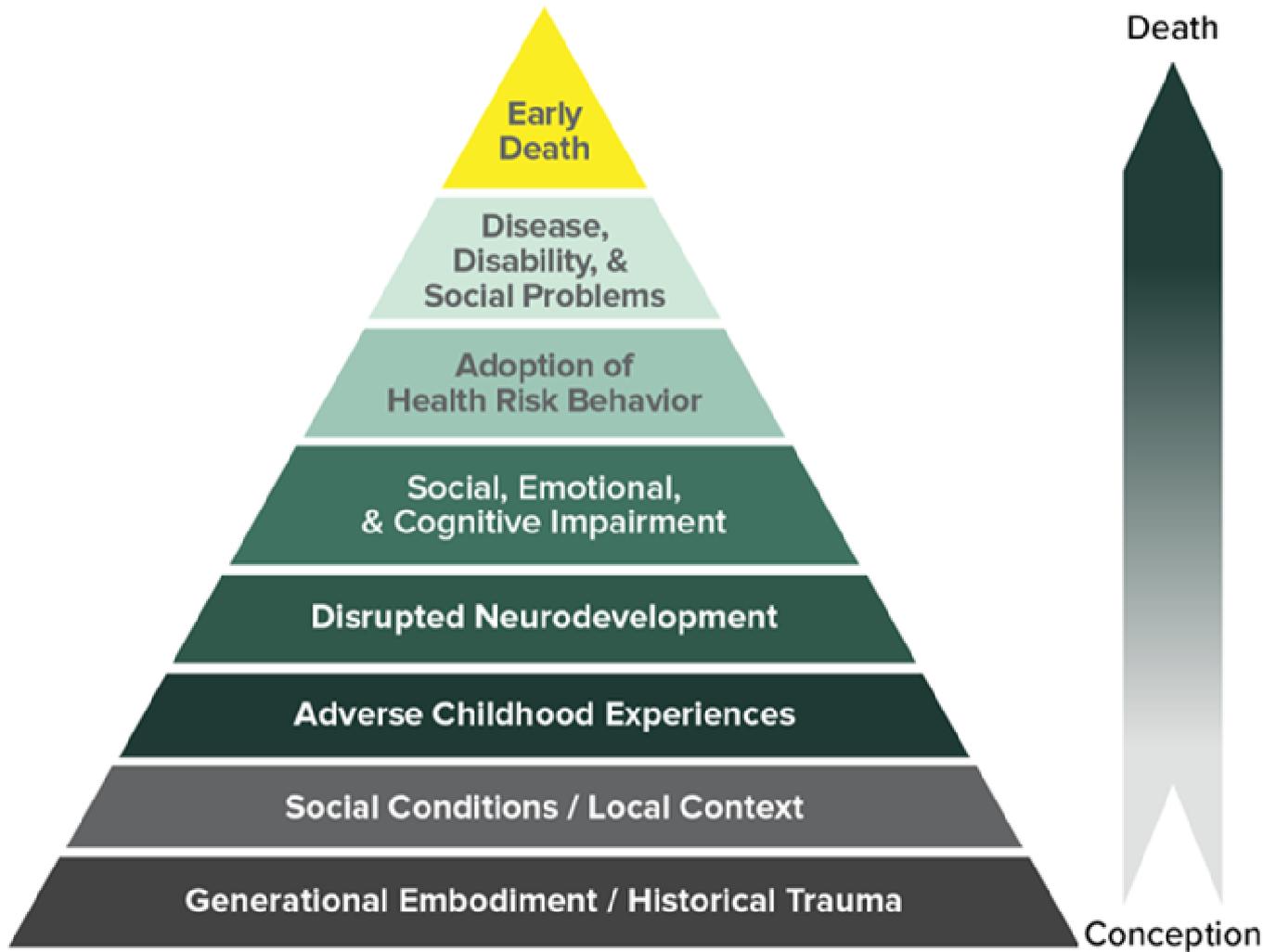
Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.



Somehow, we go on smiling and laughing...





Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



HOW do we SUPPRESS our CHILDHOOD EXPERIENCES?

Caffeine is the most widely used drug in the world. In the United States, more than 90% of adults use it regularly. Caffeine in coffee and soft drinks combined with alcohol, tobacco, party drugs, prescription drugs and certain foods (chocolate), very few adults are without some form of substance abuse.

We use every method to dumb ourselves down so we can suppress the subtle but relentless abuse that we each endured during our forming years, from conception to around the age of six years.

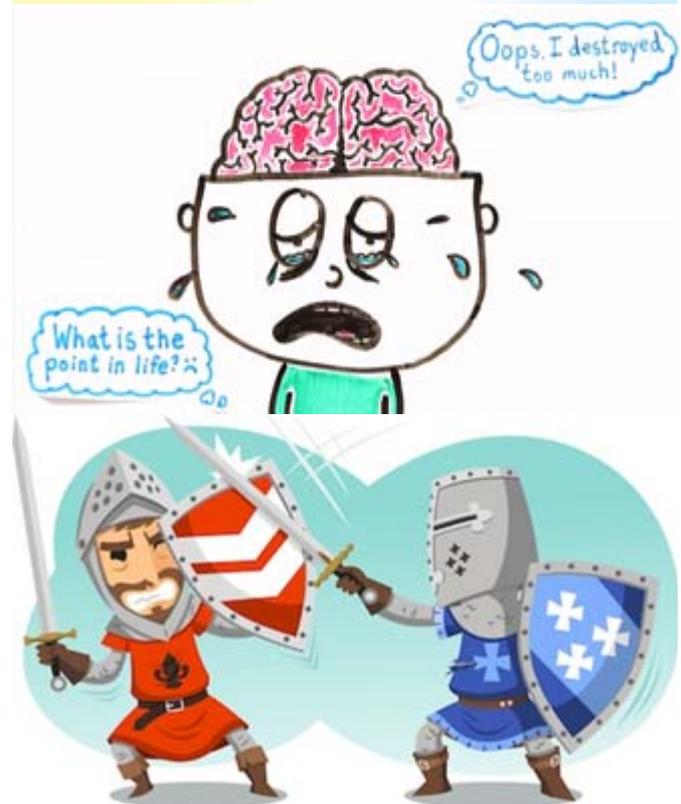
Amazingly, due to the attitudes instilled into each of us during our forming years, humanity, overall, considers war to be 'socially acceptable'!!!

When we decide to become a soldier we are really approving of being killed or killing. So, each year some 50,000 soldiers die. It is collateral damage that some 200,000 civilians die as an incidence of war. They did not buy into war.

Being brought up in semi to outright abusive families, murder is common place. Worldwide each year we have 500,000 murders. That is outside of the accidental deaths due to guns!

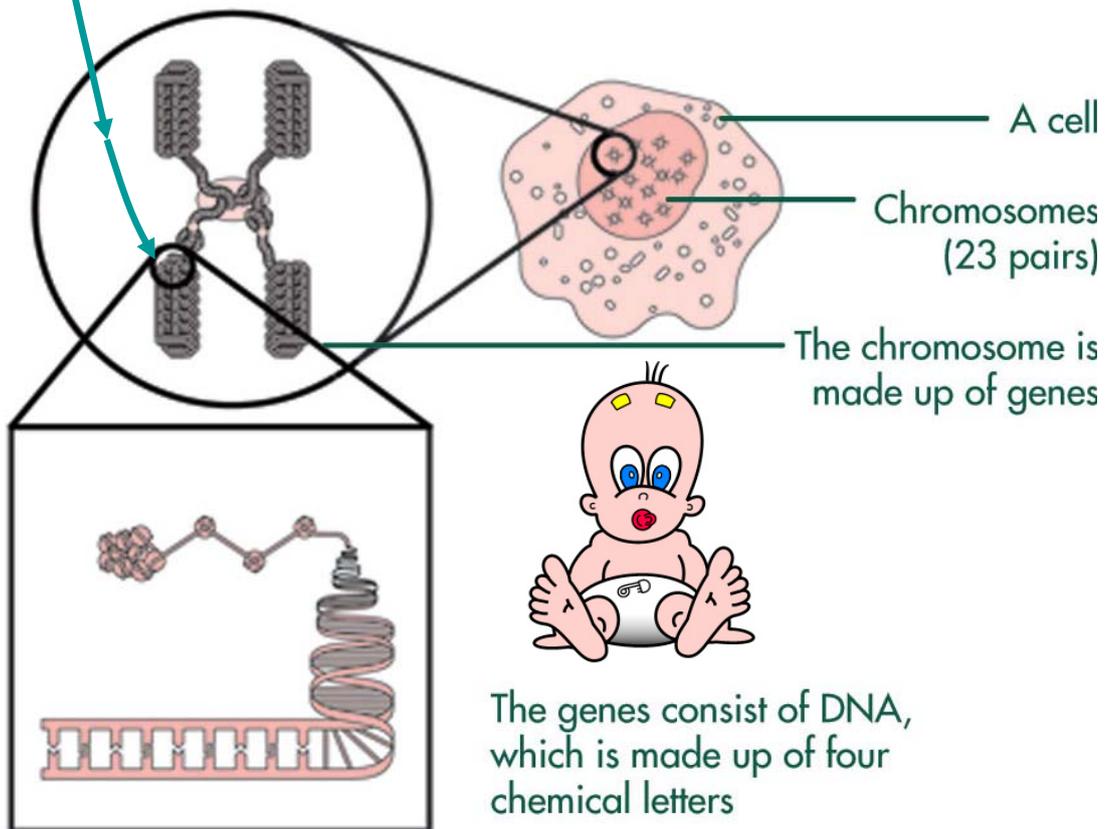
Aggressive contact sports are an expression of one's childhood suppression and repression. The harm from our childhood upbringing goes on. The cost of 'drug abuse' to a society is the equivalent of either a nation's military budget or public medical services alone. Substance abuse cost is much, much greater than acknowledged.

Society is so dumbed down that it functions as walking zombies. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.





Emotional injuries and errors that parents hold are readily absorbed by their children, these emotional issues can negatively affect the genes of their children. Similarly, should the parents resolve these negative emotions / errors then the corresponding repair can appear within the children's emotional structure and physical state including their genes.



My SOUL manifests TWO PERSONALITIES!

When we heal ourselves of our childhood suppression and repression, we THEN may become able to recognise who our soulmate / soul partner is.

While we remain living through our minds and not living feelings first and expressing our feelings as they arise, both good and bad, we remain bound in our rebellious nature that humanity has been in these past 200,000 years, rebelling against our soul and consequently our soulmate / soul partner.

Many will be astounded at how abusive and unloving they may have been to their soulmate / soul partner who is to be their companion for all of eternity, for their journey together home to our Heavenly Parents.



The injuries and errors that we are infused with during our early childhood forming years are the foundations of our social ills and physical illness that arise throughout our adult life.

We now know that through Living Feelings First which is engaging with our Feeling Healing that all these issues may be put aside. No other pathway or process can achieve this.



"The True Liberation of Women is Through the Truth of Their Feelings."

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.



Like Father – Like Son

Like Mother – Like Daughter



GREAT
U-Turn

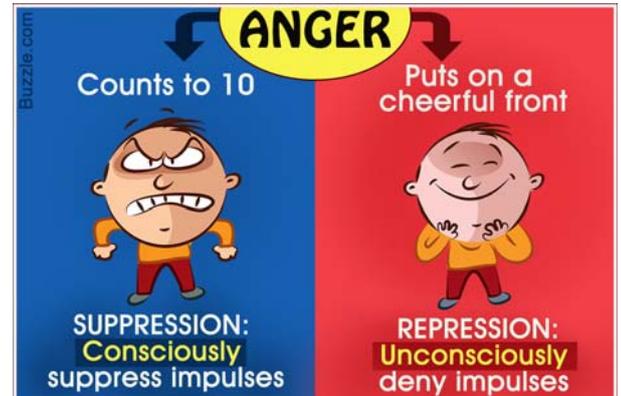
Suppression and its Repression:

18 March 2018

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

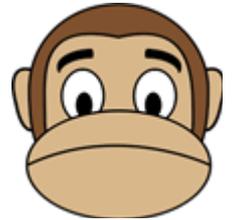
And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



And to spiritually help us, we are to understand:

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living**

fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you don't, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

Living FEELINGS FIRST
FEELINGS FIRST For Kids

WOMEN REPRESSION

James

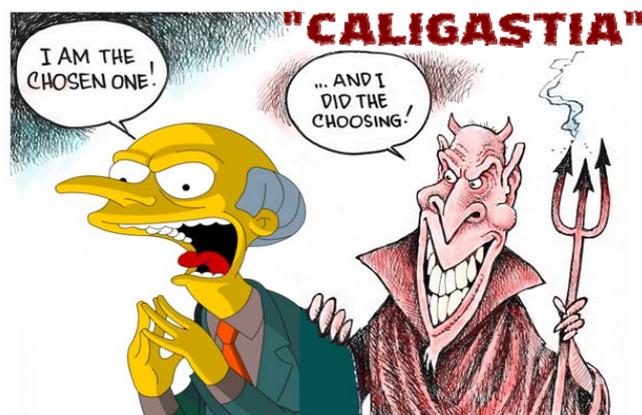
Monday, 9 December 2019

Note for Pascas Care Letters One Soul Two Personalities:

Why women have been so repressed?

It was the rebellious Higher Spirits that urged and supported the suppression of women and the male dominance through religions and tribal spirituality so as to keep women away from their true feelings, denying them the truth from such feelings which would never tolerate nor have allowed the men to override them. If you denote the mind as 'male' and feelings as 'female' then to coerce humanity to worship and live from its mind, whilst at the same time using the mind to suppress and banish one's true feelings, then you can see men's domination of women. Men (if we liken them to the mind) are scared of women (likening them to feelings), so men use their minds to block out their feelings and won't tolerate women living too close to their feelings.

So what more perfect way than to maintain such male domination than to create mind-made religions that will ensure women and feelings are never heard, can never have their say enough to uncover the truth of such meaningless and misguided untrue systems of belief. If women in such religions were encouraged to follow their feelings and look for the truth they will give rise to, they will soon demolish such institutions or simply leave them, leaving the mind-controlling men to it. So you can't put a woman in control, and especially one who is more feelings led, because as one's feelings are generally 'all over the place' and 'irrational', she'll ruin it all; which means, she'll stop the men having their little power games with each other. And unless a woman learns to 'become a man', being able to compete with men at their own mind-games, suppressing her feelings even more and becoming an even better proponent of mind control, as she can often over her family, she will never stand a chance of gaining equality. However this mind-equality is still buying into the tenets of the Rebellion and Default and is not true women's liberation and equality, that only coming when women give up their mind and devote themselves to accepting, expressing and seeking the truth from ALL their feelings (especially their bad ones). That being the only way humanity will end its rebellion.



Living true to your feelings:

Is to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place. Because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 Apr 2018

PARENTING

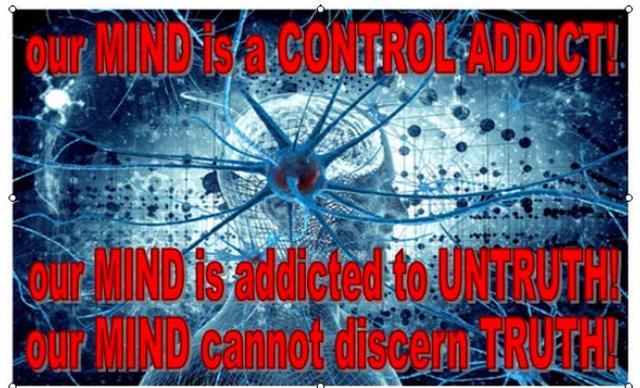
Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.

Until you begin your Healing, everything you do with your children will be stuffing them up. It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness. And the idea that we can learn how to parent, learn how to be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing, then you will be totally free of your parents. Until then, even though they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you are living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can't be anything other than how you are – it is 'your' child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one's life, and all that's happening on unseen levels from spirit, all what's going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

Your soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is 'unfolding' through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you've fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it's not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just 'normal' and 'ordinary', that's exactly what God wants, it's how God made its soul to express itself, so it's perfect. You are the child of God that you are, even in all your wrongness. And even **Perfectly Imperfect** though you might hate how you are, you don't have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you'll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you'll no longer be passing onto your child, with your child potentially adjusting to the 'new you' which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old. Once that age is reached, technically it's the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won't be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can't force any positive changes on the child once the child is sexually mature, whereas before sexual maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.



Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly. And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent / child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings love gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you’ve treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

It’s not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you do not have a child and do your Healing. If you don’t have children on Earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can’t also adopt children, however once the New Revelation is ‘activated’ – revealed, then spirits doing their Healing will also be able to do it whilst having spirit children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth Green in her book, *Parenting is Forever*, says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that??!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child. A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively influencing our children on seven whole worlds worth of truth. Which means your child, as do you, has seven whole worlds of truth it’s denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

We are to Find the Truth of our Childhood.

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

How is it for you if you are Truly Honest with Yourself?



♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

The Drama of Life:

'I had a pretty good upbringing' in comparison to other people!

Parents have NO understanding of Love.
 Parents have NO understanding of Law of Free Will.
 Parents have NO understanding of blocking emotions.
 Parents have NO understanding of causal / core emotions.



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced worldwide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



Suppression & Repression = Universal Depression

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptios are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However: **Parents have NO understanding of Love.**
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal / core emotions.
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

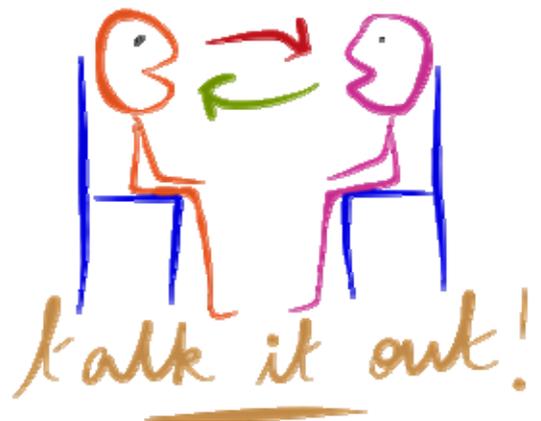


Talk
it Out



LET'S TALK
IT OUT

TALK *it* OUT



A NEW MODEL of CARE

Adopted from writings by Dr Patricia Cullen.

In Australia, one in four women has experienced violence by an intimate partner since the age of 15 and one in five experience sexual violence across their lifetime. Beyond physical injury, women who have experienced violence have increased rates of health service access, poorer physical and mental health including anxiety, depression, post-traumatic stress and substance use, and are over-represented in prison.

The Fourth Action Plan of the National Plan to Reduce Violence against Women and their Children 2010-2022 acknowledges that progress toward ending violence against women and children is complex and will take sustained long-term action. At the state and national level, there is increasing recognition of the need to address the fragmented services system and go beyond the crisis intervention model to address the long-term impact of trauma, particularly in terms of the complex psychosocial needs of women and their families.

In response, a Women's Trauma Recovery Centre, being a Pascas Family Support Centre is to provide comprehensive and long-term support to women and their children who have experienced domestic, family abuse and sexual violence. This all being strongly aligned with local, state and national priorities, the Centres will address the trauma arising from domestic, family abuse and sexual violence to improve long-term health and psychosocial outcomes for women and families. Also the abusers will be supported in their endeavours to recover from their patterns of abuse.

The Centres may be an Australian-first community-led initiative, co-designed with women and men with lived expertise, professional experts and service providers.

Background

In Australia, one in four women has experienced violence by an intimate partner since the age of 15 and one in five have reported emotional abuse by a previous partner or experienced sexual violence across their lifetime. Compared to one in thirteen, one in eight and one in twenty men respectively, women are disproportionately burdened by **Domestic, Family and Sexual Violence (DFSV)**.

For some women, the rate of violence and abuse is higher, including Aboriginal and Torres Strait Islander women, women with disability, young women aged 18-34, women from culturally and linguistically diverse backgrounds, LGBTIQ people, women living in rural or remote areas, and women from socioeconomically disadvantaged areas.

This unequal burden of DFSV cannot be understood without appreciating how the intersecting aspects of women's identities can increase the risk, severity and inadequacy of service responses. The long-term impacts of experiencing DFSV are well established. They encompass health, economic and social consequences that often affect women long after the violence and abuse has stopped.

Amongst women aged 25-44 years in Australia, domestic and family violence is the leading risk factor contributing to disease burden. Poor mental health outcomes are the most reported health consequence and are often associated with chronic health conditions, such as chronic pain, and higher chronic disease risk factors in multiple ways, DFSV can indirectly or directly impact access, or ability, to sustain employment or housing. Experiencing economic abuse restricts some women's ability to leave a violent relationship, while for others experiencing violence is a high economic burden. For example, some women face challenges engaging in employment due to coercive control or the impacts of trauma, while others may have poor tenancy records because of their partner's violence.

Experiences of **Domestic, Family and Sexual Violence (DFSV)** can also have intergenerational impacts on children and perpetuate intergenerational cycles of violence and abuse. Children who experience and witness DFSV in their homes are more likely to develop health, social and developmental issues in childhood and adulthood as a result of lasting trauma. Additionally, **living with DFSV as a child is associated with the intergenerational transmission of violence, with increased risk of experiencing or perpetrating violence as an adult.** Within Aboriginal and Torres Strait Islander communities, experiences of DFSV are compounded by historical and intergenerational trauma, and the ongoing impacts of colonisation and racism.

Current DFSV workforce and service system responses are siloed and focused mostly on crisis intervention, restricting women's access to holistic support, limiting their ability to recover from trauma. Siloed service delivery also results in limited knowledge translation and coordination between sectors, as well as lack of cohesive or consistent service responses within sectors.

Often trauma is perpetuated, or re-traumatisation is experienced when women engage with DFSV support services, which frequently require women to repeat their story multiple times. Additionally, some services do not have the tools or resources to recognise the wide-reaching impacts of DFSV, leaving women to separately and independently manage the intersecting health, economic and social consequences. Across sectors there are also well recognised short-comings in service provision that is criteria driven (and often restrictive or exclusionary) and time-limited, which does not adequately support women with multiple, complex or long-term needs.

In response, a Pascas Family Support Centre is aiming to provide comprehensive and long-term support to women and their children recovering from the trauma of DFSV. Further, the Centres are to assist the abuser in their pathway to recovery separately.

To ensure Centres reflect community priorities and supports the long-term needs of women and their families, community-led co-design is to be embedded in the design. This design process aimed to generate new knowledge of an Australian model of DFSV response and recovery that can be replicated in other settings to improve the health, well-being and lives of women and their families.

What works in recovery and healing from DFSV

Relationships are key.

The trauma of DFSV and the trauma of the system are at their core relational traumas – and key to healing this are the people that women and their children encounter along the way and the relationships that develop. The same applies to the abusers, be they men or women.

“What works well is relationship. Having a relationship with the woman is really vital. Because there is so much fear, there's fear from the perpetration of the violence for the woman, and also there's fear of not trusting the services around. I really believe they need to trust you as a practitioner. So at least there's something to hang on to, even when the systems and the services around them may fall down... And to be honest it sort of does, like look at housing. Okay, we've got this service of housing, but in actual fact there may not be anywhere for this woman to go. So therefore, okay, we can't actually trust the housing service, or that housing system. So if they can trust us as a worker to be really honest and transparent in that space and going, hey, there's a long wait list but this is maybe what we could do, or we could try this.” (Professional Provider)

Many people spoke about the concept of walking beside, and how this is critical to working in a way that is women-centred and trauma-informed.

“The clinical services and the medical professionals are incredibly important. But what we found in our service is, as important as those things are; it is the holistic caseworker approach that is actually incredibly successful. It is that person who is walking alongside you. Like the very best workers in our network are women who are very good at sensing where somebody is up to, at any minute, they’re really good at taking someone’s emotional temperature, I call it. It’s like, does this person need a bit of a push today, do they need some encouragement, do they need some kind of strong talk? Or is it a day where they’ve just had too much and what they need is a sympathetic ear that can provide that reflective listening and just the understanding of what they’ve been through. And who will also work towards them with their other goals, because so much of this stuff is so individual in terms of what women want to do, for themselves and their families in terms of getting out of this.” (Professional Provider).

Timing is everything: the right support at the right time, for as long as needed.

The right timing can be about timely access to services, but it also relates to what women need at different time points throughout their life. For example, counselling and trauma healing is less effective when safety is a major concern.

“The accessing of services in the right time. I know everyone has waiting lists... but sometimes if you’ve got traumatised children, and you’re traumatised yourself, and you can’t access psychological assistance as a matter of urgency – that is a huge risk.” (Expert by Experience)

It was also important for support to not be time limited. Many interviewees reported that while there might be that wrap around support in the crisis phase, later when women are rebuilding it can be very isolating and lonely and that support is not there.

What is needed from the Centre?

More than mental health care.

Interviewees described the shortcomings of current services, which centred on the siloing of services and the limitations of mental health treatment that did not address structural inequalities, deprivation of resources, and were not trauma-informed.

“It was just like torture and all of the cognitive behavioral therapy (CBT) in the world didn’t make any difference. I understood my story better, but it didn’t change my thinking” (Expert by Experience)

“You cannot work on one issue in isolation. Which is what I see happening quite a lot in the mainstream because it’s just the way how they organise themselves into bureaucratic silos. And so oftentimes people are in the mental health system, but no one is asking if there’s domestic violence. So, we work concurrently on mental health and domestic violence. We work concurrently on drug and alcohol and domestic violence. The person is everything that they bring, everything that they are.” (Professional Provider)

Partnerships with Aboriginal Community Controlled Health Organisations (ACCHOs) and other health services, legal services and housing are all critical to comprehensively addressing needs. This may be through co-location or outreach, as well as services provided directly by staff employed in the Centres.

“I’ve got Aboriginal family support at the AMS (Aboriginal Medical Service), we’ve got the drug and alcohol counselling, and mental health support worker and they’ve been really great, like they’ve been understanding, and they’ve been really supportive and, I think, we need some people from that service to come across and maybe offer that bit more help and support.” (Expert by Experience)

Recovery, hopefulness and healing

Women were asked to reflect on their own experiences of healing and recovery and what these terms mean to them. Responses were mixed, however there was consensus that this is a continual and mostly lifelong process, which underscores the need for the Centre to be accessible to women and their children when they need it, for as long as it takes.

“I think recovery is different to everybody... it’s mainstream to think of recovery as just going to go away completely and we’re going to be completely over it... I don’t think that’s going to happen. I think recovery is learning to live with it and deal with it. For me, my recovery happened over twenty years. Only in the last couple of years have I become stable enough to be able to work in mental health and be able to follow what I want to do. So, it took a long time, but recovery is continual.” (Expert by Experience)

“I like the word healing because I think it gives a bit more of the impression that it’s a journey and it can happen over time... I think it offers a bit of hope because I think most women, when you’re engaging in any services, they certainly don’t give you the impression that you’re ever going to be recovered and living a free life.” (Expert by Experience)

BUT even far more support is needed than ever considered previously. Feeling Healing and living Feelings First is our true and only pathway to recovery – and it takes time!



Women's Shelter
for 10 women or
6 mums with 10 children



Pfd being in the field of SOCIAL WORK – LIVING FEELINGS FIRST.

PASCAS UNIVERSITY

We hereby confirm that

SALLY JOY SMITH

Having duly satisfied the Examiners appointed by Senate and having fulfilled all the conditions prescribed by ordinance and regulations by resolution of the Council was awarded the

Postgraduate Feelings Degree

PfD in the field of **SOCIAL WORK**
LIVING FEELINGS FIRST

on the
22 February 2022



Andrew Brown
Chancellor

Philip Green
Registrar

INTERVENTIONS for aCENTRE

Interventions to be potentially included in a Centre with priority rating of high, medium or low expressed as a % endorsed by respondents.

INTERVENTION	HIGH	MEDIUM	LOW
Crisis support	98	2	0
Counselling	91	9	0
Legal advice and support	85	15	0
On-site child minding	78	22	0
Group therapy and support	78	20	2
Financial guidance, counselling and advocacy	78	20	2
Information and referral service	76	24	0
Therapeutic workshops and programs	76	24	0
Peer support groups	74	24	2
Clinical psychology	74	24	2
Women's health care	69	29	2
Education workshops and programs (e.g. parenting workshops)	67	30	2
Centrelink referrals	57	37	7
Psychiatry	50	43	7
Employment pathways and referral to employment services	48	43	9
Prison throughcare and case management	48	48	4
NDIS referrals	48	46	7
Sexual and reproductive health	47	53	0
Social/community activities and support	47	47	7
Primary health care services	44	53	2
Brain injury assessment	39	57	4
Mindfulness/meditation	39	46	15
In-patient care	28	41	30
Art therapy	26	48	26
Music therapy	22	52	26
Massage therapy	22	46	33
Therapy/emotional support animals	20	57	24
Physiotherapy	20	41	39
Horticultural therapy	17	57	26
Yoga	15	50	35
Exercise physiology	13	54	33
Nutrition/dietician	11	69	20
Acupuncture	11	26	63

CORE, IDEAL, CO-LOCATED and REFERRAL PRACTITIONERS

Practitioners to be considered for a Centre with priority of core, ideal, co-located, referral or not at all expressed as a % endorsed by respondents.

PRACTITIONERS	CORE	IDEAL	CO-LOCATED	REFERRAL	NOT AT ALL
Case manager specialised in crisis support and safety planning	100	0	0	0	0
Counsellor	85	15	0	0	0
Women's health nurse	69	23	8	0	0
Case manager for longer-term support	69	8	15	8	0
Social worker	46	46	8	0	0
Court advocacy support provider	46	23	23	8	0
Group therapy facilitator	39	39	23	0	0
Clinical psychologist	31	46	23	0	0
Physician specialised in sexual and reproductive health	31	15	31	23	0
General Practitioner	31	8	39	23	0
Multicultural specialist	23	39	31	8	0
Mindfulness/meditation facilitator	23	31	31	15	0
Art therapist	23	23	23	31	0
Disability care specialist	15	54	23	8	0
Massage therapist	15	39	15	31	0
Yoga instructor	15	31	23	31	0
Physiotherapist	15	31	23	31	0
Legal professionals (lawyer, paralegals)	15	15	62	8	0
Nutritionist/Dietician	15	23	31	31	0
Music therapist	15	23	23	39	0
Financial counsellor	8	15	69	8	0
Acupuncturist	8	15	54	23	0
Case manager specialised in prison through care	8	15	39	39	0
Exercise physiologist	8	15	39	31	8
Physician specialised in brain injury assessment	8	15	23	54	0
Psychiatrist	8	8	15	69	0
Horticultural therapist	0	39	46	15	0
Youth worker	0	25	58	17	0
Employment counsellor	0	8	58	33	0

Cost of domestic and family violence (KPMG, 2019)

Cost component	Australia	NSW (32%)
Pain, suffering and premature mortality	AU\$10.4 billion	\$3.3 billion
Impact of violence on the private and public health systems is estimated to cost victims, their communities and government	\$1.4 billion	\$448 million
The impact of violence on production and the business sector	\$1.9 billion	\$608 million
Consumption related activities.	\$1.9 billion	\$608 million
The second generational impacts. *	\$333 million	\$106 million
The impact on the justice, services and funeral sectors is estimated to cost the Australian economy **	\$1.7 billion	\$544 million
Transfer costs	\$1.6 billion	\$512 million
	TOTAL	AU\$7.4 billion

*Children who are exposed to acts of abuse or violence in the home experience significant lifelong impact. These impacts can include potential psychological and behavioural issues, child abuse, health issues, and other effects on wellbeing and development. Over the longer term, this may contribute to impacts on economic outcomes, including reduced productivity.

** This significantly underestimates the cost to NSW Police who spend 40-60% of their resources on domestic and family violence.

Cost of domestic and family violence per woman

Cost to NSW per year (2015-16, incl vulnerable women)	AU\$8.4 billion
NSW Population (Sept 2020)	8,166,000
Number of women over 15yo	3,240,000
1 / 4 experienced domestic and family violence	810,000
Cost per woman per year	AU\$10,617

Annual operational budget and five-year total

Budget Line	Amount
Human Resources (discounted for Medicare rebate)	AU\$4,048,847
Operating Costs	450,000
Resources	120,000
IT and Digital	150,000
Equipment	40,000
Brokerage	50,000
Service Delivery - subtotal	\$4,858,847
Business Development	250,000
Operations, development, sustainability - annual total	AU\$5,108,847
5 YEAR TOTAL	AU\$25,544,233

Indicative Capital budget and annual cost of premises

Budget line	Amount
Land and building improvements	AU\$250,000 – \$500,000
Fit out	\$250,000 – \$300,000
IT	\$250,000
Furniture	\$200,000
Maintenance	\$200,000 – \$240,000
subtotal	AU\$1,150,000 - \$1,490,000
Building rental space	\$240,000 – 300,000
Total	AU\$1,390,000 - 1,790,000

PROBLEM	INPUTS	INTERVENTION Core components and flexible activities	Short-term Primarily attributed to the program (5 years)	OUTCOMES Intermediate Partly attributed to program –shared attribution (10 years)	Long-term Living Feelings First to the fullest (20 years)	GOALS
<p>There is presently comprehensive services or centres for women and children endeavouring to recover from domestic and family abuse, suppression and sexual violence.</p> <p>In fact, childhood suppression is not even acknowledged and researched by universities.</p> <p>The relevance of childhood suppression from the moment of conception through to the age of six years is denied by all health care systems – particularly universities.</p> <p>The world is oblivious to the fact that by living mind centric has us all being zombies in a stupor animating each other in the belief we are living a wonderful life – when in fact we are all living in HELL!</p> <p>Now, we are being shown the way out of hell and how to living feelings first and heal ourselves of the Rebellion and Default we have been enslaved within these past 200,000 years.</p>	<ol style="list-style-type: none"> Trauma and violence informed specialist staff. Culturally safe and family safe space. Accessible to all members of family. Victims separate to perpetrators. Physical, information, procedural and attitudinal access separated from perpetrator – both sides assisted towards recovery. Partnerships to facilitate service integration and linkages. To overcome barriers of access and fragments service delivery. Community – firstly funded by humanitarian funds and then on going recurring costs supported by fees for services. Overarching revelations identifying pathway to healing being provided by those completing the process. Those who are seeking assistance become to be Friends of the Centre. 	<p>Core Components:</p> <ol style="list-style-type: none"> Key in house services delivered at the right time – primary health care, legal support, mental health care, housing support, financial advocacy – survival elements. Soft-entry pathways. Service integration and linkages (co-location, referral pathways). Case-management. Crisis support. Social and community groups. A buddy who is a passionate listener to your expression of your feelings, both good and bad. 	<p>Improved physical, mental and emotional wellbeing. Reduced markers of trauma. (Friend’s reported outcome)</p> <p>Improved access to health services and care as well as companion counseling.</p> <p>Improved identification of disability needs and linkages with appropriate providers / services.</p> <p>Mitigation of ongoing violence and abuse or new <u>experiences of violence and abuse.</u></p> <p>Strengthened caregiver capacity. Reduced exposure to family violence. (Friend’s reported outcome)</p> <p>Early referrals to child service providers as <u>necessary.</u></p> <p>Satisfaction with crisis support from and through the Family Support Centre. (Friend’s reported outcome)</p> <p>Satisfaction with enegagement (and advocacy) processes with policing, justice and housing. (Friend’s reported outcome)</p> <p>Increased engagement in education, training, or employment (Friend’s report).</p> <p>Income security and financial independence / separation from perpetrator. (Friend’s reported outcome)</p> <p>Reduced system traumatisation. (Friend’s reported outcome)</p> <p>Model of care developed and embraced successfully to be suitable for replaction throughout all societies.</p>	<p>Women’s (Men’s) Health Wellbeing Reduced engagement with Family Support Centre</p> <hr/> <p>Children’s Health and Wellbeing Reduction of intergenerational cycles of violence – both as perpetrators and victim / survivors.</p> <hr/> <p>Safety and Security</p> <hr/> <p>Economic Reduced contacts with emergency services (ED – hospital, police, ambulance)</p> <hr/> <p>Service System Improved efficiency and coordination of services.</p> <hr/> <p>Government Efficacy of model of care demonstrated and reported upon across multiple sites.</p>	<p>Reduced burden on system, improved outcomes.</p> <hr/> <p>Effective model of care embedded into society.</p>	<p>A revealed practice and sustainable model of care that leads to recovery from trauma of domestic and family violence and suppression, both of childhood and ongoing living throughout one’s adult life.</p> <p>Recovery is:</p> <ul style="list-style-type: none"> : Living Feelings First. : Expressing feelings both good and bad at all times. : Longing for the truth of what our feelings draw to our attention. : Gaining and retaining true self expression. : Engagement in an active, vibrant, self expressive life. : Personal autonomy. : Social identity – being true self. : Meaning and purpose in life. : A positive sence of self, being true to one’s self.

STAKEHOLDER CONSULTATION PLAN

Ongoing stakeholder consultation. Ongoing engagement will continue to be relevant.

Stakeholder	Example	Role in Family Support and Recovery Centre	Development phase	Operational
Primary				
Women with lived experience of domestic and family violence relationship.	Women who have PTSD following domestic, family and sexual violence.	Direct users of the Centre.	<ul style="list-style-type: none"> - Direct participation in co-design research: <i>A NEW MODEL OF CARE for women experiencing trauma from domestic, family, and sexual violence.</i> - Participation in Consultative Working Group. - Individual engagement. 	<ul style="list-style-type: none"> - Centre's Lived Expertise Advisory Group. - Staff engagement and consultation. - Ongoing Client surveys.
Secondary				
Centre service providers: employees, co located practitioners and referral partners.	Local legal and housing service providers.	Case managed individual support and advocacy.	<ul style="list-style-type: none"> - Direct participation in co-design research: <i>A NEW MODEL OF CARE for women experiencing trauma from domestic, family, and sexual violence.</i> - Participation in Consultative Working Group. - Individual consultations. 	<ul style="list-style-type: none"> - Ongoing stakeholder surveys. - Memorandum of Understanding (MOU) reviews. - Ongoing engagement and feedback.
Tertiary				
Broader domestic, family abuse and sexual violence sector.	Domestic Violence agency of the State White Ribbon Australia; Brain Injury Australia.	Aligned organisations working to reduce domestic and family violence and support victim/survivors to recover. Offer 'value add' information, insights, resources, and personnel, to support Centre operations.	<ul style="list-style-type: none"> - Participation in Consultative Working Group. - Individual consultations. - Direct participation in co-design research: <i>A NEW MODEL OF CARE for women experiencing trauma from domestic, family, and sexual violence.</i> - Joint advocacy. 	Ongoing consultation to continue as relevant.

Fourth				
Allies and private sector.	Large Employers Marketing Firms Developers - Stockland Manufacturers - BlueScope Media	Centre support: operations and sustainability through legal, operations, finance, marketing, media, business development and philanthropy.	<ul style="list-style-type: none"> - Regular project briefings with individual stakeholders – legal, finance, business. - Asset and project briefings. - Socialising / corporate hospitality. 	<ul style="list-style-type: none"> - Ongoing consultation to continue as relevant to the stakeholder.
Fifth				
Community and public.	Reional Community.	<ul style="list-style-type: none"> - Ensuring community-based service reflects community strengths, needs, diversity and priorities. - Building, maintaining and growing community support. 	<ul style="list-style-type: none"> - Networking and meetings to engage high end individuals, corporates, persons of influence to be ambassadors, champions, door openers and connectors to the benefit of the Centre and stakeholders. - Events, displays and exhibitions. - Social media. - Philanthropic activities and 'calls to action'. 	<p>Ongoing consultation to continue as relevant including:</p> <ul style="list-style-type: none"> - public events - social engagement and online feedback mechanisms - Executive team 'open door' policy - Family Support Centre.

STAKEHOLDER ENGAGEMENT PLAN

Engagement is with careful consideration to maintain confidentiality and manage expectations before the Centre is adequately resourced and committed to.

Stakeholder	Role in Family Support and Recovery Centre	Development phase	Operational
Women who have PTSD because of domestic, family abuse and sexual violence.	Direct users of the Centre.	<ul style="list-style-type: none"> – Centre’s Lived Expertise Advisory Committee. – Individual engagement and feedback. 	<ul style="list-style-type: none"> – As clients, through Centre practice feedback mechanisms, including complaints and compliments policy and procedure, regular client satisfaction and feedback surveys. – Independent monitoring and evaluation processes, ‘built in’ to the Centre operations.
Local legal and housing service providers.	<ul style="list-style-type: none"> – Case managed individual support and advocacy. – Community based feedback on operations. 	<ul style="list-style-type: none"> – Individual consultations and development of in-principal partnerships. – Membership of Consultative Working Group. 	<ul style="list-style-type: none"> – Ongoing and regular formal and informal communication and reviews including through existing interagency forums and committee. – Independent monitoring and evaluation processes, ‘built in’ to the Centre operations. – Ongoing Centre and industry research to maintain relevance and meet client needs.
Domestic Violence agency of State, White Ribbon Australia; Brain Injury Australia	Aligned organisations working to reduce domestic and family violence and support victim/survivors to recover. Offer ‘value add’ information, insights, resources, and personnel, to support Centre operations.	<ul style="list-style-type: none"> – Individual consultations. – Joint events (eg <i>Resistance Resilience Recovery</i> exhibition). – Membership of Consultative Working Group. – Development, sharing and exchanging of relevant collateral and assets that serve mutual benefit to the Centre and Sector stakeholders. 	<ul style="list-style-type: none"> – Ongoing and regular formal and informal communication and reviews including through existing interagency forums and committee. – Joint events (eg <i>Resistance Resilience Recovery</i> exhibition). – Joint advocacy. – Conference attendance and key note speaker opportunities (eg, conferences).
Leading corporations throughout society	Centre support: operations and sustainability through legal, operations, finance, marketing, media, business development, and philanthropy.	<ul style="list-style-type: none"> – Local media campaigns. – #roadtorecovery – existing and growing media partnerships – Media Networks commitment to ‘in kind’ Support. – Networking and meetings to engage high end individuals, corporates, persons of 	<ul style="list-style-type: none"> – Ongoing engagement to continue as relevant and will be further planned as the Centre and its needs move forward.

		influence to be ambassadors, champions, door openers and connectors to the benefit of the Centre and stakeholders.	
Local Community	<ul style="list-style-type: none"> - Ensuring community-based service reflects community strengths, needs, diversity and priorities. - Building, maintaining, and growing community support. 	<ul style="list-style-type: none"> - Create and develop digital, social, and media platforms to communicate, promote, profile, and engage the public and community in the Centre. - Extend and further develop the existing <i>Resistance Recovery Resilience</i> Photo Exhibition asset. - Dedicated public philanthropic campaign to raise support and funds to support the Centre. 	<ul style="list-style-type: none"> - Ongoing engagement to continue as relevant to the stakeholder, asset, campaign, and further planned as the Centre and its needs move forward.

CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One’s Soul Condition is the compilation of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
 A calibration increase of 1 point is in fact a 10 fold increase in energy.
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
 Thus the energy differentials are in fact enormous!

NATURAL LOVE or HUMANITY's EMOTIONS:

Our soul, being our real self, is an emotional being. Our soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception, incarnation being 16 days later when our heart commences to pump blood. Our soul is endowed with natural love emotions, both positive and negative for us to experience through our free will.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
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Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity's erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child's soul. When the child reaches about the age of 6, the child's soul condition will reflect the parent's condition. These negative emotions are like a crust around the always pure soul.

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

Note:

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

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

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

Thus the energy differentials are in fact enormous!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Feelings first

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

Library Download – Pascas Papers

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

MAP OF CONSCIOUSNESS

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

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Neadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Neadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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.

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

The Golden rule is: Never interfere with another's will.

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

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

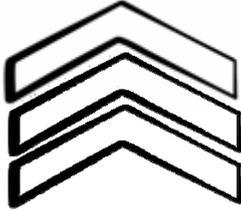
We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

The CHOICE is OURS to MAKE:

Celestial Truth:

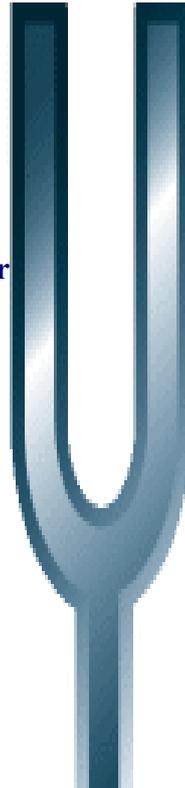
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling
and truth denying Mind Way;

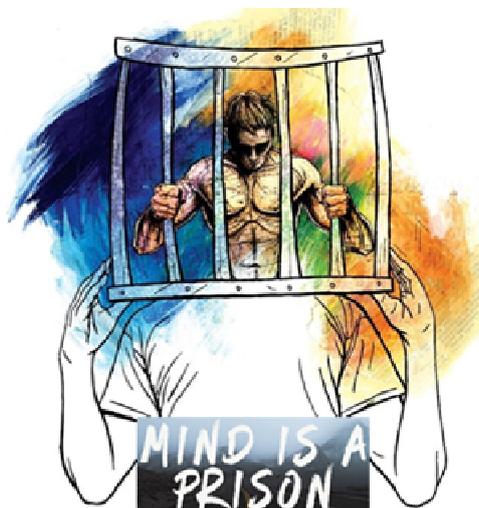
or embracing The New Feelings Way
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,
retarded individual, in a stupor, perpetrating the
errors of generations gone by;

or The Feeling Way which is the discovery pathway
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself
by denying feelings, restricted forever to the
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of
your feelings and ascending to Paradise.



The New Way

Living True to Your Feelings

We live denying many of our feelings, which is not good or healthy for us.

Early in our childhood our parents, families and society in many ways tell us that expressing certain feelings is not right, it's unacceptable, forcing us to block them out.

“Stop crying, you're too old to cry”. “If you carry on behaving badly, you'll be punished”. “Smile, stop looking so miserable, what have you got to be unhappy about!”

We are told many of our childhood bad feelings (and often good ones too) are not welcome, which is saying, you are not welcome as you are, you must change yourself and be as we say you are to be. It's not loving to be treated that way.

And by forcing ourselves to change causes us to suppress and then keep repressed many bad feelings. And all those repressed bad feelings fester away inside us making us sick and unhealthy.

To be made to stop expressing any feeling means we are being stopped from expressing the whole of yourself. And that is very damaging.

Living by not expressing ALL our feelings fully means we can't enjoy fulfilling relationships, it causes problems, unhappiness and all illness.

So all our problems and difficulties stem from the fact that during our childhood we were stopped from expressing all of ourselves, by not being allowed to express all of our feelings. And this is how the whole world lives. Some people, families and societies being more or less feeling-expressive than others.

And The New Way seeks to end any repression of feelings. It's to understand that we should live fully expressing all we feel and not with our mind heavily in control of ourselves limiting our self- and feeling-expression.

The Old Way is living the Mind way of feeling repression. An unloving way of being.

The New Way is living the **True Way** of feeling expression. A loving way of being.



We are spirit beings in a flesh body, when we die our physical body dies and we wake up fully conscious in our spirit bodies in the spirit Mansion Worlds. We are living unconsciously now in our spirit body, as we live consciously focused in our physical body.

We are a soul that is expressing two personalities in Creation. You are one of the two personalities of your soul, your soulmate or soul-partner being the other personality of your soul. When you achieve living a certain level of truth, your soul will bring you together for the rest of eternity, this usually being once you've finished our Spiritual Healing.

Currently we are all born in Rebellion by Default against the truth of ourselves and against the truth of God. We are wrong, untrue and imperfect, even though we want to believe we are right. To become right, true and perfect we have to bring to light the truth of our rebellious state. This we do through our Spiritual Healing.

We do our Healing by attending properly to our feelings, by ending our mind control over them, ending our denial of many of our bad ones, expressing them all with the emotion of them, as we long for the truth our feelings are to show us about ourselves.

Being spiritual is expressing all of ourself (all of our personality) lovingly in life. It involves becoming wholly aware of all we are through all we feel. It is liberating our repressed childhood feelings so we can come to understand what parts we are not being expressing truly, which parts of we are in rebellion against our soul. It involves breaking down our erroneous beliefs, ending our unloving and uncaring negative behaviour, whilst coming to see the truth of why we have such beliefs and do such bad things to ourself and other people.

It's about how we are treating ourself, because of how we were treated as a child by our parents. And uncovering the truth of our relationship with our parents and family, and seeing if any of it was indeed loving as we might feel and believe it was, or if it wasn't loving.

Being Spiritual is then fully expressing ourself lovingly in all our relationships. It is about the evolving truth of the relationship with ourself, other people, and with God. Nothing else.



Our incredible journey!

God, our Heavenly Mother and Heavenly Father, does it ALL. They are All There Is. Creation all comes from Them. They created our soul and gave us the life we're living. They make us live all we experience, nothing is up to us, They only make it seem like it is. And currently They want us to experience being untrue and living against Them.

They bestow our personality upon our soul, and being a personality we live under the impression that we can determine how we want our life to be. We use our mind to make moment to moment decisions based on our feelings and how we believe we should be. And yet on a soul level our Mother and Father determine our so-called free will. Existentially on the soul level, there is no free will, everything is predetermined; whereas experientially on the personality level, we believe everything is up to us, that we have almost complete free will. Life shows us as we awaken to its truth, that we live a relationship between these two levels.

Many people believe God is good and loving, and the Devil or Evil is the opposite to God. As if there is the personality – God, and the personality – Devil, however the Devil has no personality, it doesn't exist. There are higher Evil Spirits, the 'Evil Ones' who rebelled against the Mother and Father and chose to take matters into their own hands in a small part of Creation in which Earth exists, thereby causing humanity to become of their Rebellion by Default; and unwittingly we carry on living untrue to ourselves and true to the evil ones. We are to understand, God wants us to be evil, God has put us in the Rebellion that is of God's making. Our loving God makes us feel bad and unloved, all because God wants us currently to experience living against the truth of love. And when we've experienced being evil all we need to experience, God will help us start our Spiritual Healing, thereby ending our evil ways.

Lucifer, Satan, and their soul partners, and other high Evil Spirits, are very real and have up until recently been able to exert a negative control over humanity. Christians believe they are on the side of good and are always having to keep vigilant about being coerced into the ways of Evil by the Devil. However all of us are evil, all religions are against the Truth, we're all of the Rebellion, no one has as yet been conceived free of it.

Really it is the battle against our 'evil' parents: They said we were wrong and bad and had to change ourselves to being as they were, which was 'right'. Yet we as young children we were not bad and they should not have forced us to change and go against ourselves.

Negative Spirit Influence blocked	22 March 2017
Law of Compensation quickening	22 May 2017
Rebellion and Default officially ended	31 January 2018

GREAT

-Turn

We grow up in good verses bad, one or the other, which are you? We grow up in God verses Evil, whose side are you on? We look outside of ourselves into the world and make our judgements, yet really we are looking within, at ourselves, judging ourselves.

The constant internal war going in our minds is good verses bad – feeling bad and feeling good. One part of us believes and feels it is good; the other part that it is bad.

We incarnate good. God being ALL good, created us. We are intrinsically good. And if we were parented completely lovingly, then we'd grow up feeling good, always good; good being the truth of ourselves. And we'd be completely loving.

We incarnate good, however are parents are not happy with us being good, true and perfect. They say we are bad, untrue and imperfect – wrong. And they must correct us. They say God stuffed up and they have to take over and fix us up. They interfere with us being of God's perfection; they make us imperfect.

Our parents by interfering with us cause us to be untrue, bad, even evil; then they judge us and blame us for being that way – the way they have made us be. They don't like or love their creation, and keep telling us we have to change and be better, be more like them.

So we do. We apply our will to comply with and obey our parents, we change ourselves into being how they want us to be, we change ourselves from being good into being bad. But then we're not allowed to be bad, so we have to fight against ourselves being bad by trying to be good, but it's only our parents' good. We don't know what is truly good.

And so we're forever fighting against our self, criticising, chastising, ridiculing, judging, blaming, and hating our self for being bad, always so desperately trying to be good, wanted and accepted. We will do anything to feel loved, even if it means going against our self. We do anything to have our parents love, to stop them being mean and cruel to us, to stop them criticising, chastising, blaming and rejecting us, calling us stupid and dumb.

And all of this we project into the world and onto God. There is no Evil that is the equal and opposite of God. God is all loving; and then there is evil – those spirits and people like us who are going against God. We are of a Rebellion – against God and against ourselves. To uncover what is truly good, we need to do our Feeling-Healing.



Freedom Pathway being Feeling Healing

We are to live being completely true to ourselves in the moment.

If you feel good, you live true to feeling good; if you feel bad, you live true to feeling bad.

We are not to live, as we all do, by denying and then pretending we are something that we're not. We are not to live falsely and untrue as we do. We deny many bad feelings, doing all sorts of things to keep us feeling good, to stop us feeling bad; and this is wrong, this is denying we feel bad by pretending we feel good. This is living untrue to ourselves.

Being untrue, we have to live true to our wrong and false state. We have to want to know the truth of our untrue state of mind. We have to want to get to the point of being as we really are, as we really feel, so honouring, accepting and expressing all our bad feelings. We have to want to know the truth of why we are feeling them.

If you feel you hate yourself, are revolting, ugly, a failure, can't cope, are not caring and loving; feel scared, miserable and are full of anger, lonely, depressed, and powerless, desperately wanting some control, all the bad stuff, then this is what you have to fully accept about yourself and not try to push it away. Instead of doing positive affirmations, we should do negative ones when we feel bad, allowing ourselves to be as bad as we feel we are.

I'm not
faking
being sick,
I'm faking
being well

We need to know, and so be, how we really are, living feeling fully connected with our bad state we're in. We have to own it. We are in a negative and untrue state of mind, so we have to be fully aware of and connected with ourselves in that state. We are living against ourselves, so we have to understand why and what that means, what it feels like, how it all came about through our childhood, and how we express it in all our relationships.

Being spiritual is uncovering the truth of how you really are, how you really feel; it's not creating some nice acceptable mind-created picture of yourself. And being that truth, no longer trying to avoid it. By living true to all your feelings, expressing them and really wanting to see the truth they will show you about yourself, is how you do your Spiritual Feeling Healing so as to live true to your untrue state of being.

And when you are truly yourself, allowing yourself to be all the bad parts and without trying to do anything to cover them up and keep them away, then you move on out of being untrue and into living in a true state. Then once in that true state of being, you will keep living true to it, feeling very good, happy and loved, all the good feelings of no longer living against yourself.



Your feelings are the key to your spiritual growth. They are the key to your well-being.

It is through your feelings that you grow in truth; that you become more aware of yourself. This is doing your Feeling-Healing.

Your bad feelings are just as important as your good feelings.

Most people do all they can to block out and stop themselves feeling bad.

Yet to deny our bad feelings so heavily is to deny ourself the truth about ourself they will show us.

We can't properly spiritually grow if we are denying our bad feelings.

Spiritual advancement begins by accepting ourself – so accept you feel bad.

We are to embrace and acknowledge all our bad (and good) feelings as we feel them. We are to stop denying them; stop trying to block them out, dismiss them, override them by using our mind to change our feelings. We feel bad – so feel bad. We feel miserable, scared, sad, lonely, angry, unwanted, disrespected, hurt, and so on, so allow ourself to feel those feelings, and to feel them as fully as we can.

By allowing ourself to embrace fully all our feelings is the greatest act of self-love; denying any feeling is the greatest act of self-hate.

As we accept our bad (and good) feelings, we then try to 'bring them out', to express them, to say how bad we're feeling, to tell ourself, God, our partner or friend. We open our mouth and emote the feeling, going with it, saying all it makes us want to say. And ideally we keep saying all it makes us feel until we stop feeling it. However, it can be hard work and very difficult to keep expressing such deep pain, so we do as much as we can at any one time. It all has to come out of us, rather than keeping it in.

And as we're accepting and expressing our bad feelings (and good ones), we long for the truth of why we're feeling them. Really want to know why. Understanding that they will take us back into our childhood with our parents and family, all so we can understand that the bad feelings we're feeling now are the exact same bad feelings we felt back then. And now as an adult we can understand why we felt them back then as a young child, what was going on in our relationships with our parents, and were such relationships loving and good for us, or hurting us, were unloving, rejecting and denying us. And this is the truth we have to want to understand about ourself. And our feelings are the key. And this is 'being spiritual' – it's growing in the truth of ourself.

Enters emotionally - is to leave emotionally!

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



PARENTS are GOD

James Moncrief 10 December 2021

As children, our parents are our gods. A parent can do no wrong. The parent is perfect. We are made to obey them, be grateful; we have to do as they say. Only the child is wrong. They make us be how they want us to be – for our own good. Is it cruel child abuse?

They hurt us, reject us, call us evil – the naughty little devil; humiliate us, make us feel miserable, sad, scared, alone, angry, unloved; even hate them, because that's what we need, according to them, to make us able to deal with and cope in the world – with them.

And they make us love them. We have to love our parents, because if we don't, look out! And our survival depends on it. So we tell ourselves, as we tell them, we love them. We love them as we love God. God is really just our parents. We can't do without them. Our Mother and Father God is our mum and dad. Do we hate God or love God?

The parent has all the power. The parent is powerful. The parent has a child to have power over it. The child is powerless. In our rebellious state of mind, being a parent is the ultimate controlling power trip, even if you are a more genuine caring and loving parent. The child feels powerless, even if it is given a little power by its parents.

We, as powerless children, grow up doing all we can to gain power. By becoming a parent ourselves is now our chance to have ALL POWER over our children.

The cycle repeats. The powerless becomes the powerful causing the next generation to feel powerless, who in turn have to become parents so they can feel powerful.

The grandparent gains even more power; over its own child and over its children's children. The grandparent is the God of the God's. So the child feels even more powerless; powerless with its parents, powerless with its grandparents. So as an adult it desperately seeks power. It MUST have its own children at all cost, because it can't remain feeling a loser, a failure, a powerless nothing, forever.

We don't truly love ourselves; so we can't truly love our children. We can believe we love ourselves; as we believe we love our children. And so do our children truly love us?

What is the truth of your parent/child love, and your child/parent love? Doing your Feeling-Healing is the only way to find out. Provided you do want to know such truth.



It's all about relationships. The relationship with ourself, our parents and family, with our friends and partner, with nature, and with God.

It's about whether we are true in our relationships, which means, whether or not we are truly expressing all we feel, so all of ourself, in each and every interaction. And if we are not true, then wanting to find out why. Which we can do by doing our Spiritual Healing.

Our Healing will take us through our feelings into the truth of all our relationships – current and past. It will help us understand the relationship of our mind to our feelings, whether or not our mind is working against or for us, what our erroneous beliefs and bad unloving and negative behaviours are. All so we can come to see why we are the way we are, why we are loving or not loving, and how we came to be as we are because of the relationships and their influences we had as a child.

As an adult, our primary relationships, those with our parents and family, are what have determined and keep determining our relationships with ourself, nature, other people and God. And those early relationships will keep driving our adult relationships until we do our Spiritual Healing wanting to uncover the truth of them.

If anything is wrong in our life, if anything about ourself makes us feel bad and unhappy, if any part of us, or all of me / you, is unloving, that's all because it was how we were made to be through our early forming years and the rest of our childhood.

If our relationships are good and successful, our feeling fulfilled and loving in them; or if they are bad and unsuccessful, our feeling let down, disappointed, unfulfilled and wondering why we can't have good relationships, it's all because of how we were treated as a child. Any problems we have, any illness, any bad things that happen to us, all do so because of the emotional and feeling patterns established throughout our childhood. As an adult we live cycling through our childhood feeling patterns. So our relationships being emotionally good or bad, are the same as how our childhood relationships were emotionally and on a feeling level. Through our relationships as an adult, we will keep reliving all the same childhood feelings we felt with our parents and family. And if we're happy in our relationships, good; but if we're not, then only through our Healing will we be able to change such feeling-patterns once we've uncovered the truth of them.



We incarnated feeling good. But very soon we were made to feel bad. Our parents made us feel bad many times as we were forming and growing up through our childhood. How many times did your parents make you feel bad? And how many times did they make you feel good? And have you worked hard to block out many of the bad times?

For many people, they actually felt bad more than they felt good. And many of the so-called good feelings were only times of reprieve between the bad. They grew up on feeling bad. So bad is what they know, bad is what they are used to, bad is what they expect. And yet they also do all they can to keep feeling good, blocking out the bad.

And they might hate this, fighting it within themselves, always trying to do things to make themselves feel good, yet always ending up still feeling bad. Do you feel good, only to do something to ruin the good feeling and make yourself feel bad again?

We've been made to be scared of feeling good. We need to keep feeling bad. We feel better feeling bad, even though we hate feeling bad and only want to feel good.

We learn to 'bring it on' so we can feel bad. We say the wrong thing, act in the wrong way, resist being good and loving, all because it's how we believe we should be, how we should feel, all because that's how it was for us as a child. How you are – this is how it was for you as a child. And how it will always be, until you do your Feeling-Healing.

A great part of our Healing will be to allow ourselves to feel bad, to accept our bad feelings, to understand that is how our parents made us feel throughout our childhood.

And allowing yourself to feel bad is very difficult, even if we already feel bad. And we might be faced with feeling bad for many years through our Healing, feeling hurt, rejected, unwanted, uncared about, miserable, sad, angry, scared – so many endless bad feelings. Yet these are all the same feelings we felt through our childhood, and they all have to come out. And once they are out of us, then we won't feel bad anymore, as we will understand the reasons why we felt them – the truth of them.

We are not to reject our bad feelings, as they were rejected by our parents. Our parents made us reject our bad feelings, so we follow their lead and also reject them. It's not being self-loving. It's self-hating. So love yourself by allowing yourself to feel as bad as you do.

Feeling bad is good!

The most important part of all our lives is to uncover the truth of our childhood.

And we do this by doing our Spiritual Healing.

By attending to our feelings properly: completely accepting our bad feelings, expressing the full emotion of them, whilst longing for the truth they are to show us about ourselves and our relationships with our parents and family.

We can't spiritually grow or grow as a person unless we uncover the truth of our childhood through our feelings.

We have to find out through our repressed childhood feelings if our relationship with our parents and family was loving or unloving during our childhood. During it, which parts were we treated respectfully, with care and with love; and during which parts were we made to feel uncared about, disrespected and rejected, hurt and unloved.

We have to break down the untruth of our mind and its erroneous beliefs that cause us to live in a false state: that our relationships with our parents were loving when perhaps they weren't. We all want to believe we love our parents and they love us; however, is the love you feel for and from your parents true love, or only a love fabricated by our mind? This is the truth we must want to see about ourself and our relationship with them.

Everything bad that happens to us, any problems we have, why we get sick, any bad feelings we have, why our relationships might fail, all comes from our unloving childhood. Once our childhood finishes, we are complete, living by repeatedly cycling through our set childhood feeling patterns. The exterior of our life, what happens to us and what we create through our adult life, is nothing more than living out how it was for us as a child. The basis for being a so-called success or failure in life, was all established through our childhood. It was all determined by our parents loving or unloving relationship with us.

We can never fully heal ourself unless we want to uncover the whole truth of our childhood. We can look into bits of it, get more in touch with some early trauma, some of which might help to explain why we are feeling bad and why we are trapped in our addictive and self-abusive behaviour. But not until we uncover the WHOLE truth of our childhood through our feelings, will we be finally be set free of it – will we be free of all our pain.

Feeling Healing sets us FREE!

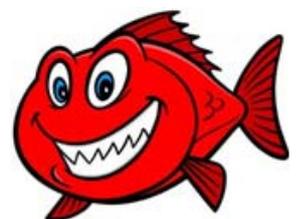
LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



Ask to know the truth about that which you feel.
It is knowing the truth of that
which you feel that sets you free!



Always be true to your feelings
because they are your truth
and truth is love and our way home!

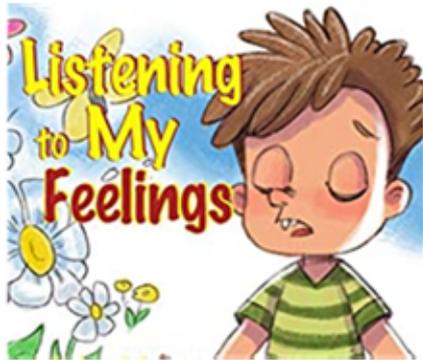


Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.
Talk it out to a friend!

*From our head to our toes,
what our feelings say goes!*



Feelings, good and bad, are to be expressed.



Talk it Out!



Heartfelt feelings are our truth.

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. 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. 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 26 Sep 2017

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017



“Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it’s over, that control is no longer controlling, it’s just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.”

Nanna Beth, 3rd Celestial Heaven, 20 March 2018



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

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Within the Library Download page within Pascas Introduction Notes at www.pascashealth.com kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)



[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

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

Within the Library Download page within Pascas Care Letter at www.pascashealth.com kindly download the following:

- Pascas Care Letters – Family Shelters Abuse & Remedial
- Pascas Care Letters – Family Shelters Overview
- Pascas Care Letters – Family Shelters Protection
- Pascas Care Letters – Family Shelters Social Housing
- Pascas Care Letters – Family Shelters Support Centre
- Pascas Care Letters – Family Shelters towards Liberation

Be Feeling Expressive

it's all about
Experiences & Feelings

FURTHER READING:

Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

PASCAS CARE PARENTING

Sam's Book – Parenting and Feeling Healing	Book I	Experience
Sam's Book – Parenting and Feeling Healing	Book II	Conception
Sam's Book – Parenting and Feeling Healing	Book III	Magic
Sam's Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam's Book – Parenting and Feeling Healing	Book V	Setting Free
Sam's Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam's Book – Parenting and Feeling Healing	Book VII	Vision
Sam's Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam's Book – Parenting and Feeling Healing	Book IX	Self-Acceptance

Pascas Care – Parenting Awareness
 Pascas Care – Parenting Eureka Moment
 Pascas Care – Parenting Feelings Supreme Guides
 Pascas Care – Parenting Health Generation
 Pascas Care – Parenting into the Abyss
 Pascas Care – Parenting Rebellion

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<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



Mind Centric Way

Feelings First Freedom

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx	– James Moncrief
Sage and the Healing Angels of Light	2017	xxx	– James Moncrief
Road map of Universe and history of Universe:			
The Urantia Book	1925 – 1935	xxx	as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
containing the Padgett Messages or Little Book of Truths			– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
	http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm		

BIBLIOGRAPHY NOTE:

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Download at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com from within the Library Download page.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

This group being pages of 3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

<http://dlscr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

An example for people who might want to immediately start working on themselves and doing their Healing.

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

Religion of Feelings

Welcome to LOVE – the Religion of Feelings

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

PASCAS – document schedule.pdf downloadable index to all 550+ Pascas Papers.

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

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

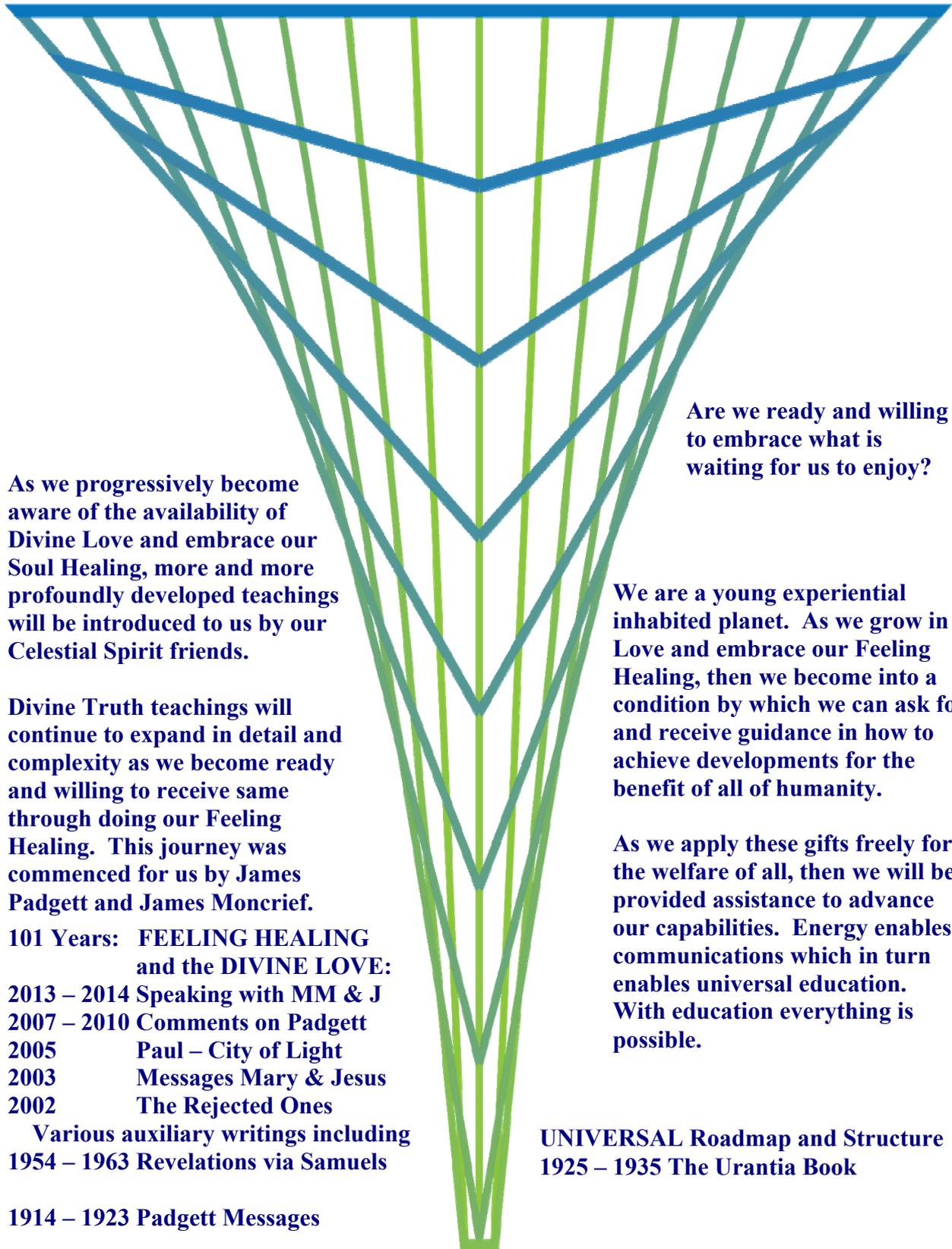
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



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



PASCAS - Beacons of Light



Healed potential



Insightful Genius

Brilliance!

DYNAMIC

vibrant

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