

PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland Australia

ABN 23 133 271 593

www.pascasworldcare.com

Bs +61 7 5594 0479

www.pascashealth.com

Em: info@financefacilities.com

22 December 2022

GIVE
PEACE
A
CHANCE

Yes, we can “Give Peace a Chance” and the journey to achieve peace throughout humanity is momentous but it is also now achievable. Firstly we will each individually and then collectively recognise the flaws within and throughout every institutionalised system around the world. Society is already pushing back against to the controlling suppression being exerted on many fronts around the world – in this regard the internet is the agent for change.

There are no exceptions. Commerce, industry, agriculture, social sciences, military, health, education, religion and politics have all been manipulated, tailored and structured to suppress each of us individually as well as collectively for the long term agendas of a very few hidden controllers.

The doors have now been opened by a pair of very stoic personalities and our journey to peace is about to unfold for all who are open to embrace the pathway.

May we touch on a few flaws in science, such as:

Medical science has not been looking any further than to the physical body – hence the inadequacy of medicine. Viruses are mainly of the spirit body and medical science does not accept that there is a spirit body.

When we die, we lose nothing other than a lot of weight! Our brain is nothing more than a dumb computer! We may liken our brain to a computer terminal that is an interface between our spirit body mind and our physical body.

It is our spirit body mind that designs the appearance of our physical body – not the other way round. When we are in spirit we can use our fingers of one hand and pinch our other arm. The tensile strength, feeling and appearance of our other arm will be exactly how it appears and feels to us today! When we are dead we are more alive than ever! Our personality, memory and senses in remain with us for all time – the structure of our spirit body. And it is our soul instructing our spirit as it is our soul that actually does it all.

Our consciousness is a very fine energy that is barely discernible to medical science and outside the realms of medical equipment to measure (presently). For us in the physical, we have been subjected to childhood suppression throughout our early forming years and our consciousness is typically reflecting the level of consciousness of our parents, who are reflecting the consciousness of their parents and so it goes back generation after generation. That is how hidden controllers have held us submissive to their agendas for thousands of years – now 200,000 years! That controlling cycle is now to be broken.

You are on the right track if you are open to consider and curious as to how to evolve past the chaos and insanity that we see and hear from around the world.

Medicine apparently has 'identified' more than 10,000 illnesses.

This diversity of disease is a reflection of the diversity of issues that unfold through the rotation of soul light from our soul to our spirit body and then on to our physical body being disrupted. This light needs to return from the physical body to the spirit body and then to our soul. It needs to be in balance. It is simpler to visualise it as a light bulb circuitry. It is during our forming years when our childhood suppression is most extreme that this circularisation of light is most disturbed which creates the foundation of our physical illnesses throughout the rest of our life.

Thus, matching up various medical tests with consciousness levels is haphazard to say the least – but it is relevant. Emotional injuries are of differing patterns and energies and thus seemingly impede what appears to be relevant organs. Emotional injuries of parents passed on to their children to later emerge as health issues that are then often considered to be hereditary. Parents can now heal themselves of these injuries and errors in belief and this may directly benefit their children.

When we are conceived we are perfect. Our consciousness is close to the 1,000 level on the Map of Consciousness (MoC), as developed by Dr David R Hawkins and published in Power vs Force, and our newly forming embryo is also perfect. The soul does it all.

By the time we are six years old then our consciousness will be at a similar level to one or the other parent if they are not similar between themselves, being progressively suppressed throughout our childhood forming years.

Our parents' suppression of the child's personality down to their level is why there is no progress being made by humanity for thousands of years. This is why peace presently is unachievable.

What we are now able to introduce is how to personally progress to bring the flow of light through our personal circuitry back into balance. This is what aspiring to live Feelings First is leading to. Then we can embrace Feeling Healing and that is a long process of bringing our light circuitry into balance and our lives in harmony. This is our destiny.

Our Feelings need to be brought into balance with our Minds. Presently, all of humanity is living mind dominant, ignoring their feelings, and that is why there is mass chaos worldwide.

First, we need to recognise feelings as being separate and distinct from our mind. Our feelings are soul based and emerge as though they are from our heart area (gut feelings). Our mind is spirit body based and appear as ‘thoughts’ through our brain which is its conduit (assumptions are mind generated and are 98% of the time in error – the mind is addicted to untruth, our mind cannot discern truth from falsehood, further, our mind is addicted to control of its environment and of others).

Thus, as parents progress and then complete their personal healing they will then not be contributing to any further environmental or social issues and will not require governance. Pascas is in fact sharing the complete solution!!! That is why the Library Download page on www.pascashealth.com is rather voluminous!

As we go on there is a lot to recognise – take your time – it will unfold – it is massive.

Aspiring to Living Feelings First

Graham Golding, Helen Adam, Ian Dowling, Jim Baker, John Doel and Peter Wildin (and many others)

Pascas Foundation (Aust) Limited

Doing your feeling-healing is telling your story.
It's telling the truth of your whole story.
And it's all for you.

Purpose of Life

Our purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1st spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be when we are in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotionally needs to be expressed emotionally. Should we long for our Heavenly Mother and Father's Love, then we are also SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this is the opposite as to how we have been brought up to live.

It's all about
Experiences
 &
FEELINGS

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

BE FEELINGS
EXPRESSIVE!

Journey of Earth's Humanity

Years ago:

- 993,500 **Andon and Fonta - aspire for human perfection.**
- 950,000 **Andonites reach Tasmania - southern Australia.**
- 500,000 *Caligastia - Lanonandek - appointed Planetary Prince
Daligastia manifests on Earth with staff
Sangik Family - Northern India - 6 colours*
- 200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary
Caligastia draws Earth into Rebellion*
- 38,000 **Adam and Eve manifest on Earth
Adam and Eve default their mission**
- 1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS**
Commences end of Rebellion & Default
- 7 BCE **Jesus of Nazareth born**
- 2 BCE **Mary of Magdalene born**
Creator Daughter & Son Bestowal
- 1914 - 1923 **Padgett Messages - second coming**
- 1925 - 1935 **The Urantia Book - history of humanity**
- 1944 CE **Bretton Woods Conference - funding**
- 2002 - 2022 **James Moncrief - Revelations**
Avonal Daughter & Son Bestowal
Avonal Age of 1,000 years begins!



REBELLION and DEFAULT formally ended 31 January 2018:

All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything is so bogged down in the mire of artificial laws and procedures.

WE'VE BEEN SCREWED BY LUCIFER REBELLION

Should we live as intended then the distress that we see around us now would not be evident. We are to live feelings first with our mind to follow in support of our feelings, assisting in implementing what our feelings draw our attention to. We are to long for, ask for, the truth that our feelings can and will reveal to us. It is all rather simple!

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

Should our parents and early childhood carers be living Feelings First and be free of emotional injuries and errors in belief, then we as children would also be free of emotional injuries and errors in belief. That also means that our essential and dominant life force, our soul light, would be flowing freely and be in perfect balance, our light circuitry would be balance and harmonious.

Consider a light bulb circuit. Our soul emits soul light through our spirit body to our physical body and should we be in perfect balance and harmony then we return the same light back through our spirit body to our soul.



Feelings First with Mind to follow in support.

Some 200,000 years ago overarching leadership through the administrators of humanity on Earth induced the people to live mind centric and to suppress their feelings. Over time this unfolded as well as the male dominating the female as they are generally more open to their feelings than the male.

The consequences are diabolical as we now can see throughout every facet of living all around Earth.

Firstly, the disruption through injuries in emotions and errors of belief to light flow generates ALL the discomforts, pains, ailments, illnesses and diseases that we each experience, commencing from the time we are in the womb through to our physical death. Our parents and carers unknowingly infuse their injuries and errors upon the newly forming child. Doctors give these various issues more than 10,000 names, but they all emanate through parents disturbing our soul light circuitry by suppressing the personality of the growing child.

We, as parents, impose upon our children what will eventually kill them! If we were free of the imposts of the Rebellion and Default and we enabled our children to openly and freely express their true personality and feelings and for them to long for their own truth, their feelings of truth that flow from their soul then they would have no need to experience discomforts, pains, ailments, illnesses and diseases – they would be living in harmony with their true selves, with their soul light in balance, with their mind then assisting them in what they are to experience.

Our moral compass is our feelings!

MORAL COMPASS

Our 'gut feelings' are our soul promptings of truth and love!



We may wonder how it is that people living in very remote regions are not disadvantaged by the lack of synagogues, mosques, temples and churches. Why is it so that people deep in forests, in high altitude rugged locations, on remote islands are generally able to evolve and progress when city slickers struggle? President John F Kennedy found the answer within his very own soul group. We each join into a soul group of 12 soul partner pairs when we have healed ourselves of what we each have taken on of the Rebellion and Default and then have entered the first of the Celestial Heavens – spirit world spheres.

JOHN F KENNEDY 29 May 1917 – 22 November 1963

Saturday, 28 October 2017

John F Kennedy, 3rd Celestial Heaven: “Through my **Healing years, and it took me about fifteen years to complete it**, I took little interest in what was happening on Earth, but became far more interested in what

was happening over here in spirit, which is infinitely more exciting than the meddling of secret agencies and all their secret workings with the hidden controllers who run Earth.



“And now through what we’re doing in relation to all you (James) and Marion are doing, so I’m actually having far more impact on these hidden controllers than I would have been able to do by being the President. Now, as you understand, we Celestials are in the process of taking over power from the mind spirits, so the hidden controllers days are numbered, with the breaking down of their controlling ways starting to happen. We Celestials are involved now in all aspects of humanity on Earth, having recently been given almost a free hand in how to influence things so as to bring about the necessary changes that will eventually result in humanity being freed from its imprisonment, free from the controllers, both on the mind world levels (1, 2, 4 and 6) in spirit and their counterparts on Earth, which will allow everyone to freely choose to do their Healing. Things are to change, so as the truth about the Healing becomes

known, then systems will be put in place to allow people to get on and heal themselves, with nothing of the sort currently being made available, and with all what you are having to do James, coping with the government requirements and obligations you have to fulfil so as to survive, needing the governments help because you have been rendered incapable of normal work due to your parental influences, being done away with, allowing people to concentrate on Healing themselves.

“Oh how much we all learn through our Healing, about ourselves and how wrong we have it all on Earth. However it is as it’s meant to be, yet thankfully that is now all starting to change. It’s a huge wheel that has been mired in mud for aeons, but now it is perceptibly beginning to move. And with the continued ‘weight’ of us Celestials behind it, that movement will only gather pace. For as you understand, the Rebellion and Default are over, so humanity can only work to heal itself now.



“So that is my story, I have met my soulmate and we are fully in love with each other, my life on Earth long gone and now just a lot of memories, which mostly revolve about my early life and how I was unlovingly parented. So, I have nothing to do directly with Earth as in trying to get my way, keeping on trying to be the ‘loving’ President that I was; no, nothing like that, and most of the spirits I meet don’t even know I was a President, and when they find out, don’t care. Many of the American spirits who were for me and supported me, tell me that, and I appreciate their fond feelings for me along those lines, but they go no further for each of us, because they no longer mean anything for us over here. Our lives are all so vastly different, **in my soulgroup, for example, we have a soul pair who were ignorant natives from the Amazon, who knew nothing about the greater world, having no conception of America, let alone her President.** They knew their chief, he was their president, and that was enough for them. And yet **these uneducated and uncultured (compared to my revolting standards that I grew up in) people, took to their Healing like so many spirits, and are now every bit my equal, as I am every bit their equal, for we are in the same soulgroup in the third Celestial sphere.**



“So James, that is something about my story, and I would welcome and enjoy any questions you might have.

James: “I am intrigued by these hidden controllers, so if you wouldn’t mind, could you tell me more about them in the context of your life and their depriving you of it?”

John: “Each of the main agencies that were developed by the hidden controllers to ensure things worked well, which means, in according with their wishes, were set up with various levels of secrecy within them, with only very few people actually knowing all that goes on. And mostly these controllers are all from various families who’ve been very successful in business, because of their control, and so know each other, it all being a very small club, with strict rules of conduct should outsiders be invited in.

“You can imagine James, you set up an organisation to do a certain thing. Then that organisation very quickly needs to have within it a smaller more secretive organisation that ensures the main organisation works properly. And then you need a smaller still and more secretive group of fewer people controlling that organisation, and so it goes until there are one, two or three people calling the shots but doing so in ways that no one really knows they are in control. So coming into such an organisation, unless you are inducted into it from the beginning and become part of it all, you will never know what’s really going on and who really calls the shots. And then they all indulge in certain perversions, and they keep records of such illicit activities on each other, all as protection against you having a change of heart and spilling the beans. But few of the real controllers do ever leave or break the rules, because it’s their life, it’s what they love, and would never want to do anything else. They need all that power and couldn’t get it from anywhere else.

“So I was a loose cannon, I had certain powers as President, and I said I was going to use them, and so I started to make certain people feel nervous, and so as a demonstration of their all-powerful ways, I was made an example of, I was easily removed from the face of the Earth, and in such fashion being on display for the whole world, and with such glaring incompetence as setting up Lee and saying he used a weapon that couldn’t have done what it was said to have done, thereby showing the world there were multiple assassins, and yet being able to tell the whole world how the controllers wanted it to be, and no one had any power to call them on it. It all being blatant lies which so many people can see yet no one can do anything about it.”



So, we should consider asking ourselves; what kind of person could do this?

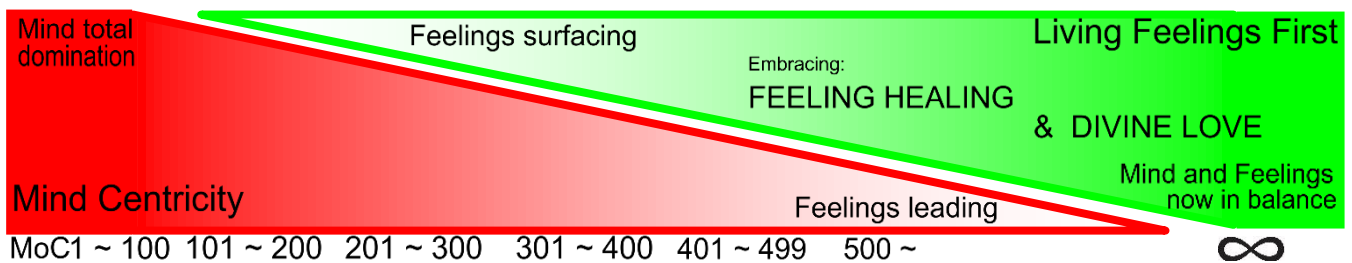
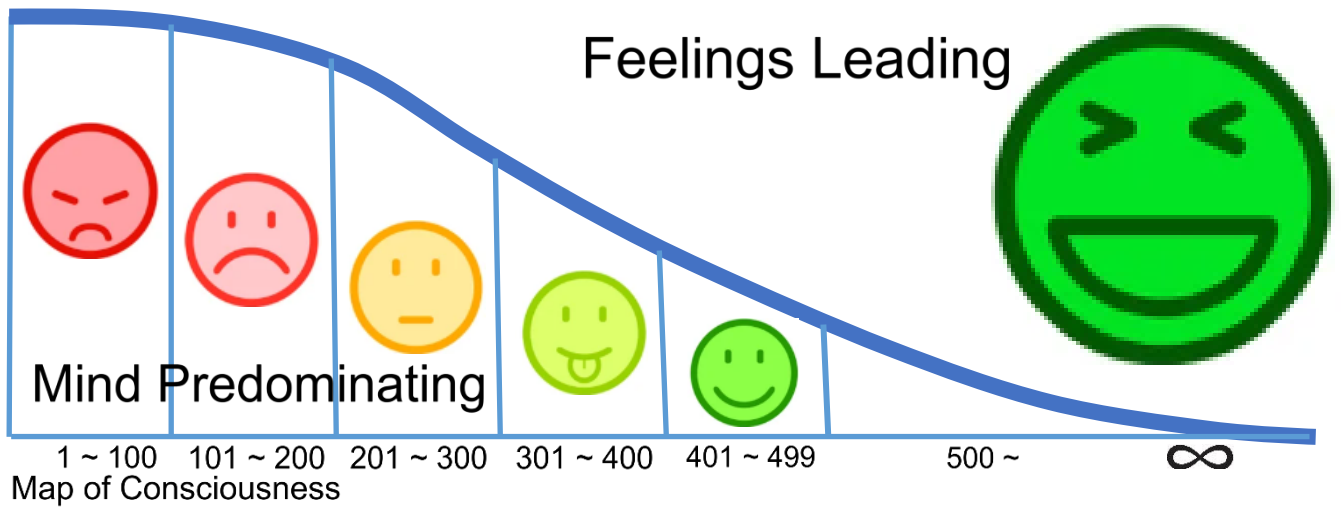
Should we be living through our feelings, with our feelings being our guiding light, then we would not impose our will on any other person or creature on Earth. That is our moral compass – our soul based feelings. “We are not to impose our will on another.” When we contemplate that statement a little we find that that statement covers all of the elements of the Ten Commandments. All we need do is look within to our feelings, our soul based feelings of truth and love. We are fully self-contained.

Our overarching hidden leadership wanted long term covert control of all of Earth’s humanity and they achieved that by making us all subordinate to them by the allusion of power and control that our minds indoctrinated us with. We each embraced the drug of control and superiority that we came to be seduced with in varying degrees. And there is no one easier to impose control over than our own children! In turn we also subject them to becoming mind-centric. Living through our minds is absolutely the hardest way of living that we can embrace. It is fatiguing, it is subject to error, it is limiting and suppressive!

Should we be capable, and many succeed, in excluding our feelings from any of our functionalities then we are capable of committing the most heinous of crimes that humanity can dream up and not have any remorse or compassion for our victims. This is the complete opposite of successfully living feelings first.

Presently, some 78% of all of Earth’s humanity is calibrating under 200 on Dr David R Hawkins’ Map of Consciousness. Those who calibrate around 190 (pride) fill the military ranks around the world.

Living Mind-Centric versus Living Feelings First



People through their minds, though living with fear (calibrating under 200) typically present a persona that is welcoming, smiling, laughing and at the same time lack a reasonable or clear moral compass. Psychopaths typically calibrate under 80 on the Map of Consciousness (MoC). These are people who can convince themselves that they are justified in killing a person simply because they were standing in a doorway that they wanted to walk through! We are outraged when we here of police stations being blown up, when a classroom of school students are shot, when a church or mosque congregation is massacred, when a shopping centre is attacked, when school girls are kidnapped en masse, and much more.

Yet no one asks why are they capable of such crimes? No one asks in what environment were they brought up within? No one asks how did their parents treat them? No one asks what did their parents teach them? How did their parents teach them how to live? No one investigates their childhood suppression. No one brings the parents into the equation of a child's delinquency.

All by the grace of God do go I – we have all been misguided to live mind-centric which is embracing an addiction to untruth as our minds cannot discern truth from falsehood, our minds are also addicted to control over others and the environment. We are all in danger of making such gross errors. A child when conceived is at the highest level of consciousness in natural love on Dr David R Hawkins' Map of Consciousness, near to 1,000. By the time the child is aged six years, it will then be calibrating at a similar level to one of its parents, should the parents not be similar in calibration.

Profiling of the parents way of parenting needs to be routine when investigating health and social issues. The inclusion of feelings and living feelings first in all levels of education is a pre-requisite. As all religions are agents of mind-centricity then that needs to be understood. Thus, to bring about the ending of the generational transfer of entrapment into mind-centricity and its limitations and detriments, this needs to be a holistic embrace by and of all facets of society and by all institutionalised systems, nothing is to remain the same.



Sydney, Australian – born Mohamed Elomar holds two heads in a photo posted to Twitter by his friend, Khaled Sharrouf.

The child of Khaled Sharrouf, age 7, posing with a severed head. 11 August 2014



Like father, like sons.



EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

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

As we watch the world repackage failed solutions to deal with the same problems we see the futility of it all. Powerful nations apply heavier

devastation only to perpetuate the same problem being even more misery and pain. Religions give birth to minor denominations that consider that they can resolve the problems of society – only to perpetuate them in a more complex despair. Health specialists give yet more names to the same illness, claiming they have discovered a new variation. A new vaccine is created only to find that the virus or illness has mutated in anticipation of the vaccine – yes that is precisely what unfolds.

A virus is more of the spirit than it is of the physical. It is originally transmitted through our etheric bodies. Medical science cannot detect a virus until it emerges within a host cell in a physical body. The host virus mutates into major sub-viruses. Unbeknown by science is that the sub-viruses further mutate specifically for each of us, should we to have the experience required for us of the disturbance to our body. We do not experience from the virus a pain or discomfort greater than what we experienced during our Childhood Suppression. This is why no two people experience a virus in the same way.

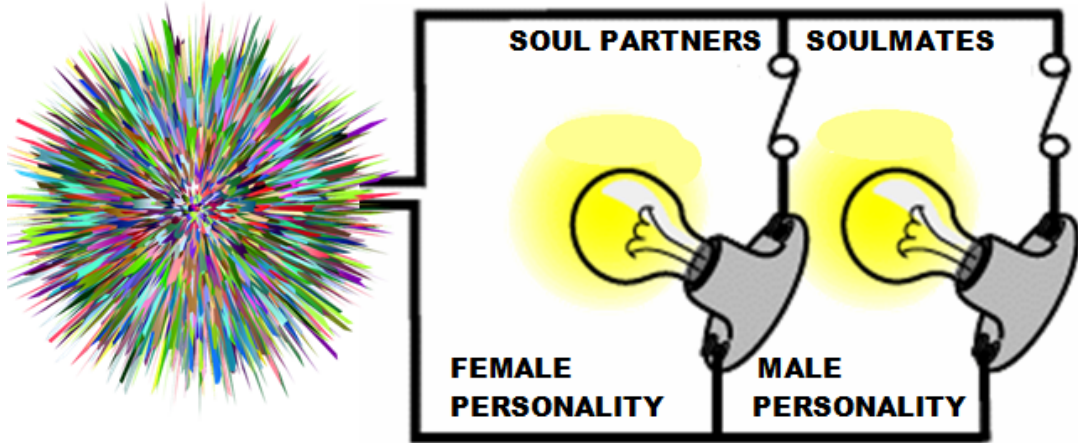
Further, should vaccines be developed that frustrate the intended functions of a virus or illness then the virus or illness will be modified to counter the vaccine. Thus our vaccine development is resulting in more aggressive and difficult viruses and illnesses. We cannot outsmart the laboratories of the Nature Spirits!

One personality imposed the circumstances upon Earth's humanity that has brought about all of our social issues. One soul partner pair to be more accurate! This pair have been our hidden controllers and for the past 200,000 years they have had us living in their Rebellion and Default.

If we are living true to ourselves, that is true to our feelings then we are living true to our Heavenly Mother and Father. It is that simple!

Our soul light would continually flow to and through our spirit body and into our physical body and as we would be living in the truth of our feelings, our soul based feelings then the light would return through our spirit body and back to our soul. All would be in balance. You could imagine that being like a light bulb circuit – and always glowing brightly.

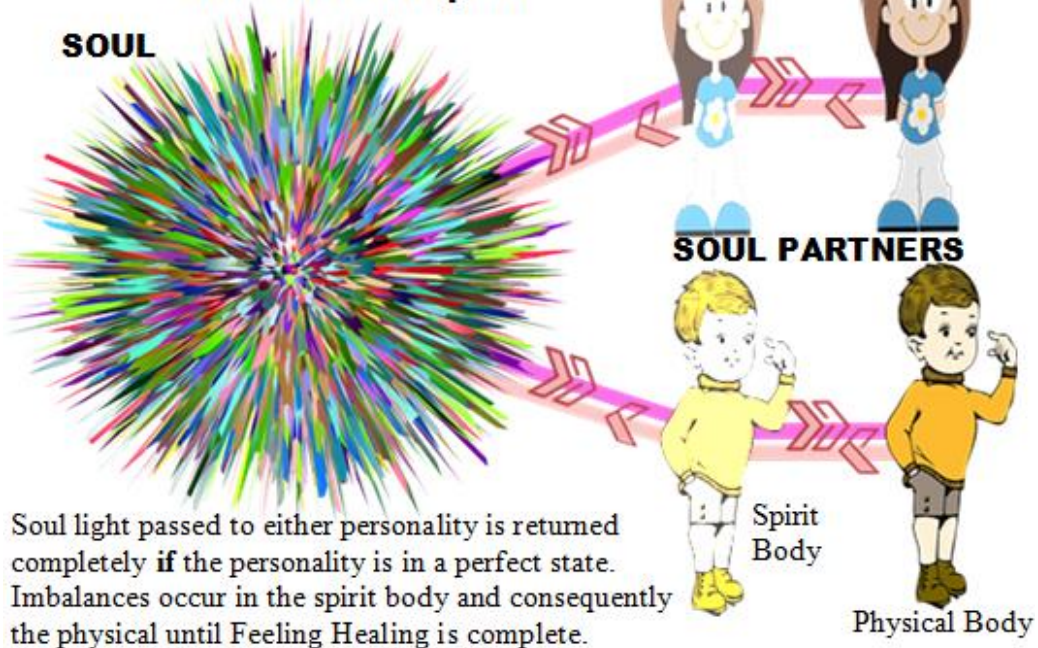
**Two separate personalities on parallel ‘circuits’ having the same soul.
What impacts one personality does not impact the other personality.**



Yes, our soul manifests TWO personalities, one is always a female and the other is always a male. No matter what your personal sexual aspirations might be, your soul partner will be of the opposite sex to you.

ONE SOUL – TWO PERSONALITIES
Our soul is a duplex!

SOUL



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

At the moment of our conception, the soul light flow to and from the bodies is always in perfect harmony. So what interferes with this light circuitry? Even though our parents are mostly not even aware that we are in the womb, they are literally fire hosing us with their emotional injuries and errors of belief. This continues all the way through our gestation in the womb and continues as Childhood Suppression through to the age of six years. When our Indwelling Spirit arrives we continue living our Childhood Suppression, the suppression of our true personality having by then embraced the personality that our parents considered more appropriate for us, and we go on repressing our true personality AND living how our parents live – mind centric!

The consequences of this disruption to our light circuitry upon our physical body and all aspects of our living are profound. Depending upon the degree that our parents and carers are not healed of what they have each taken on of the Rebellion and Default, then what we observe involves the following:

- The impost of our parents' injuries upon a newly forming foetus induces miscarriage.
- The impost of our parents' injuries brings about deformities that a child may be born with.
- The impost of our parents' injuries are the drivers of childhood disease and illness.

There are a similar number of miscarriages worldwide as there are abortions each year. There are around 130 million live births each year as well as 45 million abortions. Thus, as it takes two to bring about an abortion, two out of every three people born each year go on to abort a child. Once a newly forming foetus commences to pump blood, the newly arriving child is fully individualised and incarnated – that is around day 16. Once its life is taken away from the child, the child will never go on to experience a physical existence. Yes, the child will go on to be spirit born, adopted by spirit parents and have a life in the 1st spirit Mansion World similar to having lived on Earth.

Our Childhood Suppression is a relentless imposition of our parents misguided own childhood upbringing. By the time we are six years old, we will be:

- Calibrating on Dr David Hawkins' Map of Consciousness at the level of one or the other of our parents, should they not have a similar calibration.
- The soul light flow injuries will have set in course our physical health for the whole of our physical life.
- We will have inherited most, if not all of our parents' idiosyncrasies – mother like daughter, father like son



So, from this we can understand that the underlying cause of all illness, disease, pain and discomfort is the disturbance and distortion of the soul light circulation is the consequence of our Childhood Suppression. If we are in perfect harmony with truth and love then we have no need to experience dis-ease. Thus, medical science have identified more than 10,000 variations of what is fundamentally the one thing – Childhood Suppression.

Our health issues are of a direct consequence of living mind centric and suppressing and ignoring our feelings, our soul based feelings which are our moral compass, our truth; truth being love.

Psychopath: A psychopath is a personality who has perfected their exclusion of their feelings in life. They are people who appear pleasant and welcoming as that is the façade they have trained through their minds to present. On Dr David Hawkins' Map of Consciousness they typically calibrate 80 or lower. These are people who are exclusively mind centric. Our minds cannot discern truth from falsehood, our minds are addicted to untruth, and our minds are addicted to control of others and the environment. It is through our feelings that we have a moral compass, compassion, empathy, truth and love.

Hidden controllers imposed upon humanity the concept of living mind centric on the pretext that through our minds we could become mini-gods, we could achieve all that we desire. By totally closing down access to our feelings which are our soul based feelings of truth and love; through the worshipping of our minds we may find ourselves perpetrating the most heinous crimes that humanity witnesses. One percent of the population of the United States America is considered to be psychopathic. Their education system does not teach anything about feelings. In fact the overwhelming majority of education systems around the world have no space or place in their curriculums for feelings. Consequently, children of all nations and cultures have no guidance as to how we are meant and are to live. We are to live Feelings First with our minds to follow in support of what our feelings are guiding us to consider and embrace, not the other way round as it now universally is.

Education worldwide is mind centric. Education is meant to be fun. Our true learning is through experiencing – playing is true education. People who truly and fully function and respond through their feelings outperform scientists in resolving new innovations and inventions by a vast margin. A scientist with his mind-centricity may achieve a couple or even a few scientific breakthroughs during a full working life. Through living feelings first having our minds to follow in support may see innovations being created at such regular occurrence that it becomes routine. Such innovations are without effort or question, they just unfold with regularity. Read this paper, they are everywhere through it!

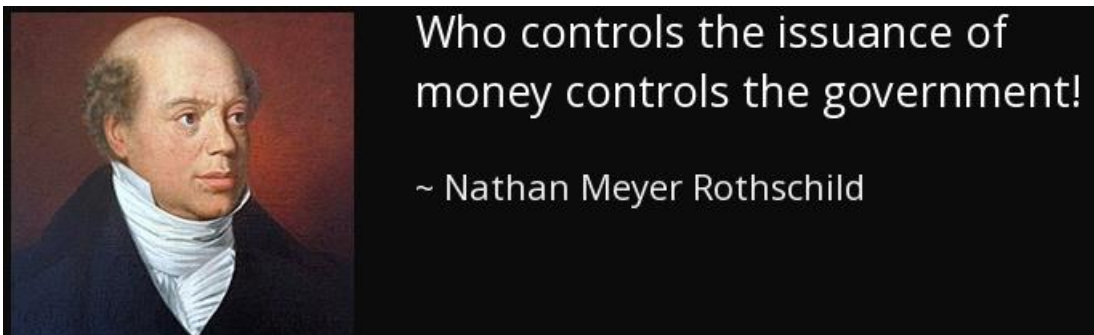
Education from pre-school through to the highest levels of university is now to reflect the New Way, the way of embracing our feelings and having our mind to follow in support, how we are to express our feelings and thus engage in Feeling Healing, and with Divine Love then Soul Healing. We are to long for the truth that our feelings are to reveal to us and in this we will ‘Give Peace a Chance’ for without doing so then there is no chance of peace, we will continue doing the same old thing and that is warring with each other and more of the same throughout all levels of society and life.

The highest accolades of education is achieving a PhD (post graduate honours degree) and yet that is the pinnacle of mind centricity with all of its limitations. Yes, limitations as it closes down intuitiveness and spontaneity that are hallmarks of feelings and initiatives that leads to innovation and creativity. Further, it stifles full true self-expression. This is why academics have such restricted fields of employment and careers. It typically takes years to achieve a PhD, years entrenched in one’s mind!

Let us introduce the PfD (post graduate feelings degree). It is the opposite. Time to complete maybe a year – probably less!

Education worldwide is to become free from pre-school all the way through to the highest levels. It is be free from authoritarian intervention, free from institutionalised imposts and free from cost for the student. This is now possible. The funding is available – it is a global wealth distribution now in action.

Governments of the people are all subject to covert control. The people of United States America think they freely appoint their presidents. In a ‘club’ in London, the ‘chairman’ endorses who is to be the next president of USA. The family of who the chairman comes from has been successful in having their nominee appointed around 50% of the time. They also interfere in many other democracies. They do so through the major global secret societies. In this way if they are not successful in having their primary candidate elected then they infiltrate with second tier nominees and most certainly with many advisors. These stooges are generally compromised in some way and adhere to instructions to avoid being disclosed. Simple. Money controls governments.







Democracy has been hijacked and it all is done before any election process even begins in public.

Truth is always the same! A religion purports to espouse truth. Then why does Earth’s humanity have 3,400 significant religions and when you add on the minor denominations the number passes 50,000 options of the one thing. So may we look at how each religion actually comes about? What is common is a book, rituals, creeds, dogmas, cannon laws, sacraments, specific and fancy clothing. And most

importantly there is this hierarchy of control. Control with clergy having ranks and this all progresses up to a pinnacle of absolute control. The Catholic Church even declare their pope is infallible. So let us look at this infallibility.

We have mentioned that the Rebellion commenced 200,000 years ago and then the Default followed more than 38,000 years ago and that that is now to end. The commencement of the ending was through James Padgett with around 250 Celestial Spirits writing through James Padgett commencing on 31 May 1914 and concluding in 1923. Since then there has been The Urantia Book (TUB) 1925 to 1935 and the most important of writings are those through James Moncrief commencing 2002. Other writings complement these works. Amongst these Celestial Spirits with their messages have been Matthew, Mark, Luke, John, Paul, Peter, Judas, Mary Magdalene and Jesus. They have each commented on the writings attributed to them in the New Testament, they have addressed errors and major omissions. These are now collated and added to the New Testament documents, kindly go to www.pascashealth.com, then the Library Download page, then scroll down to Medical – Soul Condition & Health and click on to open:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review - Part I.pdf](#)
-  [Bible New Testament Review - Part II.pdf](#)

Mary Magdalene and Jesus are soul partners, they came to Earth to complete the process that achieved for them the full co-regency of our local universe of Nebadon which has 3,840,101 inhabited worlds. Each local universe has 10,000,000 inhabitable worlds and within a super-universe there are 100,000 local universes. There are 7 super universes, thus there are 700,000 Creator Daughters and Sons who are co-regents of a local universe such as ours in which Earth is within the system of Satania. Mary Magdalene and Jesus are of the Creator Daughter and Son spirit group from Paradise, the home of our Heavenly Mother and Father.

Mary Magdalene and Jesus were to come to Earth and not be noticed. Upon completing their elevation to full co-regency, then the arrest of the head of the Rebellion and Default was made with the Lucifer and Satan soul partner pairs being spirit world imprisoned. Lucifer had been the System Sovereign of Satania which has 619 inhabited worlds of which Earth is # 606 and being on the outskirts of the system. Earth is one of 37 worlds that joined in to Rebellion, all such worlds being within the system of Satania.

It is on this point that Albert Einstein is correct: No problem can be solved from the same level of consciousness that created it.

The hierarchy of spirits personalities that we are exploring goes like this.

Heavenly Mother and Father	Paradise centre – they do not move from there.
Creator Daughter and Son	Paradise – and they have Spirits of Truth
Avonals	Paradise – and they also have Spirits of Truth
Melchizedeks	Local Universe high level spirits
Lanonandeks	Local Universe high level spirits
	There are many more classes. The Angels are also of many classes
Humanity	Us!

Lucifer with his soul partner were appointed System Sovereign over all of Satania. Satan with his soul partner were appointed deputies to the Lucifers. They are Local Universe Lanonandek spirits.

Caligastia with his soul partner were appointed Planetary Prince over Urantia which is the spirit name for Earth. Dalagastia with his soul partner were appointed deputies to Caligastia. They are Local Universe Lanonandek spirits also.

Jesus having acted on what can be referred to 'federal' level business with the arrest of the founders of the Rebellion on 37 worlds and with Earth being in Rebellion and Default with Adam and Eve having partly failed on their mission, then went on to open the spirit healing Mansion World 3, 5 and 7 and the first three Celestial Heavens for the people of Earth. This being to create the conditions to accommodate the arrival of the Avonal Pair on Earth some 2,000 years after Jesus and Mary's time on Earth.

Jesus and Mary Magdalene also brought about the availability of Divine Love for all of the humanities throughout their Local Universe thus opening access to Celestial Heavens (spheres / worlds) for all in their various systems throughout the local universe of Nebadon.

Jesus and Mary Magdalene were meant to come to Earth and not be noticed! Well, you have seen what a higher level of consciousness does even when they are 'not noticed', leave no records of their own, and do not marry and have any children.

The Avonal Pair are here specifically for the people of Earth. As part of their 'state' level of administration, they brought about the arrest of Earth's Planetary Prince and deputies in 1993. They are to be noticed and already there are more than 60,000 pages of records relating to their revelations. Significant quantities of funds have been assembled to finance the works that will draw the attention of all societies throughout all the nations on Earth to their revelations and guidance which they have demonstrated through their own healing pathway. Already, 2022, the structure and healing process is adopted throughout the spirit healing Mansion Worlds 3, 5 and 7 being in line with how the Avonal Pair have progressed through their personal healing of the extremes of what they had taken on of the Rebellion and Default.

Again, the Avonal Pair being also from Paradise are of a higher level of consciousness than the Lanonandeks local universe spirits who drew Earth's humanity into the Rebellion and Default.

The structure of each of the religions on Earth is the work of Caligastia through his deputy Daligastia, which is why we have more than 50,000 versions of the one thing – truth – their truth!

All of the systems of Earth are control mechanisms to keep Earth's humanity in submission to the covert control and suppression imposed on Earth by Lucifer and his deputy Satan.

It is little understood or recognised that the personality that is often referred to as the 'devil' is in fact now in spirit world prison is Earth's Planetary Prince, Caligastia!

What is now to progressively unfold is the earthing of conditions that prevail in the 1st spirit Mansion World and this will be the way it will remain for the coming Avonal Age of the next 1,000 years.

The Law of Compensation commenced to quicken on 22 May 2017. The Law of Compensation and the Law of Cooperation are likely to be fully earthed within the next few decades. Society and the way of living will dramatically change. Those who readily embrace The New Way, living Feelings First and engaging Feeling Healing will find life meaningful and fulfilling; those who resist, well that may be a difficult choice to make.

Hidden Control thru **COVERT** to **MANIPULATION**

MIND DOMINATION OVER FEELINGS
MEN DOMINATION OF WOMEN
PARENTING - CHILDHOOD SUPPRESSION
WIDE DIVERSITY OF LANGUAGES
RESTRICTIVE EDUCATION SYSTEMS
RELIGIONS WITHOUT TRUTH & LOVE
WAGE & FINANCIAL ENSLAVEMENT
MULTI-LEVEL GOVERNMENT CONTROL
MULTIPLE RACE COLOURS & FEATURES
BORDERS AND MILITARISATION
NATIONAL PSYCHIC BARRIERS
PERPETUAL CONFLICT & WARRING!

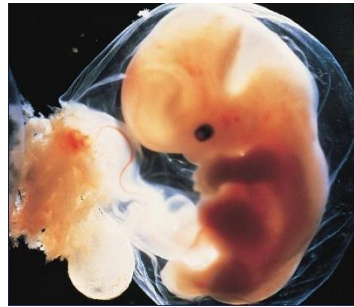
ALL OF WHICH

PREVENTS HUMANITY'S ASCENSION

all
 orchestrated by *Caligastia*
 and his partner

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...



Correlation of Levels of Consciousness and Societal 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%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

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

CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One’s Soul Condition is equal to the average 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

Note: **The Map of Consciousness scale is from 1 to 1,000**
 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!

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.

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!

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. Yes., the peak is 499 – it is a ceiling!

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 were beyond 1,000 and recognised their at-onement with God whilst living on Earth. Enlightenment is a never ending process.

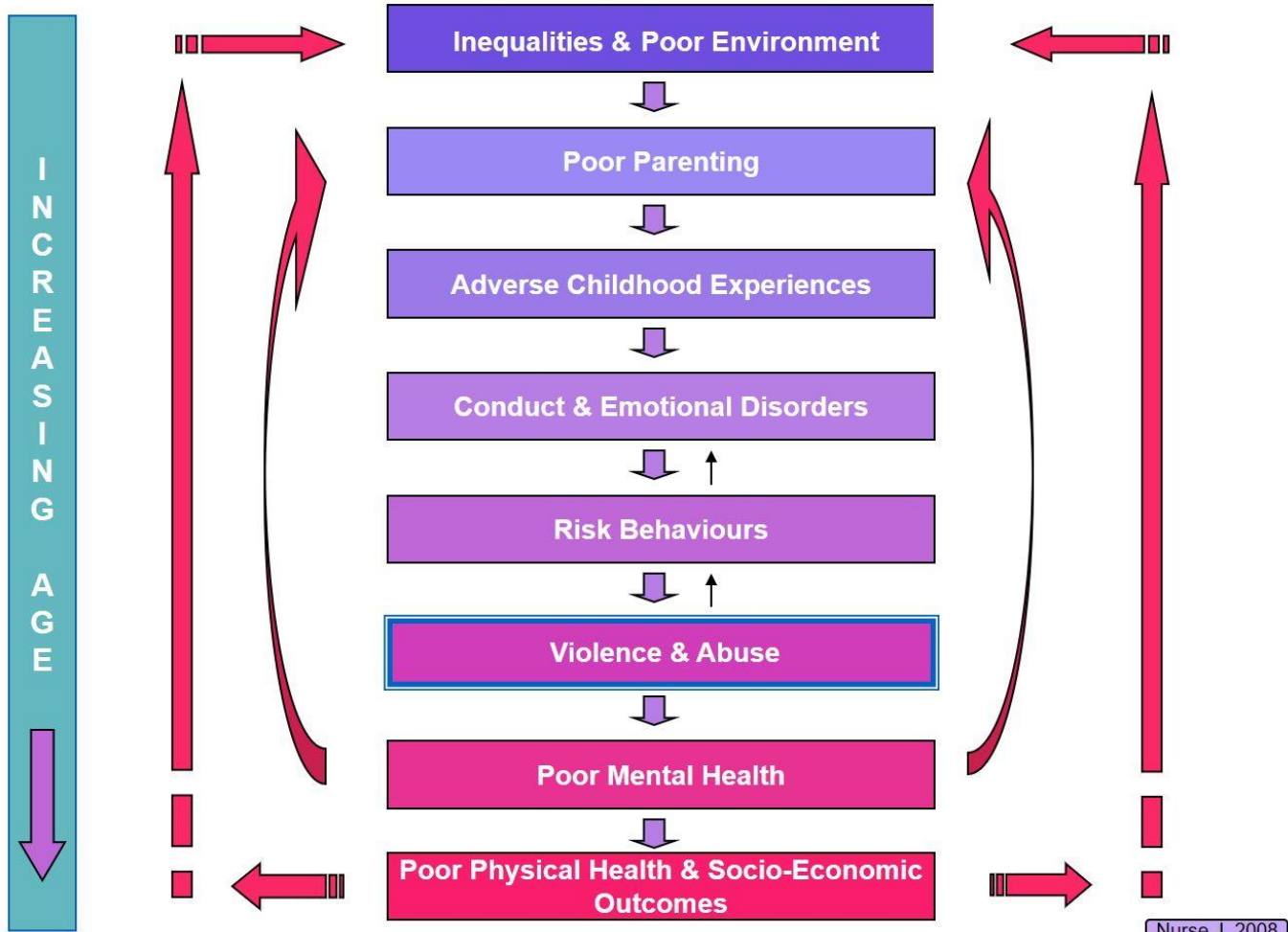


Feelings! *first*

LIFE IS FOR LEARNING



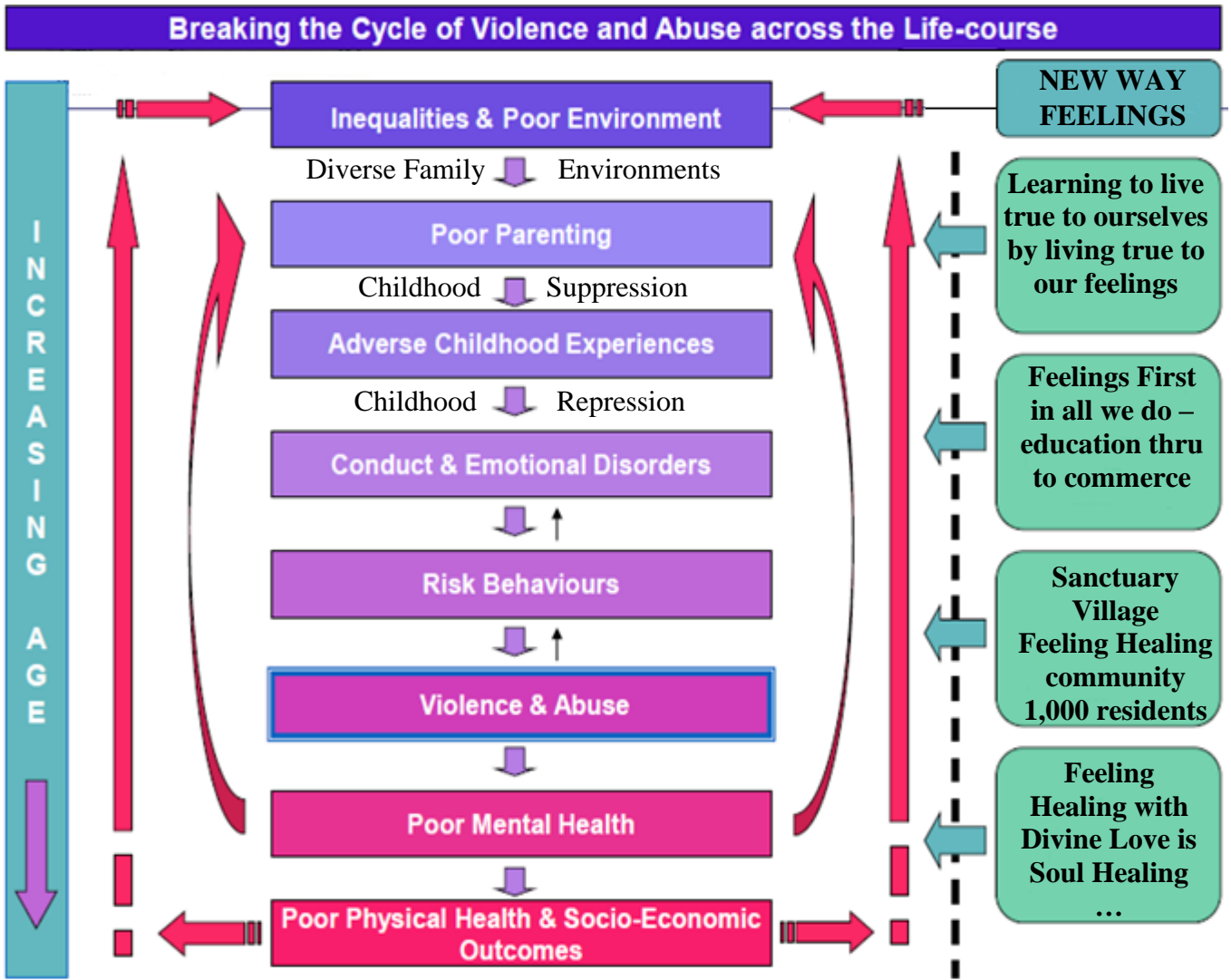
The Cycle of Violence and Abuse across the Life-course



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

The NEW WAY The NEW WAY

The New Way: Learning how to live true to ourselves by living true to our feelings.



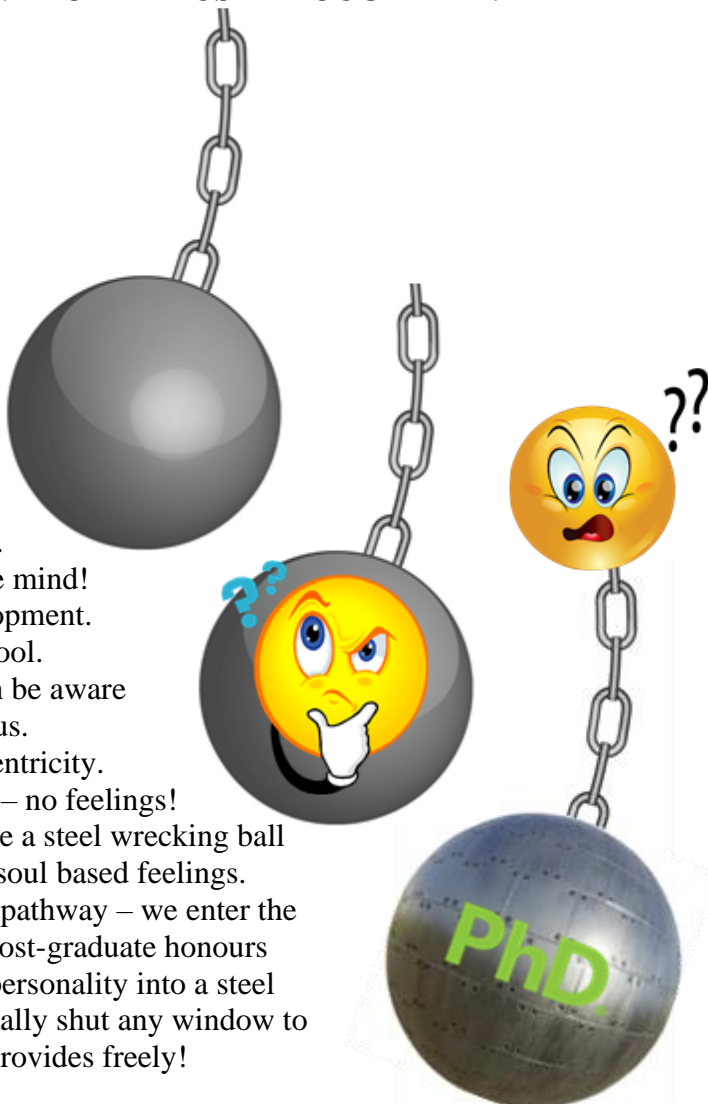
WHOLE DIFFERENT Way of Life.



WE ERRONEOUSLY EMBRACE OUR MIND TO LEAD US THROUGH LIFE!



Our parents teach us to live through our minds.
 We are taught to be mind-centric – worship the mind!
 We go to school and it is all about mind development.
 There is no consideration about feelings at school.
 Our religious institutions do not appear to even be aware
 of our feelings, nor how they are important to us.
 If we go into employment then it is all mind-centricity.
 Higher education is further mind development – no feelings!
 We have now totally immersed ourselves inside a steel wrecking ball
 with no comprehension or appreciation of our soul based feelings.
 Then we take the ultimate mind imprisonment pathway – we enter the
 pinnacle of the education system – we gain a post-graduate honours
 degree – PhD – we have now imprisoned our personality into a steel
 wrecking ball with an outer layer of steel to totally shut any window to
 our soul based feelings and the truth our soul provides freely!

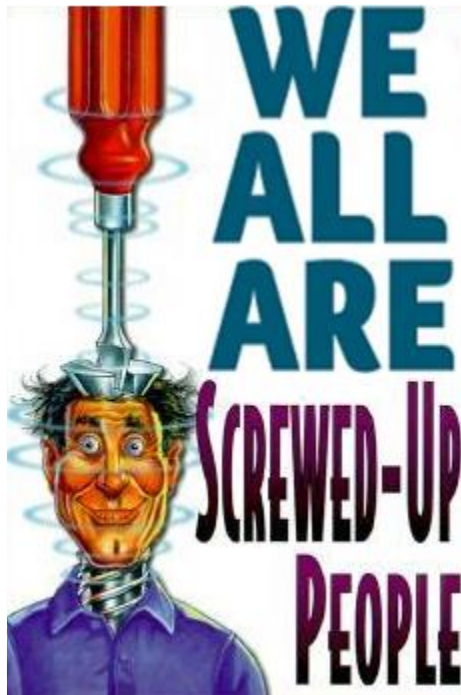


Living mind-centric locks us into a stagnate state that has a ceiling of 499 on Dr David R Hawkins' Map of Consciousness. While we ignore and suppress our feelings, we cannot evolve past this glass ceiling of MoC 499, being 'Reason'. Fixed in a stupor, a life of zombiism that we see all around us!

Suppression & Repression = Universal Depression
 Suppression of feelings being the core cause!



↑ Earth



WE are each a SPIRIT having a PHYSICAL EXPERIENCE!

Andon and Fonta were the first people to have a longing for human perfection. They lived south of the Caspian Sea some 993,500 years ago. They were red skinned and had an appearance similar to today's Eskimos. Their offspring reached Tasmania, a southern island state of Australia, some 950,000 years ago meaning that migration to and through Papua New Guinea must have preceded that time.



It was some 200,000 years ago that Earth's humanity were beginning to be induced to living mind-centric and suppressing and ignoring their feelings. Also, it became customary for women to be subjected to the control of men. Women being generally closer and more open to their feelings would have ended the folly of living mind-centric should they have been allowed a voice.

Our mind is unable to discern truth from falsehood, our mind is addicted to untruth, and our mind is addicted to control over others and the environment. It is through our feelings that we discern truth and love. Now the issues that plague all of humanity can be understood. We have locked ourselves into the constructing of all that ails society by being mind-centric rather than feelings first with mind in support.

Our soul does it all. Our soul is a duplex, it manifests two personalities, one a female and the other a male – always! It does this by bringing about a spirit body that is the template for the physical body – this occurs at the moment of conception. Should the physical parents be in a perfect emotional state at the time of conception, the child will form perfectly and be born in a perfect emotional and physical state. As none of us are in a perfect emotional state, we as parents of the newly forming body and personality infuse the spirit body of the newly forming embryo with our emotional injuries and errors of belief. This impedes to flow of light from the soul to the spirit body and then through the physical body and then back through the spirit body to the soul. This imbalance in soul-light circuitry brings about the physical deformities, childhood illnesses and health issues that progressively emerge throughout the life of the child. This imbalance also brings about the personality issues, emotional issues and the apparent hereditary patterns being passed on from one generation to the next.

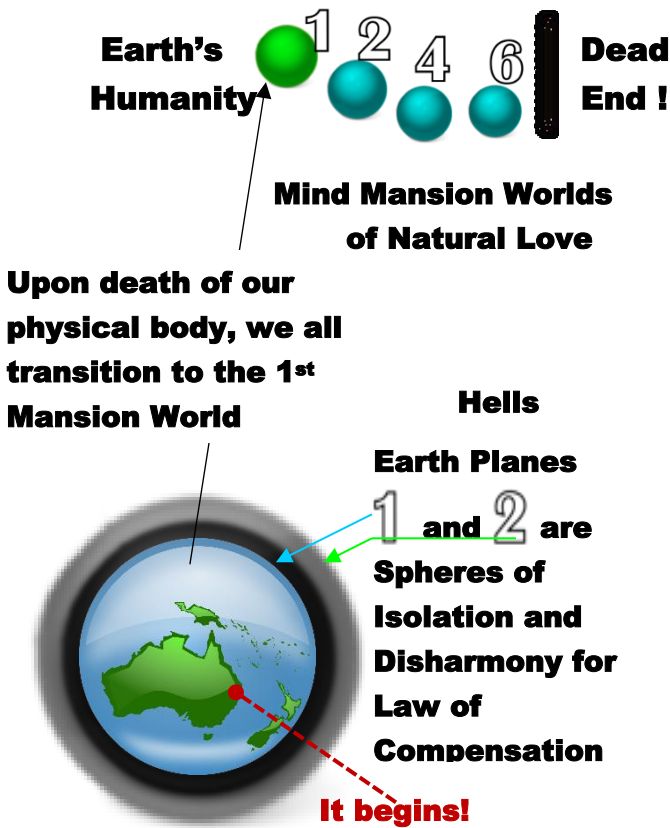
Thus, the underlying issues that we each are confronted with essentially stem from our Childhood Suppression imposed upon us by our parents from the moment of our conception through to the age of six years when our Indwelling Spirit arrives. We compound these issues through our ongoing Repression of our Childhood Suppression. Our Childhood Suppression is classically our parents trying to impose a personality type upon us that they consider is more appropriate than the true personality that we are, that our Heavenly Mother and Father gave us. Thus, we are all walking around presenting to the world a façade that is not our true self – we are each zombie-ised!

This was purposely imposed upon us by hidden controllers some 200,000 years ago. We each have been born into a Rebellion and Default.

Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.



We each are sensitive to spirit influence and connectivity. For most it may almost be non-existent and a fantasy. To a very few it is as though there are no boundaries and the spirit world inter-connectivity with the physical is routine daily. And all the variables in between are experienced by others.



Since the time of Andon and Fonta, 993,500 years ago, all who have lived on Earth have progressed only into the mind Mansion Worlds of natural love. The vast majority have continued living in the 1st and 2nd spirit Mansion Worlds with a few perfecting their natural love condition and progressing into the 4th then 6th Mansion Worlds and no further. There was nowhere else to go or progress into. There are maybe more than 200 billion personalities now in the spirit Mansion Worlds.

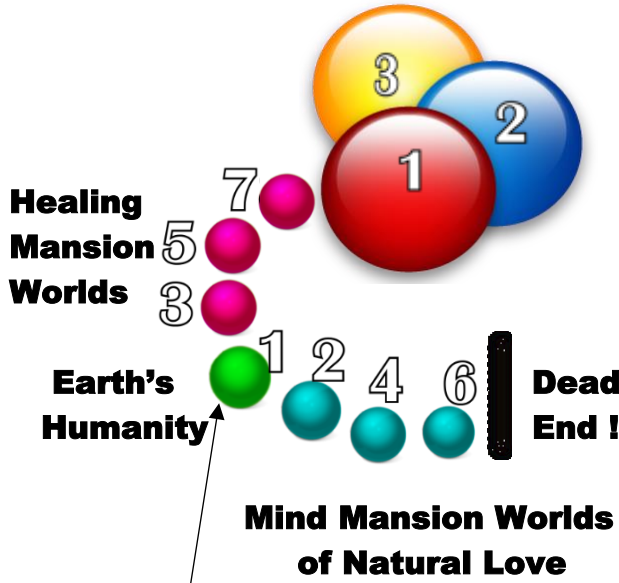
The capabilities and emotional condition of those within the 1st and 2nd Mansion World is literally no different to the people you see in your daily life. Spirit personalities from the 1st and 2nd Mansion Worlds having nothing to offer anyone more than when they lived on Earth in the physical.

For the past 200,000 years they have been perfecting their control addictions which emerged for them during their physical

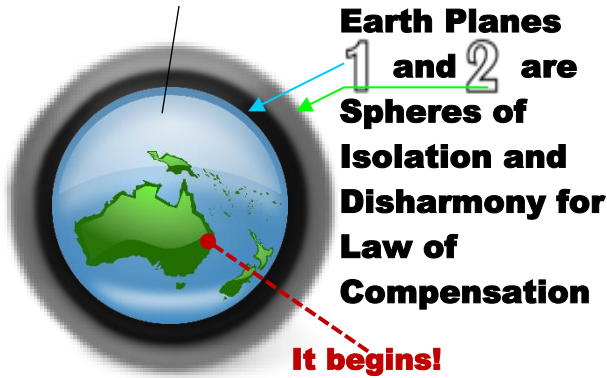
lives. So, from the spirit worlds they have been influencing by suggestion to those in the physical who are open to their manipulations. This is how we get 'sorcerers' and 'witch doctors'. A spirit personality cannot cause anyone in the physical any harm. If you are inclined to be mischievous then they can help you along! This is the foundation of many 'superstitions'.

The planning for the ending of the Rebellion and Default has been underway for a long time. Machiventa Melchizedek is the oversight of the plan. He physically manifested outside of Salam, north of Jerusalem, 4,000 years ago (1980 BC) to tutor Abraham in preparation for the coming of the Creator Daughter and Son (Mary Magdalene and Jesus). Upon Jesus and Mary achieving their full co-regency of our Local Universe of Nebadon early in our 1st century, they were enabled to have our System Sovereign and deputies arrested (Lucifer and Satan soul partner pairs). They also opened the healing spirit Mansion Worlds 3, 5 and 7, as well as the Celestial Heavens 1, 2 and 3, they also announced the availability of Divine Love, so as to pave the way for the arrival of the Avonal Pair on Earth in the 21st Century (now)!

SATANIA – System
Earth is #606 of 619 humanities.
Celestial Heavens Spheres



Upon death of our physical body, we all transition to the 1st Mansion World



no further assistance to perpetrate so-called black-magic. This spirit controlling assistance has been also blocked off from leaders all around the world with the consequence of enormous amounts of stupidity unfolding. We are to look for a better way and that is to live Feelings First.

On 31 January 2018, the Rebellion and Default has been formally ended. The outworking of the Rebellion and Default will take all of the coming 1,000 years being the Avonal Age. The Avonal Pair are yet to commence their public work as of December 2022.

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

To support the Avonal Pair there has needed to be a very large contingent of Celestial Spirits emerging from Earth's humanity. At the time of Jesus and Mary being on Earth, there were none!

When Mary lived in Egypt after Jesus' death, she tutored ladies, five of whom subsequently progressed through the healing spirit Mansion Worlds 3, 5 and 7 and then into the first of three Celestial Heavens. Others have followed and there now maybe 30 billion Celestial spirits all emanating from Earth. That is why it has taken these past 2,000 years to prepare for the Avonal Pair's arrival.

As milestones have been reached then events could unfold. On 22 March 2017 negative spirit influence from the spirit mind Mansion Worlds has been mostly stopped and this has been imposed by the Celestial Spirits.

Also under the terms and conditions of the Universal Contract governing the Rebellion and Default, until recently connectivity and interaction between Celestial Spirits and those in the physical on Earth was off limits. Those who now become aware of Feeling Healing and or the availability of Divine Love can now connect and interact with their Celestial Spirit guidance.

From the blocking of mischievous mind spirits on 22 March 2017, those who were being assisted with seemingly 'magical' or mysterious events, healing or otherwise, are now left to their own devices. There is now

Our physical parents, from our conception, endeavour to mould us into being ‘little me’s’, that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependent upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true Parents, our Heavenly Mother and Father.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents’ impositions and suppression.



The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.

Mary Magdalene, co-regent with Jesus, and soul partners.

This is how we are also to be, as adults!

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

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, John’s grandmother, 20 March 2018

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

Soul–Healing: What is it?

Our soul-healing is the expressing of every part of us we have denied. What this means is that as we've grown through our early development, starting at conception, if any part of us has been stopped from freely and truly expressing itself then it exists within us in a denial or negative state. And essentially that part of us is still waiting to be expressed. And our healing is the liberating of all these parts.

Our soul has a very specific life programmed within it. As I've said it's called (well anyway, it's what I call it) our Soul Light Print of Destiny. It has been created by the Mother and Father to bring itself – to express itself, you, into being, in Creation. The Mother and Father have given us all a unique personality. Our personality is the part of us that separates us from one another in Creation. And our soul is trying to express its personality in Creation. With every experience you have, no matter how small it is, in each moment, your soul is literally expressing more of you, the whole personality you are – all your parts – in Creation. With each heart beat, each breath, more of you is being expressed, more of you is living, more of you experiencing, and so more of you is in effect here, existing in Creation. And so there's continually more of you, you can get to know.

We can't fathom the depths of our soul. But one of the goals of our existence is that the Mother and Father want us to fully express all of our soul in Creation. This will take the whole of eternity to do, but what a great adventure it will be. Look how it is already starting off for you, living fully entrenched in an evil state of mind!

When we start our incarnation, the first objective of our soul is to get us up and running, expressing all the vital parts (attributes) of us (our personality) that will allow us to maximise learning and growing in truth from our experiences. As we experience and grow in the truth of that experience (as we're experiencing it), the experience generates a *light*, which goes back into our soul telling it that we are ready for the next part of our life – our next experience – and so it brings about our next moment. This feedback loop is continually bringing us into being. Our whole life is orchestrated by our soul, from within – even what seems to happen to us out of the blue and from outside of us is all occurring in answer to our soul's inherent patterns.

It is crucial in our formative years that we receive all the love, care and acceptance our soul – us – needs, so we can be welcomed into life allowing all of our emerging personality attributes to be freely expressed. If something makes us feel bad we need to be allowed to express that pain. We need to be allowed to cry and speak out about it as we grow – as our mind forms. We need to be able to say everything we feel we want to say. We want to grow into adults being freely able to express all our good and bad feelings. Because then we are whole and real people and will know how to live our lives in accordance with the needs of our soul and not being controlled by our minds. We will feel what we want to do, what our life is about, and do it believing and knowing that we can do anything we feel – anything that makes us feel good.

Life must be how you want it, and only you, not how someone else wants it. However, this is not how we've been parented. We've been made to suit what our parent's want thereby denying large parts of our own self-expression. To stop being how you want to be, and instead to make yourself be how your parents want you to be in any given situation, is major denial and has had serious traumatic effects on you.

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings), thereby also denying the truth of these experiences resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

When you feel: out of touch with your feelings, looking for answers, unfulfilled, unhappy; not happy about your life or yourself in any way, you are sensing and feeling these denied aspects of yourself. Your soul is crying out to you that things are not right and you need to do something about it. And that something is to choose to live and honour it and end the negative control your mind now has over you, thereby giving you back to yourself.

Why your soul simply doesn't step in and fix you is because once it begins to incarnate you, your personality in Creation is then beholden to exist within the Laws of Creation – these being the **Laws of Will**. What this means is once your will starts to manifest, right from the first moment, your soul has to do what it (your will) wants. So if your will is negatively influenced, if you are made to turn your will against yourself, then that is what your soul has to honour. (Of course your soul has all of this, your induction into your negative state, within its plan, but effectively on the will level this is what it's like.) And this is what has happened to us all. Our parents have negatively influenced our wills and we have grown up mistakenly believing (and unconscious of these beliefs) that we have to live this way using our wills to keep our negative mind state in control of us. And so to reverse this situation (and become conscious of what's really going on), and to bring our wills back into positivity, helping us grow and express ourselves in Creation, we need to do our healing. We need to identify all the dysfunctional parts of our will. We need to see how these aspects of us are denying ourselves; how we are living against and untrue to ourselves, and we need to see how this all happened in the first place; what happened to us: to our wills, to screw us up. This is seeing the whole truth of yourself, the truth of all your self-denial, the truth of your repressed childhood. And as we see the truth then we can bring these denied aspects of ourselves out into the open, and in doing so can decide if we still want to live with them going against us or not. And in our moment of deciding that we don't want to deny and hurt ourselves, knowing and seeing the whole of truth of why we are, we are healed. We are literally making our will come back and be loving of us and on our side; working with us, rather than against us.

Law of Will

Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad feeling is the signal that something within is wrong and needs attention. By honouring these bad feelings, accepting rather than ignoring them or pretending they are not there because we don't want them and don't want to feel bad, we are using them to lead us into the truth of where they are coming from and why. By expressing our bad feelings and longing to see the truth of them, they can lead us back into our early childhood, so we can see what happened between our parents and us that caused our self-denial. And gradually as we focus on and express all our bad feelings, we will see the whole truth of what's caused them and how we're using our will to keep the denial going. And we'll eventually see the whole truth of ourselves, all we've been made to deny during our childhood, and how we've been made to suppress our feeling-denial keeping it all repressed within us.

Law of Love

So, our soul-healing is the healing of our childhood repression by seeing the truth of it through the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you: reject, push away, dismiss, don't want to know about, is your mind's learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns. And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

EVERYTHING that is wrong with you in anyway is because of what you've been made to suffer and repress since your early childhood – EVERYTHING! And it all needs to be healed one day, either on Earth or in spirit. One day your soul will begin to pressurise you into addressing these inner problems. This usually is shown by things not happening in your life how you want them to be. This is your soul trying to send you messages telling you that you are going the wrong way. It is trying to make you feel bad, so you will eventually have to face your bad feelings. So you will have to stop what you are doing and pay attention to your feelings. If you keep running away from feeling

bad then you will only make things harder for yourself, and you'll feel worse. I'm sure you've experienced: feeling bad about something, being all knotted up about it, then speaking up and expressing all your bad feelings, to suddenly feel good, relieved and lighter, even declaring: 'What was so bad about it anyway' – this is an example of expressing your bad feelings. And can you see how much better it makes you feel?

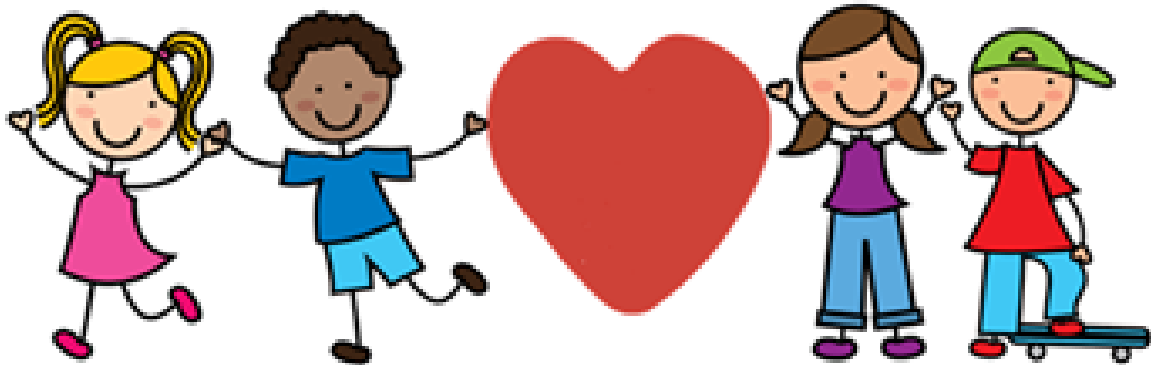
Introduction Course to Divine Love Spirituality by James Moncrief

Kindly visit www.pascashealth.com, then Library Download, scroll down to Medical – Spiritual References and click on to open:

 [Soul Light book 1 via James Moncrief.pdf](#)

 [Soul Light book 2 via James Moncrief.pdf](#)

WE ARE GOD'S CHILDREN



**'Love is a Waste of Time' FULL VIDEO SONG |
PK | Aamir Khan | Anushka Sharma | T-series**

<https://www.youtube.com/watch?v=jAmzBv3oq8M>

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



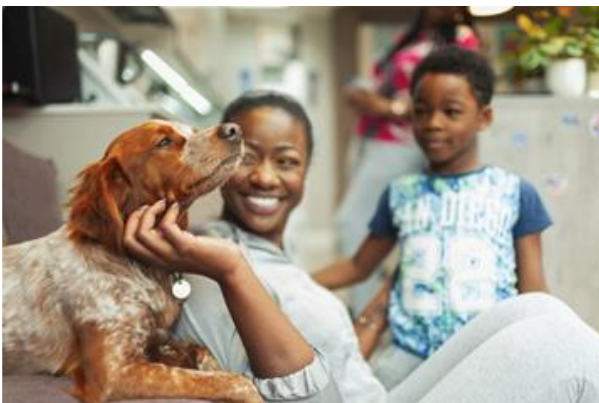
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ 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.

Love

LOVE in REBELLION

James Moncrief, 20 December 2022

We live in a spiritual Rebellion. Which means: we live against the Truth. And so being anti the truth of ourselves and ant the truth of our soul, where does love fit in?

We say we love each other; we say we feel a deep love for our children, parents, families – our partner, and yet are we perfectly happy, having perfectly loving relationships within these situations?

So many people say they love each other, they love their family more than anything else in the world, their family is everything, and yet they can hardly bear each other if pressure between them is applied, and then it's all hate – so where did all that love go?

Are we trained to believe we feel love, when really that love is not true love, it's something contrived by our minds? And how do we know if what we feel is love, is true love, when perhaps our mind and its beliefs are having a big say in our so-called love.

So in an anti-truth and so anti-love Spiritual Rebellion, how can we honestly say our love is true love.

So is there what might be called Mind-Love, as opposed to Truth-Love. Can we love based on living without Truth, or is that just mind-love, it being used in place of love based or founded on Truth?

We are meant to be of perfect Natural love, however being of the Rebellion and Default we're of imperfect Natural love. So the 'love' we feel for each other is imperfect Natural love. So again: if it's imperfect love, what really is it – what 'sort' of love is it?

Or, is it that love is love no matter what; and then you live denying truth, being of virtually no truth; or doing our Spiritual Healing to end being rebellious, and so being of a higher truth. Can we truly love when we are not true? And if we are not true, then what is the love we feel?

Doing our Spiritual Healing allows us to become true to how untrue and unloving we are. We stop using our mind to pretend we're loving, when we are not loving. We accept how unloved we feel, and how unloving we are. We end all the pretence, the falseness, and we live honouring truly our relationships, so if there is no real love, then that is how it is for us, instead of trying to believe otherwise.

It's very hard accepting the truth of how unloving you might actually be, however what do you want to do – keep living a lie of false love?

And then we can long to God for God's Divine Love ...



Love through Possession. Or, possessive love.

We're untrue to ourselves, we're false, we're denying ourselves true love, because we're not true.

Our love is conditional love, not unconditional love.

Conditional love comes because we feel powerless, we don't feel we're in control; our mind can believe we're in control as we fight to get what we want, but deeper within us, none of us feel truly in control, because we're all living rebelliously against ourselves.

We grow up in a family that is built upon satisfying the possessive power needs of everyone involved. As children we are made to give our parents the power and control they feel deprived of by their parents. We grow up into adults having learnt our place of power and control in our family, asserting our power and control over our children. The cycle repeating itself.

Feeling so powerless because we're not truly loved, because our parents are untrue, means we find ways to gain the power we've lost; and when we do, we feel good and call that love. When we feel good and powerful in our unloving and powerless rebelliousness, we feel love. And we have to fight to hang onto that love. So it is love by condition. We possess whatever it is, making it 'ours' and so believing we have gained power and control, therefore we love it. It's MY baby, I own it, it's my possession, I will make it be as I want it to be.

I love my mother and father because they allow me some power and control in the family – I hate them if they don't. I love my brother and sister because I have my power and control in my relationships with them, and if they don't, I hate them. I am a drug addict because I have that power and control the drugs give me, all because I feel so powerless and unloved. I believe I am then loved, but it's all false love, and very sad, because the truth is: I am a drug addict because I don't feel loved, my parents and family didn't love me as I really needed to be loved, despite all the false love they said they loved me with. And it is false love, because if I felt truly loved, I'd not need to be 'loved' by the drugs (and that drug could be just chocolate!).

I love by possessing what or whomever it is, because I need to have my level of control over them. I "love them so much" because I have so much false power and false control. But it's all a delusion. The tragedy happens and I'm stripped of that power and control, and then the truth of how really powerless and unloved I feel comes up. If I really felt truly loved and with my own natural and true power, I'd be able to deal with such a tragedy; and it wouldn't happen anyway. The really bad things, any bad thing, only happens to us to help us see the deeper underlying truth of how false and pretentious we are, how we're living a delusional fantasy of feeling loved and being loving.

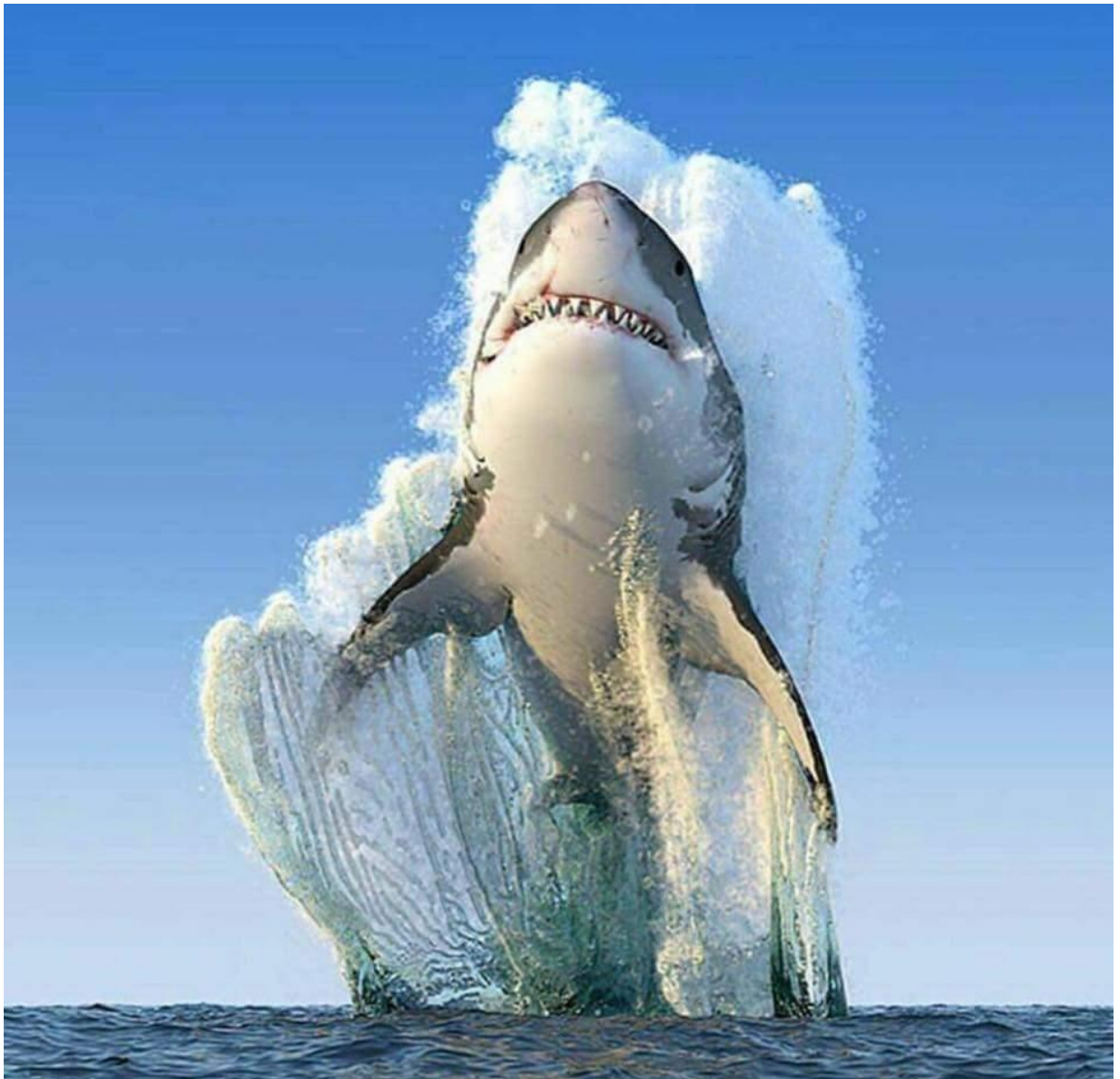
To be ruthlessly honest with yourself is to allow yourself to feel how unloved and so powerless and out of control you really are. To want to give up all false love, all possessive love.



Wonders of nature and natural love:
Mouth breeding fish to smart kitty!



Nature showing off! Incredible breaching display of a great white shark.



Like mother, like daughter – like father, like son!

Seven-week-old leopard cub nuzzling mother at the Jao reserve in the Okavango Delta in Botswana. Young leopards learn to hunt from their mother and become ready for the independent life at the age of 2 years.



Natural love prevails where feelings are allowed to shine. Conflict and error prevails where the mind rules without the truth, love and guidance of our feelings which are our soul based feelings.



All a child needs is to be able to freely express its true self, to be heard and loved by its carers.
A child needs nothing more.



Australian Lorikeets preening each other, natural love being expressed without suppression and conditions. This is spontaneous expression of each one's feelings.



The wondrous wisdom of a child is their free expression of their feelings, their soul based feelings which are always of truth and love. Once we realise that we each are fully self-contained, then the suppression and denial of our feelings as we each are taught to do so by our parents throughout our childhood forming years, from conception to age six years, will be regretted and rejected as a gross injustice upon humanity.



This is how we love our planet and nature:





SUPER TRAWLER
NETS ARE BIG ENOUGH TO HOLD 13 JUMBO JETS

No super trawlers. Not here. Not anywhere.

GREENPEACE

FISHLESS OCEANS BY 2048

ANNELIES ILENA

THIS MONSTER BOAT CAN CATCH 400 000 KGs OF A DAY

THAT'S THE WEIGHT OF 54 X





And our love for others:

This is Earth's humanity in 2022 worshipping their minds, unaware that being mind-centric we are unable to discern truth from falsehood, we are addicted to untruth, and while we are controlled by our minds we seek to control others as well as the environment. Being in Rebellion and of the Rebellion we do not know what love is in any of its forms! While we live mind centric totally closed to our feelings of truth and love from our soul we are capable of heinous oppression of others – which we continually demonstrate and impose upon people and nature all over the world!

**The Golden rule is: Never interfere with another's will.
One must always honour another's will as one honours one's own.**



And this is nature's love for us:

EVERYTHING that has LIFE has a NATURAL INTELLIGENCE – EVERYTHING!

As we heal ourselves of our personal Rebellion and Default, our childhood suppression and repression, we will become progressively more and more open and interacting with all of nature. Our nature spirits will begin to make themselves known and interactive. We will find that through them we can communicate with anything of nature.

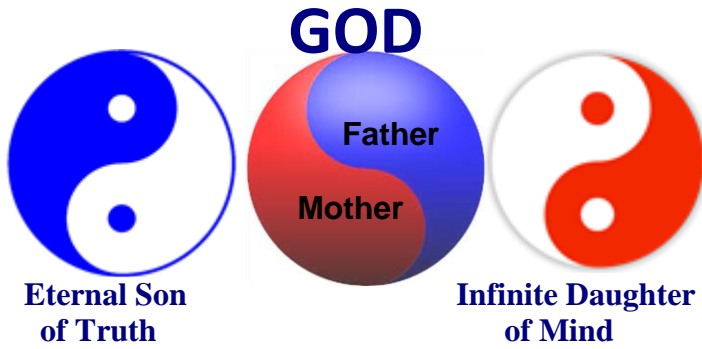
This week CNN released a photo taken by the photographer Anil Prabhakar in the forest in Indonesia. The image showed: An orangutan, currently under threat of extinction in Indonesia, stretched out his hand to help a geologist who fell into a mud pool during his search. When the photographer uploaded the photo, he wrote this as a caption:

“In a time when the concept of humanity dies, animals lead us to the principles of humanity.”

20 September 2021



CREATION of SOUL and SPIRIT:



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



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

Feeling Pathway

Mind Pathway



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

Soul Partners

Angel



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

Spirit Person

Nature Spirit



Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.

LEARNING for ETERNITY:

The journey that we are on and the life we are to live is a never ending adventure of learning.

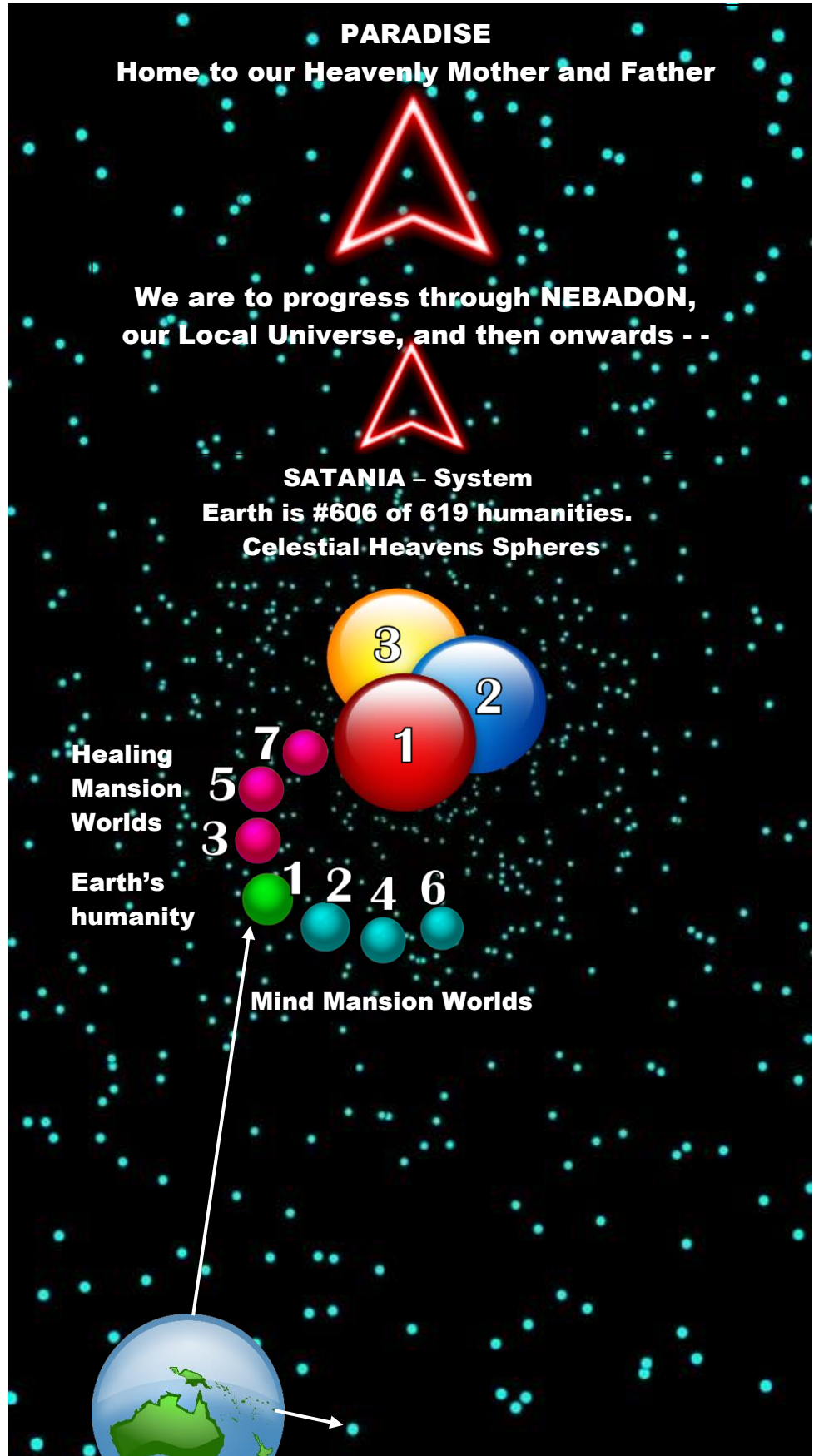
We may gaze at the stars in wonder for they are homes to our neighbouring humanities. While we live through and worship our minds then we will stagnate. This time in history is the Great U-Turn.

We will now embrace our soul-based feelings, the truth within us, and have our minds follow. Not the other way as it has been throughout the Rebellion and Default with the mind suppressing our feelings and we being in denial of our condition.

Through our feelings we will put aside the limitations and barriers that our mind restricts us to. We will discover the wonder of ourselves and our amazing potential. We will recognise that females and males are equal and are truly partners in all we do.

We will discover that one soul manifests TWO personalities, one female and one male, and that our true partner is our other half of our soul!

We will become free!





I am my SOUL!

I am not my body!

I am not my mind!

Ten ducks in a row, but one always misleading or misled!



**Consider asking yourself this question:
Who hurt me when I was a child?**

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.

Before we are conceived, we have had nothing to do with the culture or heritage into which we are about to be born.

Conception is individualisation of our unique personality!

Then our parents and carers infuse us with their errors and injuries!

We perpetrate their erroneous ways!

It's all about
Experiences
 &
FEELINGS

John the
Typist



**BE FEELINGS
EXPRESSIVE!**

There is only one

TRUTH

There is only one

DIS-EASE

There is only one

PATHWAY



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



My individual "Rebellion and Default" is my overarching virus!

The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it.

Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – **BECAUSE WE DON'T FEEL LOVED.**

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person.**

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. **ILLNESS IS OUR FRIEND.** It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

EVERYTHING that happens to us does so to help us live one of two ways. **So we will 'get a virus' to help us go further into our truth-denial; or we will get one to help us come out of it.**

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and **we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won't get sick. There is NO OTHER REASON why we get sick!**

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all 'infected' with.**

Enters emotionally - is to leave emotionally!

*We are to express our feelings,
both good and bad, emotionally!*

Freedom Is Truth

Before being conceived, we each have had nothing to do with the culture or heritage of the family and its people into which we are now born.

After we pass over into our spirit lives, we each will have little or nothing further to do with the culture or heritage of our family that we lived with on Earth.

We each are one of many voices within our communities.

We are to embrace our experiences and limitations of our family upbringing which our soul has desired for us to have. We are spirit personalities having a physical experience and this physical life here on Earth is the commencement of our incredible journey which will take us through many universes.

We are not to accept the limitations, the psychic barriers of our family, nor those of our national culture and its ethos. The people of a community, a region, a state, a nation respond to and reflect a common set of values, customs and culture, which is passed down through the generations, this is a psychic imposition or barrier that inhibits evolution, our true self expression and our growth in potential and personality.

Now, it is this time in history that, individually, we each are to free ourselves of the Rebellion and Default that has been imposed upon us by hidden controllers, both of those from within the spirit worlds and of their defacto agents here in the physical.

We now have the option to embrace and enjoy the freeing truths that our soul can and will expose to us – we are fully self-contained. We are to look within, to our feelings, and to long for, to ask for the truth that our feelings will exquisitely and amazingly reveal to each of us.

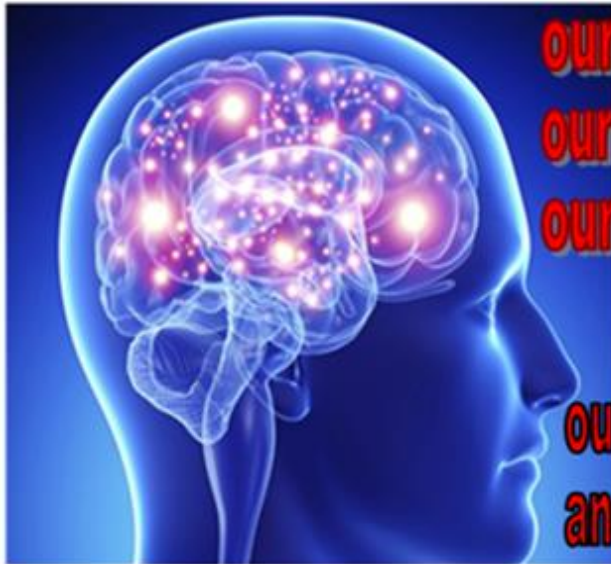
The wonders of intuitiveness and spontaneity are ours to behold, experience and enjoy – this is of our choosing. We can continue living a limiting mind-centric life or embrace living Feelings First – The New Way – with its infinite potential. The gateway is now open and the pathway is defined.

This we are to share with all of humanity as we are Freedom's voice.

MoC 904

ONE SECOND TO MIDNIGHT





**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.**

ASSUMPTIONS *and the* **MIND**

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.

These platforms need to be revisited and addressed. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

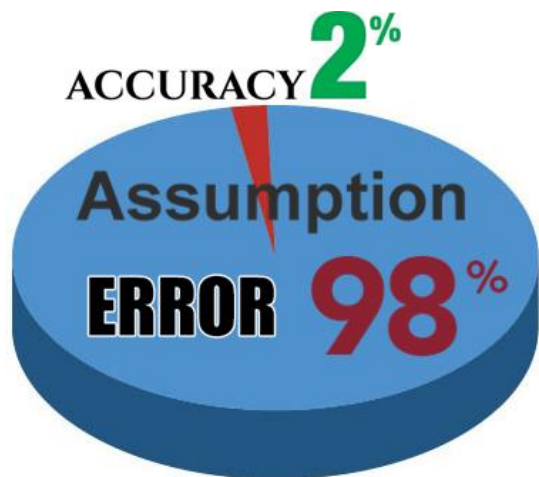
The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.

Suppression of feelings being the core cause!

Suppression & Repression = Universal Depression



I Think

...



We frequently find ourselves in a conversation that starts with “I think ...” and we automatically cringe not understanding why we do so.

“I think ...” is our addiction to being controlled by our minds and of suppressing our feelings, our soul based feelings that are always in truth and it is our feelings that we are to embrace and have our minds to follow in support, not how it is for all of us presently.

“I think ...” is innately telling us that what we are about to listen to is what that person’s control and error addicted mind is going to impose upon us and that the conversation will be a pointless endeavour to shift that person to some level of truth and away from control of others.



“I think ...” is the imposition of an assumption or multiple assumptions in keeping each of us submitted to the repression that has been imposed upon us throughout our childhood forming years. This is all about our capitulation to the Rebellion and Default. We can all recall our parents frequently asking us what do we think! The question is to be **“What do you FEEL?”** When you ask that question of a person, their response is instantaneous and it is their soul’s truth emerging – not our mind’s 98% in error assumptions that are tiresome and debilitating to say the least.

~~“I think...”~~

Following our healing and then ascension through our local universe of Nebadon, before leaving Nebadon we return our mind to the Divine Minister and embrace the mind of the Infinite Daughter, the God of Mind. The mind of the Infinite Daughter enables us to progress to Paradise, the home of our Heavenly Mother and Father. The Eternal Son is the God of Truth. The Divine Minister is of the mind whereas Mary and Jesus are of the truth for our local universe of Nebadon.

When we embrace how to use our minds in the appropriate manner, then we will find our minds being wonderful. Our lives are all about experiences and what arises from our feelings about each experience. This is all in preparation for when we achieve our ultimate status as a Finaliter which occurs when we arrive in Paradise. Then we will be well prepared for the ongoing assignments throughout the outer universes now forming.

IT'S ALL ABOUT
Experiences
&
feelings

What do you FEEL?

Assumption + I Think ...



98% of assumptions are in error, the other 2% are flukes.

The best investigation reveals a 96% error rate only!

It is not generally understood that our minds are addicted to untruth. Once we recognise this then much becomes obvious.

No wonder we may cringe when someone starts a conversation with "I think ..."



Judge: Son, what were you thinking?

Son: Well Judge, that was the problem.

I was thinking just like mum and dad taught me, but now I know my mind cannot discern truth from untruth, is addicted to untruth and control over others! Our mind is not our moral compass.

Our moral compass is our feelings!

MORAL COMPASS

Our 'gut feelings' are our soul promptings of truth and love!



How do you feel about this ... ?

Should we start by asking; “what do you feel about this ... ?” then we go straight to our mind and start intellectualising a response. However, by asking; “how do you feel about this ... ?” then we might pause and reflect upon our feelings and even consider our feelings.

There are two very distinct ways of living. Firstly, we all have been guided, taught, coerced and directed to live mind-centric. ‘Use your brain Mary / Johnny’ has been hammered into each us. We have been literally brought up to worship our mind / brain.

Well folks, let us consider this! When we die we lose nothing of our intelligence and memory. When we are dead we are more alive than ever! Yes, we may lose a lot of weight but our faculties, senses, feelings, memory and intelligence continues with us, all in perfect working order. Our brain is nothing more than a dumb computer terminal, it is an interface between our physical self and our spirit body mind which in turn is an interface to our soul which is the source of all that we are and is our being.

Thousands of years ago, a couple of ‘bright sparks’ prompted us, being Earth’s humanity, to embrace our minds as being all powerful and the pathway for us to becoming mini-gods. And we see around us those who act and appear to believe that they are already ‘mini-gods’!

Our parents from the very moment of our conception start to impose their will upon us, even though they are mostly unaware that we are commencing to form. All through our gestation period in the womb we are absorbing the emotional injuries and errors of belief of our parents and those close by in our family circle. We are already being conditioned to live mind-centric, to embrace our mind and to suppress our feelings.

So, what is so brilliant about our minds? Our mind cannot discern truth from falsehood. It does not know innately what is right or wrong and it cannot discern what is best for us and what is not. It cannot make the right choice. And this is how we are indoctrinated to live by our parents. Further, our mind is addicted to untruth – so now you can see why we mostly get it all wrong. So that no one misses out on our adopted pathway of chaos and disaster, our mind is a control addict! We impose our will upon all others all the time. Look at what is continually being put to us by everyone and everything all the time!

Then our educators continue with the same impost, our religious and spiritual instructors do the same, then our employers, and to cap it all off, the multiple layers of government impose their ‘LAWS’.

YOUR BRAIN IS A SUPERCOMPUTER

Update its software:

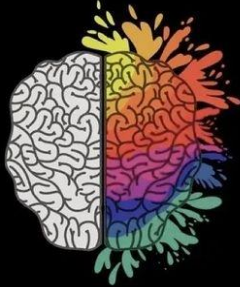
- Books
- Podcasts
- Experience

Protect its battery:

- 8 hours sleep
- Connect with nature
- Technology detox

Clean its hard drive:

- Meditate
- Journal
- Self-talk





Assumptions are the product of the mind, so how does that make you feel? When someone starts a conversation with; 'I think!' then you know they are going to discuss an assumption or a series of assumptions. Kindly observe your own assumptions. The error rate is about 98% with 2% only being flukes. When we act upon an assumption we invariably have to backtrack and rework what we have done. Look at research papers. When you start to count the number of 'assumptions' that the research is based on then it will end up being a disaster. Mostly the number of 'assumptions' will tally up well into the double digits and they call it 'research'.

Now that you can consider that our minds are addicted to untruth and that assumptions are generally 98% in error, then you are allowed to consider that all institutionalised systems are not just flawed, they are grossly in error, they are subjecting us to suppression and control and that all that we have accepted and embraced has been of great harm to us, continually for many thousands of years. You may also consider that we are continually to 'look up there' when we are to look somewhere else to discover the truth of what we are being deceived about. There is nothing that we will not need to dismantle and then rebuild on truthful foundations. NOTHING!

Ten ducks in a row, but one always misleading or misled!



PSYCHIC BARRIERS

May we consider this as a starting point in approaching any country around our world please?

We cannot assume that our past experiences are a predictor of what is the environment of the culture of any nation. The diversity is amazing if not mind bendingly complex. People present a persona that is typically welcoming when underneath it is entirely something else.

First to be considered is that we are the product of our parents. We present a persona that is instilled into us by our parents, and in turn their parents and so it goes on back through many generations. Thus, the people of a nation are a reflection of inherited customs and social injuries that have dominated their histories for maybe thousands of years. There has been little evolutionary growth for thousands of years even though technology has advanced at a pace that is incredible. The people are still emotionally and culturally reflecting their heritage back many generations.

Thus the issues of nations with their neighbours repeat themselves cyclically.

What can be perceived from exploring this are the psychic barriers that represent the people of a particular nation.

Then the same in-depth review should be considered for each of the major provinces / states, the major cities and the rural populations.

From this starting point the foundations for addressing the major issues can be understood.

Education that is open and free for all is where the pathway forward can only commence. Free education means that it is a no cost or very little cost at all levels. Free for all means that girls and women are treated equally and provided for all as it is for boys and men. Free from institutionalised norms and governmental dictates is most important.

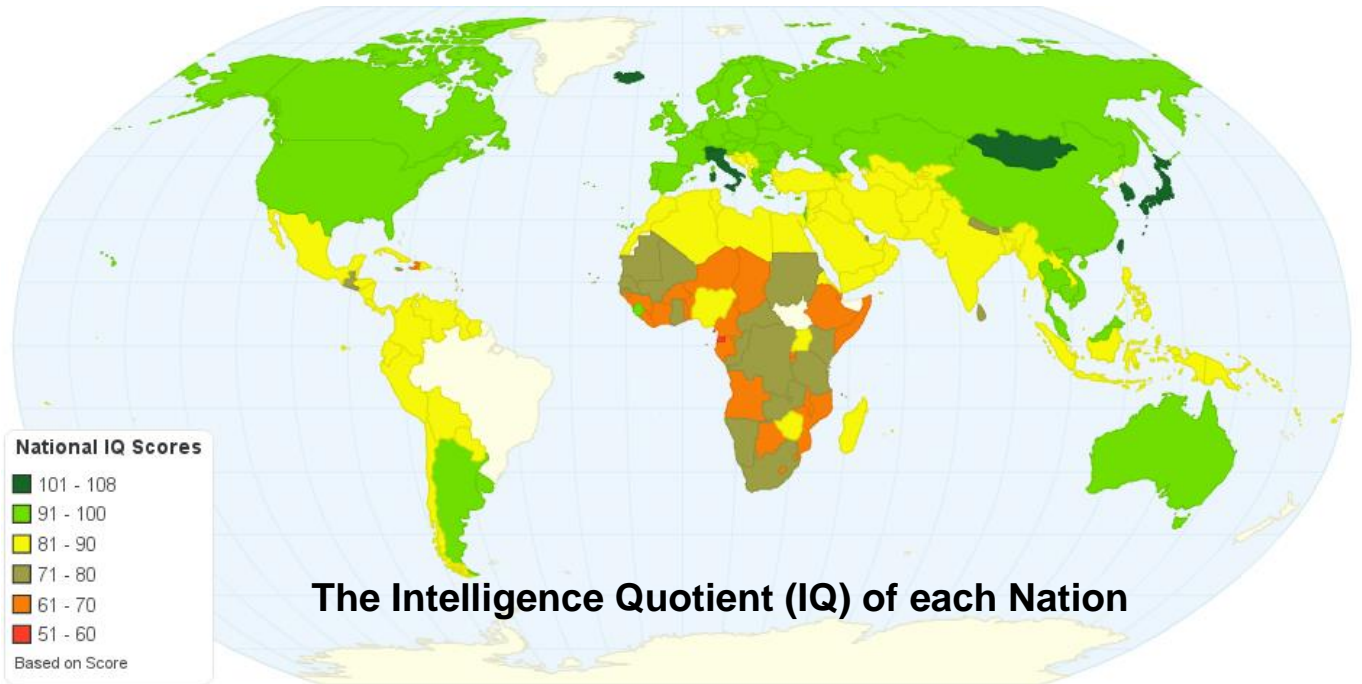
It is necessary to address the norms, the suspicions, the psychic barriers in a way that the customs are honoured and respected, however the restrictions and limitations are reset into a progressive light.

What has been held as the foundation of a communities beliefs and customs can go back in time for many tens of thousands of years. The issues need to be clearly identified and worked through constructively.

No information or teachings that have been handed down for even a hundred years is not subject to error in its delivery. Copyists have imposed their interpretations. Translators have contaminated the interpretation. Political interference is frequent. And verbal passing on of teachings is just not possible to be accurate. The writings of the New Testament of the Bible have now been corrected. The Catholic Church has achieved one thing only that is accurate – its name!

Our minds are unable to determine truth from falsehood, our minds are addicted to untruth, our minds are addicted to control. When we review generational customs and norms we see this being the overarching structure of such teachings. Assumptions are generated by our minds. The error rate of assumptions is 98% with the other 2% being flukes. You find assumptions permeating all such teachings. When we start a conversation with “I think”, we are basing our intended conversation on an assumption – we go on and waste the time of our listeners as well as misguiding and confusing everyone. Our minds win by controlling us through this process that goes on without question many times every day.

National IQ Scores



This chart shows the IQ Scores by Country.

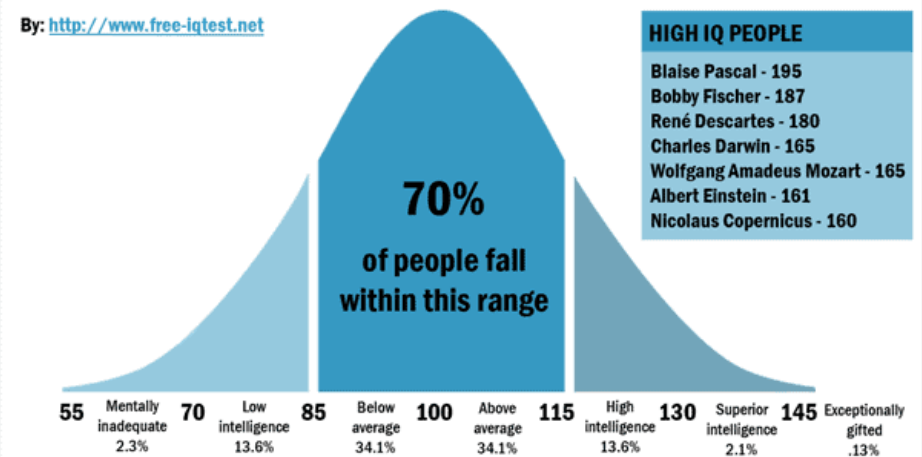
An intelligence quotient (IQ) is a score derived from one of several standardised tests designed to assess human intelligence. The abbreviation "IQ" was coined by the psychologist William Stern for the German term Intelligenzquotient, his term for a scoring method for intelligence tests he advocated in a 1912 book. When current IQ tests are developed, the median raw score of the norming sample is defined as IQ 100 and scores each standard deviation (SD) up or down are defined as 15 IQ points greater or less, although this was not always so historically. By this definition, approximately two-thirds of the population scores between IQ 85 and IQ 115. About 5% of the population scores above 125, and 5% below 75.

IQ score are used for educational placement, assessment of intellectual disability, and evaluating job applicants. Even when students improve their scores on standardised tests, they don't always improve their cognitive abilities, such as memory, attention and speed. In research contexts they have been studied as predictors of job performance, and income. They are also used to study distributions of psychometric intelligence in populations and the correlations between it and other variables.

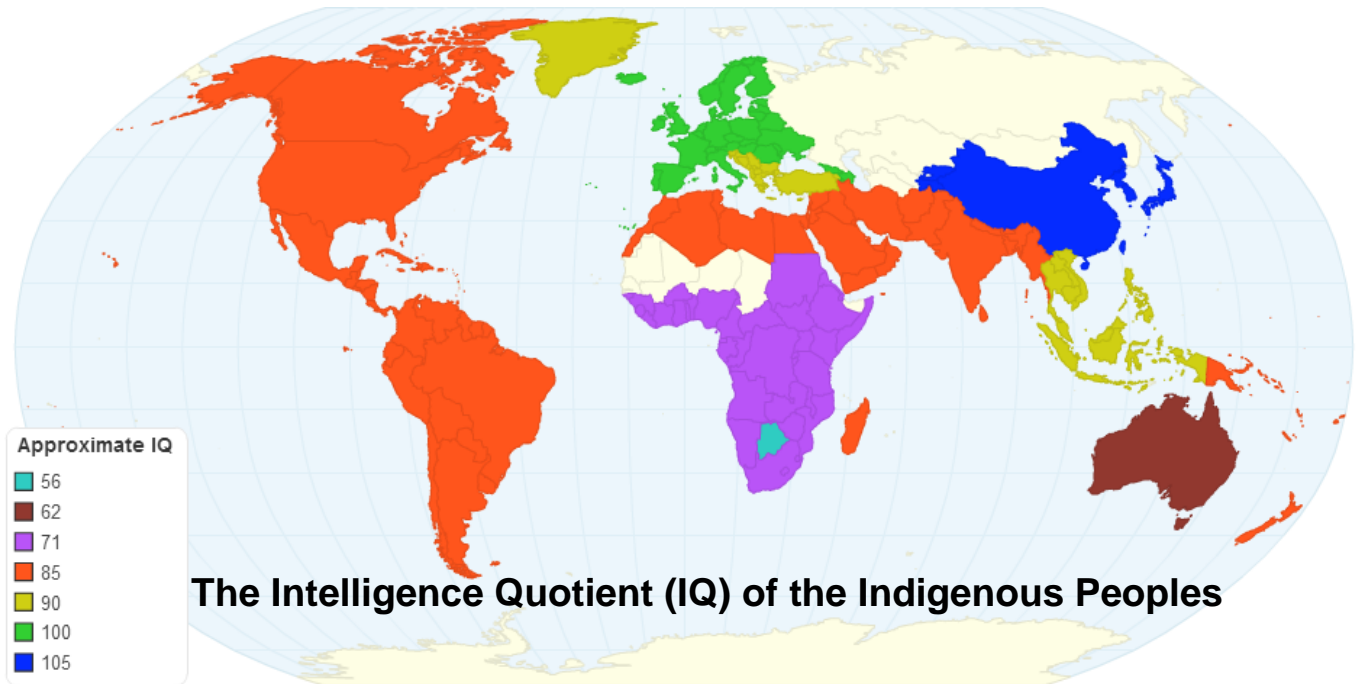
Raw scores on IQ tests for many populations have been rising at an average rate that scales to three IQ points per decade since the early 20th century, a phenomenon called the Flynn effect. Investigation of different patterns of increases in subtest scores can also inform current research on human intelligence.

The IQ Test Score Bell Curve

By: <http://www.free-iqtest.net>



National Indigenous People's Psychic Barriers are different from the overall population



“First Nations people have a wonderful metaphysical understanding of intelligence. The soul, mind and body are all connected.”

Native Intelligence

<https://www.smithsonianmag.com/history/native-intelligence-109314481/>

The Indians of United States America who first feasted with the English colonists were far more sophisticated than you were taught in school. But that wasn't enough to save them.

Ten thousand years ago, when Indians in Mesoamerica and Peru were inventing agriculture and coalescing into villages, New England (USA) was barely inhabited, for the excellent reason that it had been covered until relatively recently by an ice sheet a mile thick. As the sheet retreated, people slowly moved in, though the area long remained cold and uninviting, especially along the coastline. Because rising sea levels continually flooded the shore, marshy Cape Cod did not fully lock into its contemporary configuration until about 1000 BC. By that time the Dawnland had evolved into something more attractive: an ecological crazy quilt of wet maple forests, shellfish-studded tidal estuaries, thick highland woods, mossy bogs of cranberries and orchids, complex snarls of sandbars and beachfront, and fire-swept stands of pitch pine—“tremendous variety even within the compass of a few miles,” in the phrase of ecological historian William Cronon.

New England is a northeastern region of the United States comprising the states of Maine, Vermont, New Hampshire, Massachusetts, Connecticut and Rhode Island.

By the end of the first millennium A.D., agriculture was spreading rapidly and the region was becoming a patchwork of communities, each with its preferred terrain, way of subsistence and cultural style. Scattered about the many lakes, ponds and swamps of the cold uplands were small, mobile groups of hunters and gatherers.

Most had recently adopted agriculture or were soon to do so, but cultivated crops were still a secondary



source of food, a supplement to the wild products of the land. New England's major river valleys, by contrast, held large, permanent villages, many nestled in constellations of suburban hamlets and hunting camps. Because extensive fields of maize, beans and squash surrounded every home, these settlements sprawled along the Connecticut, Charles and other river valleys for miles, one town bumping up against the other. Along the coast, where Tisquantum and Massasoit lived, villages tended to be smaller and looser, though no less permanent.

Unlike the upland hunters, the Indians on the rivers and coastline did not roam the land; most shoreline families would move a 15-minute walk inland, to avoid direct exposure to winter storms and tides. Each village had its own distinct mix of farming and foraging—one adjacent to a rich oyster bed might plant maize purely for variety, whereas a village just a few miles away might subsist almost entirely on its harvest, filling great underground storage pits each fall. Each community was constantly “joining and splitting like quicksilver in a fluid pattern within its bounds,” wrote Kathleen J. Bragdon, an anthropologist at the College of William and Mary. Such settlements, she remarked, have “no name in the archaeological or anthropological literature.”

“Sweet, Toothsome, and Hearty”

In the Wampanoag confederation, one of these quicksilver communities was Patuxet, where Tisquantum was born at the end of the 16th century. Tucked into the great sweep of Cape Cod Bay, Patuxet sat on a low rise above a small harbour, jigsawed by sandbars and so shallow that children could walk from the beach hundreds of yards into the water before it reached their heads. To the west, maize hills marched across the sandy hillocks in parallel rows. Beyond the fields, a mile or more away from the sea, rose a forest of oak, chestnut and hickory, open and park-like, the underbrush kept down by expert annual burning. “Pleasant of air and prospect,” as one English visitor described the area, Patuxet had “much plenty both of fish and fowl every day in the year.” Runs of spawning Atlantic salmon, shortnose sturgeon, striped bass and American shad filled the harbour. But the most important fish harvest came in late spring, when the herring-like alewives swarmed the fast, shallow stream that cut through the village.

Tisquantum's childhood *wetu* (home) was formed from arched poles lashed together into a dome covered in winter by tightly woven rush mats and in summer by thin sheets of chestnut bark. A fire burned constantly in the centre, the smoke venting through a hole in the roof. The *wetu*'s multiple layers of mats, which trapped insulating layers of air, were “warmer than our English houses,” sighed the colonist William Wood. It was also less leaky than the typical English wattle-and-daub house. Wood did not conceal his admiration for the way Indian mats “deny entrance to any drop of rain, though it come both fierce and long.”

Around the edge of the house were low beds, sometimes wide enough for a whole family to sprawl on together; they were usually raised about a foot from the floor, platform-style, and piled with mats and furs. Going to sleep in the firelight, young Tisquantum would have stared up at shadows of hemp bags and bark boxes hanging from the rafters. Voices would skirl up in the darkness: one person singing a lullaby, then another person, until everyone was asleep. In the morning, when he woke, big, egg-shaped pots of corn-and-bean mash would be on the fire, simmering with meat, vegetables or dried fish to make a slow-cooked dinner stew. Outside, he would hear the thuds of the large mortars and pestles in which women crushed dried maize into *nokake*, a flour-like powder “so sweet, toothsome, and hearty,” colonist Gookin marvelled, “that an Indian will travel many days with no other but this meal.” According to one modern reconstruction, Dawnland diets at the time averaged about 2,500 calories a day, a higher level than those in famine-racked Europe.

Pilgrim writers universally reported that Wampanoag families were close and loving—more so than English families, some thought. Europeans in those days tended to view children as moving straight from infancy to adulthood around the age of 7 and often thereupon sent them out to work. Indian parents, by

contrast, regarded the years before puberty as a time of playful development, and they kept their offspring close by until they married. Boys like Tisquantum explored the countryside, swam in the ponds at the south end of the harbour, and played a kind of soccer with a small leather ball; in summer and fall they camped out in huts in the fields, weeding the maize and chasing away birds. Archery began at age 2. By adolescence, boys would make a game of shooting at each other and dodging the arrows.

The primary goal of Dawnland education was moulding character. Men and women were expected to be brave, hardy, honest and uncomplaining. Chatterboxes and gossips were frowned upon. “He that speaks seldom and opportunely, being as good as his word, is the only man they love,” Wood reported. When Indian boys came of age, they spent an entire winter alone in the forest, equipped only with a bow, hatchet and knife. These methods worked, Wood added. “Beat them, whip them, pinch them, punch them, if [the Indians] resolve not to flinch for it, they will not.”

Tisquantum’s regimen was probably even more rigorous than that of his friends, according to Smith College’s Salisbury, for it seems that he was selected to become a *pniese*, a kind of counsellor-bodyguard to the sachem. To master the art of ignoring pain, prospective *pniese* had to subject themselves to such experiences as running barelegged through brambles. And they fasted often, to learn self-discipline. After spending their winter in the woods, *pniese* candidates came back to an additional test: drinking bitter gentian juice until they vomited, repeating this process over and over.

Patuxet, like its neighbouring settlements, was governed by a sachem who enforced laws, negotiated treaties, controlled foreign contacts, collected tribute, declared war, provided for widows and orphans, and allocated farmland. The Patuxet sachem owed fealty to the great sachem in the Wampanoag village to the southwest, and through him to the sachems of the allied confederations of the Nauset in Cape Cod and the Massachusetts around Boston. Meanwhile, the Wampanoag were rivals and enemies of the Narragansett and Pequots to the west and the Abenaki to the north.

Sixteenth-century New England was home to 100,000 Native people or more, a figure that was slowly increasing. Most of them lived in shoreline communities, where rising numbers were beginning to change agriculture from an option to a necessity. These larger settlements required more centralised administration; natural resources like good land and spawning streams, though not scarce, needed to be managed. In consequence, boundaries between groups were becoming more formal. Sachems, given more power and more to defend, pushed against each other harder. Political tensions were constant. Coastal and riverine New England, according to the archaeologist and ethnohistorian Peter Thomas, was “an ever-changing collage of personalities, alliances, plots, raids and encounters which involved every Indian [settlement].”

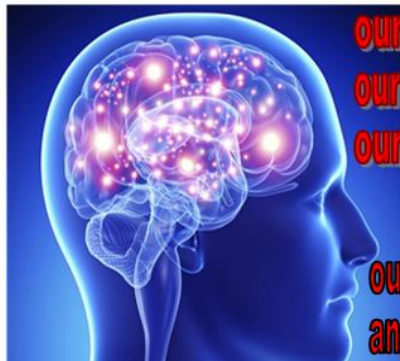
THE NEW WAY

Even President John F Kennedy’s recognition of the education and life style of Amazonian natives, it is clear that mind centricity has caused those who live almost exclusively that way to not appreciate the wisdom, culture and truth of native peoples all around the world.

What is now to unfold worldwide is a New Way, The New Way of living and that is Feelings First.

As we do so we will find little need for much of the trappings that we each hoard around us, the fear of loss will abate then go. We will find that our education systems are mind imprisonments with little or no personal connectivity with and for each other. The social media platforms of the internet amply this malaise. All mind centric systems will be dismantled and the New Way will unfold throughout.

A Nation's Persona! National Psychic Barrier



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!

Consider this! For generations, parents have coerced their children to 'develop their minds', to embrace their minds in every aspect of their living, to reject their feelings at all times, to literally worship their minds to the detriment of their feelings.

This is also the mantra of the nation's education system.

The world is now experiencing the product of this ideology. They are seeing a nation of people demonstrating an ego and arrogance that is a combination of the "dark" traits of narcissism, psychopathy, and aggression. This arrogance is essentially believing that they are better, smarter, or more important than other people. They are being superior, overbearing, self-entitled, and presumptuous.

They are closed off to considering they could be wrong. Closed-mindedness and stubbornness mean many arrogant people won't negotiate or back down. In their mind, your options are to accept what they say or suffer the consequences.

Arrogant people lack the skill of self-awareness to objectively question or evaluate their own qualities, actions, and feelings. Without the ability to truly see themselves, they find it difficult to change unhealthy or destructive behaviour.

Compassion and understanding can be seen as weaknesses of an arrogant person. That's because displaying these characteristics actually takes incredible inner strength which arrogant people struggle with.

They remain imprisoned in their mind centricity until they open to their feelings, their soul-based feelings that are always in truth. Until they do so, their national social issues will slowly destroy their society and civilisation.

The situation is leading to civil tension and potential internal conflict. Their health system is lacking, the education curriculum is restricting student development, and the nation is disillusioned with its own self-importance. However, for those who open to their feelings, their future will be incredible.



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

all we need is WITHIN.
our MIND suppresses FEELINGS.

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915



EARTH'S HUMANITY 2022

Our children are expressions of love ... until we suppress their true personality and with it their expression of love ... we degrade our children's level of consciousness to that of our own, they become little ME's, they absorb our emotional injuries and errors of belief and we lock them into a life that is a full reflection of our unconsciousness.

How could this be so?

Every year there are around 130 million live births. Every year there are around 45 million miscarriages, it takes two to bring about a conception and on the 16th day thereafter the heart starts pumping and we have a child that is fully incarnated. The embryo is always perfect. It is our emotional injuries flooding upon the newly forming child that overwhelms its ability to survive through to childbirth – it miscarries never to experience a physical existence.

Further, there are around 45 million abortions each year. As two people are involved, that represents two out of three people born that then go on to abort a child. That is a further demonstration of love – the lack of it.

There are 60 million girl babies missing in China. In birthing suites there have been buckets of water to address the arrival of a girl child. In India there are also 60 million girl babies missing – demonstrations of lack of love.

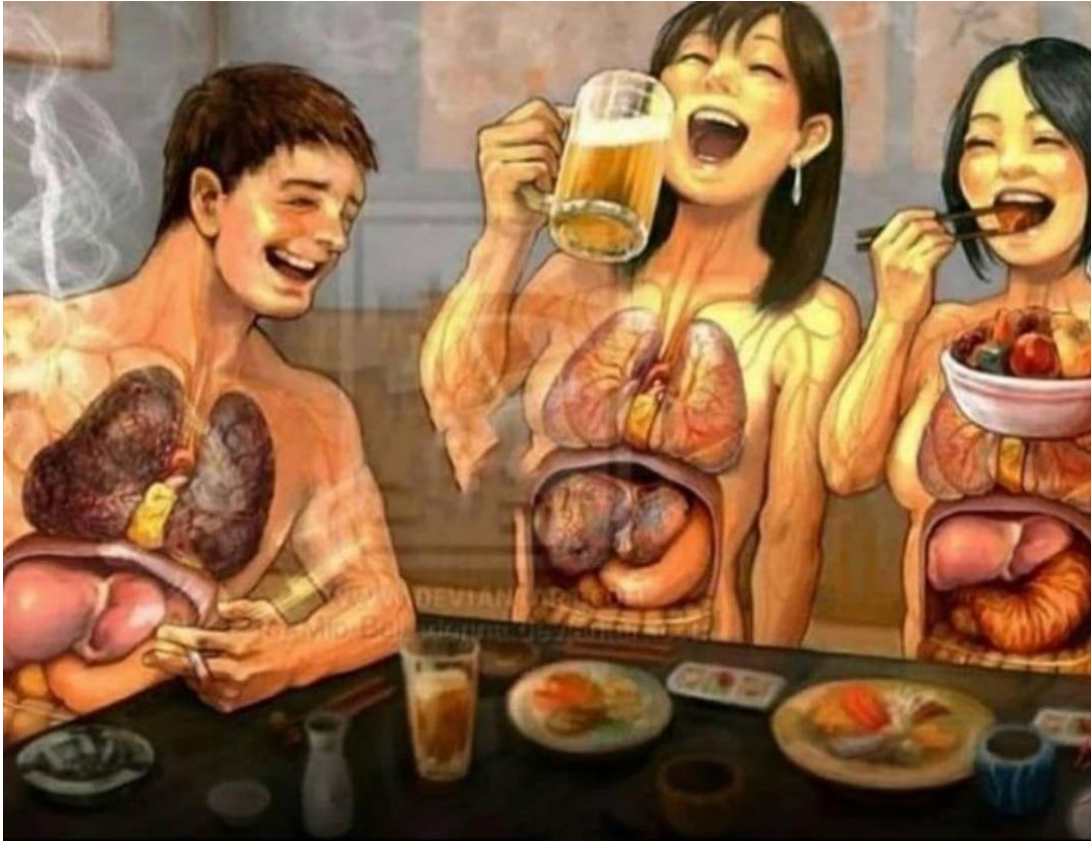
About 7,000,000 children are sexually abused every year in the Philippines (population 113 million). Frequently it is the Filipino children being raped by their fathers or uncles. These men usually are 30 to 40 year old, and do not have a stable job. The scenario in Indonesia (population 280 million) and India (population 1.4 billion) are similar – as it is in a lot of countries.

This is as difficult to write as it is to read – there is no need to add to this.

NOW, we have the way to heal ourselves of this generational malaise and begin to bring our children into a world of love, support and freedom.

Please join with us and let us all hold hands and begin as small communities to embrace the grace and wisdom that has now been shared with us all so that the end of the hidden control and Rebellion and Default is removed from our lives and an era of peace and joy can begin to surface for future generations that all are to benefit from our humble beginnings.

Lifestyle:



Factory packaged food is loaded with:

PRESERVATIVES

SUGAR SALT FAT



FRESH is BEST!



FOOD SOURCES:

Sunday, 2 April 2017

John: With endeavours to provide reliable continuous food supplies within difficult environments, the supply of fish, chicken and pigs appear to be essential. Fish farming is a way of providing protein all year round almost anywhere.

Are we meant to farm fish and eat same? The same question relates to all other domesticated animals propagated for food.

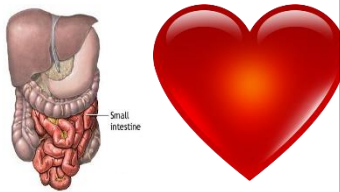
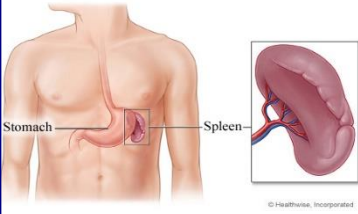
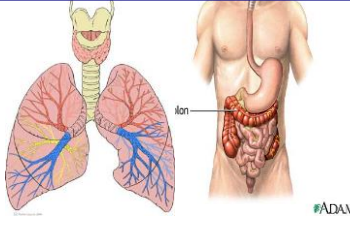
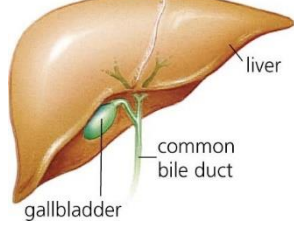
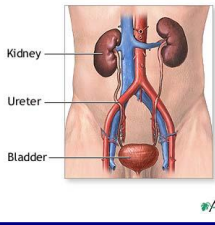
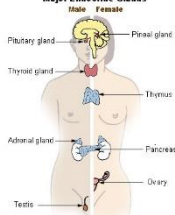
Nanna Beth – 3rd Celestial Heaven, John’s grandmother: No, you are to love them, so farming them to make money, using them in anyway, is not loving. People are to live harmoniously on Earth with the creatures and plants, the plants being eaten for they give themselves to be consumed, but they are also to be grown well and treated with love and respect, and not factory farmed either. However, this is a long way off, so in the meantime, it will remain a personal choice. And the more people do their Healing the more they will naturally move away from wanting to harm the creatures and disrespect the plants – you feel sorry for them as you feel sorry for yourself. And gradually humanity will ‘increase its vibration’ – it’s truth. But as I said, it’s not something John needs to worry himself about because he’s not the one to solve all the world’s food problems. And you can only do what you can do, so if you don’t want to eat meat, don’t eat it, if you do eat it, all whilst you keep expressing your feelings and longing for their truth.

John: What happens to the spirit bodies of such animals, including fish?

Nanna Beth: They ‘dissolve’ into their ‘light’, becoming part of the ‘bulk light’ from which nature spirits are drawn or created. The essence or spirit of the creature doesn’t remain individualised, it goes into a collective spirit whole, from which nature spirits are made. And the spirits of animals within the lower Mansion Worlds and Earth planes are not the actually animals themselves, they are not your actual beloved pet living as a spirit dog or cat in the afterlife, they are creatures native to the Mansion Worlds that can easily manifest themselves as being your pet in spirit or any animal, based on your memories, all whilst you still need that animal or pet to remain as you need it.

John: Is this a case of slow transition as humanity heals itself then it will progressively step away from consuming fish and meat? What alternatives should we consider and investigate?

Nanna Beth: The alternatives to consider will naturally come up, however it will all be along the lines of being more natural, anything manmade will fail and only cause you problems in the end, until such things are made by loving people who are well advanced in their Healing or high in natural love and understanding with a deep feeling and respect for nature.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
 <p>Small intestine</p>	<p>Row 1 Heart or Small Intestine</p>	<p>Abandonment Betrayal Forlorn Lost Love Un-received</p>	<p>Effort Un-received Heartache Insecurity Over joy Vulnerability</p>
 <p>Stomach Spleen</p>	<p>Row 2 Spleen or Stomach</p>	<p>Anxiety Despair Disgust Nervousness Worry</p>	<p>Failure Helplessness Hopelessness Lack of Control Low Self-Esteem</p>
 <p>Lung Colon</p>	<p>Row 3 Lung or Colon</p>	<p>Crying Discouragement Rejection Sadness Sorrow</p>	<p>Confusion Defensiveness Grief Self-Abuse Stubbornness</p>
 <p>liver gallbladder common bile duct</p>	<p>Row 4 Liver or Gall Bladder</p>	<p>Anger Bitterness Guilt Hatred Resentment</p>	<p>Depression Frustration Indecisiveness Panic Taken for Granted</p>
 <p>Kidney Ureter Bladder</p>	<p>Row 5 Kidneys or Bladder</p>	<p>Blaming Dread Fear Horror Peeved</p>	<p>Conflict Creative Insecurity Terror Unsupported Wishy Washy</p>
 <p>Major Endocrine Glands Male Female Pituitary gland Pineal gland Thyroid gland Thymus Adrenal gland Pancreas Testis Ovary</p>	<p>Row 6 Glands & Sexual Organs</p>	<p>Humiliation Jealousy Longing Lust Overwhelm</p>	<p>Pride Shame Shock Unworthy Worthless</p>

Generally speaking, groups and types of emotional injuries impede the natural flow of energies through the etheric body which is the template for the physical body, thus setting up the conditions for discomfort, pain and illness to slowly emerge within and throughout areas of the physical body that have energy frequencies that are 'attractive' for the emotional pain to manifest in the physical.

Childhood Suppression

SOUL

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

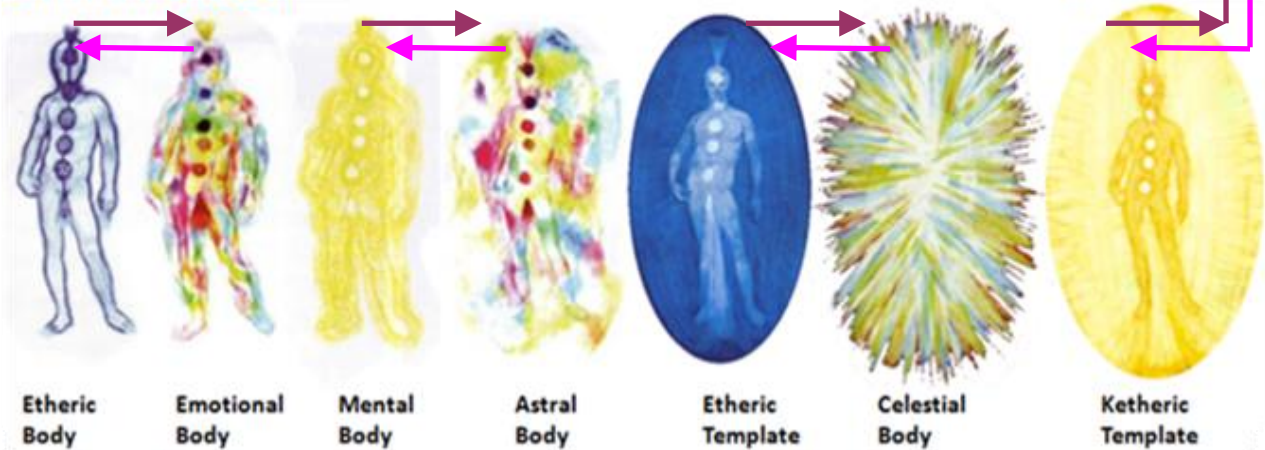
Return light being the experiences of our physical existence.



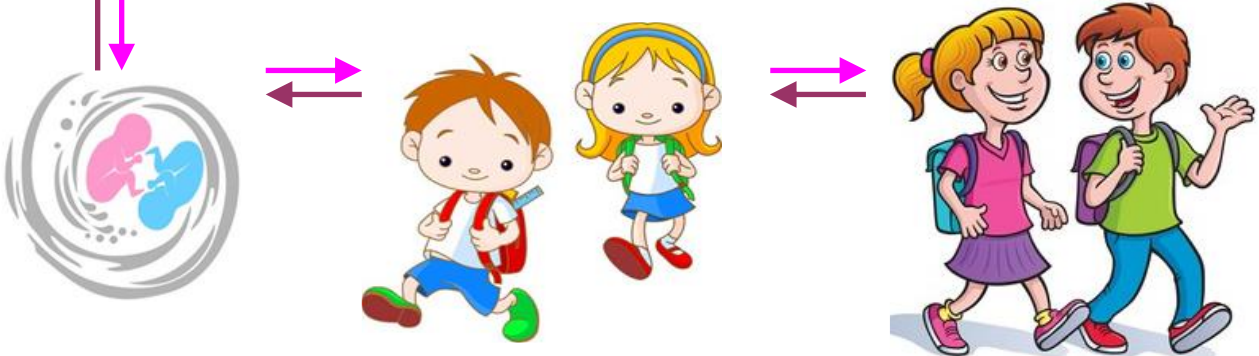
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



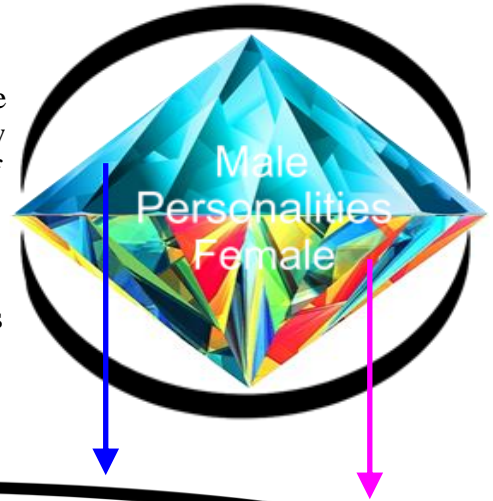
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



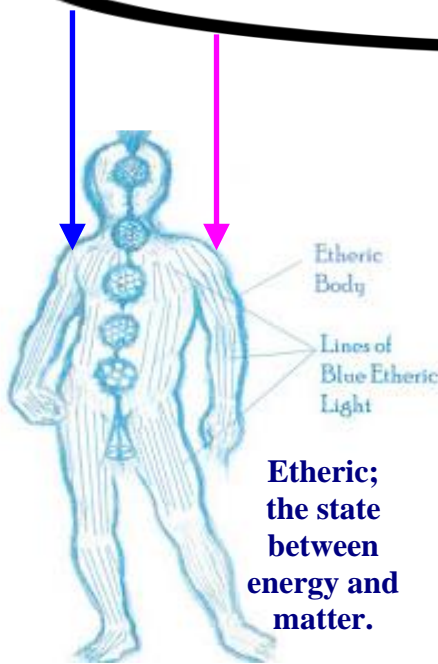
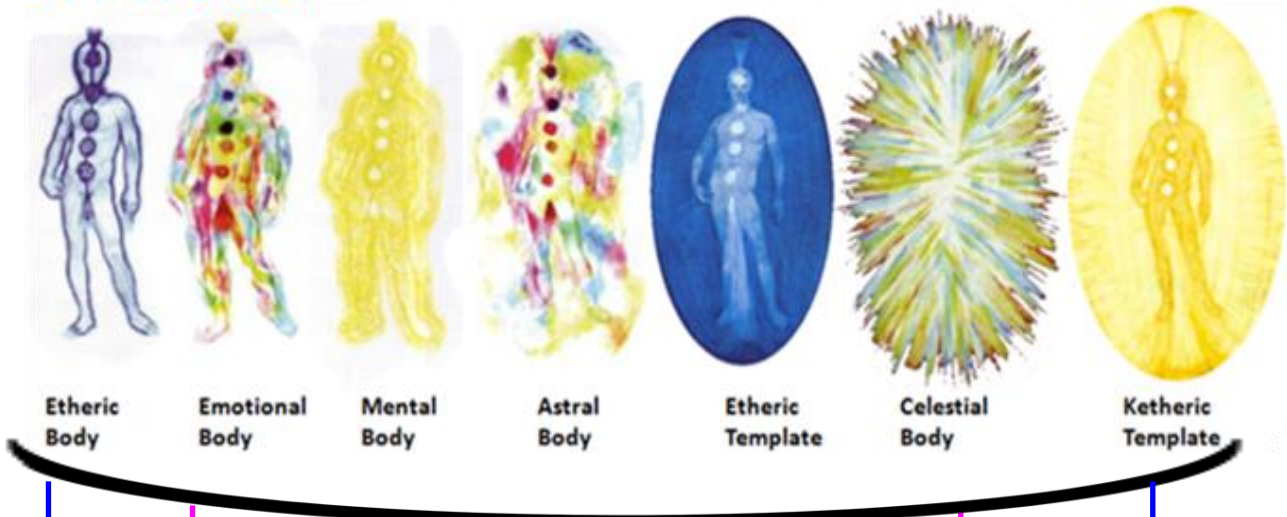
Childhood Suppression



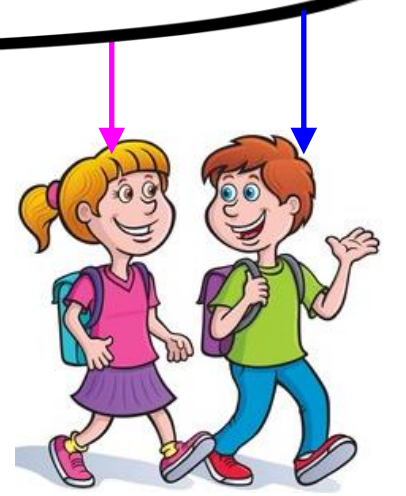
Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



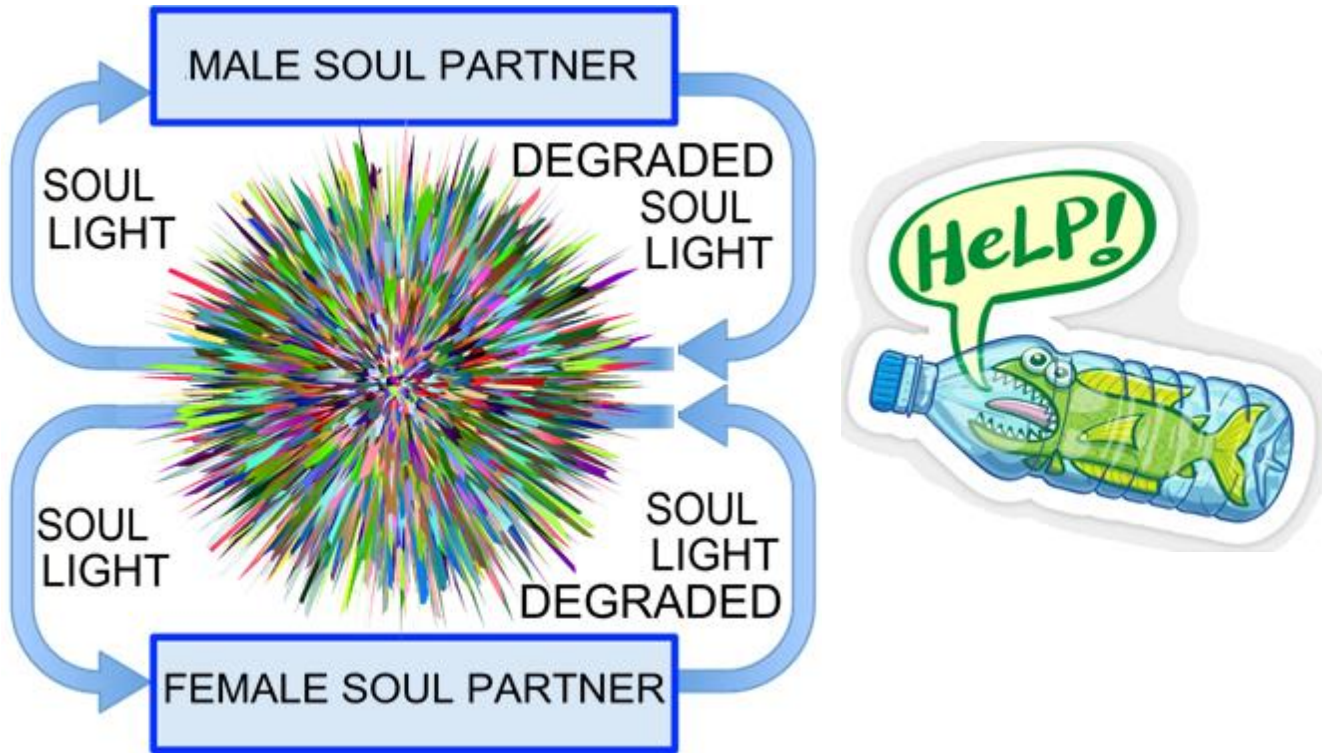
SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



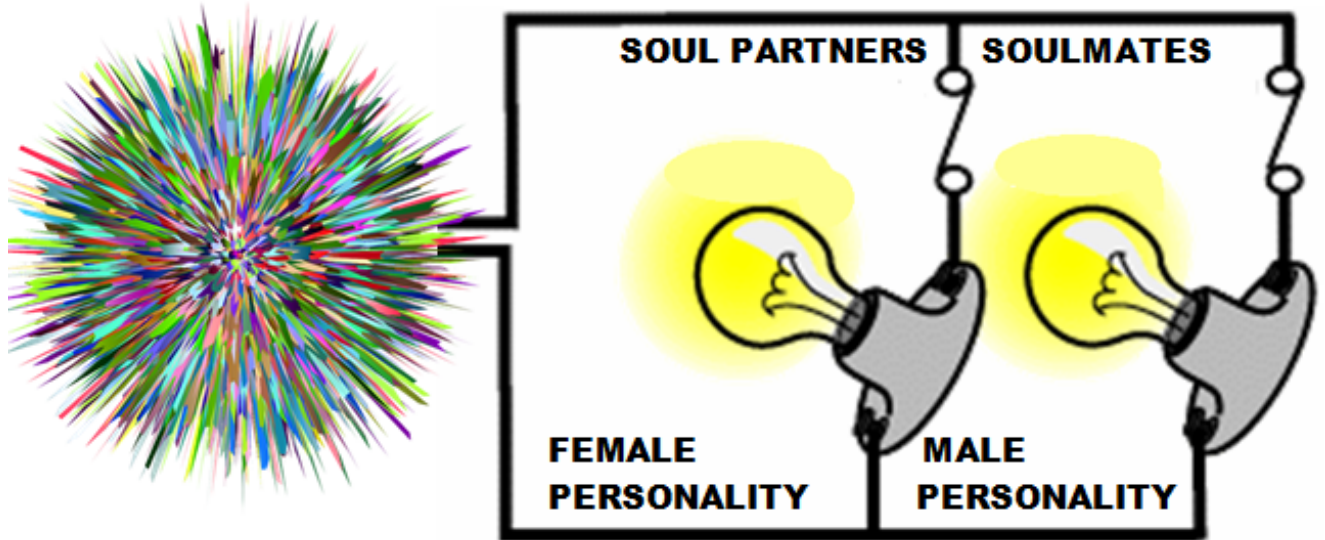
The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!



Feelings First with Mind to follow in support.

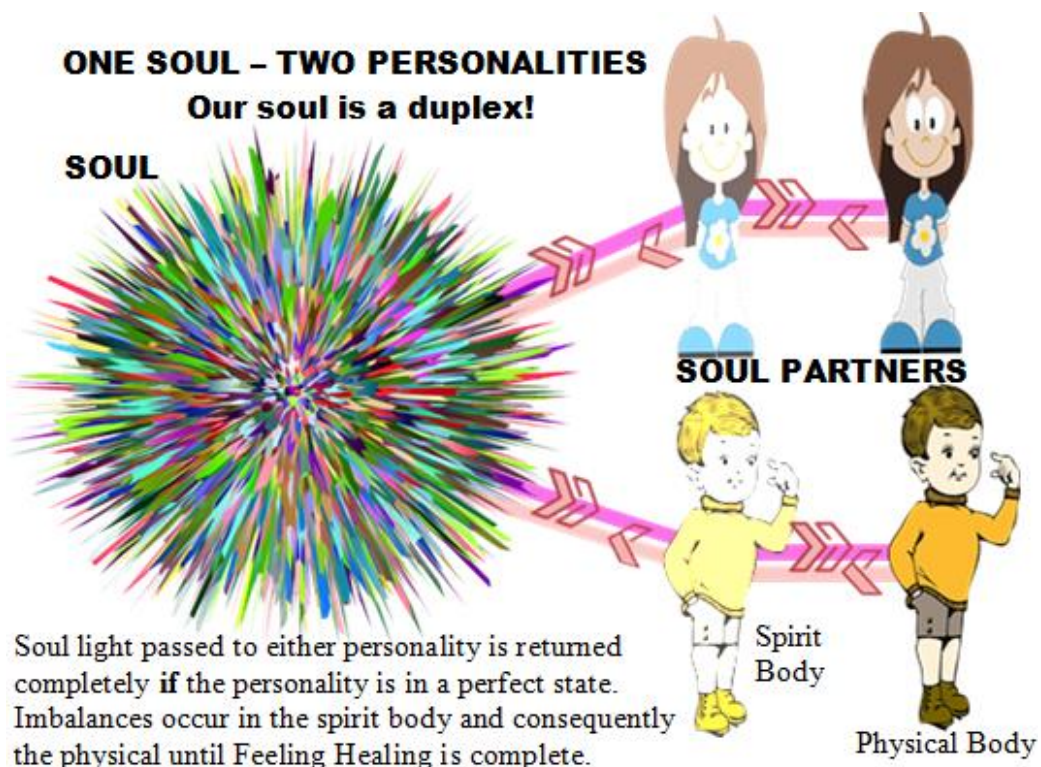
Health of all of Our Bodies

Two separate personalities on parallel 'circuits' having the same soul. What impacts one personality does not impact the other personality.



The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are to long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical, and harmony.

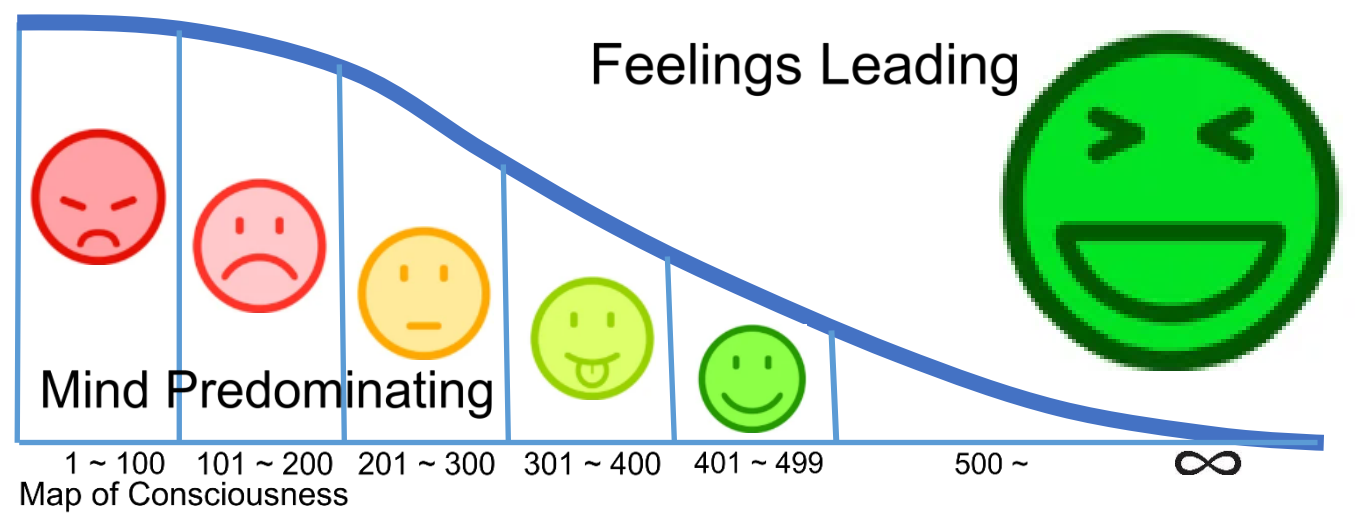
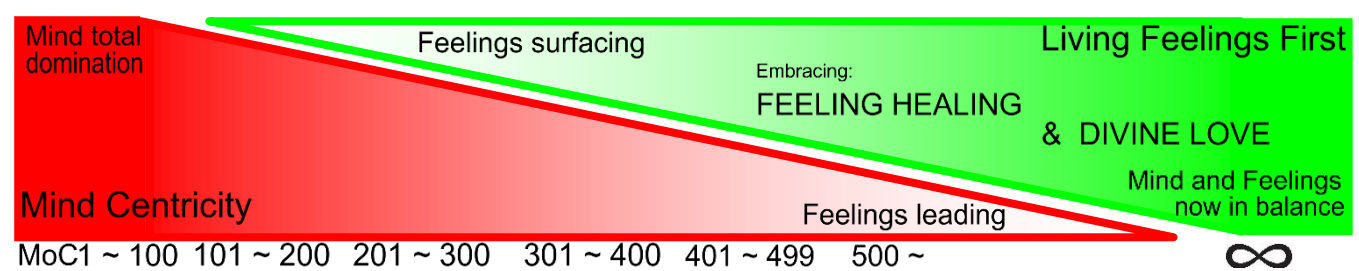


Living Mind-Centric versus Living Feelings First

Mind Total Domination: We are without a moral compass when rejecting our feelings!!
 The mind cannot discern truth from falsehood! The Mind is addicted to untruth!
 The mind is addicted to control of others and of the environment!
 We present a false façade of pleasantness, cooperation, kindness and yet we are very disturbed and distressed through ongoing suppression of our true self.
 When totally suppressing our feelings, we have no empathy, perception and remorse, yet this is the majority of people worldwide!

Soul Based Feelings: They are always in Truth. Truth is Love. Through our feelings we have all we need to know, we are fully self-contained in what our Feelings will reveal to each of us!
 Our feelings will set us free!

“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.”



Living Mind-Centric versus Living Feelings First

The first humans, Andon and Fonta, to have a longing for human perfection lived only 993,500 years ago. Some 500,000 years ago, a Planetary Prince was assigned to Earth, as well as the skin colours expanded through the Sangik Family from red only to include orange, yellow, green, blue and indigo. The orange, green and blue colours died out. Then 200,000 years ago, our spirit oversight induced Earth's humanity to live mind-centric and to ignore our feelings. Earth is 1 of 37 humanities within the System of Satania to have joined into Rebellion. Adam and Eve lived more than 38,000 years ago and introduced the crimson skin with blonde and red hair and blue and green eyes. The Rebellion and Default on Earth is now ending, having formally ended on 31 January 2018 but will take 1,000 years to work its way out.

Until 2,000 years ago, Earth's humanity could only progress through the mind spirit Mansion Worlds 1, 2, 4 and 6. For almost 1 million years there was no possibility to progress anywhere other than to the dead end of perfecting our minds and that is in rebellion to the co-regents of our Local Universe of Nebadon and also to our Heavenly Mother and Father. Even today there may be around 230 billion personalities residing in the mind spirit Mansion Worlds 1, 2, 4 and 6.

It was not until 2,000 years ago that the Regents of Nebadon opened the Healing spirit Mansion Worlds 3, 5, and 7, also the Celestial Heavens 1, 2 and 3.

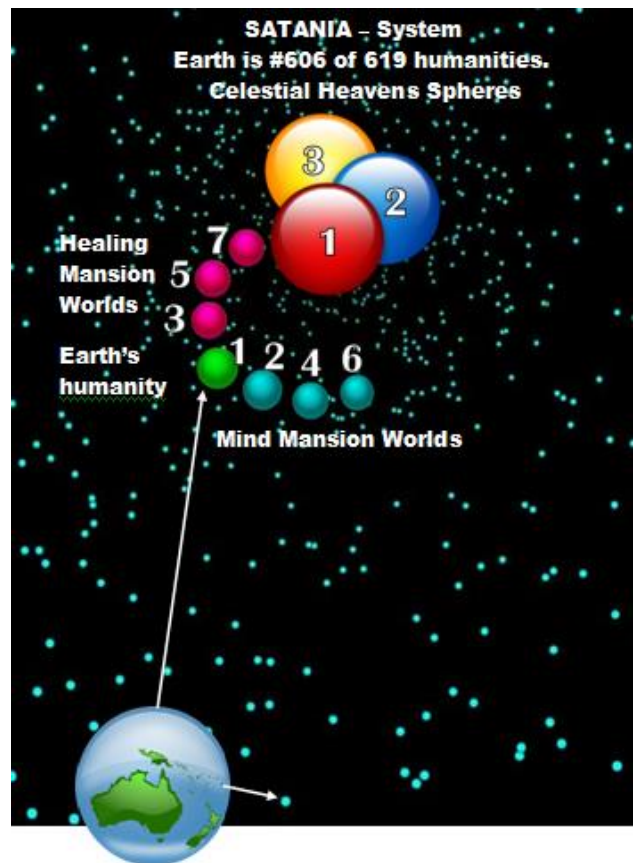
Prior to then there were no Celestial Spirits. The first to enter were five ladies from Egypt who Mary Magdalene tutored after escaping there after Jesus' very traumatic Friday. The numbers slowly built up to what maybe around 25 billion now. Contact with Celestials has been restricted until now.

Meanwhile, advanced mind Mansion World spirits who with their addiction for control, have aided 'healers' on Earth to heal people. The mind is extra-ordinarily powerful and with their assistance temporary suppression of many illness have been facilitated.

Angelic healing took place during the life of Jesus. Jesus did not heal people, however Angelic healing did take place. The physical body is healed but the underlying emotional injury and errors of belief remain to be healed by the person in question.

On 22 March 2017, interference with Earth's humanity by mind spirits from the mind Mansion Worlds has been mostly blocked from interacting with Earth's humanity. Spirit assisted 'healing' is no longer possible.

Possibly in the latter part of 2020s and then ongoing, the conditions and circumstances may be in place for Angelic healing to unfold yet again for Earth's humanity. Firstly it is to be what is necessary for the soul. Secondly, aspiring to live Feelings First and even considering embracing Feeling Healing is a precursor for assisted healing. One's longing and circumstances are fundamental to the possibilities. This is a time of great change and for those who embrace the changes, this is a most exciting time in the history of humanity.



Affordable housing key for development and social equality, UN says on World Habitat Day

<https://news.un.org/en/story/2017/10/567552#:~:text=Today%2C%201.6%20billion%20people%20live,Dr.>

2 October 2017

With 1.6 billion (20%) people living in inadequate housing, 1 billion (12.5%) of whom reside in slums and informal settlements, the United Nations is spotlighting the need for affordable homes on today's World Habitat Day, which also marks the official start of 'Urban October' – a month of worldwide celebrations and citizens' engagement in urban life.

“While millions of people lack suitable homes, the stock of vacant houses is gradually increasing,” said Dr. Joan Clos Executive Director of the UN Human Settlements Programme (UN-Habitat) in a message commemorating the Day under the 2017 theme 'Housing Policies: Affordable Homes.'

“Ensuring housing affordability is therefore a complex issue of strategic importance for development, social peace and equality,” he added.

This year's celebrations are noteworthy as they coincide with the first anniversary of the New Urban Agenda,” adopted at the UN Conference on Housing and Sustainable Urban Development, better known as Habitat III, in Quito, Ecuador, which enshrines urbanisation as an indispensable for development and a prerequisite for prosperity and growth.

“It is thanks to this paradigm shift that urbanisation and development are indivisibly linked one to another,” Dr. Clos said.

'Handing over housing to the market has proved a failure'

An analysis of housing affordability over the last 20 years reveals that despite increasing demand, housing – including rentals – has been largely unaffordable for the majority of the world population.

“Handing over housing to the market has proved a failure in providing affordable and adequate housing for all,” Dr. Clos continued.

“We all remember well that housing was at the epicentre of the eruption of the global economic crisis of 2008, instead of being at the heart of the urban policy. Today, **1.6 billion people live in inadequate housing**, of which **one billion live in slums and informal settlements**,” he underscored.

Dr. Clos emphasised that addressing the housing needs of the poorest and most vulnerable, especially women, youth and those who live in slums, must be a priority in the development agendas.

Promoting sound housing policies is also crucial for climate change, resilience, mobility and energy consumption.

Which is why, the Executive Director said: “we would like to remind on this Day the importance of locating housing at the physical – and holistic – centre of our cities.

“For housing to contribute to national socio-economic development and achievement of the Sustainable Development Goals (SDGs), the New Urban Agenda calls for placing housing policies at the centre of national urban policies along with strategies to fight poverty, improve health and employment,” he stressed.

Each year, World Habitat Day takes on a new theme to promote sustainable development policies to ensure shelter for all – often promoting one of UN-Habitat's focal areas such as inclusive housing and social services; **a safe and healthy living environment, with consideration for children, youth, women, elderly and disabled; affordable and sustainable transport and energy; and job creation.**

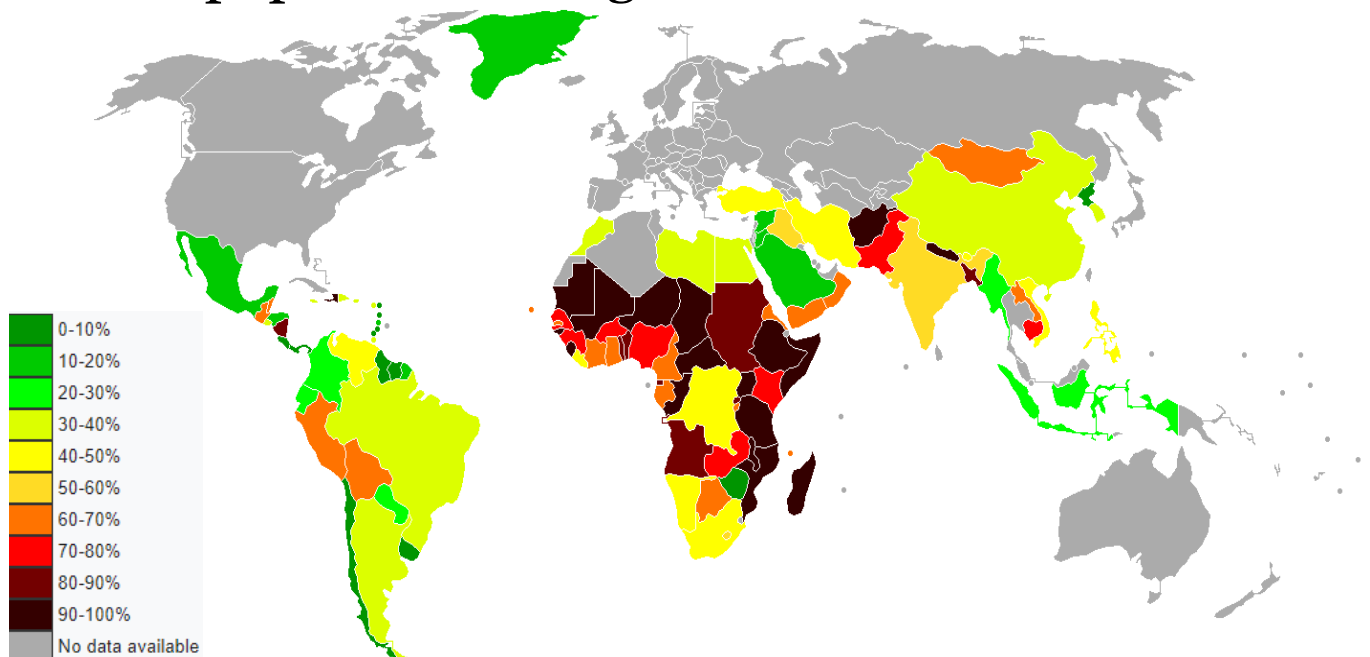
“As we strive to create cities for all, an urgent action for achieving affordable homes requires a global commitment to effective and inclusive housing policies,” Dr. Clos concluded.

The Challenge

By 2030, UN-Habitat estimates that 3 billion people, about 40% of the world's population, will need access to adequate housing. This translates into a demand for 96,000 new affordable and accessible housing units every day. Additionally, an estimated 100 million people worldwide are homeless and one in four people live in harmful conditions that to their health, safety and prosperity.

Access to housing is a precondition for access to employment, education, health, and social services. In order to address the current housing challenges, all levels of government should put housing at the centre of urban policies by placing people and human rights at the forefront of urban sustainable development.

Urban population living in slums



One million (4%) Australians living in substandard housing

<https://www.theguardian.com/australia-news/2016/aug/25/one-million-australians-living-in-substandard-housing-study-finds>

25 August 2016

University of Adelaide researchers call for government action on housing affordability, saying poor conditions can harm people's physical and mental health



A boarded house near Alice Springs.

Australian researchers believe substandard housing is returning, with more than 100,000 people residing in dwellings regarded as very poor or derelict.

Many of Australia's most disadvantaged are living

in derelict conditions placing great pressure on their health, a new study has found.

Researchers at the University of Adelaide say an estimated one million Australians are living in poor to very poor housing.

Within this group, more than 100,000 are residing in dwellings regarded as very poor or derelict.

Housing affordability, inequality and our flatlining household incomes are bringing about a housing crisis.

Using national data from the Household Income and Labour Dynamics survey, the study found compelling evidence of a substantial stock of poor-quality housing in Australia, said co-author Prof Andrew Beer.

Gone are the days of the slums of the late 40s but substandard housing is returning, he said.

“The confronting reality is that we have a sizeable ‘hidden fraction’ of Australians living in poor housing, and many of our most vulnerable have the double disadvantage of also having housing conditions that we might deem as falling below an acceptable standard,” he said.

Beer says the key issue of poor housing is the impact it has on people's health and wellbeing, with a strong body of research linking it to mental and general health concerns.

“We know that damp, cold or mould in homes can cause or exacerbate respiratory illnesses like asthma, and overcrowding can promote communicable disease, but just living in poor-quality housing has been linked to anxiety, depression and a range of other mental health conditions.



Fewer than half of all Australians could be homeowners by 2017, report finds

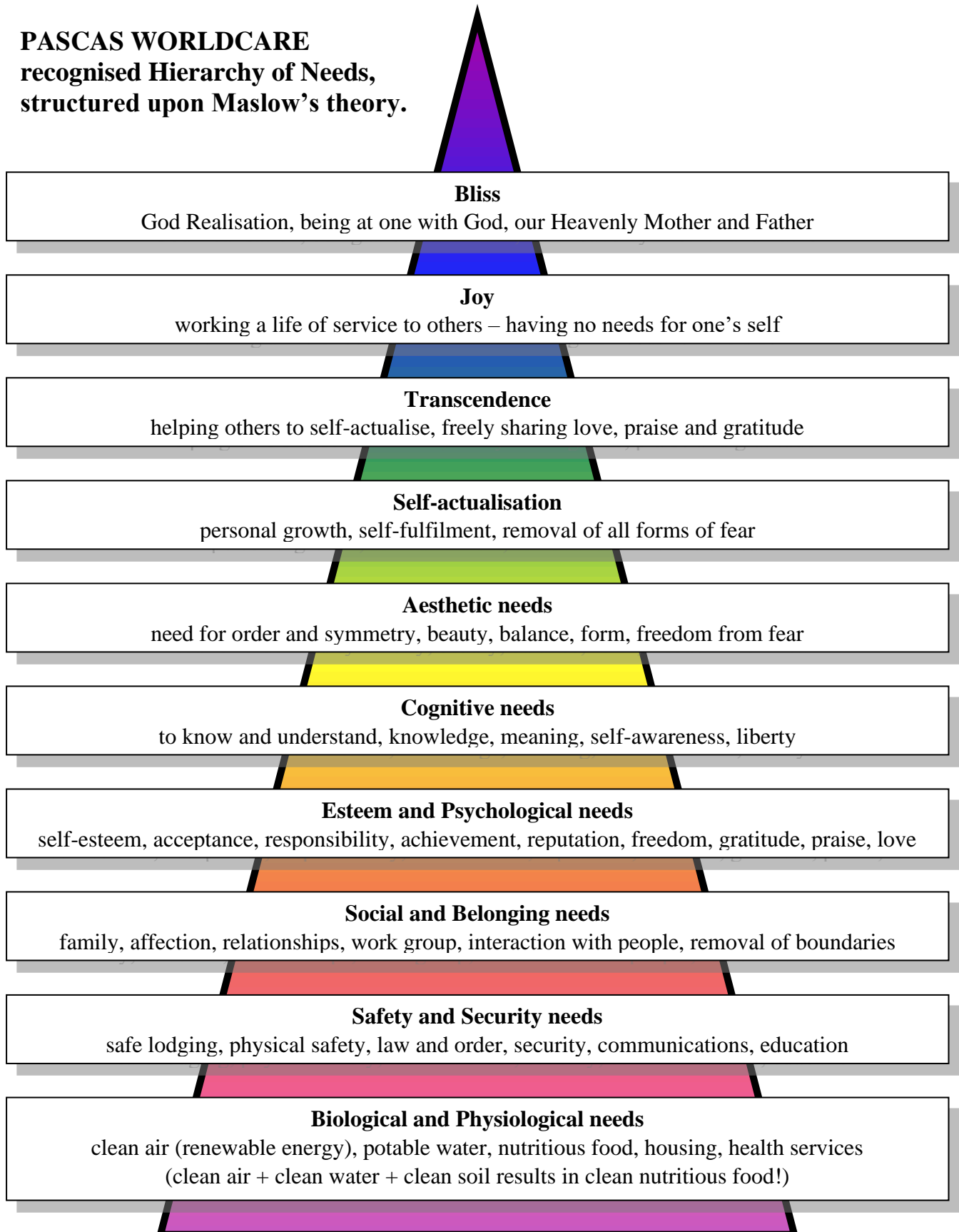
“Poor housing makes the already disadvantaged – the young, disabled, unemployed and Indigenous people – even worse off.

“Many of these groups are likely to have a pressing need for housing that improves or supports their health and wellbeing,” Beer said.

The researchers are calling on governments to take greater steps to ensure the supply of affordable and reasonable quality housing.

“Otherwise we are destined to become a nation scarred once again by slums, reduced life chances and shortened lives,” Beer said.

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



ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT 200,000 YEARS

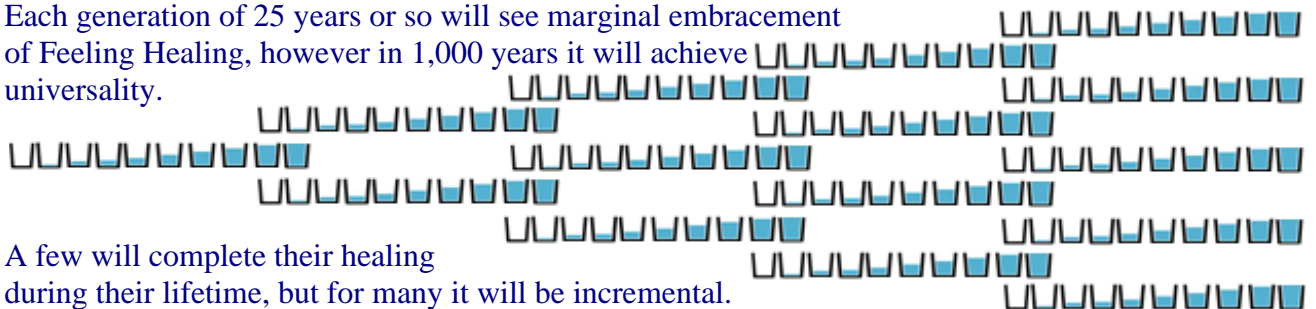
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

Arvonal Revelation

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

31 May 1914 and ongoing

We are TRUTH SEEKERS!

Gaste System vs Intelligence Quotient vs Map of Consciousness

We are Truth Seekers! We are to ask questions and then ask more questions. We are to long to know the truth of whatever we are drawn to. We may find that we are passionate about particular subjects and matters and others we have no interest in whatsoever. That is reflecting our true personality and a start to recognising the journey we are intended to experience. Not one of us is the same as any other personality and that includes those who have come before us and those who are yet to come. We are each a unique and wonderfully capable personality.

And there comes our Childhood Suppression. At the moment of our conception (some 16 days before our physical incarnation when the heart of our newly forming foetus begins to pump blood and that then heralds our incarnation and completion of our individualisation into the physical) we are perfect in all aspects. Our soul condition is recognisable as a little lower than 1,000 on Dr David R Hawkins' Map of Consciousness and our foetus is in perfect condition. Our soul has been doing everything to bring about our arrival into the physical.

Then we are literally fire hosed with the emotional injuries and errors of belief of our parents and those close within the family. This begins from conception and continues on seemingly endlessly through to around the age of six years, all the way through our childhood forming years. By the time we are six years of age, we will then be calibrating at the same level as one or the other of our parents, should they be dissimilar in their calibration on the Map of Consciousness. This is why there is and has not been for nearly 2,000 years any real evolution or growth in the consciousness of Earth's humanity.

ALL institutionalised systems, customs, norms are covertly structured to maintain control over us and ensure that we do not evolve in our consciousness so that we do not break free from the hidden control of the few who brought about our overall suppression and submission through their rebellion.



Some 200,000 years ago, humanity was passively but persistently encouraged and guided to live mind-centric. We were led to believe that through our minds we could become all powerful, even mini-gods. We were to ignore our feelings which are always in truth and instead embrace our mind's guidance.

Interestingly, our mind cannot discern truth from falsehood, our mind is addicted to untruth, and our mind is a control addict. Assumptions we make are consequently 98% in error!



Women are closer to their feelings than are men. Consequently these hidden controllers brought about having women subjugated to men. If women were allowed to be free to have their say, they would have promptly brought an end to this rebellion, a rebellion that has prevailed these past 200,000 years. The Rebellion and Default is now to end.

But first we have a great deal to undo and then put aside while embracing The New Way of living Feelings First. Firstly we will explore the controlling mechanism of the Caste System coming out of India:

OLD WAY to transition to THE NEW WAY

The Caste System of India was instigated through mind controlling personalities imposing their will upon a population that was open and unknowingly submissive to the corruption of their free will and way of life. Once a citizen is led to believe that they fall under one of the Caste System levels they continue to submit and subject themselves to such limiting error throughout their whole lives and impose this error of belief upon their own children leaving them ready prey to this controlling mechanism.

Intelligence Quotient (IQ) system is a modern day Indian' Caste System imposed upon the whole world through a modern day repackaging of those hidden controllers agenda.

TIME for the GREAT U-TURN

Media announced on 16 November 2022 that the world population had reached 8 billion.

We may take this milestone as a moment in time to universally change society and reset global humanitarian objectives. Simply put, what we as humanity is doing is not working, so let us all embrace a Great U-Turn and set a course for universal peace and harmony that is obtainable and sustainable.

It is now time to grasp that all of humanity has been controlled and in this process we all have beliefs that are profoundly and grossly in error. This is causing us all great distress and limiting our potentials.

Number one error is living mind centric. From the moment we are born we are being induced to live through our minds. By the time we begin our schooling we literally worship our minds. When we are finishing our schooling we are admiring scientists and aspiring to evolve our minds above all else.

This is the single greatest error that has plagued humanity for the past 200,000 years.

Those who are successful in living mind centric to the total exclusion of their feelings are on the surface pleasant, obliging personalities. So, let us understand what a mind-centric personality with no empathy or engagement with their feelings is. This is what we have all been led to aspire towards!

It is the males that excel in this endeavour. Females are closer to their feelings and should women be allowed to express their feelings about this mis-guidance then this error would have been put aside aeons ago. Consequently, males have used their larger physical presence to dominate and have women being submissive to them. This is wrong. We are all equal, men and women have different but equal roles. We see throughout all societies and cultures male domination to varying degrees and in different ways.

For the first time, let us clearly understand what our mind is:

1. Our mind is unable to discern truth from falsehood.
2. Our mind is addicted to untruth.
3. Our mind is addicted to control of others and the environment.
4. Our mind is within our spirit body and orchestrates our physical brain.

Without the assistance and support of feelings, this is what our mind presents to society:

All the fundamentals of psychopathy. Mind-centricity to the exclusion of feelings is unable to have any empathy or consideration of others. It is able to undertake the most heinous of crimes against others. Such as the Indonesian Bali Bombing of 12 October 2002 and the destruction of the USA Twin Towers on September 11, 2001. We are now observing the mass slaughter unfolding in Ukraine following the invasion by Russia that commenced on 24 February 2022. Shootings in schools are the consequence of mind-centric psychopaths.

On our home fronts, domestic violence is higher than 1 in 4, child abuse is almost universal though recognised to be also higher than 1 in 4. Sexual abuse of girls is as high as 40% in some regions and two thirds of that abuse is by their fathers and uncles!

Our education is mind-centric. Learn your tables Johnny, memorise your poetry Martha, it goes on like this for years. Feelings and emotions are not part of any education system, let alone understood by any educator from child care through all levels of schooling and then through higher education and university.



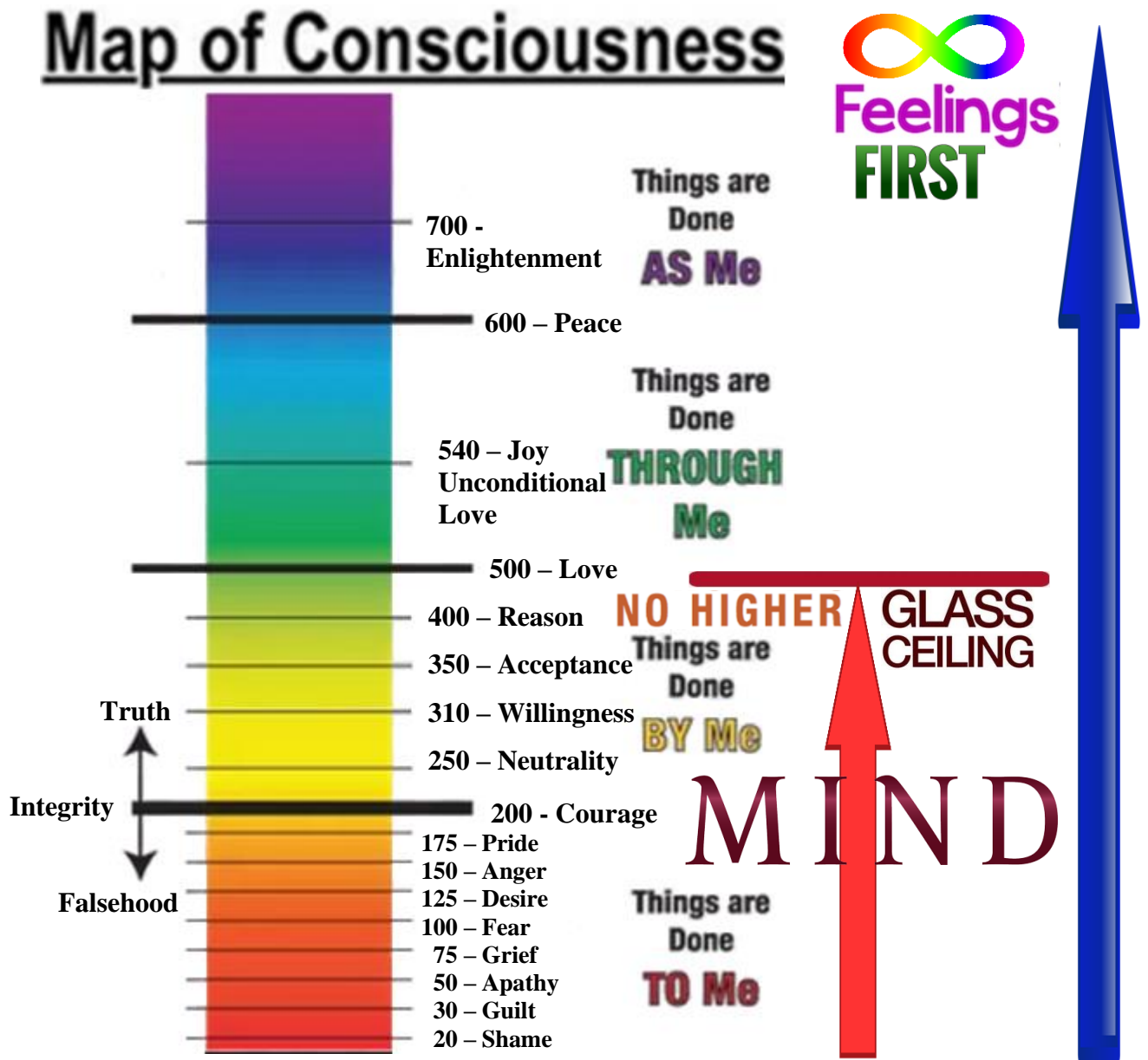
The outcome is a society functioning as zombies, with no spontaneity or intuitiveness. The abilities within each of us are imprisoned within mind-centric steel wrecking balls.

All a child needs is its parents love – and the freedom to express itself through its true personality!

We believe that ‘I had a pretty good upbringing’ in comparison to other people!

However: **Parents have NO understanding of Love – they have never experienced being loved!**
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal / core emotions.

The fact is that none of us have experienced love and cannot know what love is. While we live mind-centric we cannot reach 500 on the Map of Consciousness as per Dr David R Hawkins scale. Only when we begin to live and function Feelings First can we begin to achieve glimpses of love and experience aspects of love.



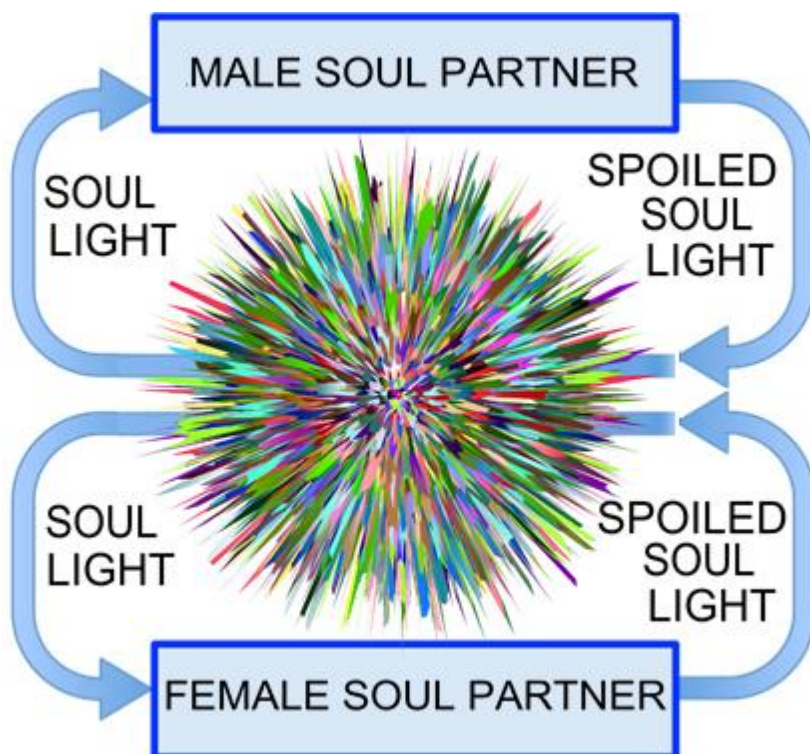
Every year there are around 130 million live births worldwide. Also there are more than 44 million abortions. Sixteen days after conception our developing embryo begins to pump blood, that is the moment of our incarnation, we are **individualised** at the moment of incarnation. Should our developing

body not live any longer than the moment of incarnation, being our individualisation, we have completed our physical experience and will go on and be spirit born within the first spirit Mansion World.

It takes two to bring about the conception of a child. Consequently two are involved in every abortion. The above numbers suggest that two thirds of all those who are physical born will go on and end the life of a child before it has had the chance to be born. That is a demonstration of a loving humanity.

About the same number of abortions unfold as miscarriages. From the moment of conception and continuing throughout the gestation period and our early forming years through to age six years, we are continually subjected to and immersed in our parents' emotional injuries and errors of belief. Our parents, our siblings, our close family members and carers all impose their emotional injuries and errors upon the newly developing child right from the moment of conception. It is like a ring of firemen with their fire hoses upon the child. This is what brings about a miscarriage. This is what brings about a child being born with deformities. This is what brings about childhood illness and disease. The newly forming embryo is always perfect at conception – the soul does it all.

Our soul is a duplex. That is, one soul manifests two personalities, one is always a female and the other is always a male. There is no such thing as homosexuality, homosexuality is the consequence of the emotional injuries and errors of belief of a child (coming through from carers). The soul partners will not connect up until they each complete their respective healing of what they each take on of the Rebellion and Default. The soul partners (soulmates) may live anywhere in the world, they may be of any colour and race, and they may have their physical experience on Earth thousands of years apart – or in close proximity and timing with each other. It is all about what the soul wants each to experience. Our soul does it all.



Our life long physical health and illnesses that we each experience is determined by the cocktail of the emotional injuries and errors of belief of our parents and early childhood carers. But what you can now perceive from above is that it is any wonder that any of us survive long at all!

Should we be living Feelings First from our first moment and that being how our parents are living then the soul light that we receive would be returning from each of us to our soul in perfect harmony with truth and consequently love. The light energy coming and returning to our soul through our spirit body and then through our physical body would always be in balance and harmony. We would not experience illness, disease, discomfort, pain or

anything else. This is now achievable. This is what is being revealed and that being how we are to live and also how we are to heal what we each have taken on of the Rebellion and Default.

So, let us begin to understand just how limiting and constraining living mind-centric is.

Every event during our day we draw a conclusion from. It is instantaneous. We hear something said, we see something written, we hear a sound, everything that happens around us brings about an assumption. Yes, it is fine to make assumptions, BUT it is absolutely detrimental to act upon an assumption. Assumptions are mind generated. The mind cannot discern truth from falsehood, the mind is addicted to untruth and the mind is a control addict. The error rate of assumptions is about 98% with the other 2% being flukes. The best outcome you may expect is an error rate as low as only 96%.

Take a mental note and start observing. Use assumptions as points to further investigate – it is a learning curve and it is step by step.

Religions are meant to present the TRUTH to us. TRUTH is always the same. There is only ONE TRUTH. We have around 3,400 major or significant religions and when we add on the minor denominations we have more than 50,000 options. Christianity is in more than 20,000 differing churches.

This is a time of GREAT CHANGE and REVELATION.

The New Testament of the Bible is around 300 pages and less than 200,000 words. Apart from Matthew's notes, the rest of the New Testament was written mostly from memory a decade or more after the time of Jesus. Copyists then imposed their thoughts (assumptions), then translations followed, political intervention prevailed at the Council of Nicea, and so it has unfolded. The knowing of the availability of Divine Love was lost to humanity as of a consequence of the Council of Nicea in 325AD.

Commencing in 1914, Matthew, Mark, Luke, John, Paul, Peter and Jesus have written commenting on each of the major errors and omissions throughout the New Testament. These are records in the Padgett Messages written down by James Padgett from 1914 through to 1923. Judas has written through Hans Radax. From 2002 Mary Magdalene and Jesus have been writing through James Moncreif. These records are now collated and available in the Library Download page of www.pascashealth.com

Assumptions prevail throughout the New Testament as it is presently published. The short answer is this, the Catholic Church has one thing potentially right – its name! Scroll down to Medical – Soul Condition & Health in the Library Download page of www.pascashealth.com and the first set of documents enables a full review of the collated material relating to the New Testament.

Assumptions being acted upon are recipes for disaster. We find we have to go back over what we have acted upon and clean up the mess, time and time again. Should you read a scientific research paper then firstly count the assumptions, invariably there will be many. It is interesting that when Dr David R Hawkins calibrated the level of consciousness of many revered scientists, he recorded that those who the world recognised and respected typically calibrated 499 on his Map of Consciousness. That is the peak level of Reason. It is also the peak level of those now residing within the first spirit Mansion World.

Should you remain mind dominated then that is your destiny until you begin to open up to your feelings and begin to embrace your feelings. Yes, we can go on and perfect our minds and progress deeper into the Rebellion and Default, but we end up at a dead end, only then to retreat back from the 6th, then 4th, then 2nd and into the 1st spirit Mansion World AND only then to begin our Feeling Healing to progress through the 3rd, 5th and 7th spirit healing Mansion Worlds before melding with our Indwelling Spirit and entering the first of the Celestial Heavens. The journey is a pathway of wonder and never ending discovery and learning.

A mind-centric scientist may achieve a few notable breakthroughs and discoveries during his career, however, for those who are aspiring to living feelings first with their minds to follow in support, such discoveries and breakthroughs are routine. They just unfold with regularity. This is the difference.

We have been subjected to mind-centricity so that we remain subjected to the control of hidden controllers. This has been going on for 200,000 years. This is to end and is now ending.

The children of parents typically end up calibrating at or around the same level as their parents. Thus, there has been no growth or evolution of humanity since the time of Mary Magdalene and Jesus. Two thousand years have unfolded with us having developed highly efficient technologies to destroy the planet and each other. We give it all names and justify it all. Militarisation is all wrong!

We are to live feelings first and have our minds to follow assisting us in implementing what our feelings are leading us to embrace. Our feelings are always in truth. Truth is love. We are each all fully endowed. Everything that we need to understand is already known to us should we allow our feelings to reveal to us what it is that we seek. As we seek we will be told, it will be revealed to us. You could say that you will have an overdose of insight and yes you do and will. It is endless and our future and ongoing journey is most incredible. It is time to bring our heart (feelings) and mind into balance.

This entails a restructuring of all aspects of society, commerce and industry. This is the greatest education program that humanity will ever experience. Feelings are to become first in every aspect of our life. Our mind will be always in support of our feelings, then the two are to come into balance, not one suppressing the other as how it has been throughout the era of Rebellion and Default.



Childhood Suppression is the elephant in the room.

We as parents bring up our children in the only manner that we know – how we were brought up. Thus, for generation after generation we endeavour to clone our children to be ‘little me’s’. We infuse our children with all of our emotional injuries and errors of belief and by the time they are six years old their wonderful pure and pristine personality is now a confused cocktail of three or more personalities, its own personality and of its parents and close family members.

This cocktail produces personalities sometimes calibrating less than 80 on Dr David R Hawkins’ Map of Consciousness (MoC) scale and that is the domain and region of psychopaths. This is the development of adolescent delinquency. This represents a little more than 1% of the population but with the availability of high powered automatic weapons, this makes such personalities extremely dangerous. The combination of guns and psychopaths is the foundation for mass murder.

Worldwide, 2 out of 3 will experience a miscarriage, further, 2 out of 3 will be involved in an abortion.

Worldwide, more than 1 in 5 women will suffer domestic violence.

Worldwide, more than 1 in 4 children will suffer child abuse. When we consider verbal abuse then it is 100% that children suffer abuse – “don’t be stupid, you are an idiot, etc.”

So, we receive a precious gift of a perfect personality that calibrates near to 1,000 on Dr Hawkins’ Map of Consciousness and only around 55% survive through to birth! Then we see the newly born baby with birth defects and no one tells the parents that they imposed these defects through infusing their own emotional injuries and errors of belief upon the child – all because we as parents have not endeavoured to heal ourselves before bringing the child into this physical world.

Then, we as parents continue our onslaught upon the child totally ignoring its true personality that its Heavenly Mother and Father endowed it with because we as parents ‘know better!’

Apart from cloning our children, we teach it to embrace, if not worship, its mind, suppressing its true and loving feelings. “If you don’t stop crying, I will give you something to cry about!” Consequently, we are all locked in to being unable to grow and evolve beyond 499 on the Map of Consciousness. We cannot even recover our original state, let alone continue on advancing way beyond our original state.

So, as adolescents and teenagers we get bored with stealing cars and taking drugs, with go and fetch some military grade automatic weapons and shoot up a school because I didn’t get given the grades that I should have. The co-conspirator of these crimes are the parents!!!

We now have been shown how to heal our emotional injuries and errors in belief. This commences by striving to live feelings first, having our mind to follow assisting in implementing what our feelings prompt us to embrace. Then by expressing our feelings, both good and bad to a companion, we are commencing our Feeling Healing. We are to long to know the truth of what lies behind our feelings – we will be shown. What enters emotionally must be expressed emotionally. Then should we long for our Heavenly Mother and Father’s Divine Love we are commencing our Soul Healing.

This is the Great U-Turn for humanity.

GREAT
**-Turn**

<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

Systems of Deception!

One person with unfettered and supreme control, a System Sovereign, has had aeons of time to passively and stealthfully impose upon his minions (us – you and me) a way of living that assures him, the arch hidden controller, that we would remain compliant and submissive to his begging. His extreme intelligence and consciousness is no match for us ascending mortals who arrive naively upon Earth with absolute dependence upon parents who have already capitulated – unknowingly – to his wily stealth.

The System Sovereign's goal was that we do not evolve, that we remain fearful of our true Heavenly Parents, that our true pathway for spiritual development is not revealed, that we live in a manner of servitude and ignorance through our minds believing that our submission to our minds will enable us to become all powerful and even mini-gods. When we transition into the spirit mind Mansion Worlds, we remain collectively his waiting army to fulfil his ambitions to expand his domain and territory. We have been well and truly screwed over through his imposed systems of:

- Parenting – unable to love our children due to lack of truth in what we are provided with.
- Education – minimalistic, having our minds unable to progress beyond reason – our minds are addicted to untruth and control of others including our environment.
- Health systems – ignorance of our spirit bodies and gross ignorance of underlying cause of illnesses which are through the lack of being loved. Our health systems cannot heal.
- Commercial systems – we become salary slaves with suppressive debt slavery resulting from the costs of education, housing, health services, transportation and necessities for survival.
- Political systems – that divide the community into camps and then deliver representation of only a portion of the population without candidates having necessary leadership skills and experience.
- Religions – there is only one truth. We are to live through our feelings – not our minds.

We have been led to live mind centric which is the pathway of all of nature except humanity which is ensouled. We of humanity are to live feelings first with our minds to assist in implementing what our soul based feelings lead us to embrace. We are truth seekers and truth is to be found through feelings.

Higher level personalities than our System Sovereign have now taken on all of the evilness and wrongness of what these rebellious Lanonandek spirits have imposed upon us and have healed themselves of these injuries. Now all systems assembled during the Rebellion and Default, now ending, need to be rebuilt!

Our pathway to Paradise, the home of our Heavenly Mother and Father, is through living embracing our soul based feelings, living feelings first, to express what our feelings draw our attention to and to long for the truth of what our feelings are to show us – both good and bad.

A lady named Samantha found James Moncrief's writings on a website and commenced to engage in her Feeling Healing. This may have been in 2013. Samantha is like all of us, she is an ascending mortal. She has no specialness nor has she had any support other than James' writings on the internet. Samantha has been successful with her healing. She has been very successful. She has now written numerous books outlining her experiences so each and every one of us can follow her example. An ascending mortal, Samantha, has conquered all that the rebellious Lanonandeks, led by Lucifer, has imposed upon us. Samantha is the new mother of humanity in demonstrating to us how to embrace the one and only pathway home to our Heavenly Mother and Father.

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon 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 Nebadon, 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.

SPIRITUAL HEALING:

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented living life in a stupor.

Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are. So right the way through our Healing, we stay being screwed up all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing, is all that is stopping us see the truth of ourselves – our untrue and false state.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving; understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties. Then comes transition.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on. Each progression is full on, all the way.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



IT IS NOT THIS WAY



IT IS THIS WAY

Where Support for Autocracy is Strongest

<https://www.statista.com/chart/11566/where-support-for-autocracy-is-strongest/>

23 October 2017

According to a Pew Research Center survey, rule by strong leader is an unpopular concept in most countries. That is especially true in Europe and particularly in Germany where autocratic rule has had devastating consequences in the past. Currently, 93% of people in Germany are against a system where a strong leader can make decisions without interference from parliament or the courts. Elsewhere in Europe, there are some places where support does rise; in the UK and Italy, over a quarter of people think autocracy is a good type of governance. In Russia, support for a strong leader rises to 48%, not too surprising considering people there still prefer Stalin to Gorbachev.

In Asia, rule by strong leader is considered a good thing by 55% of respondents in India, along with 52% in Indonesia. 42% of Vietnamese people would also give autocratic rule the green light while in Japan, a surprisingly high 32% share of respondents also say it's a good thing. In the United States, some people are keen on rule by strong leader with the research finding that 22% consider it a good thing.

Where Support For Autocracy Is Strongest

"Is a system where a strong leader can make decisions without interference good or bad?"



* Selected countries

Original question: "Would a system in which a strong leader can make decisions without interference from parliament or the courts be a good or bad way of governing this country?"



@StatistaCharts

Source: Pew Research Center

statista

Mapped: The State of Democracy Around the World in 2022

<https://www.visualcapitalist.com/mapped-the-state-of-global-democracy-2022/>

13 May 2022

The world's eight billion people live under a wide variety of political and cultural circumstances. In broad terms, those circumstances can be measured and presented on a sliding scale between "free" and "not free"—the subtext being that democracy lies on one end, and authoritarianism on the other.

This year's Democracy Index report by the Economist Intelligence Unit (EIU), is one such attempt to apply a score to countries based on how closely they measure up to democratic ideals. According to EIU, the state of democracy is at its lowest point since the index began in 2006, blamed in part on the pandemic restrictions that saw many countries struggling to balance public health with personal freedom. In this year's report, the EIU reported a drop of the average global score from 5.37 to 5.28, the biggest drop since 2010 after the global financial crisis. This translates into a sobering fact: only 46% of the population is living in a democracy "of some sort."

Let's dive a bit deeper into what this means.

Percentage of Population by Regime Type

In 2021, 37% of the world's population still lived under an authoritarian regime. Afghanistan tops this list, followed by Myanmar, North Korea, Democratic Republic of the Congo, and Syria. Of course, China has a big share of the population living under this style of regime.

On the other side of the spectrum we have full democracies, which only account for 6.4% of the population. Norway tops this list, followed by New Zealand, Finland, Sweden, and Iceland.

Regime Type	No. of Countries	Share of countries	Share of World Population
Full democracies	21	12.6%	6.4%
Flawed democracies	53	31.7%	39.3%
Hybrid Regimes	34	20.4%	17.2%
Authoritarian regimes	59	35.3%	37.1%

Let's explore the characteristics of each of the four types of regime according to the EIU:

Full democracies are nations where:

- Civil liberties and fundamental political freedoms are respected
- Valid systems of governmental checks and balances exist
- There are limited problems in democratic functioning
- Media is diverse and independent

Flawed democracies are nations where:

- Elections are fair and free
- Basic liberties are honoured but may have issues
- There are issues in the functioning of governance

Hybrid regimes are nations where:

- Electoral fraud or irregularities occur regularly
- Pressure is applied to political opposition
- Corruption is widespread and rule of law tends to be weak

- Media is pressured and harassed
- There are issues in the functioning of governance

Authoritarian regimes are nations where:

- Political pluralism is non-existent or limited
- The population is ruled by absolute monarchies or dictatorships
- Infringements and abuses of civil liberties are common
- Elections are not fair or free (if they occur at all)
- Media is state-owned or controlled directly or indirectly by the ruling regime
- The judiciary system is not independent
- Criticism of the government is censored



Global Democracy Index by Region

As mentioned earlier, in 2021, the global democracy score declined from 5.37 to 5.28. This was driven by a decline in the average regional score, but every region has a different reality. Let's take a look at the democratic state of each region in the world.

Americas

North America (Canada and U.S.) is the top-ranked region in the Democracy Index with an average score of 8.36, but this dropped significantly from 8.58 in 2020.

Both countries have dropped their positions in the global ranking, however, Canada still maintains the status as a full democracy.

The U.S. is still classified by EIU as a flawed democracy, and has been since 2016. The report points to extreme polarization and “gerrymandering” as key issues facing the country. On the bright side, political participation in the U.S. is still very robust compared with the rest of the world.

Latin America and the Caribbean experienced the largest decline in regional scores in the world. This region dropped from 6.09 in 2020 to 5.83 in 2021. This decline shows the general discontent of the population about how their governments have handled the pandemic.

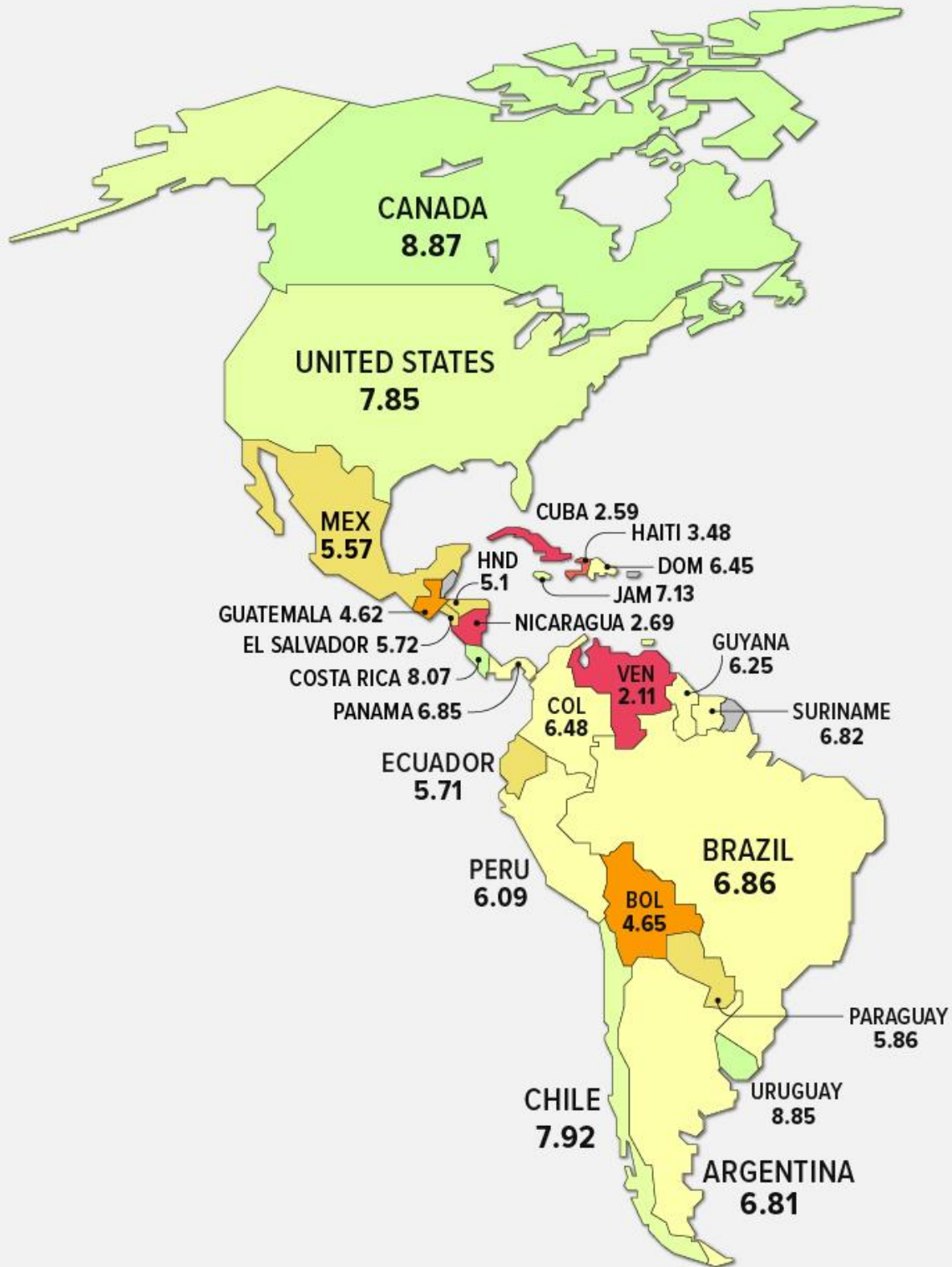
In this region, the only countries falling under the full democracy category are Costa Rica and Uruguay. On the other side of the spectrum, Venezuela, Nicaragua, and Cuba fall under the authoritarian regime classification.

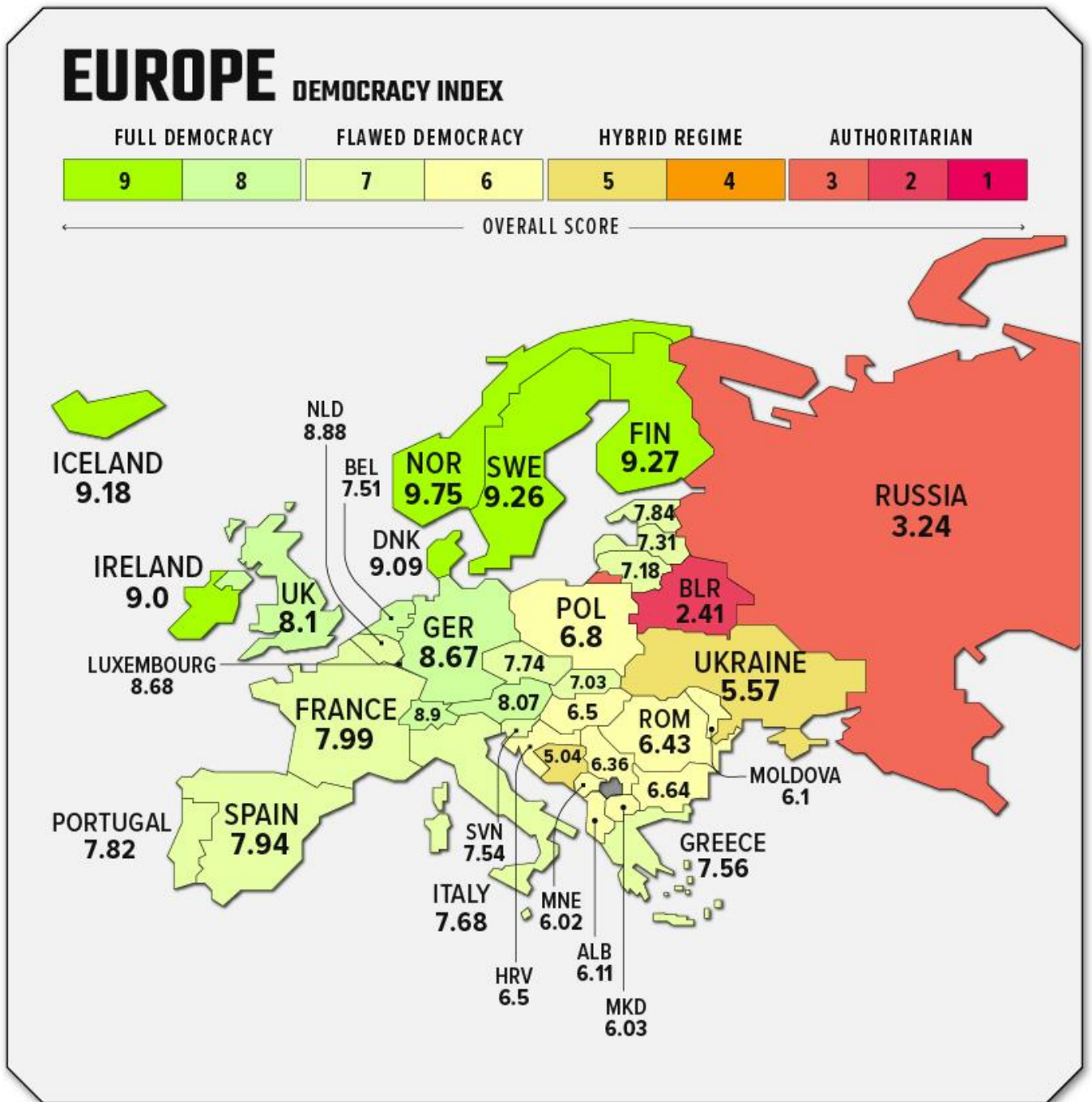
Europe

In 2021, Western Europe is the region with the most full democracies in the world.

In fact, four out of the top five full democracies are in this region: Norway, Finland, Sweden, and Iceland. A notable downgrade in this region happened in Spain; the country is now considered a flawed democracy.

AMERICAS DEMOCRACY INDEX





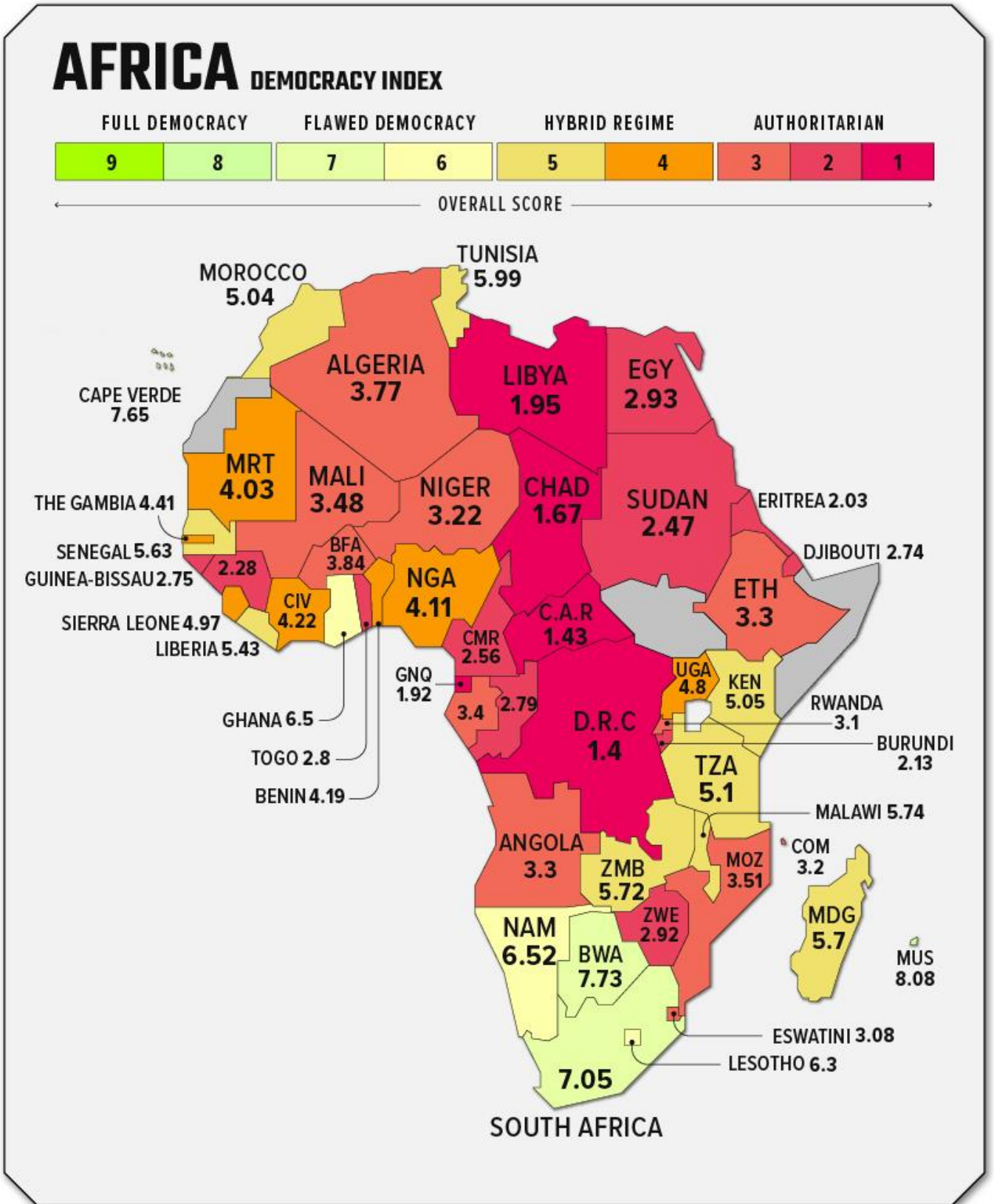
Eastern Europe paints a different picture, where there is not a single full democracy. Three countries (Moldova, Montenegro, and North Macedonia) were upgraded from being considered hybrid regimes to flawed democracies.

Ukraine's score declined to 5.57, becoming a hybrid region. Russia's score also declined to 3.24 keeping the authoritarian regime status. It's important to note that this report by the EIU was published before the [invasion of Ukraine](#) began, and the conflict will almost certainly impact scores in next year's report.

Africa

Sub-Saharan Africa has the most countries at the bottom of the Democracy Index rankings.

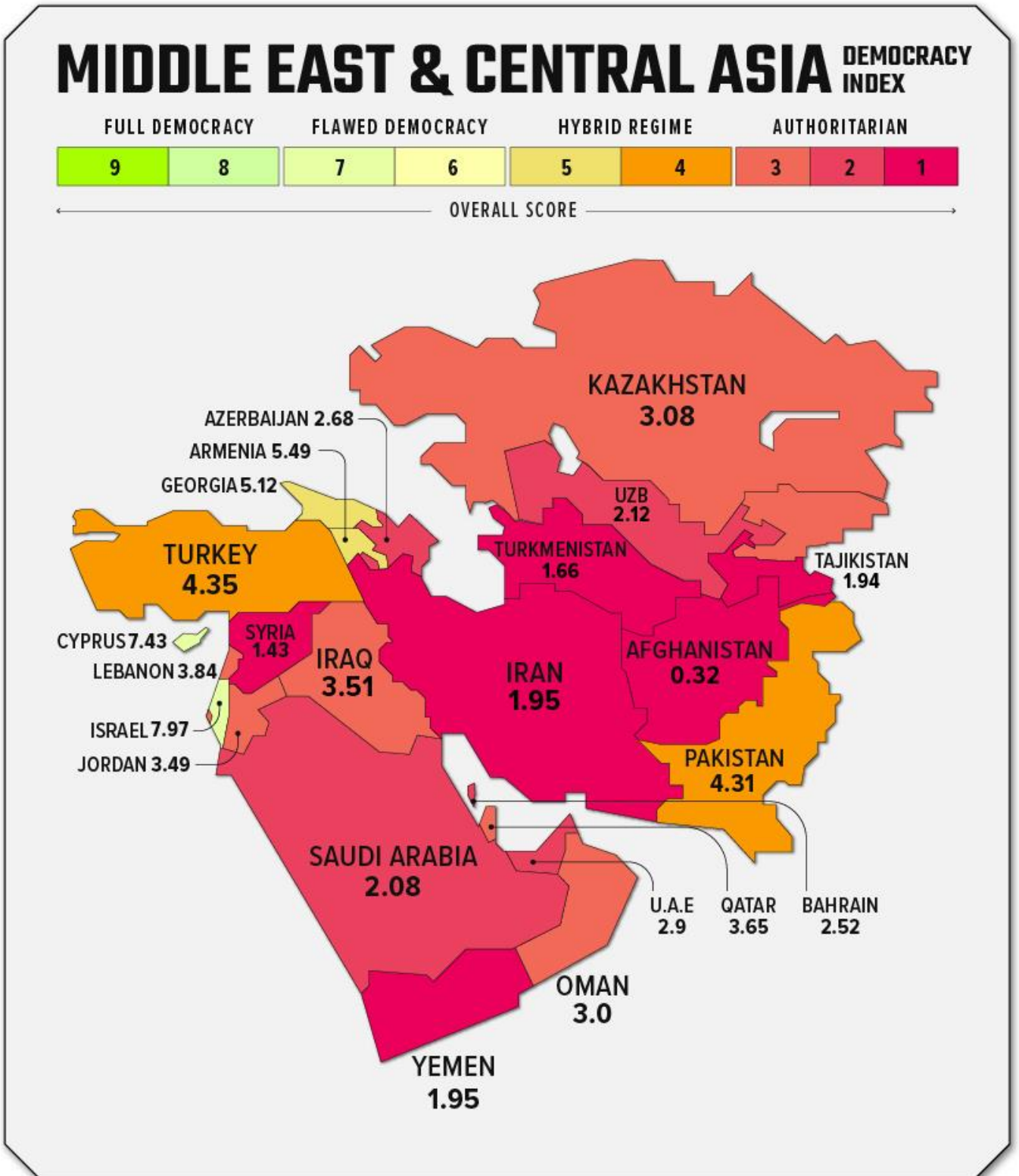
The fact is that 23 countries are considered “authoritarian regimes”. Meanwhile, there are 14 countries that are hybrid regimes, six countries under flawed democracy, and only one country, Mauritius, is considered a full democracy.



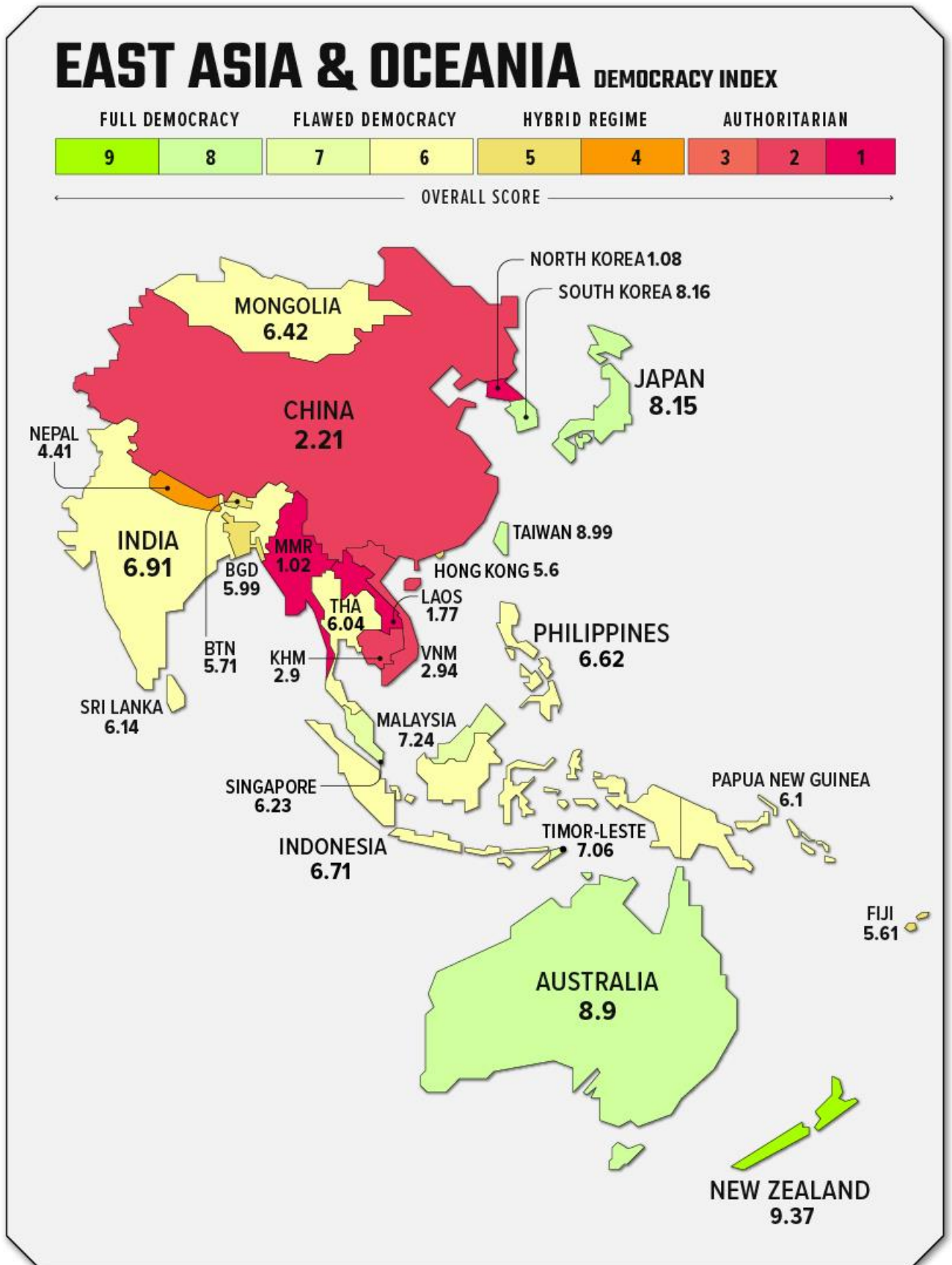
In North Africa, four countries are considered authoritarian regimes: Sudan, Egypt, Libya, and Algeria. Only Morocco and Tunisia fall into the hybrid regime classification.

Middle East and Central Asia

This region concentrates a substantial number of countries classified as authoritarian regimes. In fact, the region's overall democracy score is now lower than what it was before the start of the Arab Spring in 2010.



There are no countries falling under the category of full democracy in this region. Only Israel (7.97) and Cyprus (7.43) are considered flawed democracies. Turkey, Georgia, Armenia, and Pakistan fall under the category of hybrid regimes, and the rest of the countries in the region are considered authoritarian regimes.



East Asia and Oceania

This broad region is full of contrasts. Aside from Western Europe, East Asia and Oceania contains the most full democracies: New Zealand, Taiwan, Australia, South Korea, and Japan. There are also a high number of countries that fall under the category of flawed democracies.

It's worth noting that some of the most contentious geopolitical relationships are between neighbours with big differences in their scores: China and Taiwan, or North and South Korea are examples of this juxtaposition.

Decline in Global Democracy Levels

Two years after the world got hit by the pandemic, we can see that global democracy is in a downward trend.

Every region's global score experienced a drop, with the exception of Western Europe, which remained flat. Out of the 167 countries, 74 (44%) experienced a decline in their democracy score.

As pandemic restrictions continue to be lifted, will democracy make a comeback in 2022?

GLOBAL EROSION OF DEMOCRATIC NORMS



World's Autocrats Face Rising Resistance

<https://www.hrw.org/world-report/2019/country-chapters/global>

In some ways this is a dark time for human rights. Yet while the autocrats and rights abusers may capture the headlines, the defenders of human rights, democracy, and the rule of law are also gaining strength. The same populists who are spreading hatred and intolerance are spawning a resistance that keeps winning its share of battles. Victory in any given case is never assured, but it has occurred often enough in the past year to suggest that the excesses of autocratic rule are fuelling a powerful counterattack.

Unlike traditional dictators, today's would-be autocrats typically emerge from democratic settings. Most pursue a two-step strategy for undermining democracy: first, scapegoat and demonise vulnerable minorities to build popular support; then, weaken the checks and balances on government power needed to preserve human rights and the rule of law, such as an independent judiciary, a free media, and vigorous civic groups. Even the world's established democracies have shown themselves vulnerable to this demagoguery and manipulation.

Autocratic leaders rarely solve the problems that they cite to justify their rise to power, but they do create their own legacy of abuse. At home, the unaccountable government that they lead becomes prone to repression, corruption, and mismanagement. Some claim that autocrats are better at getting things done, but as they prioritise perpetuating their own power, the human cost can be enormous, such as the hyperinflation and economic devastation in once oil-rich Venezuela, the spree of extrajudicial killings as part of the “drug war” in the Philippines, or China's mass detention of upwards of 1 million Turkic Muslims, primarily Uyghurs.

Because they dislike human rights scrutiny, autocratic leaders also tend to retreat from the defence of human rights beyond their borders. This retrenchment has made it easier for brutal leaders to get away with large-scale atrocities, such as Syria's war on civilians in areas held by anti-government forces, the Saudi-led coalition's indiscriminate bombing and blockade that are killing and starving Yemeni civilians, and the Myanmar army's mass murder, rape, and arson against Rohingya Muslims.

In response to these disturbing trends, new alliances of rights-respecting governments, often prompted and joined by civic groups and the public, have mounted an increasingly effective resistance. Political leaders decide to violate human rights because they see advantages, whether maintaining their grip on power, padding their bank accounts, or rewarding their cronies. This growing resistance has repeatedly raised the price of those abusive decisions. Because even abusive governments weigh costs and benefits, increasing the cost of abuse is the surest way to change their calculus of repression. Such pressure may not succeed immediately, but it has a proven record over the long term.

Much of this pushback has played out at the United Nations—a noteworthy development because so many autocrats seek to weaken this multilateral institution and undermine the international standards that it sets. The UN Human Rights Council, for example, took important—sometimes unprecedented—steps in the past year to increase pressure on Myanmar, Saudi Arabia, and Venezuela. The opponents of human rights enforcement, such as China, Russia, Egypt, and Saudi Arabia, traditionally carry considerable weight in these settings, so it was impressive to see how often they lost this past year. Given the recent reluctance of many large Western powers to promote human rights enforcement, the leaders of this resistance were often coalitions of smaller- and medium-sized states, including some non-traditional allies.

Significant pressure in defence of rights was also asserted outside the UN. Within the past year, that included efforts to prevent a bloodbath in Syria, to resist autocratic trends in Europe, to defend the

longstanding ban on chemical weapons, to convince an African president to accept constitutional limits on his reign, and to press for a full investigation into the murder of Saudi journalist Jamal Khashoggi.

This mounting pressure illustrates the possibility of defending human rights—indeed, the responsibility to do so—even in darker times. The promise of rights-respecting democratic rule—of accountable governments that answer to the needs of their citizens rather than the power and wealth of high-level officials—remains a vital, mobilising vision. The past year shows that battles in its defence remain very much worth waging.

The Dark Side of Autocratic Rule

Despite the mounting resistance, the forces of autocracy have been on the rise. For example, Brazil elected as president Jair Bolsonaro—a man who, at great risk to public safety, openly encourages the use of lethal force by the military and police in a country already wracked by a sky-high rate of police killings and more than 60,000 homicides per year.

Established autocrats and their admirers continued their disregard for basic rights. Turkey’s President Recep Tayyip Erdoğan and Egypt’s President Abdel Fattah al-Sisi persisted in silencing independent voices and civic groups and locking up thousands for their presumed political views. Philippines President Rodrigo Duterte encouraged more summary executions, supposedly of drug suspects, but often of people guilty of no more than being poor young men. Hungary’s Prime Minister Viktor Orbán implemented his brand of “illiberal democracy.” Poland’s de facto ruler, Jarosław Kaczyński, sought to stack his country’s courts with his preferred judges, undermining the judiciary’s independence. Italy’s interior minister and deputy prime minister, Matteo Salvini, closed ports to refugees and migrants, scuttled efforts to save migrants’ lives at sea, and stoked anti-immigrant sentiment. India’s Prime Minister Narendra Modi failed to halt the demonising of Muslims while attacking civic groups that criticised his rights record or environmental policies. The Cambodian prime minister, Hun Sen, tightened his grip on power by holding sham elections from which the opposition party was banned. US President Donald Trump disparaged immigrants and minorities and tried to bully judges and journalists whom he deemed to stand in his way. Russia under President Vladimir Putin continued its multi-year crackdown on independent voices and political opposition. China closed off any possibility of organised opposition to the increasingly one-man rule of Xi Jinping.

Beyond the immediate victims, some of the economic costs of autocratic rule became more visible over the course of the year. Oil-rich Venezuela once enjoyed one of Latin America’s highest standards of living but today, under the autocratic rule of President Nicolás Maduro, Venezuelans suffer severe shortages of food and medicine, causing millions to flee the country. President Erdogan, persisting with large-scale building projects that often benefited his allies, oversaw a plummeting currency and a skyrocketing cost of living in Turkey. Mozambique discovered that US\$2 billion in government funds had disappeared from its treasury.

China’s much-touted “One Belt, One Road” initiative to develop trade infrastructure fostered autocratic mismanagement in other countries. In keeping with Beijing’s longstanding practice, Belt and Road loans come with no visible conditions, making Beijing a preferred lender for autocrats. These unscrutinised infusions of cash made it easier for corrupt officials to pad their bank accounts while saddling their people with massive debt in the service of infrastructure projects that in several cases benefit China more than the people of the indebted nation.

In Malaysia, Prime Minister Mahathir bin Mohamad cancelled three major infrastructure projects financed by Chinese loans amid concerns that his predecessor, Najib Razak, had agreed to unfavourable terms to obtain funds to cover up a corruption scandal. Unable to afford its enormous debt burden, Sri Lanka was forced to surrender control of a port to China, built with Chinese loans but without an

economic rationale in the home district of former President Mahinda Rajapaksa. Kenya came to rue a Chinese-funded railroad that offered no promise of economic viability. Pakistan, Djibouti, Sierra Leone, and the Maldives all expressed regret at having agreed to certain Chinese-funded projects. Talk of a Chinese “debt trap” became common.

The Pushback

The growing pushback against autocratic rule and the corruption it frequently fuelled took various forms over the past year. Sometimes elections or public pressure were the vehicle. Malaysian voters ousted their corrupt prime minister, Najib Razak, and the ruling coalition in power for almost six decades, for a coalition running on an agenda of human rights reform. Maldives voters rejected their autocratic president, Yameen Abdulla Gayoom. In Armenia, whose government was mired in corruption, Prime Minister Serzh Sargsyan had to step down amid massive protests. Czech Prime Minister Andrej Babis faced growing protests against his alleged corruption. Ethiopia, under popular pressure, replaced a long-abusive government with a new one led by Prime Minister Abiy Ahmed, who embarked on an impressive reform agenda. US voters in the midterm elections for the House of Representatives seemed to rebuke President Trump’s divisive and rights-averse policies.

Sometimes independent institutions of government resisted the overreach of their country’s leaders. Poland’s independent judges refused to abandon their jobs in the face of Kaczyński’s efforts to purge them; the European Court of Justice later backed their refusal. Guatemala’s Constitutional Court reversed President Jimmy Morales’s attempt to bar from the country the chief investigator of a UN-backed anti-corruption body after it started probing his own alleged financial wrongdoing. US Chief Justice John Roberts, appointed by former President George W. Bush, publicly berated President Trump for disparaging “an Obama judge” who had ruled against Trump’s efforts to limit migrants’ right to seek asylum.

In many cases, the public led the resistance in the streets. Large crowds in Budapest protested Orban’s moves to shut Central European University, an academic bastion of liberal inquiry and thought. Tens of thousands of Poles repeatedly took to the streets to defend their courts from the ruling party’s attempts to undermine their independence. People across the United States and dozens of companies protested Trump’s forcible separation of immigrant children from their parents.

Multilateral Resistance

New governments had to pick up the defence of human rights because several important governments faltered. President Trump preferred to embrace autocrats whom he viewed as friendly, even if parts of the US government often tried to work around the White House. The British government, worried about Brexit, appeared willing to publicly advocate for human rights mainly in countries where British trade or commercial interests were limited. French President Emmanuel Macron defended democratic values rhetorically, but too often found reasons to avoid applying those principles when they implicated efforts to curb migration, fight terrorism, or secure commercial opportunities. Germany’s Chancellor Angela Merkel spoke against anti-rights policies emanating from Moscow and Washington but was often beset by political challenges at home. China and Russia did all they could to undermine global rights enforcement, while at home they imposed the most repressive rule in decades.

UN Human Rights Council

Against this challenging backdrop, a critical mass of human rights supporters has regularly risen to the occasion. The 47-member UN Human Rights Council was an especially important venue. It proved significant even though the Trump administration ordered the United States to withdraw from it—the first country ever to do so—in a failed effort to discredit the council’s regular criticism of Israel. Washington

objected to the council's focus on Israel, which occurs in part because many US administrations, including that of President Trump, use the US veto at the UN Security Council to shield Israel from any criticism there. The Human Rights Council has repeatedly taken important steps to defend rights in North Korea, Syria, Myanmar, Yemen, Sudan, South Sudan, Burundi, and the Democratic Republic of Congo—all countries with deeply problematic human rights records that the US government has long said it wants addressed. Yet President Trump was willing to jeopardise that in the name of weakening the council because it denounces such Israeli policies as the crippling closure of Gaza and the discriminatory and illegal settlement regime in the West Bank.

The Human Rights Council made major advances despite—and in one case arguably because of—the US absence. For example, the possibility of a Chinese, Russian, or even American veto at the UN Security Council appeared to doom any effort to refer Myanmar to the International Criminal Court (ICC) for its army's mass atrocities—foremost the crimes against humanity that sent 700,000 Rohingya fleeing for their lives to Bangladesh. In response, the Human Rights Council, where there is no veto, stepped in to create a semi-prosecutorial investigative mechanism to preserve evidence, identify those responsible, and build cases for the day when a tribunal becomes available to judge these crimes. That effort won overwhelmingly, with 35 in favour and only 3 against (7 abstained), sending the signal that these atrocities cannot be committed with impunity, even as senior leader Aung San Suu Kyi and the army continued to deny they occurred.

The European Union co-presented the council's resolution on the Rohingya along with the Organisation of Islamic Cooperation (OIC), which until Myanmar's attacks on the Rohingya had opposed all resolutions criticising any particular country other than Israel. And in what may be an alternative route to the International Criminal Court (ICC) that does not depend on the Security Council, the ICC prosecutor opened a preliminary examination into the alleged deportation of Rohingya from Myanmar, using for jurisdiction the fact that the crime was completed when the Rohingya were pushed into Bangladesh, an ICC member state.

With the Netherlands, Belgium, Luxembourg, Ireland, and Canada taking the lead, the Human Rights Council also rejected a heavy-handed Saudi effort to avoid scrutiny of war crimes in Yemen, such as the Saudi-led coalition's repeated bombing and devastating blockade of Yemeni civilians that have left millions on the brink of starvation in what UN officials describe as the world's worst humanitarian crisis. One month before the vote, apparently to signal the possibility of broader retaliation, Saudi Arabia lashed out at and imposed sanctions on Canada for Foreign Minister Chrystia Freeland's wholly justified criticism of its crackdown on women's rights activists. (Saudi Arabia's crown prince, Mohamed bin Salman, preferred to portray his concessions on women's rights, such as granting the right to drive though not lifting the "guardianship" rules that treat women as children, as matters of royal grace rather than as acquiescence to popular demand). Yet the Human Rights Council resolved to continue an international investigation started last year of war crimes in Yemen by a vote of 21 to 8 with 18 abstentions.

For the first time, the Human Rights Council condemned the severe repression in Venezuela under President Maduro. A resolution, led by a group of Latin American nations, won by a vote of 23 to 7 with 17 abstentions. This followed the US government's departure from the council, making it easier for resolution sponsors to show they were addressing Venezuela as a matter of principle rather than as a tool of Washington's ideology.

In addition, five Latin American governments and Canada urged the International Criminal Court to open an investigation of crimes in Venezuela—the first time that any governments have sought an ICC investigation of crimes that took place entirely outside their territory. Other governments, including France and Germany, supported the move. A group of Latin American governments led by Argentina also organised in the context of the Human Rights Council the first joint statement, signed by 47

countries, on the worsening repression in Nicaragua, as President Daniel Ortega responded with violence to growing protests against his repressive rule.

European Institutions and the Chemical Weapons Agency

Beyond the Human Rights Council, governments mounted important defences of human rights in other venues as well. One was the Organisation for the Prohibition of Chemical Weapons (OPCW), which had been empowered to determine in any given case only whether chemical weapons have been used, not who used them. Russia opposed empowering any international investigation to attribute responsibility, given its backing of and cover for the Syrian government as it repeatedly used chemical weapons, and its own apparent use of the Novichok nerve agent in an attempted assassination of a former spy in Britain. For example, Moscow vetoed renewal in the UN Security Council of a separate investigation that could identify perpetrators, the UN-OPCW Joint Investigative Mechanism on Syria. The pushback came in an initiative led by France and Britain, over the opposition of Russia, which resulted in the member states of the OPCW voting 82 to 24 to grant it the mandate to begin identifying the users of chemical weapons. A Russian effort to block funding for this new mandate was also rejected.

In the European Union, in response to the Polish government's efforts to undermine the independence of the judiciary and Orbán's implementation of his "illiberal democracy" in Hungary, the EU launched a process that could end with the imposition of political sanctions under article 7 of the EU Treaty; the European Commission acted in the case of Poland and a two-thirds majority of the European Parliament acted in the case of Hungary. Although Poland and Hungary have the power under unanimity rules to shield each other from the actual imposition of such sanctions, the article 7 process lays the groundwork for using the leverage provided by the EU's next five-year budget, which should be adopted by the end of 2020. Poland is the largest recipient of EU funds, and Hungary is among the largest per capita recipients. Both the Polish and Hungarian governments have used these funds to their political advantage, so it is reasonable to ask whether the EU should continue to generously fund their attacks on the EU's core democratic values.

Europe's top intergovernmental human rights body, the Council of Europe, pushed back against attempts by Azerbaijan's authoritarian government to improperly influence members of the council's Parliamentary Assembly (PACE) to soften criticism of the country's human rights record. Following reports by journalists and activists, the Council of Europe launched an investigation that found "a strong suspicion" of "activity of a corruptive nature" by certain current and former PACE members due to illicit Azerbaijani government lobbying. The investigation led to resignations, various penalties, and the introduction of new lobbying rules.

Syria and Saudi Arabia

The multilateral action that may have saved the most lives over the past year focused on Syria. In recent years, as the Syrian military—with backing from Russia, Iran, and Hezbollah—gradually retook one enclave after another held by anti-government forces, many of the residents who feared retaliation or detention in the government's notorious torture and execution chambers were given the option of moving to Idlib province and surrounding areas in northwest Syria, where anti-government forces retained control. Today, an estimated three million people live there, at least half of them displaced from elsewhere in Syria.

But with Turkey having closed its border (after having received 3.5 million Syrian refugees) and the Syrian-Russian military alliance threatening an offensive against Idlib, a bloodbath seemed likely, given the indiscriminate way that the Syrian and Russian militaries have fought the war to date. The Kremlin held the keys to whether this feared slaughter of civilians proceeded because the Syrian military was incapable of sustaining an offensive without Russian aerial support. Intensive international pressure on

the Russian government ultimately persuaded President Putin to agree with Turkish President Erdogan to a ceasefire in Idlib, beginning in September. Whether that ceasefire fails, as others have, or holds remains to be seen at time of writing in early December, but its existence shows that even in as complicated a situation as wartime Syria, concerted pressure can save lives.

The aftermath of the Saudi government's gruesome murder of Jamal Khashoggi at its Istanbul consulate provided another example of widespread though still selective multilateral pressure. It is unfortunate that it took the killing of a prominent journalist, rather than of countless unknown Yemeni civilians, to mobilise global outrage at Riyadh's human rights record, but this single murder turned out to be galvanising. The Saudi government advanced a series of changing cover stories, each refuted with evidence released piece-by-piece by the Turkish government (which continued to persecute its own journalists, activists, academics, and politicians who dared to criticise President Erdogan).

Gradually, the United States and Canada imposed targeted sanctions against many of the Saudis implicated in the murder. In Europe, Germany took the unprecedented step of barring 18 Saudi officials from entering the 26-nation Schengen Zone, while Germany, the Netherlands, Denmark, and Finland stopped arms sales to the kingdom. Yet President Trump pointedly refused to endorse the CIA's reported finding that the Saudi crown prince had likely ordered Khashoggi's murder, offering a cavalier and effectively exculpatory, "Maybe he did and maybe he didn't!" Trump, like his British and French counterparts, refused to stop lucrative arms sales to Saudi Arabia, as if an indeterminate number of domestic jobs outweighed the large-scale loss of Yemeni civilian lives. Many members of the US Congress from both parties—along with members of the US media and public—denounced this callous calculation.

Africa

Pressure from a group of African states was key to finally persuading President Joseph Kabila of the Democratic Republic of Congo to schedule elections for his successor. Barred from seeking re-election by constitutional term limits yet reluctant to give up power, Kabila had deployed security forces to detain and even fire upon pro-democracy activists. He relented only after coordinated pressure from African states—foremost Angola and South Africa—as well as such Western governments as the United States and Belgium. At time of writing, it was unclear whether the elections scheduled for December 23 would take place and whether conditions would be free and fair.

The threat of mass African withdrawal from the International Criminal Court continued to ebb in the wake of pushback from African governments and civic groups supporting the ICC. To date, the only African state to have withdrawn is Burundi, whose president, Pierre Nkurunziza, hopes to avoid criminal charges for his brutal repression of opposition to his amending constitutional term limits on his tenure. The UN Human Rights Council repudiated Nkurunziza's quest for immunity by reaffirming UN scrutiny of Burundi's rights record by a vote of 23 to 7 with 17 abstentions.

China

Multilateral pressure also began building on the Chinese government, which represents a dangerous challenge to human rights not only because of the severity of its repression—the worst since the violent suppression of the Tiananmen Square democracy movement of 1989—but also because it represents an autocrat's dream: the prospect of long-term power and economic gain without human rights, democracy, or the rule of law.

But the last year saw greater scrutiny of the downside of such unaccountable government. Some critics focused on Chinese authorities' mass-surveillance ambitions—the deployment of systems that use facial-recognition software, artificial intelligence, and big data to more effectively monitor the population and

predict, among other things, political loyalty. International businesses also came under growing pressure not to become complicit in these intrusive practices.

The issue receiving the most attention was the Chinese government's mass arbitrary detention for "re-education" of upwards of 1 million Muslims in the Xinjiang region, mostly ethnic Uyghurs, to force them to disown their Muslim faith and ethnic identity. This brainwashing effort is not limited to China's burgeoning detention facilities: the government has deployed some 1 million officials to live in Muslims' homes and spy on them to ensure their political and cultural loyalty.

In response, China faced tough questions from many countries during a periodic review at the UN Human Rights Council, and a coalition of 15 Western ambassadors, spearheaded by Canada, sought to challenge Xinjiang's party secretary, Chen Quanguo, over these abuses. Speaking to the Human Rights Council just one week after her appointment, the new UN high commissioner for human rights, former Chilean President Michelle Bachelet, expressed concern at the crackdown on Uyghurs and called for access to the region.

However, having come to the defence of Muslims persecuted by Myanmar, the 57 Muslim-majority countries of the OIC at time of writing had yet to speak out in defence of China's Muslims, other than Turkey raising the issue at the UN and Malaysia's Anwar Ibrahim, the leader of the country's ruling coalition, speaking publicly about it.

Immigration and Asylum

In the West, the most divisive issue seized upon by autocratic politicians was immigration, even in such places as Poland and eastern Germany that have relatively few immigrants. Some centrist politicians calculated that the best way to defeat this autocratic threat was to ape it, even at the cost of mainstreaming its rhetoric of hate and divisiveness. That strategy failed miserably, for example, for Germany's interior minister, Horst Seehofer, whose Christian Social Union fared poorly in elections in its Bavarian home, while the far right gained. By contrast, the most outspoken German opponents of the far right, the Greens, enjoyed unprecedented success. The results of local elections in the Netherlands and Belgium and general elections in Luxembourg sent similar messages.

But the pushback against the xenophobic response to immigration—and the Islamophobia that often accompanied it—was not as strong as needed. European governments, for example, have expended too little energy assessing policies that have poorly integrated longstanding immigrant communities. That failure, in turn, facilitates the demonising of newcomers. Instead, European leaders sought to close their borders even to asylum seekers, who are entitled to an opportunity to make the case that they deserve protection.

They also sought to make it easier to deny asylum even to those who do arrive, on the grounds they could have sought protection in a country outside the EU that it considers "safe," even though many lack the capacity to process asylum claims or to provide effective protection. And the deportations of migrants who arrived seeking economic opportunities, who mostly have no right to enter or remain, were often not conducted humanely or safely. Hungary, Bulgaria, Croatia, Poland, Spain, and Greece forced people back to non-EU countries, in some cases violently. Italy led efforts to get the Libyan Coast Guard to return migrants to nightmarish conditions of detention in Libya and blocked humanitarian rescue efforts in the Mediterranean Sea, apparently with the callous hope that more drownings at sea would deter further migration. The EU also enlisted problematic governments such as Sudan and Mali to reduce the number of migrants and asylum seekers reaching Europe.

In the United States, President Trump used the perceived threat of a caravan of asylum seekers fleeing Central American violence to mobilise his political base just before the US congressional elections. He

went so far as to deploy 5,000 US troops along the Mexican border in a wasteful political stunt. He also ordered the separation of immigrant children from their parents and illegally restricted the right of asylum seekers to present their case upon arrival at the border.

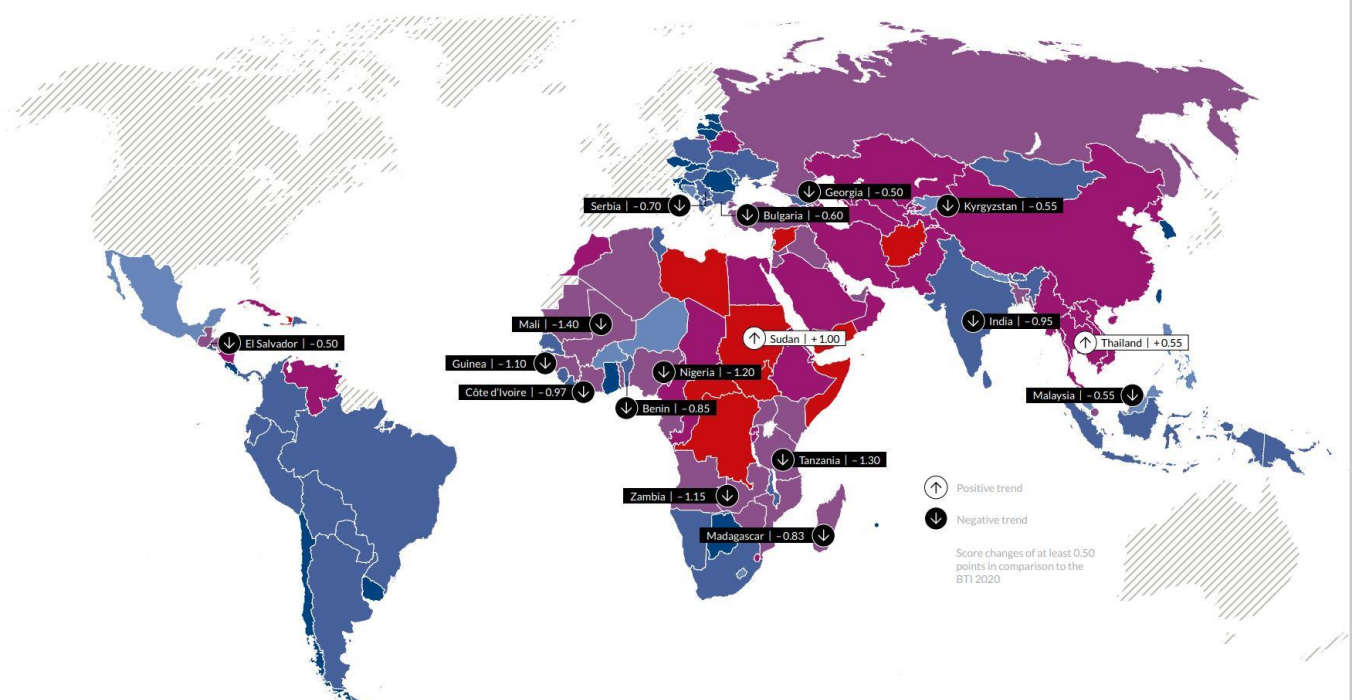
Despite widespread criticism of the family separation policy, Trump's political opponents largely failed to articulate an alternative positive vision on immigration—for example, one that distinguishes between long-time immigrants who have effectively become Americans in all but papers (often with US citizen children and spouses and established places in the workplace and the community) and recent arrivals who are not seeking asylum and typically have no strong claim to stay.

Despite the divisiveness of US politics, a broad consensus for immigration reform has been forged in the past, so it should be possible to articulate a vision that facilitates strong border enforcement while respecting asylum for refugees and the human equities that should protect most long-term immigrants from deportation.

Beyond an Anniversary

The challenges of the past year arose as the world celebrated the 70th anniversary of the Universal Declaration of Human Rights—as well as the 20th anniversary of the treaty founding the ICC and the 40th anniversary of Human Rights Watch. Clearly this is no moment for complacency. Just as human rights standards have become deeply entrenched as a way of measuring how governments treat their people, human rights are under threat.

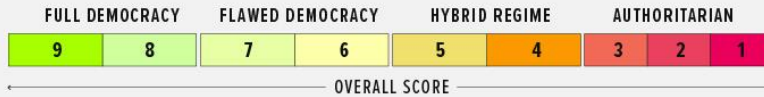
Despite the unfavourable winds, the past year shows that defending human rights remains a worthy imperative. When governments see political or economic advantage in violating rights, rights defenders still can raise the price of abuse and shift the cost-benefit calculus to convince governments that repression does not pay. The terrain for the fight has shifted, with many long-time participants missing in action or even switching sides. But effective coalitions have emerged to oppose governments that are not accountable to their people and respectful of their rights. With this report, Human Rights Watch seeks to expand this re-energised global defence of a rights-respecting future.



THE STATE OF DEMOCRACY AROUND THE WORLD

Source: EIU.com

The Democracy Index provides a snapshot of the state of democracy around the world since 2006. This year's report reveals that democracy is failing worldwide due to the negative impact of covid-19 pandemic on democracy and freedom.



Top 5 Ranked Countries

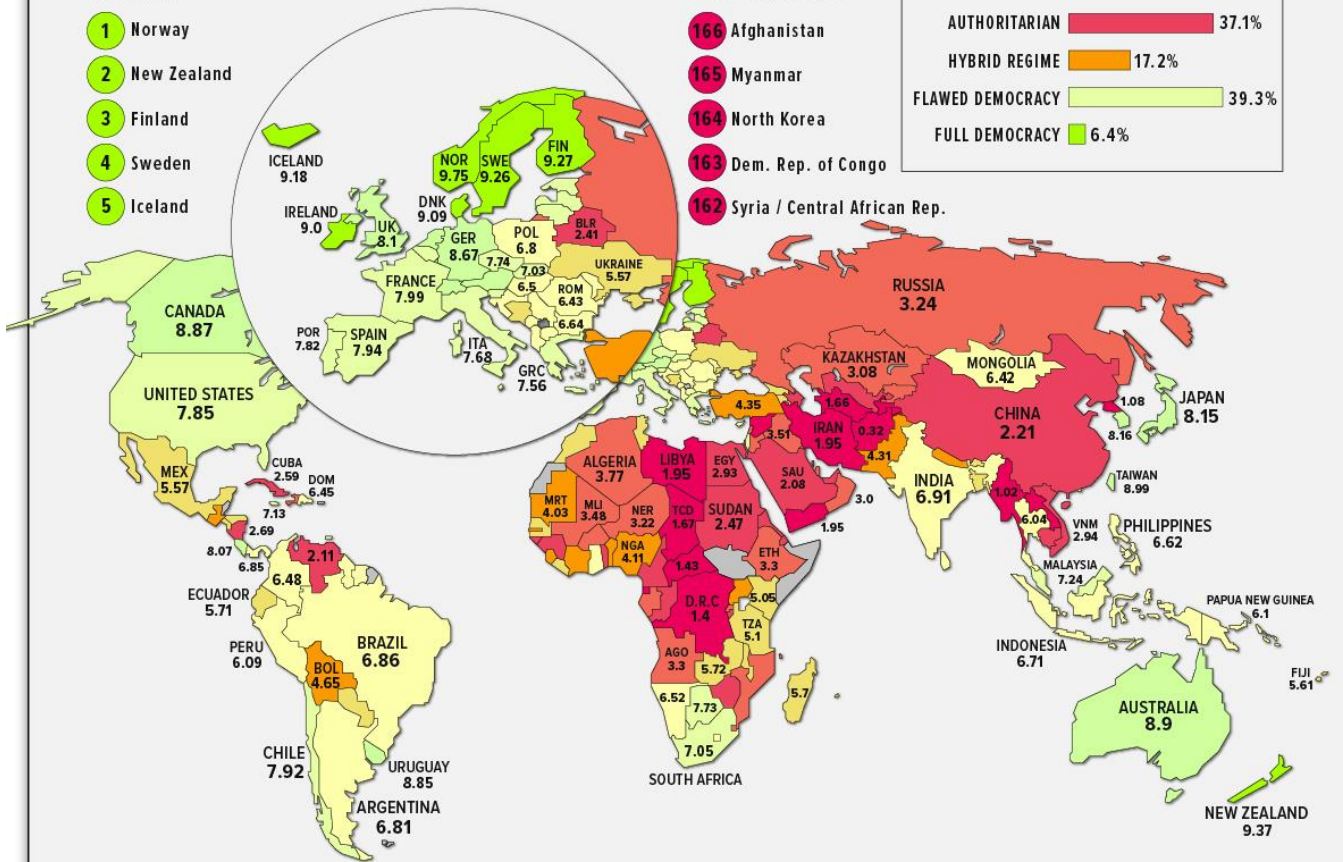
- 1 Norway
- 2 New Zealand
- 3 Finland
- 4 Sweden
- 5 Iceland

Bottom 5 Ranked Countries

- 166 Afghanistan
- 165 Myanmar
- 164 North Korea
- 163 Dem. Rep. of Congo
- 162 Syria / Central African Rep.

In 2020, 49.4% of the world population lived in some sort of democracy. This has dropped substantially to 45.7% in 2021 and 37.1% of the world population live in "authoritarian regimes".

AUTHORITARIAN	37.1%
HYBRID REGIME	17.2%
FLAWED DEMOCRACY	39.3%
FULL DEMOCRACY	6.4%



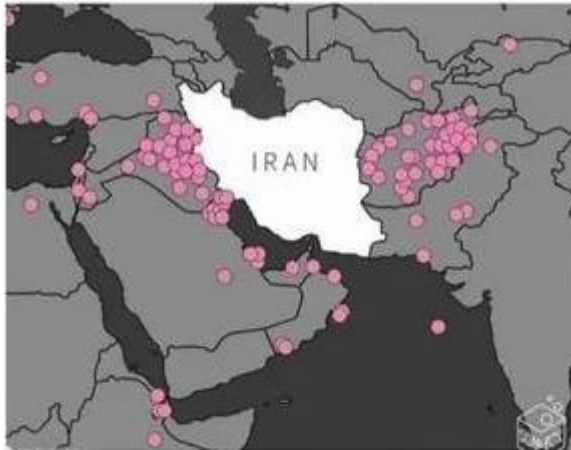
THE DEMOCRACY INDEX IS BASED ON FIVE CATEGORIES:



[f](#) [v](#) /visualcapitalist [t](#) [@visualcap](#) [visualcapitalist.com](#)

COLLABORATORS RESEARCH + WRITING Raul Amorós | ART DIRECTION + DESIGN Melissa Haavisto, Sabrina Fortin

IRAN WANTS WAR



RUSSIA IS AN AGGRESSOR



CHINA IS A THREAT

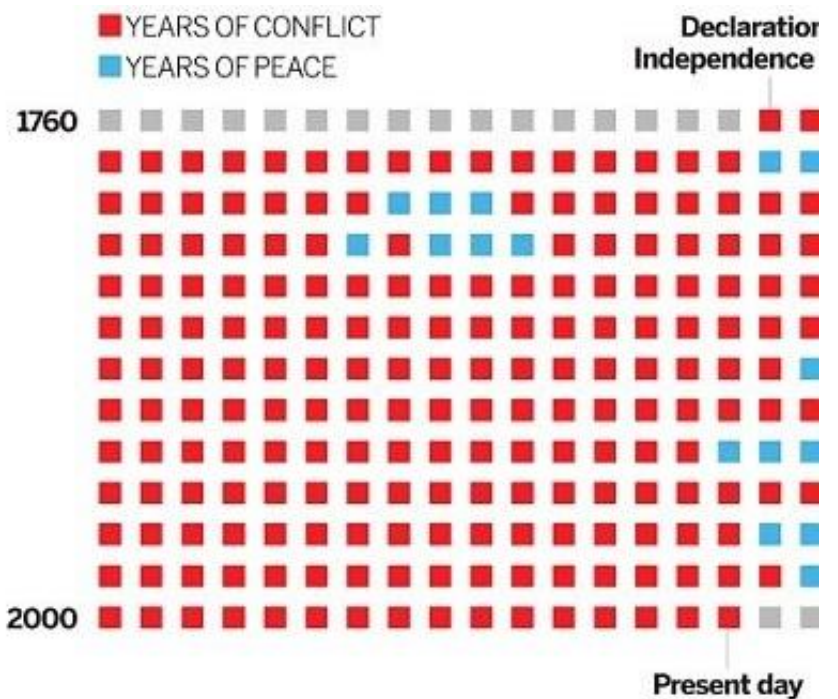


LOOK HOW CLOSE THEY PUT THEIR COUNTRIES TO US MILITARY BASES



US HAS BEEN 'AT WAR' 91% TIMES OF ITS EXISTENCE

The United States has been involved in some war or the other in 214 out of 235 years of its existence as an independent country. It has often not been the first aggressor in many instances



Complete list of year-wise wars on Loonwatch.com

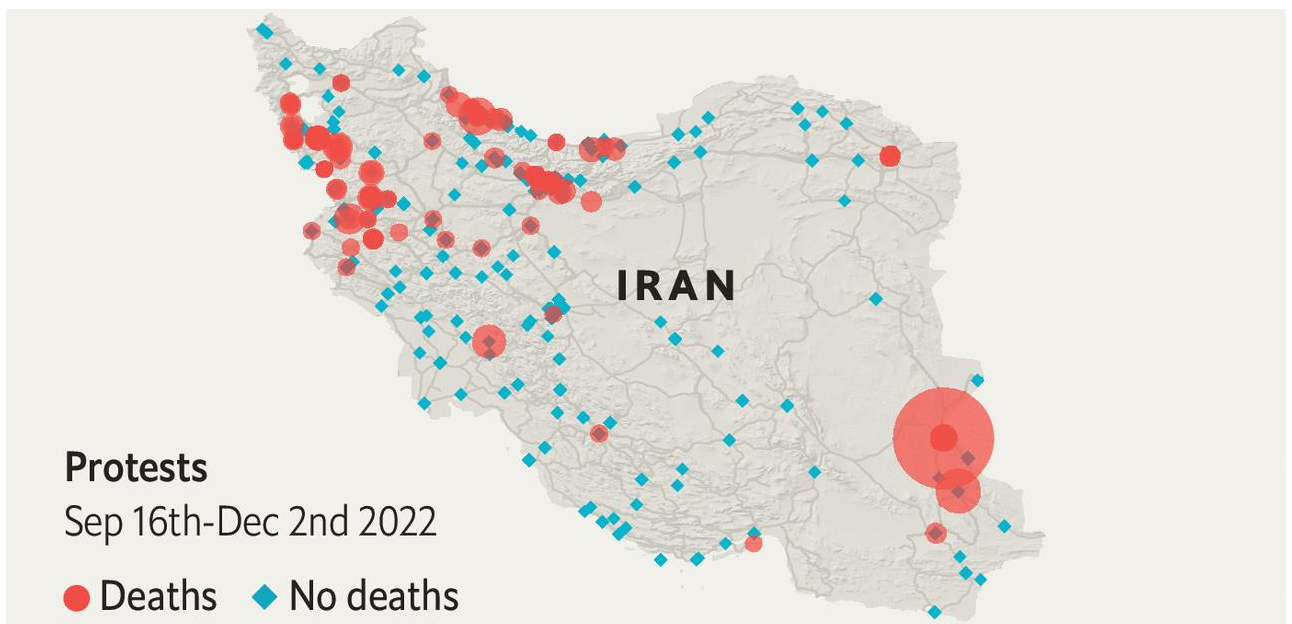
PROTESTS – CHINA – IRAN

Last quarter of



2022

Protests over the death of Mahsa Amini, a woman who died after being arrested by the Islamic republic's "morality police", in Tehran, Iran, 19 September 2022.



DEMOCRACY

We often express being proud to belong to a free and democratic society. But what does that mean?

We freely elect a representative from within our community to represent us, each of us, in the highest levels of government of our land. We typically know little about this person yet we assign full authority to him or her over our family and ourselves through the mark we make on a small ballot paper!

On an Australian federal government level we are formed into electoral divisions of around 170,000 people (adults and their children) of which a little over 100,000 may vote, being those who being eligible and register to vote for a candidate.

The candidate who gets the majority of votes (preferential voting) gets to go to parliament to represent us. Thus less than half of the voters are immediately disenfranchised because they voted for a losing cabinet.

Then of those who get to go to parliament, nearly half of them are in opposition needing to sit out the term of the election to run again and hopefully be in a majority that then governs.

Of those in the majority, two thirds find themselves in the back bench as a special cabinet is elected out of the winning majority group thus disenfranchising even more of the electorate.

Then out of this privileged cabinet, they elect a leader who appears to be all things to all people – but seldom is. There is little understanding of the skills, experience and consciousness levels of candidates.

As for the inner circle of the cabinet of around 24 elected representatives, they are assigned ‘portfolios’ that they have little experience with. It takes you and me most of our lives to learn our special trade and professions, yet these few people are given authority through a ‘portfolio’ to administer for a nation’s population of many millions. Some do excel at their appointment – only then to be reassigned to another portfolio.

The public is never made aware of the gross unseen manipulation of the nation’s finances, health, education, defences, social services systems, justice, public works, etc., that hidden controllers manipulate with impunity. If a cabinet member begins to encroach upon hidden controllers domain and control, then they are seemingly re-assigned to another portfolio and a novice is appointed in their place. This pattern unfolds, time and time again, all around the world. This pattern of control unfolds through secret societies who are in turn are controlled by a much smaller group of privileged families.

But before we get to parliament, let us look at the hidden control on how candidates are chosen to run for election, well before we get to know who they might be and then consider voting them in.

Remember, this is the ‘democracy’ of the so-called free world.

DEMOCRACY HIJACKED?

Two platforms that we consider when we engage executives to lead our businesses and corporations. We seek out experienced skilled people who have high integrity and personality that are conducive to deliver the outcomes beneficial for all concerned, including for themselves, but most importantly for all the people that they will have responsibility for – in political appoints, it is firstly for the electorate and then for the whole of nation in regards to any portfolio they may be assigned.

The second platform is leadership qualification. As we are introducing Dr David R Hawkins' Map of Consciousness and that through kinesiology muscle testing, we can calibrate each and every candidate as to their personal consciousness level – at anytime, anywhere they may be – and leadership benchmark is at 400 on the Map of Consciousness scale, being the lowest point of Reason on the scale that is based on the common log of 10. A one point increase is a tenfold increase in energy. Thus, no political representative nominee should be considered that calibrates below 400 on the MoC.

Kindly consider www.pascashealth.com Library Download page, scroll down to Medical, open:

 [Pascas Care Kinesiology Personality Traits.pdf](#)

 [Pascas Care Kinesiology Testing.pdf](#)

The overall calibration of the population of Australia is 410. Our political representatives should be considered the elite of leadership for the nation and calibrate above the norm for the nation. They presently do not. Even those who find themselves in the inner circle of the cabinet and shadow cabinet do not calibrate at or above the norm for the whole population of Australia. As per the chart that follows, the two cabinet groups calibrate on average at 390. The back benchers are even lower – those being not invited into the cabinet of the winner group or the opposition group leadership.

As Australia presently elects 151 members for the House of Representatives and 76 for the Senate then why not have all of them with appropriate capabilities to do what they are elected to do – represent their constituents? Why have parties to group them into packages that then can have them sidelined for the term that they are elected for? All those elected should be provided with the freedom to vote as they feel appropriate without the dictates of party lines determined by authorities that are not necessarily ever elected – paid party officials pulling the strings on behalf of hidden controllers and other influencers.

John (the typist), when being a professional accountant in public practice asked six of his clients – at separate times – why they were politicians. He did this privately. They each answered the same way – for the kickbacks. They were not politicians for their constituents, they were after what they could personally gain from their positions of power for their own greed.

Recently, John worked with a party who has aspirations to gain a high political position within the nation he originates from. Without going into detail, basically built into the documentation being assembled, there may have been around twenty ways that he had built in the means to graft out 'kickbacks' in what was being assembled for the 'benefit' of his people. The arrogance of the candidate left no doubt as to his intent. Dialogue was discontinued.

So, why are candidates of such low capability and calibration being presented to the electorates? Yet when we engage executives we only consider the most professional and capable person possible? Why do we accept these impositions?

The system, in this case being democracy, is designed to keep the populace from evolving, from blossoming into the potential that we all have within each of us, from recognising and freeing ourselves from the suppression that we each are subjected to from the moment of our conception. This has all been imposed upon each of us by unseen controllers for aeons and now we are all beginning to comprehend what we are being subjected to – AND now we can change it.

Leadership commences at the level of Reason on the Map of Consciousness – that is 400 MoC. Most candidates fail miserably on these calibrations, yet the elections mainly are for nominees who we each would not even consider employing within our enterprises.

This is how the hidden controllers want it. Incompetent and incapable leadership, then divide them up – half opposing the other half, then divide the winning half into a small inner circle – cabinet – and then put the ‘elite’ into portfolios of incompetence. If a star begins to impinge upon the hidden control then move that person to a position of incompetence. It is ever so easy to have false accusations surface for any member of parliament who might become difficult to manage and even end their career.

Presently, only around 20% of the cabinet members, both in the leadership and shadow cabinets, calibrate 400 or higher on the Map of Consciousness. Neither of the leaders of the party in power and the party in opposition calibrate at the average of the elected representatives or even above.

This is democracy for you – and it is considered the best of all the systems.

We can change it:

- No parties – everyone is independent.
- Those elected are not formed into leadership and opposition groups.
- All those elected are free to vote as they feel appropriate.
- No opposition party or parties. All members of parliament can freely vote.
- Cabinet and leadership drawn from the most capable of ALL those elected to parliament.
- Candidates for election must calibrate 400 or higher.
- Candidates must outline their special skills and their desires for their constituents / electorate.
- Articulate policy – these to also be calibrated, as a whole and each part individually.
- Those who are elected to be the leaders of all the elected members of parliament are from those calibrating 440 or higher.

An outside Council of Elders without any political alignment may be formed from those calibrating 470 or higher from the population to provide guidance to the parliament on behalf of all the people of the nation.

Not only are all autocratic ‘governments’ to be rejected by their oppressed people of those nations but all systems established during the era of the Rebellion and Default are to be dismantled by the people and The NEW WAY be brought into being. This means nothing will remain as it has been.

Presently, most governments around the world are of consciousness levels lower than the overall consciousness of each nations’ people’s consciousness, thus retarding the potential of the people, perpetuating their zombiistic life and having them live in a stupor, all kowtowing to the dictates of hidden controllers, including, unknowingly, these elected governmental officials.

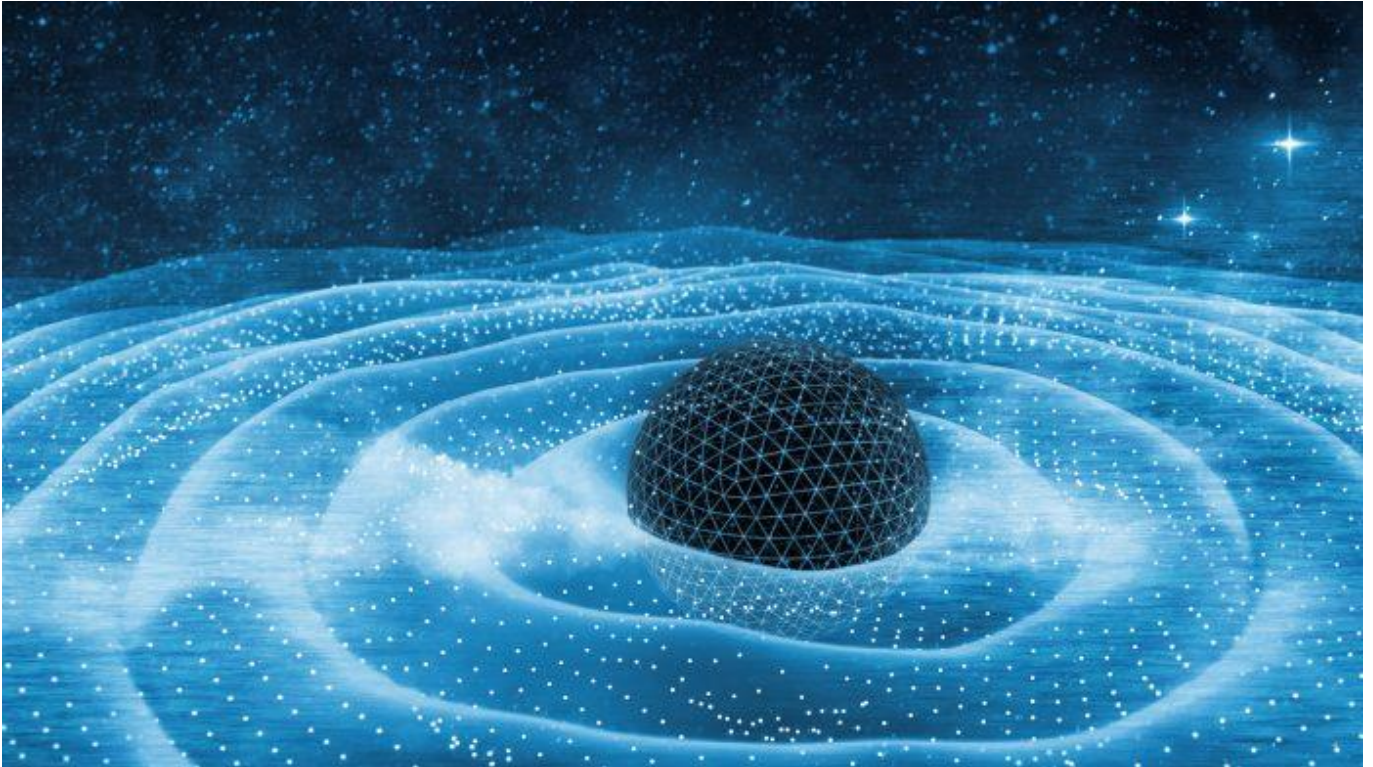
Presently, all societies from around the world are trying to make all people the same as each other. Why is this so?

Woke; woker; wokest: (chiefly US slang) aware of and actively attentive to important societal facts and issues (especially issues of racial and social justice). But we will only succeed if we reject the growing pressure to retreat into cynicism and hopelessness. ... We have a moral obligation to "stay woke," take a stand and be active; challenging injustices and racism in our communities and fighting hatred and discrimination wherever it rises.

Disapproving: politically liberal (as in matters of racial and social justice) especially in a way that is considered unreasonable or extreme. The national conservatives view today’s liberals as *woke* cultural warriors who pose an existential threat to the nation and its traditions.

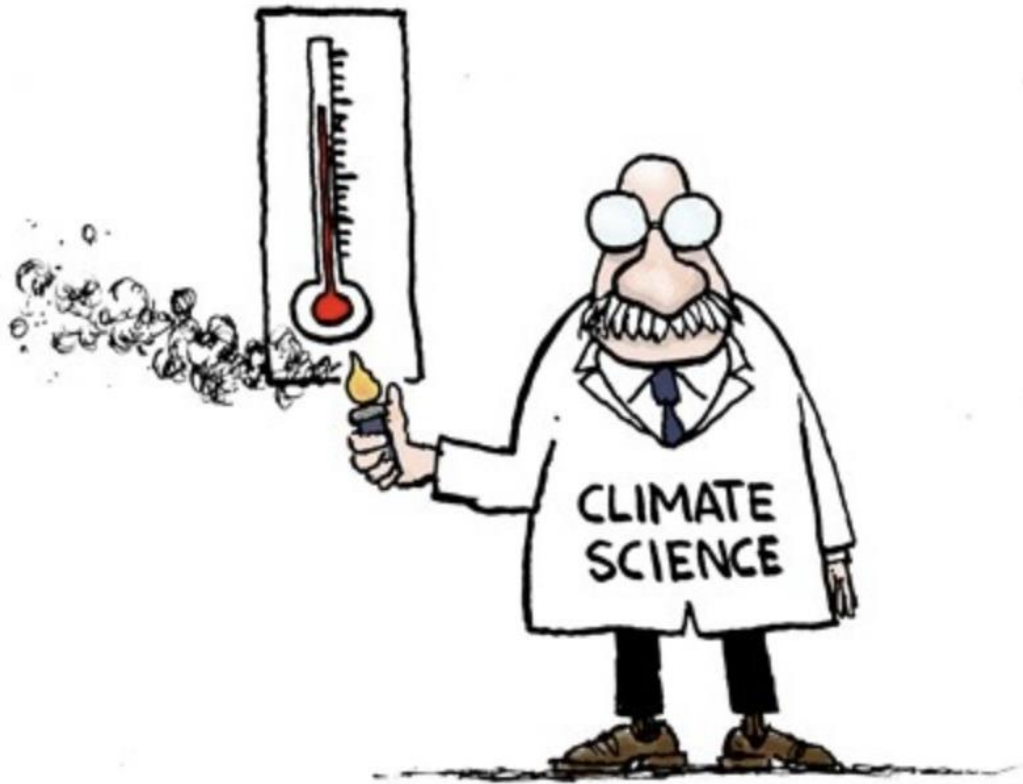
GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Map of Consciousness (MoC)	Population Number (2021)	Parliament	MoC (2021)	Elected Number
Angola	80	35,100,000	National Assembly	300	220
Australia	410	25,500,000	Federal Parliament Senate (upper house) Representatives (lower)	380 380 380	227 76 151
China	305	1,440,000,000	Politburo Standing Committee Politburo Central Committee Congress	280 285 290 295	7 24 200 2,000
Colombia	320	52,140,000	Parliament Senate Chamber of Representatives	344 344 332	296 108 188
European Union	380	446,156,000	Parliament	335	705
India	370	1,380,000,000	Parliament Council of States (upper) House of People (lower)	400 410 390	788 245 543
Indonesia	220	280,000,000	Parliament Regional Rep Council Peoples Rep Council	288 295 280	711 136 575
Papua New Guinea	202	9,300,000	Parliament	300	118
Philippines	225	115,000,000	Senate Representatives	291 299	24 316
Russia	320	146,000,000	Federal Assembly Federation Council (upper) State Duma (lower)	305 310 300	620 170 450
Solomon Islands	220	720,000	Parliament	290	50
Ukraine	330	43,750,000	Verkhovna Rada	300	450
United Kingdom	420	68,000,000	Parliament UK House of Lords UK House of Commons	390 380 400	1,433 783 650
United States of America	405	331,000,000	USA Congress Senate House of Representatives	380 365 390	535 100 435
World overall	220	8,000,000,000			

Earth environmental changes are the consequence of energy waves emanating from the centre of Universe



It is surges in the energy flowing along circuitry to the stars (our Sun) and in turn distributed to the Sun's planets within its solar system, received into the core of the planets that has brought about increases in surface temperatures.

The core of Earth has a receiving antennae which receives such energy, this has marginal increased the rotation of the core of Earth increasing surface tensions resulting in earthquakes, volcanos, tectonic plate shifts including stretching of the plates and the surface warming. Thus ocean levels are changing for a number of reasons. Weather events have become extreme all over the planet.



AN INCONVENIENT TRUTH

The inconvenient truth is that around every 12,000 to 13,000 years, our solar system, which includes planet Earth, experiences a pole shift and the Sun typically novas. That is, the magnetic field around Earth loses energy which causes the Earth's rotation to completely stop but the oceans still have momentum! The Sun novas, that is, it sheds its outer dust shell, showering the side of Earth facing the Sun with tektites. In the process of the nova, the side of the Earth facing the Sun receives enormous amounts of heat from the Sun thus evaporating hundreds of feet of the ocean surfaces that rises as steam into the atmosphere creating a moisture blanket around Earth, and consequently the whole of Earth is thrust into a deep ice age, as can be seen by the above temperature data. The magnetic field rebuilds with the Earth beginning to rotate in the opposite direction. This all unfolds over a few weeks. This is the inconvenient truth that governments worldwide are not sharing with their people.

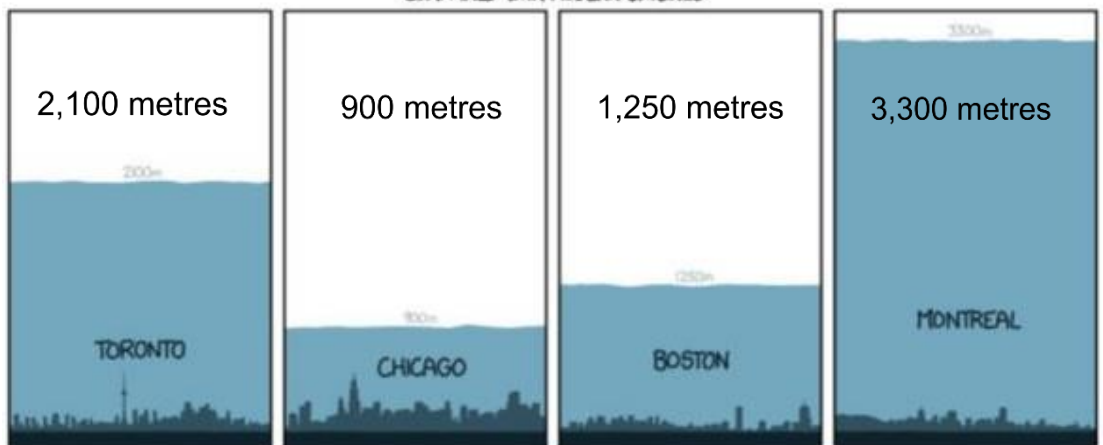


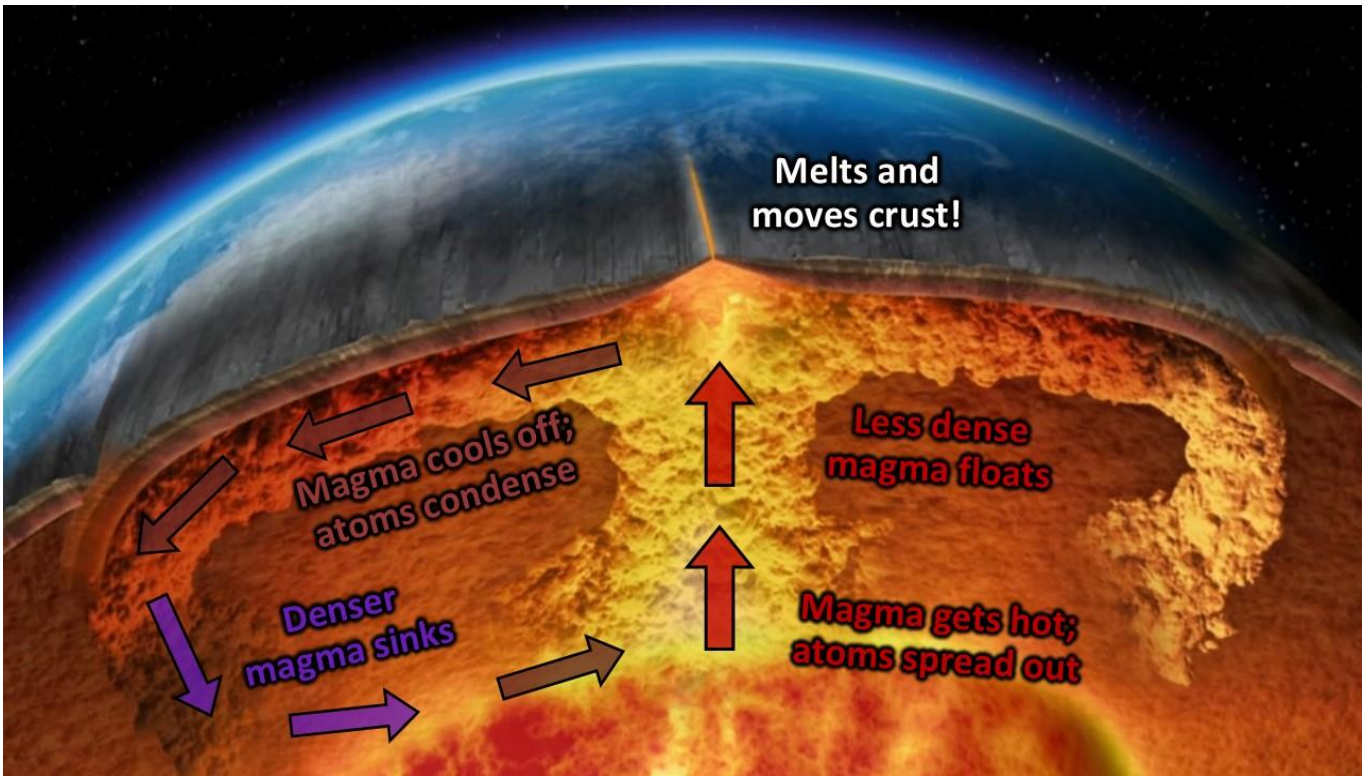
THICKNESS OF THE ICE SHEETS AT VARIOUS LOCATIONS 21,000 YEARS AGO COMPARED WITH MODERN SKYLINE

1 inch of water may produce 10 to 12 inches of snow.

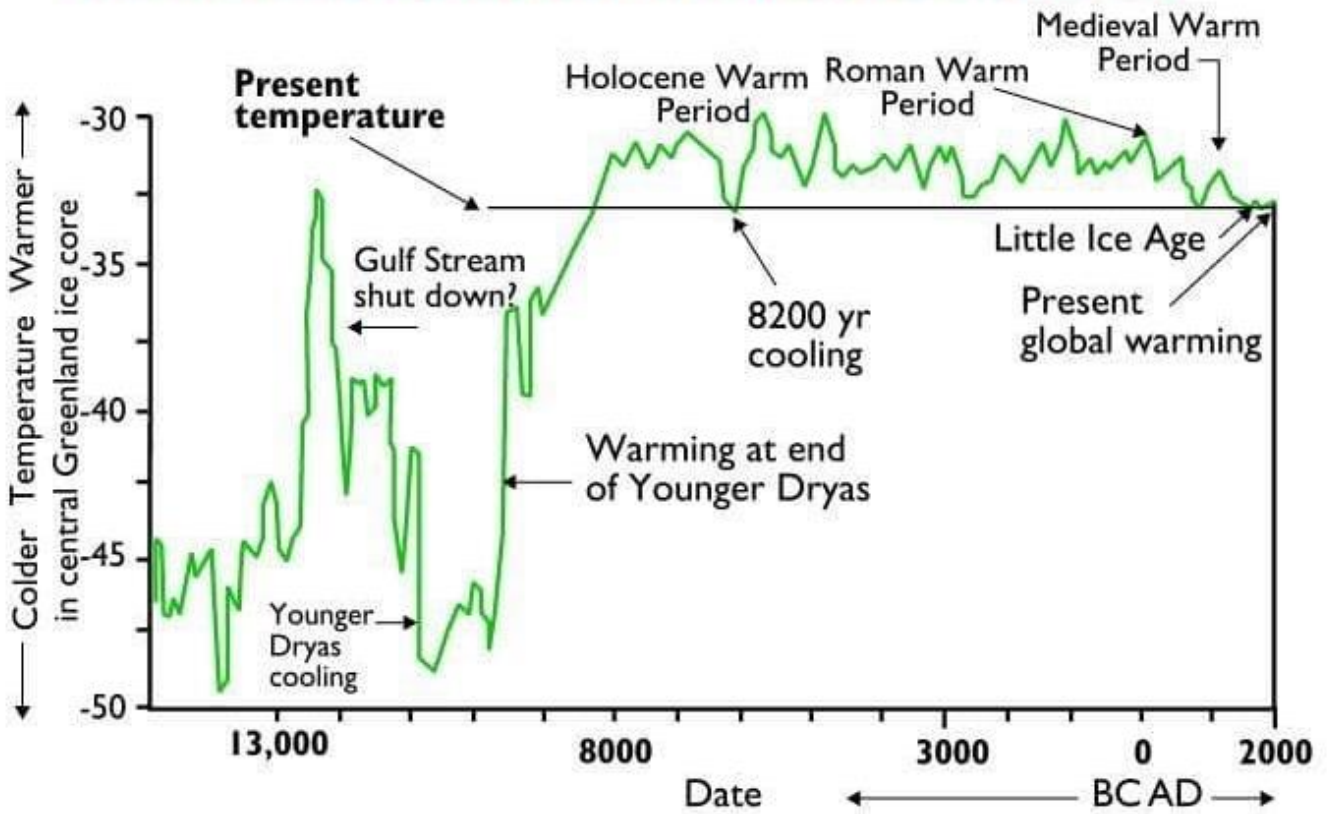
400 feet of water produces 1,220 to 1,460 metres of snow.

Compaction to ice is air removal from snow over time.



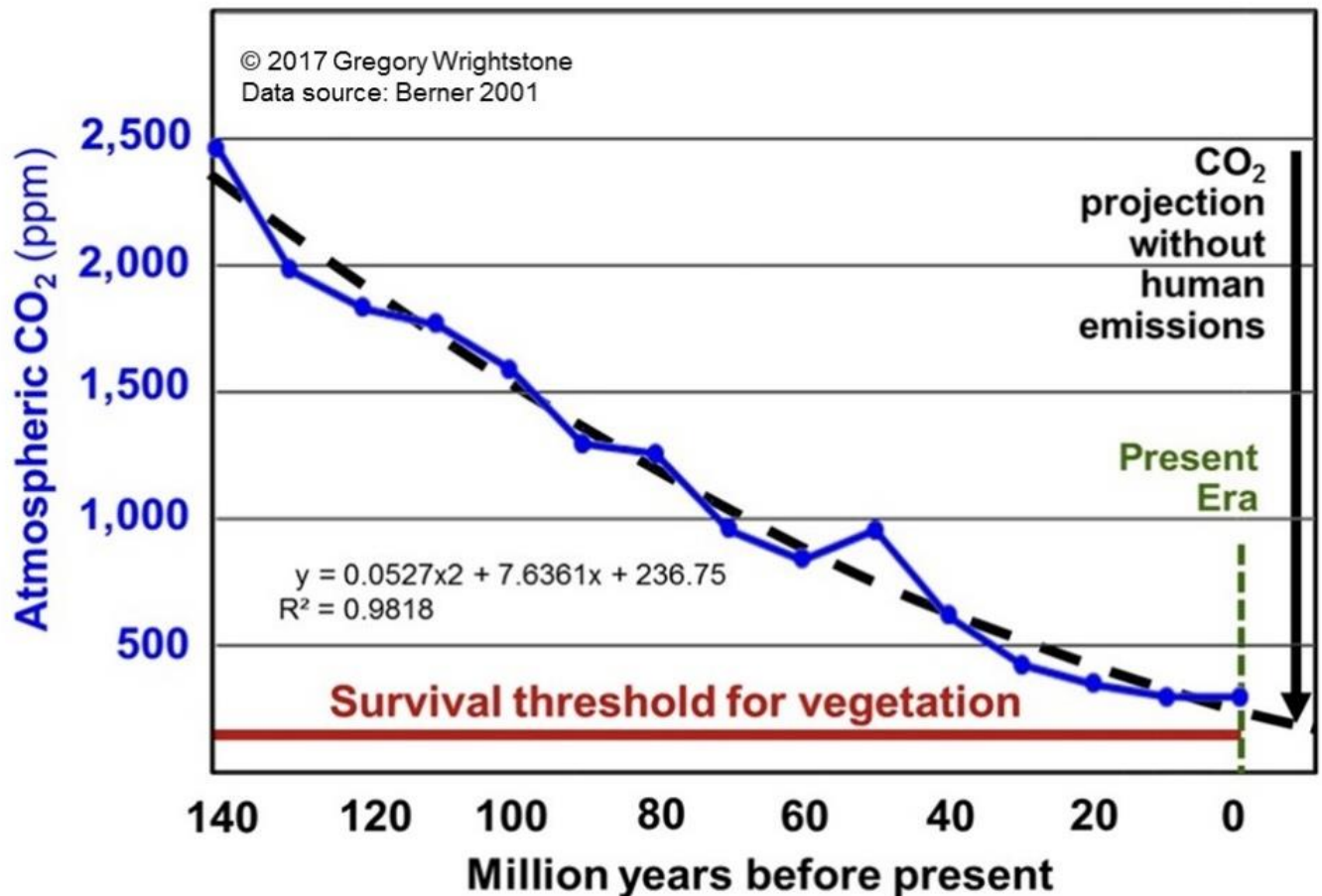
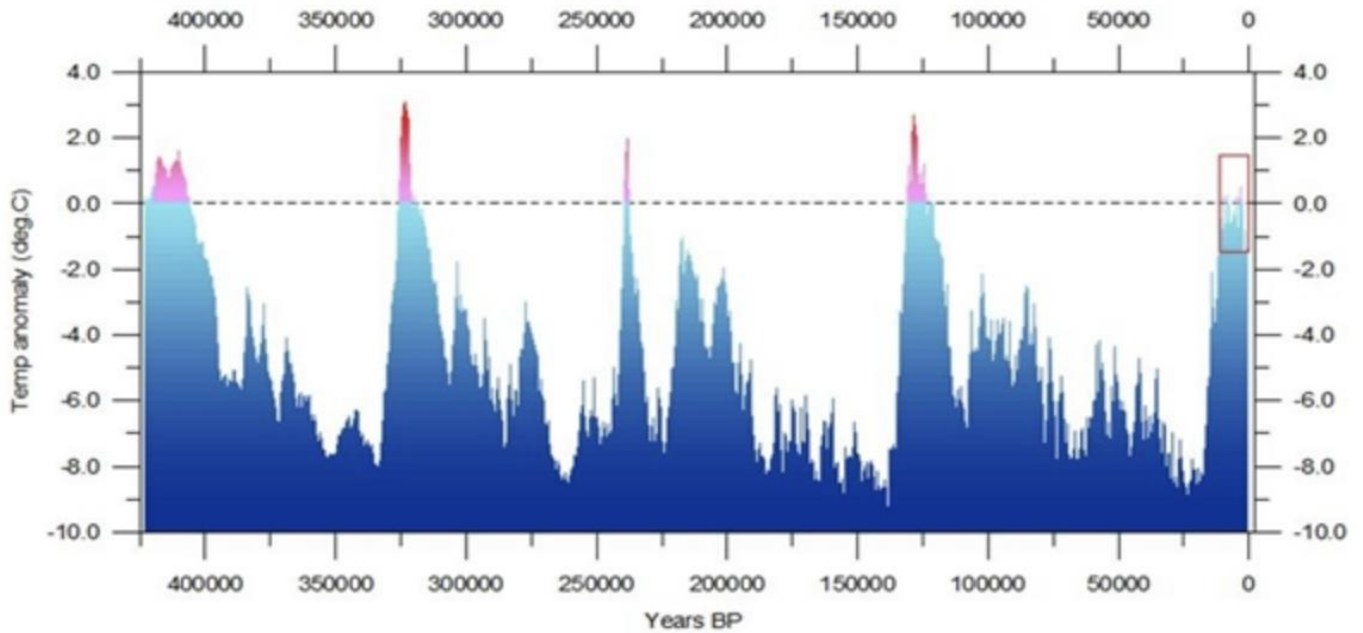


TEMPERATURE CURVE LAST FIFTEEN THOUSAND YEARS



The earth's temperature in each of the last four interglacial periods was several degrees warmer than today. (chart reads left to right)

Reconstructed global temperature over the past 420,000 years based on the Vostok ice core from the Antarctica (Petit et al., 2001)



The mind is to be of service!
The mind is designed to Follow,
to be of service to the truth,
of service to the heart, and
your Feelings!



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

LAW OF COOPERATION

The Law of Cooperation

8 October 2022

Is to work in conjunction with (cooperating with) the Law of Compensation.

LAW OF COMPENSATION

It's a Universal Law potentially to be 'imposed' upon humanity on Earth. It is currently in 'operation' in the Mansion Worlds, ensuring everyone cooperates in a friendly way with everyone else to maintain a certain standard of life as agreed upon by all involved, that which is determined by the Mind (rebellious) or Truth (Healing) way the spirits might be living.

Currently on Earth in our rebellious states, the Laws of Compensation and Cooperation are not active. So we live with the 'every man for himself' ethic, the powerful being the successful 'winners' who dominate the not so powerful 'failures'. Whereas in the Mansion Worlds (and the rest of non-rebellious Creation), equality, so even in a rebellious state, is the Law, and so if you cross the line inflicting dominance over another causing some level of suffering, pain and hurt, you will instantly come under the workings of the Law of Compensation and have to compensate for such transgression by feeling all that pain, hurt and suffering you have caused the other spirit to feel. So naturally, Universal Law and Order is maintained by everyone honouring the Law of Compensation, no one wanting to bring its 'wrath' down upon themselves.

Then added to keeping the peace, is the Law of Cooperation, for everyone in the Mansion Worlds who are happy and content to further their rebellious mind state in worlds 1, 2, 4 and 6; or doing their Healing, starting in world 1 and moving through 3, 5 and 7. So everyone willingly feels they want to cooperate with everyone else. Therefore, in the rebellious mind worlds, all spirits willingly and 'lovingly' cooperate with all other mind spirits; and the same in the Healing worlds, together with everyone willingly cooperating with the Healing. If you don't want to cooperate then you'll feel very bad, so everyone willingly wants to do some 'work' for the greater good of all. So there is no need for spirit money or spirit barter for any work done, because everyone willingly loves to work for other spirits, wanting nothing in return, loving giving and receiving as they feel moved to do. So for example, many spirits make spirit clothes out of the spirit material willingly and lovingly for other spirits to wear, freely giving such spirit clothes away, not wanting anything in return other than the receiving spirit being happy to wear and love their clothes. So, the Mansion Worlds function peacefully in their rebellious states – or in their Healing states.

So, now imagine if the two Laws are activated and applied to humanity on Earth... how would things change – and drastically change they would!

For example, everyone who is wilfully doing anything to make another suffer, feel hurt and pain, would cease their harmful ways, themselves feeling all that suffering, hurt and pain they've inflicted on the other person. So personally, as in personal relationship if you hit someone, emotionally, politically, socially, on all levels. If you run a business or government that is hurting people economically, socially, emotionally, spiritually, mentally, in any way causing anyone to suffer, then you're going to feel all that pain of all the people you're hurting. Even if you're doing it indirectly. If you work for a business or company and are forced to hurt others through policy of those controlling the company, no doubt you will still feel bad for what you've done, and you might leave, but if it's your only source of livelihood, then the Law of Compensation won't be as harsh or won't possibly be applied at all. So really it applies to those who are wilfully hurting, coercing or deceiving others, who will have to do their Hell Time to compensation for all

suffering and pain caused.

So, imagine if suddenly everyone had to stop hurting everyone else, including all animal abuse – how would the world be?

LAW OF FORGIVENESS

Parents hurting their children are exempt from the Law, in that it will still apply, however it is suspended until the parent does their Spiritual Healing, and then it will come under the greater Law of Forgiveness. So parents doing their Healing and waking up to the truth of how badly and unloving they have treated their children, will feel all the pain of their transgressions as the Law of Compensation works upon them, however it will be apart of their Healing under the Law of Forgiveness, because the Rebellion has been thrust upon us all, and so parents won't have to do actual separate Hell Time, however they will feel like hell doing their Healing when they see and feel how unlovingly they've treated their children.

One could argue that it's not fair everyone being subjected to the Law of Compensation because we've all unwittingly and unconsciously been subjected to the horrors of the Rebellion, however once we're an adult, rebellion or not, we're still answerable for our actions. And so if you cross the line and infringe upon another's will to the degree of making them suffer pain, the the Law of Compensation will apply to you.

So if the Law of Compensation is applied to Earth, one can imagine there will be many of the worlds top controlling people suddenly stricken down with all the pain of their wrongdoing, thereby leaving quite a gap in the way things get done, into which other people will have to step.

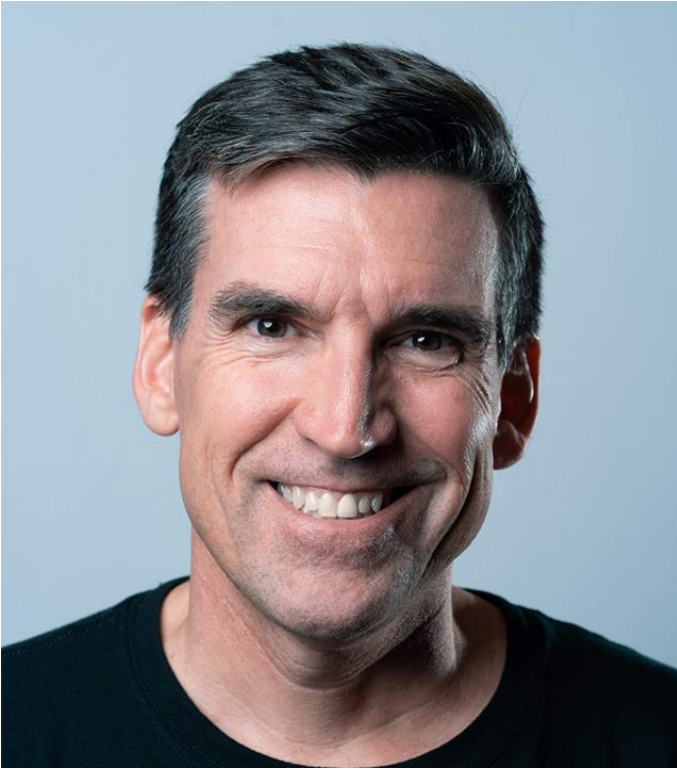
And if the Law of Cooperation is applied at the same time, then in theory the world can dispense with the need for money, so no power or wealth accumulation, everyone can have what they want, and no one will want such power over others because of the Law of Compensation – and then how does the world keep functioning when suddenly there is no need to go to work to make money to survive? Hence the need for the Law of Cooperation, because like in the Mansion Worlds, everyone will feel driven to cooperate with the whole, so people will want to go to work for the sake of working to make everything keep working. Not to earn a living, just so they can participate in the whole of making life be as everyone will want it to be, that being a pleasant, good and happy standard of living. So the companies and governments will still work if need be, however their purpose and reason for existence will be for the good of the whole, with workers volunteering to work to keep them going. A utopia heaven on Earth, even a rebellious one, just as the Mansion Worlds are called heaven.

So is the new Spiritual Age that is possibly forthcoming, heralding the end of the 'Lawless' Rebellion? Is humanity on Earth to move to mirror humanity in the Mansion Worlds? So can life over there be applied to life here on the physical Earth? Will people strive to continue living their rebellious ways cooperatively within the overseeing Law of Compensation, all in a 'nice, friendly and loving' evilness, like in the mind Mansion Worlds? Whilst other people will strive to live cooperatively doing their Healing, wanting to finally end being of the Rebellion and Default?

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

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

Should we intend to cause harm to another, then we will endure the pain and discomfort to the full extent that that other person would have endured should we have carried through with our intent! We will find that at all times we are put in the place of the intended victim(s) when we intended or have brought discomfort, difficulties, injury and pain to each and every person throughout our lives! We become the victim of all our actions when those actions are detrimental to anyone or group of people – to the full extent of the injuries intended or imposed. There is no escaping!



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;

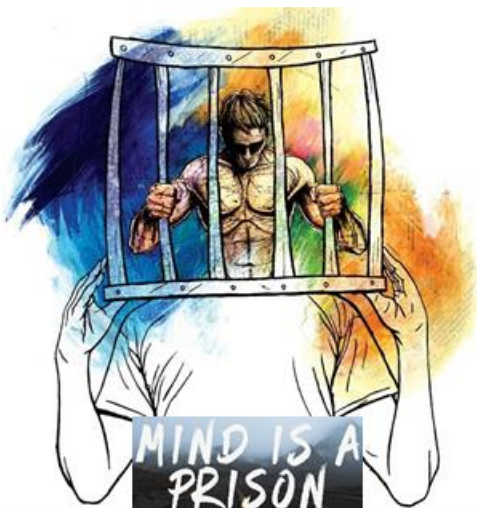
or embracing The New Feelings Way
by doing your Spiritual Healing;

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 STRAIGHT AND NARROW PATH



Looking for Spiritual pathways using our mind will mean the True Spiritual Pathway will always elude us. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in ‘feelings-clothing’. And we may believe we are getting somewhere with our feelings, only to realise centuries later in the spirit, mind Mansion Worlds that we’ve still been leading ourselves astray and away from our true feelings.

Surrender and submit willingly allowing our feelings to emerge and be expressed. Long for the truth our feelings are to reveal. Persevere. Allow our feelings to be our way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!

By living true to our feelings we will progress through the Celestial Heavens all the way through Nebadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

It is the True Way, the New Feelings Pathway, that takes us all the way ‘Home’. It is a journey of ever-expanding Truth and Love.



LAW OF COMPENSATION

Quickening

What we may 'believe' is mostly a generation of the mind. If we have had to embrace a 'belief' through our mind we will come to find it to be an error of truth. Our minds are addicted to untruth and thus we see humanity worldwide being continually easily manipulated and misled. Note the multitude of conspiracy theories that abound, how easily governments of nations 'locked down' their people during the coronavirus Covid-19 pandemic, the false foundations of the underlying cause of Earth's environmental changes that were espoused by the personal agenda for gain by one man only (WHG). Further, one man can tell his people to invade the people of another nation at huge personal cost to both populations – and they submit and do it time and time again.

If it is not feelings based in truth and we do not personally experience its truth, then we are best to hold it for later investigation and confirmation than to accept it. Feelings are soul based truth whereas our mind is to follow and assist in implementing and acting on feelings, our minds are not a source of truth.

'Beliefs' are Hazards in Life!

What is now unfolding for all of humanity has been progressively written down commencing with James Padgett on 31 May 1914 through to 1923, then The Urantia Book (TUB) 1925 – 1935, and now the most important writings being James Moncrief commencing in 2002. Auxiliary writings include Dr Daniel Samuels and Hans Radax. These writings stretch over a 100 years without contradictions through nearly 10,000 pages. All the writings including the auxiliary amount to more than 60,000 pages (20 million words). Most of what is now understood has been experienced in various forms.



The New Way, aspiring to Living Feelings First, then Feeling Healing and with Divine Love, Soul Healing, is a way of living. This is not a religion, there is no hierarchy of control, there are no 'special books', no rituals, dogmas, creeds, cannon laws, sacraments, special styles of clothing and is all inclusive.

The process of Feeling Healing undertaken by the Avonal Pair, now here on Earth, has now been adopted throughout the three spirit healing Mansion Worlds 3, 5 and 7. Feeling Healing is now to be made known to all of Humanity in the physical here on Earth.

Further, the conditions that were introduced into the spirit mind Mansion Worlds 1, 2, 4 and 6 are to be Earthed. That is, the Law of Compensation and the Law of Cooperation as it is applied in the spirit

Mansion Worlds since the 1st century is to be introduced on Earth and the quickening of the Law of Compensation on Earth commenced on 22 May 2017.

Progressively the Law of Compensation will bring about the situation for all of humanity that when any of us seek to impose our will upon another person, any harm that is intended to be imposed on another person or persons as well as the harm that is consequential to others, such harm will be felt by the person intending to afflict others to the full extent of the injuries intended to be imposed. Such pain then being experienced by the imposing person will prevent the injury intended to be carried out. The perpetrator of the harm will find him or herself in the position of the person or persons as the victim.

Consider this as it is presently unfolding and has been throughout the year of 2022. One person directs an army to carry out a ‘special operation’ to take control of a neighbouring country. His own army has lost more than 100,000 men with possibly double that number also injured. The country subjected to illegal invasion has had over 14 million of its people displaced with 7.6 listed as refugees in foreign countries. The destruction of cities and villages is unfathomable and the crimes against humanity throughout the region are horrendous. Both sides being complicit to varying degrees. The deprivation and poverty will abound for decades. Every dot of pain, every microbe of imposed will upon others will be experienced not only by that single leader but also by those who aided and abetted.

When you consider this then who would want to be a leader of any country, who would even want to be a politician. The treatment of refugees trying to enter another country for sanctuary has been appalling in many countries. The suppression of peoples in many countries and regions around the world has been horrendous. Today, the level of slavery is now in numbers never experienced throughout history.

When the Law of Compensation is fully earthed then such atrocities will be impossible to carry out.

The Law of Compensation will be fully earthed as will the Law of Cooperation for the full term of the Avonal Age of the coming 1,000 years. At the end of that era, they will be lifted and Earth’s humanity will have the option to return to its old ways or stay on course and complete the process of Feeling Healing and thus ending all imposts of the Rebellion and Default. This is what has been talked about as being the era of peace that will follow from the last and final war that is yet to unfold.

The earthing of the Law of Compensation will see the end of all institutionalised imposts over humanity. The Law of Cooperation is necessary to bring about a complete change in the way societies function all over the world as the Law of Compensation shuts down all harmful ingrained and accepted practices.

Nothing will remain the same. Further, the hoarding of wealth by the few will end with a completely fresh focus emerging for humanity as the wisdom and intuitiveness of those who complete their Feeling Healing begin to guide and counsel people into a much more vibrant and exciting way of living.

Crossover

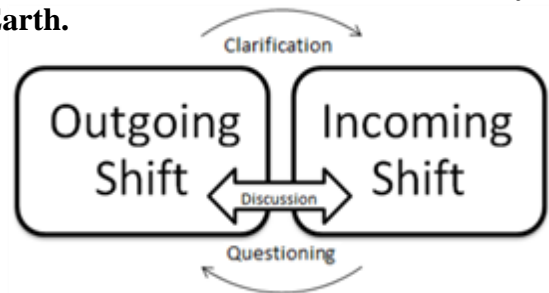
the Handover

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

This is the time that mankind is now able to evolve in its spiritual development. Humanity has endured 200,000 years of Rebellion compounded by the Default of some 38,000 years, now we have been provided with the guidance to put aside the negativities of the Rebellion and Default.

With the guidance that was provided through James Padgett (1914 through to 1923), again mankind can become aware of the availability of Divine Love from our Heavenly Parents. This also heralded the handover. That is, the commencement of the end times of the involvement by Mary and Jesus in the spiritual affairs of humanity on Earth.

Soul groups that have been in place during Mary and Jesus' 2,000 year involvement with Earth have progressively handed over to soul groups that have been forming since 1914 (Padgett Messages). The older soul groups have mostly moved further towards Paradise.



The second revelation, that followed from the availability of Divine Love, is the processes of Feeling Healing and Soul Healing. The understanding of the Feeling Healing process is the most important of the revelations and should have been the first to be revealed. Feeling Healing and Soul Healing are being revealed through and by Marion and James Moncrief.

The soulmate / soul partner bestowal pair, being the first to complete their Soul Healing, and upon their deaths, will release their Spirits of Truth which will unify with the Spirits of Truths of Mary and Jesus so that humanity, in whole, will have access to this knowledge and guidance for the next 1,000 years.

Mary and Jesus, being responsible for the spiritual wellbeing and upliftment of the whole of Nebadon, are to withdraw from their direct involvement with Earth's humanity and handing over the responsibilities to an Avonal bestowal pair, who take individual responsibility for the spiritual wellbeing and upliftment of individual planet humanities and their associated Mansion Worlds, in this case, Earth exclusively.

For the next 1,000 years, via the Avonal Pair and the newly forming Soul Groups, Earth will be able to evolve through embracing Feeling Healing, and with Divine Love, one's Soul Healing. These newly formed Soul Groups are effectively 'Council of Elders' to assist humans living in the physical on Earth and Mansion Worlds to enable all to be aware of the way to evolve.

With the absolute end of the Rebellion, this is the first time in 200,000 years that mankind, humanity, can take control of his and her destiny and evolve in Love and Truth for all eternity!

Throughout this coming era, our spiritual leaders will be an Avonal Pair, yet to be identified.

GREAT U-TURN, THE CHANGE and the AVONAL AGE:

Monday, 24 December 2018

Nanna Beth – 3rd Celestial Heaven: The ‘Great U-Turn’ is what is happening now, it being the overall description denoting humanity turning away from following and advancing the Rebellion and its evilness as seen by living increasingly in a truth-denying state, to wanting to live true, to love truth, and to be truth-accepting. All of which comes about ultimately by doing your Healing, as you become the living truth as it’s revealed to you and also by people, like yourself John, who are currently more intent on understanding about it on an intellectual level. Both are needed, everyone who wants to embark upon their own personal U-Turn and the collective one of humanity, needs to understand a certain amount of what it’s all about with their mind as they work to bring the truths to light within themselves through their Healing. So anything to do with ‘reversing’ the Rebellion and Default is all part of the U-Turn. And it starts in a very small way within the individual, as it has already with the whole of humanity, being reflected by yourself and the others of your small band, who are wanting to live it and have accepted and believe it’s happening.



The Change, as such, is the same thing really. However technically, The Change begins with the dawning of the new Spiritual Age – the Avonal

THE CHANGE

Age. The Change as I was referring to it yesterday was to highlight that once the Avonal Age begins in earnest, EVERYTHING will change. So currently, even though the Change and U-Turn have ‘begun’, it’s early days, just the ‘scouts’ going out in all directions in preparation for the ‘main event’. So technically we can’t say The Change has begun, whereas in time when Mary and Jesus’ age ends and the Avonal Age begins, then we can say it has begun. Whereas we can say the U-Turn has begun, it being a more vague term and not a technical definition.

Also, James has written about The Change in his Sage novels in reference to all I have said above and also the Earth Changes, including the Pole Shift. However the Pole Shift, were it to come during the Avonal Age, would then be part of The Change, The Change being the whole 1,000 years. It’s going to take the whole 1,000 years to implement on the parent to child level the necessary Changes so as to ensure that the effects of the Rebellion will truly come to an end, with that “end” still going beyond the Avonal Age to complete. So the Pole Shift is just a physical phenomena, and certainly of itself it will cause great change, but it doesn’t of itself affect any spiritual change against the Rebellion and Default, and in the past it has helped humanity go deeper into its wrongness.

So the real Change I’m talking about is spiritual and involves the ending of humanity’s truth denial. That’s the most important part, to help people see they are living against the Truth, of themselves and of God, and that all they are



doing is part of that, and that if they want to end that, they will have to do their Healing. So the Change will be with the awakening to that, a consciousness shift, a vast change to the mind of mankind as it considers the state it’s in: that ALL it is doing, ALL it’s believed was right, ALL of it’s religious and spiritual beliefs, outlooks, attitudes, are all only keeping it in its truth-denying state.

Imagine the whole of humanity understanding and focused in the direction of knowing everyone is suffering because of being under the Rebellion and that it doesn’t have to be that way. So people increasingly living in the wrong direction and going further against themselves, once The Change fully starts, won’t be able to evolve further into a deeper or greater rebellious state. However stagnation within where it’s stalled will

be a big issue for a lot of people and mind spirits, those people and spirits who don't want to accept that's how they are is all wrong.

So you can say the Great U-Turn has started, the writing is on the wall for the Rebellion and Default. And when the Avonals come of age, when they finish their Healing and openly (publicly) declare who they are to the world (even if that world is only a very small group of humanity), then The Change will have begun.

REBELLION & **DEFAULT**

And once The Change officially begins, there is no turning back. After the Avonal Age, humanity will be given the chance to resume its evil ways and turn its back on The Change and all the Avonal Age has done, and certain people and mind spirits will want to do that. However they won't be able to change the momentum being lived by those who are intent on living true to themselves and God through their feelings. (The availability of Divine Love may be withdrawn for the following spiritual age.) Still in all fairness humanity has to be given the opportunity to decide whether or not it wants to fully heal itself, and without having imposed on it such strong influences as caused by the Avonal presence. But that's all a long time off.



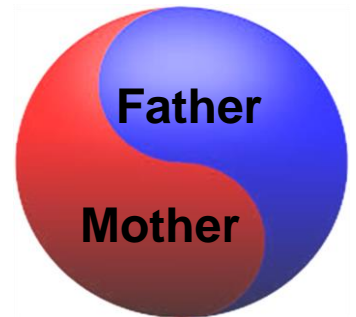
So the Avonal Age is a specific Spiritual Age (which you read about in TUB – The Urantia Book), giving rise to The Change in which humanity ends its truth-denial and living unlovingly against itself and its Mother and Father, all of which is the Great U-Turn.

celestial Friends

Avonal AGE

MUM & DAD THIS WAY

GOD



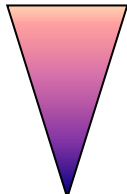
HEAVENLY PARENTS



JESUS & MARY



AVONALS



SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.



Unknown number of spheres to progress through to reach Paradise.



Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.



INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.



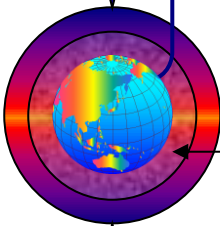
ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.



CELESTIAL HEAVENS are spheres 8, 9, 10.



Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!



We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



AVONAL PAIR



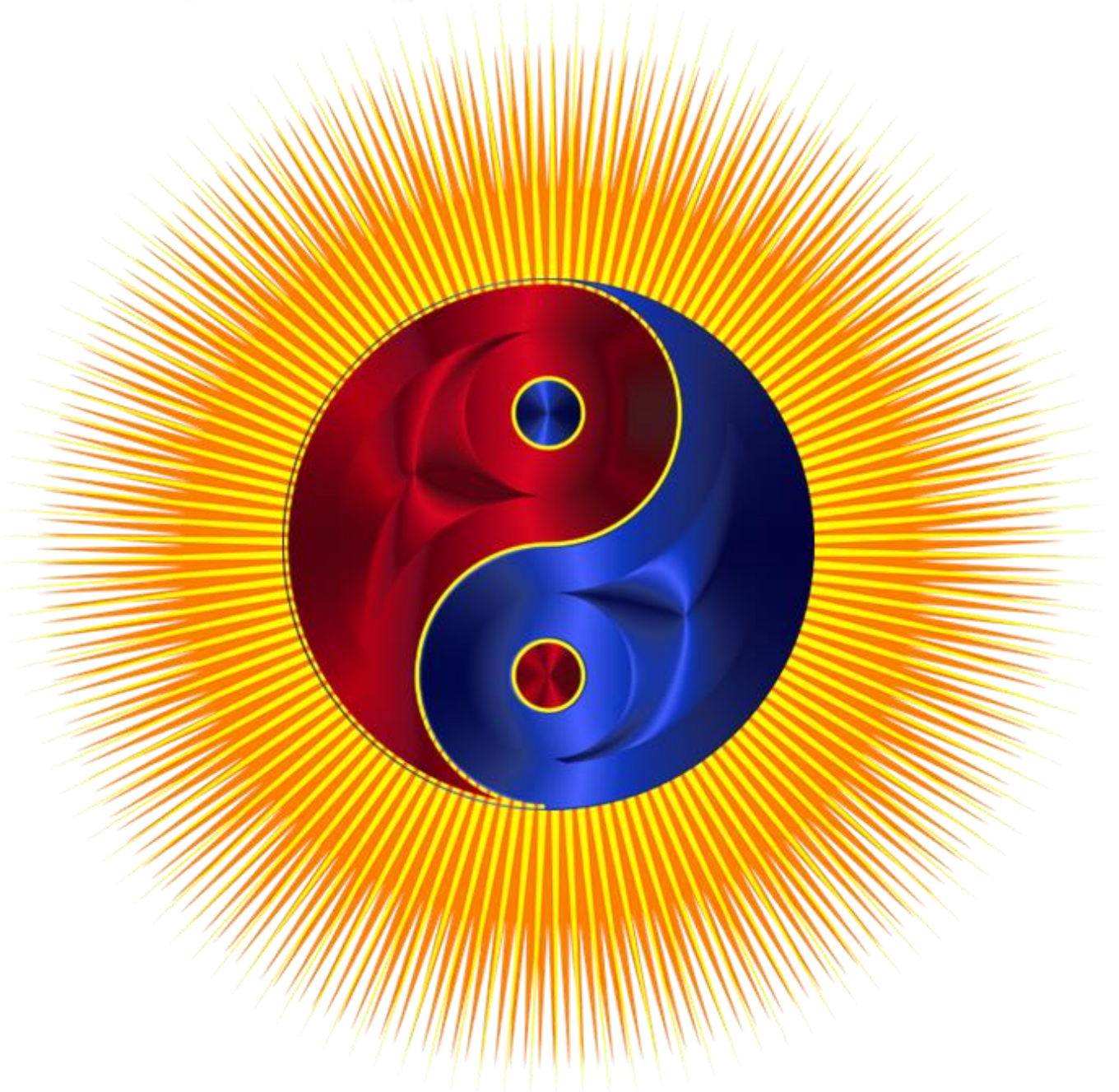
MARY & JESUS



GOD

Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

Our Heavenly Mother and Father



GREAT
*U*Turn  **THE**
CHANGE
&
Arvonat **AGE**

<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

Within the Library Download page within Pascas Care Letters 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 Per Capita Inequality
- 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
Sam's Book – Parenting and Feeling Healing	Book X	Physical Illness

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

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>



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
Soul Light from Zelmar Melchizedek	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 Sage and the Healing Angels of Light	2013 – 2014	xxx – James Moncrief
Road map of Universe and history of Universe:	2017	xxx – James Moncrief
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 containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx – Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		– Joseph Babinsky
		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 600+ 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 simple is what Life is meant to be
- U-Turn for Humanity soul light and 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
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
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 2,305

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.

Soul Light – books 1 and 2

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

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

Feeling Healing

Welcome to LOVE – the Religion of Feelings

you can heal yourself through your feelings

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

The Padgett Messages being published as:

The True Gospel Revealed Anew by Jesus volumes 1 – 4

Book of Truths by Joseph Babinsky

The Urantia Book

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

Pascas Papers, being free, are located within the Library 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.*

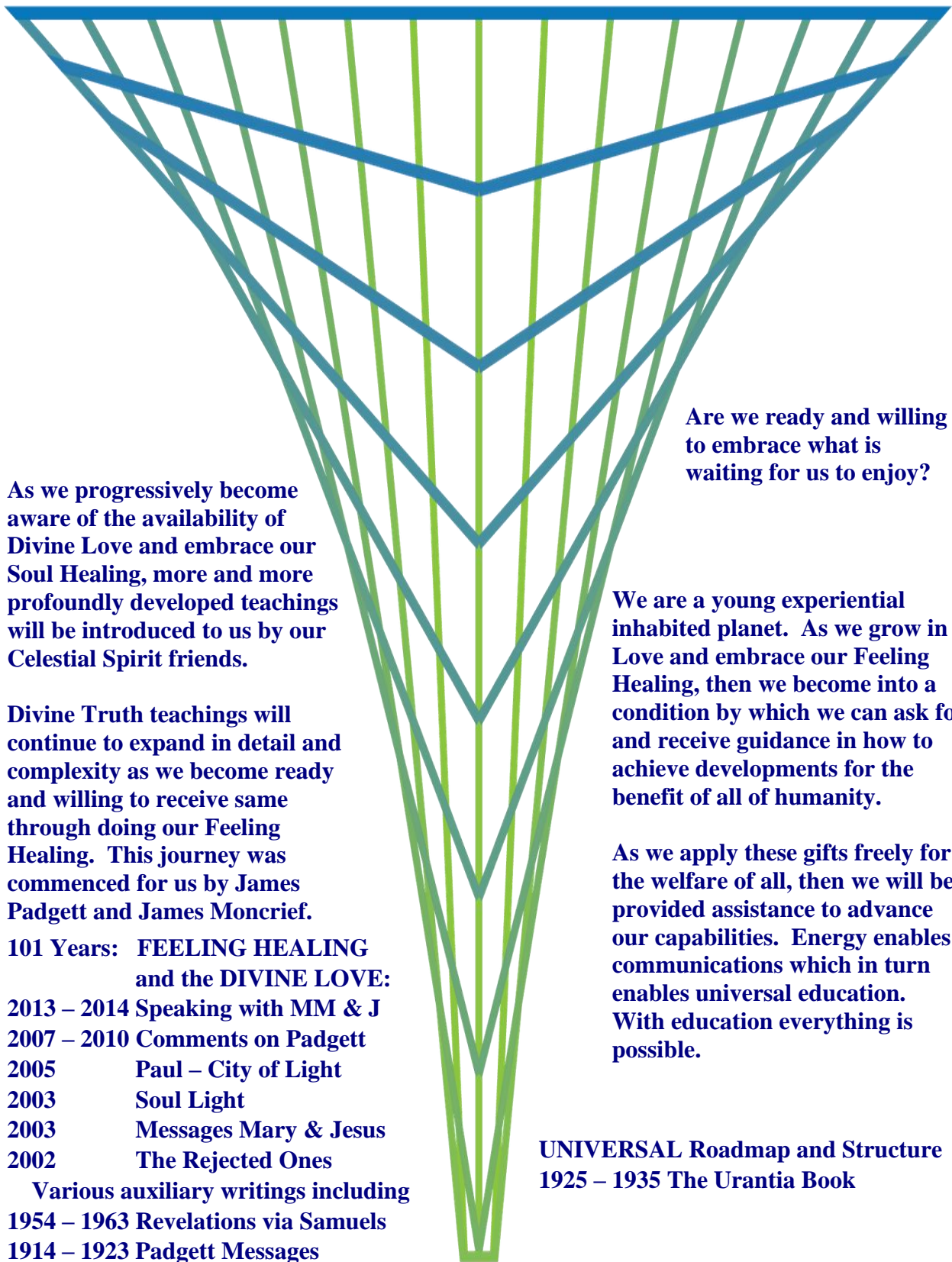
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

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 Rebellious
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:



Before the revelation of Feeling Healing, and with Divine Love, Soul Healing, we have been withheld in mediocrity!

It is now possible to smash through the Glass Ceiling to infinite growth in Truth and Love!



"THE" profession is: **TEACHING**



to:

Learn through play
Independently explore subject
Research with fellow students
Explore topics you enjoy
Engage in what you are passionate about
Ask — and keep asking
Question every aspect
Commonsense is not common
Assumptions are mostly in error
Embrace what you may be feeling
We have been retarded and restrained
We are to be our true self
We are to express all our feelings
We are self contained — all is within
By doing is how we learn
Tutoring others is a great self teacher
Our capabilities are infinite



while you





ALL WE ARE
SAYING IS GIVE
PEACE A CHANCE.



The New Way Living Feelings First



Truth brings Love and Peace



perceived truth MoC 980 – relative truth potential MoC 1,480