# PASCAS CARE Introduction for a Friend



"Peace And Spirit Creating Alternate Solutions"

<b>PASCAS FOUNDATION (Aust) Ltd</b>	Em: info@pascasworldcare.com		
ABN 23 133 271 593	Em: info@pascashealth.com		
Pascas Foundation is a not for profit organisation			
Queensland, Australia	www.pascasworldcare.com www.pascashealth.com		

### PASCAS CARE Clinic Introduction for a Friend:

We would like to take this opportunity to share with you an understanding of how Pascas Care clinics will operate and the benefits of emotional clearing.

Goals of Pascas Care are lead by our desire to:

### Treat the cause of illness rather than the symptoms, this is the focus of Pascas Care.

P.7 Pascas WorldCare – and 500 + Years!

Further stated policy, Pascas Care – Kids of the World:

### The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

Your body is a reflection of your soul condition which in turn, are your emotions. It is the resolving of the blocked errors within your emotions that corrects the issues emerging as illnesses within your physical body that, in turn, permanently clears the physical body's illness.

It is difficult to quantify the results of emotional clearing work as this work is so very personal and unique. We are all emotional beings, here to experience our individual selves and to learn and grow in love. The problem is that from the moment of incarnation we begin to absorb the emotions of our parents and the environment around us. This adds to our uniqueness. The emotions that our parents face will be different for each successive child that they bring into the world. Add to this the unique experiences that we each begin to have as young children, then at day care, playgroup, kindergarten, school, etc., and you begin to see the complexity of the situation. There is no one size fits all approach when it comes to our emotional structure and emotional processing and clearing. How one person connects to, feels and releases an emotion will be very different from how another person may do this.

Because this journey is so unique, and our emotional makeup unique, and accordingly, the results are also unique, it is difficult to understand how it works unless we have witnessed the results first hand. This is human nature born out of living in fear for many millennia. It is now time to change that, and the only way we can do that is to release all of the erroneous emotions within us. This takes time and commitment and we offer here one person's experience as a guide:

"It has been my experience, and I must say, great frustration, that emotional clearing is a hugely complex issue that takes time, patience, trust, faith and commitment. In my own case I have now experienced what I hope have been thirteen episodes of emotional clearing at a causal level (still lots of doubt at times). The process has at times been very intense but each time there has been an amazing sense of peace that comes with letting go and letting God. I get incredibly frustrated that I am still hugely over weight and that that has yet to change. I am also very frustrated that my body is still experiencing a lot of physical pain. But if I am honest with myself I can see that there have been changes. Most of these changes are very subtle and not the magical clearing that I had hoped. I am beginning to realize that this work is multi-layered and requires commitment and patience. My problem is that I am impatient. I expect to clear an emotion and see a result immediately. What I am beginning to understand is that there are many, many layers to some of the emotions that I have to clear and it is not until I have cleared all the branches of an emotion will I feel a cure relating to that particular

emotion. It is a slow process and I am learning to be patient and to trust God. At times I have no idea where the emotion will lead me and I am often surprised and overwhelmed at the outcome. I am committed to continuing on this path as I know it is the only way to achieve complete wellness and I am prepared to do whatever it takes to achieve that goal – always have been."

LM Gold Coast 2010

We now know that emotional processing and clearing **must** be an integral part of any health facility that is serious about affecting a cure or benefits in its clients / friends.



We will explain a bit further on. But first we would like to comment on the following statement:

'Our physical body is created by God and is the most remarkable and the finest of God's creations. He set our body in a physical world and supplied not only a body which is self healing, but all that we required in the physical realm to achieve that. What we have done is that we have moved away from the idealised physical existence intended.'

The reason we have become so far removed from the ideal existence that God intended for us is because of the decision that Aman and Amon (our first parents) made to become self-reliant rather than God-reliant. By choosing to walk away from God they set in motion a chain reaction that has reverberated down throughout the ages and gathered momentum to the point where mankind's soul condition deteriorated to an animal like condition as described by Jesus in the Book of Truths (Feb 16, 1916; P307).

From this point we have slowly begun to wake up to our true nature and our connection to God, our Father / Mother. We have begun to seek our way home and many have found their way back to the perfect state of the natural man that God created us to be in, but for the most part this has taken centuries. It is this back log of erroneous emotions that has lead to our less than ideal life style choices which now manifest as illness and disease in the body.

Many seem to be firmly fixed on ideas of perfect health and yet there seems to be conflicting information available that would suggest that perhaps there are different measures for perfect health within the body. This has lead to the development of what is a very complex clinical structure in the form of a Pascas Care centre.

A Pascas Care centre is an educational unit as well as a nutritional experience, both in conjunction with health care and wellness.

Pascas Café, being the entry to the centre, is to assist with understanding how our diets can be readily enhanced. It is a demonstration and educational experience in the preparation of food and development of diets with a focus upon raw food, vegetables, fruits, minerals, vitamins, and moderately prepared foods that are representative of vegetarian and vegan diets.

Pascas Care is a holistic health clinic, melding allopathy practices with complementary practices.

Chaldi (pronounced Kaldi) College is an educational centre with a focus upon short courses for the introduction of a host of possibilities to enhance one's quality of life.

Pascas Worldcare is being founded by a global community of like minded people. The centre of this community is located on the Gold Coast in south east Queensland, Australia. Everyone is welcome to participate in the aims and goals of Pascas Worldcare which will proceed to establish itself in more than 40 countries over the next 5 years.













PASCAS CARE – THREE UNITS IN ONE:



- Average number of employees per clinic including medicos: 25
  - day care treatment facility: 20
  - nutrition café and community services: <u>15</u>
    - Total: 60

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

### **RAW FOOD MEALS:**













At Pascas we fully support each person's uniqueness and free will. This is why we offer a variety of healing modalities and pathways for you to consider. Our practitioners operate as teams and share client information when appropriate and in the patient's best interest, with patient's approval. We are all working for you and to assist you to achieve your health and wellbeing goals.

While we offer a range of healing modalities for you to choose from we also recognize that all illness and dis-ease within the body stems from emotional error in our souls – the soul being the real you. At Pascas our aim is to treat the cause of the dis-ease or illness within the body. We offer a range of healing modalities that will assist you to bring balance back into your body but true healing only comes with clearing the emotions of error within our souls. These are the emotions that keep us locked in cycles of doubt and fear; they prevent us from living fully actualized lives. By firstly bringing the body back into balance we can then help you to address the emotional reasons for your illness. This is what sets Pascas apart from other health clinics. We aim to help you totally heal your body, mind, spirit, soul and emotions and bring your body back to the vibrant, energetic creation it was intended to be.

An understanding of how a Pascas Care clinic will operate is as follows:

- Entry to a Pascas Care clinic will be via a Pascas Café where whole foods, education, emotional support, pure water (blue solar water and Kangan water), overview of healing modalities and choices available will be available for the visitor to consider. It is from here that the visitor / friend will be assessed and advised on how Pascas works and what sets it apart from other clinics. And what sets it apart from other clinics is its totally integrated approach to body, spirit and soul all being treated simultaneously (mind being within the spirit body). The key to Pascas' success will however be its emphasis on emotional clearing as a PART of the overall holistic approach to health. All components of treatment operate together. Emotional clearing will not be advocated as a stand alone healing modality it can't be. It takes time and commitment to journey through your emotions and clients who are suffering on a physical level will need support and guidance to alleviate their physical suffering at the same time as they are supported to connect to their emotions.
- Emotional clearing will be the key to the success achieved at a Pascas Care clinic but it will not be a stand alone treatment. It requires helpful and loving guidance, particularly initially as many who have already started processing their own emotions can attest to. The key will be a client's / friend's willingness to accept **total responsibility** for what is going on with them. Pascas' role will be simply to guide and support as best we can. We are talking about reversing millennia of erroneous thinking here and this will take time, but those willing to pioneer the process will show the way they will become the living examples of what is possible and this will require vast amounts of faith and hope. Data base recording, in a confidential way, of all patients / friends interactions is to be available for scientific qualification.
- Pascas will not offer magic cures or quick fixes. If this is what clients are seeking then they will be guided to the local hospital or alternative health clinic that does not focus on emotional clearing but they will be assured that at any time that they are prepared to accept total responsibility for their health that is when we can work with them because total responsibility means emotional awareness.

So an understanding of how a Pascas Care clinic will operate is this -

• Client / friend makes an enquiry about Pascas over the phone:

Given an overview of clinic – location – costs – treatments available – emotional processing – what sets Pascas apart from other clinics.

- Client arrives at Pascas Café:
  - 1. Access to whole foods (raw foods, vegetarian, vegan, etc.)– blue solar water educational materials, etc. Visitor then considers detailed health questionnaire, as appropriate expresses interest in the type of treatment they are seeking (combination of Allopathic / western medicine and complementary modalities such as homeopathy, massage, naturopathy, etc. etc).
  - 2. Client / friend meets with a clinician / counsellor to discuss information on form and past treatments / expectations discuss why they chose Pascas and what they understand about how Pascas operates, why it is different and what that means treatment options and costs are outlined. Emphasis will be placed on the importance of emotional clearing as an integral part of the Pascas Care package and pathways.
  - 3. Client / friend then decides if to proceed with a Pascas Care pathway as they have designed it (Allopathic, homeopathy, massage, etc), or part there of, or if to seek treatment elsewhere. This will be their decision and not a directive on the part of the counsellor.

During the initial counselling phase it will be explained in detail what emotional processing involves and why it is such an integral part of the Pascas Care program. This will be explained gently, lovingly and without judgment. Friends (being the term for patients) will be given documents to take home and read which will assist with the objectives of the Pascas Care clinic.

An introductory kit will be developed which may include the document "Pascas Care – Hierarchy of Health Care" and other documents (or excerpts), treatment modalities available and the practitioners who practice these, costs associated with treatments, notes about financial support if needed, what is emotional processing, how it works and what to expect, etc.

So, a client / friend may decide that they have already tried everything else and still not getting the results they wanted and so they decide to give the Pascas Care package a go. They may choose from a range of healing modalities on offer to assist with their physical symptoms and at the same time each practitioner will be aware of and explain the emotional connections to their disease / illness and support them to deal with these emotions. This emotional support is FREE to everyone and will be assisted by someone who has personally experienced emotional release work. Clients may choose to participate in group Journey Work or they may choose to work one on one with someone – but they will have a clear understanding that the emotional work goes hand in hand with the other modalities.

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



CLIENT / PATIENT			
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN			
PROFESSIONAL MEDICAL TEAMS	COMPLEMENTARY THERAPY FIELDS		
Neurosurgery	Complete Therapeutic Systems		
Ears, Nose & Throat – ENT	Oriental Diagnosis		
Urology	Western Diagnosis		
Orthopaedic	Iridology		
Trauma Surgery	Naturopathy		
Gynaecology	Breathing		
In-Vitro Fertilisation – IVF	Hydrotherapy		
General Surgery	Food & Diet		
Ophthalmic Surgery	Oriental Systems		
Dental & Faciomaxillary Surgeons	Chinese Herbalism		
Cardio Thoracic	Japanese Medicine		
Oncology – Cancer	Ayurveda		
Cardiology	Tibetan Medicine		
Radiotherapy	Traditional Arabic Medicine		
Medical Services	Shamanism		
Imaging – X-ray – Ultrasound – CAT scan – MRI			
Pathology			
Streamer – Case Manager			





**Streamer's Meeting** 







#### **MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:**

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

MAP of CONSCIOUSNESS God, our Heavenly Mother and Father	<b>MoC</b> Infinity	calibrations Location being Isle of Paradise
Celestial Heavens peak	1,500	3 <sup>rd</sup> Celestial Heaven (10 <sup>th</sup> spirit mansion world)
Feeling Healing / Divine Love teachings	1,480 -	3 <sup>rd</sup> Celestial Heaven spirit guided
	1,500	1 0
Now at one with Heavenly Parents	1,081	1 <sup>st</sup> Celestial Heaven entry at Jerusem
Feeling Healing with Divine Love	1,080	7 <sup>th</sup> Divine Love transitional sphere to Heavens
Natural Love peak	1,000	6 <sup>th</sup> spirit mansion world peak – can't go further!
Pascas WorldCare (as a platform)	880	5 <sup>th</sup> spirit mansion world equivalent Divine Love.
Lamsa Bible (minus the Old Testament	880	4 <sup>th</sup> spirit mansion world equivalent brune Love.
and Book of Revelation, but including	880	love orientated, the Bible is taking one away
Genesis, Psalms, and Proverbs)		from truth – their soul based feelings.
Koran	700	4 <sup>th</sup> spirit mansion world equivalent.
Torah	550	First five books of the 24 books of the Tanakh.
Cookies made for Family	520	Made with love (this supports cooking shows).
Enter EITHER natural or divine pathway	500	2 <sup>nd</sup> natural love OR 3 <sup>rd</sup> Divine Love spirit world.
Peak of mind total orientation	499	1 <sup>st</sup> spirit mansion world peak.
King James Bible (from the Greek)	475	
Roman Catholic Church	450	Church (worldwide) – mind controlled – reason.
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	
Wine or Beer	330	(in moderation!)
Roman Catholicism administration	305	As an institution in year 2004.
Tea green	300	
Humanity	212	The population of the world overall.
Vegetarianism	205	
Muesli	205	Above 200 is pro-life – positive.
Food	200	At this level and above food is life enhancing.
Food, Commercial Cat	192 - 202 188 - 200	Below 200 is anti-life – negative.
Food, Commercial Machine-made Black Tea	188 - 200 185	Energy dense but nutrition poor.
Percolated Coffee / Cappuccino / etc	165	Refining of most foods removes nutrients.
Corn Flakes	85	
Fish (living in ocean)	20	
Bacteria	20	
Duvionu	1	



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

# Feelings First Spirituality The New Way

## Feelings First FF Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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

Want to understand why you're feeling them.

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



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

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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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

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

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





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

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



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

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

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

## LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way





# **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 allloving;
- 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.





A large part of the education process may be about diet and the importance for health of a whole food, raw food, vegetables, fruits, minerals, vitamins, vegetarian, vegan diet structure and they will be supported through this with recipe suggestions and perhaps cooking classes. As you can see from the above modules, modalities supported are only an example of what is available, it is a very complex process without loving support from holistic clinicians, Pascas, or similar clinics.

The key difference for Pascas will be its holistic, integrated approach to dealing with body, mind, spirit and soul (your real self) and potential patients / friends will be helped to understand that this is the package that is offered – this is what sets Pascas apart from any other clinic.

Only when they are comfortable with accepting the considered package offered as being the best solution for them, then will treatment commence. The patient / friend is in control and it is the patient's desires that we respect.

We believe passionately in the concepts outlined and we realize and accept that you may feel confronted or uncomfortable with our approach to health care. This is OK too. We simply offer an alternative to what has been offered by health clinics in the past because we believe that this is the way forward for total wellness and vitality in the long term.

It will be vitally important for Pascas NOT to deviate from this approach if we are to show the world what is truly possible in health care and wellness. Friends going through a Pascas Care clinic may become committed to the complete program adopted by them or the results will be life long growth.

As the health outcomes are achieved, we will know that we at least have raised awareness within people of the potential that is possible.

This is our understanding of how a Pascas Care clinic will operate. We are sure that this will be expanded upon as more truth comes to light and as the clinics begin operating. We anticipate that we will be able to assist you on your journey towards total wellness and vitality.

Living Feelings First, John.

Pascas Community - a global network of like minded people.

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





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