

PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd
Unit 1 / 32 Bath Street
Labrador 4215 Queensland Australia

ABN 23 133 271 593

www.pascasworldcare.com

Bs +61 452 436 227

www.pascashealth.com

Em: info@financefacilities.com

MASS SHOOTINGS

NO WEAPONS

14 December 2025

Yes, there is a better way, and that way is not going to be delivered by the political systems worldwide as they neither understand the core cause of these atrocities to societies worldwide nor the way to mitigate the underlying reason why people resort to expressing their pain and ignorance in such diabolical fashion.

This dilemma prevailed while covert controllers had their way. However, commencing on 31 May 1914, that nexus began to be progressively broken down through the successful writings of the Padgett Messages, then The Urantia Book, and now the James Moncrief writings, these latest writings being the most important. On 22 March 2017 this cover control was blocked. On 31 January 2018 the control was ended. On 30 August 2025 the potential of such control, referred to as Rebellion and Default has now been permanently ended.

Thus, now the revelations of how humanity has been held back, stagnating in a stupor so to speak, and how we are to heal ourselves of the effects of living wrongly, living mind centric rather than feelings first, and how we are to consider The New Way and begin our journey of every increasing consciousness and vibrancy is now thoroughly documented and available to all to begin to put aside the potential for continuing with atrocities against society anywhere in the World.

This Pascas Paper delivers all that is required to permentally lift our individual lacking in truth and love and progressively evolve a society that not only puts behind it the criminality of such atrocities but brings about cooperation and collaboration that prevails within communities and societies.

Once we know, we cannot unknow!

Kindly consider what follows throughout this Pascas Paper as well as the references therein. Mass shootings will now take their place in history as we put our wrongness into the past.

Aspiring to Living Feelings First

John Doel

Pascas Foundation (Aust) Limited

BONDI BEACH PERPETRATORS of MASSACRE 14 December 2025

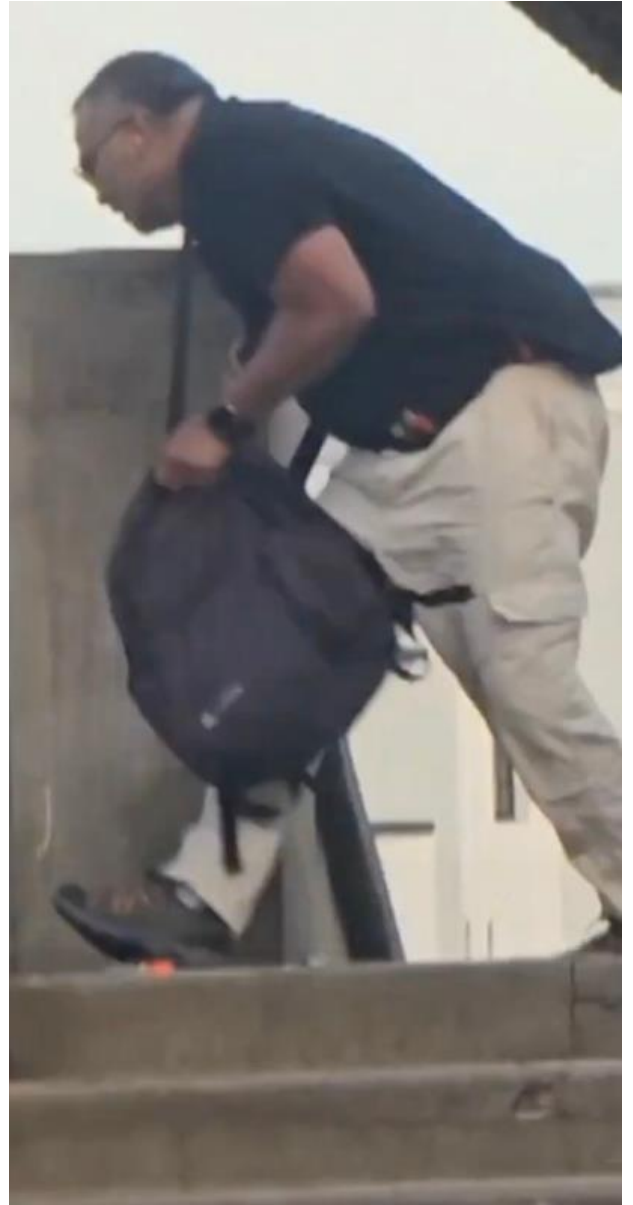
Naveed Akram, 24, and his 50-year-old father, Sajid, allegedly stormed the family-friendly Chanukah by the Sea event armed with shotguns and a bolt-action rifle, killing at least 15 and injuring 40 more in Sunday's terror attack on Sydney's world-famous beach, New South Wales police announced Monday.



Naveed Akram son MoC 75

Sajid Akram father MoC 80

Map of Consciousness (MoC)



We are in Pain because of our Unloving Childhood!
Worst thing for our children are their parents!

Who were the Bondi gunmen? Backgrounds of Sajid and Naveed Akram, firearms access and ASIO attention

<https://thenightly.com.au/australia/who-were-the-bondi-gunmen-backgrounds-of-sajid-and-naveed-akram-firearms-access-and-asio-attention-c-21007553>

15 December 2025

Bondi gunman Naveed Akram (the son) looked straight at a bystander, who was yelling at him to stop shooting towards a Jewish gathering at the iconic Sydney beach on Sunday night, and flicked him away like a mosquito.

Akram, with a high-powered bolt-action rifle in his hand, appeared unfazed by an audience filming his atrocity or the wailing sirens growing louder as he paced back and forth on a footbridge in between firing off bursts of bullets.

In one video captured of the shooting, an unidentified man's voice can be heard loudly pleading — from a distance — with the gunman to stop: “Brus, come on. Come on brus. What are you doing?”



“No. Oh my god. Where are the cops?”

“Bro, oi, bro.”

Akram, 24, stopped firing and looked towards the man before flicking his wrist, in a gesture to wave him away, and raised his weapon at him for a split second in an implicit warning to move along or he too would get shot.

Bondi gunman Naveed Akram. Credit: Supplied/X

Akram turned back towards his target — a gathering of the Jewish community to mark Hanukkah at Bondi Beach — and continued firing on the crowd from the pedestrian bridge that links Campbell Parade and Bondi Pavilion.

His co-offender and father, Sajid Akram, had left the footbridge to fire on the crowd from a closer position.

A few agonising minutes later, a police bullet appeared to hit Naveed. “They hit him,” a man can be heard saying.

Tonight the 24-year-old, born and raised in Australia, remains in hospital under police guard in a critical but stable condition.

His father, Sajid Akram, was shot dead by police at the scene.

On Sunday night, 14 December 2025, the two black-clad gunmen killed 15 innocent people, including a 10-year-old girl, and injured at least 40 at the Chanukah by the Sea event at the iconic Bondi Beach.

The pair, believed to be of Pakistani origin, staged the worst massacre in Australian history since Port Arthur was quickly declared a terror attack.

On Monday Anthony Albanese admitted Naveed had appeared on the Australian Security Intelligence Organisation's radar more than six years ago.

“The son first came to (ASIO’s) attention in October 2019,” he said.

“He was examined on the basis of being associated with others, and the assessment was made that there was no indication of any ongoing threat or threat of him engaging in violence.

“ASIO (was aware of him) with respect to his associations, rather than at that point there being a personal (terrorism) motivation from him.”

How ‘breeding ground for hatred’ led to tragedy at Bondi

The ABC reported Naveed came to ASIO’s attention due to his close ties to a Sydney-based Islamic State (IS) terrorism cell and that investigators from the Joint Counter Terrorism Team believe the gunmen had pledged allegiance to the IS terrorist group.

Home Affairs Minister Tony Burke provided further details of the pair’s background, revealing Sajid, 50, had arrived here on a student visa in 1998.

Sajid, who owned a fruit shop, reportedly immigrated to Australia from Pakistan but Mr Burke would not confirm this.

In 2001, his visa was transferred to a partner visa. He has left Australia multiple times and had been on a resident return visa ever since.

On Monday, NSW Police Commissioner Mal Lanyon revealed Sajid had held a gun licence for recreational hunting and legally possessed six firearms.



Mr Lanyon said Sajid was eligible to have a gun licence and was a member of a gun club.

“The father has held a firearms licence since 2015,” he said.

“We are very much working through the background of both persons at this stage.

“We know very little about them.”

‘Need to change’: Premier flags gun law overhaul after Bondi

On Sunday night NSW police raided the Akram family’s home at Bonnyrigg in Western Sydney. (Bonnyrigg is 40 kilometres to west of Bondi Beach.)

Police also raided an Airbnb in Campsie on Monday, which the father-son duo had rented before their horrific attack, and found more weapons. (Campsie is 19 kilometres to the west of Bondi Beach.)

In total, police seized six weapons at the Bondi crime scene and at the Campsie property and two explosive devices were found in a silver Honda near the scene on Campbell Parade.

“As part of the investigation, we conducted two search warrants last night, one at Bonnyrigg and a second at Campsie,” Mr Lanyon said.

“We are satisfied that we have six firearms from the scene (in Bondi) yesterday, but also as a result of the search warrant at the Campsie address.”

It has been reported that a black flag was seen on the bonnet of a silver Honda at the scene but Mr Lanyon has refused to confirm the reports, saying it would form part of the police investigation.

Mr Lanyon said Naveed would very likely face charges.

“What’s really important is to say that we do have a 24-year-old male in hospital at the moment, (and) based on his medical condition, it is likely that that person may face criminal charges,” he said.

“I’m very mindful of not prejudicing any prosecution of that person if they (are) put before the court.”

Naveed, an unemployed bricklayer, lived with his parents, Sajid and Verena, and two younger siblings at their Bonnyrigg home.

Property records indicate the low-set three bedroom brick home was purchased in February 2024 for \$477,500.

The family previously lived in Cabramatta.

As their Bonnyrigg home was being raided by police on Sunday night, Verena told The Sydney Morning Herald that her husband and son had told her they were going fishing for the weekend at Jervis Bay.

“(Naveed) rings me up (on Sunday) and said, ‘Mum, I just went for a swim. I went scuba diving. We’re going ... to eat now, and then this morning, and we’re going to stay home now because it’s very hot,” Verena said.

Verena was unable to identify her son as one of the alleged shooters after being shown a photograph.

“He doesn’t have a firearm. He doesn’t even go out. He doesn’t mix around with friends. He doesn’t drink, he doesn’t smoke, he doesn’t go to bad places ... he goes to work, he comes home, he goes to exercise, and that’s it,” she said.

“Anyone would wish to have a son like my son ... he’s a good boy.”

Naveed is reportedly an unemployed bricklayer who was laid off from his job about two months ago when the company folded.



Another one of my dear students Naveed Akram passing the IQra books and tajweed this morning, perfecting his all the rules of tajweed.

A now-deleted social media post from 2022 appears to show Akram celebrating his completion of Koran studies at the Al-Murad Institute in Heckenberg, which offers classes in Arabic and Islamic studies. Credit: A now-deleted social media post from 2022 appears to show Akram celebrating his completion of Koran studies at the Al-Murad Institute in Heckenberg, which offers classes in Arabic and Islamic studies.

He is understood to have attended Cabramatta High School.

A social media post from 2022 shows Naveed had passed his Koran studies at Sydney's Al-Murad Institute, which teaches Arabic and

Koran studies.

In February 2022, teacher Adam Ismail posted a photo of himself with Naveed which was captioned: "Another one of my dear students Naveed Akram passing the IQra book and tajweed this morning, perfecting his all (sic) the rules of tajweed".

By Monday morning, the social media pages of both the teacher and the institute had been taken down.

On Sunday night ASIO boss Mike Burgess confirmed one of the gunmen was known to his agency.

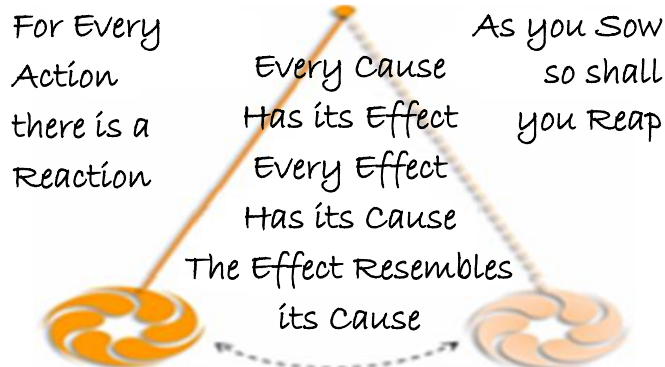
"One of these individuals was known to us, but not in an immediate-threat perspective, so we need to look into what happened here," he said.

Burgess dismissed concerns about whether the terrorism threat level should now be raised.

"One incident by itself does not necessarily raise the threat level at a national level," he said.

However, ASIO would keep the threat level "under constant review".

The Universal Law of Cause and Effect



14 December 2025 Bondi Beach shooting

https://en.wikipedia.org/wiki/2025_Bondi_Beach_shooting

14 December 2025

A terrorist mass shooting occurred on 14 December 2025 at Archer Park beside Bondi Beach in Sydney, Australia. It took place during a Hanukkah celebration hosted by the Chabad of Bondi in which a thousand people were in attendance. Police declared it a terrorist incident, and numerous world leaders, news outlets and Australian authorities described it as anti-Semitic. Were killed, including a child and one of the two perpetrators, with the second shooter in custody. An unarmed bystander had intervened and disarmed one of the gunmen. Police said the alleged gunmen were father and son. Forty-two people, including at least two police officers, were injured and taken to various hospitals. The New South Wales Police Force responded to the incident, and police later found and removed a suspected homemade bomb from a car belonging to one of the shooters. Prime Minister Anthony Albanese said it was a deliberate attack on Jewish people during the first day of Hanukkah.

It is the deadliest mass shooting in Australia since the Port Arthur massacre in 1996, and the deadliest terror incident in Australian history.

Background


Bondi Beach is one of Australia's most popular seaside areas. It is located in Sydney's eastern suburbs; this area is known as the centre of the Jewish community of Sydney, which in turn is one of the two largest Jewish communities in Australia (the other being in Melbourne). The Bondi area of Sydney had experienced recent heightened security concerns due to the Bondi Junction stabbings in April 2024.

Australia had experienced an increase in attacks on Jewish communities and individuals since the beginning of the Gaza war in October 2023. In August 2024, the Australian Security Intelligence Organisation (ASIO) lifted Australia's national terrorism threat level from "possible" to "probable", citing the risk of community tensions and political violence related to the Gaza war as one of the reasons for doing so.

The incident took place at an annual Chabad community event ("Chanukah by the Sea"), to celebrate the beginning of Hanukkah. The event was held at Archer Park just east of the Bondi Pavilion, and was attended by nearly 1,000 people.

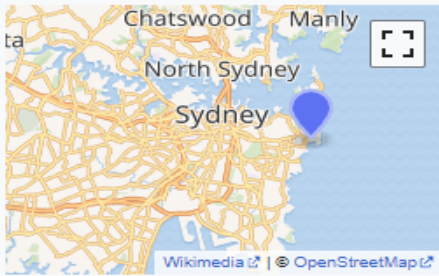
Before the attack, Australia already had some of the strictest gun laws in the world, following the 1996 Port Arthur massacre. Assault rifles, shotguns, and many semiautomatic rifles were banned. In spite of this, the number of firearms in Australia, and the number of people licensed to own them, had increased since the Port Arthur massacre. In New South Wales, the state where the shooting took place, there were 260,000 gun licences in 2025, up from 181,000 in 2001.

2025 Bondi Beach shooting



The gunmen on the Campbell Parade footbridge, shooting towards Archer Park.

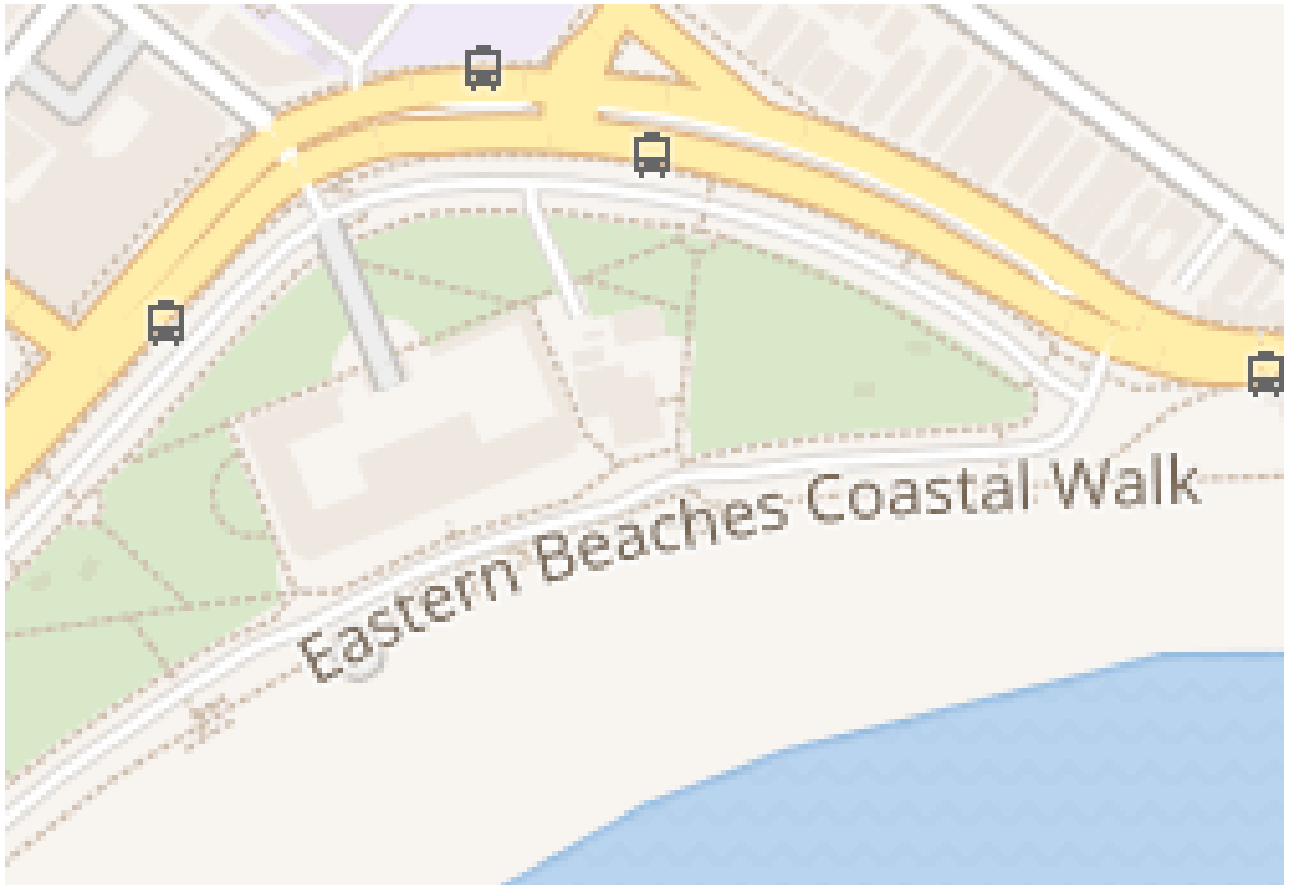
An editor has nominated the above file for discussion of its purpose and/or potential deletion. You are welcome to [participate in the discussion](#) and help reach a consensus.



Location of the shooting in Sydney

Location	Archer Park, Bondi Beach , Sydney, New South Wales, Australia
Date	14 December 2025 c. 18:47 ^[1] (AEDT, UTC+11:00)
Target	Jews
Attack type	Mass shooting
Deaths	16 (including one gunman) ^[2]
Injured	43 (including one gunman) ^[1]
Assailants	2
Motive	Antisemitism ^[3]

Attack



Initial videos of the incident showed two men dressed in black firing on the crowd from a footbridge striding the carpark to the north of the Bondi Pavilion, reportedly with at least one bolt action rifle. Around 50 gunshots were fired during the attack. Emergency services were first called to the scene at 18:47 (AEDT, UTC+11). New South Wales Police released a statement at 18:57 confirming an incident was being responded to.

Videos from the scene showed two men dressed in black shooting from a pedestrian bridge. BBC Verify later authenticated a nearly continuous 11-minute video, filmed from approximately 50 metres (160 ft) away, that begins shortly after the incident begins and captures the first police officer stepping onto the pedestrian bridge as well as wounded participants at the "Chanukah by the Sea" event being treated.

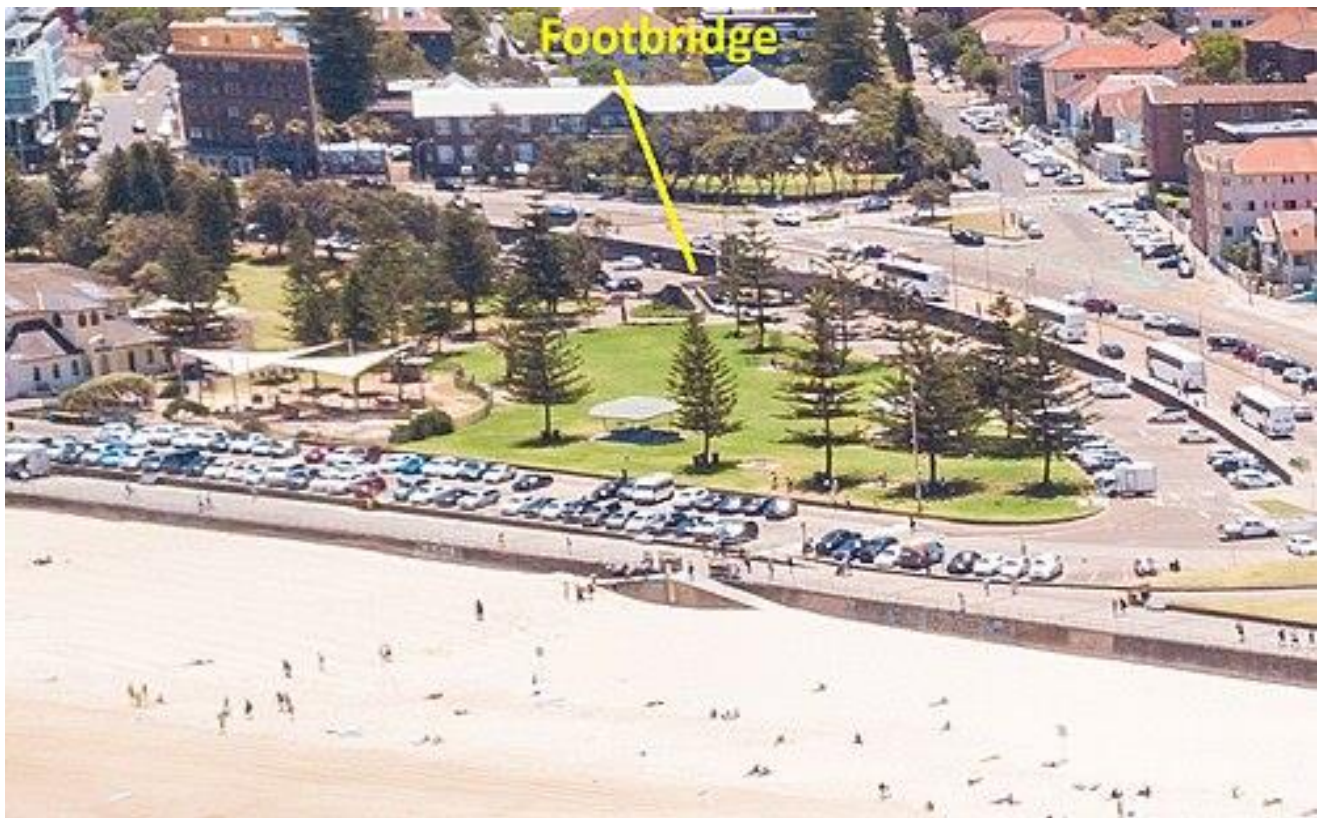
One of the shooters, while aiming down his sights and firing, was disarmed by an unarmed male witness. After approaching from between two parked cars, he tackled the shooter from behind, seized his weapon and turned it on him. The shooter retreated to a bridge where the other gunman was positioned. A police officer then arrived and, using a tree as cover, fired on the gunmen. Both gunmen were injured after being hit by police fire. Another bystander, an asylum seeker in Australia, went onto the bridge and kicked away a weapon from one of the gunmen. Continued fire forced him to duck and he was mistaken for an attacker by bystanders and confronted.

New South Wales Police apprehended two attackers; one died at the scene, and the other was rushed to hospital in critical condition under police guard. They had fired in total 103 bullets.

In the hours following the attack, police reported finding homemade bombs inside a car on Campbell Parade, the main road running parallel to Bondi Beach, and they were later removed by the New South Wales bomb squad.



A 2019 photo of the footbridge from which the perpetrators primarily conducted their attack. The view is from the west; Archer Park is to the south.



A 2018 aerial view of Bondi Beach proper; Archer Park is in the centre, with the footbridge over the car park to its north. The curving road is Campbell Parade.

Victims

The total death toll from the attack was 15, with 14 having died at the scene (including one of the gunmen) and 2 in hospital. The ages of the dead ranged from 10 to 87 years. 43 people were injured, including the other gunman. Of the injured, 5 are critically injured.

The Israeli Foreign Ministry said that one Israeli was killed and another was injured. French national Dan Elkayam and Peter Meagher were killed. Chabad rabbis Eli Schlanger and Yaakov Levitan, along with Chabad community member Reuven Morrison, were killed, and several other emissaries were wounded. Alex Kleytman, a Holocaust survivor, was also killed while trying to save his wife. Slovak citizen Marika Pogany was also among those killed in the attack. The youngest fatality was a 10-year-old girl named Matilda.

It was the second-deadliest mass shooting in Australian history, behind the 1996 Port Arthur massacre, and the deadliest terror incident in Australian history.

Investigation

The police commissioner of New South Wales, Mal Lanyon, designated the shooting a terrorist incident. The Australian Security Intelligence Organisation stated that one of the offenders was known to them. After the shooting, "a number of improvised explosive devices" was discovered in the suspects' vehicle.

Suspects

According to New South Wales Police Commissioner Mal Lanyon, the shooters were a father and son, aged 50 and 24 respectively. According to Australian Home Affairs minister Tony Burke, the father arrived in Australia in 1998 on a student visa, later transferring to a partner visa in 2001 before obtaining a resident return visa; the son was an Australian-born citizen.

The father, who was killed at the scene, was a member of a gun club and possessed at least six licensed firearms, which police believe were used in the attack. The son, whose home in Bonnyrigg was raided by police, was known since 2019 to ASIO but had been deemed "not an immediate threat". This investigation stemmed from his alleged close ties to two individuals later jailed for Islamic State (IS)-related offences, one of whom is serving a seven-year sentence for planning an insurgency. Police stated that both gunmen had pledged allegiance to IS and that two Islamic State flags were found in their car.



Following a police raid on a property in Bonnyrigg, a man and a woman were taken into custody. Police also raided a Campsie home where the pair were believed to have been staying prior to the attack. *The Sydney Morning Herald* reported that the pair had told family members they were going on a fishing trip to Jervis Bay.

Aftermath

A memorial held near Bondi Beach one day after the shooting. A rabbi and a hanukkah menorah are shown.

Queensland police increased their security presence at places of worship for Jewish people. Across Australia and NZ Jewish events were cancelled due to the security risks from terror threats.

On the day following the shooting, the National Cabinet unanimously agreed to strengthen gun laws. Proposals brought forward during the meeting included restricting firearm ownership to Australian citizens only, accelerating the launch of a national firearms register, limiting the number of firearms a single person can own, and further restricting the types of weapons that are legal.

Response

Domestic

Prime minister Anthony Albanese described the shooting as "shocking and distressing" and called it a "targeted attack on Jewish Australians on the first day of Hanukkah" and "an act of pure evil, an act of antisemitism and terrorism on our shores". Albanese vowed to advocate for stricter gun laws following the attack. Premier of New South Wales Chris Minns stated that "the reports and images coming out of Bondi tonight are deeply distressing" and encouraged people to follow the directions of police. Additionally, he referred to the witness who had tackled one of the attackers as a "real-life hero" in a visit to his hospital room. Minister for home affairs Tony Burke called the shooting an "appalling act of violence". As Australia's head of state, King Charles III said he and Queen Camilla were "appalled and saddened by the most dreadful anti-semitic terrorist attack on Jewish people".

Australian Jewish Association CEO Robert Gregory said: "This is an attack on the Jewish community that deeply pains us as a community". The president of the Zionist Federation of Australia, Jeremy Leibler, said: "An attack on Jews celebrating their faith is an attack on Australia itself. It is an assault on our values, our social cohesion, and the basic right of people to gather without fear". The Australian National Imams Council also condemned the shooting, stating that "this is a moment for all Australians, including the Australian Muslim community, to stand together in unity, compassion, and solidarity, rejecting violence in all its forms and affirming our shared commitment to social harmony and the safety of all Australians". The Australia Palestine Advocacy Network condemned the attack and stated that the perpetrators did not represent their movement or their values.

International

New Zealand prime minister Christopher Luxon condemned the shooting, stating that Australia and New Zealand are "closer than friends, we're family" and that he is "shocked by the distressing scenes at Bondi, a place that Kiwis visit every day". He further added that his and the thoughts of all New Zealanders are with those affected by the shooting. In response to the shooting, armed police in New Zealand were deployed on 15 December to guard Jewish sites across the country, including the Holocaust Centre of New Zealand and Kadimah School.

Israel's Prime Minister Benjamin Netanyahu condemned the shooting and blamed the Albanese government for "pouring fuel on this anti-semitic fire" as a result of policies including recognition of Palestine that September. Netanyahu also praised the bystander who disarmed one of the attackers, stating "We saw the action of a brave man... a brave Muslim, and I salute him for stopping one of the terrorists from killing innocent Jews."

French president Emmanuel Macron pledged to "fight relentlessly against anti-semitic hatred" and expressed "deep sadness" at the death of a French citizen. British Prime Minister Keir Starmer labelled the shooting as "deeply distressing news" and stated that the UK sends their "thoughts and condolences to everyone affected by the appalling attack in Bondi Beach". US President Donald Trump also condemned the shooting as a "purely anti-semitic attack".



All Lies are shown up as pain!



Shooters confirmed father and son



**The man who saved many lives in
Bondi Beach Massacre.
16 people are dead and dozens injured.
Dec.14, 2025**

MASS SOCIETY ATROCITIES and the PATHWAY to MITIGATING THEM:

To address social ills of any society can only come about through those in leadership who calibrate well into the 400s on Dr David R Hawkins' Map of Consciousness and even then such leadership need the guidance and assistance of those who calibrate much higher than the level of the 400s MoC.

Why is this so? To resolve issues of such magnitude, the pathway out must unfold through those who are of a higher consciousness than those who created the issues.

Let us consider the population of our World that calibrate 200 MoC or below. What is not generally recognised is that these people do not have the functions and gifts of:

Perception: Generally speaking we may be able to perceive the 'big picture' as well as the 'little picture' of what is unfolding around us. That is, we may be able to see the macro nature as well as the micro nature of potentials and events unfolding or to unfold. The higher one's consciousness level is, the greater this gift of perception is. For those calibrating MoC 200 or below, this capability to perceive is generally non-existent. They cannot perceive the consequence of their own actions.

Kinesiology testing: Kinesiology muscle testing is simply a gift to determine what is true and what is false through the truth of one's own feelings. It greatly aids the investigation for truth. This recent discernment process can be extensively explored through Dr David R Hawkins books that resulted from decades of research. Kinesiology muscle testing does not work for those calibrating MoC 200 or less, their own level of consciousness is in the field of untruth being below MoC 200. These people live their lives in the poverty of truth, the lack of truth. They are at a consciousness level which is living without truth.

Submissiveness: Those who are submissive are generally kind, welcoming, generous and disarming in how they oblige you with their willingness to assist, yet their level of criminality is why they populate the courts and jails of every nation. They calibrate MoC 200 and below. They dominate the population of the military as that is a characteristic considered appropriate for that profession – submissiveness.

Discernment: This is more or less a black or white situation for those calibrating MoC 200 or lower.

Worldwide, 75% of Earth's humanity calibrates MoC 200 or lower. Further, worldwide, 45% of Earth's humanity calibrates MoC 100 or lower. Those calibrating MoC 200 or lower are essentially unadvanced in their consciousness that prevailed 2,000 years ago. For those within this group calibrating 100 MoC is reflecting the consciousness level of those who lived 2,500 years ago. The potential for mass atrocities against society exists within 45% of society all over the world.

NOW, maybe you can perceive the scale of the problem. ALSO, now we know the core problem, so we NOW can address the problem and that is what this paper is sharing with you, which is the pathway for society to address the POVERTY being UNTRUTH – the lacking of truth – that prevails worldwide. This had not been recognised until now as we were not allowed and prevented from comprehending. Nor were we aware enough to see the problem and the required pathway forward for humanity worldwide.

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

The pathway is to aspire to and embrace living feelings first having our minds to follow assisting us to live feelings orientated rather than being mind-centric in the way we each have been taught and now live.

Suppression of Truth Generally

Heritage: Inherited family norms, conflict
Indigenous customs - mixed race
Colonialism - slavery - socialism, etc.

Family: Mother, Father, siblings
carers in general

Living: Teachers, educators
Clergy, religion
Employers and employment
Governments and Hidden Controllers.

Mind: Living mind-centric is claustrophobic,
suppressive zombiism.









now with Mind cannot discern truth from falsehood.

Feelings Freedom:

Our feelings are our soul-based TRUTH!
With our feelings, infinite progression unfolds!

TALK IT OUT WITH A FRIEND!

The introduction to Living Feelings First to be shared with and presented through education institutions is available by going to the Library Download page at www.pascashealth.com and then scrolling down to Medical Education and clicking on to open:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

There are more than 800 Pascas Papers (80,000 pages) introducing these revelations for all of humanity to comprehensively understand what has been imposed upon us and how we are now able to free ourselves. This being The New Way in how we are to live, evolve and grow in truth exponentially.

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

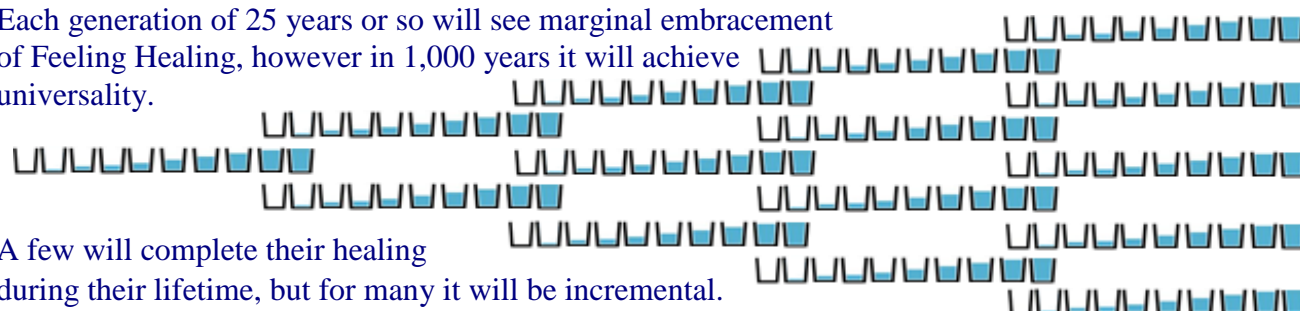
From 22 to age 28

As we heal, we directly heal our children similarly.

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

We, as parents, directly benefit our children, subject to their age, with our personal healing of our emotional injuries and errors of belief. This then passes down through the generations, thus over the coming millennium, humanity overall will progress to levels of consciousness profoundly benefitting all.

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.

Violence is never Justified

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


IN THE IMMEDIATE AFTERMATH OF THE AUSTRALIA MASSACRE: ADDRESSING THE HORROR AND TRAGEDY

As with such evil and terrifying events all over the world, the authorities will suppress its people even further with restrictions and controls while not recognising the underlying cause and the truth of how they continue to mislead and mistreat its people.

Governments and authorities all over the world have two choices. One is to repeat their mistakes of not identifying the underlying causes and continue to suppress their people further and further with pointless declarations and more stringent controls that will immediately be circumvented by further perpetrators.

Or they can greatly help all of humanity, not only their own people, but all by acknowledging that we are each living the wrong way and bring about the awareness that we are to live feelings first and have our mind to follow in assisting with what our feelings, which are always in truth, are prompting us to do and embrace. The New Way sounds simple, it is not. For nearly 200,000 years we have been living mind-centric and to make the shift to living feelings first will require perseverance and patience – but the rewards for embracing our feelings are infinite whereas remaining as we are is hell.

Yes, the governments at all levels will introduce stricter weapons controls and laws, however no one is understanding the underlying cause and the size of it. So let us understand just how enormous this is for all of humanity.

POVERTY as defined by lack of Consciousness, being in UNTRUTH						
Chile Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below			
World overall	220	8,100,000,000	21%	40%	63%	75%
						 6,075,000,000

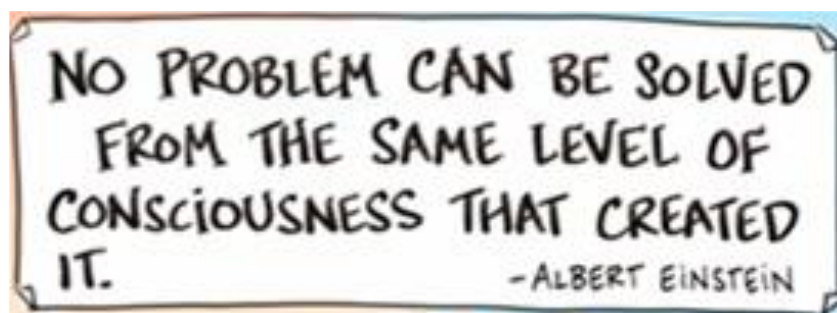
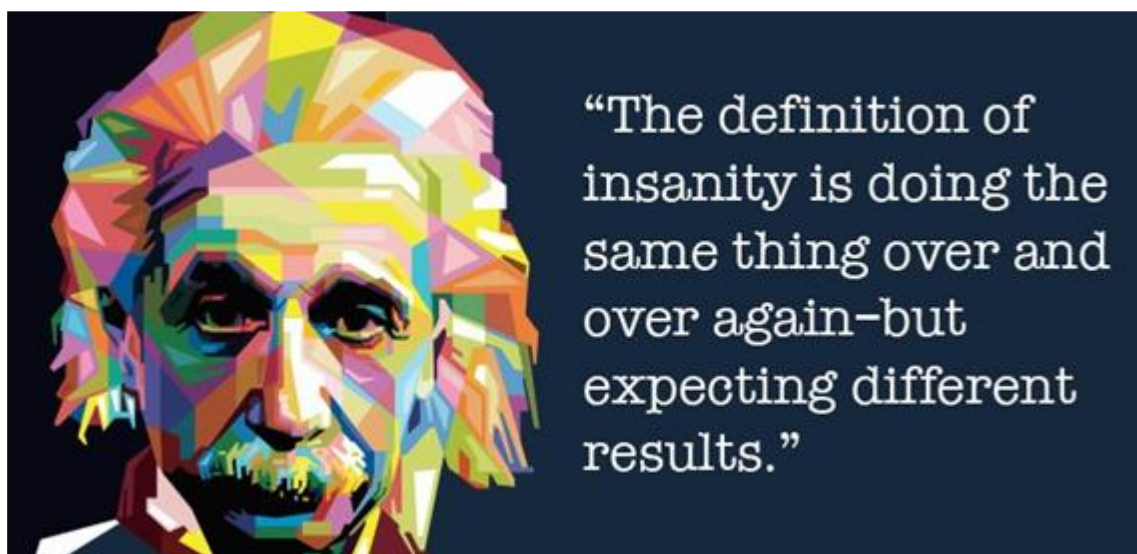
Correlation of Levels of Consciousness – Soul Condition – and Society Problems Truth vs Falsehood by Dr David R Hawkins 2005				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

In short, 40% of the world’s population are capable of perpetrating a massacre of the scale just unfolded and recorded here. The father and son each calibrate under MoC 100 and that group equates to 3.2 billion people worldwide being of a consciousness level compatible to criminality.

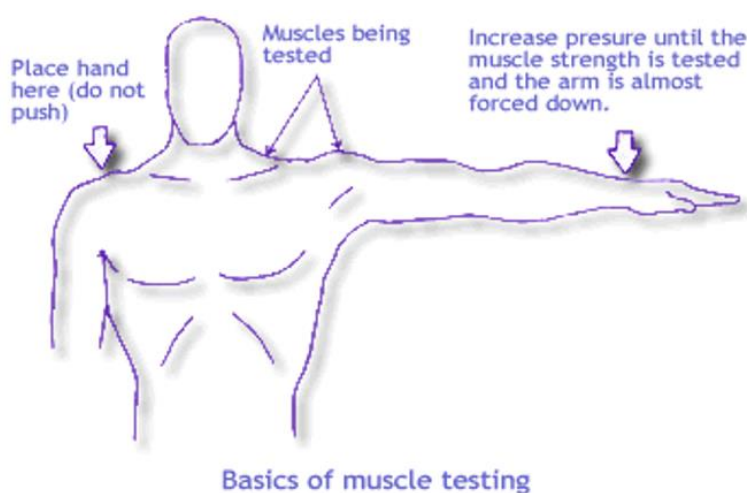
This is not about controls. This is about the enormous poverty in TRUTH that prevails universally. All institutionalised systems in every country, nation, community and society around the world is lacking in truth – none no greater than the education systems at all levels and for all ages worldwide.

We ‘think’ we have grown gangbusters in all things possible! Well, we have. We have perfected evilness. We are at the pinnacle of wrongness. Our ‘fuckedness’ is renowned throughout all the universes. We are like fish in a fish bowl. We are being watched by zillions as to how we are to dig ourselves out of this quagmire of insane corruption of ourselves and BEGIN to grow in TRUTH and LOVE. Those two simple charts spell it all out and we are now to change our way of living and evolve.

Now to avoid insanity – doing the same thing again and expecting differing results!



Kinesiology Muscle Testing



Through kinesiology muscle testing, we can determine what is in truth and what is not, further, we can also determine the level of truth of anything!

The Couch Psychology and Feeling Healing

THE GREATEST THREAT TO HUMANITY



REBELLION and DEFAULT formally ended 31 January 2018:



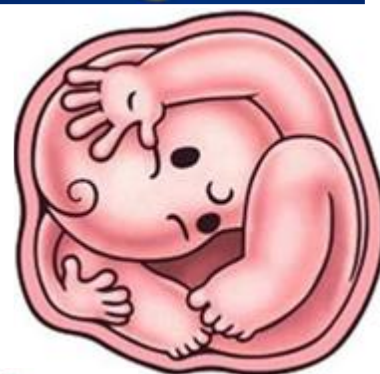
All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything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

**WE'VE BEEN SCREWED BY
LUCIFER REBELLION**

TRUTH IS FREEDOM AND LOVE
FREEDOM IS TRUTH AND LOVE
LOVE IS FREEDOM AND TRUTH

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!



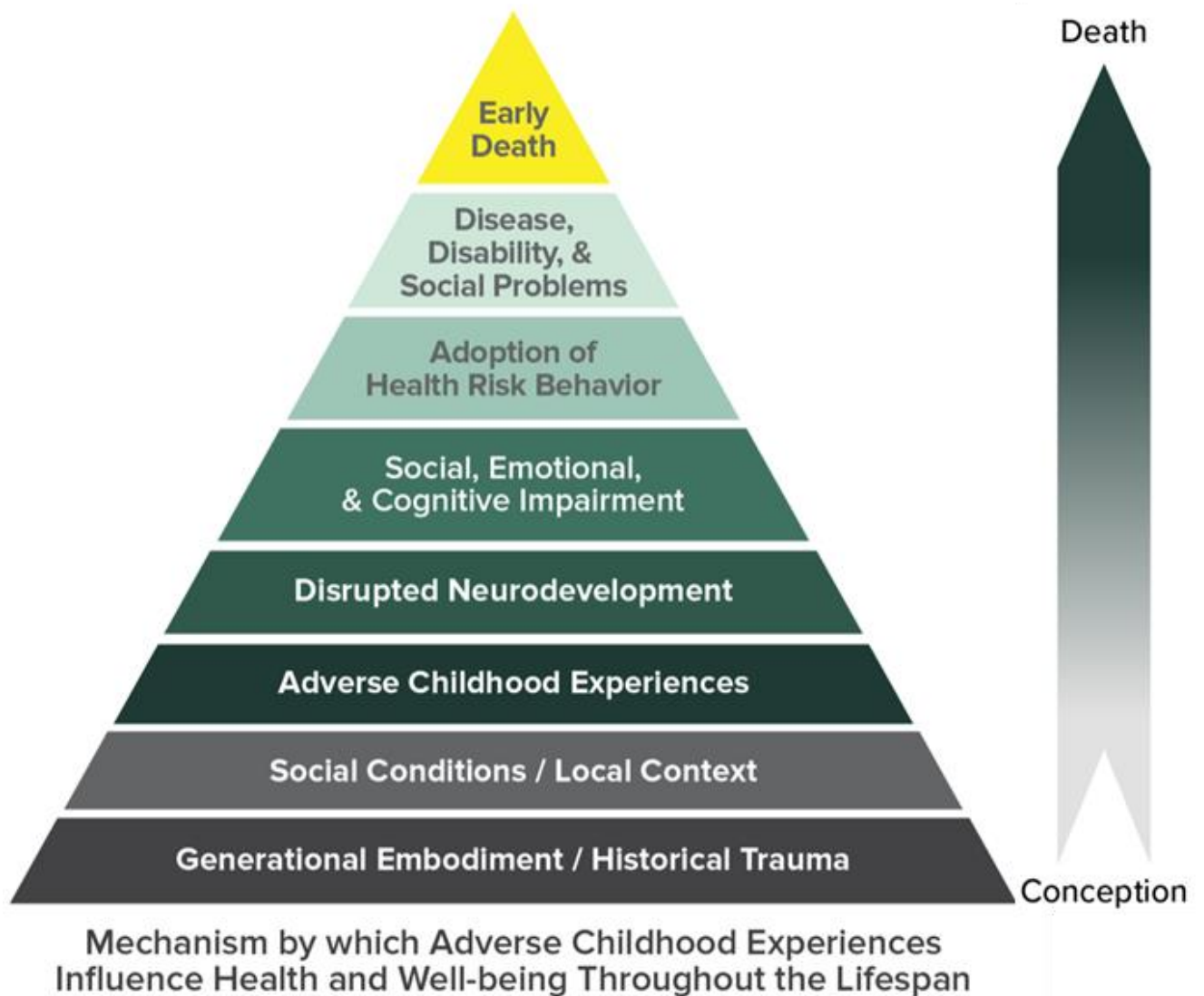
Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!

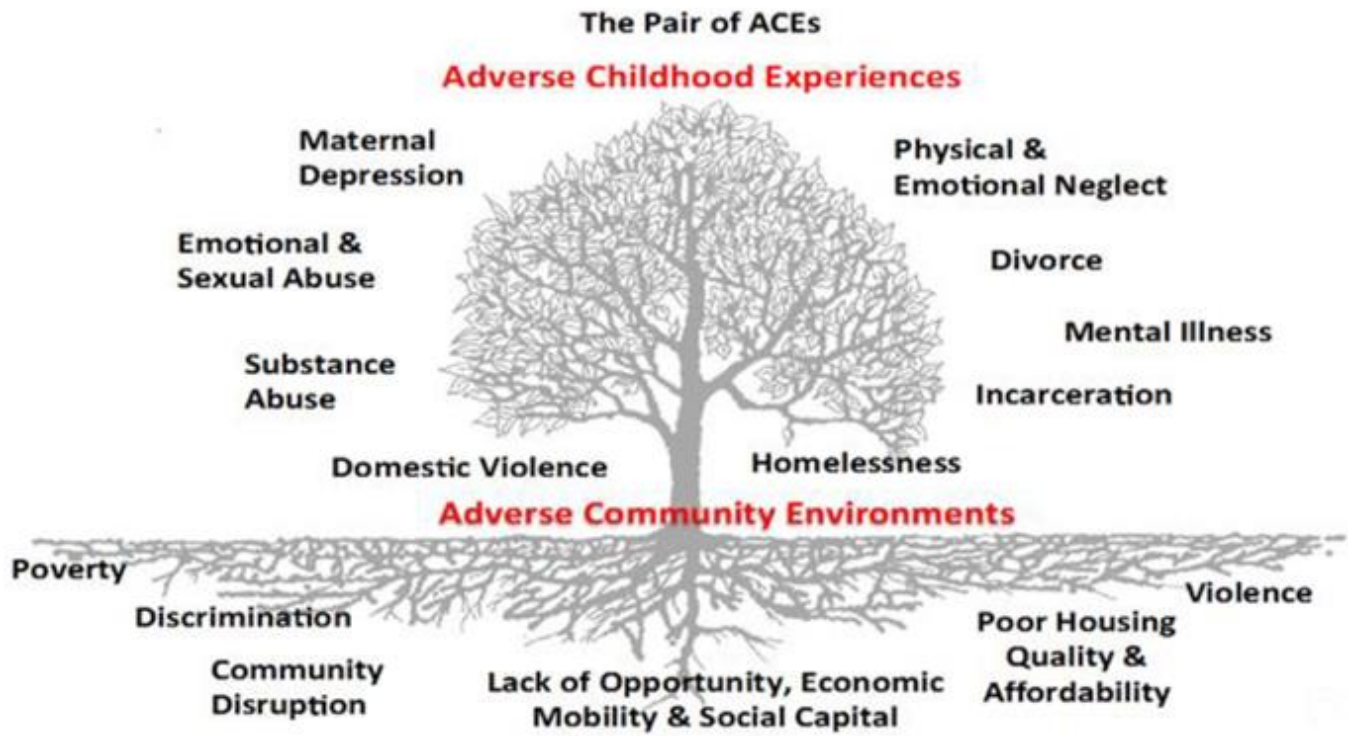


We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

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

WOMB TRAUMA. YES IT'S REAL.





LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

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

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

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

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

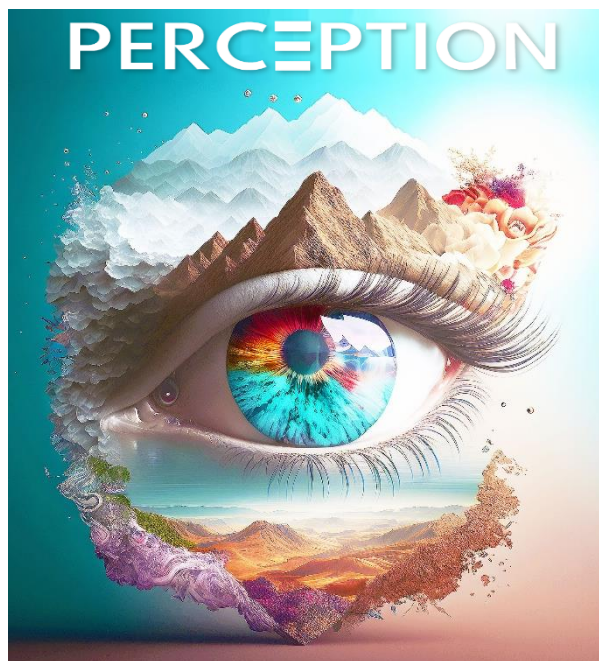
Parents abandon Children emotionally!

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

The BRILLANCE of DECEPTION and SUPPRESSION of all of HUMANITY!

We have met people whose perception capabilities are all encompassing, that is, macro to micro and all in between. Should one's consciousness level be low and that is measurable on the Map of Consciousness as published by Dr David Hawkins then perception may all but be non-existent. Well, 75% of the world's population calibrate MoC 200 and lower – that is being without truth and lacking perception.

Further, until negative mind Mansion World spirits were blocked on and from the 22 March 2017 from interfering with Earth's humanity, we were not able to even recognise the suppression that we are blanketed with, let alone the pathway out of the Rebellion and Default that we are subjected to. In fact, the truth that has been withheld from us all has been devastating to humanity for many thousands of years.



So, let us begin the journey out of our stagnation and quagmire and begin the growth of our true selves so that we each and all are able to put aside our compassion and addiction to impose our will upon others as well as to control others and the environment around us. We are not to impose our will upon another. That simple guidance puts an end to massacres and all kinds of crimes upon others. That one's internal guidance, our soul based feelings, is all that we each require!

The inducement to believe that we each can become mini-gods through our minds was to enable wayward spiritual leaders to keep us subjective to their personal agendas of expanding their reach of power. That has now been ended and ended permanently. So through embracing our feelings, our soul based feelings which are always of TRUTH, together with our perceptiveness, we now can see the folly we have been living and that folly is the addiction to control others and our environment. Politicians will yet again impose suppressive controls upon us all that will yet again fail as the underlying cause is not being 'seen' by them. Low levels of consciousness lack the dynamics of perception required. Now you can 'see' where each leader is coming from and how they may be lacking in truth and perception.

The pathway begins with awareness. Being aware of what the cause is – poverty in truth – and how to bring truth into our lives – is by embracing our feelings which are always in TRUTH – our soul based truth.

Should we look at the classroom photos of all their students with their principal teachers, all classes at every age grouping, then we are able to calibrate each child for their Map of Consciousness level. We can also determine which parent the child has aligned themselves with at that time. The MoC level of the child will reflect the MoC level of the parent or parents. Calibrating the class teacher assists in understanding their leadership qualifications and potential to lift the children in their consciousness. This then all helps with teacher / parent interviews and programs.

The consciousness level of the student even in its first year of education is the road map of that child's life, health, social engagements, prosperity, and needs upon social services. One photo does this for a complete classroom. Should we continue with education systems as they now apply then the tragic events that we witness throughout society will continue repeating themselves. That is insanity!

REBELLION & DEFAULT

FOR 200,000 years ALL 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



MIND MANSION WORLDS

HIDDEN CONTROLLERS

DEEP STATE

SECRET SOCIETIES

The Illuminati, Freemasons, Bilderberg Group, Knights Templar, The Jesuits, Skull And Bones And Others

EDUCATORS UNIVERSITY RELIGION

Following the spirit world imprisonment of the System Sovereign and then Planetary Prince being rebellious Lanonandek spirits, the Celestial spirits have blocked communications between mind Mansion World spirits and humanity on Earth. The Hidden Controllers and other controlling organisations are now without spirit world guidance, since 22 March 2017. Those controllers, in the physical on Earth, are without their long term guidance.

Educators at all levels and throughout all systems have had withheld from them that we are to Live Feelings First. This is to change!

“The education, for both women, men, girls and boys, is about how to live true to their feelings. How to embrace them willingly, how to work with them – express them, and the point of doing that, wanting to know the truth of them. That’s all.”

Marie, 1st Celestial Heaven: 11 Aug 2020



PEOPLE OF EARTH

WE ARE TRUTH SEEKERS

POVERTY

is the lack of TRUTH !

POVERTY as defined by lack of Consciousness, being in UNTRUTH

Chile Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below				Population in Untruth Poverty
World overall	220	8,100,000,000	21%	40%	63%	75%	6,075,000,000

Correlation of Levels of Consciousness – Soul Condition – and Society Problems Truth vs Falsehood by Dr David R Hawkins 2005

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%



Two Simple Charts:

POVERTY as defined by lack of Consciousness, being in UNTRUTH

WORLD	Consciousness (MoC)	Population (2023)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below				Population in Untruth Poverty
World overall	220	8,100,000,000	21%	40%	63%	75%	6,075,000,000



WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income

MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
400s	22	405	82.2	0.924	7.1	.890	US\$63,032
300s	71	343	77.2	0.794	6.1	.741	US\$30,154
200s	50	251	72.7	0.676	5.3	.610	US\$16,560
High 100s	38	174	70.5	0.659	5.0	.600	US\$12,516
Low 100s	21	119	67.1	0.587	4.6	.501	US\$7,081
Below 100	14	74	65.3	0.565	4.4	.501	US\$6,377
WORLD	216	220	73.3				US\$17,110

Correlation of Levels of Consciousness – Soul Condition – and Society Problems Truth vs Falsehood by Dr David R Hawkins 2005

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%

Note:

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

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

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

Thus the energy differentials are in fact enormous!

POVERTY as defined by lack of Consciousness, being in UNTRUTH

Nation	Consciousness (MoC)	Population (2024)	Percentage Calibrating MoC 100 MoC 200 or below		Population in Untruth Poverty 
Afghanistan	85	43,400,000	48%	92%	39,930,000
Angola	80	37,800,000	66%	95%	35,900,000
Argentina	280	46,000,000	28%	70%	32,200,000
Australia	410	27,000,000	10%	48%	12,960,000
Bosnia Herzegovina	180	3,300,000	38%	75%	24,750,000
Caribbean OECS	280	11,000,000	32%	78%	8,580,000
China	305	1,425,000,000	40%	79%	1,125,750,000
Colombia	320	52,200,000	32%	67%	34,970,000
Dominica Common	290	66,000	27%	66%	43,600
Eritrea	180	5,800,000	48%	85%	4,930,000
Ethiopia	140	115,000,000	50%	88%	101,200,000
European Union	380	451,000,000	14%	67%	30,220,000
Gaza Strip	180	2,100,000	59%	84%	1,760,000
India	305	1,436,000,000	38%	74%	1,062,640,000
India – Gujarat	280	73,000,000	44%	79%	57,670,000
India – Uttar Pradesh	300	239,000,000	41%	75%	179,250,000
Indonesia	220	280,000,000	34%	78%	218,400,000
Israel	190	8,660,000	28%	85%	7,360,000
Jordan	185	11,500,000	27%	80%	9,200,000
Papua New Guinea	220	17,000,000	55%	80%	13,600,000
Philippines	225	119,000,000	49%	80%	95,200,000
Poland	190	38,500,000	55%	81%	31,185,000
Russia	320	144,000,000	38%	81%	116,640,000
Solomon Islands	220	690,000	64%	85%	586,500
South Africa	190	60,000,000	49%	88%	52,800,000
Tanzania	200	68,800,000	53%	85%	58,480,000
Ukraine	330	38,000,000	48%	78%	29,640,000
United Kingdom	420	68,000,000	30%	65%	44,200,000
United States America	405	341,000,000	31%	56%	190,960,000
Vanuatu	305	307,000	39%	78%	240,000
Zimbabwe	100	17,000,000	65%	85%	14,450,000
World overall	220	8,100,000,000	40%	75%	6,075,000,000
					



LACK of TRUTH prevailed 2,000 years ago – NOW the POVERTY in TRUTH is 20 FOLD!

2,000 years ago the world population was 300 million and all were living in survival mode. Now in 2025 we have over 6,000 million people who are living in survival mode – calibrating 200 MoC or lower. We have successfully multiplied the ‘living in survival mode’ by more than twenty fold!

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

Rome
2 thousand
years ago

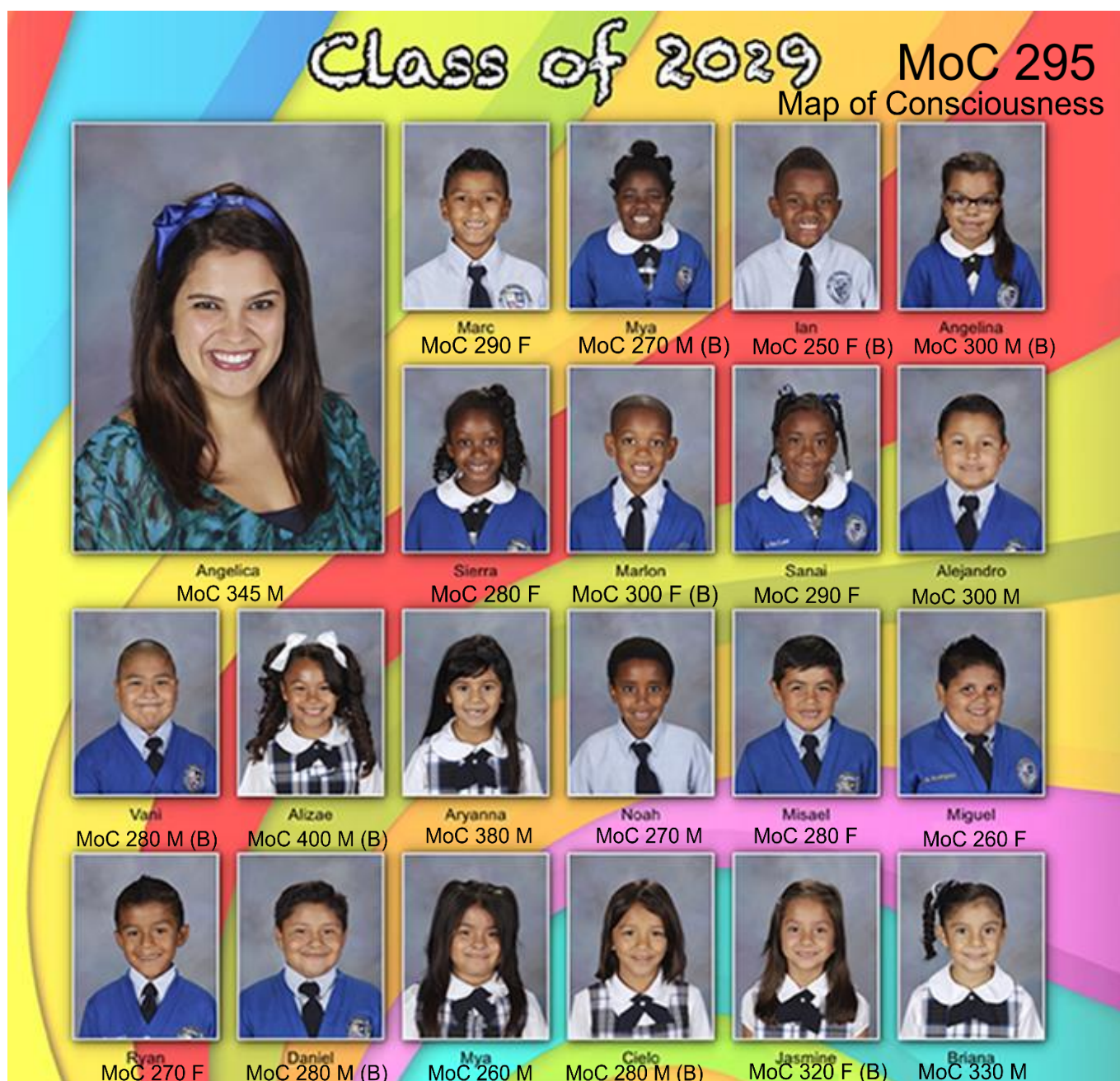


Africa
like...
an hour ago



 [Pascas Care Letters Worldwide Survey.pdf](#)

POVERTY
is the lack of TRUTH !



This a classroom of students with their annual photo anywhere in the world in any year, yet this is what we can determine through this annual record:

The overall consciousness level of the class can be calibrated using kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness (MoC). Then each child can be individually calibrated. Further, you then can determine which parent the child is aligned with, M for mother and F for father. That is actually also telling you the calibration of the parent to which the child is more aligned with than the other. When you get an alignment with both (B) parents then you are understanding that the calibration of consciousness (MoC) of both parents is similar.

Understanding the parents' calibrations as well as getting to know the parents then you can easily outline the child's health issues as they will unfold through life, the child's potential financial welfare, the child's social issues and their probable life experience. This potential changes positively in a dramatic fashion should the child begin to become aware and embrace living feelings first.



Southport State School Gold Coast, Queensland, Australia

Student enrolments by year level

Year Level	August 2022	MoC	MoC % 200 or less	MoC % 100 or less
Year 7	363	425	70%	17%
Year 8	347	415	70%	17%
Year 9	386	390	65%	20%
Year 10	298	400	70%	20%
Year 11	310	400	68%	19%
Year 12	268	385	60%	19%
TOTAL	1,972	405	65%	20%

Average Class sizes

Year Levels	2022
Year 7 – Year 10	23
Year 11 – Year 12	18

Note: The consciousness level of a child, as calibrated in accordance with Dr David Hawkins’ Map of Consciousness (MoC), being the child’s level of truth, is a mirror of one or the other of the child’s parents own level of truth. From the moment of conception, we, as parents, infuse our children with all of our emotional injuries and errors of belief, so much so that by the time our children are six years of age, they then calibrate on the Map of Consciousness at our parents level. Hence, we impose upon our children our own life experience for then to go on and live.

Labrador State School

Queensland state school reporting 2022

Gordon Street, Labrador 4215, Gold Coast, Queensland, Australia



Student enrolments by year level

	August 2022	MoC	MoC % 200 or less	MoC % 100 or less
Prep Year	91	425	60%	7%
Year 1	92	405	70%	15%
Year 2	100	385	60%	14%
Year 3	92	380	65%	21%
Year 4	117	390	73%	21%
Year 5	102	400	70%	15%
Year 6	126	405	74%	19%
TOTAL	720	405	69%	17%

Average Class sizes

Year Levels	2022
Prep – Year 3	22
Year 4 – Year 6	25

St Kevin's School – Catholic

Benowa, Gold Coast, Queensland, Australia



Student enrolments by year level

	August 2022	MoC	MoC % 200 or less	MoC % 100 or less
Prep Year	70	420	60%	10%
Year 1	71	415	64%	10%
Year 2	49	395	61%	14%
Year 3	70	400	65%	17%
Year 4	54	410	70%	22%
Year 5	49	395	72%	24%
Year 6	61	385	69%	26%
TOTAL	424	394	70%	20%

HILLCREST CHRISTIAN COLLEGE



Hillcrest Christian College is an independent Christian school located in Reedy Creek, Gold Coast, Queensland, Australia.



Student enrolments by year level

Year Level	August 2025	MoC	MoC % 200 or less	MoC % 100 or less
Prep Year	100	435	30	6
Year 1	125	425	35	10
Year 2	125	410	40	12
Year 3	125	410	45	14
Year 4	125	410	50	18
Year 5	125	405	55	18
Year 6	125	400	55	18
Year 7	125	400	55	19
Year 8	125	405	60	20
Year 9	125	395	55	21
Year 10	125	390	60	21
Year 11	125	395	60	21
Year 12	125	400	60	22
TOTAL	1,600	404	55%	18%

Average Class sizes

Year Levels	?	2025
Prep Year		25
Year 1 – Year 4		24
Year 5 – Year 8		23
Year 9 – Year 12		18

There you have it: Within the affluence of the Gold Coast with its 40 kilometres of golden beaches and wonderful hinterland, school children in various years and educational platforms reflect that their parents' Map of Consciousness (MoC) calibration dominates the students' calibrations. Around 65% calibrate MoC 200 or less and 20% calibrate MoC 100 or less. The tables below indicate how their life is likely to reflect and unfold. These tables sums up their life expectations:

Correlation of Levels of Consciousness – Soul Condition – and Society Problems Truth vs Falsehood by Dr David R Hawkins 2005				
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%

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
400s	22	405	82.2	0.924	7.1	.890	US\$63,032
300s	71	343	77.2	0.794	6.1	.741	US\$30,154
200s	50	251	72.7	0.676	5.3	.610	US\$16,560
High 100s	38	174	70.5	0.659	5.0	.600	US\$12,516
Low 100s	21	119	67.1	0.587	4.6	.501	US\$7,081
Below 100	14	74	65.3	0.565	4.4	.501	US\$6,377
WORLD	216	220	73.3				US\$17,110

Life expectancy, health of the physical body, quality of education, employment, income, happiness and development are all heavily negatively impacted through the low levels of measurable consciousness levels of carers of students within their homes.

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Brazil Nation	Consciou sness (MoC)	Population (2025)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below				Population in Untruth Poverty
							POVERTY
Brazil overall	300	213,000,000	28% 59,600,000	45% 74,600,000	55% 117,100,000	75%	160,000,000
World overall	220	8,100,000,000	21%	40%	63%	75%	6,075,000,000
							POVERTY

POVERTY as defined by lack of Consciousness, being in UNTRUTH								
Brazil Nation	Consciou sness (MoC)	Population (2025)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below				Population in Untruth Poverty	
							POVERTY	
	Nth mixed		14,400,000	32%	45%	60%	85%	12,200,000
	Nth whites		3,600,000	28%	41%	58%	65%	2,300,000
	NE mixed		43,500,000	30%	46%	58%	85%	37,000,000
	NE whites		14,500,000	28%	42%	55%	65%	9,400,000
	CW mixed		10,700,000	28%	50%	60%	85%	9,100,000
	CW whites		6,300,000	27%	45%	54%	65%	4,100,000
	SE mixed		42,700,000	27%	48%	56%	77%	32,800,000
	SE whites		46,300,000	26%	30%	48%	68%	31,500,000
Sth mixed		7,100,000	26%	41%	54%	78%	5,500,000	
Sth whites		23,900,000	25%	32%	47%	67%	16,100,000	
Brazil overall	300	213,000,000	28% 59,600,000	45% 74,600,000	55% 117,100,000	75%	160,000,000	
							POVERTY	

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consci ousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 MoC 100 MoC 150 MoC 200 or below				Population in Untruth Poverty
							POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

Who hurt me when I was a child?

The elephant in the room is childhood suppression.

We, as well meaning 'parents', infuse into our newly arriving children our personal emotional injuries and errors of belief. Our children arrive to be conceived calibrating close to 1,000 on Dr David Hawkins' Map of Consciousness. By the time they reach their sixth year of age, when their Indwelling Spirit arrives, they will mostly be calibrating at the same level as one or the other of their parents, should their parents calibration differentiate.

Note:

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

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

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

Thus the energy differentials are in fact enormous!

Our lack of truth is devastating to the child. We draw into a life that mirrors our own poverty of lacking in truth, our emotional injuries and errors of belief impede the light flow from their soul through their spirit body, then into their physical body and its return to impose upon the child a level of health reflecting ours as their parents. The consciousness level we impose upon them impacts upon the child a life of lacking that we as parents experience. The child's financial life experience, their social experiences, employment, social issues and life in general is all of a reflection of living our lacking in truth and consciousness. This has been the way for many, many generations going back in time. Humanity has not evolved and is not going to evolve while it insists in living mind-centric.

Being the Full expression of our Rebellion

We are to be the full expression of our rebelliousness, to be free to be it all in adulthood because we were not allowed to be it as children, having to obey the Will of our parents, denying, and suppressing our own Will and true feelings. So, our true rebellion never became fully actualized as children, it was controlled and stifled by our parents, although it has always been in us since our conception, just waiting for the freedom of adulthood so we could be it fully, and experience every part of it, it being our Will. We must not stifle our will as our parents did, if we are not living the fullness of our rebellion, then we are not living true to our wrongness, so never knowing it fully, only by living it and being it can we know the truth of all the wrongness that is denied and suppressed within us.

We each have been led to live through our minds, so much so that we worship our minds and ignore and suppress our feelings – to our detriment and to the suppression of all of humanity.

Our minds are wonderful, however they are followers, not leaders.

Consider the innovator, the scientist who may undertake many educational degrees and even embrace a post-graduate honours degree (PhD), achieving great academic qualifications. The typical scientist may achieve a couple of innovative break throughs in his / her career and that is all.

However, a similar enquiring personality that embraces his / her feelings may find that innovations and discoveries unfold at regular frequencies – even weekly! This is so due to the fact that our feelings are soul based and are always in truth, whereas our mind cannot discern truth from falsehood and is addicted to untruth and control of others and over the environment. Case in point are the Pascas Papers. There are more than 800 such papers and they reveal findings at frequent intervals.

Mind-centricity peaks in Reason at 499 on Dr David Hawkins' Map of Consciousness whereas our feelings are not restrained at any level of truth, as they are our soul's truth and infinity is their potential.

All throughout history we find options being presented in pathways to technological developments. We are told oil and natural gas are fossil fuels, yet oil and natural gas are found on no less than six terrestrial bodies (planets and moons) throughout our local solar system. The moon Titan, Saturn's largest moon, is said to have more than six times the known oil reserves of Earth, yet there is no organic matter on Titan. The same applies to the other planets and moons with oil and gas in our solar system.

Thorium is a cheaper and much safer nuclear matter to produce electric power from, yet uranium was adopted because of its military application. That is insanity at its maximum, led by the controlling addiction to hold over all of humanity at play.

The profession of nursing does engage 'feelings'. Many nurses do embrace their feelings and consequently function above MoC 500 in the field of 'love', consequently they contribute to the welfare and healing process of patients, often significantly more so than doctors who embrace 'procedures' that doctors mind memorise in the form of 'reason' which is the field below MoC 500, thus demonstrating the differences between mind-centricity and feelings orientated experiences in living.

The political world is saturated with participants calibrating in the 300s MoC, thus we are seeing 'leaders' who cannot recognise required solutions for their constituents and do not have the required perception and consciousness to resolve issues required for their people and nation.

75% of the world's population calibrates MoC 200 or lower – they are submissive in character. Thus 'leaders' sell themselves to this group who expect 'things to be done to them'. Democracy is actually presently hijacked by covert controllers around the world.

Military around the world are populated with those calibrating around MoC 190 – that of pride – 'things are done to them'. They take orders and follow orders. Hence we now see the world preparing for world war without little protest or even a reasonable debate.

~~~~~

Being orientated and living feelings first is a very different experience to living mind-centric which is living while ignoring and suppressing one's feelings.

Being mind-centric is very tiring and trying. Mind domination presents continual assumption making events daily. Acting upon assumptions as well as thinkingness brings a flood of 'repair the situation'

events. Thinkingness and assumptions are similar in nature. Their error rate is around 98%. Executing the conclusions reached through assumptions generally results in having to correct what we have been 'led' to do! Consequently, we are being slaves to our mind – not our soul, our true self!

Following our feelings may feel like surrendering to the unknown – at first! However, as we slowly eke out the observation that by living feelings first is typically constructive, loving and beneficial. Further, it is not an exhausting way of functioning. Productivity at the end of the day is noticeably higher and rewarding. It is often rather amazing as discovery unfolds continually.

Longing for truth is noticeably recognised through our feelings. Truth being revealed through diverse pathways becomes obvious. Mind endeavours to find 'mind' orientated truth is like a maze – unresolvable. Feelings generally keep unfolding deeper and deeper meaning and the freedom that comes from these evolving strong foundations of growing truth are undeniably wonderful. Thus, we clearly are creating an environment for our body to be vibrant and consequently healthier through living feelings first.

Then we come to recognise that our Earth life experiences are like the entry phase to an ever increasing universe of ongoing discovery and comprehension. Yes, our physical life is phase one of many stages of our evolution into wonderness. We are truly spirits having a physical experience. When we leave our physical body, we lose nothing, however our functionality as a spirit can simply be put as being immediately three times more dynamic than at any time in our physical life. As we heal ourselves of the emotional injuries and errors of belief while on Earth, we then may grow in truth to the level that we may begin to engage with the other humanities throughout our local system, then our constellation, and then all the constellations throughout our local universe, and so on as we progress to Paradise. The wonders to come through embracing our feelings and Living Feelings First are endless and that may be with Divine Love which we can even now physically experience receiving, should we ask and long for it.

Living mind-centric has resulted in many, many billions not progressing beyond their consciousness levels that they lived at during their life on Earth and even today they remain stagnating within the lowest levels of our spirit Mansion Worlds.

What is introduced throughout this "There is a Better Way" document IS the pathway, the only pathway for Earth's humanity to resolve its social ills. As time progresses and communities progress well beyond MoC 500, borders will dissolve, criminality will mitigate, the personal desire to build a castle around each of us to horde pointless assets will fade, and yes, life may become simple and outright very exciting.

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

Should you ask me, what I have outlined above is what I experience daily! The answer is yes!

Aspiring to Living Feelings First

*John Doel*

Pascas Foundation (Aust) Limited



# Humanity

The road to  
TRUTH and FREEDOM  
is through  
OPEN and FREE  
Universal Feelings Orientated  
EDUCATION

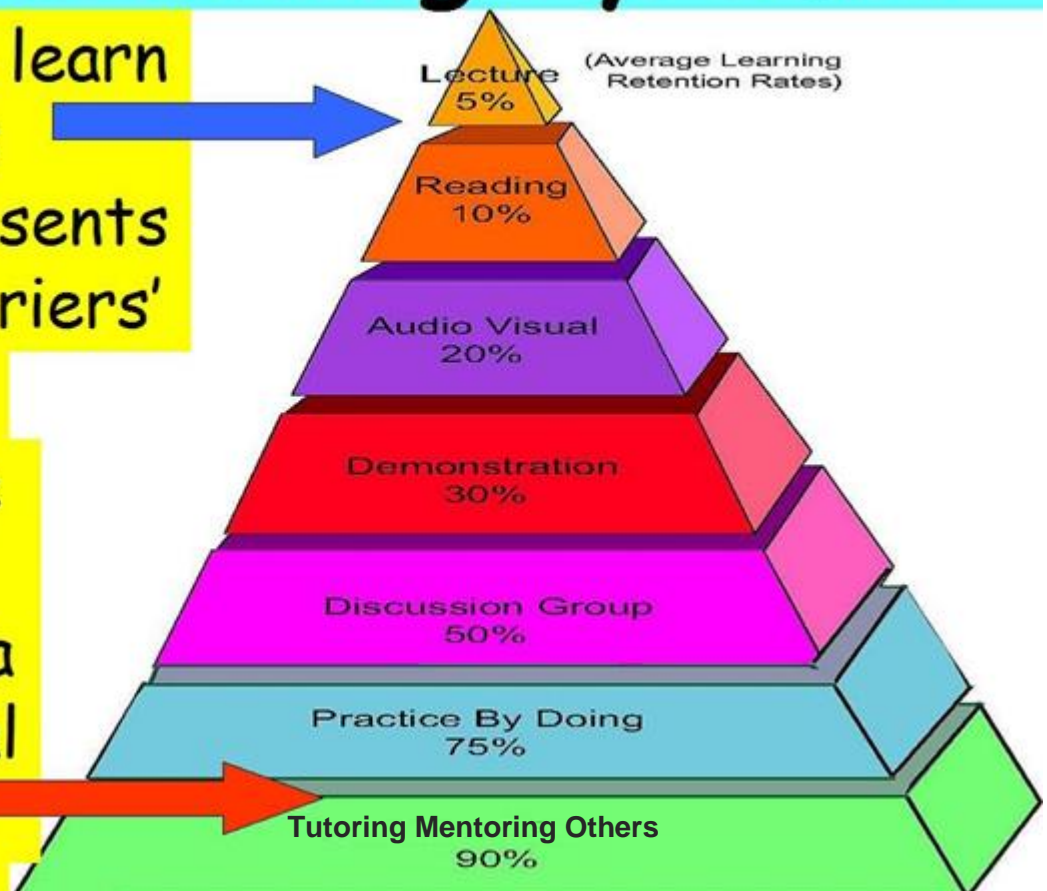
This is the



# The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



## The Learning Pyramid:



# WE ARE TRUTH SEEKERS



## 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!

# 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.



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



Great U-Turn for humanity  
now ready for Mobilisation  
22 July 2023  
Celestial soul state condition  
achieved 22 September 2024  
Rebellion Ended Forever  
30 August 2025



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

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



**Plan no harm then have no pain. Your angels will celebrate your change of heart!**

**Our feelings will guide us to be free of any compensation and away from causing harm to others.**



**Law of  
Compensation**



*Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.*



**I am my SOUL!**

**I am not my body!**

**I am not my mind!**

# 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.

By 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.

By 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.**

# Psychic Barriers

## 'Submissiveness'

Submissiveness is observable with personalities that calibrate on Dr David Hawkins' Map of Consciousness (MoC) at 200 or below. Though they may be assertive, they readily submit and comply with authority and authoritarian domination.

Those having covert controlling agendas readily take advantage of this trait which is a psychic barrier imposed upon humanity by high level controllers thousands of years ago. These high level controllers imposed upon humanity a way of life and living that was and still is holding back the growth and development of all people on Earth. These high level controllers' agenda was to ensure that a growing number of subservient beings were available for their expansionary controlling agendas elsewhere.

Presently, 2024, the people of Afghanistan – 44 million – calibrate overall at 85 MoC. Of the 34 provinces, the highest is 100 and the lowest 75 MoC. Coincidentally, the population of USA – 330 million – calibrate overall at 405 MoC, however just over 50% of the people calibrate under 200 MoC.

The submissiveness of the Afghanistan people was demonstrated by their acceptance of the Taliban taking over control and government in August 2021 without any significant resistance. The leader of the Taliban calibrates at around 280 MoC. Coincidentally, the Republican Party nominee for President of United States of America also calibrates at around 280 MoC, and his platform is clearly attracting the support of the people of USA who calibrate under 200 MoC!

## 'Mind – Centricity'

Those same high level controllers back thousands of years ago seduced Earth's humanity to live Mind-Centric on the false premise that we could grow through our minds in greatness to become mini-gods!

While we live mind-centric and suppress our feelings and our true self, we cannot progress beyond 499 MoC on the Map of Consciousness. While we live this way, ignoring and suppressing our feelings we will continue to stagnate, engage in wars, incur discomfort, pain, illness and disease, suffering a life of living in a physical hell – we cannot evolve any further than what you see around you now every day.

All institutionalised systems are to be dismantled and through every aspect of life and living we are to consider our feelings which are always in truth. Living Feelings First and having our minds to follow in support of implementing what our feelings are prompting us to embrace will not only see people growing in truth and love, but also advancing beyond 500 MoC. Living feelings orientated has no limit to what we can achieve. Living in a Celestial soul condition state while being here in the physical on Earth is now possible for those who not only live feelings first, but embrace Feeling Healing and our Heavenly Mother and Father's Divine Love. Such a condition of living has now been achieved here on Earth for the first time in the total history of Earth's humanity, being of about 993,500 years.

These psychic barriers of submissiveness and living mind centric can only be put aside by introducing an open and free universal feelings orientated education system at all levels for all societies. This will slowly resolve all social issues and conflicts and bring about living a life of simplicity and truth worldwide.

# Psychic Barriers

**Barriers** to our growth and development are the customs and norms passed down through the generations by our families and heritage. We each are infused with the errors of belief and emotional injuries of our parents and carers, thus, generation after generation calibrate on Dr Hawkins' Map of Consciousness at the same levels as one of our parents, should they calibrate differently.

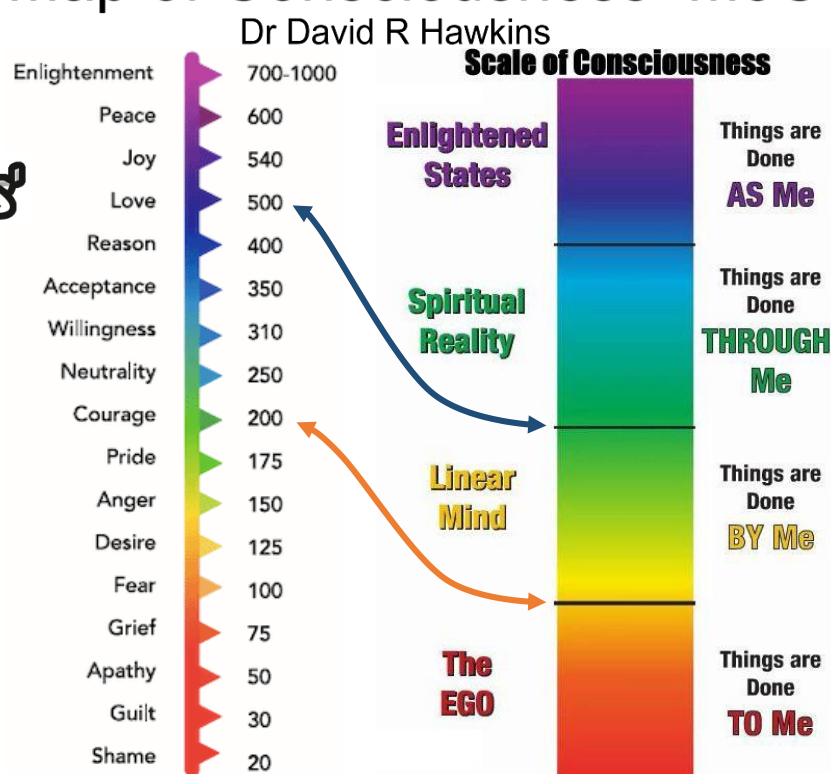
Thus, until we step away from living like our parents, which is living mind-centric, no evolutionary growth is likely to unfold for societies around the world.

## 'Submissiveness'

'To put lower consciousness levels into context, it is helpful to know that, according to consciousness research: **78%**, if not **85%**, of the people on the planet calibrate below 200 on the Map of Consciousness, and 50% of the United States calibrates below 200 on the Map.'

'**Things are done TO Me**' – that is those calibrating under **200 MoC** who submit to their environment and will of those imposing upon them. They are submissive to control and easily capitulate to coercive dominance without resistance. They readily capitulate to untruth and error, thus suffering greatly.

## Map of Consciousness MoC

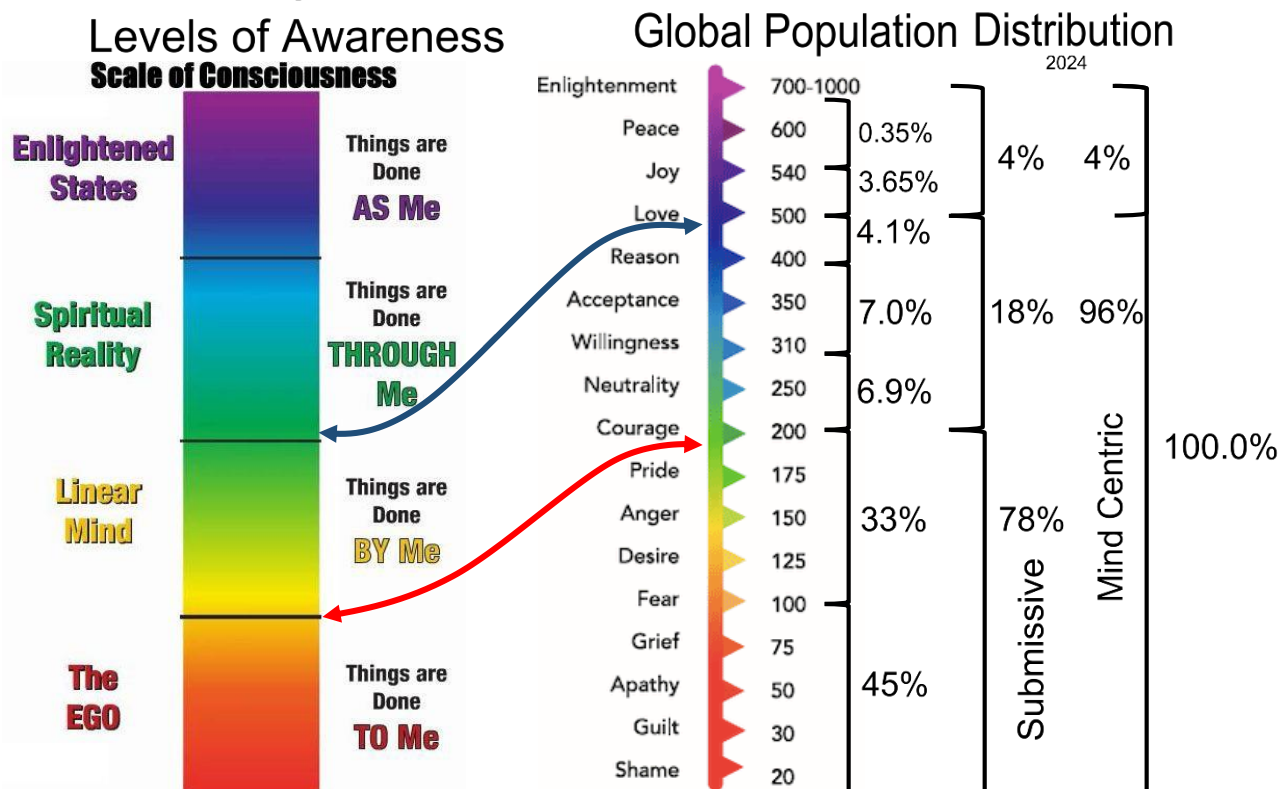


## 'Mind - Centricity'

200,000 years ago we were submissive to the control of high level personalities who induced us to believe we could become mini-gods by believing that our minds could take us to those levels. Women are closer to their feelings and consequently males had to dominate and suppress women. Living mind-centric prevents us progressing beyond 499 MoC. Living mind-centric, **Things are done BY Me**. This glass ceiling can only be bridged by us embracing our feelings and living feelings first. Then through Feeling Healing and by embracing our Heavenly Mother and Father's Divine Love we can progress to Celestial Soul Condition while living here on Earth, which is beyond this Map of Consciousness scale.

Thus, these two distinct psychic barriers outline the cause of social issues and difficulties throughout societies and populations. The worldwide education systems actually prevent any consciousness growth and evolutionary progress. Only open and free universal feelings orientated education can erode these psychic barriers and bring about the freedom and progress that we all long for.

# Map of Consciousness MoC

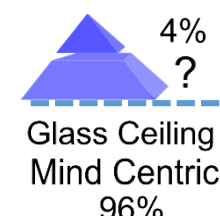
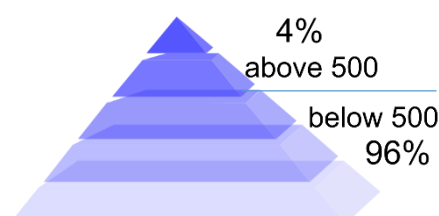
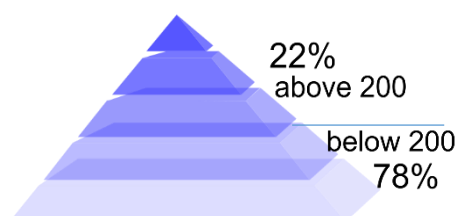


## Note:

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

The collective power of those above consciousness level of 200 has the weight to counterbalance the negativity of those below 200 of the world's population – and also to raise the overall consciousness calibration of humanity! 'Power vs Force' Dr David R Hawkins P.234

|                                                 |                                        |
|-------------------------------------------------|----------------------------------------|
| One individual at level 700 MoC counterbalances | 70 million individuals below level 200 |
| One individual at level 600 MoC counterbalances | 10 million individuals below level 200 |
| One individual at level 500 MoC counterbalances | 750,000 individuals below level 200    |
| One individual at level 400 MoC counterbalances | 400,000 individuals below level 200    |
| One individual at level 300 MoC counterbalances | 90,000 individuals below level 200     |

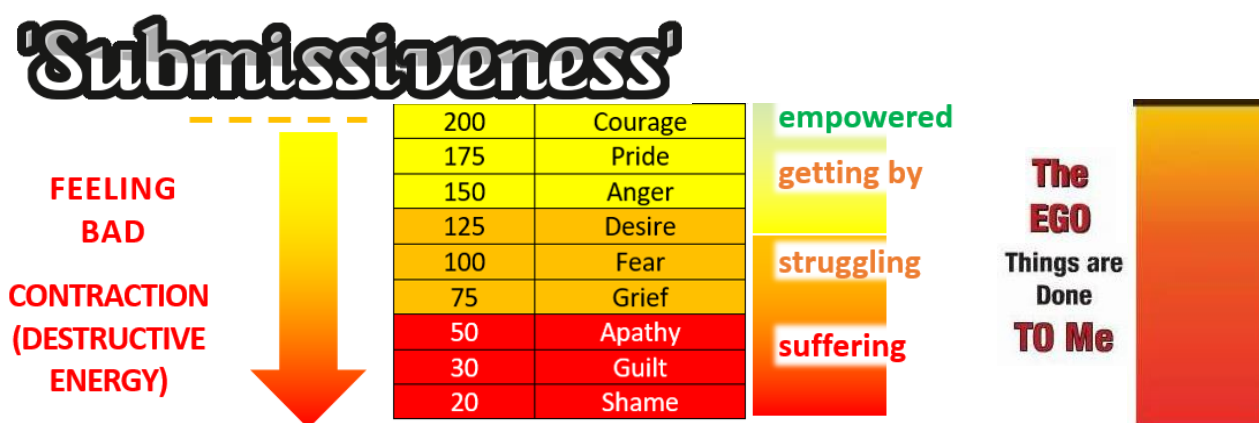


Until humanity begins to embrace their feelings, that is, accept and follow their feelings having their minds to follow in implementing what our feelings are prompting us to consider, then the malaise, the status quo of a hellish existence, will continue. We cannot bridge the glass ceiling of MoC 499 while living mind-centric. Universal, open and free, feelings orientated education worldwide is to be made available to bring about the awareness of living feelings first so that those who embrace can put aside the psychic barriers, the norms of generations gone by, and grow in truth and love thus lifting humanity out of the rebellion and default conditions that have prevailed for 200,000 years.

# Psychic Barriers

## 'Submissiveness'

Things are done to me – submissiveness. **Submissiveness** refers to the **trait of being willing to yield to the will of another person or a superior force**. It is characterised by tendencies to obey or be obedient, often in a humble or unresisting manner. This may empower those whose addiction to control is suppression of others.



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Raising our level of consciousness requires constant commitment. Especially on the lower levels, great effort is required to progress from one level to the next. And below courage, help from others is most often necessary.

While it can seem difficult to progress on the Map of Consciousness (MoC) the effort is always worthwhile.

**The progression from one level to another can radically change and improve your entire life.** All your worries and anxieties from the previous level will seem comical.

Sometimes you temporarily experience a higher level of consciousness and this is a good indicator of where you must go next. Moreover, these moments of clarity can keep us on track and committed to the process.

**But be aware a lower level might cloud the memory of a higher level.**

**The most important thing each of us can do in life is to raise our individual level of consciousness.** When we raise our own level, we do not only spread this level to those around us but also the whole world. And you might even be the catalyst for another person's progression to a higher level. Even one drop raises the level of the sea.

Furthermore, when every one of us is working to raise our individual level of consciousness the progression from one level to another will require less effort and be much faster for everyone.

**Just imagine how incredibly different the world would be if everyone were at the level of acceptance.** According to Hawkins, 78% of the people on Earth are still below courage.

# 'Submissiveness'

## Things are Done **TO Me**

Suppressive Regimes thrive in environments where the populous is submissive:

|                                    |                   |     |
|------------------------------------|-------------------|-----|
| Houthi Rebels thrive in Yemen      | MoC of the people | 160 |
| Hamas thrive in Gaza Strip         |                   | 130 |
| Hezbollah thrive in Lebanon        |                   | 130 |
| Taliban now governing Afghanistan  |                   | 85  |
| Sudanese guerrillas in South Sudan |                   | 140 |
| Ukraine                            |                   | 140 |
| Kim Jong Un in North Korea         |                   | 175 |

Consider other places of instability:

|                              |           |
|------------------------------|-----------|
| Syria                        | 160       |
| Iran                         | 190       |
| Iraq                         | 120       |
| Haiti                        | 80        |
| Central African Republic     | 80        |
| Angola                       | 80        |
| Democratic Republic of Congo | 40 etc... |

# 'Submissiveness'



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Until the focus is upon assisting these and similar populations to significantly lift their personal levels of consciousness, radical and suppressive control centric leaders will continue to cause great harm as their own view on life is harmful to others. Feelings orientated open and free universal education is the gateway.

**SUBMISSIVENESS:** a willingness to allow control by other people. Someone who tends to yield or submit to others' authority or control.



**Submissiveness** is the quality of willingly yielding to others' authority or control, often characterised by a compliant, obedient attitude or a tendency to defer to others' preferences.

Generally speaking they are people who are kind, welcoming and obliging to you and your needs.

They also generally calibrate MoC 200 or less on the Map of Consciousness and thus, this is the population with the highest degree of criminality.

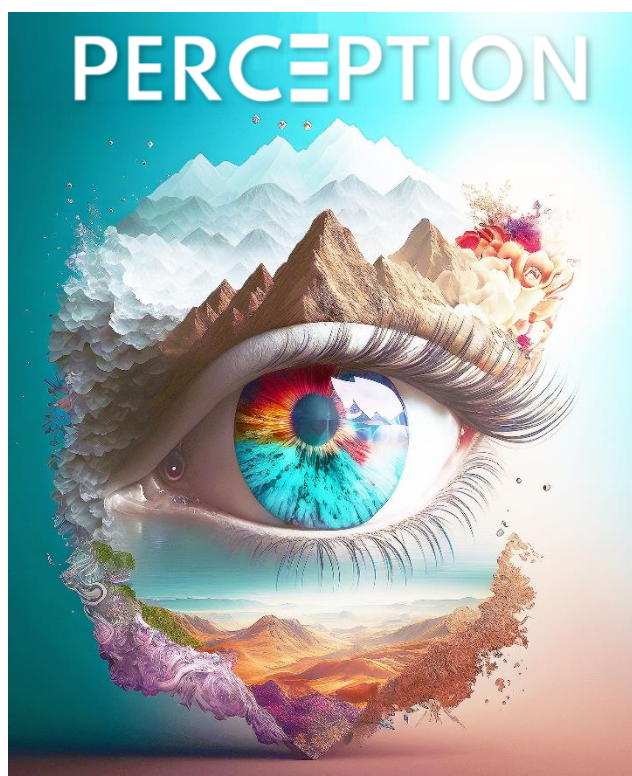
## **PERCEPTION:**

As we heal our childhood suppression through Feeling Healing, our consciousness enlivens strengthening our macro and micro perception. Thus, our ability to perceive big picture as well as little picture of what is before lightens up and strengthens our comprehension of what we are confronted with and are considering.

In contrast, those calibrating MoC 200 or less on the Map of Consciousness have very little perceptiveness capability.

When you consider the submissiveness of this group of the population, you now can 'see' that they also cannot perceive their surrender to the control of others, let alone their way out of this entrapment which is their poverty in truth, the lack of truth that they hold which goes on for generations, as this lacking is infused into their children together with submissiveness.

By opening to one's feelings, their soul based truth, then the pathway begins for them to free themselves.



## Scale of Consciousness

**Enlightened  
States**

Things are  
Done  
**AS Me**

**Spiritual  
Reality**

Things are  
Done  
**THROUGH  
Me**

**Linear  
Mind**

Things are  
Done  
**BY Me**

**The  
EGO**

Things are  
Done  
**TO Me**



*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***

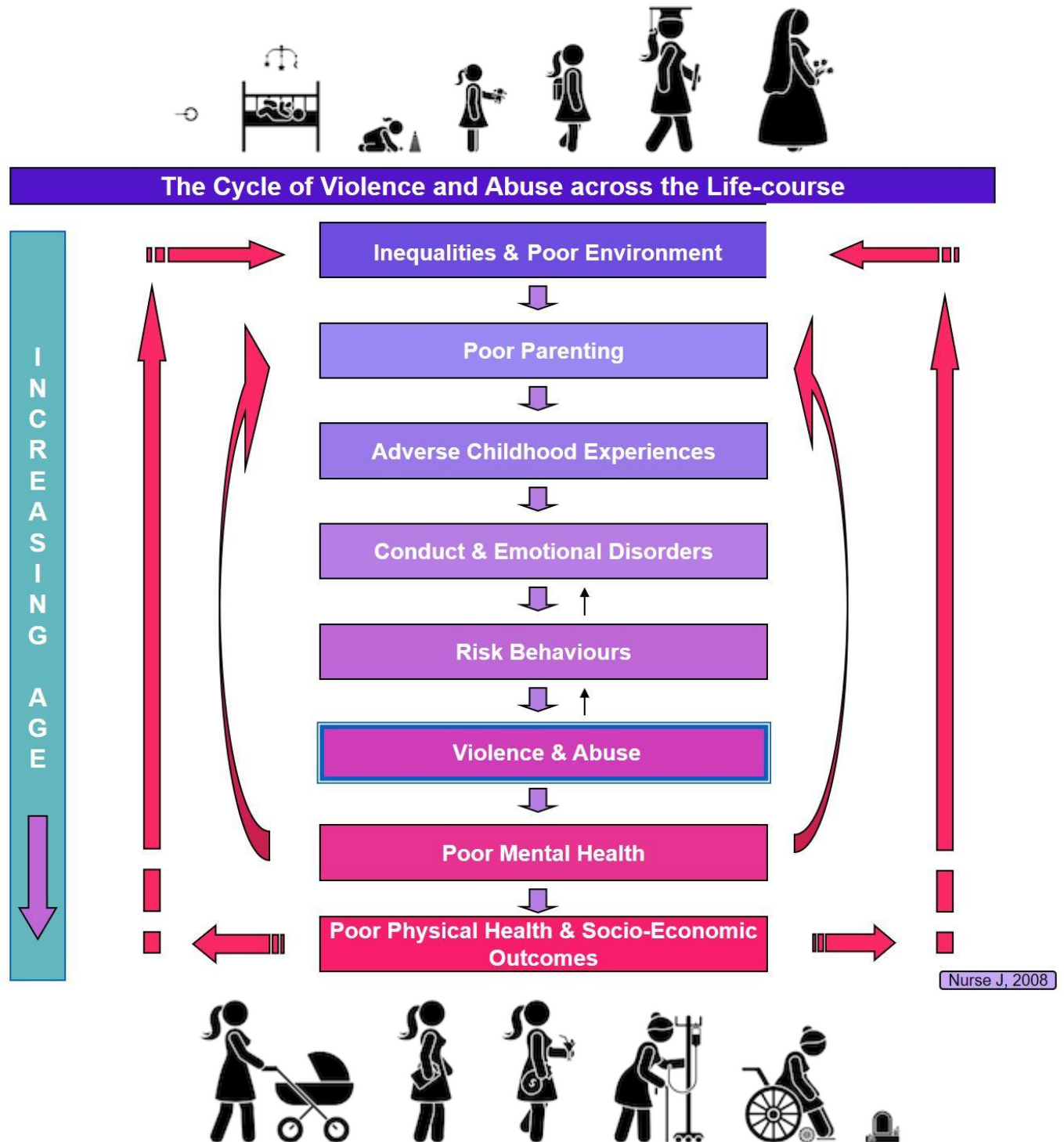
John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**



# LIFE IS FOR LEARNING



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**

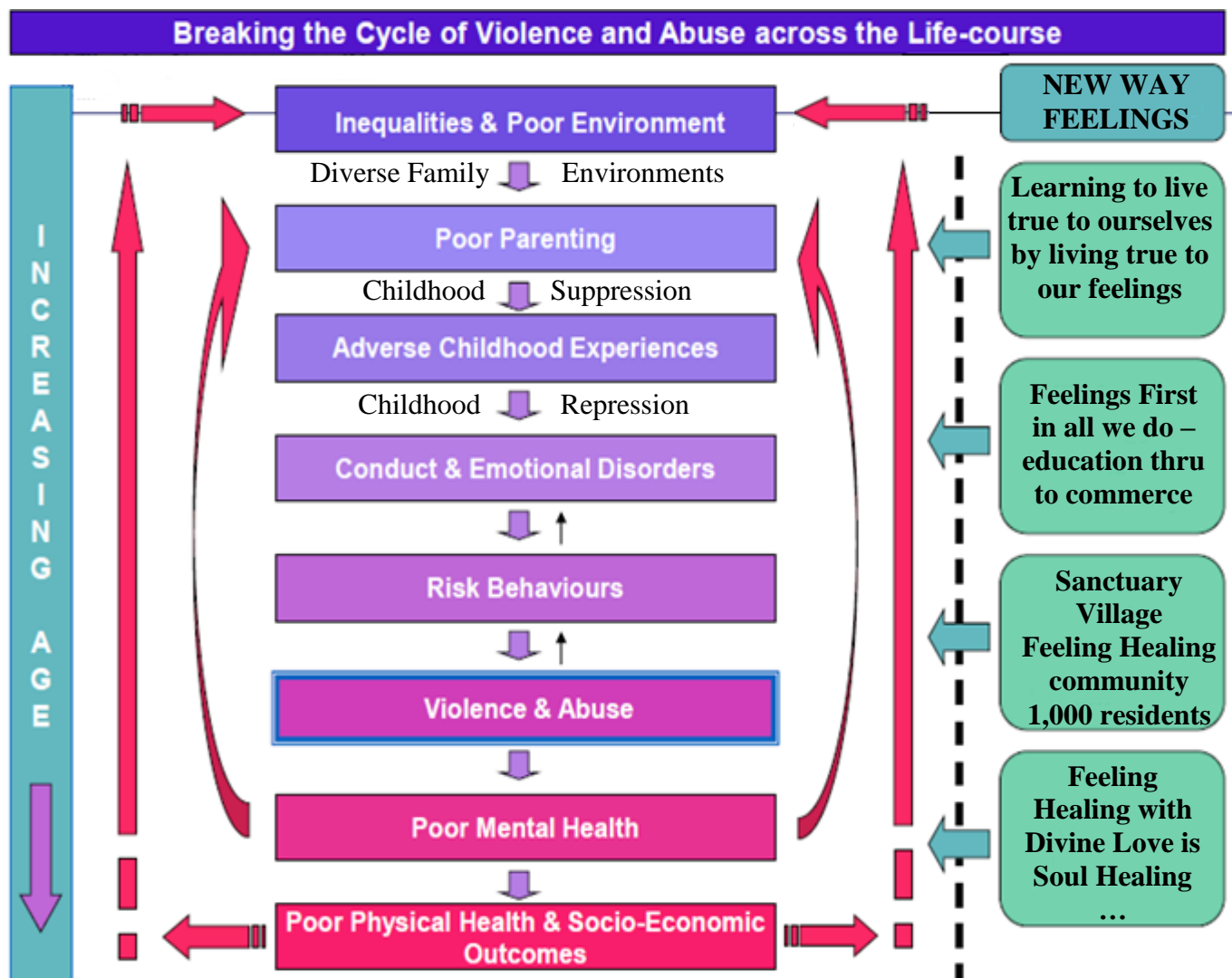


**Caligastia pair**

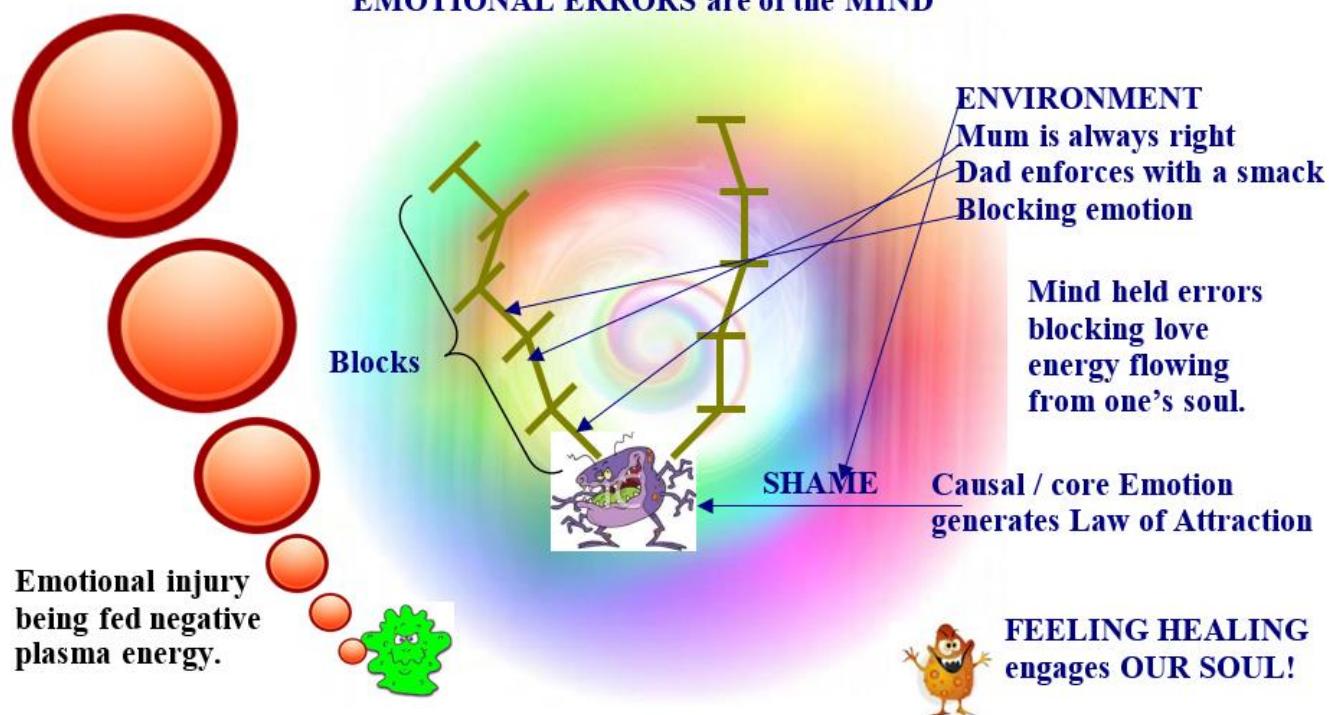
Arrested and imprisoned 1993 CE



**Daligastia pair**



# 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!**

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



Feelings, good and bad, are to be expressed.



Talk it Out!



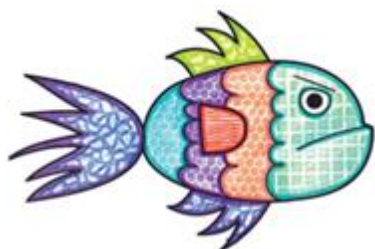
Heartfelt feelings are our truth.

Then we are to continue by longing for  
the truth that our feelings are to reveal to us!

**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!**



# TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



# To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.



## Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: **Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. 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. 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 ourselves. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it

fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny and keep suppressed. And this is what I ‘feed’ on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

“Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

“You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

“I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is **YOUR FEELINGS!!**”  
(These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new ‘vibration’ humanity will experience is the new vibe of the next age, and it’s upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won’t need to get sick, the Celestial spirits don’t get sick, they don’t have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won’t need to have those feelings that would come from an illness, so we won’t get sick.

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.**



# ASSUMPTIONS and the MIND

[info@interactioncouncil.org](mailto:info@interactioncouncil.org)

Dr Joanna Nurse

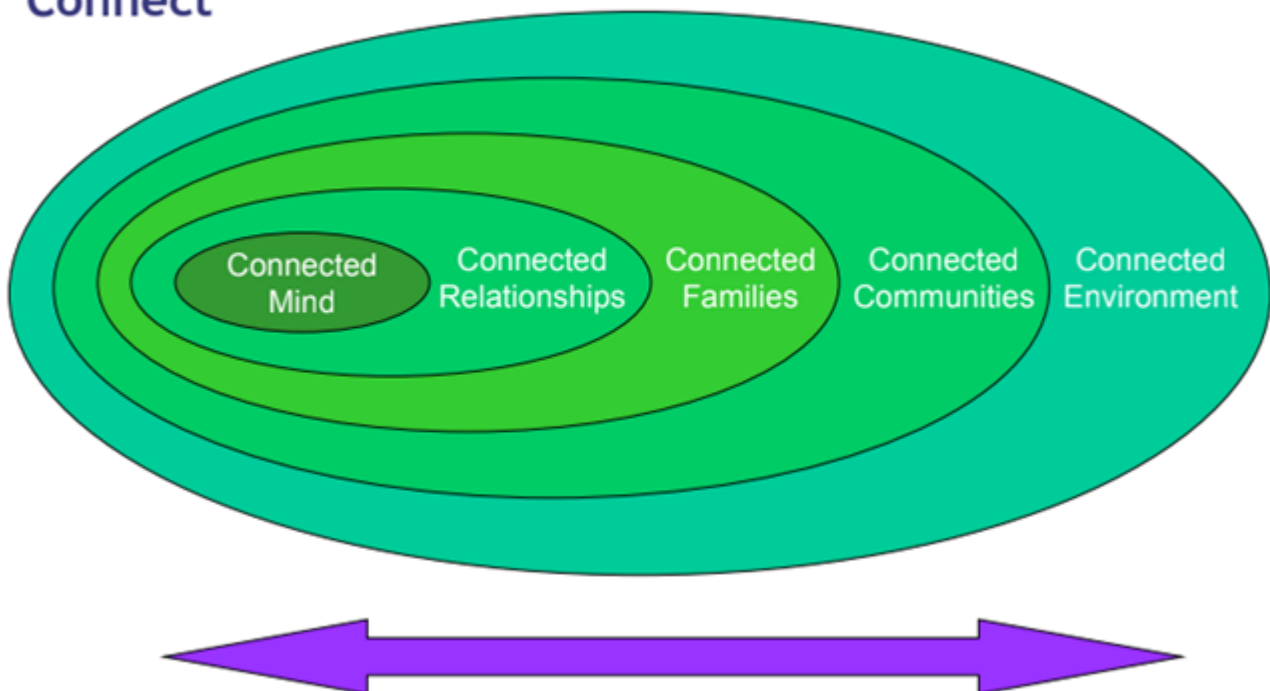
*Preventing All Forms of Violence*

1<sup>st</sup> March, 2017  
Marlborough House, London

Dr Joanna Nurse  
Head of Health and Education  
[j.nurse@commonwealth.int](mailto:j.nurse@commonwealth.int)



Humans as part of a wider ecosystem - the need to Connect



**While we continue living mind-centric,  
we are going the wrong way!**

## **ASSUMPTIONS** *and the* **MIND**

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

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

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

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

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

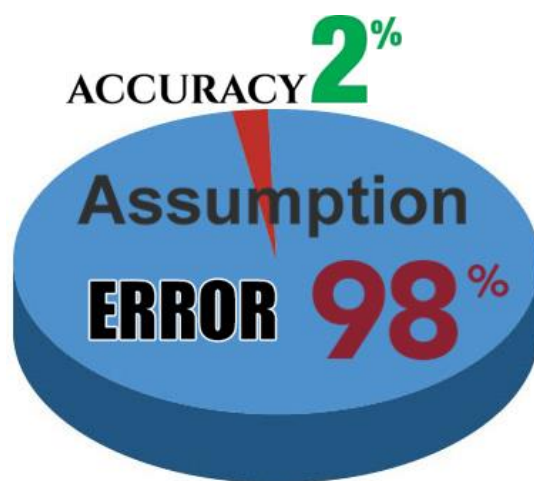
It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

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

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

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

Thinkingness has the same or similar outcome as assumption making – 98% error rate!



## Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and then progress through all the Celestial Heavens of our local Universe of Nebadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1<sup>st</sup> of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

## Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self-glorification to our detriment. These wayward spirits had illusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1<sup>st</sup> spirit Mansion World to the 2<sup>nd</sup> mind spirit Mansion World, then 4<sup>th</sup> and finally 6<sup>th</sup> mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7<sup>th</sup> spirit healing Mansion World process we transition to the 1<sup>st</sup> of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

## 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.

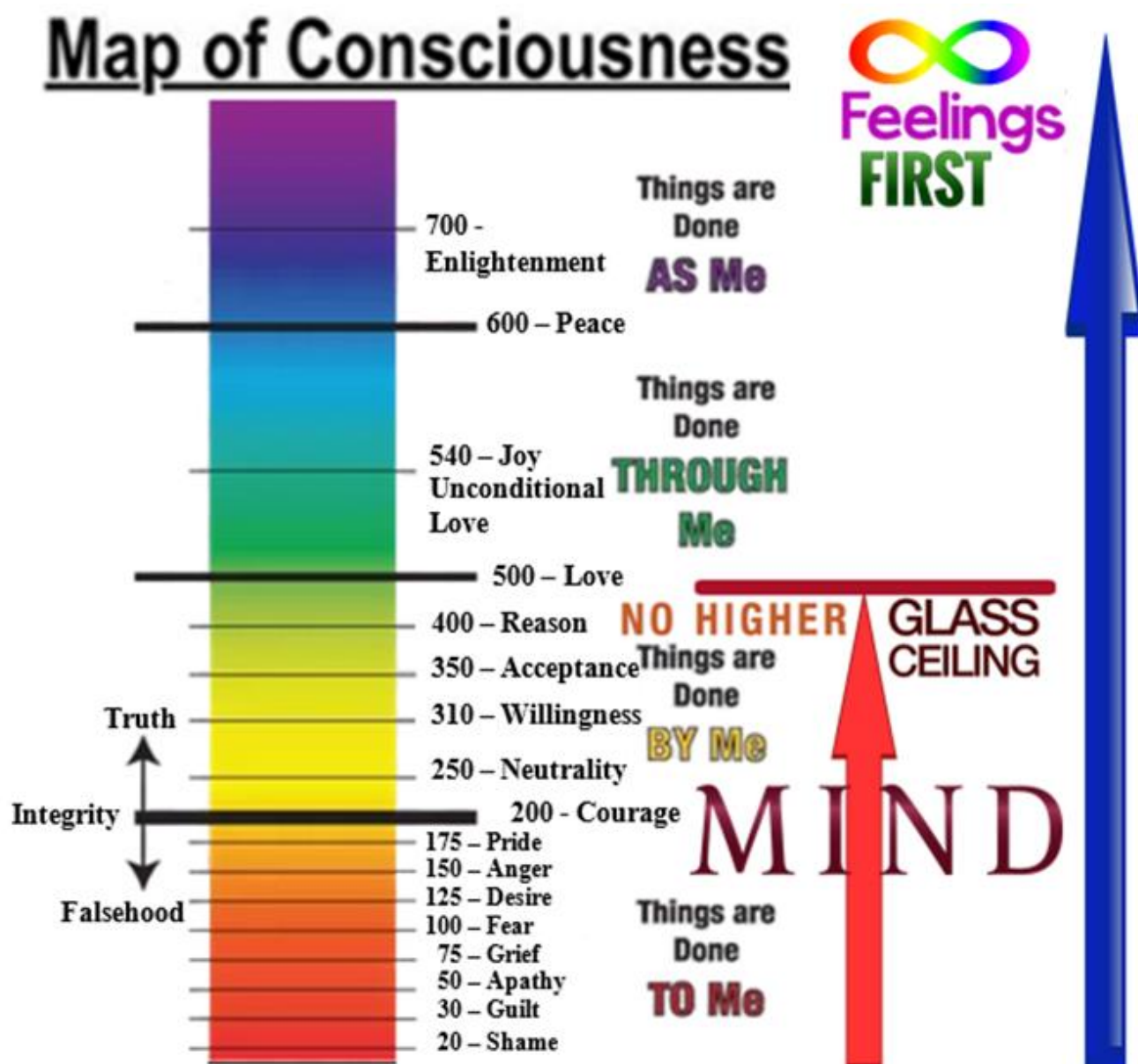
Totally self-reliant, not God reliant.

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.



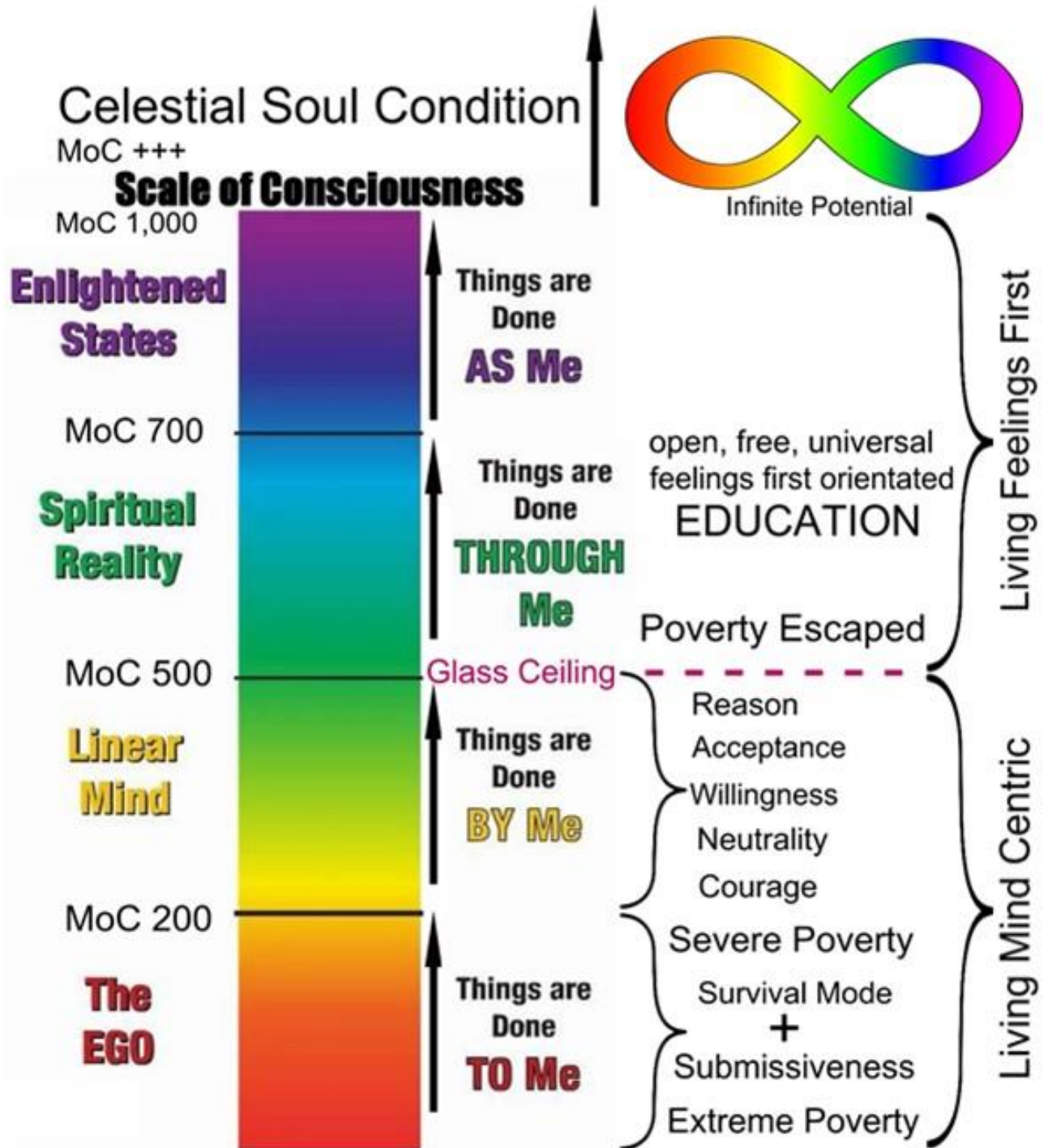
This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

# POVERTY EXTERMINATION



**Note:**

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

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

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

Thus the energy differentials are in fact enormous!

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

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

**Shame:** Shamed children are cruel to animals and to each other. Later they are capable of forming vigilante groups to project their shame onto others whom they righteously attack. Serial killers have often acted out of sexual moralism with the justification of punishing "bad women". Shame produces false pride, anger, guilt. Moc 20 – 29

**Guilt:** associated with victim hood, masochism, remorse. Unconscious guilt results in disease, accident - proneness, suicidal behaviour. Preoccupation with punishment. Guilt provokes rage. Capital punishment is an example of how killing gratifies a guilt-ridden populace. MoC 30 – 49

**Apathy:** State of helplessness / death through passive suicide / level of homeless and derelicts / level of streets of Calcutta, abandonment of hope. MoC 50 – 74

**Grief:** Level of sadness, mourning over the past / habitual losers / chronic gamblers / notion of being unable to replace what is lost. MoC 75 – 99

**Fear:** Fear runs much of the world [in the enmity fearfulness is dominant emotion of 65% of the world] insecurity, vulnerable / leads to jealousy and chronically high stress level / very contagious / fearful people seek strong leaders. MoC 100 – 124

**Desire:** Motivates vast areas of human activity. Desire for money, prestige runs lives of many who have risen above Fear. At this level of addiction / desire for sexual approval has produced an entire cosmetics and fashion industry / accumulation / greed. It is insatiable because it is an ongoing energy field. Satisfaction is impossible / frustration is assured. MoC 125 – 149

**Anger:** Leads to either constructive or destructive action. Expressed most often in resentment and revenge. Irritable / explosive / leads to hatred. MoC 150 – 174

**Pride:** Has enough energy to run the Marines. Is a great leap forward from lower fields / is socially encouraged. Defensive / vulnerable because dependent upon external conditions. Inflated ego is vulnerable / divisive / arrogance / denial. The whole problem of denial is one of Pride. MoC 175 – 199

**Courage:** Where productivity begins / zone of exploration / accomplishment / fortitude / determination / exciting / challenging / openness. All of this is achieved through the leap to truth / the courage to face one's flaws. MoC 200 – 249

**Neutrality:** Release from a position or opinion / flexible / non-judgmental / realistic. Not getting one's way is less defeating or frustrating. Beginning of inner confidence. One is not driven to prove anything. Does not lead to any need to control others. MoC 250 – 309

**Willingness:** Growth is rapid here. Willingness implies that one has overcome inner resistance to life and is committed to participation. Genuine friendliness / do not feel demeaned by service jobs. Helpful / high self-esteem / sympathetic / responsive to needs of others / resilient / self-correcting / excellent students / readily trained. MoC 310 – 349

**Acceptance:** Major transformation takes place when one recognizes that one is the source of the experience of one's life. A full assumption of responsibility for one's self. Acceptance of life without attempting to conform situations to one's own agenda. Denial is transcended / calm / perceptive / balanced / appropriate. No interest in determining right and wrong. Self discipline / honouring of others rights / inclusive / tolerant. MoC 350 – 399

**Reason:** Intelligence/ capable of making rapid, complex decisions and abstractions / level of science / capacity for conceptualization / deals with particulars / level of Nobel Prize winners, Einstein, Freud, etc. but ironically reason is often a block to higher states. MoC 400 – 499

**Love:** Love is not what the media professes: emotionality / physical attraction / possessiveness/ sentimentality / control / addiction / eroticism / novelty. When lovers or marriages "break-up", they usually were based on these attitudes rather than love, which is why this kind of "love" can lead to hate. It wasn't love in the first place. Love Deals with wholes. Unconditional love is accompanied by measurable release of endorphins. Love takes no position / permanent. Only 0.04% of population lives out of this level of consciousness. MoC 500 – 539

**Joy:** Level of saints / effortless / people with near death experiences often have reached this level of consciousness. Healing occurs. Individual will merges with Divine will. MoC 540 – 599

**Peace:** Radiance / suspension in time and space / everything connects to everything else / no preconception. Great works of art, music and architecture, which calibrate between 600 and 700, can transport us temporarily to higher levels of consciousness. MoC 600 - 699

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

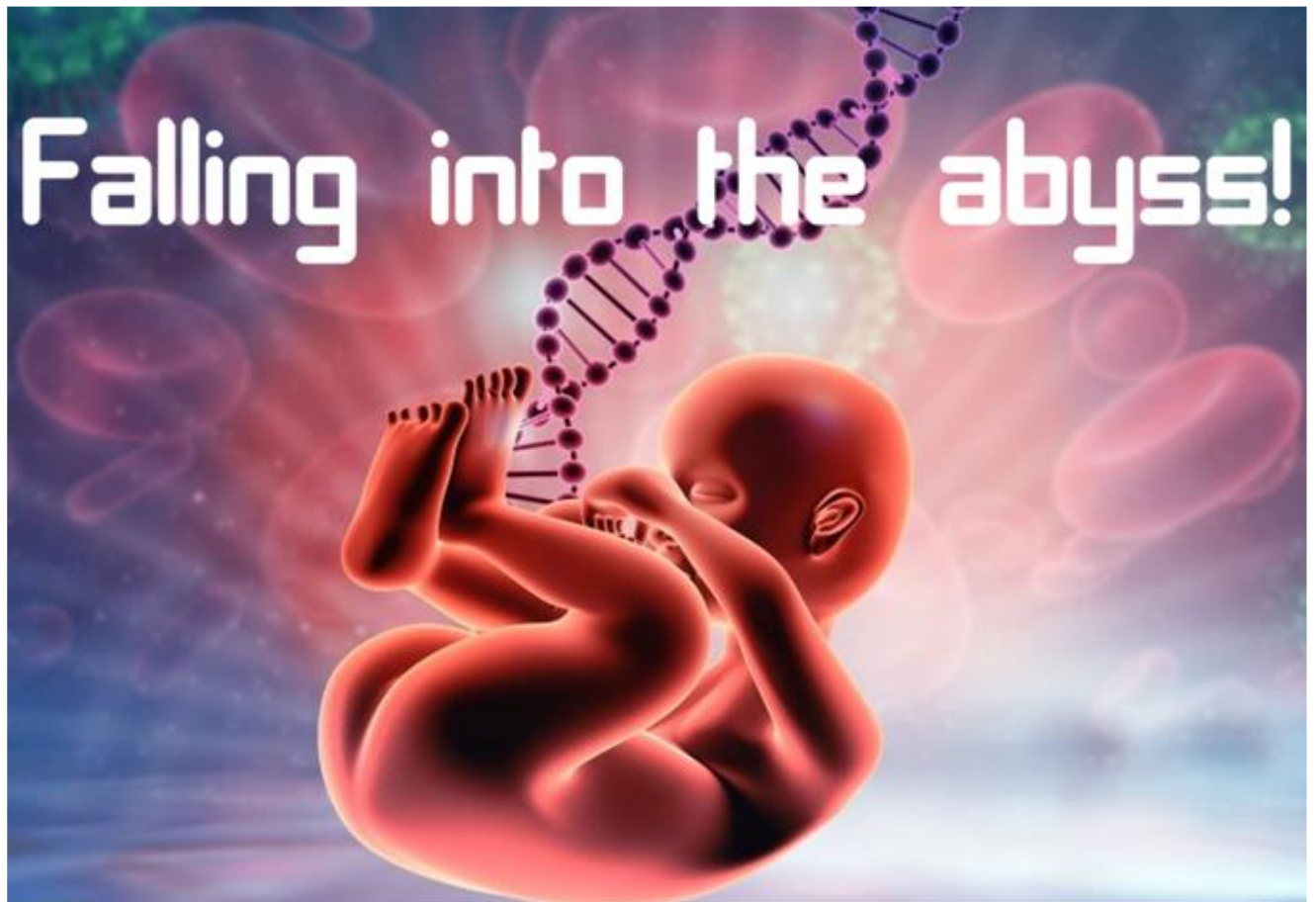


**PASCAS  
PAPERS**

<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)



to example parents like  
these

**ANGER**



|             |           |             |            |        |
|-------------|-----------|-------------|------------|--------|
|             | ANXIOUS   | ANNOYED     |            |        |
| SAD         | CONFUSED  | OVERWHELMED |            |        |
| EMBARRASSED | SCARED    | GUILTY      | STRESSED   |        |
| REJECTED    | INSECURE  | HURT        | FRUSTRATED | LONELY |
| NEGLECTED   | JEALOUS   | TIED        | GRUMPY     |        |
| WORRIED     | SURPRISED | DISGUSTED   | BORED      | SHY    |



# PARENTS

## 78% calibrate under 220

MAP OF CONSCIOUSNESS

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



**WORLD PEACE is in the HANDS of these LEADERS:**

**Benjamin Netanyahu**  
Prime Minister of Israel  
MoC 290

**Xi Jinping**  
general secretary of the Chinese  
Communist Party (CCP) MoC 280



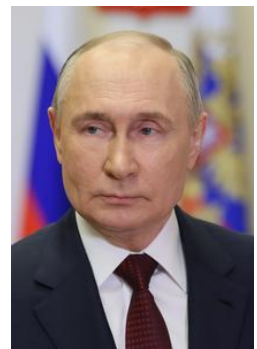
**Recep Tayyip Erdoğan**  
President of Turkey MoC 260

**Kim Jong Un** MoC 180  
General Secretary of the Workers' Party of  
Korea and 3rd Supreme leader of North Korea



**Supreme Leader of Iran**  
– Ali Khamenei  
MoC 185

**Vladimir Putin**  
2nd and 4th President of Russia  
MoC 240



**Donald Trump** MoC 280  
45th & 47th President of the United States



**President Mr Asif Ali Zardari is the 14th President of the Islamic  
Republic of Pakistan MoC 300**

**Narendra Modi**  
Prime Minister of India since 2014  
MoC 415



The questions are these: Who nominates the individuals for leadership of a nation? What is the structure that seemingly enables covert hidden controllers to indirectly rule a nation? We may vote for and therefore appear to elect leadership but we do not have a say as to who is nominated to be elected for leadership.

And now do we find the control of weapons of mass destruction of humanity to be in the hands of those who may be inappropriately appointed!

| <b>GOVERNMENTAL RESTRAINT upon its PEOPLE</b> |                        |                      |                                                                               |                          |                         |
|-----------------------------------------------|------------------------|----------------------|-------------------------------------------------------------------------------|--------------------------|-------------------------|
| <b>Nation</b>                                 | Consciousness<br>(MoC) | Population<br>(2024) | <b>Parliament</b>                                                             | MoC<br>(2024)            | Elected<br>Number       |
| Afghanistan                                   | 85                     | 43,400,000           | Taliban Parliament 2021 ~<br><b>was</b> Upper 102 Lower 250                   | 205                      | 0<br>352                |
| Angola                                        | 80                     | 37,800,000           | National Assembly                                                             | 220                      | 220                     |
| Argentina                                     | 280                    | 46,000,000           | Federal Parliament<br>Senators (upper house)<br>Deputies (lower)              | 310<br>320<br>300        | 329<br>72<br>257        |
| Australia                                     | 410                    | 27,000,000           | Federal Parliament<br>Senate (upper house)<br>Representatives (lower)         | 380<br>380<br>380        | 227<br>76<br>151        |
| Burundi                                       | 140                    | 14,400,000           | Parliament<br>Senate<br>National Assembly                                     | 290<br>300<br>280        | 162<br>39<br>123        |
| China                                         | 305                    | 1,425,000,000        | Politburo Standing<br>Committee<br>Politburo<br>Central Committee<br>Congress | 280<br>285<br>290<br>295 | 7<br>24<br>200<br>2,000 |
| Colombia                                      | 320                    | 52,200,000           | Parliament<br>Senate<br>Chamber of<br>Representatives                         | 344<br>344<br>332        | 296<br>108<br>188       |
| Eritrea                                       | 180                    | 5,800,000            | Dictatorship                                                                  | 315                      | none                    |
| European Union                                | 380                    | 451,000,000          | Parliament                                                                    | 335                      | 705                     |
| India                                         | 370                    | 1,436,000,000        | Parliament<br>Council of States (upper)<br>House of People (lower)            | 400<br>410<br>390        | 788<br>245<br>543       |
| Indonesia                                     | 220                    | 280,000,000          | Parliament<br>Regional Rep Council<br>Peoples Rep Council                     | 288<br>295<br>280        | 711<br>136<br>575       |
| Jordan                                        | 185                    | 11,500,000           | Parliament<br>Senate<br>Representatives                                       | 280<br>290<br>270        | 207<br>69<br>138        |
| Pakistan                                      | 140                    | 251,000,000          | Parliament<br>Senate<br>National Assembly                                     | 310<br>315<br>300        | 432<br>96<br>336        |
| Philippines                                   | 225                    | 119,000,000          | Senate<br>Representatives                                                     | 291<br>299               | 24<br>316               |
| Poland                                        | 190                    | 38,500,000           | Parliament<br>Senate<br>Lower House                                           | 280<br>300<br>270        | 560<br>100<br>460       |
| Russia                                        | 320                    | 144,000,000          | Federal Assembly<br>Federation Council (upper)<br>State Duma (lower)          | 305<br>310<br>300        | 620<br>170<br>450       |
| Rwanda                                        | 70                     | 14,500,000           | Parliament<br>Senate<br>Chamber of Deputies                                   | 275<br>270<br>280        | 106<br>26<br>80         |
| South Africa                                  | 190                    | 64,000,000           | Parliament<br>National Council<br>National Assembly                           | 280<br>290<br>270        | 490<br>90<br>400        |

|                          |            |                      |                           |     |       |
|--------------------------|------------|----------------------|---------------------------|-----|-------|
| Tanzania                 | 200        | 68,800,000           | National Assembly         | 290 | 393   |
| Uganda                   | 90         | 50,500,000           | Parliament                | 280 | 529   |
| Ukraine                  | 330        | 38,000,000           | Verkhovna Rada            | 300 | 450   |
| United Kingdom           | 420        | 68,000,000           | Parliament                | 390 | 1,433 |
|                          |            |                      | UK House of Lords         | 380 | 783   |
|                          |            |                      | UK House of Commons       | 400 | 650   |
| United States of America | 405        | 341,000,000          | USA Congress              | 380 | 535   |
|                          |            |                      | Senate                    | 365 | 100   |
|                          |            |                      | House of Representatives  | 390 | 435   |
| Zimbabwe                 | 100        | 17,000,000           | Parliament                | 260 | 360   |
|                          |            |                      | Senate (upper)            | 260 | 80    |
|                          |            |                      | National Assembly (lower) | 260 | 280   |
| <b>World overall</b>     | <b>220</b> | <b>8,100,000,000</b> |                           |     |       |

### LEADERSHIP PERSONALITIES should CALIBRATE at or over 400 MoC

For dynamic leadership and to qualify for being considered to represent the people of any nation, candidates need to calibrate on Dr David Hawkins' Map of Consciousness at or over 400 MoC. To qualify for high political appointments, then only those calibrating 410 MoC + need to stand for such positions. Great leaders and statesmen throughout history generally have high consciousness levels. As can be seen by the above observations, politics in most nations have been hijacked by controlling interests so that their nominees are readily compromised and the people then being suppressed and manipulated without their best interests being prioritised.

## MAP OF CONSCIOUSNESS

| Level         | Log      |
|---------------|----------|
| ENLIGHTENMENT | 700-1000 |
| PEACE         | 600      |
| JOY           | 540      |
| LOVE          | 500      |
| REASON        | 400      |
| ACCEPTANCE    | 350      |
| WILLINGNESS   | 310      |
| NEUTRALITY    | 250      |
| COURAGE       | 200      |
| PRIDE         | 175      |

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

### 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.

### The EXPERIENCE of LIFE by the BABY in the WOMB:

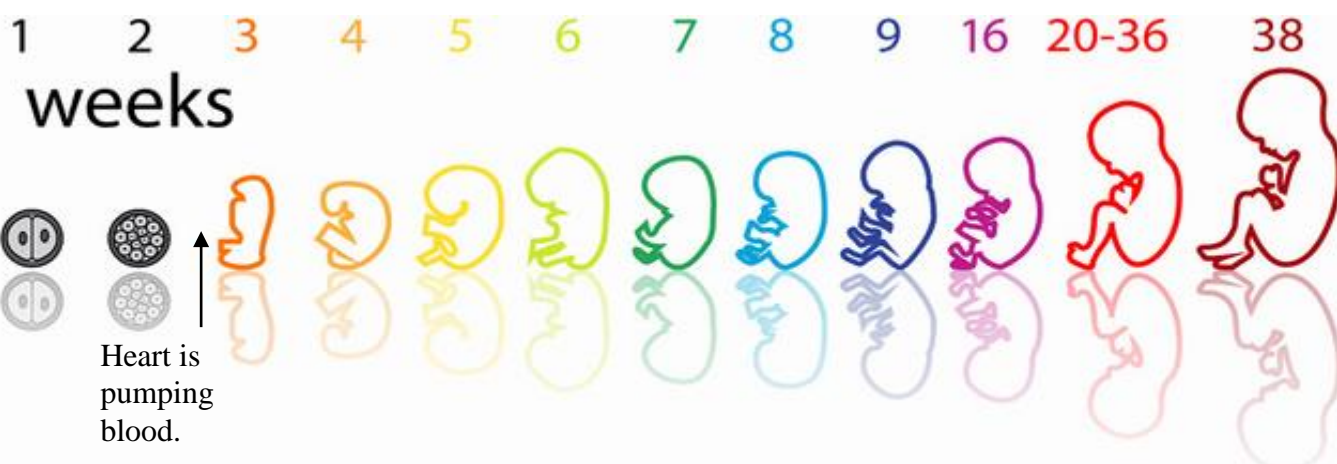
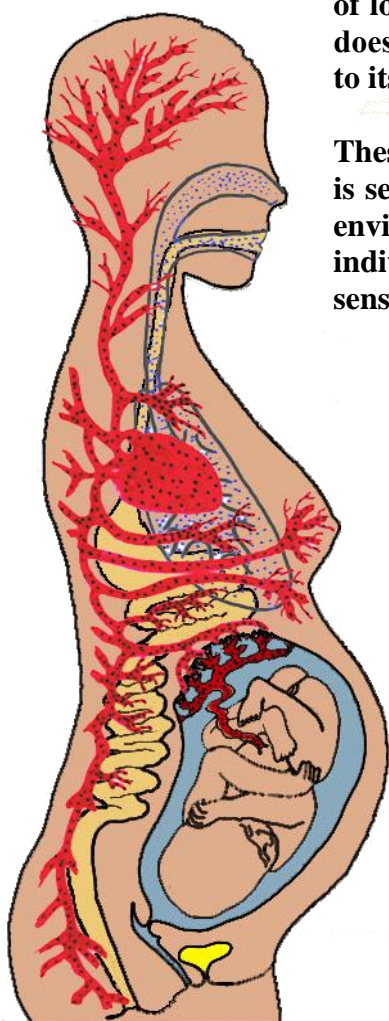
From the time of conception an infant is sensitive to the presence or absence of love as feelings of comfort or discomfort. One feels good and the other doesn't. This child has no idea how to seek love as it is completely subject to its environment and knows only how to respond to the way that it feels.

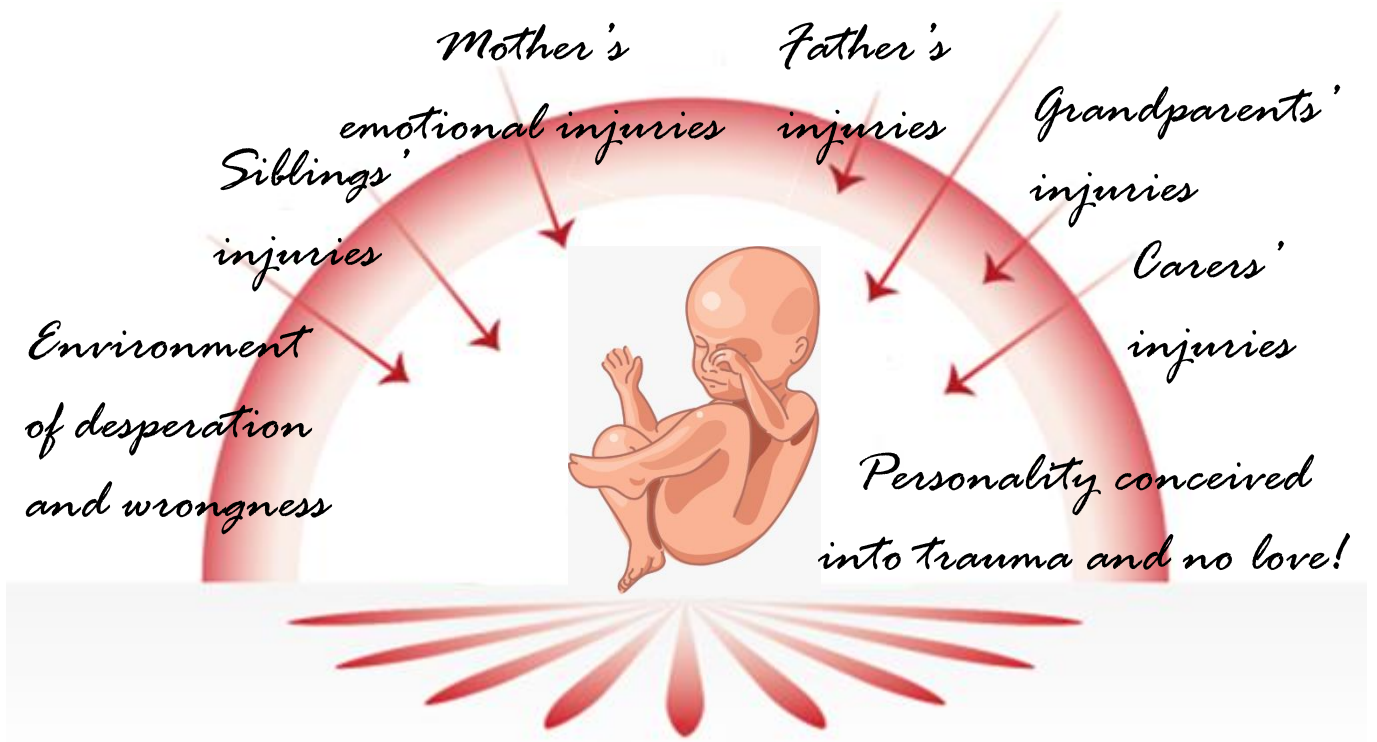
These early experiences of love have a great impact on a child as the child is self-focussed and has no concept of others outside itself. Its immediate environment is its world in which it has begun its process of individualisation and development of its personality qualities. The prime sense to which it responds is its sense of the presence or otherwise of love.

This is very basic but remains the most important sense for a human throughout its life. This may seem strange until you really think about it.

All of the most important responses a human makes are based on feelings and the most important feelings are those related to love because these are totally basic. Whatever supposedly sophisticated devices of discernment are overlaid on this, the basis remains the sensitivity to love.

We begin our life with natural love and it is in the context of this love that we live most of our life. In effect it is the main environment in which we live and function and our awareness of it depends on the love that we feel within us and which we express rather than the love expressed by others. We appreciate the love of others to the degree that we allow ourselves to receive it. If we are closed to the love of others we will not attract it. Giving and receiving are inextricably entwined and can never be separated.





*Rejection – unwanted*

*Controlling – freewill denied*

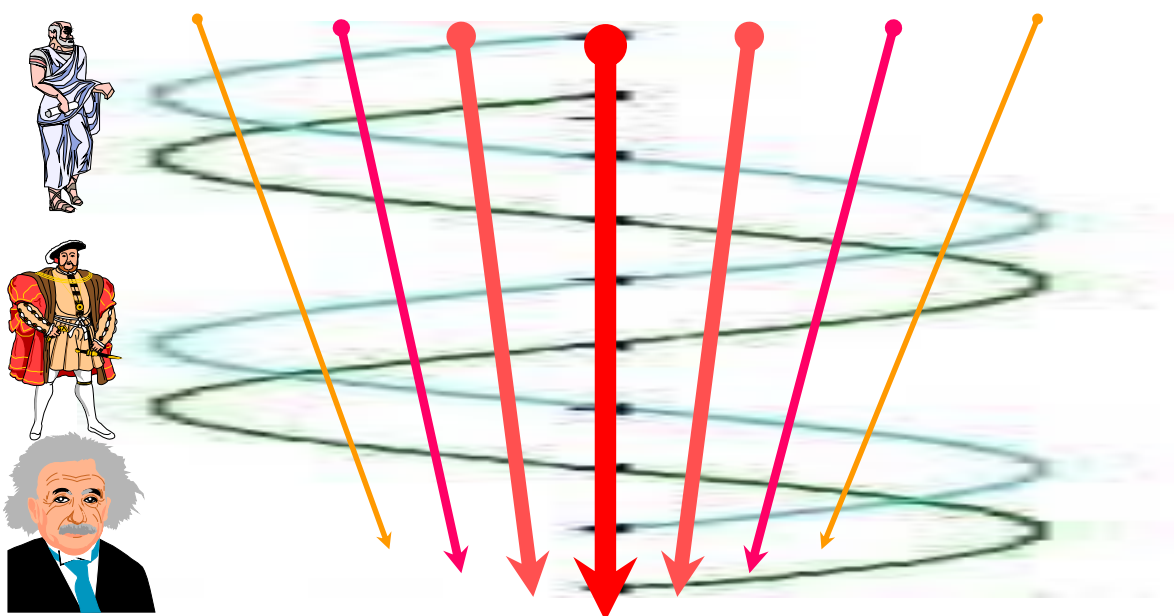
*Untruth – erroneous beliefs*

*Hopelessness – depression*

*Suppression*



**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



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

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

**Our own soul condition is reflected in our children.**



**To assist baby, as well as our self, work and pray to express our blocked emotions.**

**Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.**

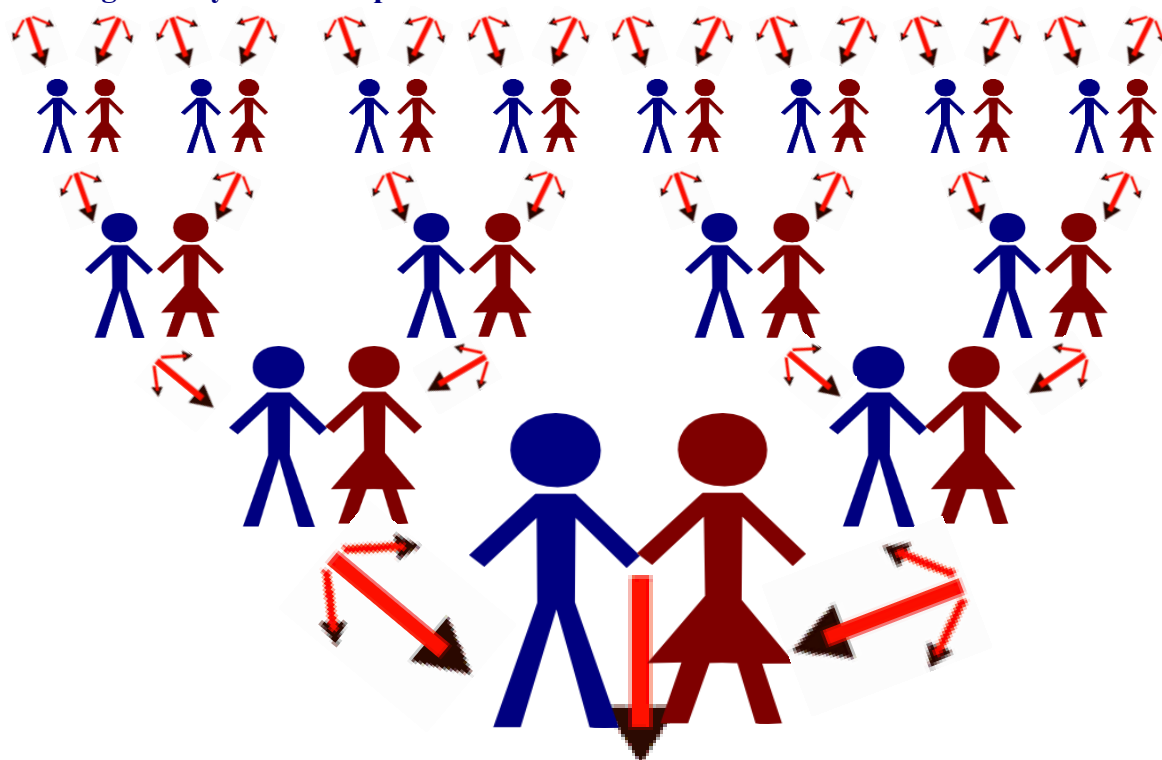
**Baby's body, when conceived, is always perfect. Their soul condition is also perfect.**

### 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 through 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 suppression and ongoing 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 parents' 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 expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly thereafter. 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 through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within ourselves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents' emotional issues.



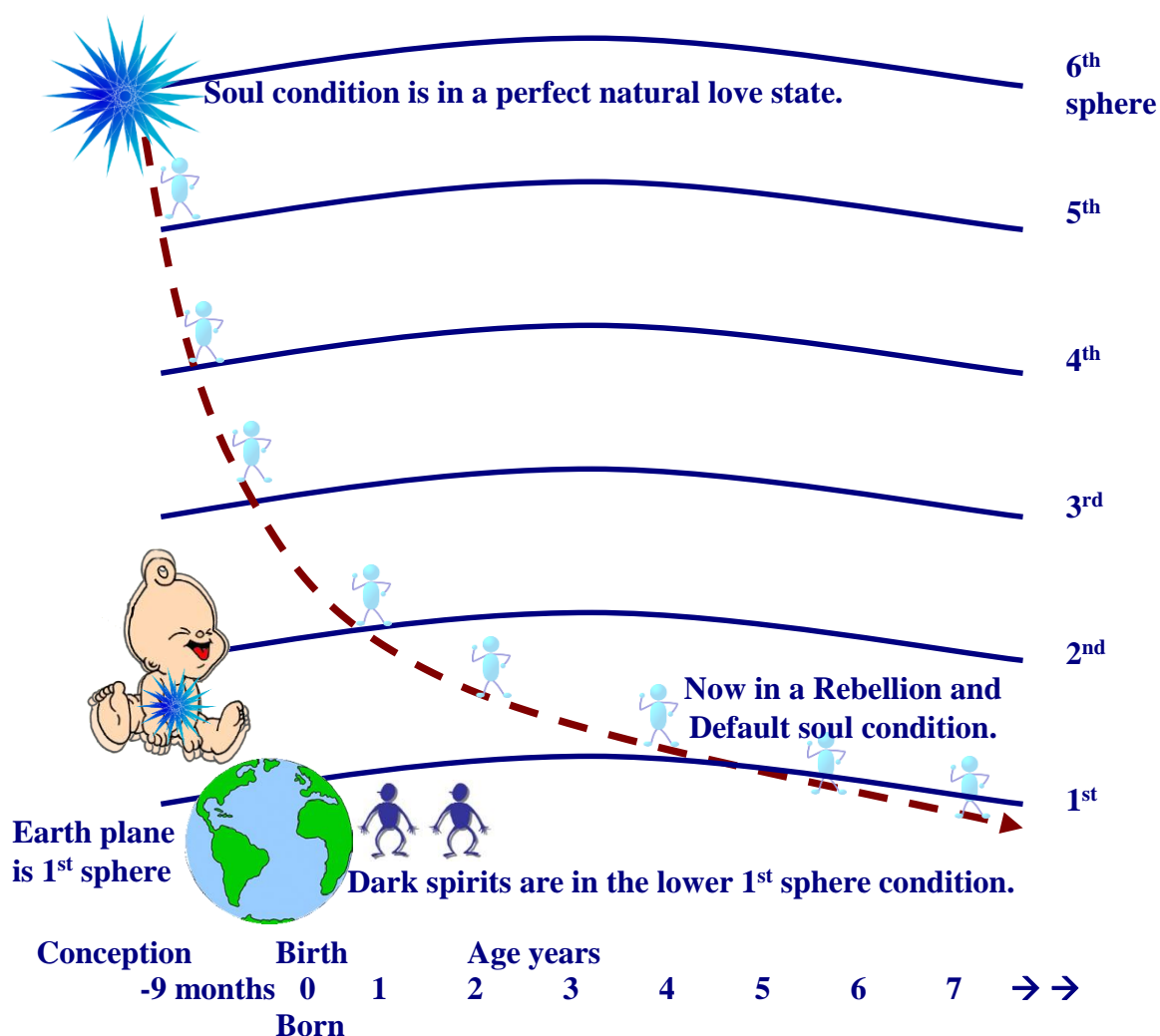
**SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!**

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



**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.



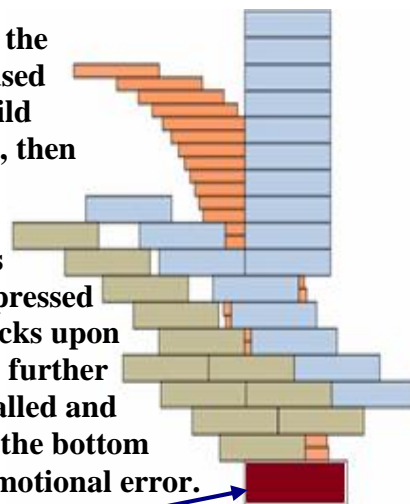
Somehow,  
we go on  
smiling and  
laughing...



## OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



**SUPERKID POWER**  
**NATURAL self EXPRESSION**



## 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!

# 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;

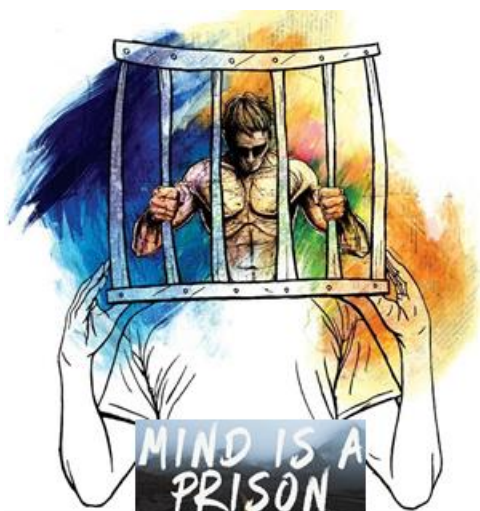
or embracing The New Feelings Way  
by doing your Spiritual Healing;

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;

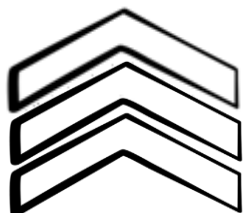
or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.



**Celestial Truth:**

Truly all-loving;  
Living true to oneself;  
Mind supporting Feelings;  
Living with the Divine Love;

**Fully Healed of the Rebellion and Default.**



### **THE FEELING WAY**

**Feeling – Ascendence**

**Unlimited progression**

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

## **The CHOICE is OURS to MAKE:**

### **THE MIND WAY**

**Mind – Transcendence**

**Limited progression**

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



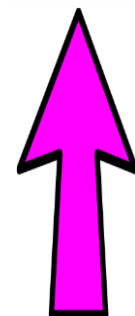
All religions, New Age, agnostic,  
atheists, no spiritual interest,  
Living the Rebellion and Default.

**Hell:**  
Exploiting the Rebellion and Default.

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

# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE



**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
**DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES**  
**UNITING with SOULMATE / SOUL PARTNER and SOULGROUP**  
**BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT**

### THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\*

**Transformation** of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.  
**Transformation** of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

### Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
**SEVEN MANSION WORLDS**

We have to do our: **SPIRITUAL HEALING**  
**(FEELING HEALING)**  
**(SOUL HEALING)**

**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
**REBELLIOUS**  
**REBELLION AND DEFAULT**

Against Truth and Love  
 Living Untrue; against ourselves  
 Denying many feelings  
 Become Truth to being untrue  
 Imperfect relationships  
 Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**



### Self-Acceptance

No Healing needs to be done  
 Being true and loving  
 All done with Natural love  
 Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
**NOT REBELLIOUS**  
**NO REBELLION OR DEFAULT**

Not Against Truth and Love  
 Living Truth; not against ourselves  
 Not denying any feelings  
 Become truth to being true  
 Perfect Relationships  
 Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
 What we wish we were living  
 A Loving life

### THE MIND WAY \*\* MIND-LED LIFE \*\*

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

### GREAT U-TURN

# Living True to Ourselves

## LIVING TRUE to OURSELVES

We are to live truth to ourselves through ALL our feelings. We are untrue.  
We are to live truth to being untrue. We are to stop pretending we're true.  
We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

# We are to find the Truth of Love

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



## EXPERIENCES, FEELINGS and TRUTH:

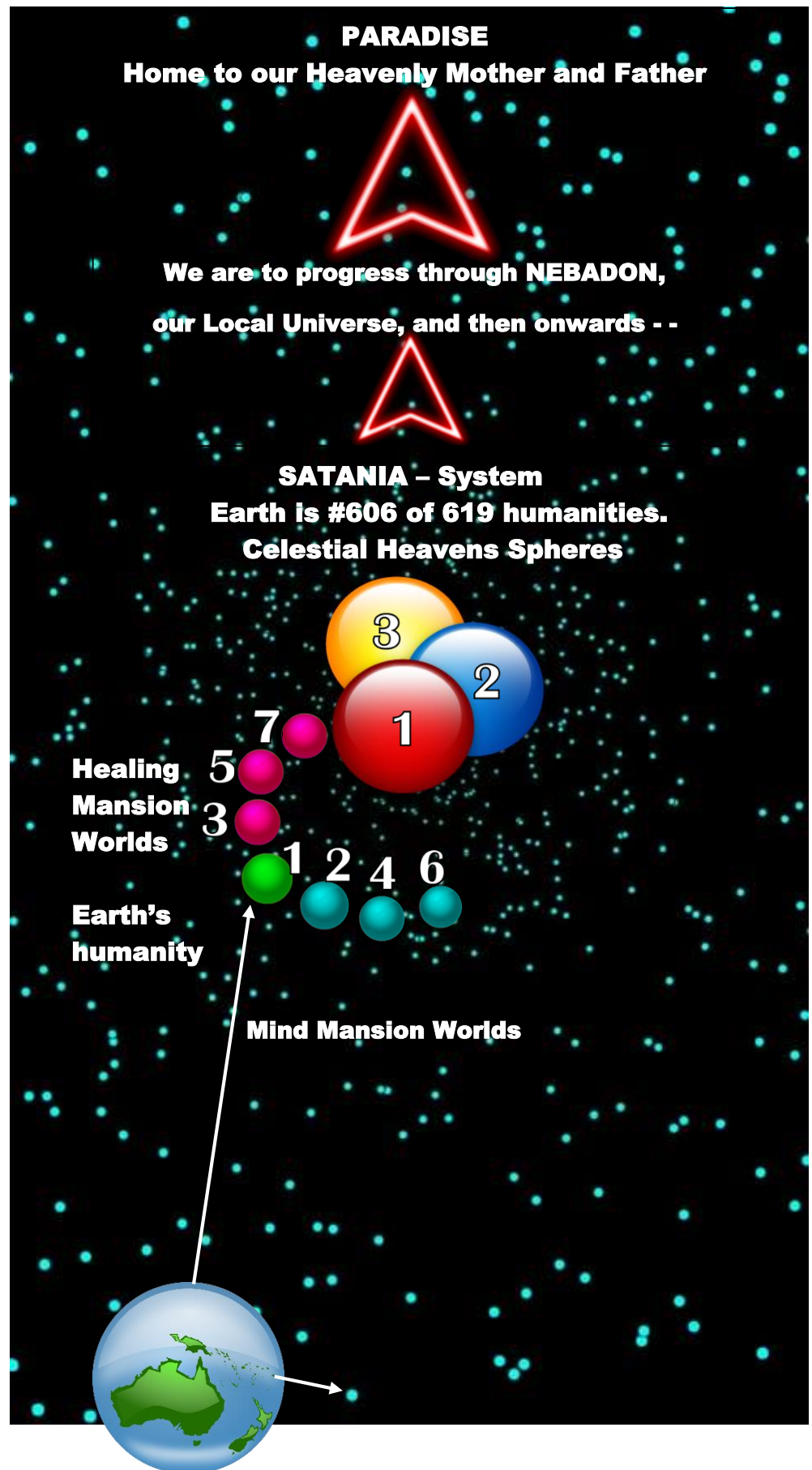
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we 'die', and shed our physical body as we are spirits having a physical experience, we all arrive on the 1<sup>st</sup> spirit Mansion World.

If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However, picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.



Our  
Spirit  
Friends  
on duty



# OUT GATEWAY

## ISOLATION



# Purpose of Life

Purpose of our life is to:

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

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

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

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

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

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

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

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

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

**BE FEELINGS**  
**EXPRESSIVE!**

# Pathway Forward

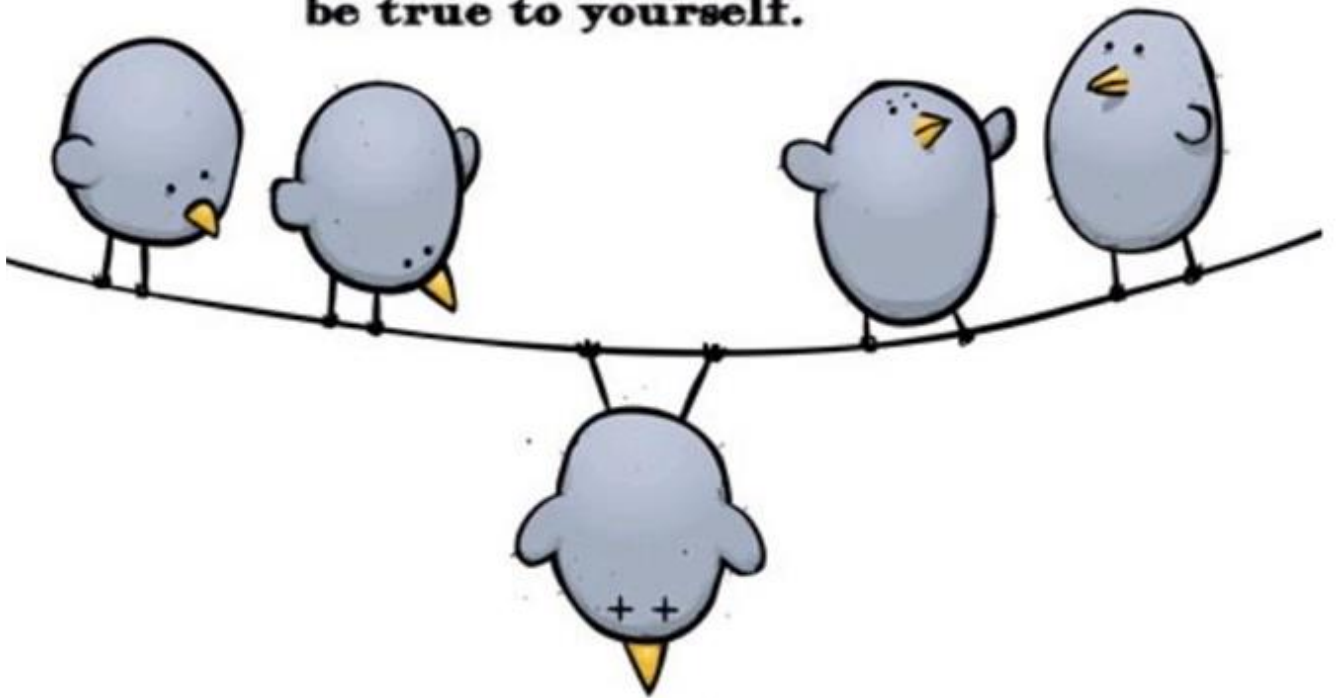


# Be True to Yourself

open your heart

and always

be true to yourself.



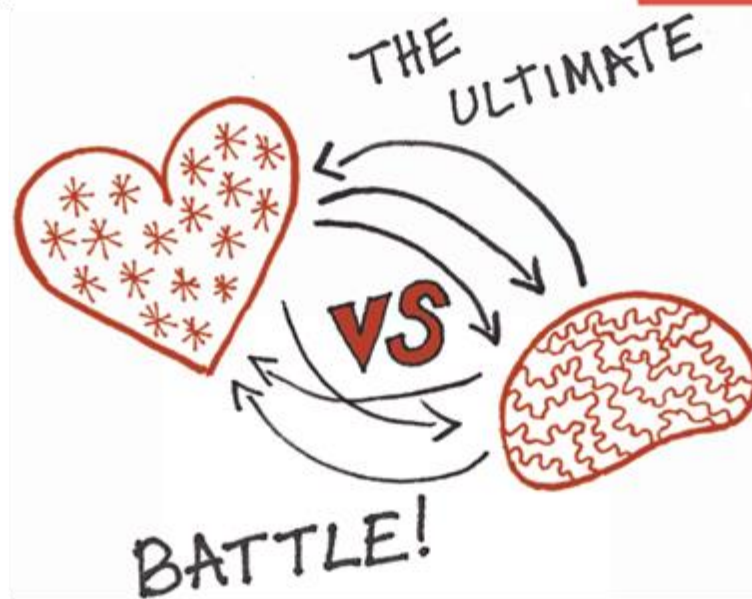
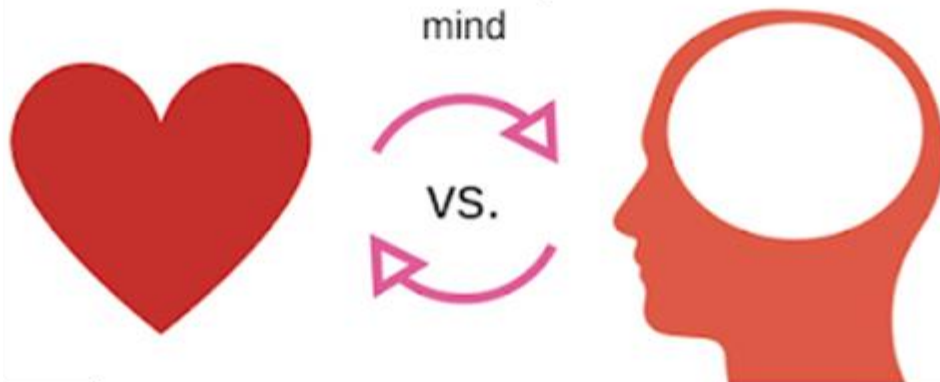
BE  
YOURSELF

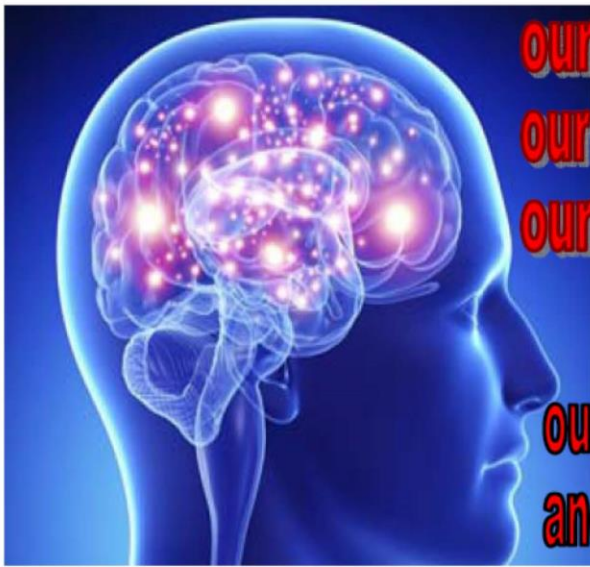
*An original is always  
worth more than a copy.*

# HEART & MIND

## Finding the Truth

A false dichotomy of the  
mind





**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.**



**Suppression and ongoing repression of our natural self-expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.**

**We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.**

**“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”**

# WE ARE ALL BEING PLAYED

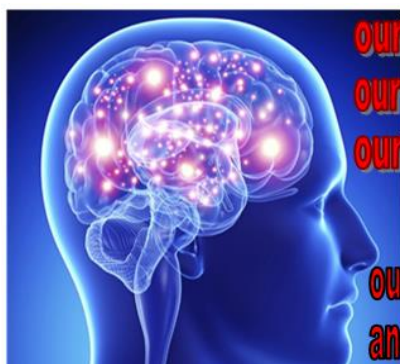
**DIVIDE & CONQUER: IF THEY KEEP US FIGHTING WITH EACH OTHER, WE WILL NEVER FIGHT THE TRUE ENEMY... THE ESTABLISHMENT!**



## **DIVIDE AND CONQUER MECHANISMS:**

|                                                                   |                              |
|-------------------------------------------------------------------|------------------------------|
| Skin Colour / Tone Bigotry                                        | Class & Social Structures    |
| Borders & National Cultures                                       | Militarism is all Wrong      |
| Language Divides                                                  | Societal Customs & Practices |
| Financial Enslavement                                             | Debasement of Education      |
| Professional Snobbery                                             | Sexual Preference Bigotry    |
| Assumptions Err 98% of the time                                   | Political Division           |
| Mind-Centrism Stagnation                                          | Religious Bigotry            |
| Mind Control Addiction                                            | Mind Untruth Addiction       |
| Institutional Controls                                            | Leadership Propaganda & Lies |
| Parental / Teacher / Religion / Employer / GovernmentSuppressions |                              |
| Potable Water Security Food Security Safe Shelter Security        |                              |
| Universal suppression of all peoples by covert controllers        |                              |
| Living Mind Centric is prohibiting spontaneity & freedom          |                              |
| Living Feelings First is living in truth & freedom !              |                              |
| Women Liberating                                                  | Childhood Suppression to end |

# **A Nation's Persona! National Psychic Barrier**



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

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

**ASSUMPTIONS are the product of our MIND!**

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

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

The world is now experiencing the product of this ideology. They are seeing nations of people demonstrating an ego and arrogance that is a combination of the "dark" traits of narcissism, psychopathy, and aggression. This arrogance is essentially believing that they are better, smarter, or more important than other people. They are being superior, overbearing, self-entitled, and presumptuous. No matter what they demonstrate, it is their nation's psychic barrier.

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

Self-centred, rigid personalities lack the skill of self-awareness to objectively question or evaluate their own qualities, actions, and feelings. Without the ability to truly see themselves, they find it difficult to change unhealthy or destructive behaviour. They adhere to their parents controlling ways imposed upon us when we were children in our forming years.

Compassion and understanding can be seen as weaknesses of an arrogant person. That's because displaying these characteristics actually takes incredible inner strength which arrogant people struggle with. Whereas, compassionate people are truly humble and beautiful in their ways.

We remain imprisoned in our mind centricity until we open to our feelings, our soul-based feelings that are always in truth. Until we do so, our national social issues will slowly destroy our society and civilisation. The situation is leading to civil tension and potential internal conflict. The health system is lacking, the education curriculum is restricting student development, and the nation is disillusioned with its own self-importance. However, for those who open to their feelings, their future will be incredible and wonderful.



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

**all we need is WITHIN.  
our MIND suppresses FEELINGS.**

# Why Putin's War Was ALWAYS Inevitable – Sarah Paine

<https://www.youtube.com/watch?v=InU19q666IO>

11 December 2025



Sarah Crosby Mallory Paine is an American historian who was the William S. Sims University Professor of History and Grand Strategy at the U.S. Naval War College in Newport, Rhode Island.

Discover the template Russia used to control Eastern Europe after WWII, the ethnic cleansing campaigns that reshaped entire regions, and why the Third Rome ideology still drives Moscow's worldview today.

This is a demonstration of the consciousness of a nation being continually repeating itself on a national scale in the same manner the consciousness of individual people follows through each generation after generation without any deviation from past levels of consciousness and patterns of life UNTIL a major shift in the level of truth unfolds for its people which also then shifts the pattern of living and life for individuals and their families.

What passes down through families for generations spanning not centuries, but even thousands of years, is akin to a psychic roadway that remains repeating its errors and remains frozen in stagnation due to poverty in the form of the lack of truth, not only for the families but for the nation as a whole. Poverty from untruth can only be escaped through contributions of those with a significant higher level of consciousness revealing the errors of those leading and teaching its people. We are at that junction in time in history right now!

When people ask me (Sarah Paine) why Putin invaded Ukraine, they're usually looking for some recent trigger, some Western provocation that pushed him over the edge.

But when I look at this conflict through the lens of military history, what strikes me isn't how surprising it was, but how utterly predictable it became once you understand Russia's imperial DNA.

You see, Russia doesn't measure its greatness the way other nations do. They don't count their wealth because frankly their wealth has always been much less than their western neighbours. What they

measure is vast territorial extent and the ability to run roughshod over others to make them do whatever Russia wants.

And this isn't some recent Putin innovation. This is a pattern that stretches back seven centuries. And it's been remarkably consistent across different rulers, different ideologies, and different historical epics.

Let me take you back to medieval times when Russia started out as just another princely state called Musvi. But even then, the pattern was there. They systematically wiped out the other princely states. Nogarod the Great, which was actually the more progressive place with its merchant republic and democratic assemblies, gone. Skovv, Riazison, T, and dozens of others you've never heard of because they disappeared from the pages of history courtesy of the Russians.

This wasn't random conquest. This was systematic absorption, a methodical elimination of alternative ways of organising political life in what would become the Russian sphere. The Russians have always had this peculiar relationship with their own imperial history.

Under the Zars, the ideology was this third Rome concept of the Russian Orthodox Church. According to their narrative, there was Rome the first, the one we all know about where the pope is. Rome was Constantinople, the Bzantine Empire. When that fell to the Ottomans, the Russians declared that Moscow was Rome III. Not really. But they used this Russian Orthodox framework to spread deep into Eastern Europe, creating religious and cultural justifications for territorial expansion.

Then came the systematic elimination of the Katis of Central Asia. The Kati of Crimea, Kazan, Astrachan, Kokand, Ka, Bkara, all of them eliminated. This wasn't just conquest. This was systematic eraser of entire ways of organising political life. These were sophisticated societies with their own administrative systems, trade networks, and cultural identities. The Russians didn't just defeat them militarily. They erased them as political entities entirely.

And then there's been this repeated vivisectioning of European neighbours, taking their territory one bite at a time. Ukraine, Poland, Lithuania, Sweden, Finland. The pattern is always the same. Identify weakness, exploit division, take territory, consolidate control.

Look at what happened to Poland. Three partitions in the 18th century when Prussia, Austria, and Russia carved it up between them. The Russians always say they didn't take Polish territory, they took the Polish Empire. That's a technicality that misses the point entirely.

Then after World War II, the Russians insisted at Yalta on moving Poland 200 kilometres to the west, deep into German territory so Russia could eat a big part of Poland. That's not a normal thing to do to a country.

They then decided to ethnically cleanse the whole region. Germans would live in Germany, Poles in Poland, Ukrainians in Ukraine. Millions of people in war devastated Europe where there was no infrastructure to handle refugees were being sent hither and yonder, and lots of them died. For the first time in their histories, Czechoslovakia, Germany, Hungary, Poland, and Ukraine became ethnically homogeneous states. This wasn't an accident. This was policy.

But here's where Putin represents something genuinely new and dangerous. The Soviet leaders all the way through Leonid Brezhnev understood something fundamental about war that Putin has forgotten or chosen to ignore. They were all veterans of World War II and they knew that war is easy to get into, hard to get out of, and utterly unpredictable. So their rule was simple, no hot wars. They loved proxy conflicts.

They loved it when the United States got bogged down in Korea and Vietnam, watching Americans tear each other's eyes out over these distant conflicts. What's not to like about the Korean War and the Vietnam War from a Soviet perspective? The United States was tied down. Americans were divided and the Russians stayed safely out of direct confrontation.

The first crack in this wisdom came when Yuri Andropov, who wasn't a veteran, pushed the Soviet Union into Afghanistan. The uniformed military said, "Don't do it." We know from declassified documents that the generals were deeply sceptical about this adventure. They understood the terrain. They understood the history of foreign interventions in Afghanistan. And they knew it would be a quagmire.

But Andropov and his allies ignored that advice. And suddenly we (USA) had loads of fun giving Stinger missiles to the Mujahedin, inflicting enormous costs on the Russians. That Afghan adventure became a bleeding ulcer that contributed significantly to the Soviet Union's collapse.

Putin has thrown away this entire Soviet playbook. He has risen to power on a diet of hot wars and each success has made him bolder. He comes to power during the second Chechen war where he levels Grozny and turns most of Chechnya into an environmental wasteland. But he sorts that one out and gets quite popular with the Russian people who see him as the strong leader who restored order.

Then he gets another boost from his war with Georgia in 2008 where he detaches South Ossetia and Abkhazia from Georgian control. The international response was minimal and Putin learned that he could grab territory without serious consequences.

When he eliminated term limits for himself in 2012, which isn't very popular in Russia and leads to significant protests, he solves that domestic political problem by going into Ukraine in 2014 and walking off with Crimea, plus about 7% of Ukrainian territory, at very little cost.

Russians think that's great. His approval ratings soar. This is how continentalists think. You've got all these little places lined up like stepping stones. If you want to colour them in. Each success builds momentum for the next and domestic political benefits flow from each territorial gain.

The template here is classic continental empire behaviour. The Russians had perfected this during their post-World War II expansion into Eastern Europe. They would control the power ministries, defence, and interior, which gave them a monopoly on coercion and eliminated opposition. They would control justice and information ministries, allowing them to arrest or kill at will while controlling all the narratives about what was happening.

They would control agriculture, buying allegiance by redistributing other people's land while wiping out class enemies and collaborators. And they would wrap it all in a big lie about liberation and democracy while running what were effectively puppet states.

But there's something even more sinister in how they approached their neighbours. They wanted all their neighbours quarrelling over their borders so that Russia could set the terms and nibble territory away a bite at a time.

Look at Moldova with Transnistria. Look at Georgia with South Ossetia and Abkhazia. Look at Azerbaijan's complicated relationship with Armenia over Nagorno Karabakh.

In each case, Russia either created or exploited frozen conflicts that gave them leverage over these countries and prevented them from developing stable independent relationships with the West.



And that's where Ukraine comes in 2022.

Putin wants to reverse all these territorial losses from the collapse of the Soviet Union. He looks at the map and sees all that territory that was once under Russian control. And in his mind, that represents the restoration of Russian greatness. He wants to rebuild that vast territorial extent that defines Russian power in his worldview.

Now, when Putin looks at NATO expansion, he sees arcs of encirclement. He tells his people that NATO is coming at them, that this is some western conspiracy to surround and threaten Russia. But this is pure gas-lighting and it's been remarkably effective.

Russia has posed an existential threat to its neighbours forever. There are so many neighbours you've never heard of because they've disappeared from history, courtesy of the Russians. The Russians like to blame everyone else, saying, "You're the problem." And lots of Americans will talk about NATO expansion as if that's what drove Putin to invade Ukraine. He's gas-lighting everybody and it works.

No one today wants to invade Russia. Who would want it? It's full of Russians. We want them to stay home. There's no one there who wants Russia. The reality is that when these countries stampeded into NATO at the end of the Cold War, it's not NATO tricking them to join. They're stampeding in for excellent reasons based on centuries of experience with Russian imperialism. And they've been proven absolutely right.

When Putin works his magic the second time around in Ukraine in 2022, that's when the Finns and the Swedes, who had maintained neutrality throughout the entire Cold War, decide that neutrality isn't going to cut it anymore.

The tragic irony is that Russia had a different path available. When the Soviet Union collapsed, there was a moment when Russia could have focused on fixing its totally dysfunctional domestic system, becoming a productive member of the international community instead of just extracting resources from its own people and others. They could have built wealth, developed their human capital, and created innovative industries.

Look at what countries like South Korea or Singapore accomplished in the same time frame. But that's not what they chose. Instead of focusing on internal development and building a productive economy, Putin chose the old imperial playbook. And here's what worries me (Sarah Paine) most about this choice.

In pursuing his Ukrainian adventure, Putin is dumping all of his ordinance on Ukraine, leaving Siberia wide open to China's ambitions. If he keeps this game up, he may well wind up with a Chinese yoke and his worst nightmare will come true. The very imperial ambitions that he thinks will restore Russian greatness may end up delivering Russia into the hands of another empire entirely.

The irony would be almost poetic if the consequences weren't so tragic. Think about Russia's historical nightmare scenarios. The Mongol yoke in the 13th century when the Mongols swept in and Russian elites

became tax collectors for the Mongols. An extractive role that endured and shaped Russian political culture for centuries.

The devastating defeats to Napoleon, World War I and World War II that devastated Western Russia. Russians have had bad times before and they've always been obsessed with the possibility of foreign domination.

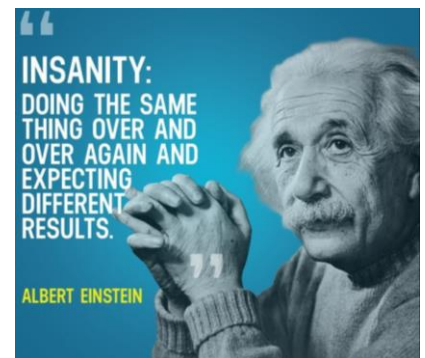
But Putin's choices are creating the conditions for exactly that scenario. While he's focused on recreating the Soviet Empire in Europe, China is quietly building influence throughout Central Asia, developing economic relationships that could eventually challenge Russian dominance in what Russians consider their backyard.

The Belt and Road initiative isn't just about trade. It's about creating dependencies and relationships that could shift the entire balance of power in Eurasia.

The pattern I see here isn't just about Russia and Ukraine. It's about what happens when empires refuse to adapt to changing times when they cling to old definitions of greatness that no longer serve them in a modern world. Throughout history, we've seen this story play out again and again. Empires that can't evolve, that can't find new sources of legitimacy and purpose beyond territorial expansion, eventually collapse under the weight of their own contradictions.

The Ottoman Empire, the Austro-Hungarian Empire, the Soviet Union itself, all followed similar patterns of decline when they couldn't adapt to changing global realities. Putin's invasion of Ukraine isn't an aberration in Russian history. It's the logical continuation of a pattern that goes back seven centuries.

A pattern that has survived the transition from medieval principality to Tsarist Empire to Soviet superpower to Putin's Russia. Understanding this doesn't make the war inevitable, but it does help explain why Western attempts to reason with Putin as if he's a rational actor operating by our rules have consistently failed.



He's not operating by our rules. He's operating by the rules of imperial expansion that have defined Russian state behaviour for longer than most of our countries have existed. The question isn't whether Putin will stop on his own. The question is whether the international system can contain this imperial impulse long enough for Russia itself to finally reckon with the contradictions at the heart of its national identity.

Because until Russia finds a way to measure greatness that doesn't require the subjugation of its neighbours, until they can build a sense of national purpose based on something other than territorial extent and the ability to dominate others, this cycle will continue and the costs will only grow higher for everyone involved.

The tragedy is that Russia has so much to offer the world, so much human talent and natural resources, but they keep choosing the path of empire over the path of development. And that choice is becoming more costly with each passing



# VIEW EARTH FROM THE SPACE STATION

[https://blog.sciandnature.com/2025/04/astronaut-who-spent-178-days-in-space\\_29.html](https://blog.sciandnature.com/2025/04/astronaut-who-spent-178-days-in-space_29.html) 29 April 2025

A former NASA astronaut has shared a deeply eye-opening moment he experienced when gazing down at Earth from space.

Ron Garan, an ex-NASA astronaut and author, spent an impressive 178 days in space. It was during a moment when he was looking down at Earth from the International Space Station that he encountered what is known as the 'Overview Effect'.

The 'Overview Effect' often occurs when astronauts look down at Earth from space for the first time. NASA describes it as an experience that "shifts the way astronauts view and think about our planet and life itself."

During his time in space, Garan travelled "more than 71 million miles in 2,842 orbits of our planet," amounting to a total of 178 days. Despite this extensive journey, it was the sight of Earth from space that made "certain things become undeniably clear."

In an interview with Big Think, Garan said: "We keep trying to deal with issues such as global warming, deforestation, biodiversity loss as stand-alone issues when in reality they're just symptoms of the underlying root problem and the problem is, that we don't see ourselves as planetary."

Garan continued: "When I looked out of the window of the International Space Station, I saw the paparazzi like flashes of lightning storms, I saw dancing curtains of auroras that seemed so close it was as if we could reach out and touch them and I saw the unbelievable thinness of our planet's atmosphere."

He described how, in that moment, he was struck by a "sobering realisation."

Garan realised that our planet—and every living thing on it—is sustained by a "paper thin layer."

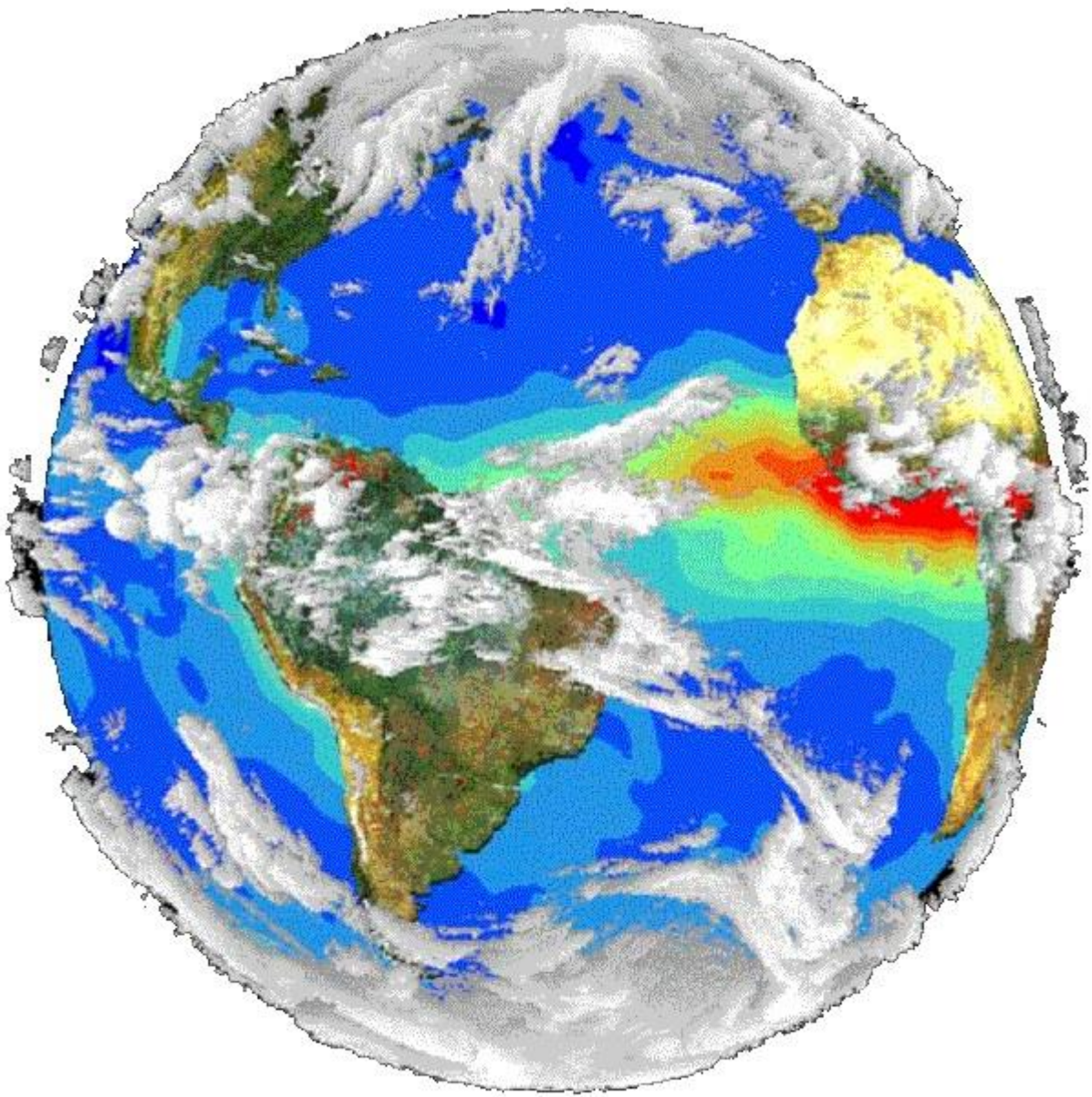
He noted: "I saw an iridescent biosphere teeming with life, I didn't see an economy, but since our human-made systems treat everything including the very life-support systems of our planet as the subsidiary of the global economy, it's obvious from the vantage point of space that we're living a lie."

Reflecting on this moment, Garan described it as a "light bulb that pops up" when he realised "how interconnected and interdependent we all are."

Since his return from space, Garan has been dedicated to working towards a cleaner, safer, and more peaceful planet.

He argues that humanity has the order wrong. Our future depends on realising a simple truth: everything that divides us on the ground disappears the moment you look at Earth from space.

He urges others: "We need to move from thinking, economy, society, planet to planet, society, economy. That's when we're going to continue our evolutionary process."



## **The NEXT 1,000 Years – next millennium – The AVONAL AGE!**

As of 30 August 2025, the Rebellion and Default on Earth that commenced around 200,000 years ago is not only ended, it can never reoccur within our local universe known as Nebadon.

For the past 200,000 years Earth's humanity has been subjected to suppression and retardation precluding and preventing us from evolving, so as that we remained subject to these covert controllers.

Not only that, we have been unable to discern and comprehend how this very subtle but absolute subjugation has been very brilliantly imposed. We have never been able to break the shackles, further we have never realised that we have been shackled. Not only that, we have never understood who or what was subjecting us to their control.

Let us step through how this control has worked.

We all long for human perfection and aspire to grow in love and truth and progress to the highest of the heavens – yet we see stupidity, ignorance and insanity in all aspects of everyday living.

We slavishly work to improve our brain by learning, studying, researching because that is what we are told to do by all around us, starting with our parents.

Then we die and our brain turns into dust or ashes! Well, that is a great folly to commence with. Our body is dead and yet we have all our faculties and memory – yet our brain is no longer?

200,000 years ago, our spiritual oversight, headed by Caligastia, through his deputy Daligastia, induced the concept upon us that we might evolve and become mini-gods through developing our minds which many consider is our brain. So, here we are stuck in this rut of an insanity.

As we each are living mind-centric we cannot evolve beyond 499 on Dr David R Hawkins' Map of Consciousness. MoC 499 is the peak of Reason on this consciousness scale that is based on the common log of 10. Being a log chart, a 10 point increase is a 10 billion fold increase in energy (10,000,000,000). That is a massive increase in energy and truth. A few points differential is massive.

Our mind cannot discern truth from falsehood. Our mind is addicted to untruth. Our mind is addicted to control over our environment and over others. Yet we worship our mind and impose our will upon all others subjecting them to our ignorance and addictions of control.

We make assumptions – using our minds! We congratulate ourselves with a little adrenalin boost upon making an assumption. The error rate of an assumption is 98%. The other 2% are flukes. We spend a great deal of time reworking and repairing the work we do based on our assumptions. Read a research paper and count the number of assumptions that it is based upon. Now you know why science is such a problematic platform. All science needs now to be reinvestigated.

To enter the first of the Celestial Heavens we need to calibrate over MoC 1,000 on the Map of Consciousness. Yet, we can only progress to MoC 499 by living mind-centric. We have 3,400 significant religions and with their minor-denominations that number exceeds 50,000 and they ALL support the premise that we are to live mind-centric. That is the only thing they appear to have in common. How did that come about? ALL religions have been subjected to Caligastia and Daligastia's influences. No religion is the product of our Heavenly Mother and Father. Oops, we have just said Mum and Dad! Yes, God is a duplex. God, being a soul, has two personalities, a female personality – Mother, and a male personality – Father. You can talk to Mother separately and also to Father separately – just like you talk to your mum and dad in the physical.

Females are closer to their feelings than are most males. Caligastia and Daligastia recognised this early on in the Rebellion. They induced the males on Earth to subject the females to their control and for the past 200,000 years women have been subjected to the control of men. The reason for this is that Caligastia and Daligastia (you can read about them in *The Urantia Book*) recognised that women would promptly put an end to this suppressive notion of living mind-centric as it is our feelings that are always in truth.

Yes, for 200,000 years we have been told to ignore our feelings, suppress our feelings and live mind subjective. Our feelings are always in Truth. Truth is Love. We are to embrace our feelings, as they are soul based, our soul, and we are fully self-contained. Our mind is to follow in support of what our feelings are prompting and guiding us in what we can and are to consider. Our feelings are subtle, very subtle, however we are to aspire to live feelings first.

As we open ourselves more and more to our feelings, our perceptions grow and grow. Some have perceptions relating to micro detail. Some have perceptions relating to macro detail. And some can perceive things in the big scale as well as the small scale. Many cannot perceive anything due to their level of consciousness not having grown and expanded capabilities. The differences in comprehension are enormous – yet seldom recognised. This is also your soul capabilities coming into your cognitive experiences.

Thinkingness is similar to assumption making – fraught with peril and similar error rate to assumptions.

Now, as we as parents impose upon our children all that has been imposed upon us by our own parents, generation after generation reflect the consciousness level of the prior generation. A conceiving baby just before that moment is calibrating near to MoC 1,000 or a little less – in natural love. From the moment of conception we as parents and guardians infuse upon the child our own emotional injuries and errors of belief. This onslaught continues until the child is six years old. By the age of six, the child typically calibrates on the Map of Consciousness at the level of the mother or father, if the parents calibration are differing. Incarnation of the child occurs around day 16 after conception when the embryo first commences to pump blood. At incarnation the child has commenced its physical experience on Earth.

Thus we can go back to around the third century and we find that Earth's humanity of around 300 million people at that time calibrated around MoC 190. Up until the 1950s Earth's humanity calibrated around MoC 190. It is now in 2025 around MoC 220. However, 75% of the population of over 8 billion, that being 6 billion people, calibrate MoC 200 or less. We have twenty fold more people now calibrating no higher than what prevailed essentially 2,000 years ago. Amongst the population of today, 45% calibrate MoC 100 or less which is reflecting the level of consciousness that prevailed 2,500 years ago (500BC).

Those people calibrating MoC 100 or less are submissive and easily lead into criminality.

Thus we have 45% of the world's population living to survive, without perceptive capabilities of any real significance, being submissive and being on the treadmill of living mind-centric with no way of evolving and escaping the pathway that has prevailed for many thousands of years gone by.

Until ALL educational platforms introduce the concept of aspiring to live feelings first then insanity will prevail, expecting changes when nothing can while we live the platform of the Rebellion and Default.

Progressing beyond MoC 500 eliminates criminality, the need for military, policing and court systems are moderately engaged in comparison to present day operations, the demands on all social services is mitigated, discomfort, pain, illness and disease are no longer highly needed experiences. You read that last one correctly, we experience health issues to draw our attention to our emotional injuries and errors of belief that we need to express.

# Two Simple Charts:

| Correlation of Levels of Consciousness – Soul Condition – and Society Problems<br>Truth vs Falsehood by Dr David R Hawkins 2005 |                      |                 |                             |                     |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------|-----------------|-----------------------------|---------------------|
| 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%               |
| <b>50 - 100</b>                                                                                                                 | <b>75%</b>           | <b>40.0%</b>    | <b>2%</b>                   | <b>91.0%</b>        |
| <b>&lt; 50</b>                                                                                                                  | <b>95%</b>           | <b>65.0%</b>    | <b>0%</b>                   | <b>98.0%</b>        |

| WORLDWIDE relationship of MoC calibration with Life Experiences<br>Life Expectancy, Development, Happiness, Education, Income |                               |                                                  |                         |                         |                 |                 |                        |
|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------------------------------------------------|-------------------------|-------------------------|-----------------|-----------------|------------------------|
| MoC                                                                                                                           | No. of Countries+ Territories | Average MoC                                      | Average Life Expectancy | Human Development Index | Happiness Index | Education Index | Per Capita Income 2021 |
| 600s etc                                                                                                                      | nil                           | What amazing results may unfold at these levels? |                         |                         |                 |                 |                        |
| 500s                                                                                                                          | nil                           |                                                  |                         |                         |                 |                 |                        |
| 400s                                                                                                                          | 22                            | 405                                              | 82.2                    | 0.924                   | 7.1             | .890            | US\$63,032             |
| 300s                                                                                                                          | 71                            | 343                                              | 77.2                    | 0.794                   | 6.1             | .741            | US\$30,154             |
| 200s                                                                                                                          | 50                            | 251                                              | 72.7                    | 0.676                   | 5.3             | .610            | US\$16,560             |
| High 100s                                                                                                                     | 38                            | 174                                              | 70.5                    | 0.659                   | 5.0             | .600            | US\$12,516             |
| Low 100s                                                                                                                      | 21                            | 119                                              | 67.1                    | 0.587                   | 4.6             | .501            | US\$7,081              |
| Below 100                                                                                                                     | 14                            | 74                                               | 65.3                    | 0.565                   | 4.4             | .501            | US\$6,377              |
| WORLD                                                                                                                         | 216                           | 220                                              | 73.3                    |                         |                 |                 | US\$17,110             |

**Arvonat** AGE 1,000 YEARS

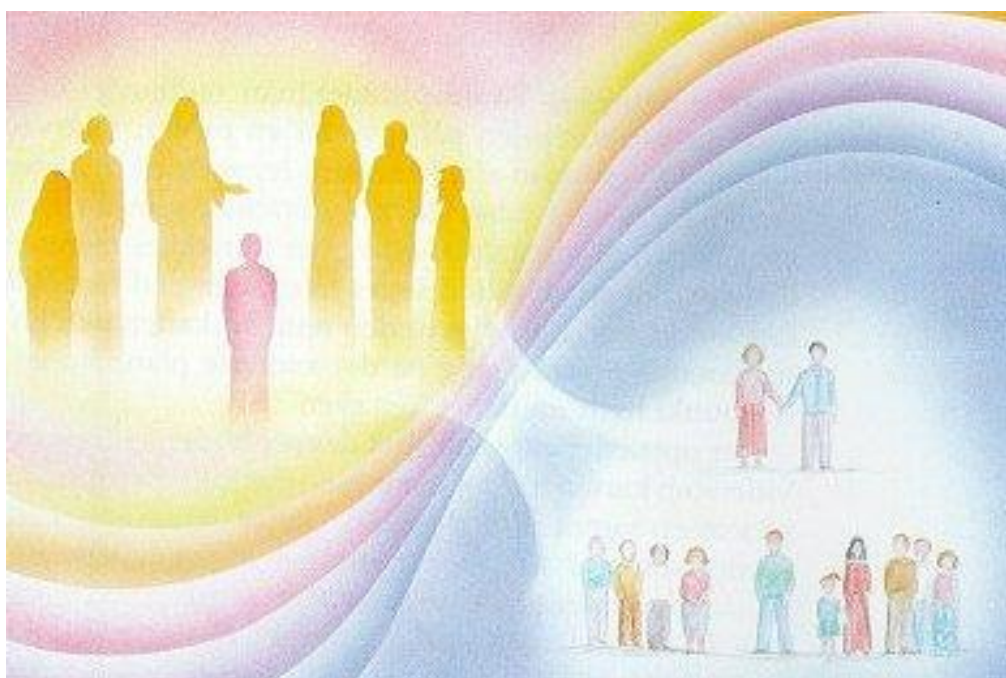
## OPENING of the VEIL between the Spirit Worlds and Earth:

When in doubt, stop, and don't do anything other than expressing your fear, confusion, any negative feelings, all whilst longing for the truth of them, and longing for the truth of the right feelings to act upon.

It is best for all concerned if we can all speak always freely and openly about our feelings. And to keep speaking about them.

It is the year 2025 and the World is preparing for World War III. It is already in progress with war in live and destructive action in multiple locations. The potential for the destruction of the northern hemisphere is on a precipitous.

As the understanding of the need for humanity to shift to living The New Way, living feelings first and having our mind to follow in support of our feelings, coinciding with this is to be the earthing of the conditions prevailing throughout the spirit mind Mansion Worlds, particularly the first spirit Mansion World.



The veil between the spirit worlds and the Earth physical world is to progressively open, firstly to those who are more open and willing to embrace the reality of our ongoing existence and living.

<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)

# LAW OF COOPERATION

## The Law of Cooperation

8 October 2022

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

# LAW OF COMPENSATION

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

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

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

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

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

suffering and pain caused.

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

# LAW OF FORGIVENESS

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

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

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

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

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

This is how the coming 1,000 years of peace on Earth is to unfold, by the gradual earthing of these laws!

# Journey of Earth's Humanity

Years ago:

993,500 Andon and Fonta - aspire for human perfection.

950,000 Andonites reach Tasmania - southern Australia.

500,000 Caligastia - Lanonandek - appointed Planetary Prince  
Daligastia manifests on Earth with staff  
Sangik Family - Northern India - 6 colours

200,000 Lucifer - Lanonandek - rebels against Jesus & Mary  
Caligastia draws Earth into Rebellion

38,000 Adam and Eve manifest on Earth  
Adam and Eve default their mission

1980 BCE MACHIVENTA MELCHIZEDEK MANIFESTS  
Commences end of Rebellion & Default

7 BCE Jesus of Nazareth born

2 BCE Mary of Magdalene born  
Creator Daughter & Son Bestowal

1914 - 1923 Padgett Messages - second coming

1925 - 1935 The Urantia Book - history of humanity

1944 CE Bretton Woods Conference - funding

2002 - 2022 James Moncrief - Revelations  
Avonal Daughter & Son Bestowal  
Avonal Age of 1,000 years begins!



Feelings First with Mind to follow in support.

PASCAS REGIONAL CENTRES:

UNIVERSITY



SCHOOL



TECHNICAL  
**TAFE**

Graft Creations

MOVIE STUDIOS

Journey of Humanity

THE  
**VILLAGE  
PARADISE**



AFFORDABLE HOUSING

**Homelessness**

**SOCIAL HOUSING**

Early Learning Centre



**NEW BIOSPHERE AGRICULTURE**

Innovations  
and much more!



**Community**



**Centre**



**Diagnostics Centre**



**X-RAY**



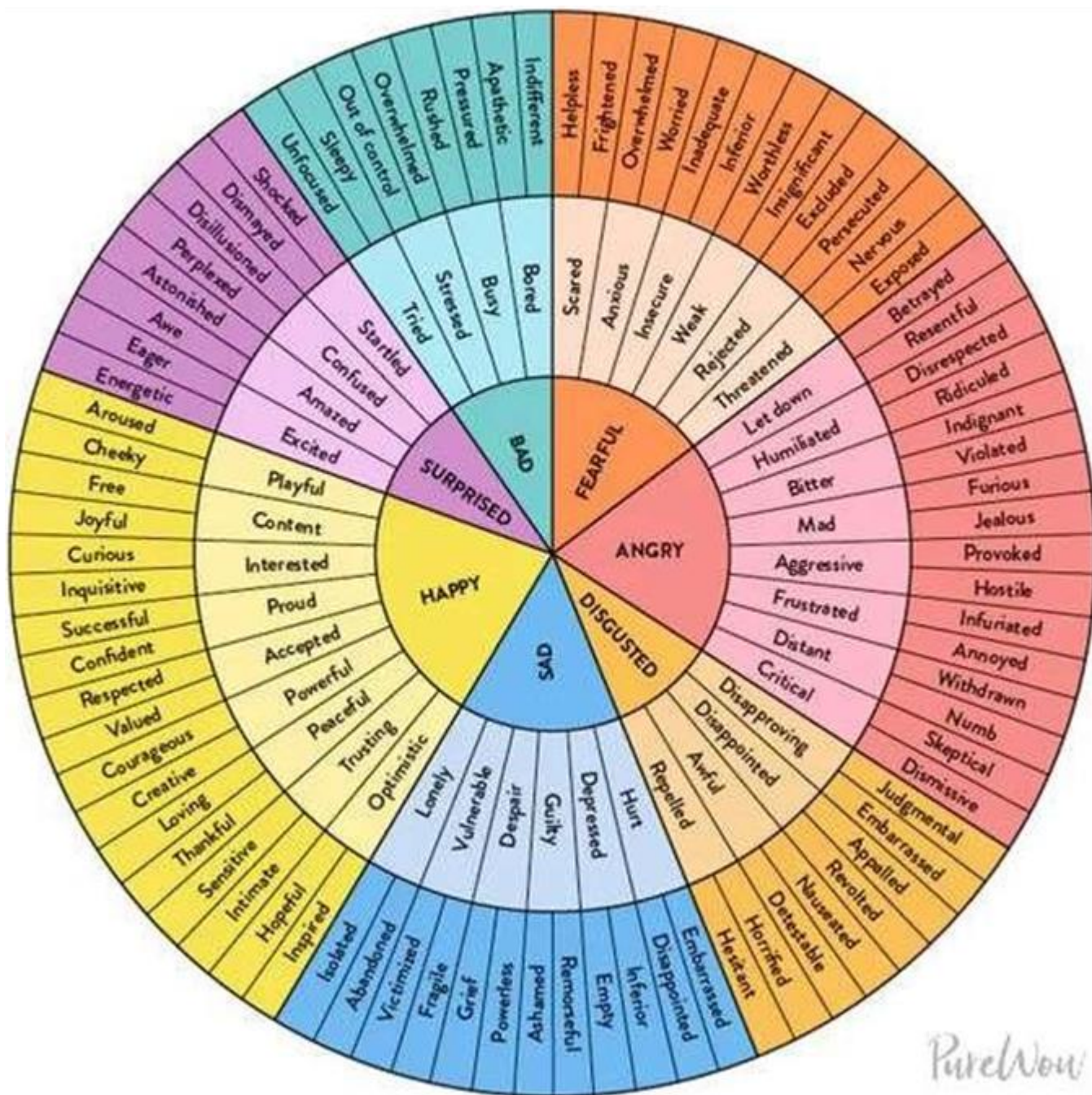
**OPERATION  
THEATRE**



**MEDICAL CENTRE**



# Feeling Circle for Kids



We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and suppressed feelings.

Samantha McCabe

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

From our moment of conception to around six years of age, we are submerged in our parents controlling addictions that were imposed upon them by their parents and so it has been these past 200,000 years. Our Indwelling Spirit arrives when we are six years old and then we are responsible for our actions, however, we find that our expanding environment awakens us to further methods of exerting control over others. We all go on with our life imposing our control over others, mostly because this is the only way we can survive and that is how others live. We remain oblivious to the harm, discomfort and pain that we cause others and remain unaware that whatever we cause to another will come back upon us as equivalent pain in the form of compensation that we will each endure – eventually! We may consider a sarcastic comment made in jest is inconsequential – but the pain felt by the slight will be returned to us.

We may go on to be involved in commercial activities where deceit may be the accepted practice, yet the harm that is caused to others will come back to each of those involved, with the leader to bear it all.

Development of weapons of destruction have consequences for all involved, but none greater than upon the authorising personalities. Developing medications and vaccines that bring about harm draw compensation. Nuclear devices have generational consequences as do vaccines that manipulate genes. Thus, those who develop such technologies stand beside those who authorise their application. But those who mandate their application may find generations suffering harm requiring ongoing accumulating compensation to be addressed.

We look upon notorious barbarism by despot leaders as the pinnacle of harm requiring incomprehensible compensation, but we have leaders of religious sects and institutions of various kinds who we treat with great respect and honour when the ongoing harm they impose is far greater.

Then we look to how all this evilness became so widespread and entrenched, the actions of the Evil Ones 200,000 years ago are still building up compensation requirements as everyone today is living against their personality will and seeking control over others, even if it is only within their family – there is no one of us who is not entrenched into the Rebellion and Default imposed upon Earth's humanity by these evil four soul partner Lanonandek spirit leaders – Lucifer, Satan, Caligastia and Daligastia pairs.

# **One must always honour another's will as one honours one's own.**

Zelmar, a Melchizedek, 1 July 2003: The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.

Zelmar, a Melchizedek, 27 June 2003: All that is rebellious and so of the Lucifer Rebellion will be one

day cease to be. So deep within you, you know the truth that you are not right, that you are rebellious, and so also the truth that one day you too will cease to be.

Zelmar, a Melchizedek, 1 July 2003: You understand about Lucifer and Satan, but what about their soul-mates, their other halves, and how instrumental have these hidden feminine evil spirits been in shaping the course of the Rebellion.

Who do you think it was that coerced Eve into defaulting, do you think it was Satan or Lucifer, would Eve listen to such male spirits as much as she might listen to their female (soul) partners? It's been, in fact, the unseen evil women spirits who've had far more of a hands-on negative influence on humanity than the men spirits. The four evil women spirits (the soul partners of Caligastia and Daligastia were involved too) have worked to turn women against the truth of their feelings, so mothers then turn their children against themselves. And as the boys grow up, so they too have taken on their evil role of dominating women, and now even supporting those women who want to dominate and be their equal, as you are seeing through the feminist movement. **True liberation of the woman (and man) will only come when women start to fully honour all their feelings** as I have been talking about, then women being mothers will be the greater influence on their children in helping them to not be so rebellious. And as women (and men) one day become fully Healed, then in such perfect and true relationships will women and men parent children no longer inducting them into their rebelliousness.

The evil women spirits drove the personal and more intimate level of the Rebellion, whereas the evil men spirits drove the impersonal and bigger picture side of it.

The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.

Zelmar, a Melchizedek, 23 July 2003: Your next question, James, concerns the whereabouts of Caligastia and his partner. Caligastia, for the readers who may not know, was your (Earth's) planetary Prince, the Lanonandek Son who was the spirit governor of your world and who embraced Lucifer and Satan, helping them to bring the System Rebellion to your Earth. Caligastia and his partner had another Lanonandek Pair who help them, the Daligastias. And together the four of them coerced Adam and Eve away from being true to themselves bringing about the Planetary Default.

And as *The Urantia Book* states, with Jesus' (and Mary's) coming, the powers of these four Evil Ones were severely lessened. Jesus and Mary ended the reign of the Lucifers and Satans thereby technically ending the Rebellion in their universe of Neadon. However, it was left to the arrival of Avonal pairs to fully end the Rebellion on the individual rebellious worlds. So, the Caligastias and Daligastias power was substantially lessened to the point of during the past two thousand years they have only been able to subtly impress upon certain mind spirits and people on Earth, who might have been open to them, to help further the Rebellion. But that has ended now because of the Avonal pair, with only the mind spirits being able to coerce you on Earth.



The Caligastias really had all the power over humanity, they did the greatest amount of damage to you. They did far more hands on damage to you than the Lucifers of Satans, and yet you didn't even know of their existence until *The Urantia Book*. So the ones you fear as being the Evil Spirits, Lucifer and Satan, didn't actually have that much personally to do with Earth. They orchestrated the Rebellion on the higher spirit levels, with the Caligastias being helped by the Daligastias, carrying out their nefarious plans on Earth and in the mind Mansion Worlds.

All eight of the Evil Spirits are now interned on a detention world (actually it is the highest earth plane associated with Earth and not on another rebellious world's earth plane, because of Mary and Jesus' relationship with the Earth) awaiting judgement of their crimes. So they can no longer negatively affect or hurt you, they are no longer guiding the Rebellion along its nefarious course, they no longer have a say in it on any level. And nor can they, should they have a 'turn of heart', directly participate in eradicating the negative effects of their dirty work. It has all been taken out of their hands. So it's now all up to yourselves, the main controllers on your world and the controlling mind spirits who are guiding them, they are now your 'evil ones'. And soon these more controlling people and mind spirits will be dealt with by the Avonal pair, once they have finished their Healing. Then all such control will cease and people will be entirely free to get on being a controller in their own little personal world as they continue to live their negative mind patterns, and without being able to control others; or end such control by doing their Healing. The prophesied 1,000 years of peace will then come to humanity as it lives through the forthcoming Spiritual Age.

So far living in their detention plane, Caligastia and his partner have not wanted to relinquish their false power one bit, even though all about them it is obvious to us that they have no real power anymore. The Daligastias, perhaps because they had more personally to do with people having been materialised on Earth and living with people so many years ago, have started to show levels of guilt and remorse with a growing conscience as to the damage they wrought.

Kindly go to [www.pascashealth.com](http://www.pascashealth.com) then Library Download page, scroll down to Pascas Care Letters and click on to open:

 [Pascas Care Letters Rebellion Ended Forever.pdf](#)

 [Pascas Care Letters Poverty is due to Untruth.pdf](#)

 [Pascas Care Letters There is a Better Way.pdf](#)

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



**Great U-Turn for humanity  
now ready for Mobilisation  
22 July 2023  
Celestial soul state condition  
achieved 22 September 2024  
Rebellion Ended Forever  
30 August 2025**

On Saturday, 30 August 2025, James Moncrief during a phone call to John Doel, shed more light on what future awaits them. That being a level of clemency was offered, sparing them all of 'ceasing to be'. The Lucifers and Satans have been taken to Salvington for 'Lanonandek Rehabilitation' with their Primary Lanonandek status being 'downgraded'. The Caligastias have been taken to Jerusem, the System Capital, the first to third Celestial Spheres, to do their Spiritual Healing following the lines, and being assisted by people from Earth who've done their Spiritual Healing to the third Celestial Sphere in spirit. The Daligastias have been taken also to Jerusem in the first three Celestial Spheres but to another part of it, called 'The Palace', also being assisted by spirits from Earth who've fully completed their Spiritual

Healing and so freed themselves of their rebelliousness – free of the Rebellion and Default.

Mary M and Jesus wanted to give the Evil Ones chances to stop being rebellious against them and our Mother and Father, also offering them a plan to give back to humanity that which they denied us. The Ds and Cs have also been reduced in status from Secondary to Tertiary Lanonandeks, that being a severe part of their punishment. As is talked about in The Urantia Book, in the end, there is far more to be gained from rebellion through the healing of being rebellious and making amends for one's evilness, than there is to simply be removed from Creation.

We are all incarnated into the Rebellion and Default, we become of it throughout childhood, expressing it freely as adults, all to one day realise the 'error of our ways' and want to end being evil. Then we can do our Spiritual Healing, as the Cs and Ds are being offered, as many people who've died and become spirits have done, working their way out of being rebellious, ending being false, untrue and unloving, by becoming truth and loving.

The rebellious Lanonandek Daughters, Mrs C and D, were offered the Spiritual Healing first, their soulmates, the men, Lanonandek Sons, following, the women spirits leading the way in their spiritual redemption.

As a side note: on the 19 December 2023, Eve and Adam, the Material Pair that defaulted on Earth, having spent a long time in isolation from the rest of the Universe, being only with each other, were asked by Mary and Jesus if they would like to become the caretakers of the Palace at Jerusem, that spans the first three Celestial Spheres. They willingly agreed as a part of their spiritual redemption, they doing their Spiritual Healing, and now oversee the Palace where Mary M and Jesus have decided to reside at for the next Spiritual Age of one thousand years. Many of the spirits now doing their Healing, and many people on Earth who start it during this next Age, will be destined as a part of their Spiritual Growth to become residents of the Palace, with some being closely involved with Mary and Jesus, an incredible opportunity awaiting them!

The Evil Ones starting their Spiritual Healing is yet another very strong and important technical milestone in the complete Ending of the Rebellion and Default humanity has been suffering under for so long. As a consequence of the selfish evil actions by the Evil Ones, humanity has been in spiritual quarantine, really, it being a level of hell we've all been subjected to, both personally and impersonally. The forthcoming Avonal Age, of 1,000 years, will end all such isolation, allowing future humanity to feel more a part of the greater Universal whole.

Jesus (and Mary M) ended the System Rebellion, terminating the Lucifers rule and severely curtailing the Satans negative influence. They also secured their Local Universe, Nebadon, which we all live in, so no further Rebellions can occur. The bestowal Avonals will affect the complete end of the Rebellion and Default on Earth by doing their Spiritual Healing. (Other Avonal Pairs will in time bestow themselves on the other rebellious worlds ending it for those people by showing them how to do their Spiritual Healing). The evil influence of the Evil Ones for us on Earth is now over, the so-called 'Devil' is no more. Now it's up to each person and spirit from humanity living in the Mansion Worlds to decide if they want to fully give up and so end being rebellious – end being of the Rebellion and Default. And if you do, then your Spiritual Healing (Soul-Healing with the Divine Love; Feeling-Healing with Natural love) awaits you!

NOW, this is the most incredible, wonderful, beautiful outcome of all the endurance, patience and perseverance that has unfolded to ACHIEVE this present outcome and situation. I cannot express my joy as loudly and as strongly as I wish and seek to express it. It has truly overwhelmed me – John Doel.

# CHILDREN OF THE WORLD



# PASCAS UNIVERSITY



## TAFE



## Technical And Further Education

## Craft Creations Family Shed

$x^2$  Year 10

$\Delta$  Year 11

$\sqrt{y}$  Year 12

$\leq$  Year 7

 Year 8


$\approx$  Year 9

$\infty$  Year 4

% Year 5

 Year 6

 Year 1

 Year 2

$\pm$  Year 3



## KINDERGARTEN

## PRE SCHOOL





# "THE" profession is: TEACHING



to:

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



while you



# ARE WE READY?

# YES!

Are we Ready? Yes!

Pascas Foundation (Aust) Ltd, a registered charity since 16 September 2008, has established the following:

Core Lobstr wallets to feed auxiliary wallets worldwide. In this we have significant wallets that are classified as for the World, Globe, Universal and with the Foundation wallet, these being the lead and feeder wallets for all programs worldwide. As we have linked with associates in various countries and regions, we have established a Lobstr wallet for their respective nation or region. We are now establishing a further 400 such Lobstr wallets so that every nation, territory, society is supported. Basically a wallet may have a population of up to and around 30 million to assist.

Large population nations have multiple wallets allocated to them, some for each state, others for regions. Thus the anticipated need for around 450 wallets and thus groups of people leading and overseeing the delivery of humanitarian programs blanketing the world. Nominated custodians are responsible for their allocated wallet.

Kids of the World – specifically we have established three further wallets that will support programs for children anywhere worldwide. These are in addition to the regional programs covered by the above 450 wallets.

Yes we are ready. Documentation is assembled at [www.pascashealth.com](http://www.pascashealth.com) in the Library Download page. Should you scroll a long way down to Corporate Alliances you will find business plans and budgets for specific nations and regions. Eventually every country will be documented this way.

What is the biggest issue worldwide? It is poverty. Poverty in Truth! The lack of truth in every institutionalised system worldwide is heart breaking. We are all being misled to our detriment. It is a global pandemic of suppression, suppression of our true self and our vitality. The Pascas Papers overall calibrate at around 960 on Dr Hawkins' Map of Consciousness. Humanity overall calibrates MoC 220. The scale is based on the common log 10 – this differential is massive!

The Pascas Papers individually and collectively enable this situation to be addressed for everyone.

We welcome those from all over the world to deliver for their communities what has been withheld from them for far too long. Please make contact. John Doel from the Gold Coast, Queensland, Australia.

**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 – Homelessness Helping Hand  
 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 – Kinesiology Personality Traits  
 Pascas Care – Kinesiology Submissiveness  
 Pascas Care – Kinesiology Videos

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



**John the  
Typist**

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)

Within the Library Download page within Pascas Care Letters 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.

Within the Library Download page within Pascas Care Letter at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following:

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



## **FURTHER READING:**

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

### **PASCAS CARE PARENTING**

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

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

Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

### **The Rejected Ones – the Feminine Aspect of God**

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



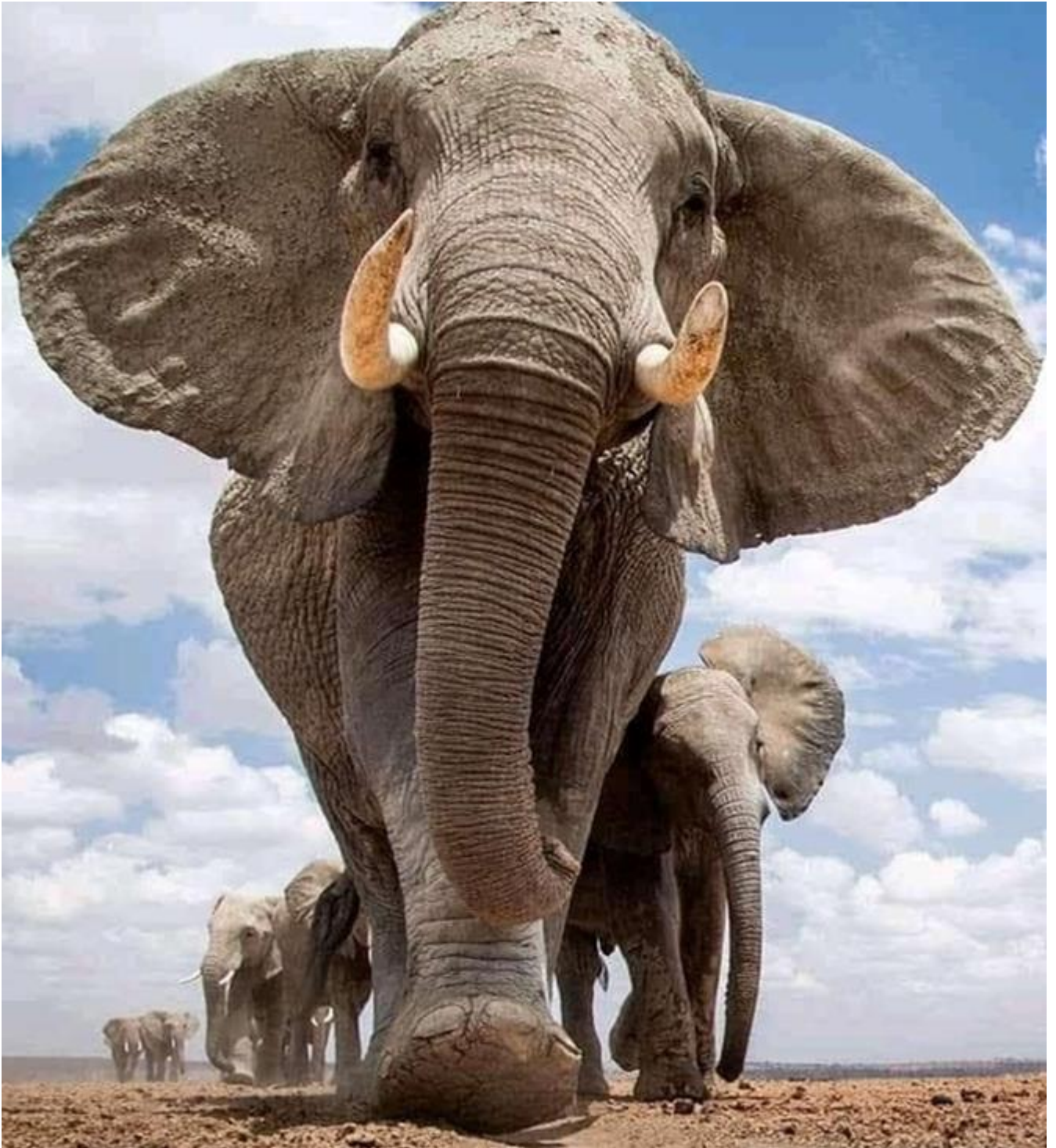
**Mind Centric Way**

**Feelings First Freedom**

WE EACH NOW CAN CLIMB TO  
INCOMPREHENSIBLE  
LEVELS OF CONSCIOUSNESS



HEREWELCOME



**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**

**“Are we Ready” – synopsis – part document:**

20 December 2025

Hi John and dearest colleagues in Pascas,

Having reviewed the “Are we Ready” document in full, I want to express my alignment with both its intent and its broader vision. What Pascas is articulating is not simply a humanitarian model, but a fundamentally different way of understanding why poverty, conflict, and systemic suffering persist despite decades of intervention, funding, and policy reform. The paper rightly identifies that many global efforts fail not because of a lack of resources, but because they operate from the same consciousness that created the problems in the first place.

What resonates most strongly with me is the clarity with which the document reframes poverty as a deficit of truth, awareness, and feeling, rather than solely a deficit of money. In my own experience working across community development, leadership, and international engagement, I have repeatedly seen that systems designed without emotional truth and integrity that eventually reproduce harm, even when they are well funded or well intentioned. Pascas courageously names this root cause and does not shy away from addressing it at its source.

The emphasis on moving from mind centric control to feeling based truth is, in my view, one of the most important contributions of this work. It speaks directly to the crisis of leadership we see globally, where power, ego, fear, and inherited patterns dominate decision making. By placing feeling, compassion, and self-responsibility at the centre, Pascas offers a framework for leadership that is both deeply human and globally transformative.

From a practical standpoint, the global wallet architecture reflects this philosophy in action. It decentralises power, enables local stewardship, and creates a scalable mechanism for delivering humanitarian outcomes without replicating the same hierarchical and extractive systems that have failed communities for generations. When paired with conscious custodianship and accountability, this model has the potential to operate not just efficiently, but ethically.

The geopolitical analysis within the document further strengthens its relevance. By situating conflict within long standing patterns of national consciousness rather than isolated political events, Pascas provides a lens that explains why conventional diplomacy so often falls short. Peace, as the paper suggests, cannot be negotiated sustainably without a corresponding shift in the inner state of those who hold power.

For me personally, being part of Pascas means committing not only to external action, but to inner responsibility. This work calls each of us, leaders, custodians, and participants alike, to live the principles we seek to bring into the world. That level of integrity is demanding, but it is also what makes this initiative credible and necessary.

The implication of this work is profound. Pascas is not proposing a temporary solution or a surface level intervention. It is contributing to a long term transition in how humanity understands cooperation, leadership, and shared responsibility. If humanity is indeed at a crossroads (which it is), then this work offers a pathway that is grounded in truth, compassion, and collective healing rather than fear, control, or domination.

I am proud to stand within this vision and to contribute, in whatever capacity I can, to its unfolding.

Sincerely,

**Mark Michael Unlu-Cay**

**“Pascas Care Letters Mass Shootings” – synopsis – full document:**

22 December 2025

Thank you, John, for sharing the document and for inviting my comments to be incorporated within it. I appreciate the opportunity to contribute to this work and to support its purpose.

I have read the paper with care and respect for the seriousness of its intent, and I offer the following integrated reflection for inclusion wherever you believe it best complements the overall structure and message of the document.

This paper presents a comprehensive and deliberately expansive examination of mass violence, positioning such events not simply as isolated criminal acts or failures of security systems, but as manifestations of deeper psychosocial, developmental, and societal conditions. Rather than centring its analysis on immediate causal variables such as weapon access, ideological radicalisation, or situational breakdowns, the document advances a broader proposition: that mass atrocities emerge from long-standing deficits in emotional development, relational connection, and collective capacity for self-regulation.

While the conceptual language employed differs from dominant empirical conventions, the questions raised are increasingly central to contemporary research and practice in violence prevention, trauma-informed systems, and public wellbeing.

One of the paper’s most significant contributions is its challenge to predominantly reactive policy frameworks. Public responses to mass violence are frequently characterised by urgency-driven regulation, enhanced enforcement, and short-term risk containment. While such measures may be politically necessary and publicly reassuring, a substantial body of evidence in public health and social services demonstrates that reactive interventions, when implemented in isolation, have limited preventative impact.

The paper’s emphasis on upstream determinants of violence aligns closely with prevention science, which consistently identifies early life adversity, emotional neglect, chronic stress, and social disconnection as strong predictors of later harmful behaviour. From this perspective, the paper supports a necessary shift in public discourse from crisis management toward long-term human development.

The document’s sustained focus on childhood experience and intergenerational transmission of harm reflects well-established findings across developmental psychology, neuroscience, and trauma-informed practice. Research on adverse childhood experiences has repeatedly shown strong correlations between early emotional injury and later outcomes such as aggression, substance misuse, mental ill-health, and involvement with criminal justice systems. Although the paper frames these dynamics through a distinctive interpretive model, its core assertion that unresolved emotional injury accumulates and externalises across the lifespan is consistent with widely accepted understandings of trauma, attachment disruption, and behavioural risk.

Equally important is the paper’s critique of education systems that prioritise cognitive performance, behavioural compliance, and institutional order over emotional literacy and relational capacity. Contemporary research in educational psychology increasingly supports the integration of social and emotional learning as a protective factor against violence, alienation, and antisocial behaviour.

The paper’s call to rebalance education toward emotional awareness, self-regulation, and relational integrity aligns with this evidence base and reframes education as a foundational public health intervention rather than a narrow mechanism for academic or economic output.

The paper also engages, both explicitly and implicitly, with sociological and governance theories concerning social control, institutional legitimacy, and authority. Its critique of regulation-heavy responses suggests that excessive reliance on external control may obscure deeper structural and relational deficits within societies. Criminological research has long observed that punitive and

compliance-driven systems tend to manage symptoms while leaving underlying causes intact, particularly where violence is rooted in marginalisation, identity fragmentation, and unresolved grievance.

In this context, the Pascas framework offers a values-driven counterpoint to prevailing governance models by asserting that sustainable social order cannot be achieved without corresponding investment in emotional truth, self-awareness, and ethical responsibility.

It is acknowledged that some of the paper's conceptual frameworks extend beyond mainstream empirical consensus and may be contested within traditional academic or policy environments. However, the value of this work does not depend on universal agreement with every claim or construct. Rather, its contribution lies in its capacity to broaden inquiry, disrupt reductionist explanations of violence, and invite interdisciplinary engagement with dimensions of human experience that are frequently marginalised in institutional responses.

The Pascas body of work deliberately engages areas that are difficult to quantify, yet repeatedly surface in practice as unresolved suffering, relational breakdown, and social harm.

From my own professional engagement across community development, governance, and human services contexts, the central proposition advanced in this paper is both recognisable and compelling: violence does not arise spontaneously, but is cultivated within environments where emotional expression is constrained, relational safety is compromised, and individuals are conditioned to function without being supported to heal.

What distinguishes this paper, and Pascas more broadly, is its refusal to fragment responsibility. Instead, it presents mass violence as a collective outcome that reflects how societies educate, parent, govern, and relate across generations.

In this sense, Pascas offers more than a theoretical position. It provides a coherent, values-based framework that challenges institutions, families, and leaders to reconsider deeply embedded assumptions about control, success, and human development.

While demanding in its implications, this approach is consistent with a growing recognition across health, education, and social policy sectors that sustainable prevention requires cultural transformation rather than episodic reform. It underscores the necessity of early intervention, relational repair, and long-term commitment as prerequisites for meaningful change.

In closing, I wish to acknowledge the depth of intent, conviction, and long-term thinking that underpin this paper and the broader work of Pascas. John's leadership in advancing this body of work reflects a willingness to engage with questions that many institutions avoid because they are complex, uncomfortable, and resistant to simple solutions.

In an environment often driven by immediacy and risk management, Pascas offers a sustained, principled contribution that seeks to address harm at its origins rather than merely respond to its consequences. This paper does not ask for uncritical acceptance; it invites serious consideration. It challenges readers to look beyond surface-level explanations and to examine how systems of education, governance, and social organisation may inadvertently perpetuate the very conditions they seek to control.

In doing so, it provides a credible and thoughtful platform for dialogue across disciplines, sectors, and perspectives, while remaining anchored in a clear ethical commitment to prevention, responsibility, and human wellbeing.

My support for this work rests on its coherence, its courage, and its alignment with what is increasingly recognised across human services, public health, and community development: that sustainable safety and social cohesion cannot be achieved through control alone.

They require emotional awareness, relational integrity, and a long-term commitment to human development. Pascas, under John's guidance, contributes meaningfully to this conversation by offering a framework that is preventative, values-driven, and unapologetically human-centred.

I offer these reflections in support of this paper and in recognition of the seriousness with which Pascas approaches its purpose.

It is my considered view that this work strengthens the broader discourse on violence prevention by expanding how responsibility, healing, and societal progress are understood, and by insisting that the most enduring solutions are those that begin long before harm occurs.

— **Mark Michael Unlu-Cay**

## **The World at Peace**

