

# PASCAS WORLDCARE



## Craft Creations Family Shed



“Peace And Spirit Creating Alternative Solutions”

**PASCAS FOUNDATION (Aust) Ltd**  
ABN 23 133 271 593

**Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)**  
**Em: [info@pascashealth.com](mailto:info@pascashealth.com)**

**Pascas Foundation is a not for profit organisation**  
Queensland, Australia

**[www.pascasworldcare.com](http://www.pascasworldcare.com)** **[www.pascashealth.com](http://www.pascashealth.com)**

## **CRAFT CREATIONS FAMILY SHED:**

A Craft Creations shed is to be a venue for all members of families to obtain proficiency in any type of home craft or skill that each individual may recognise a passion to explore. This can be a simple endeavour or it may be a highly complex skill needing years to develop.

Due to greater closeness to their feelings, women are to dominate the administration, leadership and management of the Craft Creations Shed.

Children are most welcome and are to be encouraged and supported in what their personal desires and passions lead them to embrace.

Even though children do not have formal votes in the ongoing operations of a Shed, they may be provided with a status whereby they vote amongst themselves and submit their resolutions for consideration. This is all part of experiences through our lives.

Men are to have their say, but it is not about one or the other being dominant. It is about the changing times that are folding, the embracing of our feelings and living feelings first rather than being suppressed by being mind-centric. This is a New Way of living, yet it seems so simple, it is not.

The changes that are unfolding throughout all societies and nations around the world is already showing us that the supply chains are breaking and that we each need to be more resourceful and self-sufficient. That is what a Craft Creations Shed is all about.

Further, every day and every night there are tens of thousands, women, adolescent child, families, who are unfed, unhoused, and unloved. A Craft Creations Shed is to a staging post for recovery and re-energization. The Shed may have annexed to it crisis housing on its premises or annexed by arrangement with other establishments. The needs of these people take many forms and a Craft Creations Shed is just one of those supporting hands.

Qualified Social Workers are to be fully engaged with a Shed. Those who are full time, or permanently part time, are to be supported financially by Pascas Foundation. It is recognised that we all need to pay for our groceries and rent and thus remuneration is to be at appropriate commercial rates.

A Shed is to be fully established with financial support through Pascas Foundation. Then it is to progressively become financially independent. That may take some time.

A Craft Creations Family Shed may unfold to be a major endeavour within a community and have great impact upon the society as it will progressively become a life changer for many. The significance of the introduction of this endeavour will take time for the community to comprehend and embrace. It has been a long time in its coming and now it is to be born.

Aspiring to Living Feelings First

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

Pascas Foundation (Aust) Limited

## WHAT IS A MEN'S SHED?

<https://mensshed.org/what-is-a-mens-shed/>

**The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are found in many cities and towns around Australia and continue to spring up internationally.**

Not all Men's Sheds are the same – if you looked inside you might see a number of men making furniture, perhaps restoring bicycles for a local school, making Mynah bird traps, fixing lawn mowers or making a cubby house for Camp Quality to raffle. You might also see a few young men working with the older men obtaining new skills and learning something about life from the men with whom they work. You might see local elders making traditional weapons or designing arts and crafts. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or how to contact their families by computer.

### **So what is so special about the 'Men's Shed'?**

Most men have learned from our culture that they don't talk about feelings and emotions many do not take an interest in their own health and well-being. Unlike women, most men are reluctant to talk about their emotions and that means that they usually don't ask for help. Probably because of this, many men are less healthy than women, drink more, take more risks and suffer more from isolation, loneliness and depression. Relationship breakdown, retrenchment or early retirement from a job, loss of children following divorce, physical or mental illness are just some of the problems that men may find difficult to deal with on their own.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind.

Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

Members of Men's Sheds come from all walks of life – the bond that unites them is that they are men with time on their hands and would like something meaningful to do with that time.

A good Men's Shed has a Management Committee that has developed a safe and happy environment where men are welcome to work on community projects, specific Men's Shed projects or a project of their choice in their own time and where the only 'must' is to observe safe working practices....all in a spirit of mateship.

The Men's Shed movement has now become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.

### **Definition of a Men's Shed**

AMSA has defined a Men's Shed for the purpose of deciding which organisations are eligible for membership, detailed in the [Membership By-Laws](https://mensshed.org/wp-content/uploads/2017/09/Membership-By-laws-from-December-2017.docx.pdf).  
<https://mensshed.org/wp-content/uploads/2017/09/Membership-By-laws-from-December-2017.docx.pdf>  
 Conditions of Membership to the The Australian Men's Shed Association

In arriving at this definition, AMSA recognises and values the diversity of reasons why men come together to share activities and common interests in the context of a Men's Shed.

AMSA believes that Men's Sheds should be open to all men but where its membership is restricted to Aboriginal or Torres Strait Islander members for cultural purposes or restricted to residents of private facilities such as Aged Care and Residential Care facilities, such shed will be admitted.

AMSA recognises that not all sheds are exclusively for men and that some sheds choose to call themselves 'Community Sheds' as they may be open to female members. The decision to have female members is entirely a local one. For the purposes of this document, the term 'Men's Shed' is used to cover all member Men's Sheds.

AMSA also recognises that there are valid reasons to exclude organisations that wish to benefit from the advantages of membership of AMSA but whose real purpose is not in alignment with the Vision and the Objects of the Association.

### **Definition for the purpose of admission to AMSA membership**

1. AMSA recognises as a Men's Shed any community-based, non-profit, non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe and friendly environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the well-being and health of their male members.
2. Upon application, AMSA may admit to membership a Shed which conforms to the above definition in all respects except that its membership is restricted to male Aboriginal or Torres Strait Islander members for cultural purposes.

AMSA will not admit to membership any organisation that has illegal aims, objectives or practices, is disrespectful/ harmful to other people or sections of the community, is aimed primarily at promoting particular political or religious views or practices, discriminates against membership on the basis of race, creed, sexual preference or age, is similar in name to an existing registered shed, is a Men's Shed in name only and is not intent on becoming a Men's Shed as defined, or if its priority of operation as a Men's Shed is secondary to other purposes, is not committed to Men's Shed health and safety and duty of care of its members and public, does not have the required level of insurances, is not a legal entity (incorporated) or does not have a written agreement of partnership with the auspice or sponsor body.

## What Is a She Shed?

<https://www.thespruce.com/what-is-a-she-shed-5187211>

She sheds have risen in popularity as a sort of femininity-driven answer to the classic concept of the very traditional man cave.

The concept of a she shed is similar to that of a man cave in that women have realized they deserve a space to call their own, too. A spot to relax and be alone with their thoughts—with no children or spouses or pets, and maybe even no work, if that's the purpose of the she shed—has been just the respite many women need to escape life's many demands and pressures, even for a short time.

Enter the she shed: Traditionally an outdoor shed converted for use as a spot for entertainment, rest, and relaxation, a she shed can be any structure (or even a room inside the house) a woman reserves for her own use. To unpack its legacy, we spoke with a few home experts about what makes a she shed.

A she shed is different from the concept of a man cave in that it's more about self-fulfilment than anything else. That may mean different things to different women, but a she shed can be a spot where they get their reading or writing done, or enjoy some gardening or self-care.

### History and Origins of the She Shed

“A she shed is the female equivalent of a man cave—a refuge where she can escape from her spouse, whiny kids, work, and other responsibilities and just chill on her own,” said [Realtor.com Deputy Editor Judy Dutton](#). “It's basically the modern-day version of Virginia Woolf's *A Room of One's Own*.”

And these sheds can be anything you want them to be. “She sheds were originally an outgrowth of gardening sheds, small structures outside the main house where gardening supplies were typically stored,” Dutton said.

She sheds can also be adapted from barns or garages, or be built from scratch via a growing number of she shed kits or [DIY shed guides](#). In 2015, the TV series *He Shed, She Shed* premiered and officially introduced the term she shed into the general lexicon.

When women need a break, a she shed offers just the place. “It's a separate structure where [a woman is] less likely to be disturbed,” Dutton said. A she shed can also double as a great home office, or a guest house when you have visitors.

### She Shed Uses

Women use their she sheds for different things. “They're intended to be a getaway, so should contrast the demands of daily life,” said Phillip Ash, founder of [Pro Paint Corner](#). Hectic life? Make the she shed a place of calm and restoration. Zen home and family? Maybe your she shed is a place to let your freak flag fly.

In the same way that man caves can be upgraded with pool tables and dart boards, you can deck out a she shed with whatever “suits your fancy,” Dutton said. You can make it an artist's studio, a crafting station, or even add a bed or comfy [daybed](#) for taking much-needed naps without interruption.

A she shed could be your reading place, or your space to listen to music that only you enjoy. Whatever the use, a she shed should be the getaway place of your dreams.

## Yackandandah Women's Shed

Lynne established the Yackandandah Women's Shed during the constraints of coronavirus Covid-19 and within year 1 it has 40 members. Yackandandah (population of 1,800) is a small tourist town in northeast Victoria, Australia. It is near the regional cities of Wodonga and Albury (30 kilometres – population 55,000), and is close to the tourist town of Beechworth (22 kilometres – population 2,800). Yackandandah is home to many acclaimed artists, from potters to painters, sculptors to stitchers. Wander the stunning streets of Yack and discover unique artworks in the eclectic galleries, shops and studios. The old train station has been converted into a gallery and workspace to support up and coming artists.

Hi John

31 March 2022

Oh my goodness! There has been a lot of work put into this plan!

When I get home, I'll send you what our committee has developed. We are much more informal. We have a committee of 8 and at present are not incorporated. We are auspiced by our Community Centre, who guide us and cover our insurances and provided us with a grant and help in applying for others. When we are feeling strong enough to go it alone we will sever our ties. We have 3 venues we can use for meetups and workshops. Our local Men's Shed are well established and allow us use of their large meeting room/kitchen; our Community Centre lets us use their carpeted meeting room (we use it for sewing workshops) and we have access to an old unused jam factory in town where we hold 'messy' workshops like mosaics, ceramics and wet felting.

Ultimately we would like a home of our own and we have accepted projects that allow us to raise funds to put towards it. Prior to Christmas we organised a community Fun Fair with about 25 craft stalls (local artisan made products), face painting and kids activities etc. we run sausage sizzles at our local Lions club craft markets a few times a year which raises over AU\$500 each time.

We have approached companies like Bunnings (hardware warehouse) who have also offered sausage sizzle fund raisers and they have kindly offered us free tools and space to do occasional workshops. Our Men's Shed has 'finally' agreed to teach some of our members' tool safety and use culminating in the building of a small project. We have organised lessons in how to change a tyre, how to back a trailer and soon we will have simple how to classes in things women really need to know i.e., changing a washer, light bulbs, computer skills.

We have an aged care centre close by and soon we will have some of the residents visit for afternoon tea, a game of cards or just a friendly chat. Down the track we hope to be able to offer local children some fun classes in knitting, sewing and cooking. We have lots of ideas.

To date we have run inexpensive or free workshops in cheese making, doll making, permaculture, wet felting, mosaics, ceramics, patchwork and making kombucha (a fermented, lightly effervescent, sweetened black or green tea drink). We have had guest speakers discussing the importance of making a Will, Women's health and genealogy. All this in one year!!!!!!

Many of our members simply pop in for a cuppa and a chat or a board game. Meetups are every second Thursday 3pm-8pm. Workshops are often on other days.

Hope this helps a little in showing you how we run our Women's Shed. I will send you our constitution when I return home in a couple of weeks.

Cheers, Lynne



**Head for the shed.** The news out of Australia lately has been downright ugly. Reports of sexual harassment and sexual misconduct in Parliament have rocked Canberra and underscored the country's macho, misogynistic culture. So this story seems like salve for those wounds: Women across the country are borrowing from a longstanding trend among Australian men to launch women's 'sheds', or community-based clubs that provide members a place to connect, to learn new skills, and to remake themselves.

*The New York Times* [profiled](#) a women's shed in a down-and-out suburb of Adelaide that opened in an abandoned high school last March. Among its members are women who are widows, or out of work, or survivors of domestic violence. They come together to share in an activity, like sewing or singing. The shed also features a "room of love" filled with household items, clothing, and beauty supplies, all free to women fleeing domestic violence.

The men's sheds, popularised in the 1990s, are regarded as "models of egalitarian connection" and a way to stave off isolation, the Times reports. Women's sheds seem to be filling that same role, and then some.

## WE'VE GOT FEMALE SCIENTISTS, POLITICIANS & DOCTORS (OR AS I LIKE TO CALL THEM: SCIENTISTS, POLITICIANS & DOCTORS), BUT WHY IS HANDY WORK STILL A MAN'S WORLD?

There is a work shed in rural NSW that is different to what you might expect from your stereotypical greasy work shed. The work is the same; they're building toolboxes, shelves, birdhouses and fixing cars, but the high visibility safety vests are hot pink and behind the sounds of hammering and drilling are a group of women, working towards teaching themselves skills that have historically been assigned to men.



The Orange Women's Shed is a community initiative that aims to create a community that empowers women with power tools. For centuries handy work around the house was a job assigned to the man of the house. But in a modern world where many women are living independently, coupled with the fact that women are outliving their partners, these skills are becoming increasingly useful.

The idea of empowering women by teaching them skills that they have often been denied is not a new one. When we look back at history we see a trend in women being empowered as social

situations change and they are able to occupy spaces that were once only occupied by men.

The biggest historical shift was during the 1960s when women were allowed to enter the workforce. The men were away at war and the economy needed workers to sustain it. Suddenly, women were being employed in all kinds of industries.

In 2016 women in developing countries produce [60-80%](#) of all food through agriculture, and in Australia women make up [46%](#) of employees in the workforce. But for some reason we're still often confined to the sewing, cleaning, and home making DIY projects that are based on the out-dated assumption that we are less able than our male counterparts to get our hands dirty and do the handy work around the house.

**"I THINK AS THE MEN'S SHED MOVEMENT WAS STARTED AS A WAY TO DEAL WITH MENTAL HEALTH ISSUES IN MEN, A LOT OF WOMEN'S SHED'S ALSO HAVE THIS AS ONE OF THEIR PRIORITIES, WOMEN CARING FOR AND HELPING OTHER WOMEN IN THEIR COMMUNITY WHETHER THAT BE BY LEARNING NEW SKILLS, REFERRING EACH OTHER TO A GOOD DOCTOR OR HAIRDRESSER OR JUST HAVING SOMEONE TO SHARE A CUPPA WITH!"**

- KATE MORGAN: PREVIOUS CO-COORDINATOR OF THE WOMEN'S SHED FOSTER

The idea behind the 'She Shed' is to help women learn practical skills and become more confident, independent and self-reliant. One of the members of the Orange Women's shed Melissa Mcdouall noted that "Half the problem is knowing how to use the tools and feeling confident", I for one know that every time I need to build a piece of furniture I normally, without thought, contact a male friend, partner or colleague to help me. But I'm completely capable of doing it myself, as long as there is somewhere for me to learn how.

Empowering women to become more independent in jobs that have historically been gendered as male is not something that we can only strive to in our local communities, but should be something we acknowledge on a global scale.

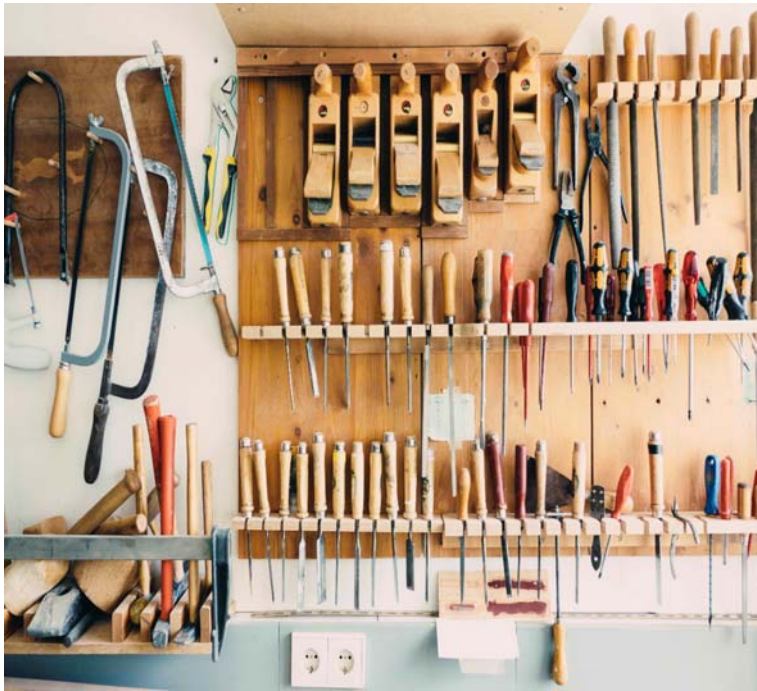
With women in developing countries taking on the majority of farming in times of trouble, and as mentioned before providing 60-80% of food through agriculture, now more than ever it makes no sense that the skills and tools that make these industries possible are being withheld from female education.

Not only in the sense of agriculture but also in urban environments where labour oriented jobs and manual skill jobs make up a vast majority of the landscape, the fact that we often gender these roles means we're leaving almost 50% of the population out of a huge pool of work that could help solve our unemployment crisis.

Teaching women these practical hands on skills isn't just about empowering women, but also about changing social norms. More and more women are realising their potential in industries that perhaps once wouldn't have been considered, such as 1 Million Woman ambassador Veena Sahajwalla, an engineer who invented the process of recycling rubber tyres in steel making, or Dr Nerilie Abram, a



scientist working in the earth science field and at the top of the industry having won the Dorothy Hill award for women in earth science back in 2015.



with the skills you pick up.

The fact that women have only been accepted in the work force for the past 50 years and now make up almost 50% of employment and have positions that are at the top of nearly every field from science and medicine to agriculture and engineering just goes to show that once we have the knowledge the possibilities are endless.

We're excited about the idea of the she shed because there is no logical reason that we shouldn't know how to use power tools, change a tire or build a shed, we are strong women who are powerful and ignite change in our communities. And hey, once you've built a shed, what's stopping you from starting your very own she shed in your community? You might surprise yourself

**1 Million Women is more than our name; it's our goal! We're building a movement of strong, inspirational women acting on climate change by leading low-carbon lives. To make sure that our message has an impact, we need more women adding their voice. We need to be louder. Joining us online means your voice and actions can be counted. We need you.**

<https://www.1millionwomen.com.au/contact-us/>

**Email us:** [enquiries@1millionwomen.com.au](mailto:enquiries@1millionwomen.com.au)

**Give us a call:** +61 497 100 079

**Write to us:** 20 - 40 Meagher St, Chippendale, NSW 2008

## **CRAFT CREATIONS FAMILY SHEDS:**

The overarching guidance within any Craft Creations Family Shed is that the participants follow their feelings. What their personal feelings guide them to embrace, individually and collectively, is to be honoured. This will be new to many.

All of the loving benefits that have been recognised above are paramount to a Craft Creations Shed, we have awareness and resources that can expand the potentials within each shed community, as that community explores these possibilities then it is for them to consider what they desire to do or not do.

This is truly an amazing situation and we welcome and respect everyone's desires and feelings.

**OVERVIEW:**

Yes, this is an extension of the great achievements and engagement of men with men in their ‘Men’s Sheds’. It is now appropriate and timely that the concept is firmly introduced into every community’s way of life and that it has its position in the education networks and systems of the world.

First of all, boys, while you guys have been playing isolation and doodling, the ladies have noticed a few positives from your initiatives, however they also noticed the many changes that are happening around us all.

Secondly, the environment around us all has been dramatically changing, particularly since 22 March 2017.

Thirdly, we are all from a family (of sorts) and this is a journey of discovery for us all. We are to interact with each other, discover what our feelings are to show us and express our feelings to those who are close to us.



**TALK IT OUT**



This is not a ghost town, it is a township of 3,200 people, and the shire has 6,000 people overall!  
Further, two highways cross at this point; Sydney to Adelaide and Melbourne to Brisbane!



In case no one has noticed, autocratic leadership has created such tension that so much so, anything above latitude 28° north could become embroiled in war to a greater or lesser degree. Already, we are experiencing supply chain disruptions and collapses of magnitude due to minor issues such as the coronavirus Covid-19 pandemic and now we have the invasion by Russia of Ukraine having commenced on 24 February 2022.

When we consider the region of conflict, only Singapore is a country that manufactures microchips that is outside the zone of danger. Yet, even in this unsettled era the world is choked to a standstill due to the backlog in supply of microchips. Parts costing only a few dollars are preventing plant and equipment to operate all around the planet. Should a major disruption unfold, supply chains of every nature will most likely collapse.

Meanwhile, autocratic leadership will eventually be removed by the population of nation with such leaders. This, in its self, will be very disruptive to markets and stability while such adjustments unfold.

Throughout the world, hidden controllers of all countries have imposed puppet leadership – if not absolute leadership then second tier leadership. Using kinesiology muscle testing, we can recognise their effectiveness. We (you and me) can calibrate the level of overall consciousness of any population using Dr David R Hawkins' Map of Consciousness (MoC) with kinesiology muscle testing. When we apply the same process to the members of parliament the country we will also see that the parliamentarians are typically calibrating lower than the overall population – that is not as it should be. Those who run the country should be the elite of the population. Such systems as democracy are a failure for the people but it is what the hidden controllers wanted and got.

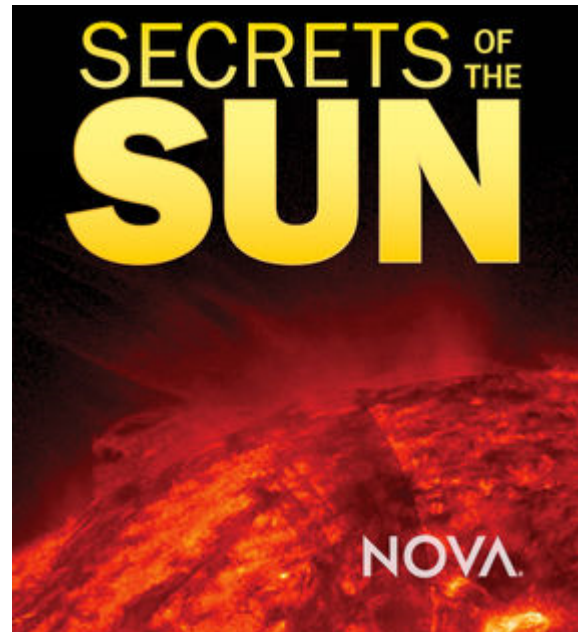
The older members of populations have seen stores providing everything needed by the family, however, then with very few options. Yes, we had everything we needed, even when we were young. Now we can go into supermarkets and hardware stores, as well as all kinds of retail outlets and choose from acres of shelves having many, many options, all of the options being relatively cheap due to centralised manufacturing – it is a true wonder to behold. But when the ship does not come in – we are incapable of getting by! That is now ever so very likely to occur more and more.

Cottage industries have been abandoned for the low cost imported low quality options. Self-sufficiency and individual initiative has been lost. We have abandoned our self-sufficiency. It is time to start to pass down our home craft skills and re-create our independency.

Propaganda and deception is an art practiced by all governments, it does not matter what shade the government or leadership is, we are all being told lies.

Global warming is another name for cyclical Earth changes. We are told to look at the sky and blame each other for putting gases into the atmosphere. Whereas we are to look to core of the Earth and understand that the warming is coming from the increased energy transmitted by the Sun that is received directly into the core through its antennae like mechanisms at the core of Earth.

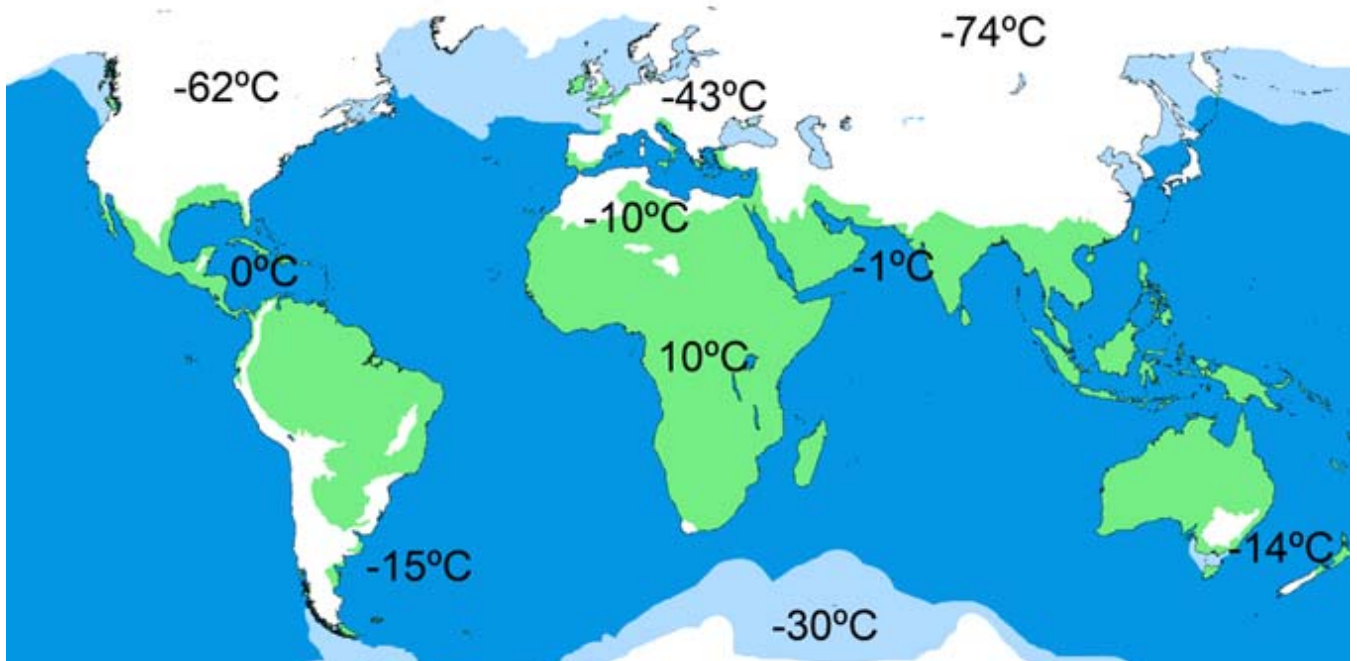
A simple observation says the surface warming is past 2° Celsius. For those who walk on the beach a couple of times each week and read the ocean temperature noted by the life savers on their billboards, we can readily understand that the ocean currents have increased by at least 2°C. This, John has personally noted over the past decades.



This simple observation is even further evidenced by current recent rain bombs. As the oceans move to higher temperatures, the evaporation of water from the ocean into the atmosphere turns traditional rainfalls into frequent devastating rain bombs – another one last night (March 2022) here on the Gold Coast, in south-east Queensland, Australia.

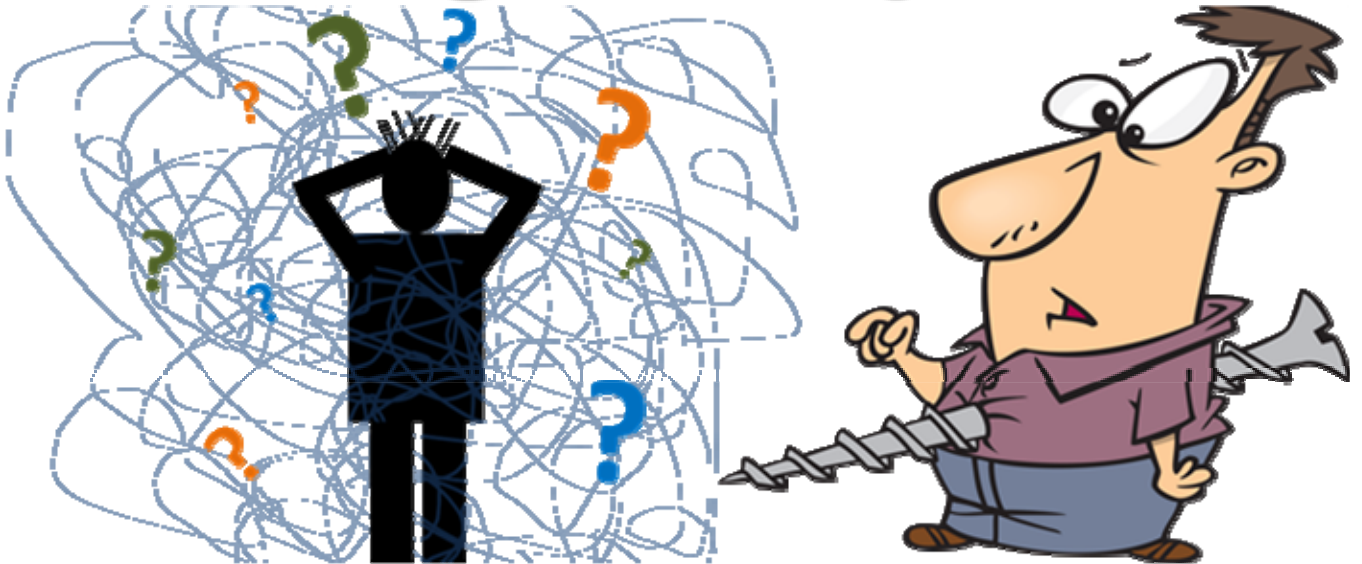
During the middle of the 1900s there has been an increased flow of energy out from the centre of our universe, this is firstly received by the stars, our sun, and then re-transmitted to the planets – all of them in any given solar system. This cyclical event eventually leads to a Sun nova event which culminates in a sharp temperature increase on Earth that puts an enormous amount of moisture in the atmosphere resulting in a global “mini” ice age. Anything north or south of the equator by more than 28° latitude may find itself under a mountain of snow and that is after the corona shell of the Sun reforms which takes a decade or so before heat starts to be generated again.

**Later this century, or sometime, "mini" ice age prediction / expectation:**



Now, should you not have understood the need for universal “Craft Creations” centres to be introduced previously, it is to reintroduce the skills for survival that the older generations depended upon and had done so for thousands of years. These skills are still in amongst us and it is time to reinvigorate them and integrate them throughout the education systems of the world.

## We are being screwed by our Minds!



Some 200,000 years ago, hidden controllers, well Evil Ones, lead us to believe that we could become all powerful, even mini-gods (you can see them around), by living through our minds. The deception worked wonderfully well. All we have become are akin to being zombies walking around in a stupor with our education debt hanging out of our hip pocket, enslaved to a wage and a mortgage, plus car loan and credit card debt. We do not know why we are here and many of us lead a meaningless existence.

Now, while we each realise and discover that our minds cannot discern truth from falsehood, that our minds are addicted to untruth as well as control of others and the environment, we are now to embrace our feelings, our soul based feelings that are always in truth, we are to long to know the truth behind the feelings that our soul is bringing to our attention. We are to grow in embracing our feelings having our minds to follow implementing what our feelings are guiding us to consider and engage with. This is the New Way, a way of living feelings first with our minds to follow, not the other way around that hidden controllers imposed upon us.

Great change is now being imposed upon humanity. We are not to continue how we have been these past 200,000 years. All of the institutionalised systems that have evolved these past 200,000 years are to be demolished, ended, and the New Way is to unfold as we are going to discover that we are fully self sufficient. All that we need to know is known and available through our souls, our soul based feelings. We have been taught to suppress our feelings and that has been to our detriment for many thousands of years. While we live through our minds, we cannot progress beyond 499 on Dr David R Hawkins' Map of Consciousness. It is only when we progress beyond 1,000 that we enter the lowest of the Celestial Heavens, until we reach that point we all are living in the hells. Yes, you and I are in hell due to suppressing and ignoring our feelings and being mind dominant. Now that is changing and so will everything around us.

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

# thermomix



As amazing as this time is, it is also the most difficult. You may consider the change to being introduced to a kitchen that only has a Thermomix and a Weber barbeque – once you have mastered these two small units together, you may find that you can prepare any meal – this technique may be introduced to you through a Craft Creations Centre, or more particularly at a Pascas Café which may be part of the centre. That is how amazing the Craft Creations Centres are to be – delivering a community way of living that is interactive and viably sound in times of greatly changing environments.

## We are Truth Seekers!



Heart felt  
feelings are the  
Truth of our Soul

# SOUL

We are truth seekers! Through kinesiology muscle testing we can ascertain what is truth and what is not. Further, utilising Dr Hawkins' Map of Consciousness (MoC) we can determine the level of truth of anything. The scale is based on the common log of ten, a 1 point increase is a 10 fold jump in energy. Kindly go to [www.pascashealth.com](http://www.pascashealth.com) then to the Library Download page, scroll down to Medical and click to open the PDF: [Pascas Care Kinesiology Testing.pdf](#) You now can teach yourself the process.

Each Craft Creations Centre is to have engaged an administrator as well as a qualified Social Worker. Should the centre have upstairs accommodation, then for each 10 adults, or for each 10 children with 6 adults, will need to have available to them one qualified Social Worker. The plight of domestic violence victims and homeless women is grossly under estimated and under assisted. Re-equipping these people and re-engaging them within community can be greatly assisted with through a Craft Creations Centre.

# Pascas Food Basket

Population of the township / community maybe	3,200
Total population for shire / district maybe	<b>6,000</b>

Food Aid Working Groups, mostly being off shoots of the Homeless Networks with some formed during the coronavirus COVID-19 lockdown of 2020 to pool resources to best meet the food needs of those adversely affected by the various restrictions. We are all representatives of Not-For-Profit agencies who distribute food in some way, shape or form to those in need.

Many groups have been talking about getting off the ground Food Distribution Hubs. The need has not decreased and if anything, has only increased. It just needs to be done. Discussions have:

1. discussed avenues of support i.e.; political, philanthropic and community
2. identified some key business people who may be approached about logistical support i.e.; a warehouse space (within a significant Craft Creation Centre, storage facilities may be installed).
3. agreed on a media blurb and proposed contacting local regional newspaper
4. committed to have this conversation 'out there' and be spoken about on every platform that is available and are party to
5. start a timeline

Local food retailers of all descriptions have viable food that is past selling date or condition. We need our own local collection process and central distribution facility.

A Food Basket unit may potentially be incorporated into or annexed to larger Craft Creation Centres.

There are many aspects of society that need support with meals and food:

- Meals on Wheels
- Domestic violence victims (sole parent and children)
- Homeless
- Those in chronic financial stress.

For those who are able to visit a Craft Creations Centre then the annexed Pascas Cafe may well be a delivery point for meals as well as Food Baskets.

- 663 million people globally are undernourished.
- 22% of children younger than five are 'stunted' – they are significantly shorter than the average for their age, as a consequence of poor nutrition or repeated infection.
- 9% of the world population – around 697 million people – are severely food insecure.
- One-in-four people globally – 1.9 billion – are moderately or severely food insecure.

In Australia, estimates suggest that **between 4% and 13% of the general population are food insecure.**



#### **CRAFT CREATIONS**

Shop front – retail and ordering facility. The administration and support for the complete Craft Creations Centre.

#### **PASCAS CAFÉ**

Being part of Craft Creations, it is a catering, nutrition cooking facility that functions also as a Pascas Café. Food and nutrition are the premiers of all crafts.

#### **HOME CRAFTS**

**CRAFT CREATIONS** is generally focused towards skills embraced by women in their practical attention to the needs of the family. That said, there are no boundaries. At all times, the opportunity to introduce and enable children of all ages to become proficient is supported. Those within the community are to be supported in their sharing of their unique skills with others.

#### **STRUCTURAL CRAFTS**

**CRAFT CREATIONS** embraces word working, metallurgy and mechanical repairs. This could be said to be the domain of a Men's Shed, however, the whole family is welcome. These specialised skills need to be shared as much as every other craft.

**CRAFT CREATIONS** is to enable anyone to be autonomous and self sufficient in their endeavours.

#### **MEETING HOUSE**

Discussion pods for around 12 people as meetup rooms.

#### **FAMILY SHELTER**

Modules of 10. Studio rooms to accommodate a parent and two children, or there a bouts.





**WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRINGING TOWARDS "NATURAL SELF EXPRESSION"!**

As dynamic as many lecturers are, the average retention rate by a participant in the audience is around 5% of the content material delivered throughout a lecture. Just by reading the subject matter, the retention rate is around 10%. Audio-visual presentation of the subject matter increases to around a 20% retention rate. Thus, should a lecturer provide the subject matter in print form prior to his or her presentation then retention is enhanced. However, should the material be presented as an audio visual with printed matter as part of the lecture process then the retention rate of the content material must assuredly be significantly enhanced. Each of us is different. What actually works best for all concerned is the goal, but primarily what works best for a student.

Consideration could involve creating audio visual records of lectures together with printed records of the content – audio files converted to print – following lectures. This would facilitate further retention experiences and differing forms of presentation through facilitation in the form of ‘fish bowls’.

Through ‘fish bowl’ structures (groups of 12 tutoring each other), then comes the ultimate potential for all concerned. The lecturer takes on the role of facilitator having provided the subject matter in print as well as in audio-visual format and then asks five of the participants to join together to tutor the others. For these participants the retention rate potential increases to potentially 90%. During this process, the participants, now tutors, rotate. Five swap out to five further participants, and so on it goes.

“Tutors of Truth – nothing but the Truth!” Ultimately, through the development of living through one’s feelings, the presentation of subject material becomes a natural self-expression. Core material that is in Truth then becomes feelings of truth and consequently love, thus retention potential is 100% and permanent. This is the ultimate of presentation development – participants tutoring others through their feelings based truth about subjects that are beneficial to everyone’s search for Truth.

“Fish Bowl” meetings generally are around a dozen people. Thus, the meetup areas in Craft Creations complex is structured for small group interaction with the focus that participants generally are tutoring each other. Thus, even the Pascas Café is a “Fish Bowl” and is to accommodate groups of up to a dozen to explore what they desire.

Craft Creations are centres for learning without limitation. Life is all about experiences, our experiences accumulate and as such our journey unfolds, our journey is never ending and is wondrous.

# CRAFT CREATIONS

## Rules

Turn the Music Up



Take Time for Yourself



Color Outside the Lines



Have a Drink



Leave Your Worries  
At The Door

# Craft Creations



Fiber art



Oil painting



Magic



Papermaking



Patchwork



Taxidermy



Creative writing



Metalworking



Web design



Cardmaking



Needlework



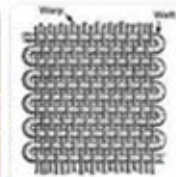
Quilting



Wood carving



Pyrography



Weaving



Upcycling



Photography



Calligraphy



Woodworking



Gardening



Watercolor painting



Toy



Quilling



Sewing



Knitting



Painting



Embroidery



Crochet



Handcraft



Drawing



Book Binding



Glassblowing



Brewing



Pottery



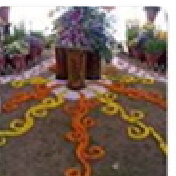
Scrapbooking



Origami



Cross-stitch



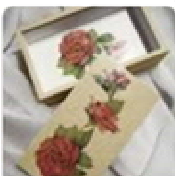
Floral design



Macramé



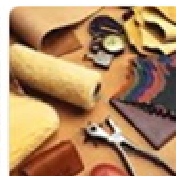
Pressed flower craft



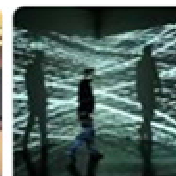
Decoupage



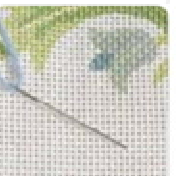
Whittling



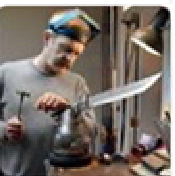
Leather crafting



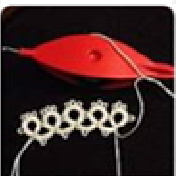
Digital art



Needlepoint



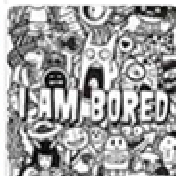
Knife making



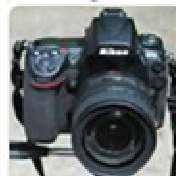
Tattooing



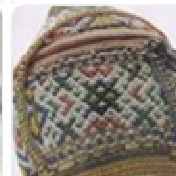
Carpenter



Doodle



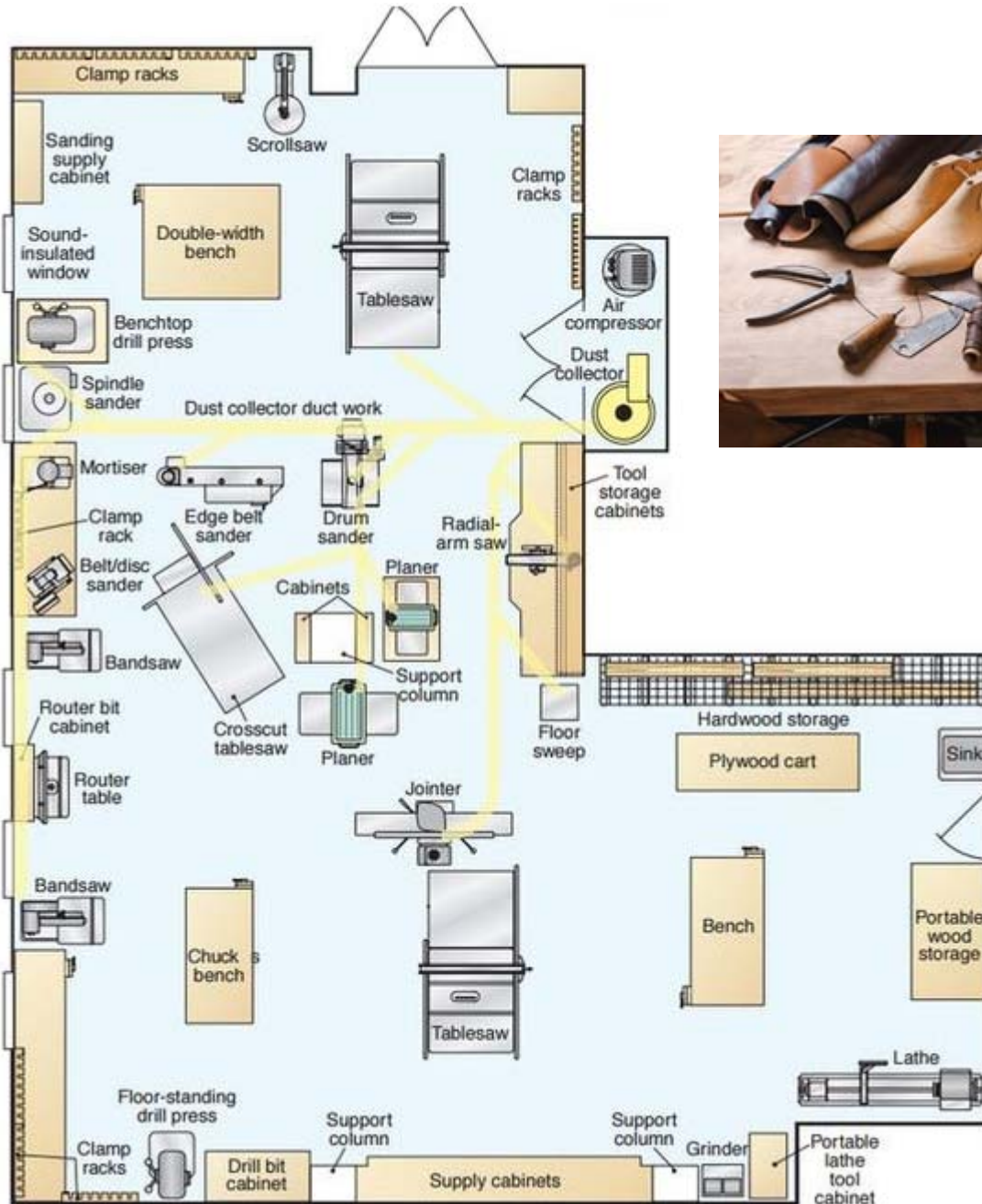
Digital photography



Beadwork







# Pottery & Ceramics

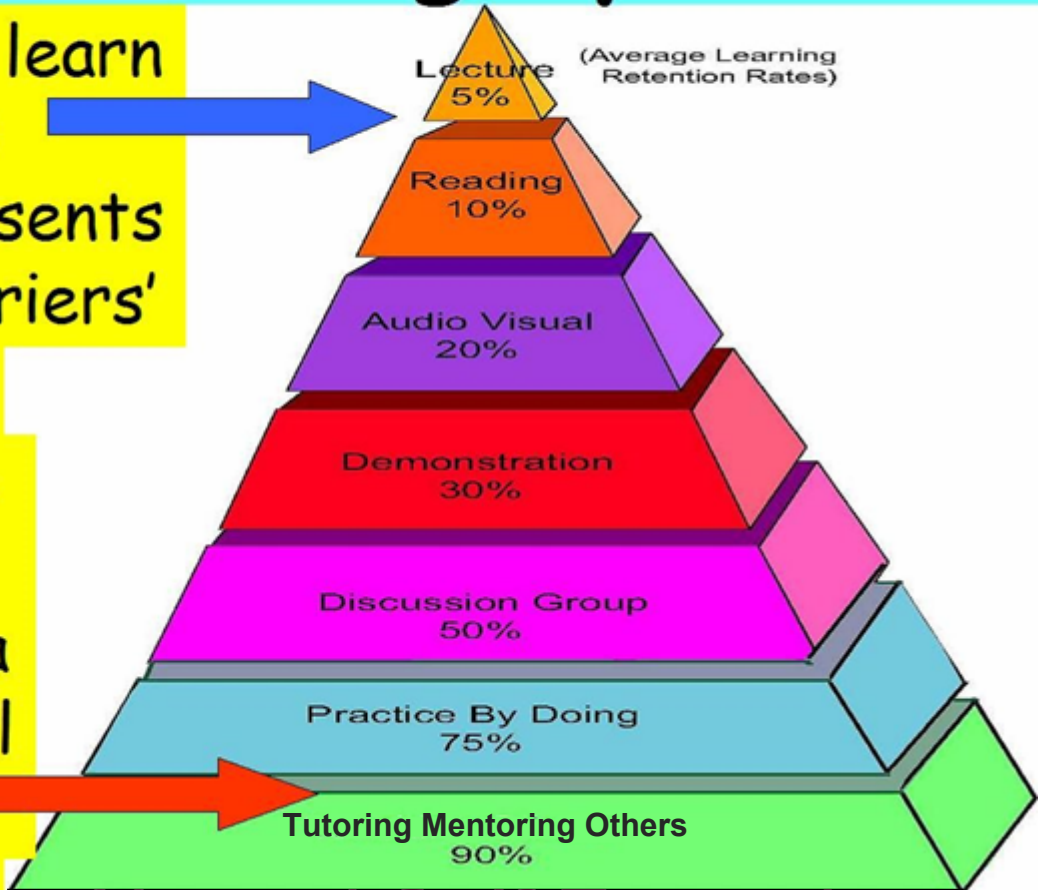


# Pascas Women's Shelter

## The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

We are not to consider the ways of 'teaching' that appear throughout education systems of the world where a lecturer talks down to disinterested students from a podium in front of a blackboard.

Unbridled *Personal* **LIBERTY** = True Self-**Expression**





# Tutoring



Natural Self Expression!





Counsellor  
Cert IV Pfd



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



Social Worker certificate level IV with Pfd in field of Social Work – Living Feelings First

**A Chaldi Chappy is a Pascas Community Counsellor, holding a Social Worker certificate level IV with Pfd in the field of Social Work – Living Feelings First.**

This is what are the qualifications of a Pascas Counsellor who is also referred to as a Chaldi Chappy having received training through a Chaldi College as an alternative to Pascas University.

Refer to: Pascas Care Letters Transitioning to New Era



**CHALDI  
CHAPPY  
or  
Chappies**

# Chaldi Child Care Centre & Kindergarten



**SAFE SANCTUARIES**

It takes a Community to Protect a Child



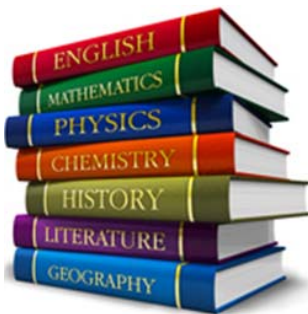
# CHALDI COLLEGE

## Primary thru to High

### "Feelings First"

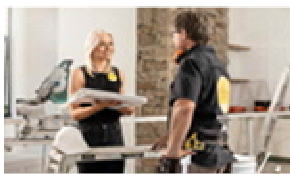


Children Tutoring Each Other!

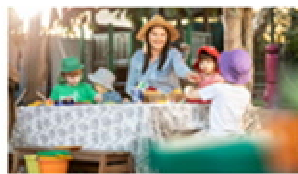


# CHALDI TAFE COLLEGE

Technical and Further Education



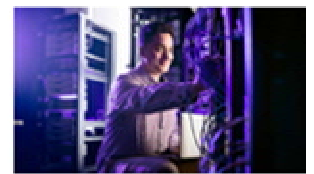
**Building and construction**



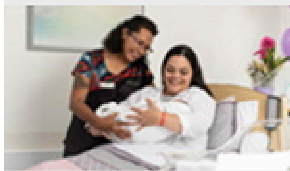
**Child care**



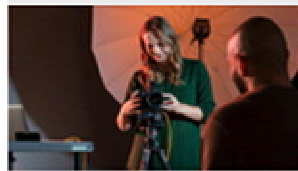
**Sports and fitness**



**Technology, information and networking**



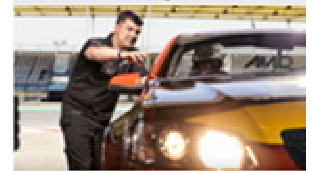
**Nursing and health**



**Creative**



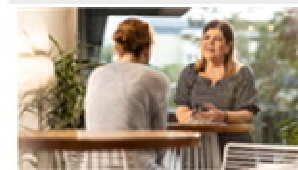
**Agriculture and horticulture**



**Automotive**



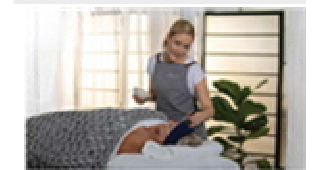
**Business, justice and management**



**Community services**



**Hospitality and cookery**



**Beauty and hairdressing**



**By location**



**Online courses**



**Apprenticeships**



**TAFE at School**

# PASCAS UNIVERSITY

## HIGHER EDUCATION SUBJECT GROUPINGS:



**ANIMALS AND  
LAND**



**ARCHITECTURE,  
BUILDING AND  
CONSTRUCTION**



**ARTS,  
HUMANITIES  
AND LANGUAGES**



**CREATIVE ARTS,  
DESIGN AND  
MEDIA**



**ECONOMICS,  
COMMERCE,  
BUSINESS AND  
MANAGEMENT**



**EDUCATION AND  
TEACHING**



**ENGINEERING**



**HEALTH  
SCIENCES  
(ACADEMIC)**



**HEALTH  
SCIENCES  
(PROFESSIONAL)**



**HOSPITALITY,  
TOURISM AND  
EVENT  
MANAGEMENT**



**INFORMATION  
TECHNOLOGY  
AND COMPUTER  
SCIENCE**



**INTERNATIONAL  
RELATIONS AND  
DEVELOPMENT  
STUDIES**



**LAW AND  
CRIMINOLOGY**



**MARINE,  
ENVIRONMENT  
AND RENEWABLE  
ENERGY**



**MEDICINE**



**MULTIMEDIA  
MOVIES AND  
MUSIC**



**NURSING,  
MIDWIFERY AND  
PARAMEDICINE**



**PSYCHOLOGY**



**SCIENCE**



**SOCIAL WORK  
AND  
COUNSELLING**



**SPORTS AND  
EXERCISE  
SCIENCE**

# CRAFT CREATIONS

## Rules

Dig Up Time For Yourself



Sew Seeds of Kindness



Pour Into Friends & Family



Weed Out Negativity



Bloom Where  
You Are Planted

# Childhood Suppression is the elephant in the room!





The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

# 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.**

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



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



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



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

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



Feelings, good and bad, are to be expressed.

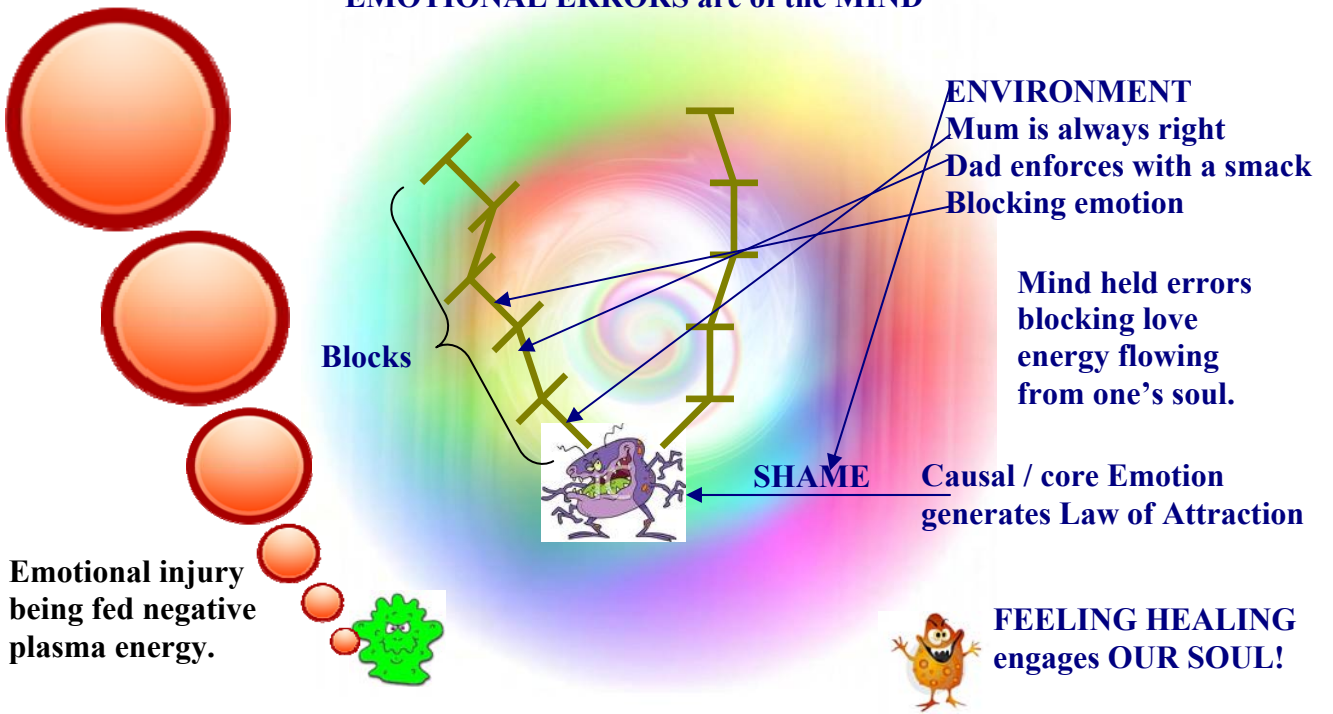


Talk it Out!



Heartfelt feelings are our truth.

**EMOTIONAL ERRORS are of the MIND**



**Enters emotionally - is to leave emotionally!**

**WHAT ENTERS EMOTIONALLY  
 IS TO BE EXPRESSED  
 EMOTIONALLY WHILE LONGING  
 FOR THE TRUTH TO BE KNOWN  
 ABOUT WHAT IS BEING FELT!**

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

*Conception is individualisation of our unique personality!*

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

*We perpetrate their erroneous ways!*

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

# 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.

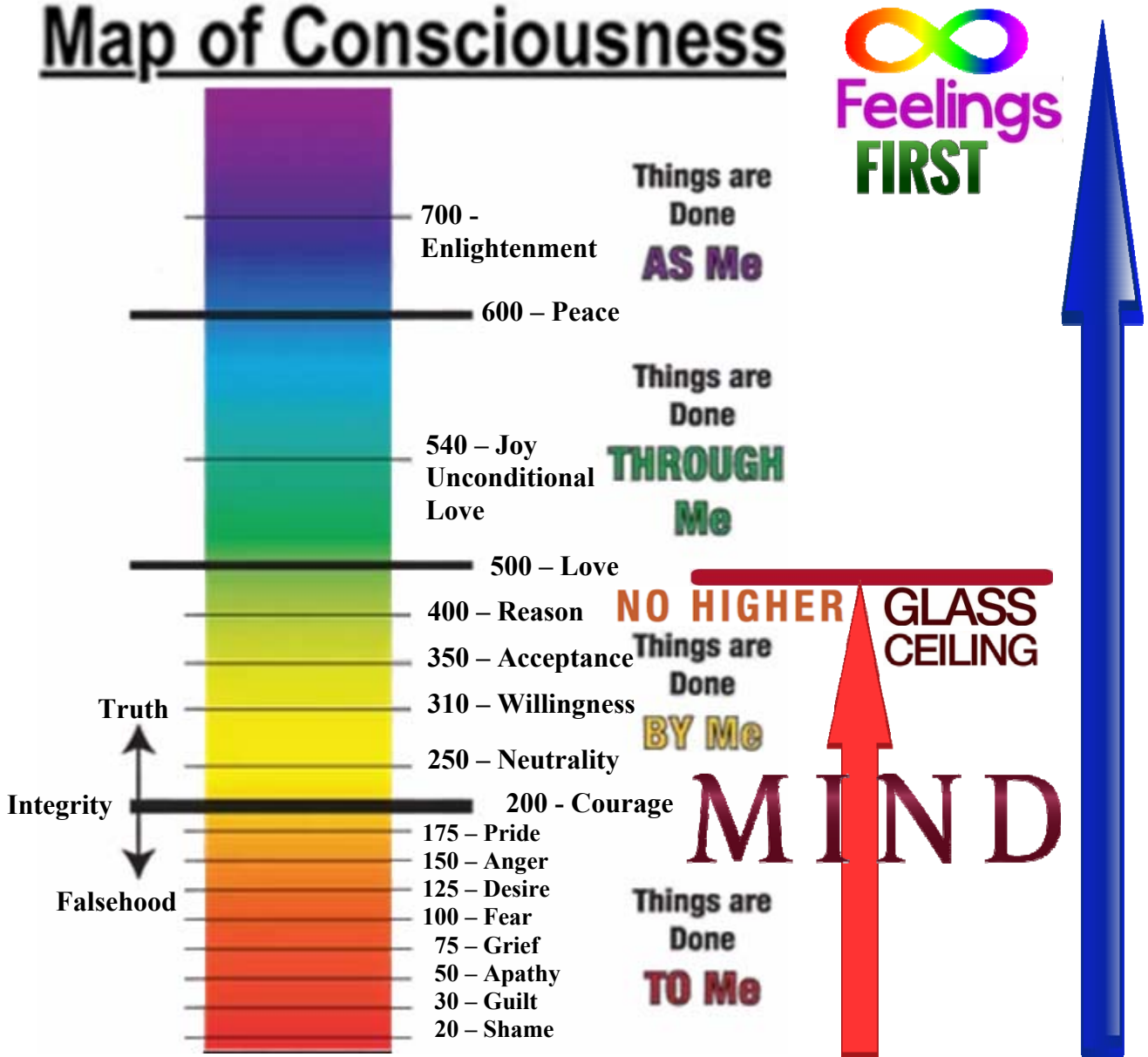
Suicide is possible and probable.

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

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

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

# Map of Consciousness





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

-ALBERT EINSTEIN

## EINSTEIN'S THEORY of INSANiTY



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

<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)

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

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

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

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

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

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

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

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

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

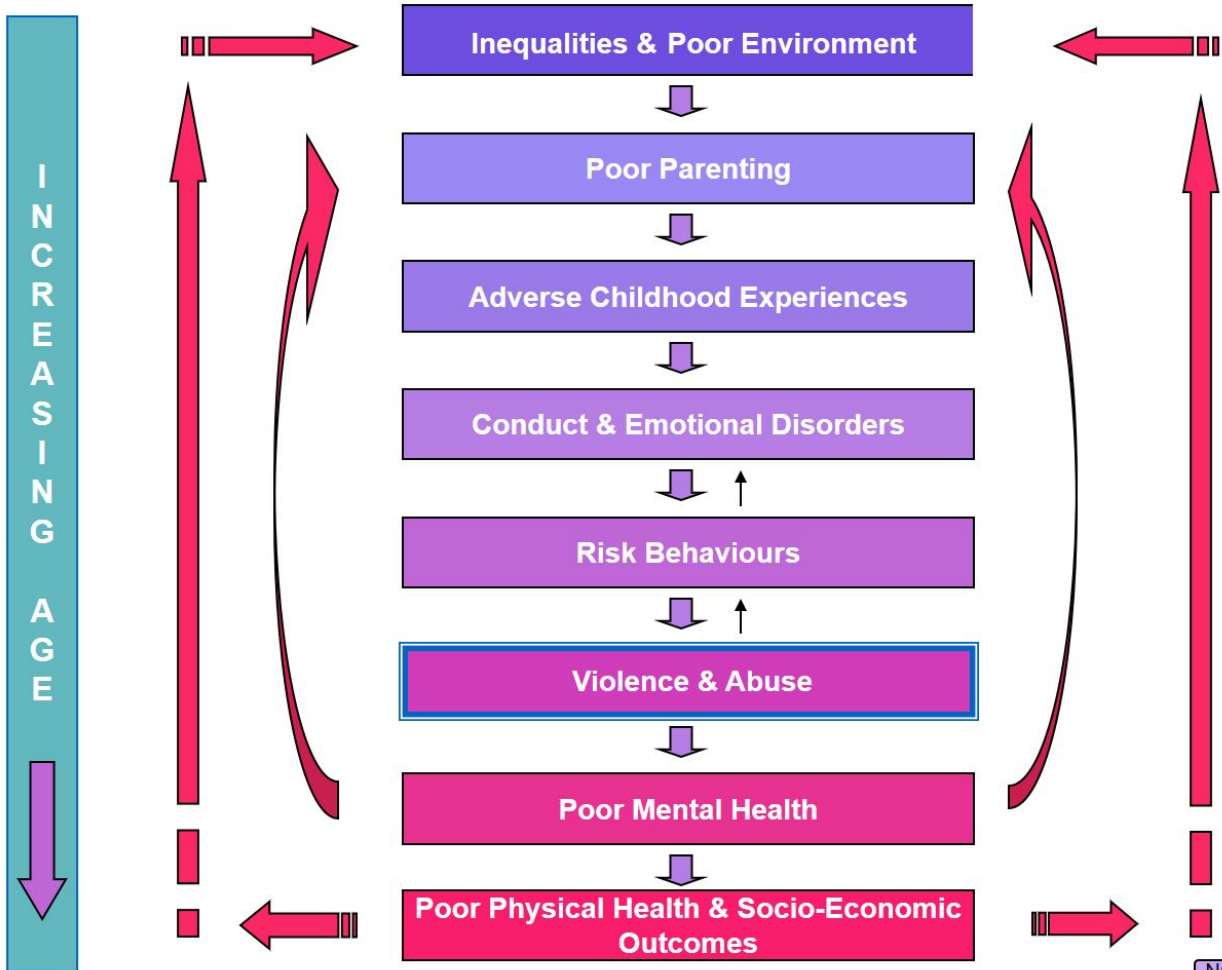
## **Enters emotionally - is to leave emotionally!**

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

# LIFE IS FOR LEARNING



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



Nurse J, 2008



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**



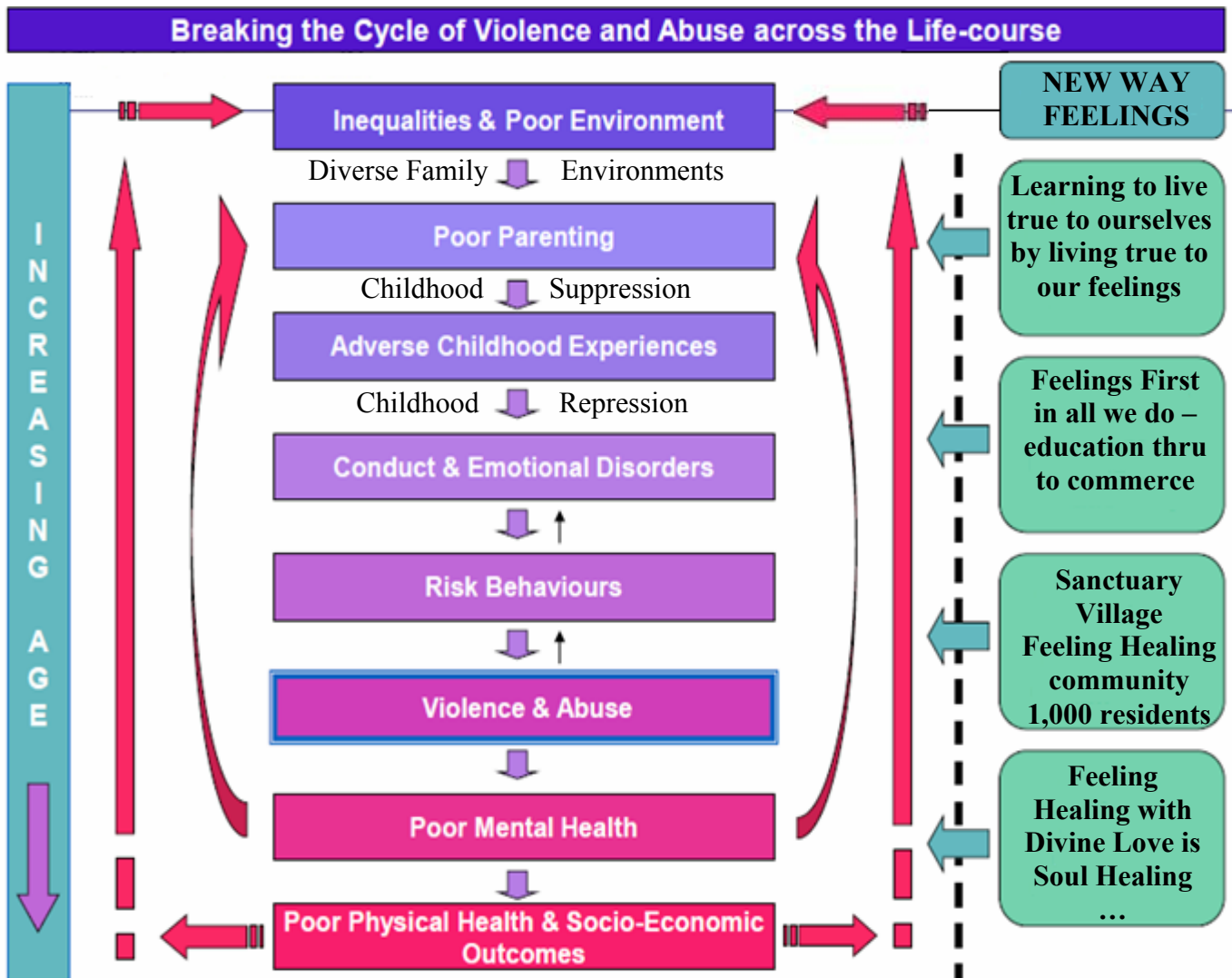
**Caligastia pair**



Arrested and imprisoned 1993 CE



**Daligastia pair**



# ALL HELL WILL BREAK LOOSE FOR HUMANITY

By [Egon von Greyerz](#)

22 March 2022



**We are now at the end of an era of economic and moral decadence in a debt infested world built on false values, fake money and abysmal leadership. All hell will break loose.**

**The consequences will be fatal for the world.**

There are eras in history which have produced great leaders and thinkers. But sadly, the current era has produced nothing of that kind. The end of an economic cycle produces no great leadership or statesmanship but only incompetent leaders.

Looking at the Western world, the only notable statesman in the last few decades in my view is Margaret Thatcher, prime minister of the United Kingdom from 1979 to 1990.

But political leaders are of course instruments of their time. Sadly times as the current don't produce Superior Men and Women.

As Confucius said:

**“The Superior Man thinks always of virtue, the common man thinks of comfort.”**

It is the buildup of a massive debt mountain which has given the Western world a false comfort based on false values.

As I have pointed out many times, the US has increased its debt every year since 1930, with a couple of minor exceptions in the 1950s and 1960s. The Clinton surpluses in the late 1990s were fake and in fact deficits.

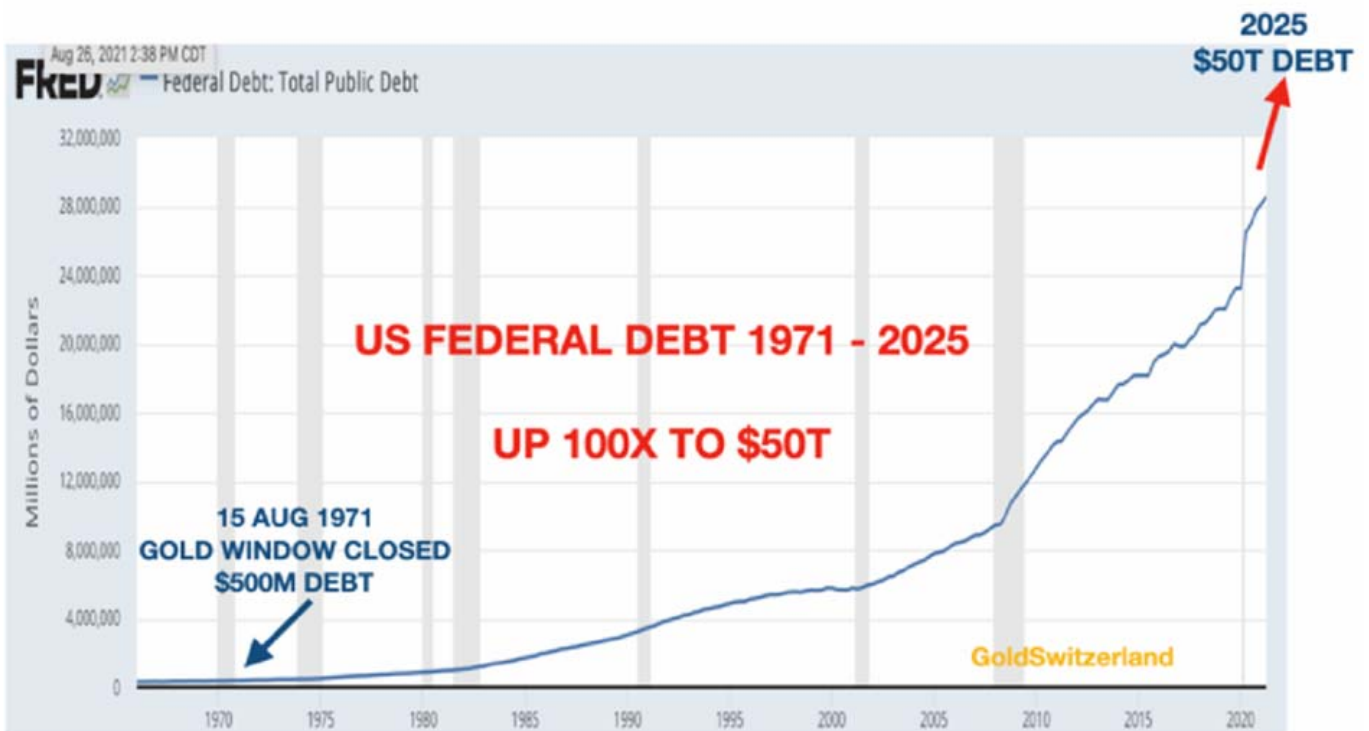
In history, when there is undue economic pressure, starting wars is popular and often felt necessary. It is convenient to blame the war for the increasing debts.

The Gold Standard was an excellent method for preventing governments to spend money they didn't have. Since money couldn't be printed at will, deficits then had to be financed by settling debts in physical gold.

**THE GOLD WINDOW HAS BEEN “TEMPORARILY” CLOSED FOR 50 YEARS**

As Nixon in the late 1960s had to meet the US debts to France in gold, he decided in 1971 to close the gold window temporarily. He clearly didn't want to hand all the US gold to de Gaulle. Over 50 years later that gold window is still temporarily closed with fatal consequences for the US and the world.

The chart below shows the exponential growth of US debt since 1971. As we reach the final stages, the



debt curve is explosive since 2019.

Creating debts of this magnitude is only possible without the discipline of gold backed currencies.

## THE FAT LADY HASN'T SUNG YET

But as I have explained before, the debt explosion is not finished until the fat lady sings. And sadly a lot will happen before she finally sings.

Because like most economic eras, this one will finish with a number of spectacular events, many of which will take place concurrently.

Only a few months ago, Powell and Lagarde were singing from the same hymn sheet about transitory inflation.

But as these Central Bank chiefs prove consistently, they are always wrong. For years they are trying to get inflation to two percent and then, all of a sudden, it is approaching 10% and they don't understand what has hit them.

They haven't even understood that Keynesianism was dead before it started.

Even a monkey would understand that if you print US\$10s of trillions and keep interest rates at zero or negative for years, the end result will be spectacular inflation.

Initially we saw unprecedented asset inflation in stocks, bonds and property but it was always clear that the exponential increase in money supply would eventually reach consumer prices.

## THE PERFECT STORM

What is coming next is the inevitable perfect storm.

A perfect storm means that everything that can go wrong will go wrong. And that is not just obvious failures in many parts of society but also totally unforeseen consequences.

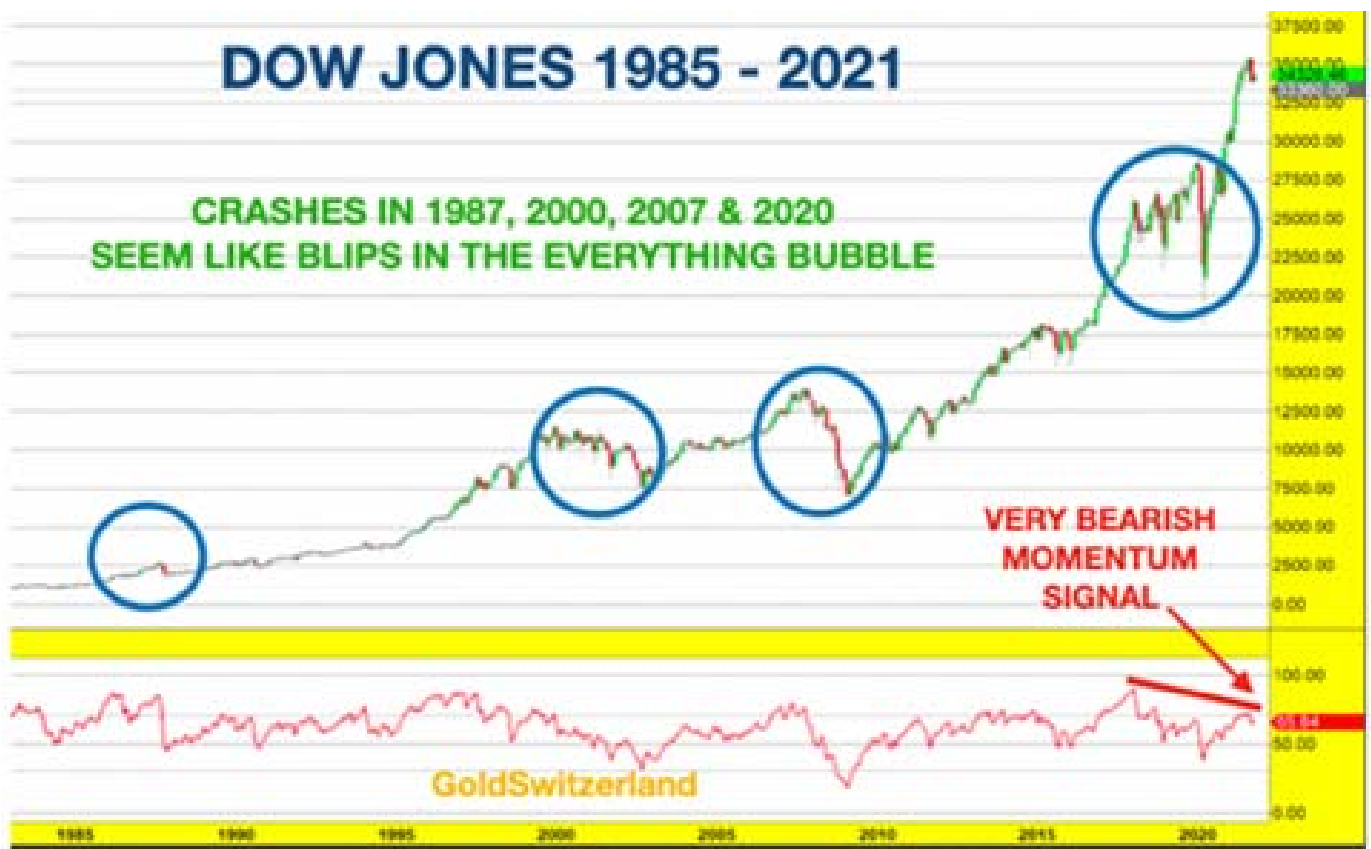
Let's just look at some of the obvious events that will take place in the next few years:

### Financial Markets

**Stocks** have topped worldwide. The correction currently taking place is likely to end very soon in a devastating decline.

Everyone will get slaughtered when hell breaks loose. Whether investors buy the dip or just hold on to their stocks, they won't understand what has hit them.

Just look at the chart below and the major falls starting in 1973, 1987, 1999, 2007 and 2020. They were all nail biters at the time, but today you can hardly discern many of them on the chart.



For decades every correction has recovered and reached new highs.

But this time WILL BE DIFFERENT, although no one expects it!

Stocks are likely to decline by 75-95% in real terms and not recover for years or maybe decades.

Remember that in 1929, the Dow declined by 90% and that it took 25 years before it recovered in nominal terms. And this time the economic circumstances are exponentially worse.

**Bonds** have gone up for over 40 years and rates reached zero or negative. Rates have now turned up and we are likely to see interest rates reach at least the 1980 levels of 15-20% and probably higher in a hyperinflationary debt collapse. Many bonds will become worthless and more suitable for framing and hanging on the toilet wall as a reminder for future generations.

**Credit** markets will come under that same pressure as bond markets with defaulting borrowers, neither in a position to service the debt nor repay it.

**Property** markets have also reached extremes, fuelled by cheap or free money and unlimited credit at very high leverage. In Europe mortgage rates are around 1%. These negligible and irresponsible financing costs have driven property prices to ridiculous and unsustainable levels.

My first mortgage was in the UK. In 1973 the rate went up to 21% in a high inflation environment!

Today, few borrowers could afford an increase to 3%, never mind 10% or 20% like in the 1970s.

As rates rise, it is absolutely certain that the residential and commercial property markets bubble will implode, leading to major defaults, very high vacancy rates and homelessness.

Governments will initially subsidise these markets by endless money printing, but in the end that will fail too as money dies.

**Derivatives** are a major financial nuclear bomb that is likely to be a death knell for financial markets. As I wrote in a recent article [“Chaos and the triumph of survival”](#), LINK global derivatives, primarily OTC (over the counter), are most likely in the \$2+ quadrillion range.

Every single financial instrument contains a derivative element with massive leverage.

Due to the current volatility in commodity markets, most large commodity trading firms as well as hedge funds are now exposed to margin calls.

For example, many JP Morgan clients are currently under enormous stress in a massively over leveraged market.

So if JP Morgan clients are under stress, this means that JPM and other banks will also be under pressure.

**Remember that this is just the beginning of the crisis with more bad news unravelling on a daily basis.**

**As the derivatives market blows up with counterparties failing, central banks will have to print quadrillions of worthless dollars, paving the way for massive hyperinflation.**

**Banks & Financial System** will clearly be under tremendous pressure initially and eventually totally or partly fail as the above problems unravel.

**Governments and central banks will obviously be powerless in this scenario. The rescue of the system in 2008 was just a temporary stay of execution. Global debt has trebled since early this century from \$100 trillion to \$300 trillion. But remember this is mostly fake money which has created false asset values standing on a foundation of quicksand.**



**All this is now about to collapse.**

## **NOT JUST AN ECONOMIC & FINANCIAL STORM, BUT ALSO HUMAN HELL**

The coming economic and financial crisis will have devastating effects on the world. Here are a few affected areas:

**Commodity inflation** is guaranteed. For years it has been clear that the long-term commodity cycle was bottoming and a massive surge in commodity prices would start. The cycle had already started to go up well before the Ukraine crisis (invasion of Ukraine by Russia commencing on 24 February 2022), but it is fascinating how events fall into place in order to create the perfect storm. I covered some of this in my previous article "[A Global Monetary & Monetary Inferno of Nuclear Proportions](#)".

**Dollar collapse**, together with most other currencies, is guaranteed. As money printing and inflation rises in an uncontrolled fashion, the dollar will quickly reach its intrinsic value of ZERO. Most currencies will follow but they will take turns.

**Digital money** is likely to be launched in coming years. But I don't think that crypto currencies will play a major role except as a very speculative investment. More important will be [CBDC](#) (Central Bank Digital Currency) which will be another form of fiat money, but now digital. As all fiat money, CBDCs will be quickly debased by endless electronic printing.

**WEF & Claus Schwab** have got more prominence than they deserve. In my view they will lose whatever power they now have as financial asset values and their wealth implode. Thus, I don't believe that their reset will happen or succeed. Governments might try resets but they will fail. The only real reset will be disorderly and as outlined above.

**Unemployment** will increase dramatically as world trade declines and the financial system comes under pressure. Many companies will perish.

**Pension systems** will fail, as the values of pension funds collapse.

**Social security** systems will not function as the governments run out of real money.

**Human Hell** breaking loose will sadly be felt by most people on Earth as a consequence of the problems outlined above. And that is without a bigger nuclear war, which obviously would be fatal for the world.

Massive price increases, especially in food and energy combined with shortages, will hit everyone, both developing countries and the industrialised world.

**The consequences of food shortages and economic misery, combined with the failure of governments to function properly, will clearly lead to social unrest in many places, even civil war!**

# Thousands of women face homelessness every night. A new campaign hopes to tackle the issue

<https://www.sbs.com.au/news/article/thousands-of-women-face-homelessness-every-night-a-new-campaign-hopes-to-tackle-the-issue/qissokllb>

27 March 2022

On any given night in Australia, 49,000 women are homeless. Every year 39,000 women and children come to homelessness services because of domestic and family violence. And due to having nowhere affordable to live, 7,690 women a year are forced to return to the perpetrators.

Australia's Unhoused is a national crisis, and it can affect you, a family member or a friend in the blink of an eye – that's why we're calling on the government to invest AU\$7.6 billion to provide permanent housing for women.

Use your voice, you can help by heading to the link in bio. Sign The Petition and Help Australia's Unhoused Women.

With 49,000 women in Australia facing homelessness every night, a campaign has been launched calling for increased government funding to try to alleviate the issue.



67-year-old Bee experienced homelessness 12 years ago after a marriage break down and cancer diagnosis. Source: SBS / Yoshuya Shimasaki

At the age of 55, Bee had lost everything.

After a marriage breakdown and stage three cancer diagnosis she found herself homeless.

The once financially stable graphic designer had no place to call home and found herself in and out of temporary accommodation.

"I packed all my things in the car and I thought what do I do? I don't have a lot of money, I don't have a job. So then I was just driving and I saw a park and I just started to bawl," the now 67-year-old told SBS News.

"It's like you are thrown into a deep ocean, and you have to try and swim."

Bee's situation isn't uncommon — the Australian Bureau of Statistics' (ABS) most recent data shows women over the age of 55 are the fastest-growing group to experience homelessness, showing an increase of 31% between 2011 and 2016.

ABS statistics from 2016 showed there were 49,000 women in Australia facing homelessness each night. (Australia's population in 2022 is 26,000,000 – consider 1 in 500 as potentially homeless.)

[400,000 women over 45 are at risk of homelessness in Australia](#)



Last year (2021), the '[Nowhere to Go](#)' report by Equity Economics showed 41% of people using homelessness services also sought help for domestic and family violence, a 5.9% increase compared to 2020.

The 2021 Equity Economics 'Nowhere to Go' report provided insight into the increase of women's homelessness in Australia. Source: SBS / SBS Full Stop Australia assists people affected by sexual,

domestic and family violence.



"The number one reason for women becoming homeless in this country is because of domestic and family violence," said Full Stop CEO Hayley Foster.

"And we often ask this question: why doesn't she just leave? Well the answer to that is, does she really have somewhere else to go?"

Full Stop Australia CEO Hayley Foster. Source: Supplied / Are Media

Call 1800 FULL STOP [1800 385 578](tel:1800385578)

**Hayley Foster CEO Telephone:** 0477 442 122

**Email:** [media@fullstop.org.au](mailto:media@fullstop.org.au)

**Email:** [info@fullstop.org.au](mailto:info@fullstop.org.au) **Phone:** (02) 8585 0333

**Post:** PO Box 555 Drummoyne NSW 2047

Full Stop is one of a number of women's advocacy groups, including Homelessness Australia, Homelessness NSW, the Lokahi Foundation and magazine publisher Are Media involved in the 'Unhoused' campaign.

The campaign, timed to coincide with the upcoming federal election, is calling on the federal coalition and the opposition to commit AU\$7.6 billion in funding to provide 16,810 permanent homes for women, within the next term of government.

The housing figure is based on the 'Nowhere to Go' report, which found building the new social housing for women would deliver economic benefits of AU\$15.3 billion and create 47,000 jobs across the country.

It also found it would avoid AU\$122.5 million a year in costs due to women returning to a violent partner and AU\$257 million in costs due to women becoming homeless after leaving their homes because of family and domestic violence.

In a statement, the federal government said it has committed an estimated AU\$9.3 billion dollars to improve housing and homelessness outcomes in 2021-22.

This includes a total of around AU\$641.5 million from 2018-19 to 2022-23 to support the provision of homelessness services under the current National Housing and Homelessness Agreement (NHHA), which prioritises women and children affected by family and domestic violence.

The Minister for Housing Michael Sukkar said in a statement earlier this month, "We know the importance to women that home ownership brings. It offers dignity, creates stability and allows the opportunity for women in this country to chart their own course in life."

SBS News has asked the federal Opposition for comment.

In 2021, there were almost 5,000 women over the age of 55 on the waiting list for social housing in NSW alone.

And it's older women who have the fewest options.

"They are a broken relationship away from poverty and destitution and we just don't have the social housing in place to make sure there is a safe and secure landing," Ms Smith said.

For Bee, it's taken 12 years, but she is slowly starting to become herself again.

"Every day I am trying to better myself and eventually have a life, have a work life, have a meaningful life and be normal again."

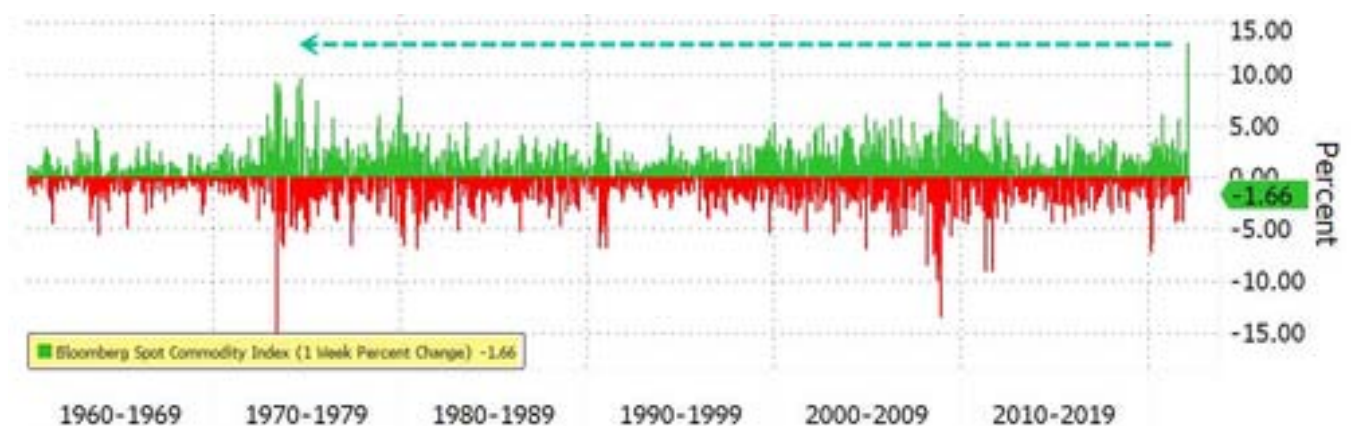
# These Charts Show Russia's Invasion Choking World of Natural Resources

[https://www.zerohedge.com/commodities/these-charts-show-russias-invasion-choking-world-natural-resources?utm\\_source=&utm\\_medium=email&utm\\_campaign=549](https://www.zerohedge.com/commodities/these-charts-show-russias-invasion-choking-world-natural-resources?utm_source=&utm_medium=email&utm_campaign=549)

19 March 2022

For weeks, we've detailed how Russia's invasion of Ukraine has sparked one of the most significant commodity shocks the world has ever experienced. It even supersedes changes to commodity markets in the 1970s and involves every commodity from grain to fertilizer to crude to metals.

In a series of charts (provided by [Bloomberg](#)), we will show just how the Ukrainian conflict and



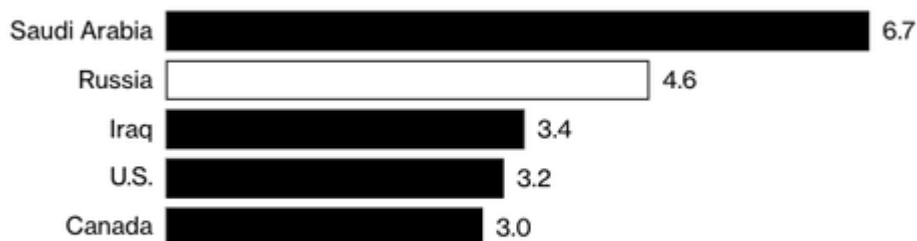
Western sanctions on Russia are choking the world's supply of natural resources, driving up prices.

Russia is a top exporter of many commodities.

Here is the share of Russian exports for each region of the world. The U.S. and allies implementing bans on Russian crude and other commodity exports have disrupted global trade and unleashed supply constraint fears (here's why banning Russian crude imports is risky).

## Russia Is Second-Biggest Crude Exporter

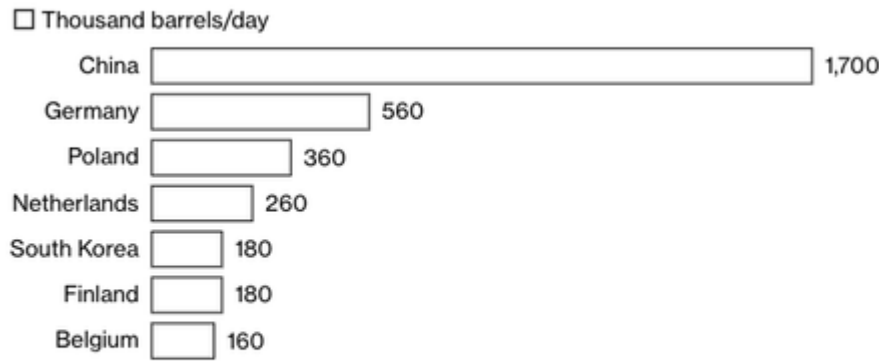
■ Million barrels/day



Source: Joint Organisations Data Initiative (JODI). Data are for 2020.

Anyone who has filled up their fossil fuel vehicle has noticed prices at the pump have soared since the invasion. That's because Russia is the second-largest crude exporter globally, behind Saudi Arabia. The U.S., U.K., and Canada have banned imports of Russian imports, sending energy markets into turmoil.

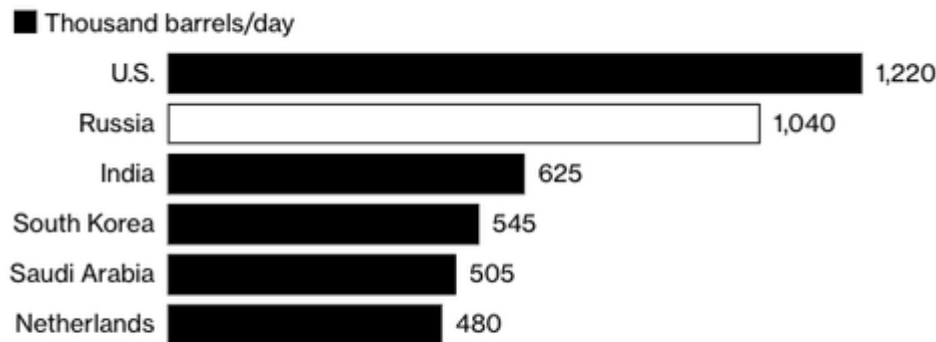
### China and Europe Are Key Destinations for Russian Crude



China, Germany, Poland, and the Netherlands are some of the top regions that receive Russian crude. Any loss of oil will impact refineries and their ability to produce crude products.

Sources: BP for China, vessel tracking data monitored by Bloomberg for South Korea and Eurostat. Note: Figures are rounded to the nearest 10K barrels/day. Data are for 2020.

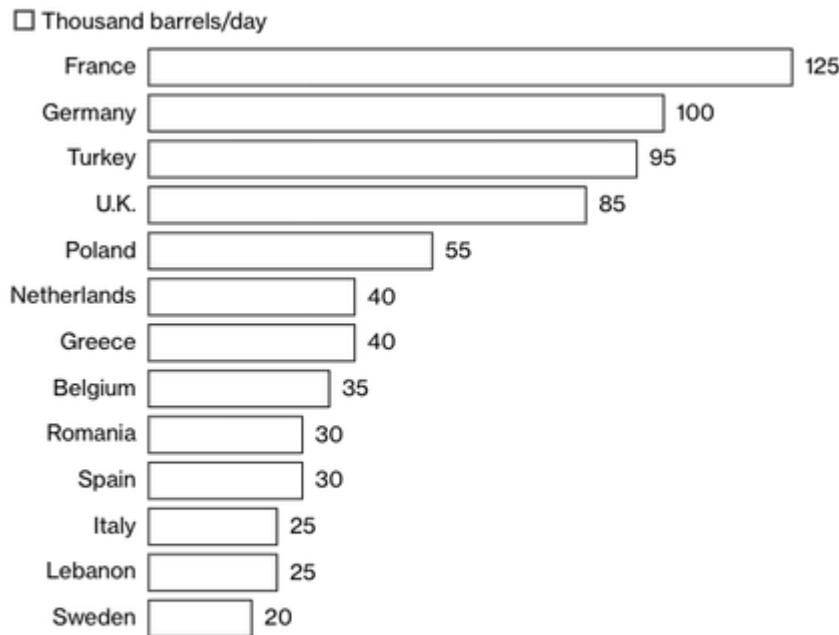
### Biggest Exporters of Gasoil and Diesel



Russia is the second-largest exporter of gasoline and diesel, right behind the U.S. Their largest export market is Europe.

Source: Joint Organisations Data Initiative. Data are for 2020.

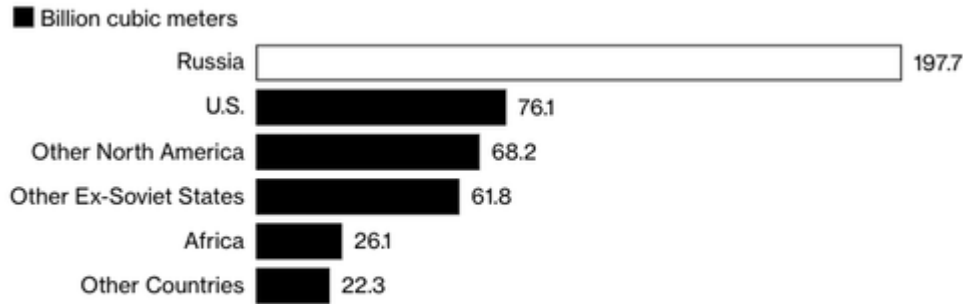
### Europe Guzzles Russian Gasoil and Diesel



France, Germany, Turkey, and the U.K. guzzle the most Russian gasoline and diesel per day by volume. A supply shock has already caused soaring prices and shortages as European countries shun purchases from Russia.

Source: Eurostat and Vortexa. Note: Figures are rounded to the nearest 5K barrels/day. Data are for 2020.

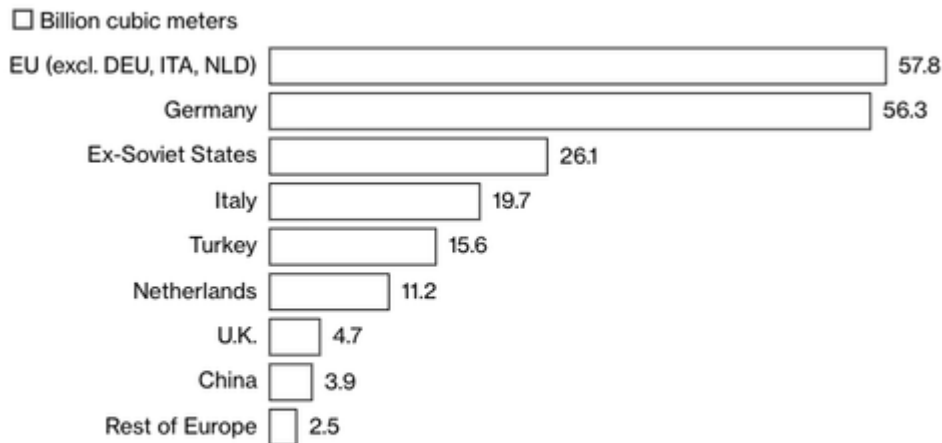
### Russia Exported 44% of Pipeline Gas in 2020



Russia also happens to be the largest exporter of natural gas. Most of it ends up in Europe. Moscow has already threatened to cut supply as European leaders search for suppliers elsewhere.

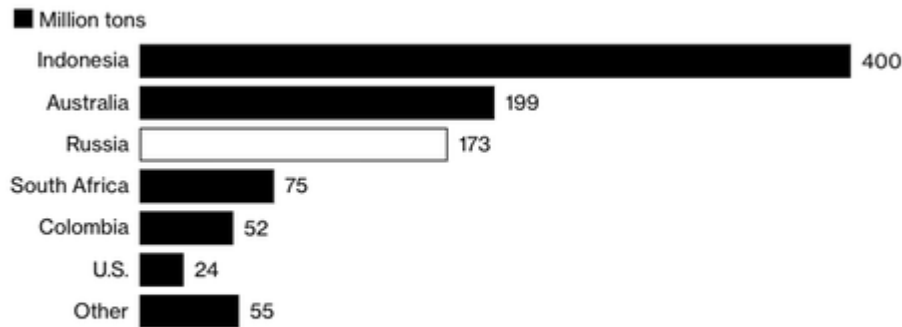
Source: BP's Statistical Review of World Energy

### Buyers of Russia's Pipeline Gas



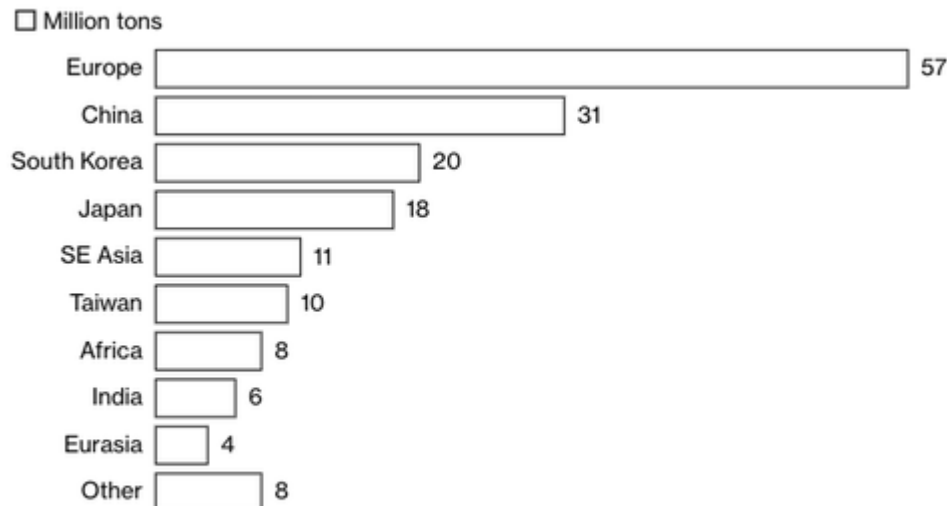
Germany is the largest receiving country of Russian natgas through pipelines.

### Russia Ranks Third in Thermal Coal Shipments



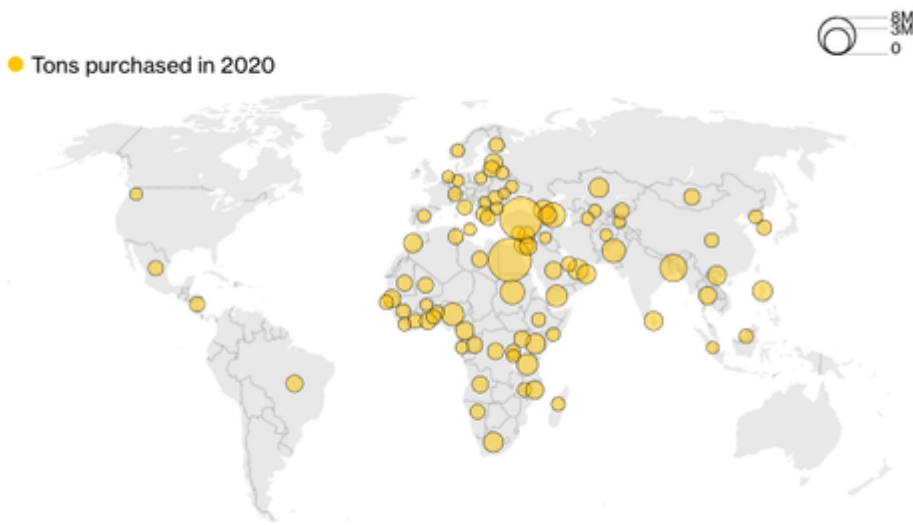
Russia is third in the world for thermal coal exports used in power plants. Europe is the largest buyer of Russian coal.

### Europe, China Are Top Buyers of Russia's Thermal Coal



Here are the largest buyers of Russian thermal coal.

### Russian Wheat Is Consumed Around the Globe



Source: UN Food and Agriculture Organization

When it comes to agricultural exports, Russian wheat is exported worldwide. [Russia and Ukraine have halted](#) wheat exports that will impact global food supplies. The outcome could be an [imminent starvation crisis](#). One could also be [brewing](#) in the US.

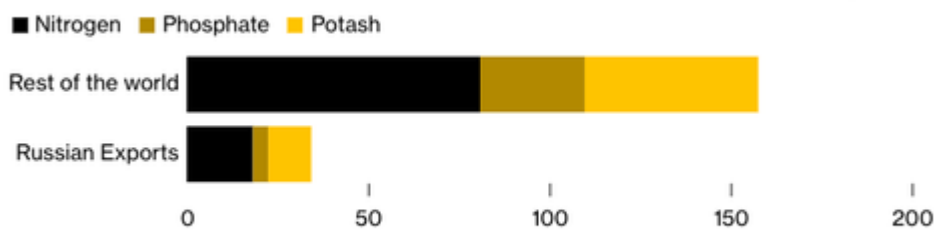
### The Biggest Buyers of Russian Sunflower Oil



Source: UN Food and Agriculture Organization

As for edible oils, Russia is the second-biggest shipper of sunflower oil.

### Russia Accounted for Almost a Fifth of 2021 Fertilizer Exports

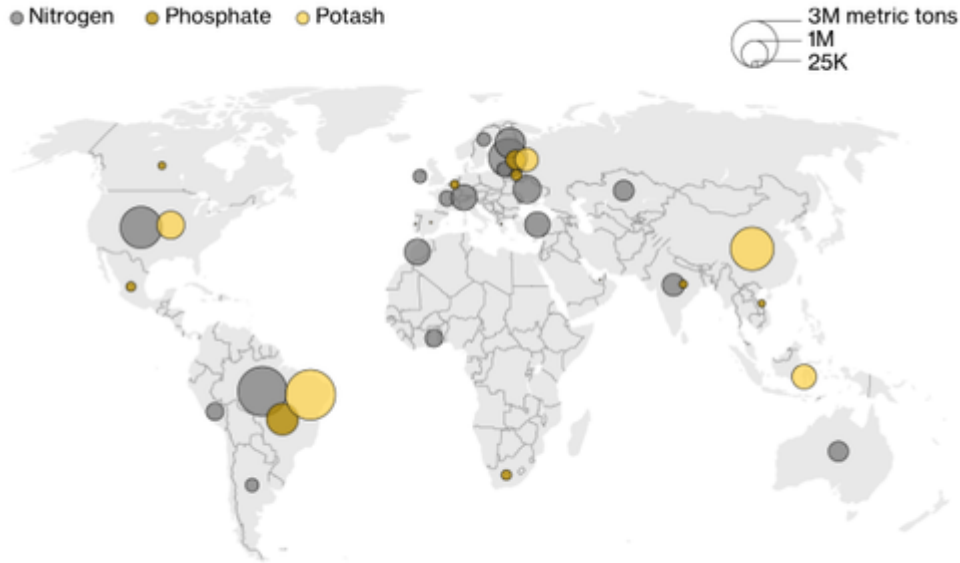


Source: Trade Data Monitor, Green Markets, a Bloomberg company. Data are in million metric tons.

Russia is also a top supplier of fertilizer. Moscow has reduced or halted nutrient exports.



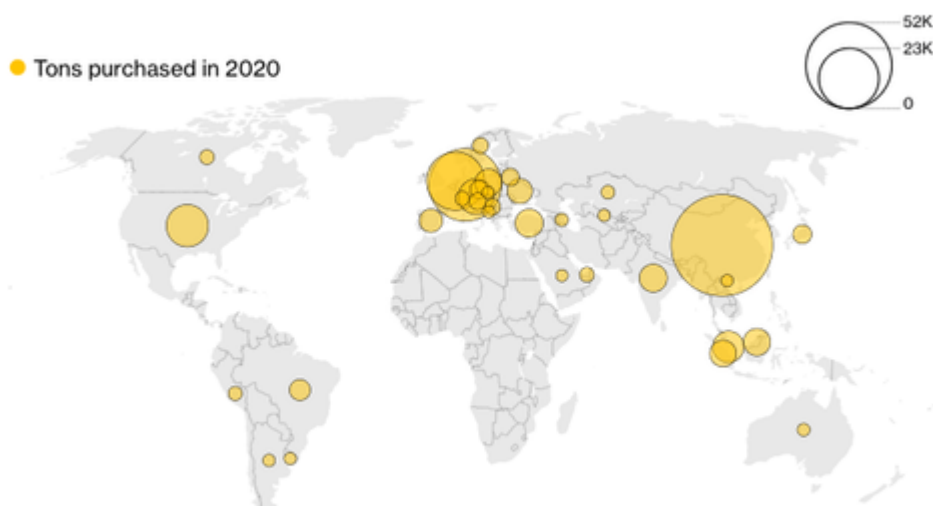
### Largest Buyers of Russian Fertilizers



Sources: Trade Data Monitor; Green Markets, a Bloomberg company

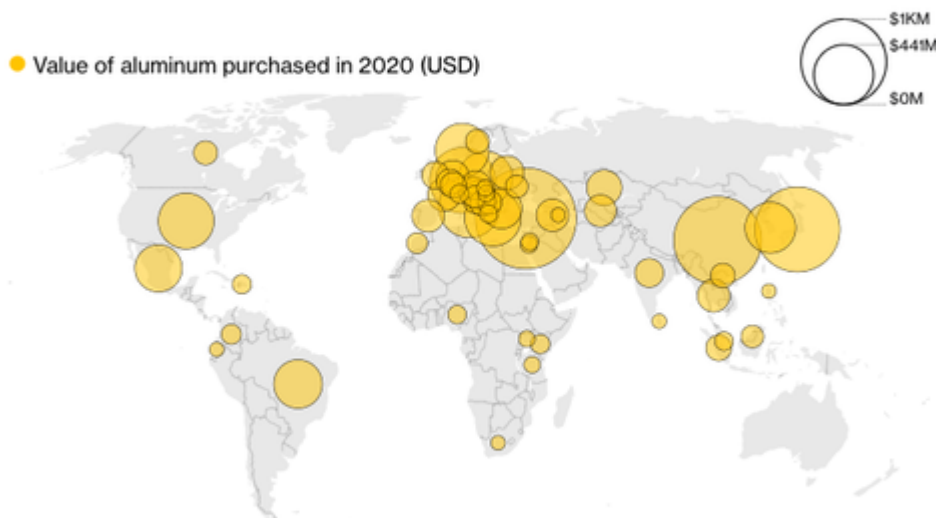
A decline in fertilizer exports will make it harder for farmers in Europe, South America, and Asia to have robust harvests this year that could strain the global food supply even more.

### Russia's Nickel Customers



Russia is a key supplier of industrial and precious metals. It's among the top players in exporting nickel, a critical metal for electric car batteries. China, Europe, and the U.S. are the largest buyers of Russian nickel. Tesla has raised car prices twice in the last few weeks because of soaring nickel prices.

### Turkey, China, Japan Are Among Top Buyers of Russian Aluminum

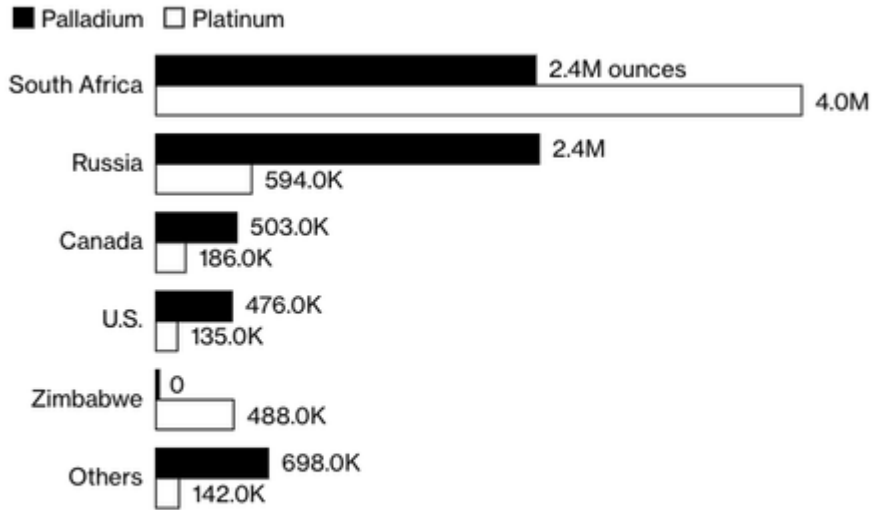


Most of the world relies on Russian aluminium.

Note: About \$194 million in aluminum (3.3% of the global total) was purchased by unspecified Asian buyers and is not displayed.

Source: UN Comtrade Database

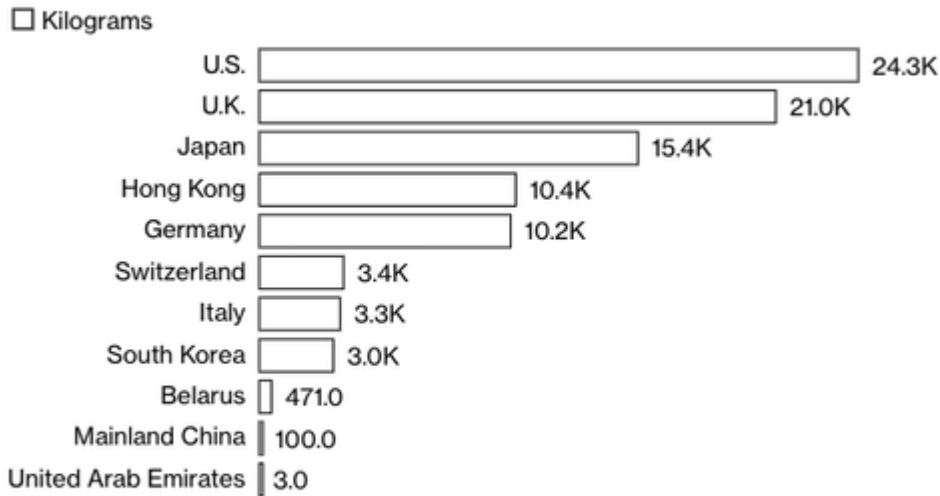
### Top Producers of Palladium and Platinum in 2021



Russia is the second largest exporter of palladium and platinum in the world.

Source: CPM Group. Note: Zimbabwe's palladium wasn't reported separately and is included in "Others."

### U.S., U.K. Are Top Importers of Russian Palladium

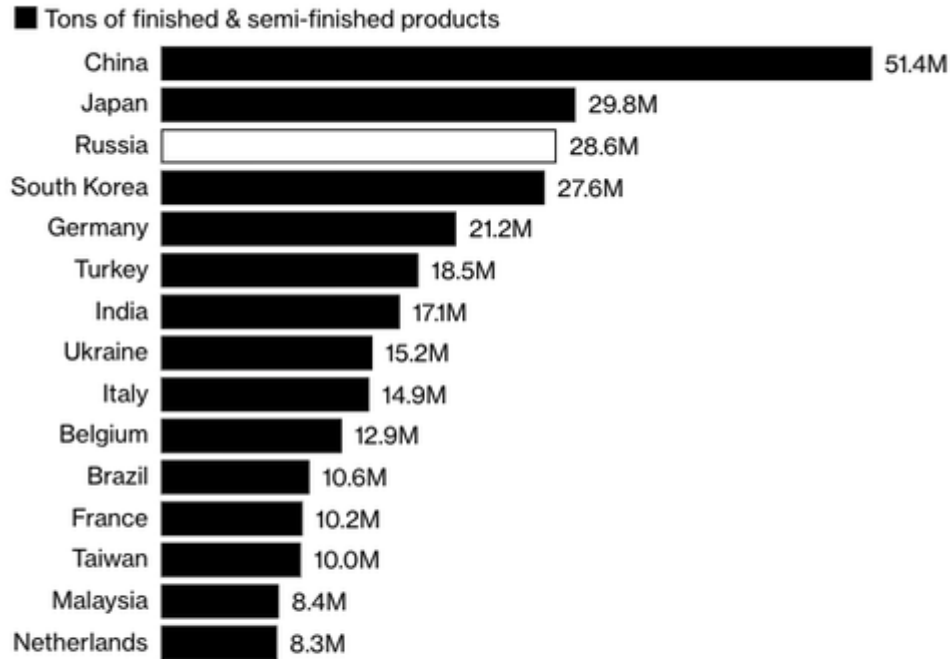


The US, UK, Japan, and Hong Kong are the top importers of Russian palladium, used primarily in catalytic converters for automobiles.

Russia is also the world's third-largest steel exporter.

Source: UN Comtrade Database. Note: Data are for 2020.

## Top Steel Exporters in 2020



Note: Worldwide total was 396 million tons.

Source: World Steel Association

The West trying to isolate Russia from the global economy with devastating sanctions and restrict its trade worldwide produces unimaginable inflation that could send the world into a stagflationary hellhole (the US bond market is warning about impending doom). Shortages of commodities could develop as prices skyrocket.

Could all of these disruptions suggest the next world war has begun? Billionaire Bill Ackman thinks so.



**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 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 and the Meeting House

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  
 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

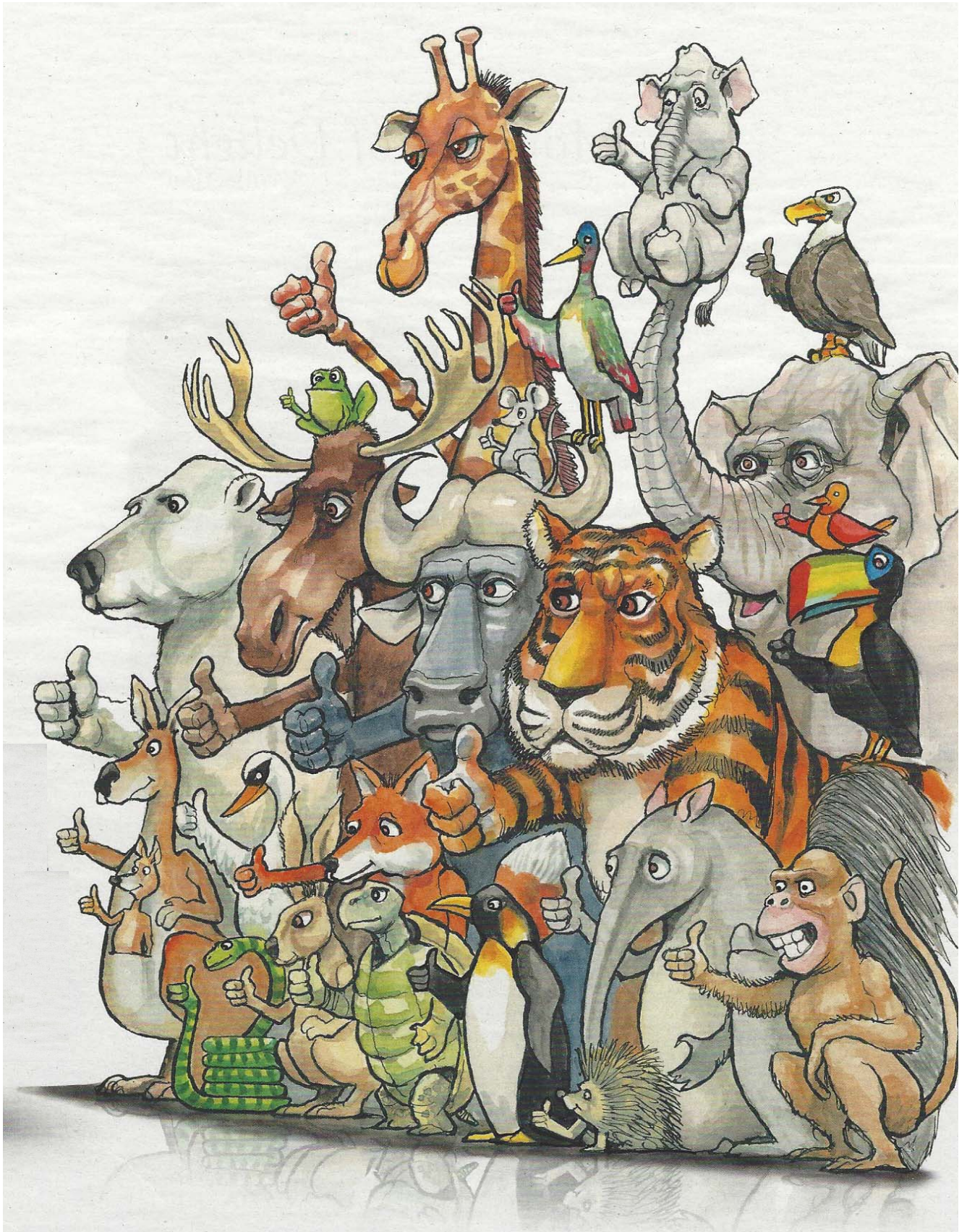
Pascas Café Overview  
 Pascas Food Basket  
 Pascas WorldCare Craft Creations

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)

# Healed potential



# Insightful Genius

*Brilliance!*

# DYNAMIC

# vibrant