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1 May 2021

## Pascas Family Shelters

### FAMILY SHELTERS – ABUSE & REMEDIAL

**56,000**  
women are homeless every  
night in Australia

In 2017, Australia had 61,797 available public hospital beds. Extrapolate the above 56,000 figure for world to determine the need requiring to be addressed around the globe. Australia's population is 26 million (2021), the world is 8 billion, Australia has 0.33% of the population, thus multiply 56,000 homeless women by 300 times and we have nearly 17 million homeless women worldwide. That equates to two thirds of Australia's population.

Based on national reports, it's estimated that no less than 150 million people, or about **2%** of the world's population, are homeless. However, about 1.6 billion, more than **20%** of the world's population, may lack adequate housing (21 Jan 2020).

About three quarters of the homeless women are of the consequence of domestic violence. The numbers that continue to remain in homes that are plagued by domestic violence is of a far greater number. Verbal abuse is possibly prevailing within four out of every five families. Consequently child abuse is essentially universal! Children become adults continuing to live their childhood!

Firstly is the question answer is what is the root cause driving women homelessness?

Within the Library Download page within Pascas Introduction Notes at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following two files:



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

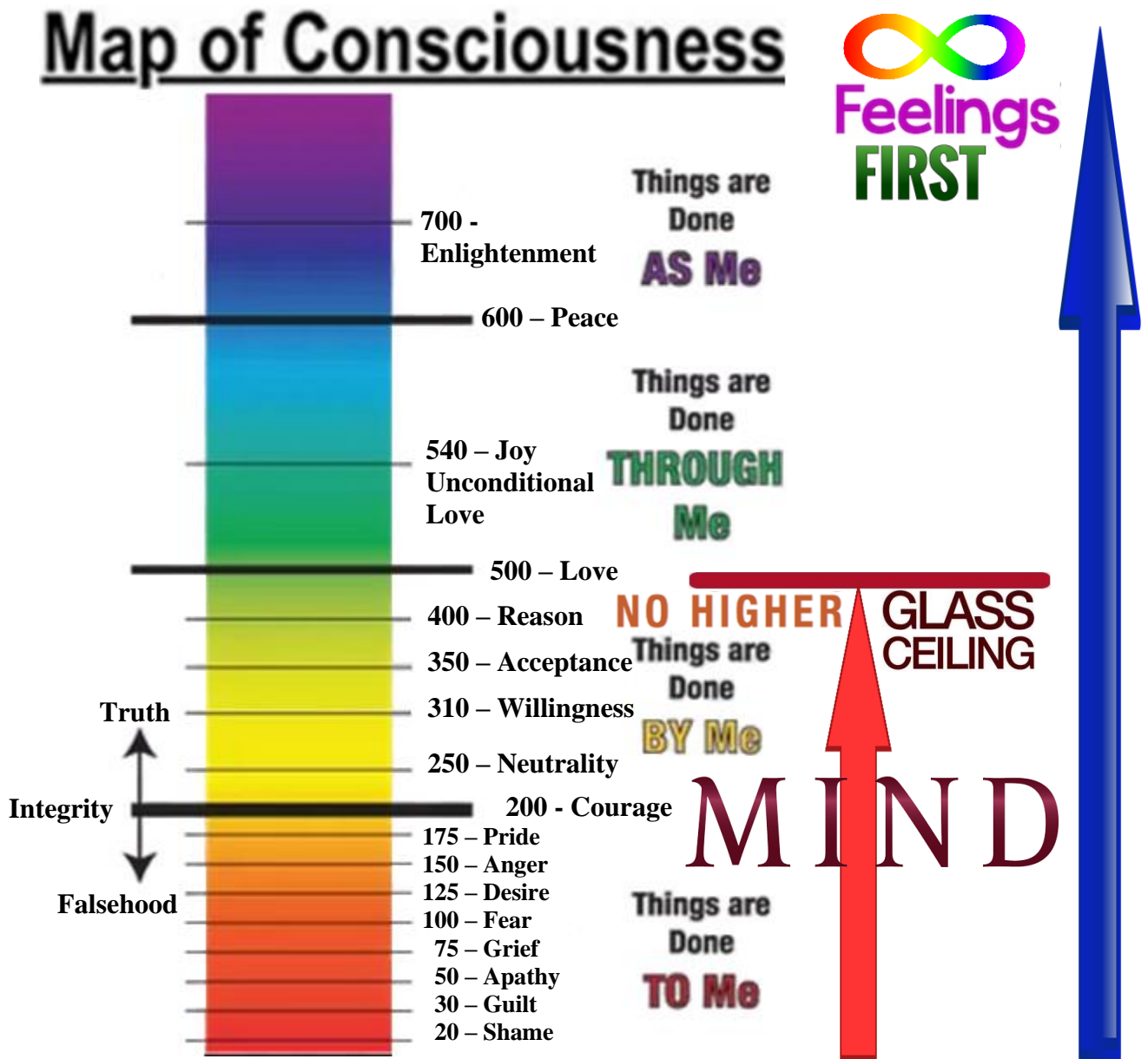


[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

We have come to understand that for 200,000 years we have been misguided, by wayward leaders, to live through our minds, rather than have our feelings lead the way and our minds follow in assisting in

implementing what our feelings are guiding us to embrace. As women are closer to their feelings than men, then these wayward leaders also had men make women subordinate to their mind driven ways.

It becomes even more objectionable. Our minds cannot determine truth from falsehood. Consequently all our systems are creation of the mind having flawed foundations from the mind's addiction to untruth. Yes, our great learned friends are pontificating to us all from positions of great error. Further, the mind is addicted to control, control over the environment and of others. Thus, for 200,000 years women have been subjected to subordination and control by men and all of humanity is limited to what the mind can achieve and evolve to – WHICH has us now living in a stupor like zombies!.



Dr David R Hawkins developed the Map of Consciousness which is based on the common log of 10, and by utilising kinesiology muscle testing, the level of truth of anything and anyone can be determined within a minute or so! It is also through Dr Hawkins' research that it was determined that the mind cannot determine truth from falsehood, that the mind is addicted to untruth and that humanity has been led down a rabbit hole to a glass ceiling and has been there for a very long time.

# 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.

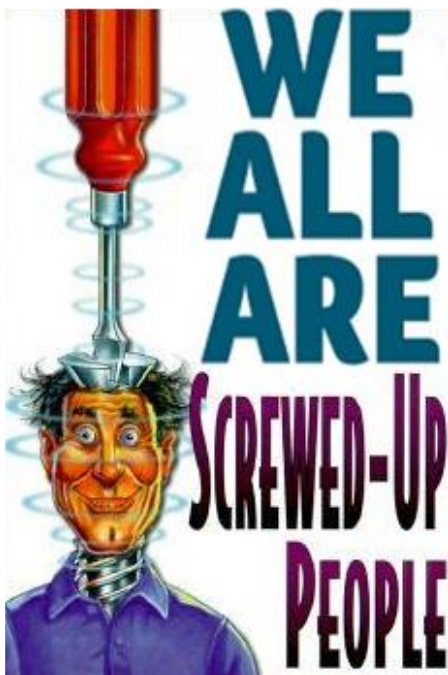
# Consider asking yourself this question: Who hurt me when I was a child?

From the moment of conception which is about 16 days before our tiny forming embryonic body begins to pump blood and our incarnation that we are infused with the beliefs and injuries of our parents. From conception, we as newly forming personalities are being impressed with all that is out of love and truth of our parents and carers. Our true personality is being subjected to suppression endlessly from conception through to the age of six years and it is only upon the arrival of our Indwelling Spirit that we begin to push back a little. However, we go on repressing our true personality in compliance to our parents who have by the time that we are six years old we continue to present the persona that they believe is best for us – better than what our Heavenly Mother and Father bestowed upon us!

You may call ‘Family Shelter’ social housing, however it is much, much more than that. It is introducing a way of living that is totally free and voluntary, it is a way of life that has no rules, controls, dogmas, creeds, rituals, hierarchy and authoritarian administration. It is for each us, at our own discretion to embrace our feelings and to allow them into our lives, to allow our God given truth to blossom and to have our feelings expressed, heard and embraced. To allow our feelings to lead us on the journey that intended for us each to take has been denied to us by our control addicted minds which is addicted to error and untruth – our minds cannot determine truth from falsehood.

This is our destiny, to have our feelings lead the way and our mind to assist in implementing what our feelings are drawing to our attention. We are to long for the truth of what our feelings are drawing to our attention, both good and bad, and to express to a companion what our feelings are revealing to us. We are not meant to be alone, that is why the Family Shelters draw people together in community rooms. Living through our feelings is ever so freeing.

‘Family Shelters’ are much more than temporary accommodation, they are the beginning of our journey to Paradise.





Counsellor  
Cert IV Pfd



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



STATE WIDE or REGIONAL Administration budget	AU\$300,000 to \$400,000 pa
WOMEN'S SHELTER Operation Budget Guests being 10 women or 6 mums with 10 children or combination thereof: Social Worker certificate level IV + Pfd	per module which is managed by 1 Social Worker +/- AU\$70,000 pa
Each Family Shelter's annual operation budget	AU\$420,000 to \$530,000 pa
TRANSITIONAL HOUSING Operation Budget Support for 18 women: Social Worker certificate level IV + Pfd	+/- AU\$70,000 pa
Transitional housing annual operation budget	AU\$80,000 to AU\$100,000 pa
CAPITAL ESTABLISHMENT Budget for Family Shelter / Women's Shelter The equivalent of 12 or more bedrooms fully fitted out	AU\$5 – 6 million

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

### 3 Brighton St, Biggera Waters, QLD 4216

9 x 1 + 1 apartments all with internal lift access with an open plan lounge and separate dining area. The complex has 9 secured and undercover parking spaces for residents and 3 visitor parking spaces. The communal rooftop terrace has ample space and uninterrupted views of the Broadwater, and the large open landscaped gardens complete the finishing touches of this property.



Consider AU\$400,000 for each of the 9 units, budget to convert studies to function as bedrooms and make ready community common room on the roof. Acquisition cost AU\$3,750,000 + GST and renovations of \$800,000 which would add a 10<sup>th</sup> unit on the roof and a community room.

This complex will require 1 full time counsellor / social worker supporting guests and their families. This site would be to provide for short term guests who would subsequently be relocated into long term accommodation, also with ongoing support as appropriate.

This shelter is considered short term accommodation, however the foundations of a long term beneficial pathway is to be provided during this time of secure accommodation, recovery and creating the map and pathway for the long journey of an empowering, stable and vibrant future.

Upon commencing to support a person, and in particular a family, then that support is intended to be continued for a very long time. Should the recipient withdraw interest, then support will remain available should interest arise again at a later time. No one is expected to do anything. Everyone's free will is sacrosanct. It is because of impositions on free will that family shelters are needed.

'Family Shelters' are to provide:

- a. a safe roof
- b. caring support from professionals
- c. social inclusion and the feeling of being loved
- d. truth that our feelings are our guidance and way home.

# 29 Cotton Street, Nerang, Qld 4211

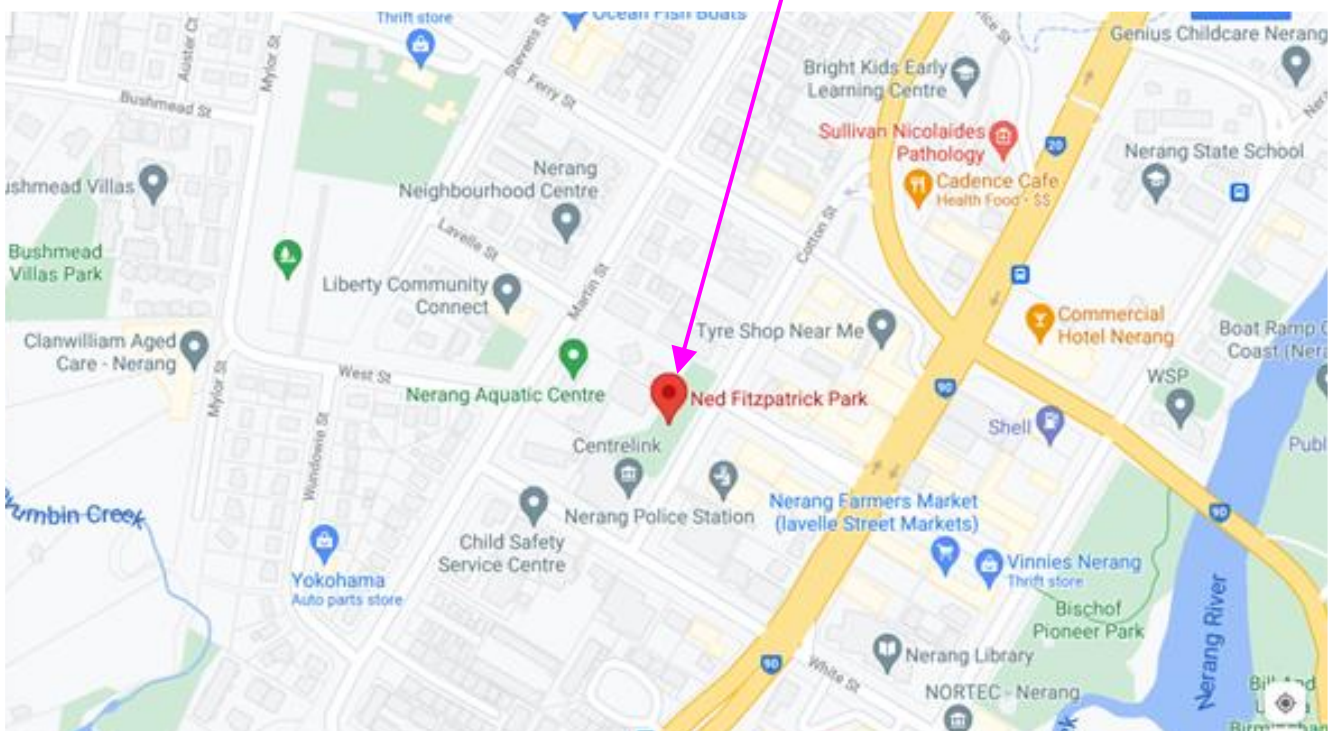
12 Terrace Homes ONE package deal.

12 townhouses consisting of 36 bedrooms, 24 bathrooms + 12 down stairs toilets and 12 double garages.

Single line purchase AU\$5,100,000 or individual units being \$430,000 each. Property had been purchased in a single line several years ago at \$4,880,000.

Entry to complex is discrete, however CCTV cameras as well as installation of a security front fence with electronic gates are to be installed.

This complex may require two full time social workers / counsellors long term supporting guests.



# 14 City Road, Beenleigh 4207

This building is held in-one-line. Never been strata titled and comprises 10 x 2-bed and 5 x 1-bedroom apartments. 5 storeys with secure ground car park. Its approximately 2 years old and owner selling entire building.



The property also lies within close proximity to the following landmarks and infrastructure:

- 220 metres - M1 Motorway Interchange
- 260 metres - Club Beenleigh
- 400 metres - Aquatic Centre
- 530 metres - Beenleigh State High School
- 550 metres - Private Primary School
- 570 metres - Beenleigh City Centre
- 1 kilometre - Train Station

Consider 10 x 2 bedroom units at AU\$360,000 each	\$3,600,000
5 x 1 bedroom units at \$280,000 each	<u>1,400,000</u>
15 units having 25 bedrooms	\$5,000,000 + GST

Possible community area on top floor would need roof over and fitting out.



# Pascas Women's Shelter

Pascas Family Shelters and/or Pascas Women's Shelters leader is Amber Ford, the founder of Show The Way Inc which has operations supporting homeless people as well as those at risk of losing their home and accommodation on the Gold Coast of south east Queensland.

Amber and her team are to lead the way with projects supported by experienced crisis managers throughout multiple regions around Australia. Primary leadership to be:



Amber Ford	founder of Show The Way Inc.
Annabelle Daniel	founder of Women's Community Shelters – Sydney and regions of NSW.
Karan Salisbury	Lifeline counsellor – suicide prevention, mental health and emotional assistance.
Lisa Golding	Douglas Shire Council – advocate for DV victim and family shelter housing.
Nicole Edwards	founder of Rizeup Australia, a charity that provides practical support to families fleeing domestic violence.
Teresa Bettles	coordinator of Southport / Nerang for Gold Coast Rosies.
Vicky Rose	founder of Nerang Neighbourhood Centre – Gold Coast – which provides a wide variety of services to all community members within a supportive environment that develops partnerships, advocacy and referral pathways.

In Australia, domestic and family violence is the biggest social injustice that we are confronted with. It affects everyone – all races, religions and social classes. Domestic violence is based on an imbalance of power and control. If one partner feels the need to dominate the other, it is significantly more likely a relationship will turn violent.

Public awareness of a national program is to be come about through projects and platforms outlined throughout this Pascas Paper and supporting papers. Initial centres encapsulate:

- Brighton St, Biggera Waters, QLD 4216
- Cotton Street, Nerang, Qld 4211
- Logan Railway Station – within a 100 metres
- Ormeau Railway Station – within 800 metres on Stewarts Road, Pimpama
- Douglas Shire in Mosman as per council resolutions
- Sydney and regional New South Wales as per Women's Community Shelters

The number of women sleeping without a home equates to more than 2 per 1,000 of Australia's population. The number of public hospital beds in Australia is about 2.5 beds per 1,000 people. The need to address crisis accommodation nearly matches the need for public hospital beds and that is before we consider children and men without safe housing!

# Pascas Women's Shelter

## Family Shelters / Women's Shelters

A **women's shelter**, also known as a **women's refuge** and **battered women's shelter**, is a place of temporary protection and support for women escaping domestic violence and intimate partner violence of all forms. The term is also frequently used to describe a location for the same purpose that is open to people of both genders at risk. As children are involved, may we refer to them as **family shelters**?

Representative data samples done by the Centres for Disease Control and Prevention show that one in three women will experience physical violence during their lifetime. One in ten will experience sexual violence. Women's shelters help individuals escape these instances of domestic violence and intimate partner violence and act as a place for protection as they choose how to move forward. Additionally, many shelters offer a variety of other services to help women and their children including counselling and legal guidance.

The ability to escape is valuable for women subjected to domestic violence or intimate partner violence. Additionally, such situations frequently involve an imbalance of power that limits the victim's financial options when they want to leave. Shelters help women gain tangible resources to help them and their families create a new life. Lastly, shelters are valuable to battered women because they can help them find a sense of empowerment.

Women's shelters are available in more than forty-five countries. They are supported with government resources as well as non-profit funds.

## Australia

In Australia, the first women's refuge, known as Elsie Refuge, was opened in Glebe, New South Wales, in 1974 by a group of women's liberation activists. Many others followed, with 11 established around the country by the middle of 1975 and many more to follow. Initially these services were entirely reliant on volunteer efforts and donations from the community, but they subsequently secured government funding under the Whitlam government. However, government policy has recently seen some moves to dismantle the women's refuge movement, so that in New South Wales since 2014 the management of many refuges has been handed over to large religious agencies so that they now often operate as generic homeless services rather than specifically catering to women and children escaping domestic violence.

## Different shelters

There are a range of different shelters and housing options and many cater for specific groups, such as

- women fleeing family violence
- families
- young people
- Indigenous people
- people seeking asylum
- people with disabilities



## **What help do they offer?**

Most homeless shelters provide meals and low-cost board. Some have staff available 24 hours a day.

You will be assigned a case manager who will assist you with the issues that you are dealing with. They can help you get the things you need by connecting you with relevant services. These things may include:

- clothes, food vouchers and other everyday things
- health advice (physical, mental and emotional)
- Centrelink payments
- money help
- support and counselling
- legal advice
- drug and alcohol support
- life skills and education
- employment

## **Support for Abusive Partner**

Should the perpetrator of domestic abuse and violence be open to receiving support and counselling then that is to be provided in the form and manner appropriate. Delving back into the abusers early childhood will reveal the underlying cause and entrenched negative patterns.

Violence against women occurs across cultures and communities. It takes many forms, including physical, sexual, social, emotional, cultural, spiritual and financial abuse, and a wide range of controlling, coercive and intimidating behaviour. Regardless of the form it takes, it is understood to be most often used by men and its impact is to limit and control women's independence.

It's important to understand that violence against women does not always need to involve physical abuse – often other forms of abuse (for example verbal abuse and threats, social isolation, limiting access to money) can be enough to impact a person's behaviour and cause them to be fearful. Women often describe these non-physical forms of abuse as being severely damaging to their self-esteem, independence and wellbeing.

Frequently, men's abuse of women includes more than one kind, often used repeatedly and together, causing women to feel undermined, intimidated and afraid for their safety and wellbeing, and that of their children and families. It is also more likely to lead to serious injury, disability or death.

Across the globe, research has identified two core factors that enable or drive violence against women and girls. These are:

- An adherence to rigidly defined gender roles, or what it means to be (and live as) masculine or feminine
- The unequal distribution of power and resources between men and women.

Most Australians have a good understanding of, and do not hold attitudes that are supportive of violence against women. However, beliefs that enable gender inequality are more widespread. For example, in 2017 one in five Australians thought 'men should take control in relationships and be the head of the household', and more than one in four Australians thought women 'prefer a man to be in charge'.

Inflexible beliefs about gender roles *are the most consistent predictor* of attitudes and behaviours that lead to violence against women, and they also result in gendered patterns of violence. These beliefs directly contribute to inequalities in society, like the workplace, and in local communities, and also in relationships. However, these beliefs and patterns are generational, being passed down by the child being immersed in how its parents lived.

It is these same attitudes or beliefs about gender roles, coupled with structural inequalities that enable a wide range of abusive behaviours towards women and girls.

It can be useful to think of violence against women as a continuum of behaviours – so what may be thought of as less harmful (such as sexist jokes) are points along a line, *and are connected to* behaviours that cause women and girls serious harm, disability and even death.

### Using ‘Ask Izzy’ Categories

<https://askizzy.org.au/>

You can select categories from the Ask Izzy home page. Ask Izzy divides support services into the following categories:

- Housing: find a bed for the night, including crisis accommodation and short term stays.
- Food: get groceries at a food bank or find a meal service near you.
- Everyday things: find out where to get a swag, clothes, food vouchers and more.
- Health: search a range of health services, from your local general practitioner (GP – doctor) or dentist to mental and emotional counselling.
- Centrelink: Find your local Centrelink so that you can make an appointment or apply online.
- Money help: get emergency aid, debt help or financial counselling.
- Support and counselling: find someone to talk to about your issues.
- Legal help: get help responding to fines, dealing with police and legal information about your situation.
- Drug and alcohol support: search counselling and rehabilitation services near you.
- Life skills and education: want to start a course? Find the right one for you.
- Help finding work: search employment service and volunteering opportunities.
- Location of facilities: find the nearest public toilets, libraries and more.
- Something to do near you: search local events.
- Technology assistance: charge your phone, find free wifi and more.

### Homeless Shelters – How do I get a bed?

<https://askizzy.org.au/homeless-shelters>

Whilst there are many homeless shelters across Australia you will usually need to talk with a specialist homeless service to help you stay safe, find accommodation, secure support services and get practical assistance while sorting out shelter or housing.

If you are unsure what to do next, call the specialist homeless services on the phone number listed in Ask Izzy and they will try to will help you.

### How do I know which shelter to go to?

There are a range of different shelters and housing options and many cater for specific groups, such as

- women fleeing family violence

- families
- young people
- Indigenous people
- people seeking asylum
- people with disabilities

Ask Izzy lists a homelessness crisis number for each state and the specialist homeless services near you. Contact them to confirm eligibility and arrange access to the homeless shelter.

Through answering a few simple questions, Ask Izzy can find the most suitable specialist homeless service for you in your area. Your answers are private and no personal information is collected. Anonymous data is collected via Google Analytics to help us understand what people are searching for. [Search Ask Izzy for housing.](#)

### **Dedicated case-workers – social workers – CHC42015 Certificate IV in Community Services.**

These amazing people are to advocate and liaise on behalf of Pascas Family Shelter residents to help secure long term housing, financial assistance and counselling, legal support, health and medical assistance, employment assistance, financial advice and much more.

- Women’s refuges provide safe accommodation and support for women and children escaping domestic violence.
- Refuge locations are generally not made public to ensure safety and security.
- Domestic violence workers in refuges provide assistance and advocacy with Centrelink, schooling, court support, and housing related matters.
- Refuges assist women with referrals for legal issues including immigration and Family Law matters and Intervention Orders.
- Refuges provide support to women with a diverse range of cultural and other needs, including women with disabilities. They can cater for special dietary and other cultural and/or religious requirements.
- Refuge workers utilise interpreting and translation services. Some refuges may also employ bilingual workers. Refuges will refer to and work collaboratively with referrals other support agencies such as inTouch (formerly Immigrant Women’s Domestic Violence Service) for cultural and linguistic support.
- The style and type of available accommodation differs between refuges. Some may provide high-security communal living, others have individual units with a communal space or accommodation in which women and children can live independently. Often those who have experienced abuse can become overwhelmed in groups.

Services are varied, but all are designed with one purpose in mind: to keep vulnerable people and organisations safe. We keep individuals and families safe in domestic violence situations. We protect international students from harm while they’re studying and working in Australia. We work with corporations large and small – including law firms and insurance companies – to mitigate and overcome on and offline threats. And we ensure the safety of the homeless and those sleeping rough. If anyone, anywhere finds themselves being threatened or in immediate danger, we’ll implement strategies and solutions to thwart the perpetrators at their own game, bringing peace and stability back into victims’ lives.

We primarily work closely with the various state and territory police forces, government departments, NGOs (non-government organisations), charities and other specialised services to provide safety and

security assistance to their clients. Many years of experience, particularly in policing and the armed forces, allows for a wealth of knowledge and advice to be available. Plus, many can assist by providing a range of useful tools and resources to simplify and streamline processes. We also work directly with our friends under our care, especially when developing personalised safety plans, providing Close Personal Protection, training on technology and conducting investigations and assessments.

Support is multi-faceted and tailored to individual needs and aspirations.

## **Pascas Women's Shelter**

### **Talk it Out!**

We all have been deeply hurt when being as a newly forming personality. Our childhood forming years from conception through to six years of age are truly difficult. This upbringing experience creates patterns that may amplify into adult suppression and depression to be expressed abusively. We may want to, and sometime do, express our pain in an excessive and revengeful way. We are not to impose our will upon another – however we are to express our pain and feelings!

We may feel as though we have talked our pain out of us but we now know that we are to long for the truth of what our feelings are bringing to our attention, both good and bad. We now know that all therapies that have been developed that none of them delve far enough and deep enough to achieve a healing of the hurt and pain that we are holding and most of that is from our childhood forming years.

Until we truly and fully understand the root cause, the core of our held hurt and injuries, and have fully shared and expressed to a companion what we are realising then we remain injured and unhealed. It is a difficult and painfully long journey to full healing but we all will travel this journey.

We have all had our true personality smashed into oblivion by our parents and carers impressing upon us how they think we should be when all they are doing is impressing upon us their own pain and injuries, their misbeliefs and false persona that their own parents impressed upon them. This is the plight of all of humanity – no one has escaped this imposition and illusion of truth, we are all in a living hell presenting a false persona, suppressing our true and wonderful personality, reliving our childhood throughout our adult life.

We are to talk it out. We are to share our pain with a companion every step of the way throughout our healing. We all are to do this with someone who has our interest and has compassion for our plight. We can all do this for others even though we are not healed in the slightest. We all can begin. And once we begin then we are on the pathway home and will succeed, be that later in spirit well after our passing out of our physical life, however, we will all heal.

### **Pascas Family Shelter / Women's Shelter**

Typically it has been the generalisation of availability of women's shelters to be for a time period of around three months. For many that is ample, however is it?

For a woman with her children to seek such help, the mother and her children have been traumatised in a manner that hell looks like a lush tropical resort. There is massive pain and injury throughout this family and that includes the perpetrator of the abuse who also needs help.

Can we just look more deeply into each situation as they come into the orbit of the administration of any shelter?

Can we work to identify and then provide the long term support and guidance that is required or at least identify what the woman / mother and each of her children should be supported with and make each aware how and what it is that can be provided and assist them with?

Of course what is shared with our new friends coming into any shelter may be put aside by them however if we do not bring about the awareness then their lives will continue down the same rabbit hole. That rabbit hole has been repeating itself throughout many generations prior and will until we put an end to the pattern that generations will embrace because that is the only way they know as to how to live.

Unless the cycle of inter-generational family abuse is broken, all that ails society will perpetuate. Due to immense underlying global unrest, humanity is moving to seek out an alternative way and that is Living Feelings First. Due to the revelation of Living Feelings First, the New Way, influences are now being exerted throughout all societies to look for a better way of living life because the mind way will continue repeating the same ways while expecting different outcomes – that is insanity!

### **Pascas Family Shelters / Women's Shelter – Social Worker contact hours**

New friends entering a shelter are expected to want and are to be provided with privacy – their own space and personal time.

Entering this new environment is incredibly stressful. A lot of information and comforting is to be provided.

A primary contact is to be the main source of support, however as each person and child is different then that primary contact may introduce a host of further supporters who are specialists in specific modalities and skills that the new friend and family need assistance from.

Could it be considered that the primary contact be provided with the freedom to be available, on average:

2 hours a day for the first week  
then 1 hour a day for the second week  
there after half an hour per working day

Thus a Family Shelter / Women's Shelter with 1 case worker may support 10 women on average. This may amount to 6 women with 10 children. When the guests of a shelter moves into longer term accommodation then 1 case worker would support around 18 women in these less dependant environments.

This would remain flexible depending upon needs and expectations of the woman and her children.

Administration duties of the centre may absorb half the time available for a primary contact being a social worker certificate IV with PfD. In this manner the number and timing of administration people at a women's shelter would be determined as a ball park guide.

A women's shelter is a community way of living. However, often those who have experienced abuse can become overwhelmed in groups. A communal space allows residents to socialise and find support from each other without sacrificing privacy. We are not meant to be alone. Further, it takes a village to

raise a child. Thus women in a shelter are to be encouraged to gather in common rooms and grow to assist each other.

The primary goal of a women's shelter support is to provide the women and their children with a clear platform and way of life that sets the foundations of not arriving back in this same predicament that they escaping from later in life again. This may involve a very lengthy association with the primary contact and support personal of the centre.

### **National Women's Shelters / Family Shelters information pathway**

A woman is in a crisis and great stress and she just has to find a place to hide and rescue her children from abuse that is beyond comprehension. She needs to know where to go! The communication services are disjointed, uncoordinated and extremely limited. It is a further nightmare for the woman who has no time and no resources – she just needs to get out of hell and into a safe room!

Pascas will assist with the centralising of information so that one website and or one phone number will provide a single contact who may guide that woman to a safe location until a more appropriate solution is identified for her and her children's needs.

First get to safety and then get to a location that will enable a long term solution to unfold.

This requires the cooperation of all women's shelter operators throughout Australia. Pascas is to financially support such an initiative.

### **Life expectancy of Aboriginal and Torres Strait Islander people – indigenous and other nationalities:**

For the Australian Aboriginal and Torres Strait Islander population born in 2015–2017, life expectancy was estimated to be 8.6 years lower than that of the non-Indigenous population for males (71.6 years compared with 80.2) and 7.8 years for females (75.6 years compared with 83.4). Two factors contributing to this differential is that the non-indigenous population is generally more educated and know how to access medical services even in remote locations. The second is that the indigenous population is generally less likely to approach medical services until health conditions have become chronic.

On 29 April 2021, Prof Ruth Stewart, on ABC Drum, reflected on the difficulties of accessing health services when being outside of major cities. When Dr Stewart lived in south west Victoria, her life expectancy was 8 years less than for her Melbourne colleagues, when she moved to northern Queensland it was 12 years less, now that she lives in Torres Strait on Thursday Island it is 20 years less.

Dubbo is a central New South Wales, Australia, city located on 400km north-west of Sydney. With a population over 34,000, the city is 14th most populous place in NSW. It also ranks 37th largest urban centre by population in Australia. Dubbo, even with a large base hospital, has very little support in the way of medical specialists. Patients may travel to Dubbo, taking hours, to then have to wait weeks for fly in medical specialists. The situation worsens as we progress into outback New South Wales, Queensland, Northern Territory, etc. The costs and time for general practitioner, dentistry, optometry, physiotherapy consultations become prohibitive and are seldom prevailed upon. This is certainly not being in the best interests of people from within these remote regions.



Worldwide, isolated indigenous communities have been subjected to controlling subjective influences from spirit personalities from the mind Mansion Worlds over many thousands of years that have left entrenched patterns within these societies that are inhibiting their potential and individual growth. This is why some within these societies remain bedded in traditional ways of life while others embrace new ways without difficulty having put aside tradition. As of 22 March 2017 such mind spirit influence has been blocked by higher level Celestial spirits from within the Celestial Heaven spheres.

### **Services and support in regional Australia**

The provision of women's shelters and support for family abuse victims is very limited throughout the remote communities of Australia.

On Census night in 2016, more than 116,000 people were estimated to be homeless in Australia (nearly 0.5% of the population or 4.8 per 1,000) – 58% were male, 21% were aged 25–34 and 20% identified as Aboriginal and Torres Strait Islander Australians – indigenous peoples (ABS 2018). Around 51,000 (44%) were living in severely crowded dwellings.

Homelessness in Australia is a major social issue concerning the number of people in Australia that are considered to be homeless.

A majority of people experiencing homelessness long-term in Australia are found in the large cities of Sydney, Melbourne, Brisbane and Perth. It is estimated that on any given night approximately 116,000 people will be homeless and many more are living in insecure housing, "one step away from being homeless".

Homelessness can be caused by poverty, unemployment or by a shortage of affordable housing, or it can be triggered by family breakdown, mental illness, sexual assault, addiction, financial difficulty, gambling or social isolation. Domestic violence is the single biggest cause of homelessness in Australia.

Police and community service providers in non-city and remote communities work conscientiously and collaboratively to assist women and their children escaping violence but are compelled by a lack of alternatives to place victims temporarily in motels or refer them to refuges in cities where demand for supported accommodation consistently outstrips supply and which necessitates victims leaving their support networks, their jobs and their children's schools.

### **Over 15,800 children younger than 12 years are homeless in Australia**

In Australia, over 15,800 children younger than 12 years don't have a safe space to call home. Of this number, just under 500 children will experience the harshest form of homelessness, relying on parks, bus shelters or shop fronts for warmth.

Without the stability of a safe and secure home, children experiencing homelessness – either on the street or in temporary housing – are forced to grow up without the necessities to enable their healthy development and growth.

### **General**

In 2020, Mission Australia assisted 17,368 people through 69 homelessness and housing services. Through their services they provide mothers who escape domestic violence a safe place to call home.

Mission Australia believes every person in Australia should have access to safe and secure housing. They offer early intervention and prevention programs for people at risk of homelessness and for those still experiencing homelessness, they offer emergency, transitional and supported accommodation.

Red Cross believes that everyone deserves a home that is safe, secure and affordable. In an average year, Red Cross helps 2,180 people to find housing, supports 1,360 people at risk of becoming homeless, and provides 43,400 meals to people experiencing hardship.

Services and support throughout Australia is disjointed and uncoordinated and at the same time, none address the underlying cause.

Further, without appropriate, long-term accommodation and support most women trying to break the cycle will return to their abuser. What is to be made available is to address the long term support issues and assistance required, just not for a few months.

Domestic and family violence has long-term and far-reaching consequences. Women who experience domestic violence face poor overall physical and psychological health and wellbeing outcomes, and children who witness family violence are subject to psychological and behavioural impacts, health and socioeconomic impacts, and the intergenerational transmission of violence and re-victimisation. The effects of domestic and family violence then reverberate through the whole community.

We now can address the root cause and present a pathway forward.

Aspiring to Living Feelings First

*Brian Iverach, Graham Golding, Jim Baker and John Doel*

Pascas Foundation (Aust) Limited

Within the Library Download page within Pascas Introduction Notes at [www.pascashealth.com](http://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.**

**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



*it's all about which way you look.*



*mind controlling way or soul's feelings first!*



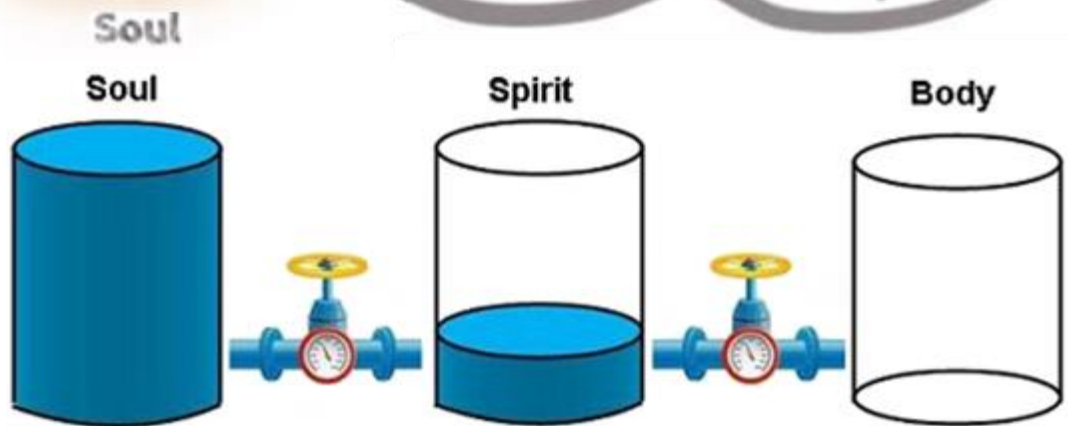
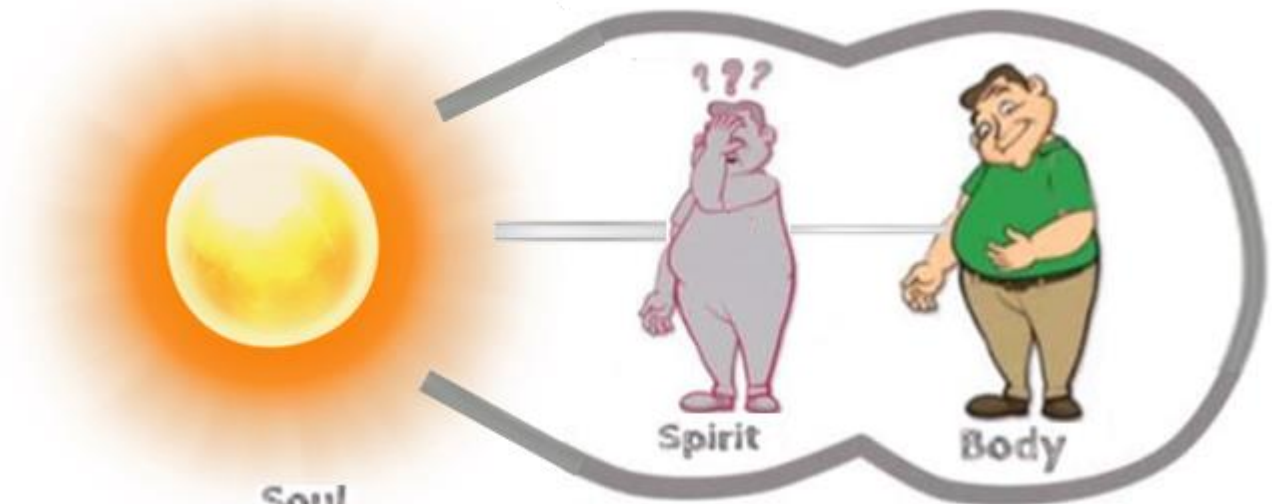
**I am my SOUL!**

**I am not my body!**

**I am not my mind!**

**OUR MIND constricts OUR FEELINGS!**

Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.



**Spirit Body  
Personal Computer (mind)**



**Physical  
Body**

**Dumb  
Terminal  
(brain)**



**FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:**

The rebellious Lanonandeks from within our local universe are these soul partner pairs:

**THE EVIL ONES**



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**



**Daligastia pair**



Arrested and imprisoned early 1990s CE

**TRUTH**  
Emotions

They each construct their own network.



**ERROR**  
Emotions

They each construct their own network.

**SOUL  SPIRIT BODY  PHYSICAL BODY**

Our memories are stored in our soul, they are then expressed through our spirit body and then our physical body. Our mind can cause, express and keep us bound up in our emotional injuries, erroneous beliefs and bad feelings. Our soul remains in truth at all times. It is within our spirit body mind circuits that our negative unloving patterns take hold and control and dictate our wayward life.

When an error enters our spirit body mind, it sets up a pathway for more error to enter and manipulate our patterns of living. And when truth enters our soul, it sets up a pathway for more truth to enter our soul. Our Healing is the bringing to light the errors of our mind so our soul can transform them into the truth of ourself.

Our Healing sorts our mind out bringing it into harmony with our feelings. And once that harmony is gained, our soul is free to express the truth we are to live.

**Control commences with Parenting, then Education, with Religious Clergy, Higher Education, and then Military Service, Employment in all fields, and Government at all levels, without respite.**

**Our parents suppress our true personality and we are our childhood throughout our adult life.**

WHEN YOU TELL YOUR CHILD  
**NO TOO OFTEN**


Parenting



Many parents WILL DO anything for their kids-except let them **BE** themselves

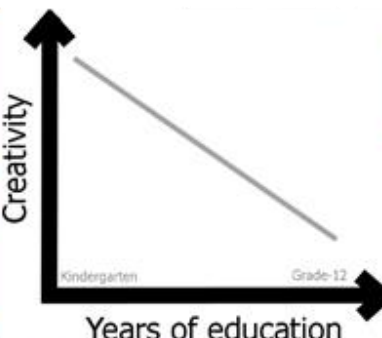


Media

Education


Creativity



Years of education

Kindergarten Grade-12

THE WAR ON CHILDREN



Government



Law



Health



**CONTROL**



Employment



**CONTROL**  
Conception to Grave



# This Suppression is now to be Ended!



From **CONCEPTION** through to **GRAVE** we are **CONTROLLED**.  
**Our Parents and Carers** suppress our true  
**Personality** and we continue with repression  
 throughout our adult life!



## OUR INDUCTION into PHYSICAL LIFE:

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



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



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

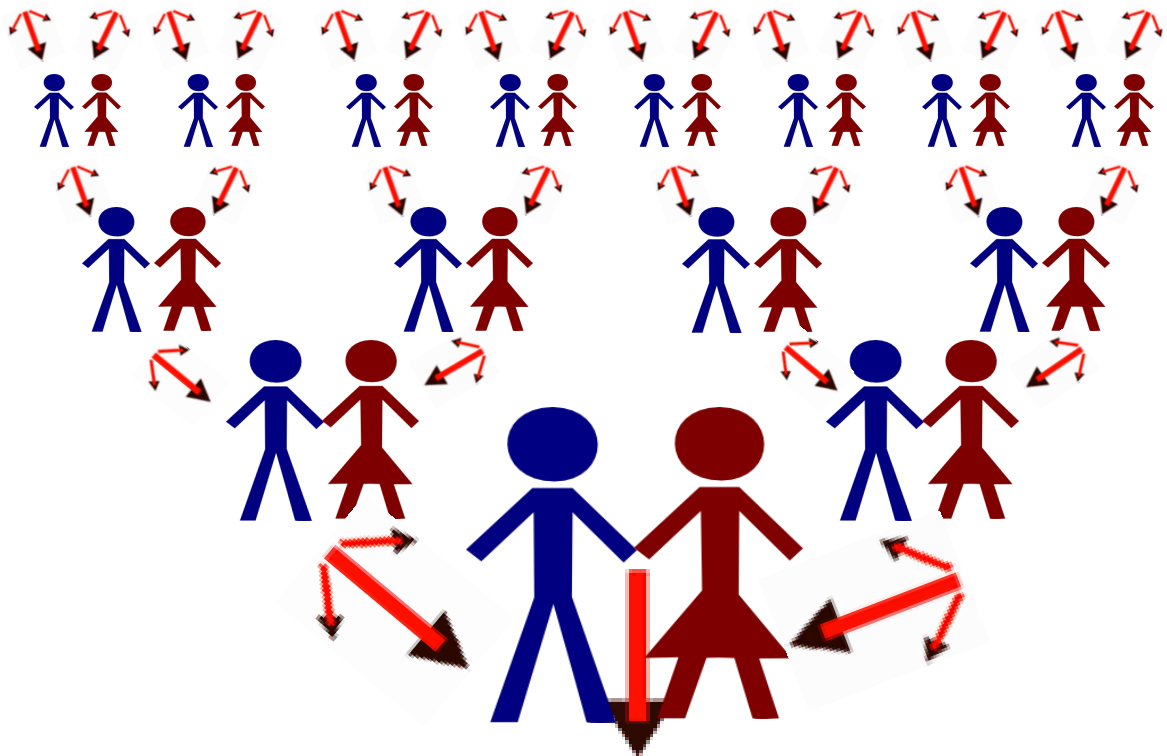
Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.

### GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

In turn, we are a reflection of our parent's soul condition, and their parents' soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.





**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.**

# We do everything possible to avoid our Feelings!

We embrace the controlling natures of our mind to fill our day with activities that avoid our inherent truth to arise through our feelings and then having to express them and seek the truth behind them. We submit to imprisonment within our minds and willingly allow our life to roll on in a retarded and aimless manner that we can continue in earnest even when we transition into the spirit mind Mansion Worlds. Everything we may do is to avoid meaningful communication with another person and to distract ourselves from allowing our feelings to bring forth the vibrant and incredible true personality that we are that has been suppressed throughout our early forming years, from conception through to six years of age. Eventually our soul will say enough is enough and we will be confronted with a crash to open ourselves to our feelings and heal our Rebellion.



**BREAKING the BARRIER of the MIND – ENGAGING the SOUL!**



Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with your soul and enables you to live a Celestial Soul Condition while you live on Earth.

Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.

modality modality modality modality *Feeling Healing* modality modality modality modality

ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.



**Feelings shine with  
Truth and Love!**

## **WOMEN are the TRUE SPIRITUAL LEADERS of HUMANITY!**

Our soul manifests a male and female personality – it is a duplex! One soul – two personalities! Our soul is the centre of our two personalities. We are children of our Heavenly Parents, our Mother and Father.



We are meant to live through the guidance of our soul based feelings – not live by our mind. Our mind cannot discern Truth. Our mind is addicted to Untruth. Our mind is a Control Addict.

High level spirits seduced humanity to live through their minds, thus bringing about the Rebellion – 200,000 years ago! Then the Adamites Defaulted on their mission – more than 38,000 years ago.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate and also our Heavenly Mother and Father.

As we are rebelling against our soul partner, the other personality originating from our common soul, we are being toxic to him or her. We carry this pattern into our relationships with others of the opposite sex. Many commit heinous crimes against their soulmates / soul partner only to discover this upon completing their Healing.

**REBELLION**

**When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

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

**And it is the women that will lead the way in Healing, not only of themselves but also for men.**

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

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing so 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.

# **LIVE FEELINGS FIRST**

**Feelings First Spirituality, The New Way  
Feelings are your own truth and personality**

**OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:**

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...





# ***We are to Find the Truth of our Childhood.***

James Moncrief – Sunday 8 September 2019

## **We are to Find the Truth of our Childhood.**

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

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

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

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

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

unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

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

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

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

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

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



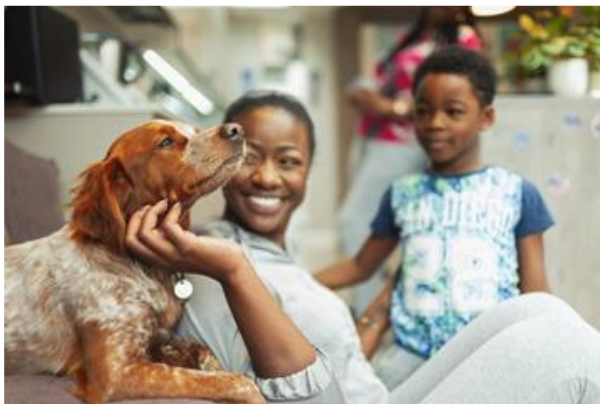
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

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



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

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



♥ You love your pet more than your child?

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

## **WORKING with DOMESTIC VIOLENCE: A clinician's guide to ethical and competent practice**

<https://www.psychology.org.au/inpsych/2015/october/obrien>

Carmel O'Brien FAPS MCCOUNP, Director of Clinical Services, Doncare

*'No-one can see you*

*No-one can hear you*

*If you escape, no-one will believe you.'*

(referred to as the Torturer's Boast by Kate Millet in Sexual Politics [1970])

Given the high prevalence of domestic violence in Australia, psychologists are likely to be working with clients / friends who are living with violence at home, or have done so in the past. Most victims of domestic violence who present to a psychologist for help are women and children. They may present with symptoms such as depression, anxiety, insomnia, flashbacks, anger, guilt or exhaustion.

"Sally is a young mother of two toddlers. She presents with anxiety and insomnia. She says she doesn't know why she feels tired all the time, says her husband is too busy at work to help with the kids but that he sets 'high' standards at home."

"George and Sarah want couple counselling. George says that Sarah's premenstrual syndrome (PMS) is really bad, that she can't manage the kids and has lost interest in sex. Sarah seems reluctant to say anything."

"Ingrid comes to her session with bruising to her face. She says she bumped herself on the wardrobe. She wants help managing her two teenage boys who have been getting into trouble at school for bullying."

Any of these presentations may be indicative of domestic violence, and it is important that psychologists have the necessary competencies to assess and work safely and effectively with clients where domestic violence is an issue. This article provides a guide to assist psychologists to work ethically and competently in this area.

### ***Core competencies for psychologists working in domestic violence***

The core competencies required to work effectively with this client population include:

- Ability to respectfully explore the client's personal experience,
- Assessment of risk, including understanding the evidence-based factors that indicate dangerousness,
- Knowledge about the impact on victims and of trauma-informed work practices to achieve recovery, and
- Understanding of the system in which victims find themselves, such as police and court processes.

### **Ability to respectfully explore the client's personal experience**

Unless a client is directly referred by a domestic violence service, it is likely that you will suspect domestic violence to be a factor rather than it being initially openly disclosed. In fact, many victims of domestic violence fail to disclose their situation to family, friends, work colleagues, and health professionals, including psychologists (Mitchell, 2011; NSW Health).

The context of a client's life is always important, but especially in relation to domestic violence. Many clients do not regard non-physical violence as domestic violence even when it is making their life unbearable. Ask open questions that give clients a way to safely disclose, ensuring non-judgemental language and not rushing to problem-solve. For example:

- 'How are things at home?'
- 'How are you getting along with your partner?'

You might be able to link proffered symptoms to a question, as in the following examples:

- 'You seem quite anxious. How are things at home?'
- 'How does your partner react? Is your partner helpful when you are feeling like this?'

If there are indications of abuse, use an approach of naive curiosity to ask more direct questions, such as:

- 'Does your partner ever make you feel afraid?'
- 'Are you worried about your safety or your children's safety?'
- 'What happens when ...?'

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

Listening to and believing the client can be a moving and liberating experience for someone who is living with fear or with little personal autonomy. Two reactions are common when clients disclose and are heard – surprise that other women are experiencing what they are experiencing, and relief at being believed. Communicating belief is important in engendering hope and as a reality check. 'That sounds very frightening for you', for example. It is also helpful to endorse the decision to disclose, 'I know this is very difficult to talk about, I am glad you did.'

It is also important to be clear that abuse, violence, humiliation, or threats are unacceptable. It is important to be explicit that violence and sexual abuse within a relationship are crimes, and that the responsibility for such crimes remains with the perpetrator, not the client. In naming abusive behaviours as such, use language that the client can relate to such as:

- 'No-one deserves to be treated this way',
- 'Do you know that what you are describing is regarded as domestic violence?'

Above all, be aware of your own values and biases. Questions such as 'Why have you stayed so long?' or 'What could you be doing differently?' are unhelpful and imply shared responsibility for the abuse. A client's sense of self and safety may be precarious or confused, so it is important they stay in control. Refer to a client's sense of control by asking, for example, 'What would you like to deal with first?' Clients who get respectful, skilled and informed support will make good decisions for themselves.

### **Assessment of risk, including understanding the evidence based factors that indicate dangerousness**

The Victorian Common Risk Assessment Framework (CRAF) is a good assessment tool for domestic violence (Department of Human Services, 2012 – Victoria, Australia). It is a straightforward model and has an inventory of factors that indicate dangerousness.

The CRAF bases assessment of risk on three factors:

- **The victim's assessment of risk / safety**

Using the client's own assessment of risk has two key advantages. Victims of domestic violence know the perpetrator best and have a highly nuanced understanding of what is and is not safe. It also establishes the assessment as a collaborative process, supports disclosure and reinforces the client's own wisdom and autonomy. Including the client's assessment demonstrates a willingness to believe their experience and helps elicit the story. A psychologist's ability to ask practical and useful questions will lead to a better understanding of any threats to the safety of the client and of any children involved.

- **Evidence-based indicators**

CRAF provides an Aide Memoire that lists risk factors for domestic violence. These include:

- Victim considerations, such as pregnancy, mental health issues and level of social isolation,
- Perpetrator factors such as use of weapons and types of violence, and
- Relationship factors including recent separation and financial problems. There are definite behaviours associated with the likelihood of future harm, such as choking, and practitioners should be aware of and alert to such indicators.

- **Professional judgement**

The professional judgement of the psychologist will rely on observation, weighing the significance of risk factors, the likelihood of risk re-occurring or escalating, and assessing the risk to children.

These tenets of assessment are equal in weight, and it is important to refer often to the client's expertise in their own situation. Safety is always a priority. Be sure to speak to the client independent of their partner or children. Do not be afraid to ask if the client feels safe to return home or to attend the next appointment. Ask about the children and know how to alert authorities in a way that protects anyone at risk. You might need to plan with the client around future safety and ensure she has relevant emergency numbers.

Know and refer to specialist services for wider case support. Domestic Violence Resource Websites and smartphone Apps like Aurora, LiveFree and Daisy are very useful.

## **Knowledge about the impact on victims and trauma informed work to aid recovery**

Use all the usual means to relieve symptoms and encourage hopefulness and positive behaviour change (however temporary that might be). There are many losses to grieve, including the loss of the future that should have been. Post-trauma symptoms are common, so use techniques that relieve symptoms and aid personal autonomy. Normalise, rather than pathologise symptoms and reactions. The guiding principal is to ask 'What *happened* to (the client)?', not 'What is *wrong* with (the client)?'. Symptom relief is less likely while the client is still living with harassment or abuse.

Many women are diagnosed with psychological disorders after seeking help, which can be used as a weapon by their partners in court situations. Both individual and couple counselling practices can contribute to the pathologising of individuals by focussing on presenting psychological symptoms.

Failure to contextualise violence can lead to misdiagnosis, victim-blaming and failure to recognise abuse.



## **1 in 6 Australian women have experienced Domestic Violence**

The many manifestations of domestic violence are all likely to be psychologically harmful. Respectful interventions do not imply, explicitly or implicitly, that victims contribute to the violence or insist they leave a perpetrator. Respect victims' autonomy – trust them to make decisions in their own time. Victims leave when and if they feel safe to do so, as leaving such a relationship can be lethally dangerous. Work from an understanding that using violence is a choice and that the victim is in no way responsible for that

violence. Complaints and reports of abuse should on no account be minimised or the violence excused.

### **Understanding of the system in which victims find themselves, such as police and court processes**

Domestic violence is a social malady, some say an epidemic. It is important for professionals to appreciate the impact of societal expectations and responses to this issue. A starting point would be a commitment to working within the APS Guidelines for working with women and girls (2012), such as recognising power imbalances in relationships and understanding gender role stereotyping.

The service system and legal system can disempower people. Perpetrators often use the legal system to further harass and abuse victims. Dangerous insistence on power and control is not always recognised in courts, for instance, most children killed by their fathers in recent years have been killed while on access visits. Past violence is not always seen for what we know it is – the best predictor of future violence.

Working with domestic violence is confronting and practitioners need sustaining self-care strategies in place as well as good supervision. Psychologists are in a unique position to support clients to find safety and recover from trauma and to help them to achieve better outcomes. It is challenging, complex, sensitive and sophisticated work – work that is not yet done.

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

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

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



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

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

## **PSYCHIATRY, PSYCHOLOGY, SOCIAL CASE WORKERS Certificate IV, etc:**

Sadly, universities around the world are not addressing the core issue. That is how were we treated and brought up as a child. Universities sell degrees. Universities gain referrals of their children to the university. Universities are fee collectors and parents are paymasters. Universities inhibit psychology training by avoiding the underlying cause of social issues – our parents do not love us, our parents do not know what love is, our parents suppress our true personality and impose what they think is best for us. We absorb all the errors and injuries of our parents and go on and perpetrate the same evilness throughout our adult lives imposing our will upon our partner and all the children that come along. Psychologists cannot address the cause of domestic violence because they do not know what is the Root Cause nor the Pathway Forward!

Kindly go to [www.pascashealth.com](http://www.pascashealth.com) then Library Download and in the Pascas Introduction Notes click on the following Pascas Papers to download the PDFs:

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## WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!

At the moment of conception your soul activated your will to become of your earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing. Jesus Message 33 (part) 9 January 2003

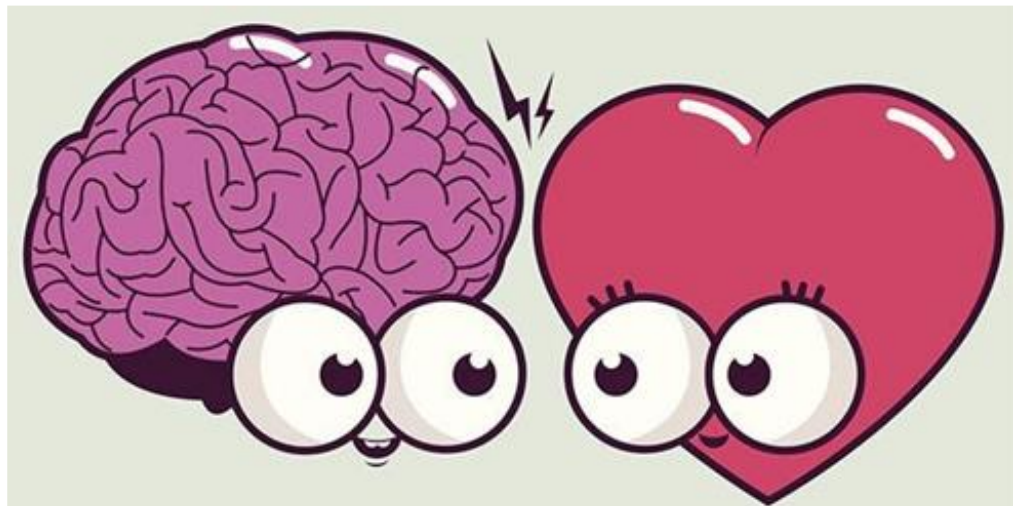
The Rejected Ones – Living True to One's Feelings

by James Moncrief



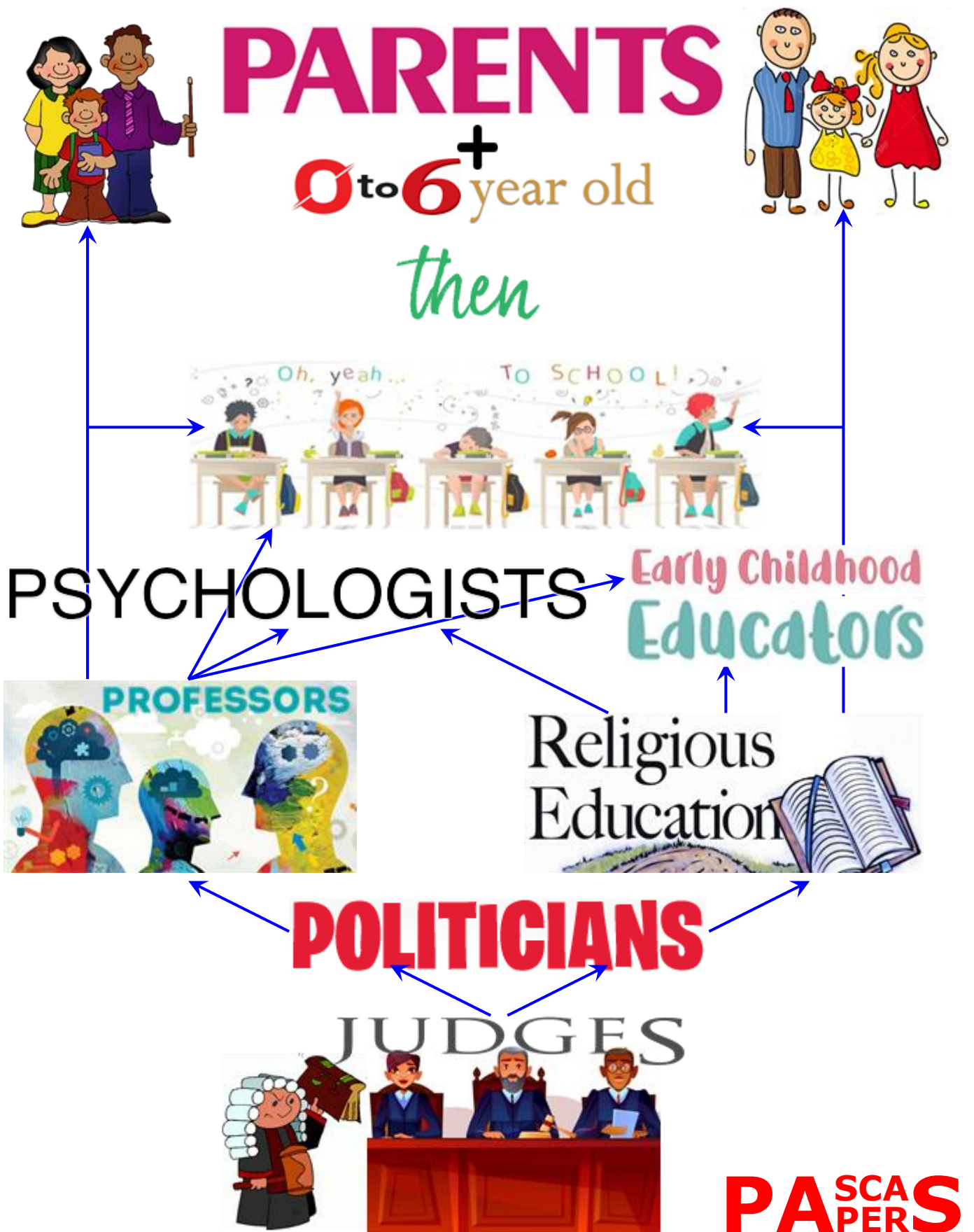
Like Father – Like Son

Like Mother – Like Daughter



**Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.**

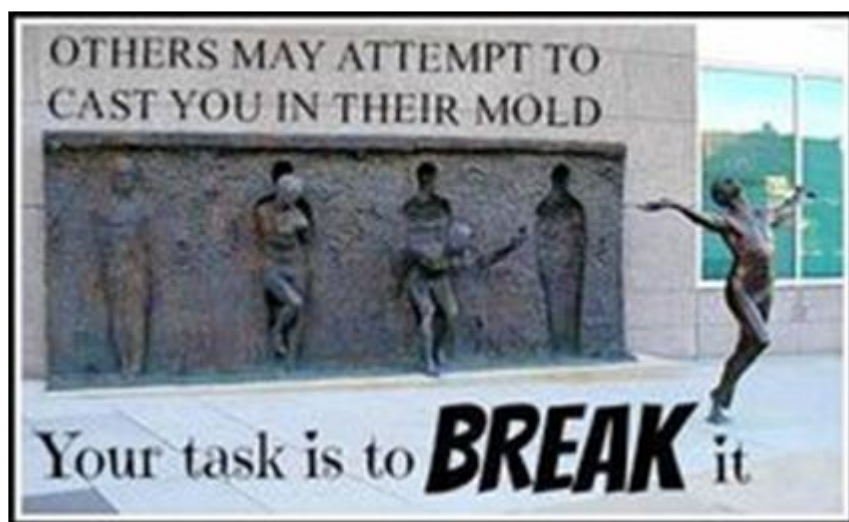
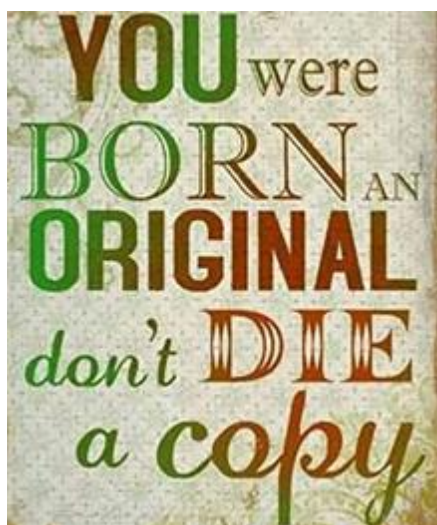
**Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.**



# BREAKING THE MOLD

Perpetrators of family violence control their victims over extended periods, affecting their autonomy, ability to make decisions, self-esteem and identity. A domestic and family violence refuge is to provide an environment that helps victims develop or regain the life-skills and independence necessary to break the cycle and move past their traumatic experiences

through counselling and revelatory guidance. A well-designed facility with long term individual personal guidance is to create an environment for residents / guests and friends which are empowering, facilitating the development of personal life-skills. Pascas family violence support services – Family Shelters – are to create a strong foundation for breaking of family violence patterns within families.



The priority groups for such a facility is all families, however focus may be upon families with several children, rural and remote women, and women from all ethnic and minority groups. It is noted that these are not the only groups to suffer domestic and family violence in any community; there are male victims of spousal abuse, and unaccompanied teens made homeless by family violence.

A cluster model of accommodation with communal facilities offers flexibility in a region of small or large, disparate populations and provides the ability for longer tenancies than in a crisis shelter, enhancing the development of independence and living skills necessary for the long-term recovery of residents.

The social implications of domestic and family violence include negative psychological and behavioural, health and socio-economic outcomes, and impact upon victims, perpetrators, their children and the wider community. Ensuring long term support services provide an environment that helps victims break free of a cycle of violence and thus contributes to greater wellbeing for victims and the community – ending generational repetition of family violence.



## My SOUL manifests TWO PERSONALITIES!

When we heal ourselves of our childhood suppression and repression, we THEN may become able to recognise who our soulmate is. While we remain living through our minds and not living feelings first and expressing our feelings as they arise, both good and bad, we remain bound in our rebellious nature that humanity has been in these past 200,000 years, rebelling against our soul and consequently our soulmate / soul partner.

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

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

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



# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

## HOW do we SUPPRESS our CHILDHOOD EXPERIENCES?

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

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

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

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

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

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

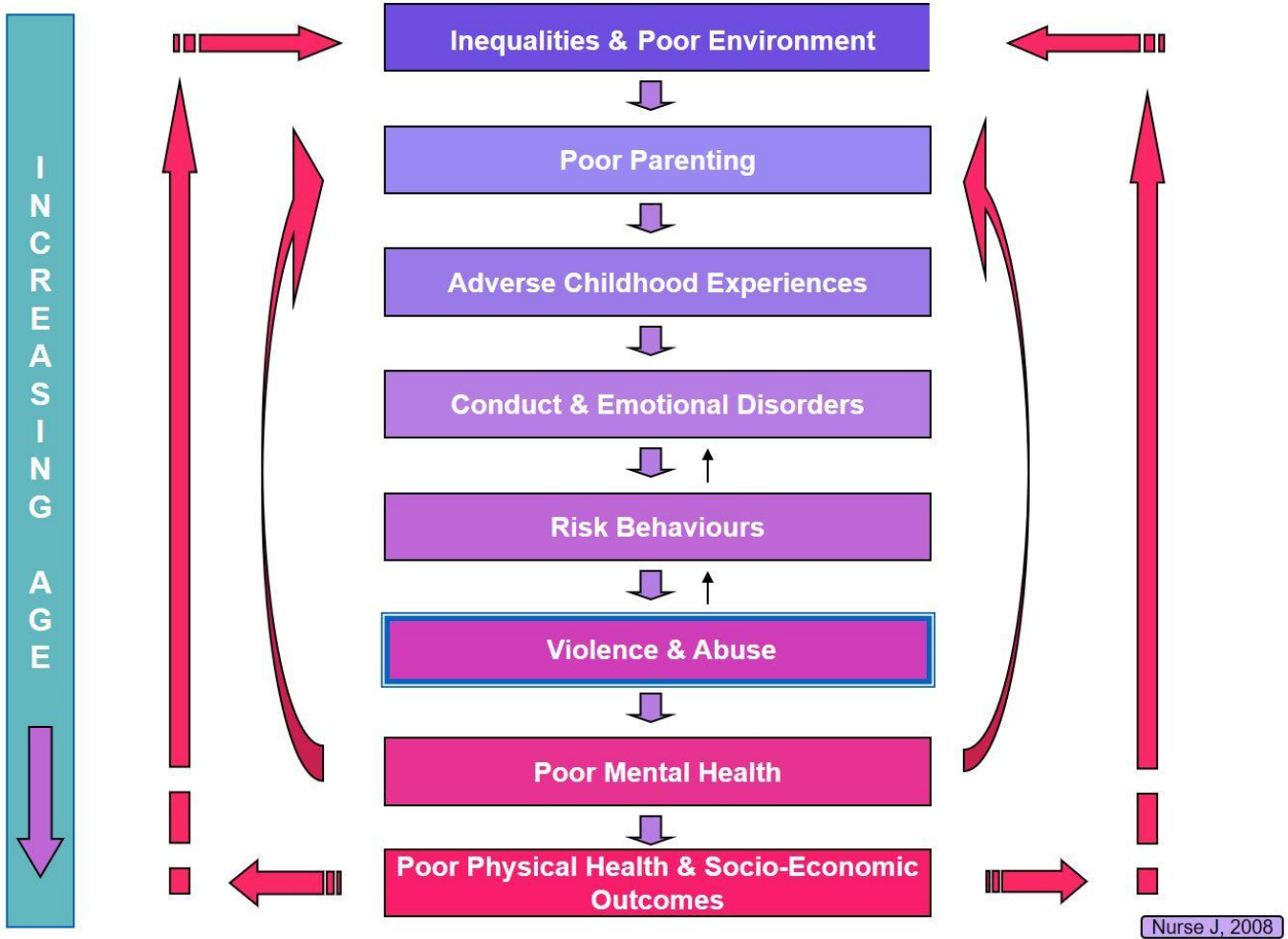
Society is so dumbed down that it functions as walking zombies. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.



# LIFE IS FOR LEARNING



## The Cycle of Violence and Abuse across the Life-course



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

**FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:**

The rebellious Lanonandeks from within our local universe are these soul partner pairs:

**THE EVIL ONES**



**Lucifer pair**  
Arrested and imprisoned 26 CE



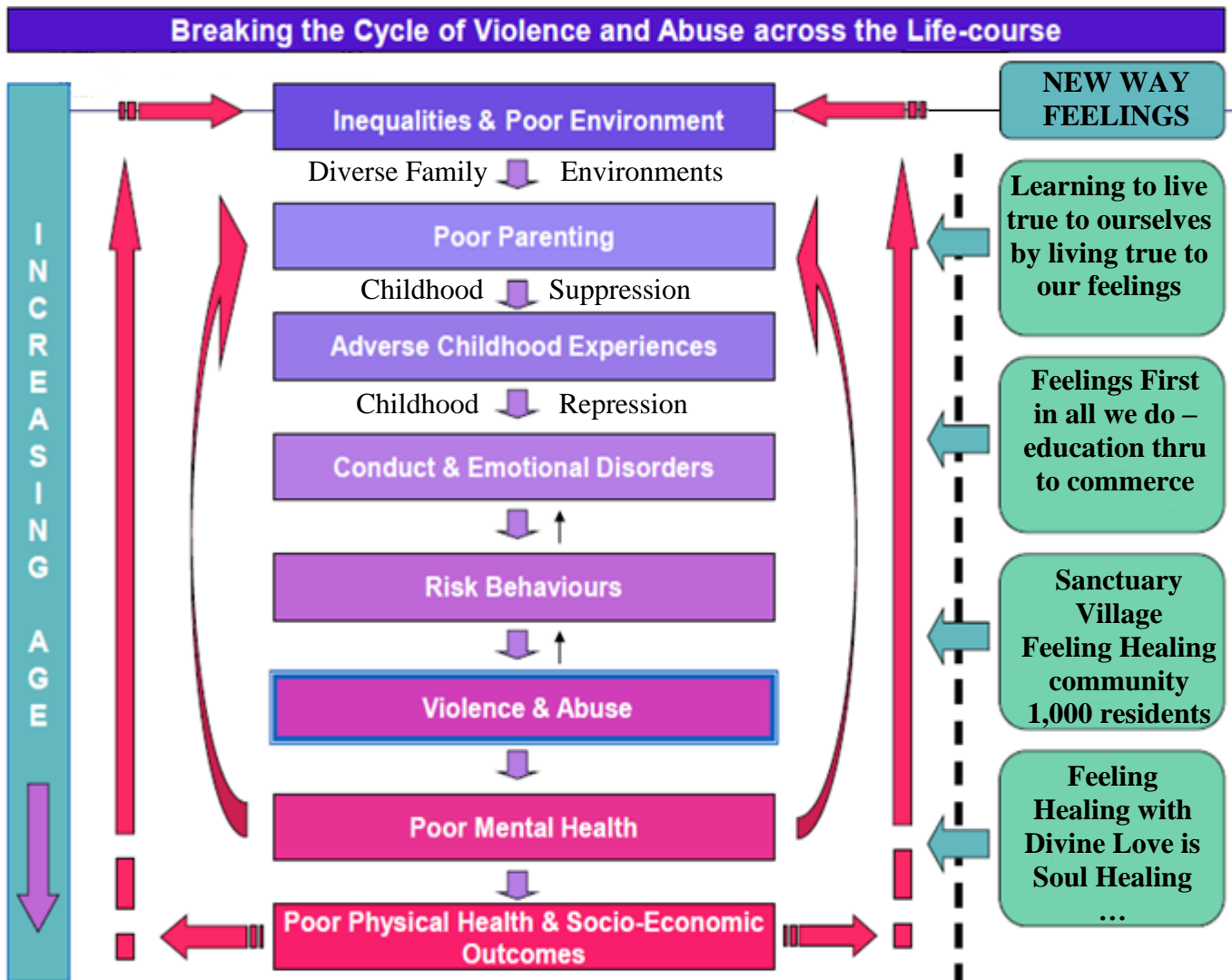
**Satan pair**  
Arrested and imprisoned 26 CE



**Caligastia pair**  
Arrested and imprisoned early 1990s CE



**Daligastia pair**  
Arrested and imprisoned early 1990s CE





## 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.



# 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;

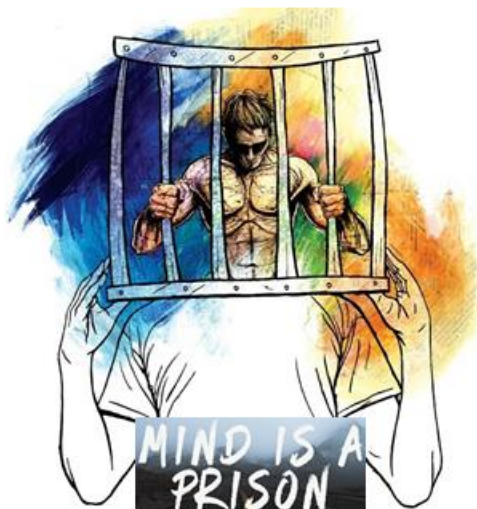
or embracing The New Feelings Way  
by doing your Spiritual Healing;

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 Drama of Life:

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

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



**Feeling  
Unloved  
and  
Unwanted**



**EMOTIONAL  
ABUSE from  
PARENTS**



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



**Suppression & Repression = Universal Depression**



**Working with your BAD feelings.**

Talk to someone who has your interest at heart.

To someone (or out loud to God) who listens without making you feel like you're being judged. Someone who really wants to know how bad you're feeling and won't stop you saying how bad you feel. Someone who won't try to change the way you are feeling.



Express your bad (and good) feelings with the full emotion of them, all whilst you really want to know the truth of why you are feeling them. Want to know the deeper reasons why you are feeling bad.

And keep talking, expressing; bring out all your feelings until there are no more to express. And this can happen quickly; or can take days, weeks, months, even years, working at expressing the same bad feelings, time and time again, always longing for the truth of them.



And you keep talking until the truth comes to you. Your feelings are to show you the truth of why you are feeling them. You have to want to know that truth with all your heart, to find it and see it through your feelings.

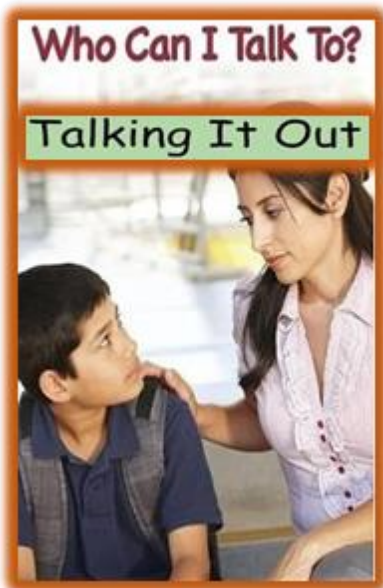
When you have a bad feeling, it is your feeling, and if you stop yourself feeling and expressing it, you are stopping yourself getting to know why you have that bad feeling – the deeper reasons why and not just the more obvious superficial ones. You are stopping yourself being a fully self-expressive person in your life and in the world.



Your true personality was prevented from being fully expressed through childhood. To become true, to be your fully expressive self, it's most important to ensure you always express ALL of your feelings, and particularly all your bad ones; all with the strong desire to know the truth of why you are feeling them.

In time the truth of yourself will come to you through your feelings.

We are to be our true personality, our authentic self!



LET'S TALK IT OUT

The text 'LET'S TALK IT OUT' is written in a large, stylized font. Each letter is filled with a pattern of horizontal stripes in red, white, and blue, with a white outline.

# NEW FEELINGS WAY A WAY OF LIVING.

The New Feelings Way is working with your feelings to uncover the hidden truth of yourself. It's to find the Truth of Yourself Through Your Feelings. So the two have to be worked in conjunction with each other: Expressing ALL, and most importantly, ALL YOUR BAD FEELINGS, which we are more than likely denying, all so we bring the truth of why we are feeling them to light. This is getting to know ourself – the truth of how we are. It's living true to our feelings. Accepting, expressing and longing (wanting) to find the truth of them within ourself. It is a way of living that embraces and looks to express all our feelings and emotions so we can see what they are all about, what they are showing about ourselves; unlike how we live denying the truth of our feelings and basically not having a clue about ourselves and why we're feeling what we are.

The difference as to living as we currently do – the Old Way – which is mostly feeling-denial and believing we are expressing our feelings, is still not longing for and wanting to uncover the truth of those feelings. We live denying ourselves the truth of ourselves, because we don't want our feelings to lead into the truth and horror of how unloved we felt during our childhood, and how we still feel unloved.

The New Feelings Way, is doing the opposite of this. Stopping what we are doing, focusing on our bad feelings in particular, the ones we are most likely to deny; fully acknowledging them, bringing them up and out of us by expressing all they make us feel and all we feel having them, all as we long and want with all our heart to know the truth of why we are feeling them. Understanding that that truth is going to be very confronting, because it's going to show us the truth of all our relationships, with ourself, our parents, friends, children, loved ones, partner and God. And if there is any unlovingness in any of them, the truth is going to bring that all to light.

If we want to carry on in the Old Way, sure, being more feeling expressive will generally help our relationships, however that's not what the New Feelings Way is all about. The Old Way, which is the current way for most people, is denying the truth of ourselves by denying our feelings. The New Way, is working with and wanting our feelings to show us the truth of ourself.

Having someone to talk to who is willing to listen to us expressing all our feeling without trying to stop us, is just one part of how to express our feelings in order to help us uncover the truth of them. It does matter what we talk about, otherwise we continue in a truth denying state, the Old Way. In the New Feelings Way, it very much matters what we talk about, which is all our feelings and all how they are making us feel, all so we can find the truth of them. The New Feelings Way is ALL AND ONLY ABOUT UNCOVERING THE TRUTH IN OURSELF. And doing that through our feelings. It's all about the Truth; that is what we're setting out to do, so not to water that down. The Old way is all about not finding the truth and doing all we can to deny it. So do you see, it's not just about talking in general, it's all highly specific, and a specific and fully focused way of being, way of living, not just more of the old general stuff.

The feelings and self-expression side of The New Way is talking more generally about feelings, about how important they are, and how acknowledging and expressing them is helpful in life, adding to more fulfilling and meaningful relationships. But that's just part of our naturally expressing ourselves, with The New Way being specifically about showing up the Old Rebellious Truth-Denying Way. We're about wanting to offer people a way out of their yuk, a way out of their rebellion, a way out of their pain, a way out of their mind controlling beliefs and behaviour. And so how to do that is by using our feelings – which leads us into doing our Spiritual Healing.

yuk

# Getting the Hell out of here!!

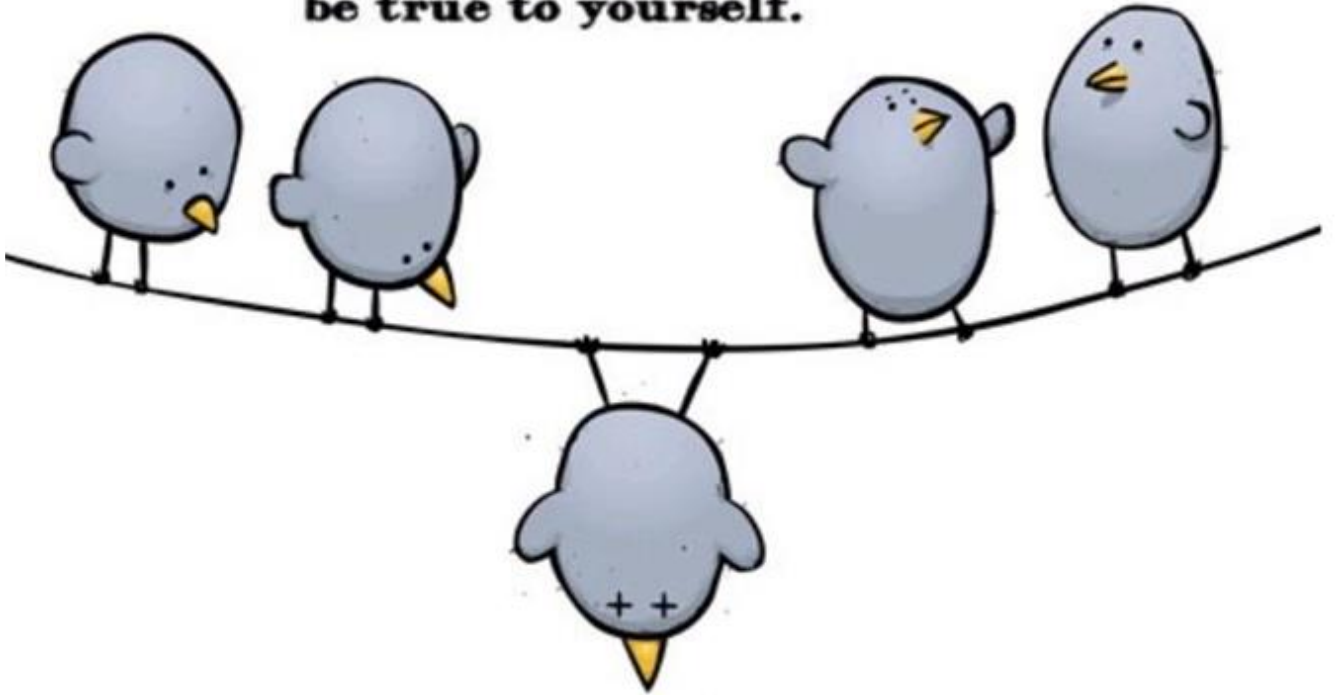


**THIS IS HUMANITY** **stupidified!**



# Be True to Yourself

open your heart  
and always  
be true to yourself.



BE  
YOURSELF

*An original is always  
worth more than a copy.*

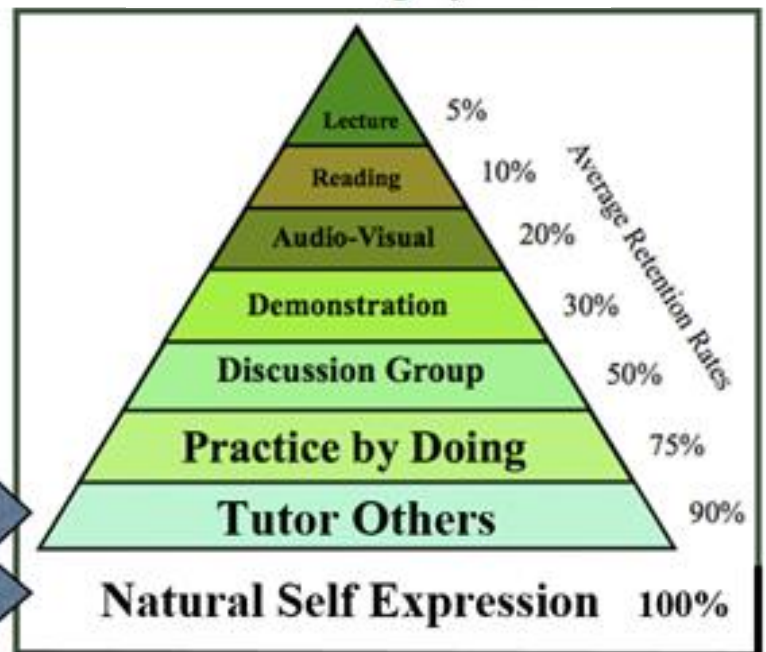


# BLUEPRINT

## We are our Childhood



The Learning Pyramid



# The New Way

## Living True to Your Feelings

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

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

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

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

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

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

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

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

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

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

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



**WOMEN'S COMMUNITY SHELTERS:**

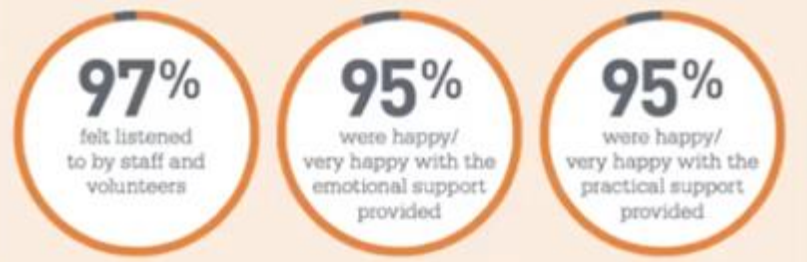
[https://www.womenscommunityshelters.org.au/wp-content/uploads/2020/10/WCS\\_Annual-Report-2020-web.pdf](https://www.womenscommunityshelters.org.au/wp-content/uploads/2020/10/WCS_Annual-Report-2020-web.pdf)

**WOMEN'S  
COMMUNITY  
SHELTERS**

**STRATEGIC FOCUS: BROADEN SUPPORT,  
SECURE FUNDING, SECURE PARTNERSHIPS**



**FEEDBACK FROM THE WOMEN WE SUPPORT:**



**SHELTER NETWORK FRONT-LINE STAFF**



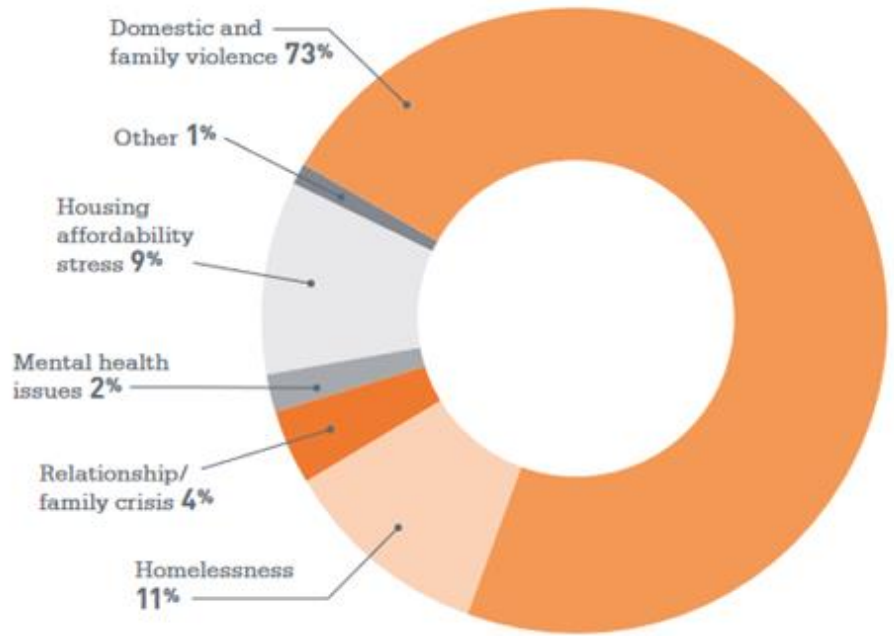
## ABOUT THE WOMEN AND CHILDREN WE SUPPORT

The reasons women and children are referred to crisis shelters are complex and rarely relate to a single risk factor or vulnerability. Across Australia, the primary presenting cause for women's homelessness is domestic and family violence.

### PRIMARY REASONS FOR REFERRAL

Over 73% of the women and children supported through our shelter network were escaping domestic and family violence. A further 4% were at risk of homelessness due to family and relationship crisis.

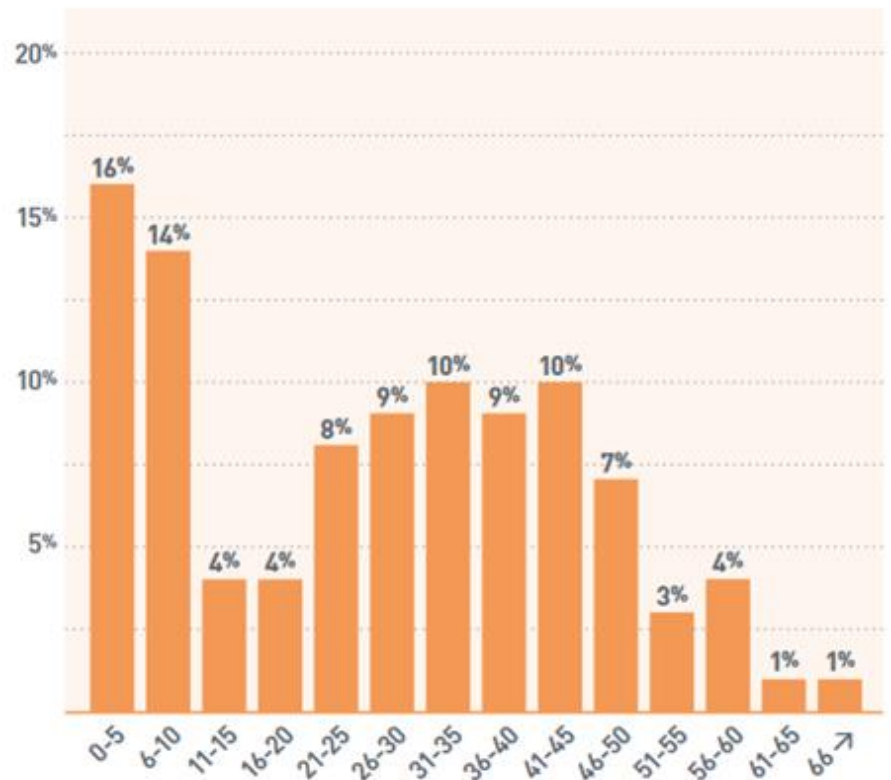
Being homeless, experiencing mental health issues and being at risk of homelessness were the other primary reasons women presented to our services.



### AGE RANGES

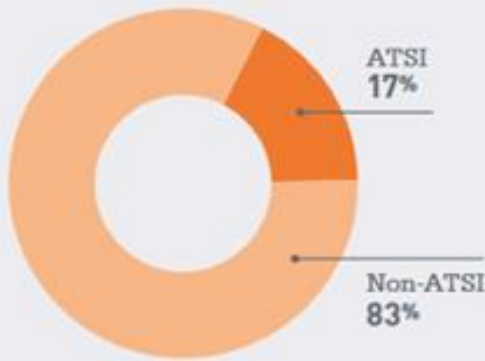
The majority of women occupying shelters were in the peak working and parenting years aged between 21 and 55 years of age. This highlights the importance of our return to work and training programs and focus on secure income and housing pathways.

Older women have emerged as one of the most vulnerable groups in relation to housing insecurity and homelessness in Australia in recent years. They are not a group that we as a society thinks of when we consider homelessness, with many older women never having had experience of homelessness before. Our highlight project for 2019 'Beecroft House' directly responded to the needs of women over 55 years.

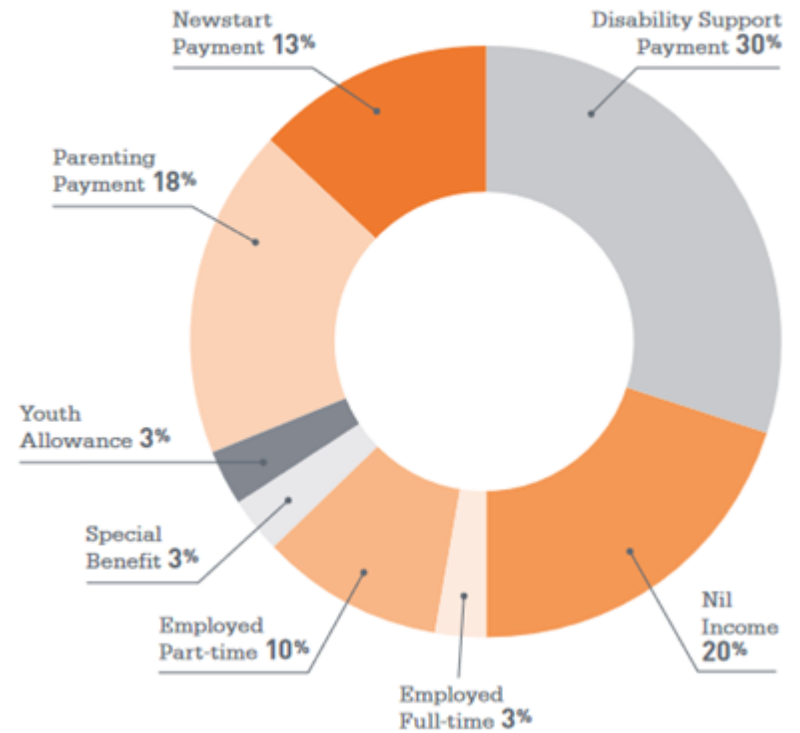


**NUMBER IDENTIFIED AS ABORIGINAL OR TORRES STRAIT ISLANDER**

Aboriginal and Torres Strait Islander women make up 17% of the people we support across the network. Our Great Lakes Women's Shelter, in particular, averages nearly 60% percent of women identifying as indigenous.

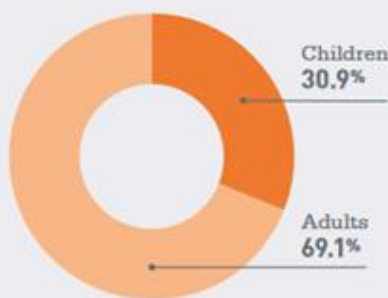


**SNAPSHOT OF EMPLOYMENT STATUS**



**WOMEN VS CHILDREN ACCOMMODATED**

Over 30% of the clients supported in the WCS network are children and young people (under 18 years). The majority of children supported are primary school age. Our support to children and young people comprises an individual support plan, a commitment to school engagement and learning and the focused support of an experienced team member delivering child support programs.



**THREE-MONTH SNAPSHOT: NUMBER OF WOMEN ASSISTED THROUGH EMPLOYMENT AND SKILLS**

**WCS established three new pilot programs/partnerships:**

**WOMEN RETURNING TO WORK**

A partnership with Western Sydney University and the College to provide training in business administration and work experience within the University.

**3** Women completed the program



**COMMUNITY INTERNSHIP PROGRAM**

An employment program in partnership with Service NSW.

**1** Client employed



**KICK START CAFÉ**

A social enterprise run by the PAYCE Foundation that provides employment and hospitality training.

**1** Client completed the program and another **1** currently enrolled



## WOMEN RETURNING TO WORK

WCS, Western Sydney University (WSU) and The College partnered to deliver a six-week pilot program for women preparing to re-enter the workforce following an extended break, or women entering the workforce for the first time.

The program combined units of the Certificate III in Business Administration with work experience at WSU to develop critical workplace skills, increase employability and rebuild self-esteem. Women also worked with their trainer to update CVs, write cover letters and apply for jobs.

Three women participated in the pilot program and have since been successful in securing part-time or full-time work. A survey completed by participants found that the program had improved their overall self-esteem, confidence in their skills and abilities and belief in their ability to find and secure employment.

## INTERNSHIP PROGRAM

WCS partnered with Service NSW to establish the Community Internship Program, offering an alternative pathway into employment for women impacted by homelessness and domestic and family violence. The Internship Program offers entry level positions within Service NSW for a period of six months, with the aim of transitioning participants to permanent employment, based on performance and the availability of suitable positions.

One WCS client commenced employment with Service NSW via the Internship Program in late 2019. WCS and Service NSW hope to make more positions available to WCS clients in 2020 and beyond.

This year, WCS hopes to build on the successes of existing partnerships and work with other organisations that share an interest in providing education and employment opportunities for the empowerment of women who have experienced homelessness and domestic and family violence.

Maddy Neely, Housing and Employment Pathways Coordinator, explained the importance of the WCS Education and Employment Program: "We've seen that when women are ready, work can actually help to rebuild self-esteem. Not only do women feel productive and more connected to community, but there is a sense of regaining control and being able to make choices about their future."

## TRANSITIONAL HOUSING PROGRAM DEVELOPMENT: PATHWAYS HOME

Pathways Home is a collaborative project conceived by WCS, PAYCE Foundation and Bridge Housing. Through a strong focus on encouraging partners to the program, we now work with Link Housing, Twilight Aged Care and Evolve Housing to provide transitional housing to women, their children and older single women escaping homelessness and domestic and family violence.

Access to safe, secure and affordable housing is a critical component of a woman's recovery post-trauma and it is essential to preventing homelessness.

This innovative 'meanwhile use' project aims to create an additional 100,000 extra bed nights over the next three years. The term 'meanwhile use' originates from the UK where it has been used to describe vacant land and buildings that could be repurposed for cultural or community development purposes until they were brought back to commercial use.

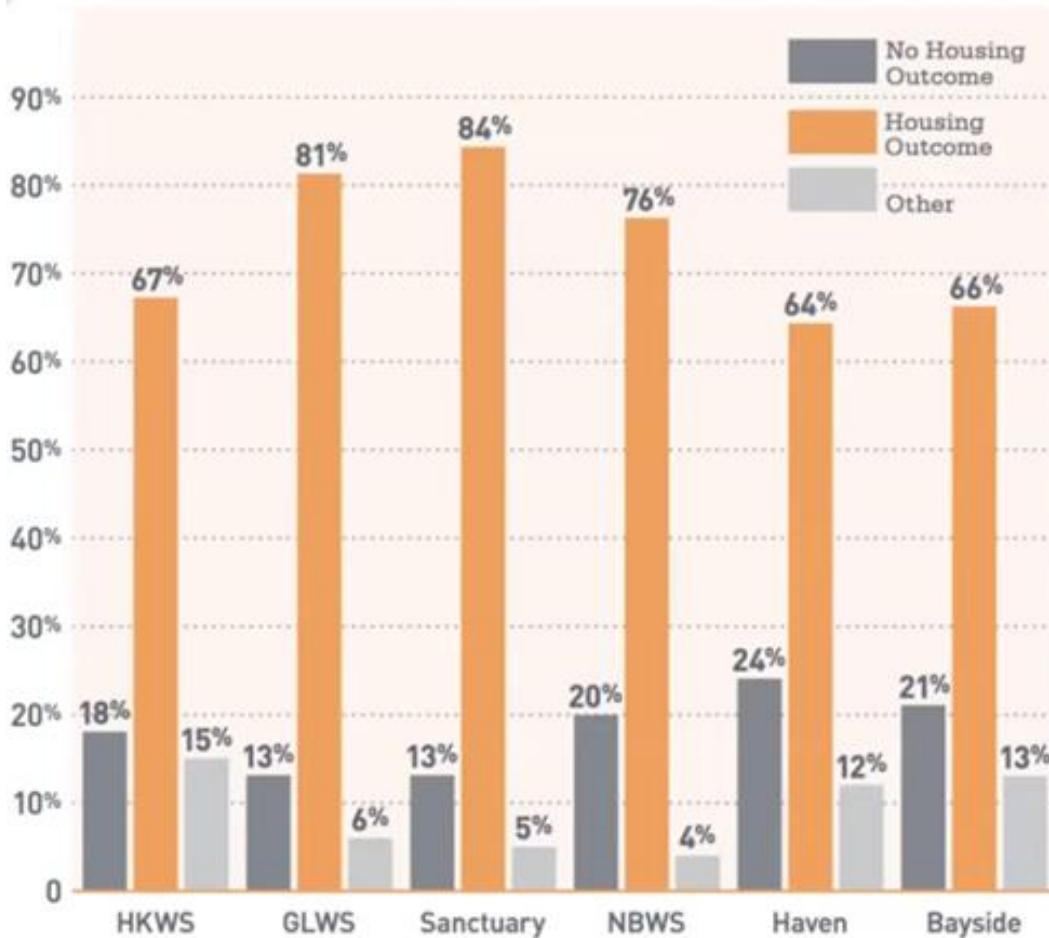
For Pathways Home, 'meanwhile use' housing describes residential property that is under-utilised during a residential development cycle. It is made available for the provision of transitional housing for women, their children and older single women who need an exit point from emergency accommodation.

In 2019, as part of the Pathways Home initiative, six properties were provided to WCS for use as transitional properties, which have housed 38 women. This includes Beecroft House.

## THE PATHWAYS HOME MODEL

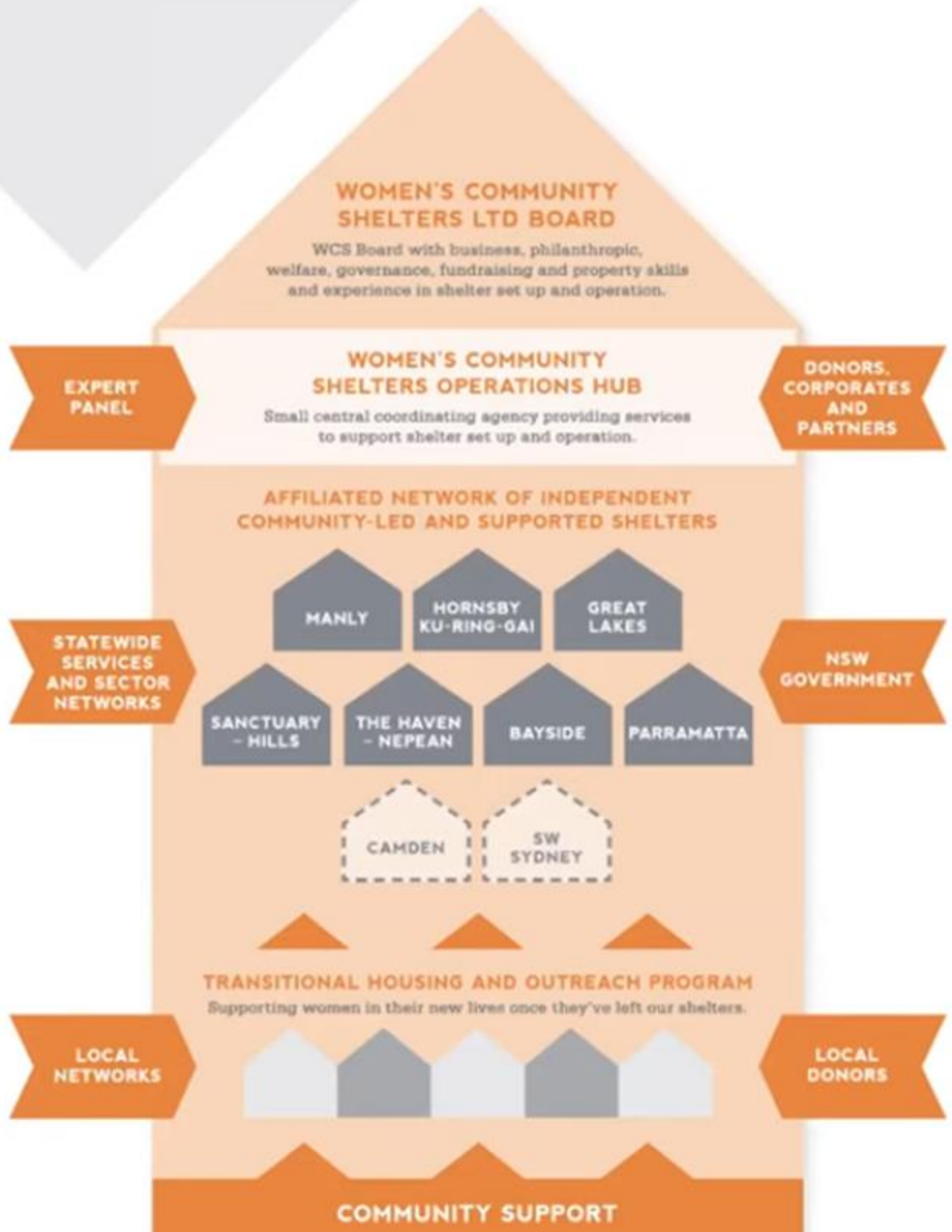


## HOUSING OUTCOMES 2019



## SOCIAL FRANCHISE MODEL

Women's Community Shelters is a social franchise model, the diagram below illustrates our relationship with all stakeholders.

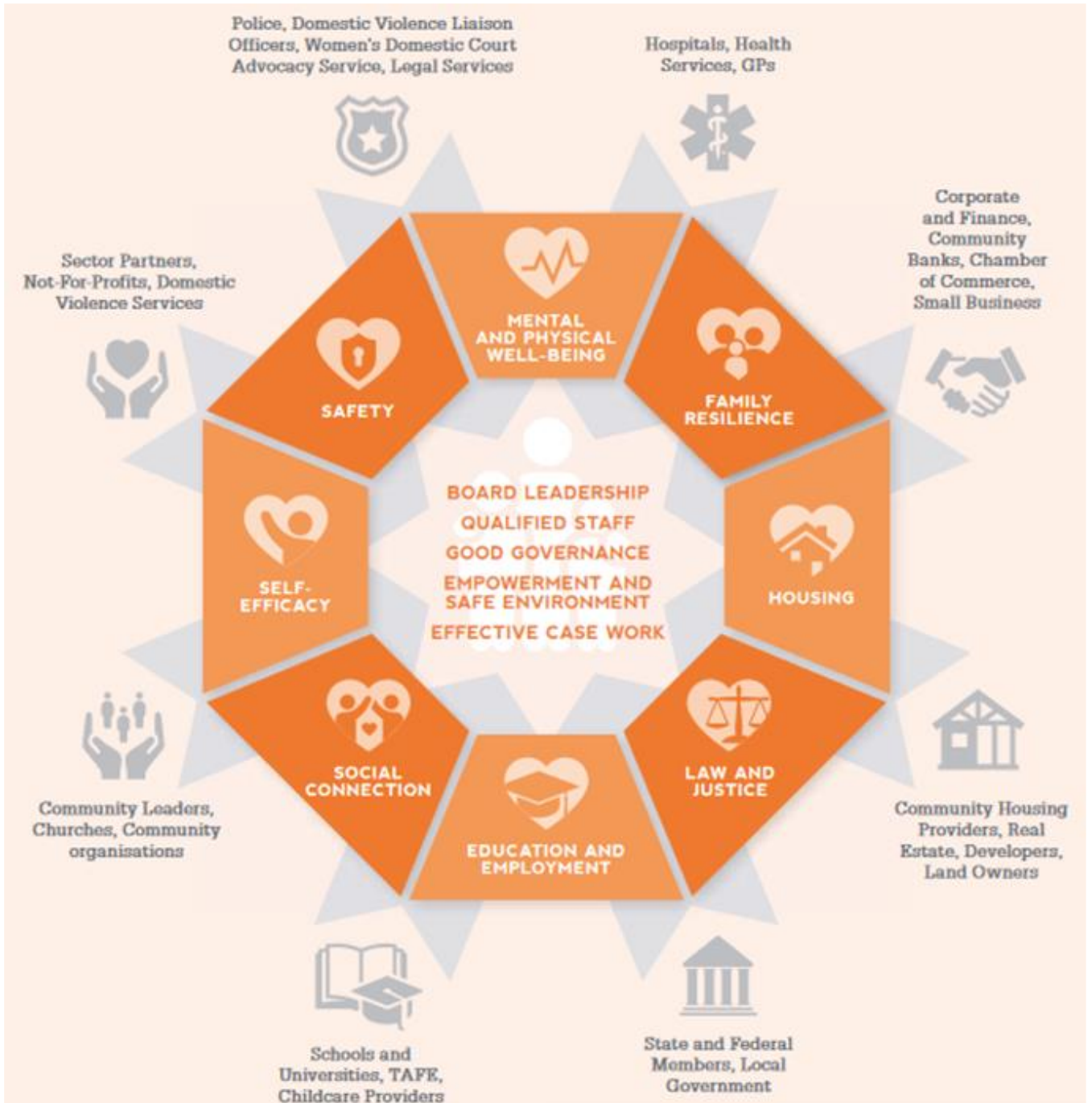




## INDIVIDUAL SHELTER MODEL

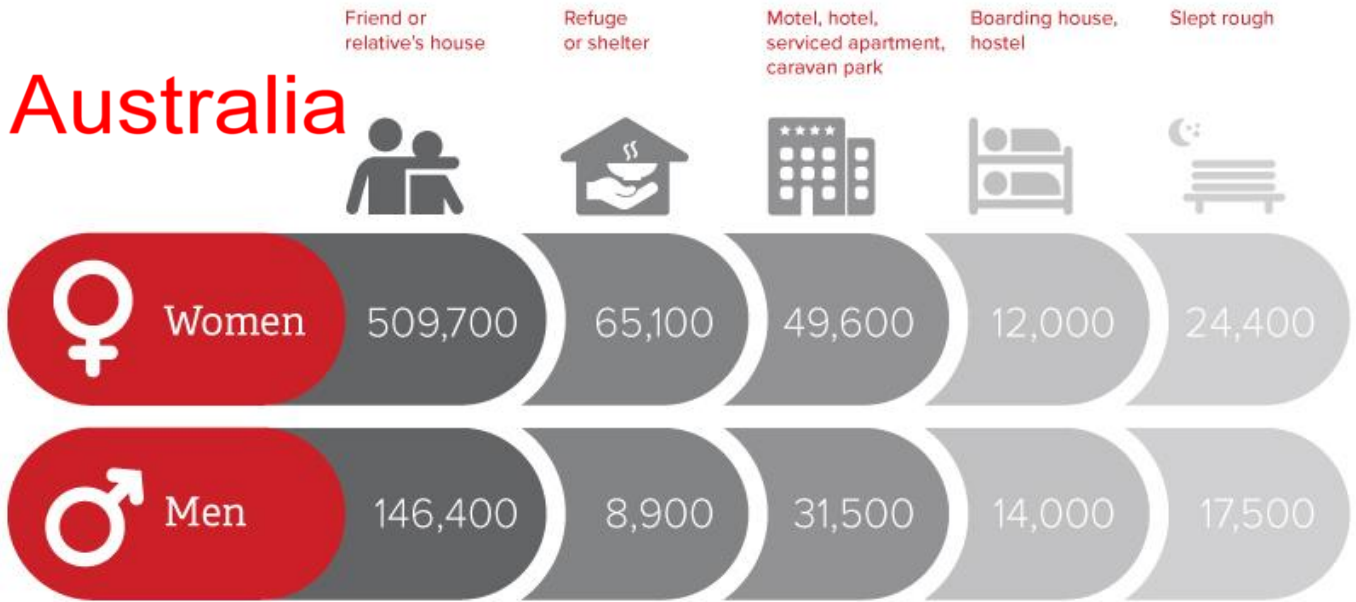
WCS has seven shelters across its network – each one an affiliated, yet separate incorporated entity, tied to the WCS Hub under a unique Funding and Support Agreement.

Always at the heart of what we do are the women and children, who are cared for and supported by our Shelter Managers, Case Workers, Shelter Boards and their local community.



# Family Shelter Program

## Instances of homelessness after leaving a violent home



If you or someone you know is in need of help, please contact us.

Getting out of an abusive or violent relationship isn't easy. Maybe you're still hoping that things will change or you're afraid of what your partner will do if he discovers you're trying to leave. Whatever your reasons, you probably feel trapped and helpless. But help is available. There are many resources available for abused and battered women, including crisis hotlines, shelters – even job training, legal services and childcare. Most importantly is to be able to understanding the root cause of these predicaments and then the pathway forward. You deserve to live free of fear. Start by reaching out.

### 24-hour Domestic Violence Hotline

24-hour Domestic Violence Hotline provides crisis intervention, safety planning, shelter placement, and information and referral for callers. We are to work closely with community providers to ensure that callers are connected to resources that can meet their needs.

Women Helping Women offers a 24-hour Emergency Domestic Shelter for women and children fleeing and needing immediate safety from danger.

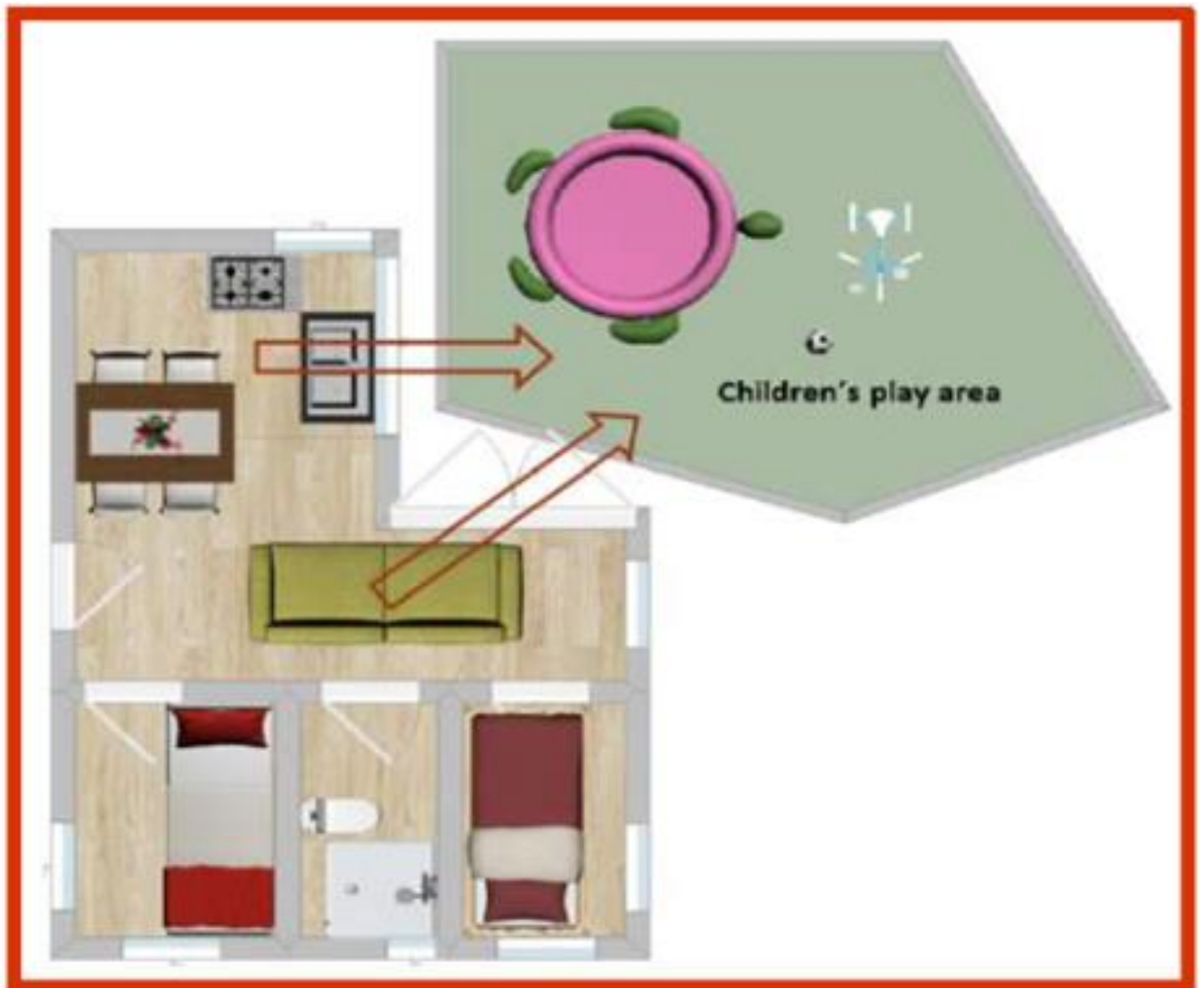


A domestic violence shelter or women's shelter is a house / building / complex where abused and battered women can go to seek refuge from their abusers. The location of the shelter is kept confidential in order to keep your abuser from finding you.

Our domestic violence shelter has room for both mothers and their children, and women without children. The shelter will provide for all your basic living needs, including food. The length of time you can stay at the shelter is limited, but our shelter or our Transitions

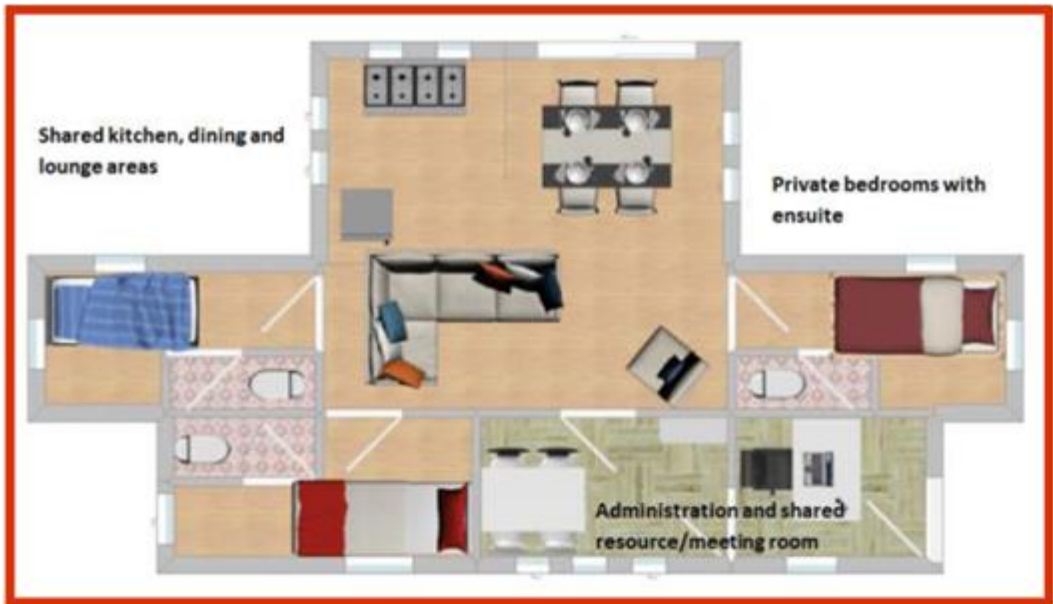
Program may also help you find a permanent home, job and other things you need to start a new life. It is community living with the opportunity to share and express your experiences as well as help others. The shelter will also be able to refer residents to other services for abused and distressed women in the community, including:

- Legal help
- Counselling
- Support groups
- Support of all kinds
- Employment programs
- Health-related services
- Services for your children



# DOMESTIC VIOLENCE REFUGE FUNCTIONAL BRIEF

[https://douglas.qld.gov.au/download/council\\_meetings/meeting\\_agendas/5.3-Domestic-Violence-Refuge-Functional-Brief.pdf](https://douglas.qld.gov.au/download/council_meetings/meeting_agendas/5.3-Domestic-Violence-Refuge-Functional-Brief.pdf)









## **DOMESTIC VIOLENCE REFUGE FUNCTIONAL BRIEF REPORT**

Author: Lisa Golding, Community & Economic Development Project Officer

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Department: CEO Unit – Connected Communities

DOUGLAS SHIRE (north of Cairns, Queensland, Australia)

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[https://douglas.qld.gov.au/download/council\\_meetings/meeting\\_agendas/5.3-Domestic-Violence-Refuge-Functional-Brief.pdf](https://douglas.qld.gov.au/download/council_meetings/meeting_agendas/5.3-Domestic-Violence-Refuge-Functional-Brief.pdf)

(Following extracts have been slightly amended to suit general application.)

Domestic and family violence is a canker that infects us all: victims, responders, perpetrators and community. Its victims are old, young, rich, poor, black, white, women, children and men. Its effects are felt long after the violence occurs. Women who experience domestic and family violence face poor overall physical and psychological health and wellbeing outcomes including increased risk of Post-Traumatic Stress Disorder, substance misuse, homelessness and suicide. Children who witness family violence are subject to psychological and behavioural impacts, health and socioeconomic impacts, and the intergenerational transmission of violence and re-victimisation. This project was undertaken against a backdrop in which one Australian woman is killed every week by her current or former partner, where the number of domestic violence incidents reported in the state Queensland is increasing annually, and where high profile and tragic occurrences are in the media nearly every week.

One half of all victims seeking shelter in Australia are turned away because of a lack of available refuge beds, and without access to safe and secure accommodation many victims of domestic and family violence will return to their abusers.

As important as having a roof overhead, is the type of accommodation service provided to victims escaping domestic and family violence. Perpetrators of family violence control their victims over extended periods, affecting their autonomy, ability to make decisions, self-esteem and identity. A domestic and family violence refuge should provide an environment that helps victims develop or regain the life-skills and independence necessary to break the cycle and move past their traumatic experiences.

Women in rural and remote areas face greater challenges in reporting violence and seeking support including tyranny of distance, isolation, lack of transport, financial insecurity, fears about confidentiality and a lack of services within the area, especially in affordable housing options. Where there are no accommodation options, women are more likely to remain trapped in violent situations.

Without access to support services or longer term accommodation, it is very difficult for victims of domestic and family violence to break the cycle of violence.

Domestic and family violence occurs when one person in an intimate personal, family or informal carer relationship employs an ongoing pattern of violence or abuse to maintain power and control over the other person.

Under the Domestic and Family Violence Protection Act 2012 (Qld), intimate personal relationships include married and de facto spouses; parents of a child; people who are, or were engaged; and people in couple relationships, including same-sex couples. Family relationships exist between two people who are related by either blood or marriage, including extended or kinship relationships where a person is regarded as a relative. Informal care relationships exist where one person is or was dependent on



another person for help with essential daily tasks, where care is provided other than on a commercial basis.

The Act defines the conduct of domestic violence as including physical, sexual, emotional, psychological, and economic abuse or any other threatening, coercive, or controlling behaviour which causes the victim to fear for their safety or wellbeing, or that of someone else.

Although domestic and family violence can occur within any form of relationship and towards any person regardless of personal, cultural or economic standing, individuals belonging to certain groups are more vulnerable than others.

Men can be and are victims of violence and coercive control but statistics tells us that the majority of sexual, physical and emotional abuse is committed by men against women and understanding the gendered nature of domestic and family violence is vital in designing and delivering an effective response.

Aboriginals and Torres Strait Islanders (indigenous people of Australia), people from culturally and linguistically diverse (CALD) backgrounds, the elderly, people with a disability, people in rural and remote communities, people who identify as lesbian, gay, bisexual, transgender or intersex (LGBTI), and children “are all at significantly higher risk from the incidences and impacts of domestic and family violence.” People from these groups may experience violence in a different way to others and face additional challenges when attempting to get protection and support.

Other groups also face extra challenges accessing services: women with substance abuse or mental health issues, grandparents who parent children of violent partnerships, families with pets and women with several, or older male, children.

Most of these women have children with them when seeking assistance, often more than three.

The vast majority of women affected by domestic and family violence do not access crisis accommodation but “make their own way through the trauma of the violence and the housing system, or stay with friends or relatives.”

Domestic and family violence is the most common cause of homelessness among women and is a widespread and increasing problem. Domestic violence related homelessness is different from other forms of homelessness because many women return to the perpetrator, cycling in and out of homelessness and crisis accommodation as they try to rebuild their relationship with their partner. Women who escape from domestic and family violence may also not have the life-skills to sustain a tenancy in the private market without sustained supports.

### **‘Safe at Home’ models**

To increase security and implement processes to allow the removal of the perpetrator and for the victim and her children to remain at home is the ideal model of response but only practical in a limited number of individual situations.

### **Communal Shared Living**

A residential house divided into self-contained apartments or one bedroom per family, with or without ensuites, with shared lounge, kitchen, bathroom and laundry; staff office within or attached.

- High security facilities; often with undisclosed address.
- Considered particularly desirable for sole women with drug / alcohol or mental health issues or young women, to assist in breaking down isolation. Suitable for women at high risk of further violence.
- Unable to accommodate women with several children or male children over 12; women have been asked to split up their children or leave a child in care.
- Police express concern about the potential for conflict within a refuge between cohabiting residents and/or families.

Aboriginal and Torres Strait Islander families comprise nearly 9% of the population of the Douglas Shire (population 12,000 – north of Cairns in northern Queensland). Aboriginal and Torres Strait Islander women experience high rates of domestic and family violence and face specific barriers seeking help and accessing appropriate services to break the cycle of violence.

- Normalisation of violence from high rates of domestic and family violence and the role of intergenerational trauma and fear of ‘payback’ if they report.
- Situational factors of poverty, unemployment and drug and alcohol use.
- Language barriers, lack of culturally responsive services, limited knowledge and understanding of Queensland laws, and distrust of police and government authorities.
  - Aboriginal and Torres Strait Islander women are overrepresented among users of homelessness services but usually stay in crisis accommodation for much shorter periods of time than other cultural groups. Crisis accommodation is used for time out or respite or as a means of avoiding known peaks in family violence.
- Reluctance to leave community land and support networks.
  - Police and local services reported a reluctance or outright refusal from Aboriginal women to be transferred to a refuge in Cairns (Mossman to Cairns is 76 kilometres / 47 miles).

Older women and rural women are less likely to report abuse because of shame and a culture of ‘suffering in silence’. A modern refuge should not look or feel like a refuge.

More than half of women with domestic violence related homelessness who present to services have children with them but there is a lack of services with the capacity to cater for:

- Women with several children or boys over the age of 12 years old.
- Women trying to regain custody of their children who may not be eligible for a family refuge but need to prove they can adequately accommodate their children.
- Young women with children can face extra challenges. Many have experienced lifelong abuse and may lack reliable family networks, parenting and life skills.

“Losing children to the welfare system is a major concern for many women affected by domestic and family violence.”

### **Tourists**

Police reported that the majority of domestic violence incidents in Port Douglas occur between couples holidaying in the region without the local support networks to provide emergency accommodation.

Police reported that several incidents involved people of culturally and linguistically diverse (CALD) populations but these were mainly European English-speakers.

- Accommodation providers may be able to relocate the victim within the facility.
  - Requires facility with 24 hour reception
  - Requires vacant room
  - Large enough to provide a discreet location away from the perpetrator
- Require emergency accommodation only; return to place of permanent residence for longer-term assistance.

### **Length of stay**

For women unable to stay at home, a continuum of housing and support is required from crisis tipping point and response to safe and affordable permanent accommodation. The permitted and expected length of stay should take into account:

- Immediate need for safety for a woman and her children escaping domestic and family violence.
- Support necessary for a woman to develop the life-skills (manage finances, household, employment) and capability (trauma recovery) necessary to break out of the cycle of domestic and family violence.
- Understanding the Root Cause then it is to Pathway Forward being the only way to break the cycle of past generations. Without a focus upon self-expression of our feelings, both good and bad, and longing to understand and realise what our feelings are drawing our attention to, then generational domestic difficulties will go on and on and on. We can now break the cycle.
- Availability of stable and appropriate long-term accommodation into which women can transition and the importance of minimising the number of times women and their children (changing schools, leaving support networks) must move before they are permanently housed.
  - There is typically a lack of transitional, public, and affordable private housing options.

The crisis shelter model does not offer a long-term solution for recovery. Traditionally refuges were designed for stays of up to a couple of months but a lack of exit options has affected the flow and speed of movement through and out of refuges and transitional housing. After crisis accommodation a woman must go back through the trauma of moving to transitional housing. This is when most victims will choose to return to the familiar violence of their abuser rather than face the unknown. The continuum of support needs to include a pathway into permanent, safe and affordable accommodation.

“Lack of second-stage shelter facilities forces a significant percentage of women who have escaped domestic violence to return to their homes and violent situations.”

Police and service providers rely heavily on hospitals and motels to provide immediate ‘place of safety’ accommodation for women escaping domestic and family violence. Services generally formalise arrangements with motels for accommodation for one or two nights.

Self-contained units provide the flexibility to cater for women who need short-term crisis accommodation and for those who may need longer to secure appropriate permanent accommodation and ongoing assistance in numerous varying ways.

### **Open suburban location**

Newer models of domestic violence refuge are less concerned about an undisclosed or inaccessible location, especially in rural areas such as services in the Tablelands and Cassowary Coast (Queensland).

Forgoing the secret location facilitates community involvement and support for the program and individual residents. Feeling a part of a community can promote healing, especially for children.

“... [A] highly visible refuge in a rural area that advertised on local television and accepted women who just turned up at the door. This service pointed out that 70% of their referrals were after-hours, and it was their high visibility that protected them because of community and police support.”

- If a woman escaping domestic and family violence is considered at high risk of further violence, police and service providers would continue to refer her to a refuge in Cairns or out of the region.

Being closer to the centre of a town or village is considered more appropriate to situate an accommodation facility for women and their children as it is closer to family, supports and services for victims in the majority of reported domestic and family violence incidents.

Considerations to be taken into account when finalising location:

- Access to groceries, schools, appointments.
- Access to community and recreational facilities.
- Is the area pedestrian friendly?
- Will the neighbourhood feel safe, especially for women walking?

### **Summary of staffing requirements**

A service model of medium term accommodation encouraging the development of independence and life-skills requires only on-call staff to handle after hours intake and admission, and support-services staff to provide outreach to residents.

### **Facility design objectives**

The key design objectives for this facility are:

- Safe, empowering, resident-centred accommodation.
- Equity of access.
- Facilitation of best practice models of care.
- Minimise the need for rules and restrictions on resident behaviour.
- A spatial environment that is contemporary, flexible and adaptable to individual needs.

### **Operational principles and design**

Facility objectives are to provide for the immediate safety of women and their children escaping domestic and family violence, enable time and room for support services for women to develop the capacity / life-skills to break the cycle of abuse and transition to longer-term housing. The principles that underpin these objectives are:

- The physical environment needs to facilitate
  - A variety of spaces for different resident needs
  - Home-like atmosphere for residents
  - Privacy for families inside and out
  - Independence and control regarding normal activities of daily living

- Empowerment and identity formation
  - Communal areas to allow for social interaction and support
  - Connectivity to natural environment
  - ‘Spiritual’ spaces
- Design features that facilitate safe and equitable access for people with disabilities and complex needs.
  - Design that maximises use of positive elements related to natural light, colour, access to fresh air.
  - Access to visual arts and music.

### **Resident environment / unit configurations**

“Disenfranchisement from home occurs long before women leave.” Victims of domestic violence do not only need somewhere safe to stay, they may need assistance to rebuild / develop the life-skills to be able to maintain a tenancy on their own. One aspect of this is the need to transcend the physical definition of home to recognise the spiritual and emotional meanings of home.

Residential units are to be fully self-contained and enable independence in activities of daily living. Unit design will facilitate resident privacy and dignity; enable residents to feel in control of their environment, precipitate focus and relaxation.

### **Relationships and interdependencies with external agencies**

“Two types of assistance are clearly critical in terms of supporting women affected by domestic and family violence:

- Provision of safe, secure and affordable housing; and
- Provision of a continuum of individualised and open-ended support, including outreach services, that wraps around women and their children in a range of areas (counselling, therapy, health, life skills, housing assistance, personalised support, et cetera) for as long as they need it.

Services may need to include, but not be limited to:

- Medical treatment for immediate and long-term consequences of violence.
- Counselling and therapeutic supports to develop survivor understanding of the dynamics associated with abuse and leaving situations of violence, as well as assistance to overcome the traumatic affects of it.
- Financial and economic assistance to address difficulties resulting from perpetrators control of finances or economic opportunities.
- Legal assistance.
- Long-term housing support.
- Educational and recreational programs.

To enable provision of appropriate and effective services to a diverse range of client groups it will be critical for the service to work closely with all government and non-government organisations providing services within a given municipality or shire. The nature of functional relationships may consist of funding partnerships or Memoranda of Understanding or less formal models of cooperation and referral. Consideration to be made of public, private partnership arrangements to involve all participating parties. Police and community service providers work conscientiously and collaboratively to assist women and their children escaping violence but are compelled to send victims to motels or refer vulnerable people

away from their support systems to access assistance in the nearest regional city. This service model is inadequate and ineffective at affecting long-term change against a complex and pervasive social problem.

“A one-size-fits-all approach ... will not work. Challenges faced by victims and service providers in rural and remote communities are significantly different from those faced by victims in metropolitan communities, which in turn differ from those in Indigenous communities and culturally and linguistically diverse communities. Integrated, holistic and timely responses to domestic and family violence are needed, tailored to the specific needs of each of these communities.”

This is more than to contribute ‘just’ a safe place for women who are at risk of violence. This is to give victims a chance to transcend the experience of their trauma so it is necessary to provide services to help empower them to rebuild and develop the life-skills to become independent and not return to violence.

The connection between the built environment and the emotional wellbeing and recovery trajectory of residents of a domestic violence refuge is an important component of assisting victims to develop the skills needed to break the cycle of violence. A well-designed facility will create an empowering environment for residents, facilitating the development of personal identity, goal-setting and decision making; creating a strong foundation for the operational elements of domestic and family violence support services. It is the personal and individualised ongoing support and revelation of our pathway of life through embracing our feelings far more extensively than we have ever previously imagined that is our journey to be.

Be Feeling Expressive

it's all about Experiences & Feelings

**WHOLE DIFFERENT** Way of Life.



Mind



feelings

## **SAFE PLACES EMERGENCY ACCOMMODATION FUNDING AGREEMENT**

[https://douglas.qld.gov.au/download/council\\_meetings/meeting\\_agendas/5.3-Safe-Places-Emergency-Accommodation-Funding-Agreement.pdf](https://douglas.qld.gov.au/download/council_meetings/meeting_agendas/5.3-Safe-Places-Emergency-Accommodation-Funding-Agreement.pdf)

Report Author: People and Community Services

27 January 2021

Manager: Terry Farrelly, Manager People and Community Services

Department: People and Community Services

### **Recommendation**

That Council resolves to:

1. Enter into a funding agreement with the Australian Government under the Safe Places Emergency Accommodation Grant to construct emergency accommodation in the Douglas Shire;
2. Enter into a Head Lease Arrangement with domestic violence service provider to manage and maintain the buildings for a period of 15 years;
3. Commit the property to operating as emergency or crisis accommodation for a minimum of 15 years; and
4. Delegate authority under Section 257 of the Local Government Act 2009 to the Chief Executive Officer to administer the above matters.

### **Executive Summary**

The Safe Places Emergency Accommodation Grant from the Australian Government Department of Social Services awarded Douglas Shire Council \$760,400.00 (GST Exc) for capital works funding for a domestic violence facility. Under the terms of the funding agreement Council is required to commit the property to operating as emergency or crisis accommodation for at least 15 years.

This report seeks Council's acceptance of the funding offer and approval of the required commitment to operate as an emergency or crisis accommodation for at least 15 years.

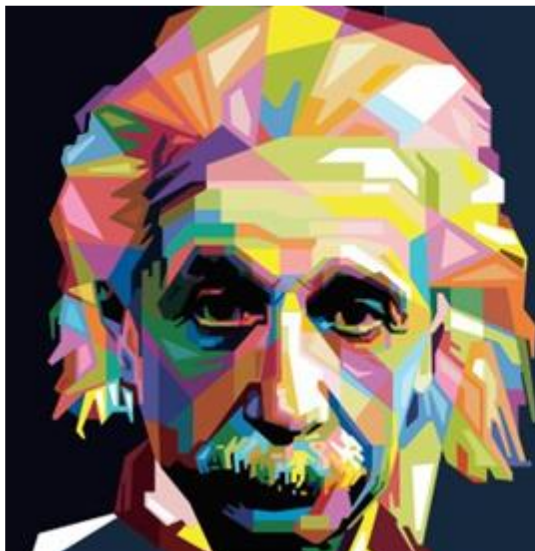
(Current design concept is to accommodate two families.)

### **Background**

Douglas Shire has one of Queensland's highest rates of reported domestic and family violence yet has no crisis or supported accommodation service. The current practice of referring women to refuges in Cairns or further afield necessitates them leaving family, friends, jobs and schools in order to receive help, which is ineffective and hinders recovery.

Council has been working with Queensland Police Service and local community service providers to advocate for the establishment of a domestic violence accommodation facility in the region since 2017. Council adopted a Functional Brief 20 June 2017. The Council Resolution and Full Report may be viewed at Ordinary Council Meeting – 20 June 2017 – Douglas Shire Council.

The  Couch  
Psychology and Feeling Healing



“The definition of insanity is doing the same thing over and over again—but expecting different results.”

**- Albert Einstein**



## The problem with humanity is that:



We accepted our parents as being 'gods'!  
Then we accepted our teachers as supreme educators  
Then university professors implied all knowing  
3,400+ Religions ALL hold the only truth!  
Now only our employers are to be obeyed!  
Over all of these are numerous government layers!

All direct us to worship our minds  
All suppress and ignore our feelings  
None allow our true personality to be expressed  
We are all in some form of depression and stupor!

We are to aspire to and live Feelings First  
and long for the Truth that our Feelings show us!  
And long for the Love of our Heavenly Parents!

# 200,000 years of UNFETTERED DOMINATION! by wayward High Level Spirits

OUR MIND CONTROLS US!



## Feelings Way or the Mind Way

The rebellious Lanonandeks, led by the Lucifer and Satan soul partner pairs, instilled upon Earth's humanity, countless platforms of mind domination institutionalised systems. Even throughout remote regions, such as for the Australian Aboriginals, the mind Mansion World spirits imposed themselves so deeply into the psyche of the Aboriginals that they are profoundly impacted by mind platforms through their traditional practices, so much so that they may take longer than most to realise the freedom that comes from Living Feelings First and begin to heal themselves of 200,000 years of living and going in the wrong direction through mind domination.

The Rebellion mind dominance maintained the environment of conflict throughout all facets of living life on Earth. Where ever you have mind domination you have conflict and war! It is as simple as that.

Truth is always truth. There is only one truth. So instead of having one spiritual platform for and throughout Earth's humanity, we have 3,400 significant religions and when you add on the small denominations that are offshoots of all the major religions, you have around 50,000 religious communities professing to embrace the 'one truth'!

While we live through our minds, conflict at all levels will unfold. Only through Living Feelings First and having our minds to follow will harmony eventuate. This is a change in how we have been living for 200,000 years that is now to be embraced by the overwhelming majority of humanity during the coming Avonal Age of 1,000 years.

To aid this transition, the quickening of the Law of Compensation is to unfold for humanity on Earth. It will be earthed in the same way as it is applied throughout the spirit Mansion Worlds.

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>

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

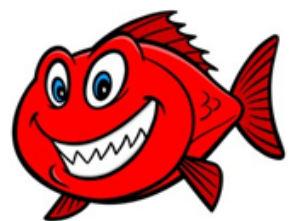


**Ask to know the truth about that which you feel.**

**It is knowing the truth of that  
which you feel that sets you free!**



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



**Express your feelings to those who matter to you.**

**Suppressed feelings bring about pain and illness.**

**Talk it out to a friend!**

# 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.**

**The REBELLION ENDS BY US DOING OUR HEALING FEELING:**

Notes from Sage – and the Healing Angels of Light by James Moncrief

We're rebelling against Jesus and Mary, and God and ourselves, so how else can we be. We can't stop rebelling against ourselves until we heal ourselves of our own personal rebellion against the truth of ourselves, and that's what each of us faces: to heal ourselves of our wrongness. And we can either start it now or do it when we get to spirit; but one way or another, we have to do it if we ever want to move up higher in the spirit worlds getting ever closer to being with God.

So it's a journey to God, you're talking about?

Yes, and a process to do is your Healing. God wants us to experience what it is like denying Them – going away from God by denying the Truth and Love. And once we've experienced all we've needed to in our unloving state, then God wants us to heal ourselves of being wrong, untrue and unloving, so we can experience what it's like being the other way: being truly loving, true, and going toward God.

So God's the real culprit in all of this?

Yes, They have to be, because it's all what God wants.

All the higher spirits agree it's all for our good; and that's just how it is, and there is nothing we can do about it – other than try and uncover the truth of all we're feeling. And when we understand, we can start to do something about our unlovingness, by looking to heal ourselves through our feeling acceptance. Our feelings are the key, and not our mind. She says the problem has been, which is all part of the Rebellion, that we think the way out of our pain and suffering is by using our mind. Yet when we do that, we're only making things worse for ourselves, because we keep adding more erroneous beliefs. People who believe they can use their mind to make themselves feel happy and be loving, are going the wrong way, because they will only make themselves be more unloving and unhappy. Our minds have been used right from the beginning of their formation to go against so many of our feelings, so we are able to convince ourselves, and then pretend, that we are all right, and are even loving, when really we are not.

You have a pain and you push it aside telling yourself that it doesn't matter, as you're busy needing to get things done. So you can't just stop and feel how bad you feel every moment, because if you do, you're afraid you'll fall in a heap and never get going again

And that's all what's wrong with us, because that pain, any pain, physical, emotional, mental, even apparently spiritual – any pain, is the warning sign that something is not right and you need to stop and pay attention to it.

We have to stop doing all that, work differently, without needing to get the job done being the most important thing for us; and instead, focusing on ourselves making our own feelings be the most important thing...

You don't have to do anything other than what you're doing, only you can also long to God for Their Divine Love, and start paying more attention to your feelings, longing for the truth of them.

## **OUR DAMAGED PERSONALITY NEEDS TO EXPRESS AND RELEASE THIS HARM:**

Notes from Sage – and the Healing Angels of Light by James Moncrief

Throughout our childhood we learnt how to stop paying attention to ourselves; which means, we were forced to stop honouring and expressing all our feelings. When the child falls over for example, and the parent says stop crying, it's all right, you haven't hurt yourself, and things like that, mistakenly thinking they are being loving and supporting the child; or else just down right unloving and angry with it for carrying on about what the parent thinks is nothing, then that's where all the damage is done.

And we've all been subjected to so many of those unloving soul-destroying and personality-denying experiences when we were growing up; and they have all compounded, and are still within us needing to be worked through. We need to go back into them and bring out all the bad feelings we felt; and by doing so, it is then as if we are being the loving parents to ourselves, the ones we didn't get, and that then allows those aspects of us that were stopped from being properly expressed, to now be expressed.

The 'Hidden Truth' humanity has unconsciously always been looking for – which incredibly is nothing more than finding the truth of ourself through our feelings. Long to God for Their Divine Love. And if we do that, then as the Divine Love comes into our soul, as apparently it will if we sincerely want to be at-one with God; and if we are looking to our feelings for their truth, then when we've purified a bit of our soul by liberating and seeing the truth of those bad feelings, the Divine Love will transform it from being of what we're born with, Natural love, into being of the Divine Love, so being just like God is – Divine.

Long ago, high spirits that were meant to be looking after humanity and seeing that its evolution and growth of truth was going along in the right way, decided that they didn't want to live according to God's Laws, and wanted to go it alone – basically that they wanted to be gods themselves. And then they forced and coerced humanity to follow them; which meant they caused people to want to be like they were, so believing we are gods, and that we can do as we please without needing to follow God or wanting to be like God is. So really they made us turn away from God; and now, all these years later, even though there are people supposedly loving and wanting to be at one with God and do God's Will, and all of that, they are still so messed around from their early childhoods that their lives with God are actually taking them further away from God, not bringing them closer, all because they are still rebelling against God.

It is a rebellion against our Heavenly Mother and Father. And we're all living it unbeknownst to us; and that we don't have a clue, and are so far away from the truth and living true to ourselves, that even Jesus can come as he did all those years ago, tell us a bunch of truths, and all we did is take them, corrupt them, and make them and him be part of our wrongness by creating what we know of as the Christian faiths.

You just want to be with God, be God's child, which we are all anyway; so want to be the same as God is, so as perfect as God is. And that if you want to do that, then as you respect, honour, accept and express all your feelings, whilst looking for the truth of them, you are naturally living God's will automatically, so it's not really any big deal.

Long for the truth of our feelings as we express them all; and long for the Divine Love.

## WOMEN to LEAD the WAY:

Notes from Sage – and the Healing Angels of Light by James Moncrief

Jesus really came to say – and by the way, it was both Jesus and Mary Magdalene, as she is his soulmate and equal, only she didn't have a proper say like he did because of the work she had to do, she allowing herself to be subjected to more of the repression of the feminine. And this is how the rebellious spirits controlled humanity, by getting people to deny their bad feelings. Jesus and Mary really came to tell humanity, which the Christians don't even understand, is that we can long to God for Their Divine Love. And if we do that, then as the Divine Love comes into our soul, as apparently it will if we sincerely want to be at-one with God; and if we are also looking to our feelings for their truth.

The suppression of the feminine is where all our problems lie. That it's all become so heavily masculine with men physically dominating women and not allowing them to have their say, which is really the say of their feelings. And that women, if they are true to themselves and started to stand up and honour all they feel, all so long as they also want to use those feelings to uncover the truth of themselves, will lead men out of their wrongness. But women who want to stand up honouring their feelings, yet not wanting to use them to see the deeper hidden truth of themselves, of what's wrong within them and why, are just being like men are, still using their mind to deny themselves the truth of why they are feeling what they feeling; which is really what so many of the feminists are about. And being that way is not going to make them feel good if they ever understand they are only buying into more of the wrongness by trying to be men's equals in a mind way; and that really, we women have to go the other way and into ourselves and the truth of our feelings, if we are to really liberate ourselves.

I feel bad, so I stop and pay attention to that bad feeling. I allow myself to feel it as much as I can. And if you are with me, and willing to listen to all I want to say about all I feel, then I can share it with you; I can emote my pain or anger or whatever, to you, as I long to know why I am feeling bad. And that's all I have to do, the rest all takes care of itself. When I am ready to see the truth, up it just comes naturally within me; and at the same time, so Ursula says, my soul will make the necessary inner adjustments in me so as to change that part of me on whatever level within me, from being dysfunctional into being functional; and slowly I will change getting better and becoming truer and more perfect, healing myself of my wrongness, evil, sin, imperfection – whatever, you want to call it. So that's what I want to do, and I assume you are willing to listen to me when I feel bad. So I feel like I'm on my way, I've started to do my Healing and I am starting to move in the direction of being with God, rather than keeping on going away from God. And I'm going to try this longing for the Divine Love and see what happens there; and if you want to do that too, we can do that together as well.



**ADULTS ARE CHILDREN!** Notes from Sage – and the Healing Angels of Light by James Moncrief

*We as adults are really just the same children we were?*

Yes, only because you've grown up into an adult and mostly have forgotten what you were like as a child, so you wrongly believe you are something different to how you were as a child. And being an adult, as you attend properly to your feelings, your feelings will connect you back with yourself as the child, all so you can see, as an adult, that which you couldn't see as a child, all that happened to you to make you be as you are.

*That's quite incredible.*

Yes, amazingly so; and it's the only way people can truly help themselves, all the rest is just moving stuff around within your already fixed childhood nature. So all the so-called self-help instructions and advice, and all the therapy people undergo, which does help people become more aware of certain aspects of themselves, is still really only working within the wrongness, it's trying to make the wrongness suit you better so you can feel happier in it; however it's not being completely determined to look at ALL your wrongness and doing whatever it takes to accept all the bad feelings to do with it.

**GOLDEN RULE PERTAINING to CHILDREN:**

Messages from Mary and Jesus – Jesus 6 April 2003

We cannot under any circumstances break the Golden Rule: **we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child.** We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

**As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face.** The Church and all such systems – our whole world – is for adults, not for children; our world is anti-children, most of what we do is anti-children, even when we believe we are doing it for their good and doing it lovingly. It is not a loving system and it can't be. It can only do what was done to us, and as we weren't loved truly by our parents, then that is the world we know and the world we will create and the world we will choose to live in. The delusion is that we have been led to believe that the world is good and right and true, at least the world we are participating in, but it's not, and this is what our healing will make us see.



### ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst you're of and in the negative because the child will not be asking truly from and with a positive mind.

### OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



**TO SAY NO!**

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings; dishonouring and disrespecting yourself.

**EVERYTHING is WITHIN OUR SOUL:**

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

**The CHILD is to FREELY EXPRESS ITSELF:**

Messages from Mary and Jesus 13 May 2003

Mary Magdalene:

**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.**

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

## **LIVING TRUE IS HEALING ONE'S SELF OF CHILDHOOD INJURIES:**

Messages from Mary and Jesus – Mary 10 April 2003

As we are all of the Mother and Father, if we do anything that goes against Truth or Spirit or Mind or Will, or Their Laws of Love, then we are going against all of our self – our own soul, and the whole of Creation. And if we want to live true – true to the Truth, true to our soul, and true to God, then we have to rectify this at some time. In going against Truth we bring about pain – penalty – in ourselves, as this is to show us that we are doing the wrong thing – going the wrong way. And when we come back into harmony with the Laws the pain goes – the penalty has been paid.

Currently in the negative mind state humanity does not want to live true to God's Laws, so man's laws are different to God's. So all that you do is against the Mother and Father's Laws of Creation and Existence. And this is what then causes all the pain in your soul, as you live each day refusing to honour the Truth of God. And no matter what you believe about how good you may be, if you are not living true to your soul and God's Laws then you are hurting yourself.

The Mother and Father say individually: Love Me as I love you; and together: Love us, as We love you. You come into the world asking your parents to love you as you love them. But they in their negative state do not honour this truth, so every little bit of them that does not love you, you feel hurt by. As they dishonour you so you dishonour yourself, for in your love for them, you are accepting that they are right and true, as you do not know anything else. You then take it on, all how they treat you, and do what they have told and made you do to yourself and others; you become as they are – negative. And so you live dishonouring yourself and the Mother and Father's Soul Laws. You cause great pain within yourself on all levels, not just in the physical. All pain you ever experience is saying to you: you are wrong in how you are being, and so you need to look to find the truth of why this is so.

When you want to know the truth of your pain, you will want to see the truth of where you are dishonouring yourself and the Mother and Father; then when you do see what you have done, you will feel bad about this, and then seek forgiveness, being healed and forgiven when you see the truth, and your pain all goes. You can go to Them and ask Them to forgive you, but as They are love and already do, you are really allowing yourself to forgive yourself, for it is you that does not love yourself, as seen by the act of dishonouring yourself. Then as you turn around and willingly want to live true, the Mother and Father remove the pain you have been suffering and fix that which within you has become dysfunctional as a result of your transgression. Then you are healed, so far as this part of truth has been honoured, and that part of dysfunctional you is living true to the Laws of Love, living true to your soul and to Them.

As you do your healing you are actually forgiving yourself. By wanting to see the truth and asking the Father and Mother to help bring up the unexpressed pain and feelings that are within you, that will show you where you are going wrong. You will be able to see the problem and then want to fix it and seek forgiveness of yourself (and from Them if you feel the need); and you will be loving yourself and Them instead of rejecting yourself and Them.

Gradually through your healing, you will work your way back through all the levels of truth within you that you have dishonoured since conception; with all the pain surfacing, and all the causes being seen that made you rebel against yourself. And with each step you will be forgiving and increasingly loving yourself. Your healing is you loving yourself back into perfection. And the longing to the Mother and Father for Their Love is the way to fuel this by becoming a divine soul.

When you love yourself truly, then you will love your neighbour and every aspect of Creation, as you love yourself. This will be your state of being – just like the Mother and Father, and you'll naturally be honouring all Their Laws of Truth. And you will live free in Creation without any pain, worries or problems; eternally happy, as you long to be.

By praying to the Father to forgive you, you are not taking responsibility for your own actions; you are not seeking the truth of your evil causes. Forgiveness comes when you admit and accept your wrongness; when you uncover the truth of why you are it, or doing it, all through the expression of all that has made you feel bad. Through full self-feeling-acceptance you can free yourself from your negative condition. The Truth will set you free! The truth you uncover as you accept and express your bad feelings.

And as you do this God will change into the loving Mother and Father. You will come out of the old beliefs and ways of seeing things, entering into a new way of living and seeing how everything truly is.

When you were a young child you were the closet to your soul and to God. Up until you fully took on all the negative mind circuits you were still more pure and true to Their image. And you loved more as They love. A child loves freely and unconditionally. It loves without judgement or criticism. Look to the child to show you God, this will help you see more truth than looking out into the adult world as it now exists. And then look how the parent changes its child, from being pure and true, into another untrue adult. Look how you make your child turn against itself and live untrue to God. Look how the parent makes it live true to the wants, likes and dislikes of itself. Your child will help you see how wrong you are. It will show you if you allow it to; it will show you through your feelings.

**Your soul-healing is concerned totally with you finding the truth of all you are; all you feel, and all through your feelings.**

Messages from Mary and Jesus      Mary 14 April 2003

**The feeling controlling mind is nothing more than your parents' control over you encapsulated in your mind.**

Messages from Mary and Jesus      Mary 15 April 2003

**During your childhood you were made to change from being naturally good to being bad, and it hurt. Now you are being asked to change back to good from bad, and it hurts just the same.**

Messages from Mary and Jesus      Jesus 14 April 2003

**You are completely self-contained.** You will blame your parents for what they did to you through your healing, but when you are healed, you will be able to see how you took it all on wilfully from them; and so wilfully you have to choose to divest yourself of it and set yourself free. And this can only happen with love – your own natural love, through acceptance of all your badness and bad feelings, together with the help of the Mother and Father's Divine Love. And so it is entirely true that love is the cure-all, and that love will heal you, your love, and the Mother and Father's

Messages from Mary and Jesus      Jesus 14 April 2003

### **CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:**

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.  
Sage and the Healing Angels of Light by James Moncrief



## **PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:**

**The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.**

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false gods caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need to do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

**Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.**

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

**If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now**

in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2    Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

**WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:**

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us or make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief      5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief      13 March 2003



The VOYAGE for KIDS with LIVING FEELINGS FIRST:



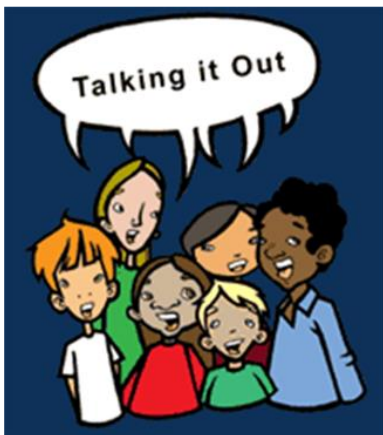
What Do Kids Feel Sad About?



**Being Unloved and Rejected!**

**FEELING  
HEALING  
For Kids**

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Voyage for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**



I'm a  
free  
spirit.

**FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE’S OWN PAIN:**

**You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don’t remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.**

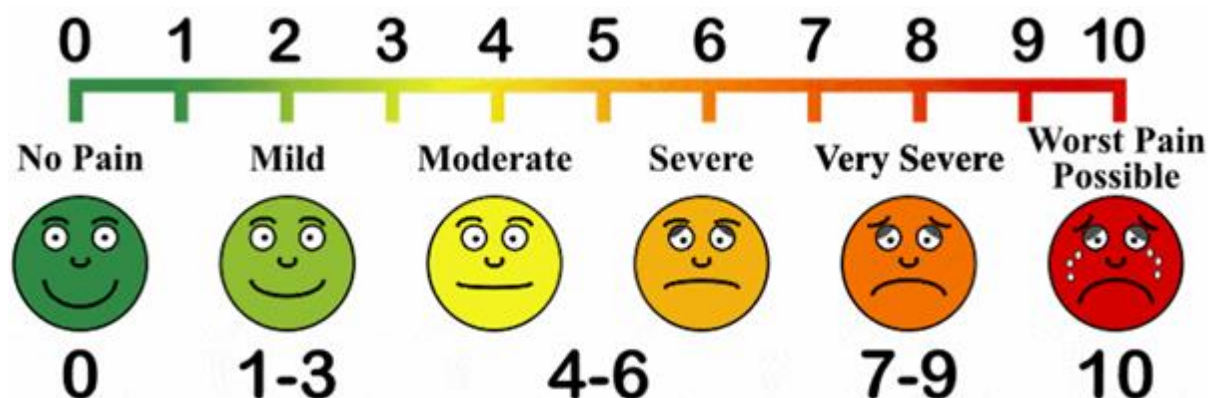
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don’t feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what’s the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don’t want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



# What's it like to be a Social Worker?

Social Workers work with individuals, families, groups and communities to enhance their wellbeing and address disadvantage and marginalisation.



## Tasks and duties

- Assessing clients' needs and ensuring they have access to appropriate support services.
- Providing practical support, counselling, information and emotional support to clients
- Acting as an advocate for clients in situations where they may be experiencing inequality, injustice or discrimination.

Social Workers play an important role in advocating for social justice, human rights, social change and development.

Social Workers may provide case management, counselling and advocacy to address issues at the personal and social level in a variety of settings including crisis support, child protection, aged care, disability, homelessness, drug and alcohol, healthcare, education or policy.

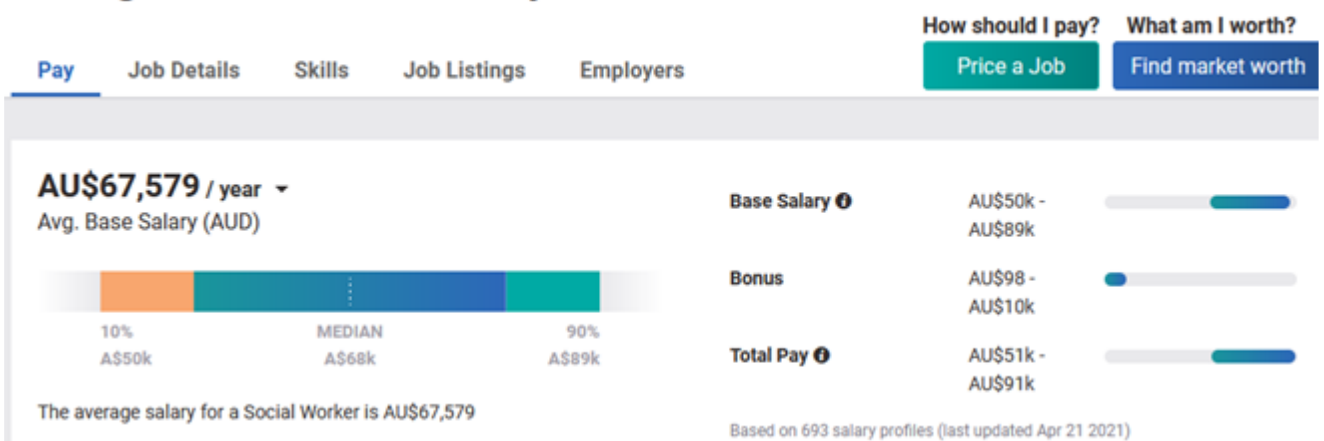
# How to become a Social Worker



To work as a Social Worker in Australia, you need to complete a [Bachelor of Social Work](#). The courses provide both theory and clinical social work experiences.

- 1 Complete a [bachelor degree in social work](#). Alternatively, for students with previous tertiary qualifications, complete a two-year [Master of Social Work](#) program.
- 2 Apply to the professional representative body of social workers in Australia – the [Australian Association of Social Workers](#).
- 3 Social workers with several years' experience can move into more specialised roles (such as family therapy, research or mental health), academia or transfer into policy and management.
- 4 To get experience in the industry and to boost your resume, you can volunteer with [a helpline or other more direct support roles](#).

## Average Social Worker Salary in Australia



## CHC42015 - Certificate IV in Community Services

Mental health, domestic and family violence, alcohol and drug addiction, and child protection – these are just some of the community service areas that require compassionate, strong, and approachable professionals.

### *Why Study **Community Services**?*

#### **BECOME A SUPERHERO & CHANGE PEOPLE'S LIVES**

Every single day you make a **real difference** to people's lives. With your kindness and compassion, you have the opportunity to **support local communities, by caring for a diverse range of people in different life situations**. You add a little ray of sunshine and help improve the quality of lives. It's incredibly **rewarding!**

#### **JOB FLEXIBILITY & CAREER CHOICES**

Working in **community services** equals **diversity, flexibility and a variety** of roles. A qualification in community services means you can choose to specialise in particular areas like aged care, disability or mental health and pursue roles like: **Community Support Worker, Referral Officer, Welfare Officer, Family Support Officer, Service / Program Coordinator, Case Manager and a Social Worker** (pathway to a Bachelor of Social Work or Bachelor of Social Science).

#### **HUGE DEMAND, JOB GROWTH AND SECURITY**

An ageing population, and a growing demand for **health care** and **social assistance**, the number of people working as Community Workers (in their main job) is at **24,400 in 2016**. \*[joboutlook.gov.au](http://joboutlook.gov.au)

### **CHC42015 Certificate IV in Community Services**

#### **What will you learn?**

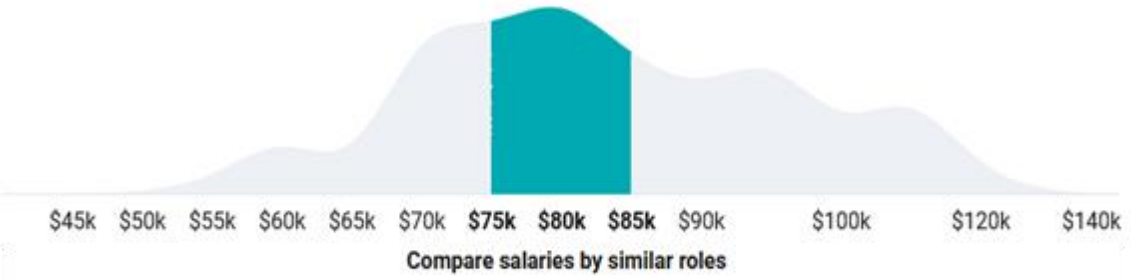
This qualification prepares you for taking up a role within the community services sector as a community service worker who designs and delivers person-centred support services to individuals and groups. The support could include advocacy or interventions to individual clients, groups or communities across a range of services.

Studying one of our community services courses is ideal if you are looking for a broad qualification in community services. Once you finish, you can choose to specialise in a particular area such as Case Management, Disability or Mental Health.

# What can I earn as a Social Worker?

- All
- NSW
- VIC
- WA
- QLD
- TAS
- SA
- NT
- ACT

The most common annual salary in AUS for a Social Worker is between \$75k and \$85k



### Counsellor



Explore skills overlap

12



### Case Manager



Explore skills overlap

9



### Caseworker



Explore skills overlap

7



### Support Worker



Explore skills overlap

6



### Youth Worker



Explore skills overlap

5

# Counsellor

## Key skills employers are looking for

 Skills overlap with Social Worker

### Key skills and experience

Social Work 

Family Therapy

Psychology 

Case Management 

Family Violence Support

Social Sciences


Counselling Services

Child Protection Services 

Domestic Violence Support

Human Services

### Licences and certifications

AHPRA Registration 

Drivers Licence 

### Personal attributes

Collaboration 

Team Work 

Interpersonal Sensitivity 

Autonomy 

Computer Literacy 

Time Management 

## **PASCAS UNIVERSITY and Global View:**

Pascas University is to be the catalyst to passively but progressively shift Earth's humanity away from worshipping of the mind to Living Feelings First. To become feelings orientated and having the mind to follow. Humanity has for the past 200,000 lived mind dominant. This is the greatest event in the history of humanity – the beginning of the Great U-Turn.

While we are mind dominated, to put it simply, we cannot progress beyond 499 on Dr David R Hawkins' Map of Consciousness scale. That is the ceiling of the 1<sup>st</sup> spirit Mansion World. Yes, we can further perfect our minds and progress further in the mind Mansion Worlds but we then reach the end of the rabbit hole and hit a dead end. We then have to turn around and embrace our feelings and then our progression is to infinity – all the way to Paradise!

To bring about this awareness to all of Earth's humanity means that this agenda, at Pascas University, is a global operation.

The faculty and students are to become deeply involved in monitoring, guiding and participating in all aspects of this Great U-Turn in how humanity lives, from mind domination to feelings orientation. It is now 4,000 years since Machiventa Melchizedek physically walked on Earth implementing the seeds of this great event which is now manifesting into the fullness of the Avonal Age to be the next 1,000 years.

This endeavour will involve the greatest humanitarian program and activity ever envisaged. Fund flows will bring about great economic activity requiring constant monitoring to ensure inflationary pressures do not emerge. This will not only be monitored by economists within Pascas University but by Central Banks around the world, particularly that of Australia.

Projected skilled labour needs are to be monitored to ensure anticipate education and training needs are addressed. This will be a focus throughout education services as well as health industry sectors.

People resident within the community of benefactor countries and communities, in which a project or projects are to be provided, are to be engaged to lead the introduction of what THEY consider appropriate and welcomed into their way of life and living. Nothing is to be imposed upon anyone. We are always to honour another's will as we honour our own. It is the community in which the project is to be installed that is to bring about the realisation of the project, not outsiders. A local champion is to drive the delivery.

The curriculum of all subjects offered throughout Pascas' educational divisions are to be visited and developed to embrace the potential of living through one's feelings having our mind to follow. This is to be undertaken prior to the formal opening of Pascas University as well for Chaldi TAFE and all other schooling options. It will also be done with the purpose of opening of additional campus around the world as well as through internet learning.

Further, all subject material is to be in a wide range of languages as well as audio visual presentation – hence Movie City is to produce the films and records.

All of these endeavours will be political and culturally sensitive, thus requiring the development of in-depth knowledge and understanding of each countries cultural, spiritual and political norms.



# PASCAS UNIVERSITY

We hereby confirm that

**SALLY JOY SMITH**

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

## Postgraduate Feelings Degree

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

on the  
22 February 2022



*Andrew Brown*  
Chancellor

*Philip Green*  
Registrar

**FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!**

It is through our feelings that we connect and communicate with our Heavenly Mother and Father. It is Their Truths that we feel. This is our pathway to freedom, to a joyous existence, a way of living that is so wonderfully light, in as much as our steps forward are always with ease and a true expression of our real personality.

Feelings First is a way of living that liberates all that is unreachable via our minds.

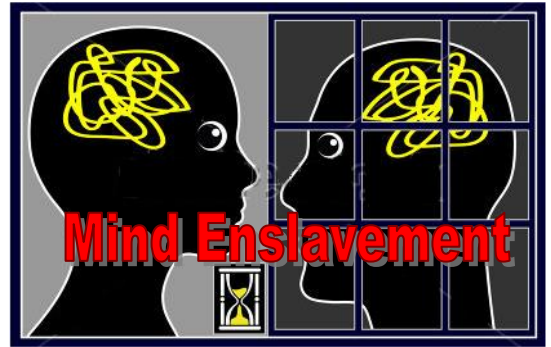
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2019, we have been provided with the way to liberate our true personality.

We are to embrace our feelings, our soul based feelings, and through them we will find our freedom, and within this freedom we will find the way to heal ourselves of all our repression and suppression, most stemming from our forming years, our childhood from conception through to around the age of six years.

Oh the wonders of becoming superkids. That is, to begin to naturally express ourselves, that being truly the personality of who we are, the personality vested upon us by our Heavenly Mother and Father.

As emotional feelings begin to emerge, we are to long for the truth behind such feelings, both good and bad. It is the longing for the truth of our feelings that has been ignored by us for all these centuries. Instead we have subjected ourselves to our minds that cannot discern truth.

As we shed the encrustment of errors and injuries imposed upon us by the misbeliefs of our physical parents, we can ask for and receive our Heavenly Parents' Love, Their Divine Love, and in this way we will begin to divine ourselves, leading us to the Celestial Heavens.



**Feelings First**  
**Feeling Free**



**SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**  
**Self Revealing**  
**Self Loving**



**Feelings First**

# ENOUGH IS ENOUGH

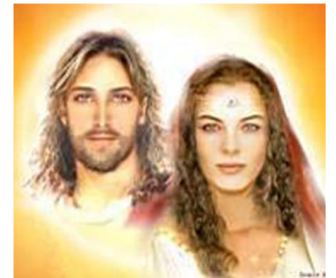
Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordinacy 200,000 years ago. Also added to this was the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

## REBELLION & DEFAULT 200,000 YEARS

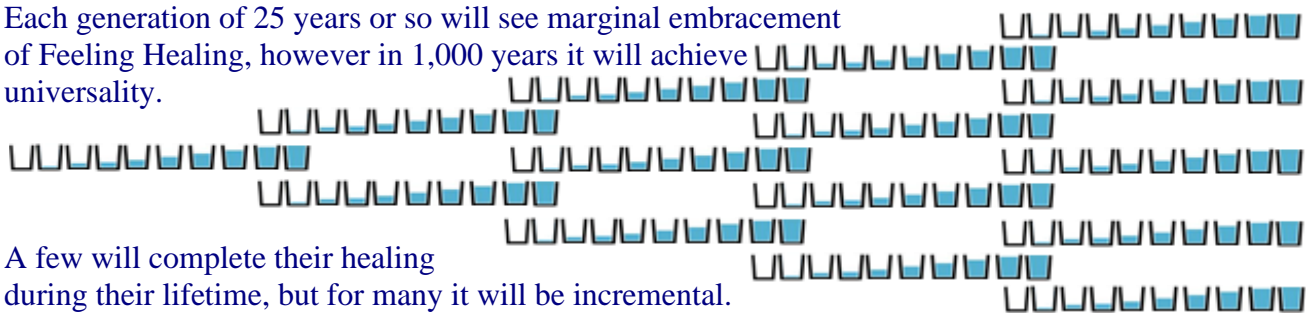
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on 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.



A few will complete their healing during their lifetime, but for many it will be incremental.

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.

# Avonal 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

## Suppression and its Repression:

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

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

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



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

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

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

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

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

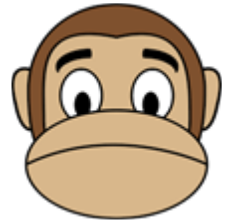
Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling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

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time

ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

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

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



### **And to spiritually help us, we are to understand:**

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

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

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

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

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

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

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

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

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

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



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

**Long for the truth of your feelings.**

**Long for the Divine Love.**

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

James Moncrief 18 March 2018

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

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

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

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

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

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

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



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

James Moncrief 18 March 2018

**Living FEELINGS FIRST**  
**FEELINGS FIRST For Kids**



## Women Repression

James

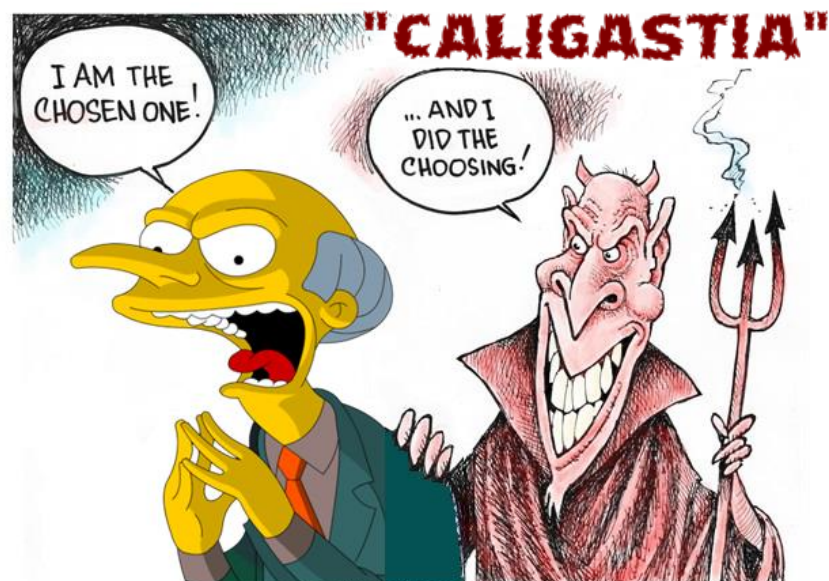
Monday, 9 December 2019

Note for Pascas Care Letters One Soul Two Personalities:

Why women have been so repressed?

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

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



# Pathway Forward



# WE ARE TRUTH SEEKERS



# THE GREATEST SHOW

is ON EARTH



**Kindly consider reading:** [www.pascashealth.com](http://www.pascashealth.com) then proceed to Library Download :

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  
 Pascas Care Letters – Root Cause now to Pathway Forward  
 Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively  
 Chaldi College Free to Learn Pathway

Pascas Care Letters – Back to Basics  
 Pascas Care Letters – Change  
 Pascas Care Letters – Finaliters our Destiny  
 Pascas Care Letters – Humanity is Addicted to Untruth  
 Pascas Care Letters – Journey of Earth’s Humanity  
 Pascas Care Letters – Life is a Highway  
 Pascas Care Letters – Live True to How You Truly Are  
 Pascas Care Letters – Moving out of Healing  
 Pascas Care Letters – My Customs Heritage and Nationality  
 Pascas Care Letters – One Soul Two Personalities  
 Pascas Care Letters – Psychology and Feeling Healing  
 Pascas Care Letters – Spirit Evolution and Environmental Changes  
 Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie  
 Pascas Care – Kinesiology Testing

Pascas Care Living Feelings First Adults  
 Pascas Care Living Feelings First Children  
 Pascas Care Living Feelings First Children Annexures  
 Pascas Care Living Feelings First Children Discussions  
 Pascas Care Living Feelings First Children Graphics  
 Pascas Care Living Feelings First Drilling Deeper  
 Pascas Care Living Feelings First Drilling Deeper Structures  
 Pascas Care Living Feelings First Reference Centre

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>

<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](mailto:info@pascashealth.com)

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

**BIBLIOGRAPHY NOTE:**

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at [www.pascashealth.com](http://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](http://www.pascashealth.com) .

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

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

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

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



**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

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

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

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

**[PASCAS – document schedule.pdf](#)      **downloadable index to all Pascas Papers.****

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

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

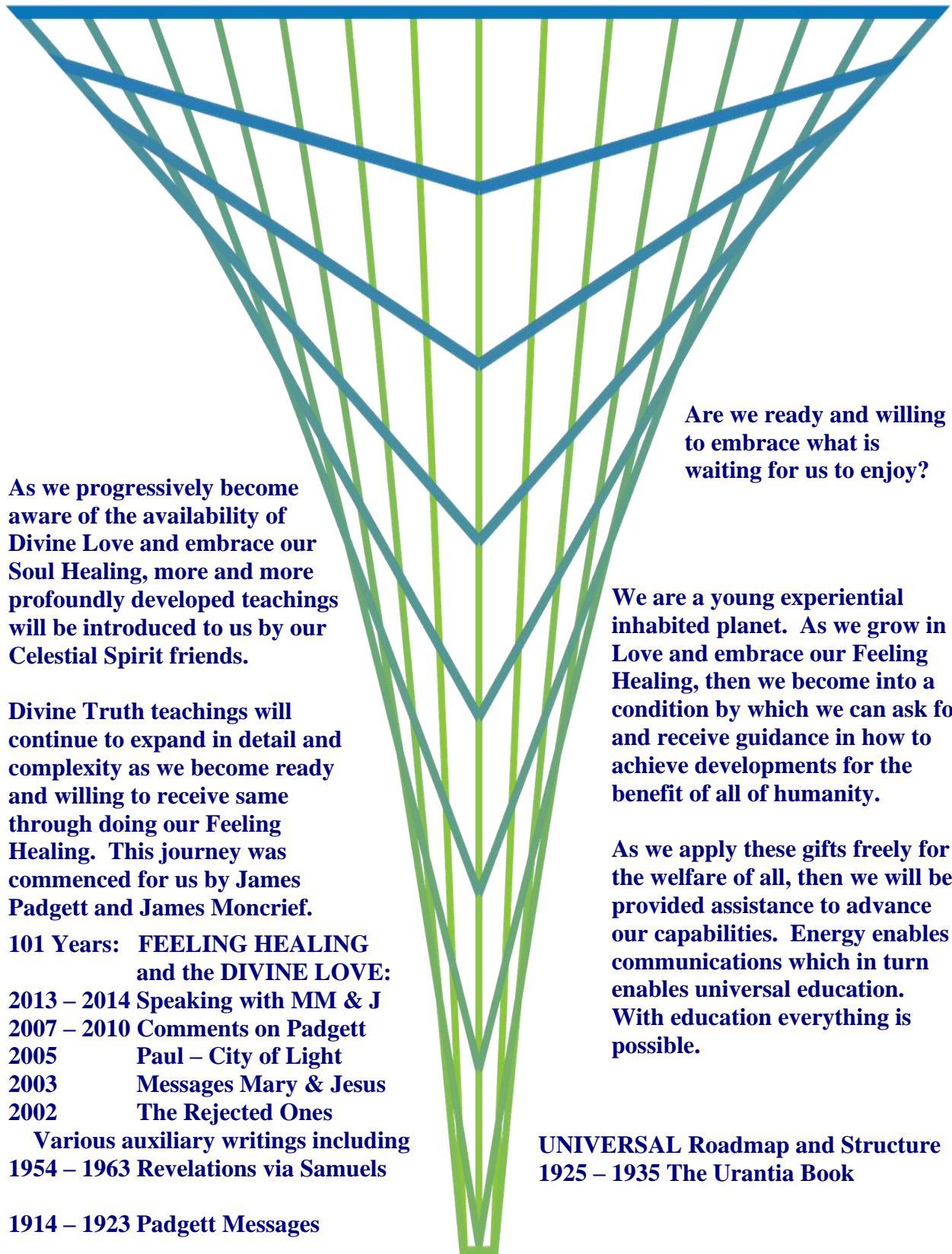
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**





**Great Gifts through our Feelings are:  
The Awareness of our Heavenly Mother  
and Father**

**That our soul is a duplex – both male  
and female – one soul, two personalities**

**That Feeling Healing with Divine Love  
is our pathway to Paradise – our true  
home**

**Freely expressing our Feelings to a  
companion is expressing our true  
personality – the personality bestowed  
upon us by our Heavenly Mother and  
Father – our true Mum and Dad!**

**These are truths of living  
Feelings First Spirituality,  
The New Way**

# Healed potential



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