

Dear *Sir,*

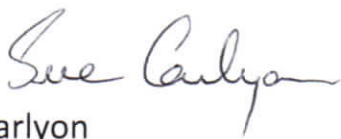
Please note the enclosed letter and material I've collated for you and all other members of the Premier's Economic and Social Recovery Advisory Council, as well as for the Premier and the Deputy-Premier.

This material must be given considered thought by each one of you – if you are to seriously bring about social recovery, given the significant social, moral and health issues that existed in Tasmania prior to the coronavirus and the necessary social distancing.

It's time for us to look back to our colonial beginnings in 1803, and what existed in Tasmania prior to colonization, in order to move forward positively and effectively with a more united and healthy Tasmanian society.

I wish all of you great success with the challenge you have been presented with.

Sincerely and kind regards,



Sue Carlyon

Director, Blitztheblues

RN, Educator and Mental Health Advocate

15<sup>th</sup> May, 2020

# Rebuilding a Stronger Tasmania Post – COVID 19

Premier Peter Gutwein

Deputy-Premier Jeremy Rockliff

## The Economic and Social Recovery Advisory Council

Don Challen AM, Chair

Kym Goodes

Dale Elphinstone

Prof. Rufus Black

Samantha Hogg

Brett Torossi

Tim Gardner

Leanne McLean

Paul Ranson



An OPEN LETTER of 13<sup>th</sup> May, 2020 to Premier Peter Gutwein, Deputy Premier Jeremy Rockliff, and ESRAC members, Don Challen AM, Kym Goodes, Dale Elphinstone, Prof. Rufus Black, Samantha Hogg, Paul Ransom, Brett Torossi, Tim Gardner and Children's Commissioner Leanne McLean.

Under the leadership of Premier Gutwein, through the Economic and Social Recovery Advisory Council, the Government intends to "Rebuild a Stronger Tasmania", post COVID-19. However, without there being an honest and informed holistic understanding of life included, by those within the ESRAC, in this 'rebuilding' of Tasmania, a vital cornerstone in the foundation of the envisioned 'New Tasmania' will be missing. Consequently, the foundation will be seriously flawed, and the desired outcome will be unattainable, or short-lived at best.

The 'vital cornerstone' is the spiritual aspect of life that includes the Creator Spirit (God – the ultimate source of life and love) and our relationships with God, self, others, and with Mother Earth. The indigenous cultures of the world understood these spiritual relationships with all of life only too well, and not least of all our indigenous brothers and sisters here in Australia.

So without economic and social reforms for Tasmania's recovery, being explored in tandem with a spiritual understanding of life (one that eliminates erroneous religious beliefs of a bygone pagan and faulty religious era), this unique opportunity to finally address the burgeoning social, moral, and mental health issues in Tasmania (and throughout the nation), will be lost for generations to come, and the negative effects of these issues will continue to impact detrimentally on innocent Tasmanian's (and beyond) and on the economy, until such time it is finally understood that spiritual knowledge must be acknowledged and adopted!

The enclosed material, based on mental health and well-being through spiritual insight and religious truths, and certain significant points highlighted within the Liberal Party's Philosophies and Beliefs that are relevant, must be understood and included by the ESRAC members. Without doing so, you will be building the 'New Tasmania' on 'shifting sand'.

And in the meantime, without this holistic approach being adopted and implemented, mental health issues will continue to grow (particularly fear based) and infiltrate each new generation, domestic violence, aggression and bullying will continue to spread - together with substance abuse, criminal behavior, sexual promiscuity, and other social and moral ills causing so much suffering, while burdening the Government coffers as a result of the expanding services that apply bigger 'band-aids' with each new generation!

The coronavirus is giving mankind a miraculous opportunity to start afresh with the TRUTH of life. And Tasmania has the unique opportunity of getting the ball rolling through the Premier's new Council. This time, and opportunity, must not be ignored for what it offers mankind. A more caring, just and equal world is dependent on Tasmania getting it right & paving the way!

God bless each one of you with wisdom, courage, humility and integrity.

Sue Carlyon   
Director, *Blitztheblues*



# Mental Health and Well-being Through Spiritual Insight

- ❖ Spiritual
- ❖ Mental
- ❖ Physical
- ❖ Relational
- ❖ Social
- ❖ Economic
- ❖ Environmental

## Total Well-being Collaboration

1. ➤ Political
2. ➤ Religious
4. ➤ Health
5. ➤ Education
6. ➤ Law and Order
3. ➤ Cultural / Indigenous



# THE LIBERAL PHILOSOPHY



2018

Spirit + Soul = Spiritual

employment = purpose money

The Liberal Philosophy is of the heart and mind, seeking more than material fulfilment. (Stable, happy relationships G, S + O)

It looks to the individual, not to the State. It sees the State not as an end to itself, but as a means of helping people to achieve their own goals. (Economycentric)

The Liberal objective is to establish and maintain a society in which individuals can develop in their own way, always subject to the rights of others.

The fundamental goal for Liberals is human fulfilment with emphasis on the right of every person to the pursuit of dignity, talents, freedom and spirituality. (Knowledge Vital)

God Self others

To Liberals, the State is not the goal. The institutions of our society, the parliament, law courts, factories, farms and the nation itself are simply the essential instruments or, indeed, the servants for shaping an environment appropriate to human fulfilment. (Spiritual insight Vital)

The Liberal Philosophy provides a basis on which to build an authentic and progressive platform for the decades ahead. It is a philosophy which generates reform. (Radical reform needed)

To the Liberal, equality means equality before the law and equality of opportunity. Both are fundamental human rights and tenets of the philosophy. The Liberal aim is to give all individuals an equal opportunity to develop their talents and to pursue their aspirations.

We realise that individuals vary greatly in their inherent abilities and their goals. We recognise therefore, the need to create an environment favourable to the effective development of these diverse human resources. (Starts parents + family)

The Liberal society is a free association of individuals existing to effect, by mutual effort, those conditions in which all individuals may develop their personalities by choosing their own way of life, subject to the rights of others to do the same. (Children don't choose their parents, family circumstances or to come into the world.)

For such a society to function, there must be:

- \* Freedom of speech
- \* Freedom of association
- \* Freedom of religion + Knowledge of God based on TRUTH
- \* Equality before the law
- \* Equality of opportunity

\* Knowledge of life + self based on TRUTH

The free society requires the fullest development of citizenship,

G S + O = God, Self, Others

Physical, mental + Spiritual

built on a high degree of voluntary self-discipline. In consequence, it looks to the preservation and fostering of the family. (The protection of the unborn child / + children Relationship skills + life skills = Stability)

It calls for self reliance, respect for individual moral and spiritual values and for the development of a concept of service. In moulding these qualities, the role of the family is vital. (These need to be taught from childhood)

Liberals aim to create a society in which individual economic freedom exists. We recognise that free enterprise is the crucial factor in achieving economic progress and acknowledge the importance of effective competition in preventing the growth of monopoly power and as the incentive to creativity and productivity.

We recognise the right of Government to intervene to ensure effective economic development, to preserve and conserve the environment and its resources, to stimulate competition and to achieve equity, whenever such intervention can clearly be shown to be necessary. (+ Should conserve spiritual + religious principles + connectivity in society)

Freedom of enterprise means the right of individuals to pursue their talents, to apply their initiative and creative skills, to work in the callings of their choice. (Not always possible if traumatised in childhood + fearful, angry etc.)

The right of an individual to hold private property is essential in a free society. Home ownership is a significant basis for a stable family life.

To the Liberal, human satisfaction and profit making are vital to work and to achievement. Personal incentive in a competitive society is the spur to increased productivity, and to the creation and expansion of national wealth, upon which rising living standards for all depends. (Generational Welfare requires personal incentive -> alcohol, drugs, DV)

We believe that organised labour has a constructive role to play in the development of this nation and that there will be opportunity for improvements in wages and conditions as the productivity of the nation advances. (Stable, fulfilled individuals enjoy work + contribute effectively + willingly)

Liberals recognise the need to provide adequate social service to help those who cannot support themselves and to maintain vital health standards. In the provision of social services, Liberals seek to maintain the dignity of the individual. (A sense of Worth through spiritual insight vital)

To the Liberal, voluntary saving and self-help are essential qualities. The State need not, and could not afford to, look after everyone.

The Liberal concept of government is that sovereignty lies in the people.

The Spiritual is desperately needed - based on TRUTH \* Australia's Aboriginal people lived Spirit based lives.

Knowledge of the ***heart and mind***, founded on religious education and spiritual insight, based on truth, provides an understanding of ***love***, human relationships and the significance of the ***spirit and soul***.

The ***heart and mind*** pertain to the ***spirit and soul***.

***Love*** in childhood nurtures, instructs, guides, and disciplines for the purpose of establishing a happy and empowered soul who will grow into being a stable, happy and productive adult.

***Love*** is vital for respectful, caring and nurturing relationships and the well-being of an individual's soul.

***Love*** is the anchor for mental, emotional, spiritual and behavioural, age relevant, personal empowerment, stability, happiness and well-being.

Human well-being and social cohesion are dependent on successful, loving relationships, knowledge of life based on truth, and courageous, authentic, spiritually enlightened political and religious leadership.

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# WE BELIEVE



1. **WE BELIEVE IN THE CROWN** as the enduring embodiment of our national unity and as the symbol of that other unity which exists between all the nations of the Commonwealth.

2. **WE BELIEVE IN AUSTRALIA**, her courage, her capacity, her future and her national sovereignty, exercised through Parliaments **deriving their authority from the people** by free and open elections.

(1. from God  
2. the people)

3. **WE BELIEVE IN THE INDIVIDUAL**. We stand positively for the free man, his initiative, his individuality and acceptance of responsibility.

(Not free if burdened by fear, guilt + shame)

4. **WE BELIEVE IN THE RULE OF LAW** Under it, there is freedom for the nation and for all men and women, Democracy depends upon self-discipline, obedience to the law, the honest administration of the law.

(God's Laws must be acknowledged)  
1st and foremost = freedom

5. **WE BELIEVE IN THE SPIRIT OF THE VOLUNTEER**, This does not mean that we reject compulsion in matters in which a uniform obedience is needed by the community. But it does mean that the greatest community efforts can be made only when voluntary co-operation and self-sacrifice come in aid of, and lend character to the performance of legal duties.

6. **WE BELIEVE THAT RIGHTS CONNOTE DUTIES** and that sectional and selfish policies are destructive of good citizenship.

7. **WE BELIEVE THAT IT IS THE SUPREME FUNCTION OF GOVERNMENT TO ASSIST IN THE DEVELOPMENT OF PERSONALITY** that today's dogma may turn out to be tomorrow's error and that, in consequence, the interests of all legitimate minorities must be protected.

(Character building missing!)

8. **WE BELIEVE IN LIBERTY**, not anarchy, but an individual and social liberty based upon, and limited by a civilised conception of social justice.

9. **WE BELIEVE THE REAL CONFLICT OF OUR TIME IS BETWEEN THE IRON DISCIPLINE OF AUTOCRACY – WHETHER COMMUNIST OR FASCIST – AND THE SELF IMPOSED DISCIPLINE OF THE FREE MAN**. The spirit of man must prevail.

10. **WE BELIEVE THAT LIBERALISM MEANS FLEXIBILITY AND PROGRESS**. Its principles and its spiritual and intellectual approach enable it to meet and deal with new and changing social and economic circumstances. By elevating the individual, it meets and defeats the terrible doctrine of the all-powerful State: a doctrine at once destructive, reactionary and negative.

11. **WE BELIEVE THAT IMPROVED LIVING STANDARDS DEPEND UPON HIGH PRODUCTIVITY AND EFFICIENT SERVICE** and that these vital elements can be achieved only by free and competitive enterprise.

12. **WE BELIEVE THAT NATIONAL FINANCIAL AND ECONOMIC POWER AND POLICY ARE TO BE DESIGNED TO CREATE A CLIMATE IN WHICH PEOPLE MAY BE ENABLED TO WORK OUT THEIR OWN SOLUTION** in their own way and not to control other people's lives.

13. **WE BELIEVE IN THE GREAT HUMAN FREEDOMS**: to worship, to think, to speak, to choose, to be ambitious, to be independent, to be industrious, to acquire skill, to seek and earn reward.

14. **WE BELIEVE IN SOCIAL JUSTICE** in encouraging the strong and protecting the weak, in widening opportunities for education, in the preservation of family life, in good homes owned by those who live in them.

15. **WE BELIEVE IN RELIGIOUS AND RACIAL TOLERANCE AMONG OUR CITIZENS**.

16. **WE BELIEVE THAT ALL FORMS OF INDUSTRY, PRIMARY OR SECONDARY OF OTHERWISE, DEPEND ONE UPON THE OTHER** and that their community of interest will be the guarantee of the nation's growth.

17. **WE BELIEVE THAT UNDER THE BLESSING OF DIVINE PROVIDENCE**, and given the good-will, mutual tolerance and understanding, energy and an individual sense of purpose, there is no task which Australia cannot perform and no difficulty which she cannot overcome.

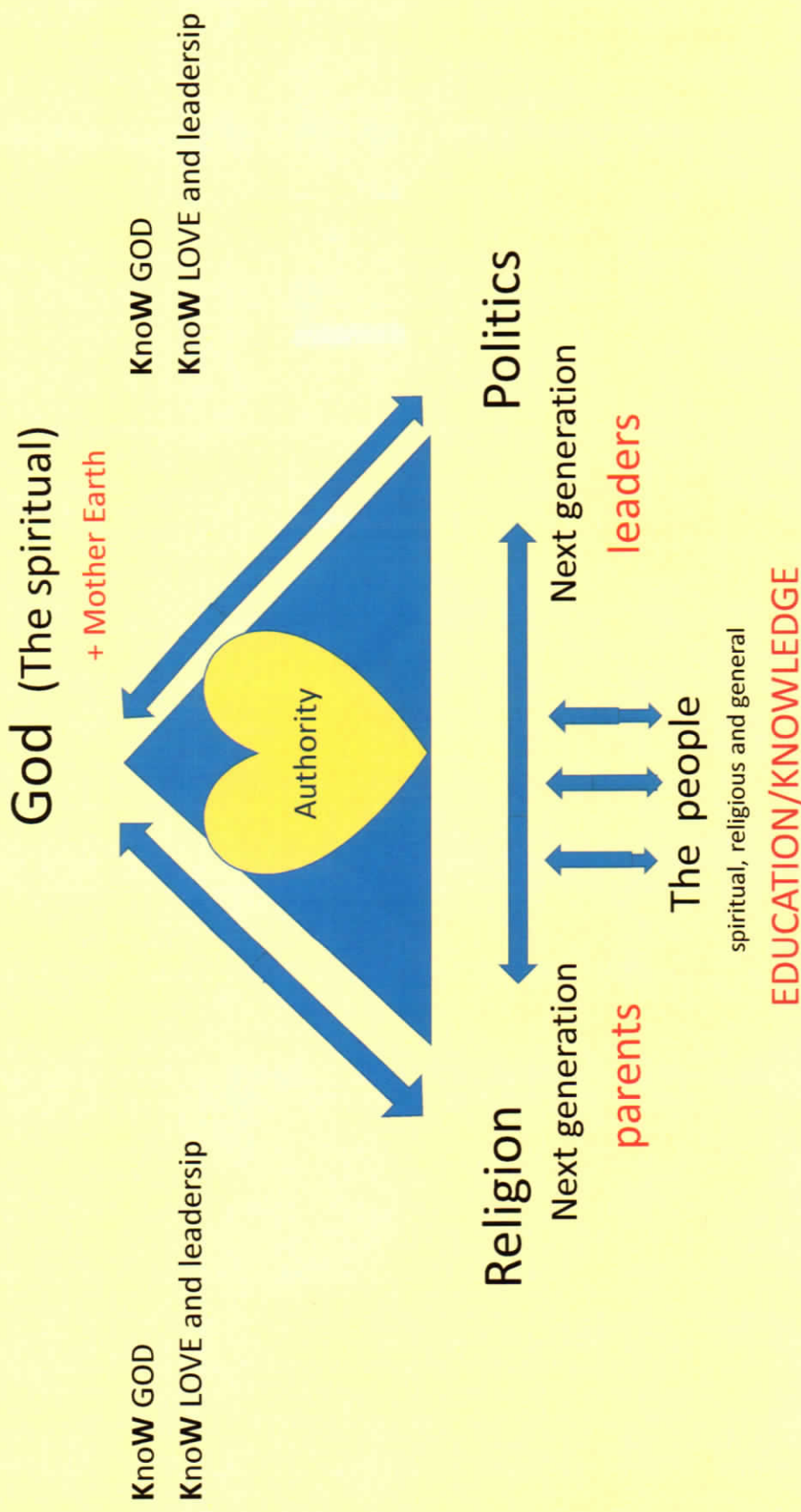
GOD



\* Many political errors have been made due to Godless policy making. Character building has suffered because of the focus on personality + wealth/sport/art success



# The Leadership Triangle



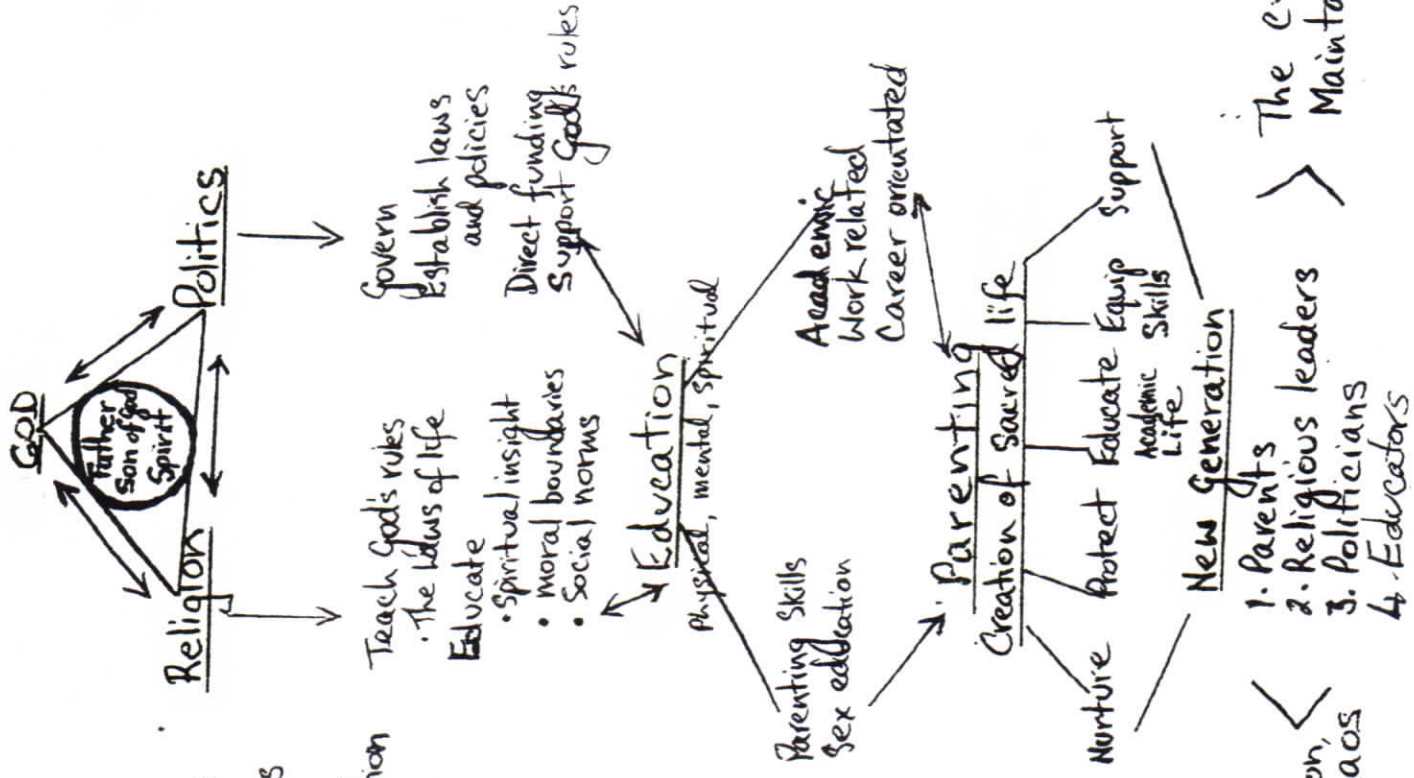
# Laws of Life

- 14400c The Ten Commandments
- 29 Ab The Two New Commandments (love God, others, self)
- +
- The Ministry of Reconciliation
- Jesus's Commandment to love
- Jesus = The way, the truth and the life (New Testament) (John 14:6)

Disobedience creates chaos + negative consequences

2 Timothy 3:16  
All Scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.

Dis Harmony = Failure of laws and order produces confusion, suffering, chaos  
shifting boundaries + chaos



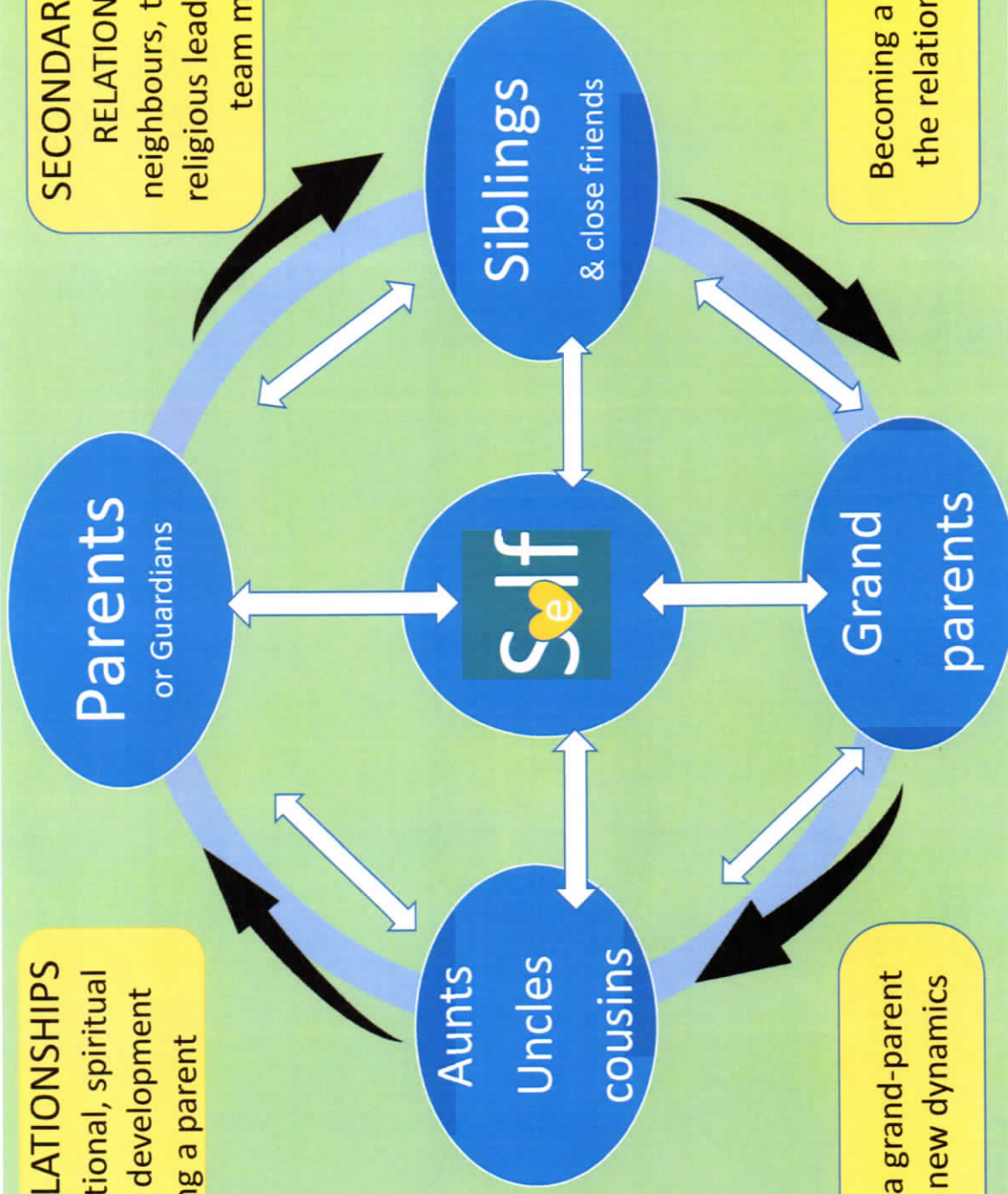
# Laws of the land

- Respect religions honouring God
- Do not Kill, rape or violate
- Do not steal, rob or burgle
- Do not defraud, embezzle etc
- Obey road rules
- Obey other laws + rules - Road rules etc
- Disobedience creates chaos + negative consequences

Interconnected  
 GOD  
 Parents  
 Religious  
 Politicians

The cycle of life = Wisdom  
 Maintaining order in life = Harmony  
 Prosperity

**PRIMARY RELATIONSHIPS**  
for mental, emotional, spiritual  
and behavioural development  
prior to becoming a parent



**SECONDARY AND TERTIARY RELATIONSHIPS =** friends, neighbours, teachers, educators, religious leaders, work colleagues, team mates & others

**Becoming a parent changes the relationship dynamics**

**Becoming a grand-parent generates new dynamics**



# ZAC 101 Module 3.2 Tas University 2020

## Social Biology

The way that human beings have evolved to automatically connect to each other at a very basic biological and psychological level is known as **Social Biology**.

According to studies of social biology, human beings have evolved around, and for, social connection, and this has been responsible, in large part, for our survival. Relationships are really important for our health, and love and care are directly responsible for keeping us alive and healthy.

### **The Profound Value of Positive Human Relationships.**

As a health practitioner, understanding the positive value of human relationships will be essential. It is most important to understand that your human relationships in health practice will be one of the most meaningful aspects of your work and your power to effect positive change. However, understanding what happens when human relationships do not go well is often also a critical part of our work.

### **Pause For Thought**

- Has a relationship you have been in ever been difficult?
- Have you seen relationships that have done people harm?
- How does it feel when an important relationship is in trouble or ending?
- How does it feel when someone you love gets sick or dies?

These relationship breakdowns can be some of the most painful human experiences of life.

When we practice in health and community contexts, we will meet these issues, and the effects they have on our health and wellbeing.

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## Mind

Thoughts, will, conscience, intellect, memory

- The natural body and the spiritual body co-exist to maintain life within the being

1 CORINTHIANS 15:44, NT

- Life ends with the separation of the spirit and soul from the body and the cessation of breathing

ECCLESIASTES 12:6-7

- Sexual organs, **sexual feelings**, & body elimination region

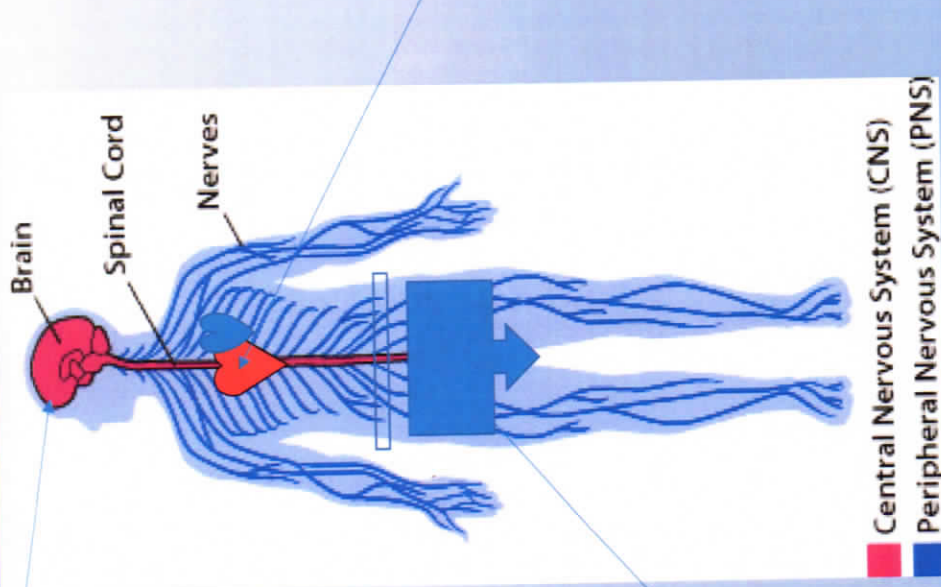
## physical and spiritual

- The six senses of taste, touch, sight, hearing, smell & gut feeling (intuition), through our intellect, emotions and world view produce our responses to life & circumstances

**Emotional centre** (solar plexus/ spiritual heart) = feelings, emotions, sensations

- The total being is:

- Physical
- mental
- spiritual





**“I firmly believe we are on the brink of a great new era in medicine; a time when health professionals will begin to help people regain control over their lives by providing them with the spiritual tools to maintain health and wellness, and thus enable them to take maximum advantage of the healing power that faith can give us all.” (1999)**

Harold G KOENIG, MD  
Assoc. Professor of Psychiatry - 1999  
Director of Duke University for  
The Study of Religion/Spirituality and Health  
DURHAM, NORTH CAROLINA

Professor of Psychiatry & Behavioural Sciences - 2009  
Associate Professor of Medicine  
DUKE UNIVERSITY, DURHAM, North Carolina, USA



## RELIGIOUS and SPIRITUAL FACTS for the Premier's ESRAC 2020

Claire Booth, wife of the founder of the Salvation Army, said: ***"You cannot improve the future without disturbing the present."***

If the Premier's Economic and Social Recovery Advisory Council (ESRAC) is to bring genuine and sustainable changes to Tasmania, for the greater good of Tasmania and its citizens, post-COVID-19, addressing (1) domestic violence, (2) mental health issues including depression and suicide, (3) Aboriginal disadvantage, (4) aggressive and abusive behavior, (5) substance abuse, (6) homelessness, (7) criminal behavior (8) generational welfare dependence and other such social and moral ills is imperative.

The spiritual and religious aspects of life **must** be considered by the Council, in the challenge it has been given to address economic and social recovery in Tasmania. And this must include an understanding of the First Nations people's traditional cultural and spiritual ways of life that maintained social cohesion, health and well-being for their people, for sixty thousand years, or so, nationally, until colonization in 1788!

Mahatma Gandhi, Indian lawyer, political ethicist and anti-colonial activist, said: ***"Those who say religion has nothing to do with politics do not know what religion means."***

Religious and spiritual knowledge, based on historical facts and documented evidence, provides an understanding of God (Creator Spirit) and His *blueprint* for life as per the New Testament writings (1<sup>st</sup> century AD), and lays the foundation for moral and social guidance, integrity, fortitude, resilience and general well-being.

*"God is the fountainhead of truth. Just as following a stream will eventually lead to its source, so will the pursuit of what is true lead to the source of truth, which is God Himself."* (Pg 297, 'Faith of our Fathers – Discovering God in Ancient China', by Chan Kei Thong with Charlene Fu, 2007). Truth is vital for both social and economic recovery!

Paul of Tarsus, disciple of Jesus Christ, said: *"There is one God, and one Mediator between God and men, the Man Christ Jesus..."* (1 TIMOTHY 2:5, NT, 1<sup>st</sup> century). And it's because of a lack of an understanding of this fact that there now exists such religious and social chaos, confusion and suffering throughout the world, which in turn is causing increased mental health issues – including depression and suicide, and contributing significantly to the domestic violence, substance abuse and aggression here in Tasmania.

These are some of the social and health issues that must be addressed by the ESRAC.

In 1 CORINTHIANS 15:44, it's written: ***"There is a natural body and there is a spiritual body."***

And as Prime Minister of Australia in 2017, Malcolm Turnbull stated: ***"Religious freedom is the right of every human being."*** This being the case – it is also the right for every child to be taught religious education and the **truth** about God, our spiritual nature, and the spiritual aspect of life. This information is fundamental to our mental health and wellbeing, and to us having the knowledge on which to establish respectful, empowered relationships based on love, equality, justice, and acceptance. This is what will end domestic violence and suicides!



## RELIGIOUS and SPIRITUAL FACTS for the Premier's ESRAC 2020

Australia was not given the title 'the Great Southland of the Holy Spirit' in 1606 by Captain Ferdinand de Quiros (Portuguese explorer), for nothing! It has been ordained by God to lead the world into a more spiritually enlightened era, based on God's truth of love and reconciliation under the leadership of Jesus Christ. And the appointed time is clearly now! The Premier's ESRAC has the potential for being the catalyst for this to become a reality!

In the Book of Hebrews 13:6, it is written (1<sup>st</sup> Century AD) that God said: "*I will never leave you nor forsake you*". This Scripture supports the fact that God is with **every** human being. The Spirit of God is the animating life-force – evidenced in King Solomon's words: "*Remember your Creator before the silver thread is severed.....then the dust returns to the Earth where it came from and the spirit returns to God who gave it.*" (ECCLESIASTES 12:6-7, OT, 930BC).

If we are not taught about God and His Laws for life, we cannot be expected to know or understand God, or His expectations of us here on Earth! Spiritual ignorance leads to the negativity of life influencing our thoughts, words, attitudes, actions and reactions, and being acted out in our relationships and communication with other human beings, as well as in our responses to life as a whole! Abusive parenting is a major consequence – leading to significant mental health and behavioural issues for the child/children! This in turn leads to generational dysfunction in relationships and invariably to unacceptable social and moral behaviour!

And herein lies a major contributing factor to many social ills. Drugs, alcohol and promiscuous sexual relationships temporarily fill the hole in the soul of a spiritually lost being who doesn't have loving, supportive relationships, or who suffers from childhood abuse and violation!

The coronavirus (COVID-19) has paved the way for a more enlightened and authentic understanding of God and the spiritual aspect of life, and it's mankind's challenge to now work collaboratively and collegially for God's TRUTH to be revealed - as it must be!

Moses gave mankind the Ten Commandments in approximately **1440BC**

Jesus gave mankind two new commandments based on love, in approximately **27AD** (MATTHEW 22:34-40, NT), together with the ministry of reconciliation in 2 Corinthians 5:17-21, NT.

**Jews (1440BC)** have been promised a Messiah - their Saviour. That messiah is **Jesus Christ**, who was one of their own! Their challenge is to now recognize Jesus as their Messiah and to embrace him, and his teachings accordingly, and stop hitting their heads against a stone wall!

**Christians (27AD)** are called 'Christian' because they follow, and are guided by, **Jesus the Christ**, and endeavor to live their lives according to God's teachings in both The Old (OT) and The New Testaments (NT) - i.e. The Holy Bible.

**Roman Catholicism (380AD)** was established for the supremacy of the Roman Empire with 'Christianity' adopted as the state religion, but with significant pagan influences and new religious ideologies and rituals (including the devotion to Mary and praying the Rosary) that have nothing to do with Christianity or God's truth! Catholicism is a blend of religious truths and falsehoods! And based on GALATIANS 1:8-9, NT – **Islam (612)** is a false religion!



# THE GREAT SOUTH LAND OF THE HOLY SPIRIT



WHY AUSTRALIA IS CALLED THE SOUTH LAND OF  
THE HOLY SPIRIT



The idea of a great southern continent was originated by the ancient Greeks, who believed there must be a great land mass on the other side of the world to balance the earth. Early navigators and explorers searched for "terra australis incognita" (the unknown south land), believing untold riches awaited the man who would be first to discover and claim this mysterious continent.

In 1606 the explorer Pedro Fernandez de Quiros, sailing under the Spanish flag, mistook one of the islands of the Pacific nation now known as Vanuatu (New Hebrides) for the Great South Land. Believing he had discovered the long searched-for southern continent, he held a mass and set off fireworks to commemorate his discovery. As far as we know he was the first to use the name "Terra Australis del Espiritu Santu" - the "Great South Land of the Holy Spirit" - for what we now know as the nation of Australia.

Did de Quiros pen this name for the great southern continent prophetically? Along with many other Australian Christians, we believe so. Australia is a comparatively young nation, not much more than 200 years old. Its history is one of a tough people in a tough environment. Beneath the breathtaking natural beauty of the land, lies a hard unyielding heart. The early settlers battled the elements to survive in extreme temperatures, loneliness and isolation.

Established as a British penal colony, Australia's cultural roots lie in rejection. Many were transported to what then amounted to the "ends of the earth" for petty crimes such as stealing food. The early convicts, both men and women, were treated harshly and often unjustly. To this day Australians are known for their independent and often "rebellious" nature.

The indigenous Australians also suffered greatly at the hands of many of the European settlers. So much so that the injustice and cruelty dealt out to them is only now beginning to be seriously addressed by Australian society.

Yet throughout its history God has had His hand on this nation. We believe His purpose and plan for the people of Australia has always been one of REDEMPTION and BLESSING. In these last days we will see His Spirit poured out on Australia to a degree never known. We shall see our hurting nation healed, restored and revived as she turns her eyes and her heart to the desire of ALL nations, Jesus Christ.

We believe Australia shall rise up in celebration and rejoicing to prophetically fulfill the name given to her long ago -

## THE GREAT SOUTH LAND OF THE HOLY SPIRIT!

# physical and spiritual

Spiritual  
Mind = thoughts

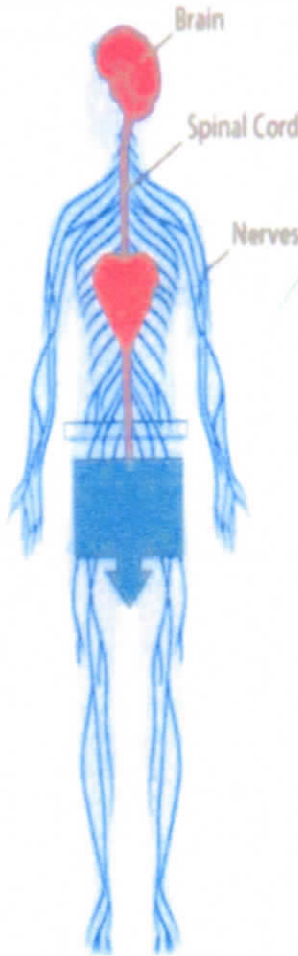
➤ The six senses of taste, touch, sight, hearing, smell & intuition (gut feeling), through our intellect and world view, produce our responses to life

➤ The natural body and the spiritual body co-exist to maintain life within our being:

1 Corinthians 15:44, NT

➤ Life ends with the separation of the spirit and soul from the body

➤ Sexual organs, sexual feelings, & body elimination region



■ Central Nervous System (CNS)  
■ Peripheral Nervous System (PNS)

Spiritual  
Emotional heart -centre of feelings - love

- joy
- peace
- fear
- anxiety
- jealousy - etc.

➤ Our total being is:

- physical
- mental
- spiritual

## SCRIPTURES SUPPORTING THE INTERCONNECTEDNESS OF OUR PHYSICAL AND SPIRITUAL NATURES

1. There is a natural body and there is a spiritual body. 1 CORINTHIANS 15:44, NT, 50AD
2. God has not given us a spirit of fear but one of power, and of love, and of a sound mind. 2 TIMOTHY 1:7, NT, c 48AD.
3. The two new commandments of love and reconciliation given by God through Jesus:
  - i. "Love the Lord your God first, with all of your heart, soul, mind and strength."
  - ii. "Love your neighbour as yourself. On these two Commandments hang all the Law and the Prophets." MATTHEW 22:34-40, NT. C 29AD
4. All things are of God who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation. (for peace of mind!!) 2 CORINTHIANS 5:18, NT.
5. ....may your whole spirit, soul, and body be preserved blameless...1 THESSALONIANS 5:23, NT, 1<sup>st</sup> century.
6. ...may the Lord of peace Himself give you peace always in every way.....2 THESS. 3:16, NT, 1<sup>st</sup> century.



This devotion of Mary makes the RCC a Marian Church NOT a Christian Church

A Pagan Ritual

# Memorial of 'Mary, Mother of the Church' added to liturgical calendar

A memorial celebrating Mary's role as mother of the Church will be celebrated for the first time on the day after Pentecost, Vatican News reports.

The memorial of Mary, Mother of the Church was inserted into the Roman calendar by Pope Francis, after carefully considering

Virgin Mary, who is both Mother of God, and Mother of the Church," the decree stated.

It noted Mary's role in praying with the apostles in the lead up to Pentecost.

"As a caring guide to the emerging Church, Mary had already begun her mission in the Upper Room, praying with

the Apostles while awaiting the coming of the Holy Spirit," Cardinal Sarah said.

Earlier in the decree he noted the importance of Jesus' words to Mary at the crucifixion.

"Indeed, the Mother standing beneath the cross... accepted her Son's testament of love and welcomed all

people in the person of the beloved disciple as sons and daughters to be reborn unto life eternal," he said.

Although a votive Mass in honour of the Blessed Virgin Mary, Mother of the Church was inserted into the Roman Missal in 1975, the present decree inserts the celebration on a fixed date, according to

Vatican News. As the memorial falls on a Monday (May 21), many parishes around Tasmania may not be celebrating Masses that day. Please contact your local parish if you would like information about whether the memorial will be celebrated in your parish.

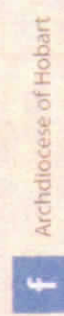


## Celebrate the Feast of the Body and Blood of Christ by walking with Jesus in the most Blessed Sacrament through the city of Hobart.

### ST JOSEPH'S CHURCH HOBART, SUNDAY 3 JUNE 2018 at 1.15PM

Concluding with Benediction at St Mary's Cathedral at 3.00pm.

Experience our rich Catholic heritage, in solidarity with Catholics all over the world, and through the ages, by bearing public witness to our Lord and Saviour present in the Eucharist.



**Superstitious** religious rituals, such as the above, need to be called out! They have no place in an educated and progressive democratic society such as Australia – or any country supportive of Christianity and democracy. **Spiritual insight**, based on God's TRUTH, given to mankind through indigenous cultures of the world & through Jesus Christ, must now be understood for what it offers the world for mental health and well-being, and for goodwill and global unity!





# World News and Trends

## An Overview of Conditions Around the World

by John Ross Schroeder and Jerold Aust

### Teenage sex linked with serious depression

A survey sponsored by the National Institute of Child Health and Human Development along with 17 other U.S. federal agencies has revealed a startling link between teenage sexual activity and depression and suicide.

The study revealed that "a quarter of teen girls who said they were sexually active also said they had been depressed 'a lot of the time' or 'most of the time.'" In contrast, most who refrained from sexual activity were "never" or "rarely" depressed. Researchers concluded that "sexually active teens are far more likely to be depressed . . . than those who hold off until marriage" (WorldNetDaily.com).

Three million of the 19 million Americans afflicted by mental depression are teenagers. Commenting on the study, Dr. Meg Meeker, a physician for adolescents, tells us that "this is no surprise because teens are targets of a loose culture promoting promiscuity and excess." Dr. Meeker goes on to declare that "when you look at sexual activity and teens and you add up the losses they endure, they have lost their virginity, they have lost their self-respect, they have the loss of a sense of control over their body, they have a sense of shame" (Christian Broadcasting Network, emphasis added).

The National Campaign to Prevent Teen Pregnancy asked sexually active teens if they regretted early sexual activity. Results showed that three-quarters of girls wished they had delayed sex and a majority of boys and girls regarded their first sexual experience as something they would have preferred to avoid. Regret,

dissatisfaction and guilt, together with the losses previously mentioned, leave teens vulnerable to serious mental depression.

But what does depression among our young sometimes lead them to do? The answer is heart-breaking because prolonged mental depression can easily lead to suicide. "Just in the past decade the rate of teenage suicide has risen 200 percent" (Christian Broadcasting Network).

Researchers also found that 14 percent of girls who

Researchers found that 14 percent of girls who had had sexual intercourse had attempted suicide—almost triple the percentage of sexually inactive girls.

had had sexual intercourse had attempted suicide—almost triple the percentage of sexually inactive girls. Among boys, the differences were even greater, with 6 percent of sexually active boys having attempted suicide compared to only 1 percent of sexually inactive boys. This kind of link is too profound to ignore.

These severe societal problems, too often afflicting our youth, are compounded by the fact that on average 8,000 American teens are infected with a sexually transmitted disease (STD) every day. This sad state of affairs has repeated itself in the United Kingdom. The health correspondent of the *Daily Mail* recently

reported that "Britain is on the brink of a public health crisis brought about by the spread of sexually transmitted diseases." This is particularly true among young women.

The British Parliament Health Selective Committee warned that "with the fertility of an entire generation under threat, desperate measures are needed to deter children from having sex without any idea of the consequences." The British government now believes that young people—teenagers and even younger children—need help in resisting peer pressure (not to mention that from the media) to indulge in early sexual activity.

This is an understatement. Encouraging self-control is only one solution to consider, but parents, teachers and public figures desperately need to set our youth a better example in self-respect and personal discipline. Instead, too often many of today's celebrities let our young people down. Parents also bear much guilt in this critical area. Too many parents, perhaps partially as a result of their own flawed upbringing, have very ambivalent attitudes towards sex.

Knowledge of the dangers is not enough to resist sexual temptations. For guidance on this subject, be sure to read the two feature articles in this issue, one on the epidemic of teen sex beginning on page 16 and the other about virginity on page 30. (Sources: WorldNetDaily.com, Christian Broadcasting Network, *USA Today*, *Daily Mail* (London).)

### Keep your eyes on Berlin

French acquiescence may soon enable Germany to have greater voting power in the European Union (EU). Previously French resistance has resulted in limited and underrepresented German voting power in the EU. However, the leading figure in shaping a new European constitution, Valéry Giscard d'Estaing, is spearheading efforts to increase the voting weight of EU countries with larger populations. Excepting Russia (not always considered a part of Europe), Germany leads all European countries with a population of 80 million people.

Economically speaking, Germany historically has usually looked east. So the accession of Poland and seven other Eastern European nations into the EU will augment German power as well. Their economies have interfaced closely with Berlin for quite some time.

Heather Grabbe, Director of Research at the Centre for Eastern European Reform in London, recently remarked that "Germany is still the sleeping giant of Europe." For further understanding of

### Church controversy over same-sex relationships

The Anglican Church is experiencing its most serious crisis since the controversy over ordaining women into the priesthood. In the United States, where the church is known as Episcopalian, a gay man—who left his wife and two young daughters for a man—has been elected as bishop of New Hampshire.

Conservative evangelicals in England have urgently called on the Archbishop of Canterbury, Dr. Rowan Williams, to intervene. Commented *The Times*: "He has publicly expressed his sadness at the authorisation of same-sex blessings in a diocese in Canada . . ." Yet according to a major cover story in *The Times*, in the past Dr. Williams "supported the Lesbian and Gay Christian Movement (LGCM)" and "his perceived liberalism on homosexuality dated from the late 1970s."

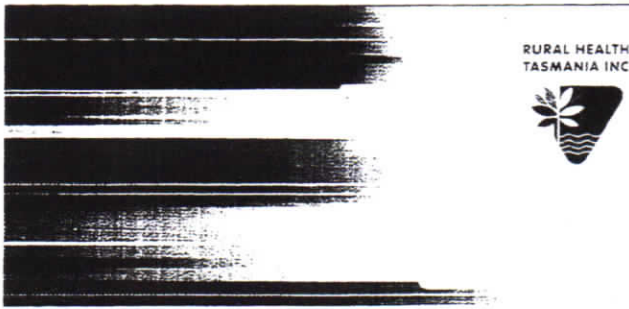
consign to celibacy those who have never known sexual attraction towards the opposite sex since the Old Testament, especially, lays so much emphasis on the role of physical love, not just breeding."

In nearly 2,000 years of church history few biblical scholars and theologians have ever understood or argued the Scriptures in this particular manner.

Western society is not traveling down the same road as the plain scriptural teaching of God's Word. Instead one British family law judge called for "legislation to guarantee the rights of live-in couples, homosexual partners and transsexuals." Apparently this proposal has enormous parliamentary backing.

The general direction of our Western way of life recalls to mind a prophecy of the apostle Paul (who condemned homosexual practice in any form in Romans 1:26-27 and 1 Corinthians 6:9-10): "For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up





rural health youth team



2013

**Sex. Be smart. Be safe!**

Sex can be any type of physical intimacy like vaginal sex, oral sex, anal sex, erotic massage, french kissing, etc

Safe sex means not letting your mate's body fluids (semen, vaginal fluids, blood) get into your body and vice versa

Get a sexual health check before unprotected sex with someone new

Limit your use of alcohol and/or drugs (to make sure you know what you are doing and who it is with)

**Age of sexual consent in Tasmania**

Age of sexual consent in Tasmania is 17.

However ... you can have sex if you are 12-15 and your partner is no more than 3 years older...

and if you are 15-17 and your partner is no more than 5 years older.

You can not consent to anal sex when you are under 17

**Use condoms correctly & every time**

Sex without a condom = likely pregnancy &/or STI's (even the first time)

Always use a condom with water based lube

**Respect in m&f sex 2b gr8**

Sex is great if there is respect, laughter, communication, experimentation and play. This means you:

- are free to say 'NO'
- feel safe, not scared or threatened
- feel good about yourself and the relationship
- can change your mind anytime

**Get more info &/or testing for STIs**

Smithton Medical Services	6452 2555
Sexual Health Services	1800 675 859
Family Planning	6431 7692
Working It Out	1800 184 527
(gender & sexuality support)	
Laurel House	6431 9711
(sexual assault support)	
Rural Health	6452 1266
CHAC	6452 1287
Wyndarra	6452 1981

false

Information!

Confirmed by Minister for Health, Michael Ferguson on Tues. 4<sup>th</sup> Dec. 2018.

- 5/4 Salamanca Place, HOBART.

Sex is a 'sacred' act that needs to be re-evaluated and understood holistically - i.e. physical, mental, emotional, spiritual and relational.

# The Face of a drug addict - A tragic life!



SKIN



BRAIN - Chemical changes  
- Brain damage



FACIAL MUSCULATURE AND FAT



Behavioural issues



TEETH AND GUMS



Mental health issues



Relationship problems



A burden on society



INCREASING ESTIMATED AGE



Premature death



AGE: 25



AGE: 25



AGE: 23

Methamphetamine Users

## This destruction must end!



# *The A-Z for Holistic Wellbeing*

**Acknowledge** your humanness and the fact that you will never always get things right.

**Believe** in your self and the fact that change is possible at any age. Become who God intends you to be. Believe each day is a new beginning. Be kind to your self and to others.

**Challenge** yourself to change if change is needed & accept the challenges of life positively.

Accept the things you cannot change but have the courage to change the things you have the power to change. Believe the best is yet to come.

**Deal** with problems ASAP in a realistic manner, remembering that solutions may take time.

**Enjoy** the good times, fun and laughter with an understanding that seasons come and go.

**Forgive** those who have violated or offended you. Ask God for the strength to forgive and for forgiveness for your self when necessary. Genuinely repent. Seek reconciliation.

**Give** each day your very best. Give thanks for your blessings especially for family & friends

**Have** faith in God, in your self and in life as a whole. Have hope in a future beyond struggles.

**Invest** time in understanding life more fully - physically, mentally and spiritually.

**Judge** not lest you are judged. Nurture the spirit of tolerance, acceptance and compassion towards others and your self, and remember Jesus has made a straight path for all of us.

**Keep** balance in your life with a healthy diet, regular exercising, productive work, relaxation, socializing with family and friends and enjoying fresh air, sunshine and nature.

**Learn** something new every day, read a book, and lean on God, not on your own understanding.

**Make** an effort when you don't feel like it and the blessings will follow. Meditate on goodness.

**Never**, never, give up, no matter how challenging or disappointing life is. Tomorrow is a new day.

**Open** your mind to change, to new ideas, to positive thinking and to God's love for you.

**Place** a value on your self and on others. Pray constantly for God's guidance and help in life.

**Question** that which troubles you & try to understand why it does. Talk it through with someone.

**Respect** your self and others and respect other people's property.

**Seek** help when you need it. There is no shame in asking for help. The shame is in not asking.

**Treat** your self to something special. Spend time with nature and do not worry about tomorrow.

**Understand** life is often not kind but God is with you always even if you are not aware of Him.

**View** life from another individual's point of view and seek victory over negative thinking.

**Welcome** each new day with positive thoughts and realistic plans. Sing and experience joy.

**'Xamine** your life periodically and with new insights reassess the direction you are taking.

**Yearn** after a clear conscience through truth and honesty and inner peace will follow.

**Zzz** - say a prayer, give thanks for the day, hand your problems over to God & sleep well at night.

### **SUGGESTIONS for addressing social ills through a spiritual clean up**

1. Teach parenting skills to prospective parents i.e., secondary school students. Teach both males and females the responsibilities that go with conceiving a child, with pregnancy, and with bringing a child into the world, i.e., to love, protect, guide, educate and discipline the child in order to prepare him/her for adult life.
2. Promote sexual responsibility amongst young people and teach them that it's OK to say "NO" to a sexual relationship until they understand the spiritual, mental, emotional **and** physical consequences. Include the spiritual aspect of life in sex education.
3. Establish an information brochure for new mothers, based on the basic needs of their baby and the important things to look for, together with some essential and basic information for the mother's own physical, mental and emotional wellbeing.
4. Promote the value of the extended family (grandparents etc.) and the need for the extended family, to regain stability within the family framework thereby providing the support that is essential for young parents, and providing the love, support, guidance and input that is needed by young children from grandparents. It will also return an understanding, appreciation and respect for older people.
5. Introduce spiritual and religious education in schools, there-by giving an understanding of God and of our spiritual nature and needs & returning boundaries and respect in life.
6. Support and promote the need for life skills and interpersonal communication education for young people and for older individuals through community programs.
7. Support and expand on telephone help lines such as Lifeline and Kid's Help-line for people to off-load their troubled thoughts when burdened or lonely.
8. Encourage churches to take greater responsibility for those within their congregation, i.e., follow up with people who drift in and out, provide information packages for spiritual health and wellbeing, and provide contact numbers to follow through with.
9. Promote accountability within churches for the significant role they have in maintaining the spiritual health of individuals within their church and in the wider community; for maintaining integrity in their leadership and truth in their doctrine, and for caring for the elderly, the sick and vulnerable, the widows, the orphans and the disadvantaged.
10. Promote the value of the Faith Community Nurse and the role she/he has in working with church and community for holistic wellbeing of individuals - especially in country areas, therefore providing a valuable adjunct to mental and physical health.
11. Accept within the health system the need to recognise the spiritual connection in



- mental illness/health and implement an awareness of an holistic health approach.
12. Establish retreat areas or healing and recovery centres that provide an avenue for 'time out' for emotional nurturing for stressed out individuals, (especially young mothers), with the availability of counselling, including life management skills assessments, and strategies to deal with problem areas.
  13. Establish specific detoxification and recovery centres that deal with alcohol and drug addicts long term, thereby restoring these individuals to health while providing them with the skills and means of becoming effective members of society.
  14. Encourage stress management, conflict resolution, and counselling in all avenues of work especially those dealing with the general public, i.e., those in the police force, in nursing or health care areas, in teaching and training areas, in Centre-link, and in other fields dealing with the public.
  15. Promote self awareness, anger management, and conflict resolution courses within communities for both gender and all ages.
  16. Acknowledge and promote forgiveness and reconciliation as per God's intentions for mankind.
  17. Promote the value of organisations such as Alcoholics Anonymous (AA), Al Anon, Gamblers Anonymous (GA), GROW, Teen Challenge and others, and the invaluable role each one has in the battle against mental illness and domestic violence.
  18. Establish 6 week programmes for secondary school students to attend military colleges, i.e. Kapooka, Puckapunyal, etc., to learn life skills, self discipline, self-control, integrity, obedience, respect, balanced pride in themselves, co-operation, teamwork, independence, commitment, motivation, goal setting, etc.
  19. Promote a wide range of sports within suburbs and country towns for all ages, thereby increasing the number of participants in sport and improving the mental and physical health of individuals, while encouraging greater community cohesion.
  20. Harness the knowledge, skills and time of retirees and the unemployed, and generate community help groups, i.e., home maintenance for the elderly, the widowed, the sick and disabled, and single mothers, while in turn creating a sense of worth in the volunteers, establishing a support network for the needy, and directing the unemployed to a more fulfilled old age for themselves.
  21. Promote greater accountability for television stations, radio stations, cinemas, video outlets, the printed media, music producers and film makers, and reinforce the detrimental effect pornography and violence have on impressionable, immature, or unbalanced minds. Tighten regulation standards on this material.

***QUESTIONS we need to ask***

How can the current trend of evil and suffering be reversed without turning back to God or to an understanding of an order in life at a spiritual level?

Why is it that those who have faith in God, or faith in a higher power, generally cope with life's stressors far better, and enjoy a greater degree of physical, mental, and emotional wellbeing, than those who have no faith?

Why is it that couples who attend church together with their children on a regular basis, and who believe in God and the need to be obedient to Him, are less likely to divorce, or to experience domestic violence that leads to mental, emotional and even physical suffering?

Why is it that suicide, depression, and other serious mental illnesses are less frequent amongst those who believe in God, or in a higher power?

Why is it that those who have faith in God or in a higher power, have less dependency on addictive substances, and a greater respect for life in general?

Why is it that those who believe in God, or in a higher power, and are conscious of spiritual accountability, are less likely to be addicted to promiscuous sex and/or pornography?

Why is it that those who believe in God or in a higher power, enjoy a more satisfying quality of life, no matter what their circumstances are physically, mentally, socially, culturally, financially, environmentally or in terms of life expectancy?

Why is it that those who believe in God, and the assurance of eternal life, have less fear of death than those who have no faith?

Why is faith in God, or a higher power, not accepted as a significant factor in dealing with life at all levels, especially when dealing with sufferers of mental illness?

When are religions going to be made accountable for teaching the truth in relation to an understanding of God, and an understanding of the interconnectedness between God, and our whole being, spiritually, mentally, and physically?

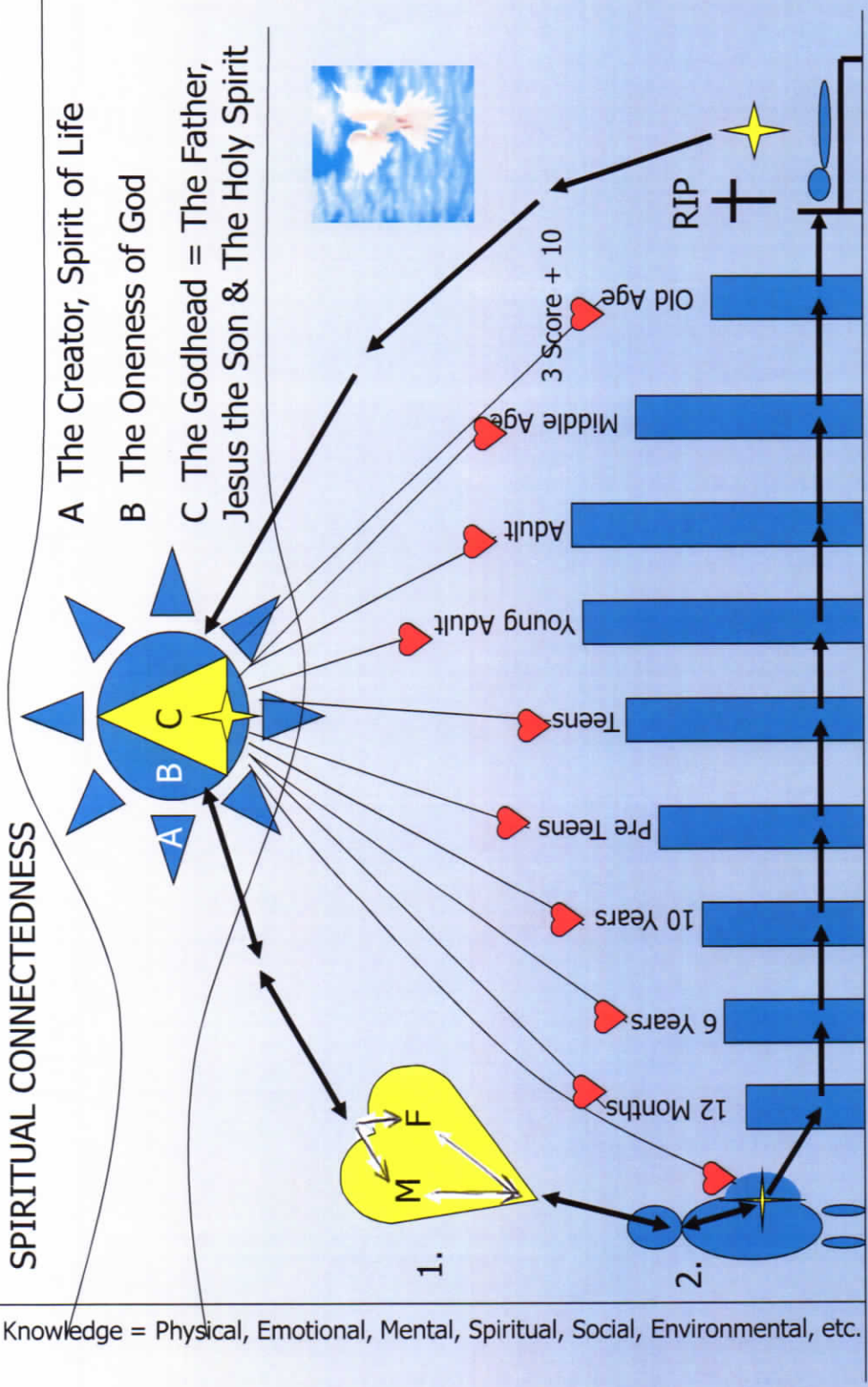
When are politicians, and policy makers generally, going to accept the vital role both spiritual insight and religion have to play in the overall wellbeing of individuals, neighbourhoods, communities, countries, and the world?

\*\*\*\*\*  
\*\*\*\*\*



**SPiritUAL CONNECTEDNESS**

- A The Creator, Spirit of Life
- B The Oneness of God
- C The Godhead = The Father, Jesus the Son & The Holy Spirit



Knowledge = Physical, Emotional, Mental, Spiritual, Social, Environmental, etc. =

Formative Years - Sexual Awareness - Search for Meaning - Self Actualization

**The JOURNEY of LIFE**

© S. J. Carlyon 2006

## WHERE DOES OUR HELP COME FROM?

“Our help comes from the Lord,  
Who made Heaven and Earth.”

PSALM 121, OT, approx. 860BC

“Before people can pray to the Lord for help they must believe in Him. And before they can believe in the Lord, they must hear about Him. And for anyone to hear about the Lord, someone must tell them...”

ROMANS 10:14-15, NT, approx. 50AD

Jesus is Lord, and His instructions for mankind come directly from Almighty God.

**Religious leaders have failed to pass this information on  
and spiritual ignorance is now extensive**



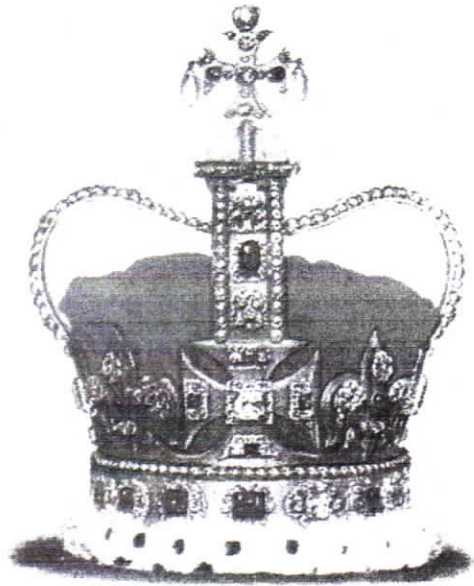
British Rule!

Christian foundation  
to Australia's democracy



- Photo by Cecil Beaton, 1953. Used by permission of Austral International, for Camera Press, London, U.K.

During a Christian Service the Monarch is given a robe to wear with these words: "Receive this imperial Robe and the Lord your God endue you with knowledge and wisdom and majesty and with power from on High. The Lord clothe you with the Robe of Righteousness and the garment of Salvation."



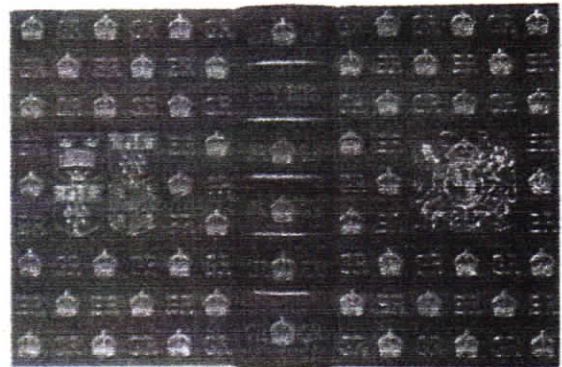
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The Crown is placed on the Monarch's Head with the words: "God crown you with a Crown of glory and Righteousness that having a right faith and manifold fruit of good, you may obtain the crown of an Everlasting Kingdom by the gift of Him whose Kingdom endures forever. Be strong and of a good courage keep the commandments of the Lord Thy God." That is what is said to our Head of Government as a Christian when taking office.



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During the Coronation Service the Monarch is also given a Golden Orb with these words: "And when you see this Orb set under the Cross, remember that the whole world is subject to the power and Empire of Christ our Redeemer. For He is the Prince of the Kings of the Earth; King of Kings and Lord of Lords, so that no man can reign happily who derives not his authority from Him, and directs not all his actions according to His Laws."



The Coronation Bible used in the Coronation Service of 1937, and presented by the Oxford and Cambridge University Presses.

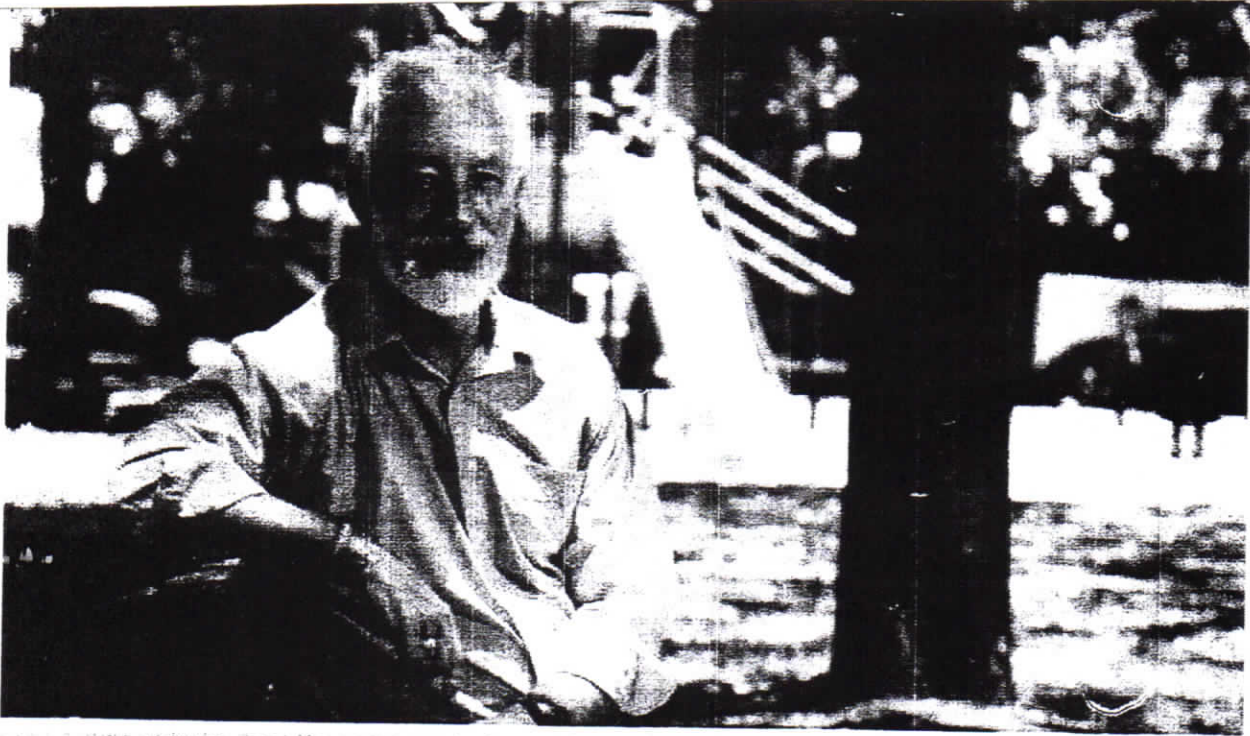
During the Coronation Service our Monarch made an oath: "To maintain the laws of God and the true profession of the Gospel..." The Queen was then given a Bible with these words: "Our gracious Queen; to keep your majesty ever mindful of the Law and the Gospel of God as the rule for the whole of life and government of Christian Princes, we present you with this Book, the Bible, the most valuable thing that this world affords. Here is wisdom; this is the royal Law; these are the lively Oracles of God."

In Australia's Christian system the Bible is the symbol and standard of truth. Australian citizens take oath on the Bible and confirm it with words: "So help me God."



2014

# Patrick McGorry hits out at Australia's 'beleaguered, fragmented' mental health system



Former Australian of the Year Patrick McGorry is pushing for changes to improve the mental health system. Source: News Limited

**FORMER Australian of the Year Patrick McGorry has lashed out at the "parlous state" of the mental health system, as experts warned that more needed to be done to get the mentally ill jobs.**

Professor McGorry, the man who made mental health a 2007 election issue, said billions were being spent but people still had to tolerate a system that was "fragmented, beleaguered and cannot produce the required results".

"The system has largely abandoned acute care in the community to the ambulance system, the police and the emergency departments, in that order," he writes in a Mental Health Council of Australia publication on Friday.

His criticism came as four groups representing the disadvantaged claimed government employment services didn't work for the mentally ill because they didn't include housing, welfare and drug treatment services.

Mental Health Commissioner Professor Alan Fels said a job was central to the recovery of the mentally ill.

"It helps them become more stable and satisfied in their life," he said.

"But in order to work satisfactorily ... many severely mentally ill people need some kind of mentor or trainer or assistance provided by the government to help them settle into a job and then it works."

*Professors Patrick McGorry & Ian Hickey are mental health dinosaurs hindering progress & spiritual insight!*



## Six Love Types

**Agape** - unconditional, unselfish, sacrificial love, the highest form of love promoted & exhibited by Jesus in the first century, in approximately 29AD.

**Altruistic** - very similar to agape love - compassionate, putting others first, selfless

**Filial** - the love of a child for a parent

**Storge** - family love between mother, father, sister, brother, grandparents, aunts, uncles, cousins

**Eros** - passionate, physical, emotional & sexual love in a committed relationship

**Ludus** - playful, and fun seeking for each other



**SIGNIFICANT relational building blocks for mental, emotional and spiritual wellbeing include:**

Parents	Siblings & Grandies	Other Relies
Friends	Neighbours	Teachers & Others
Spiritual Education	Religious Education	Environmental Influences



*There is a natural body and there is a spiritual body.*  
1 CORINTHIANS 15:44, New Testament, 1<sup>st</sup> century.

**Spiritual Insight** alerts us to the sacred aspect of life and challenges us to examine our thoughts, words, attitudes, actions and reactions in light of the two (2) new Commandments given to mankind in the 1<sup>st</sup> century AD by Jesus. i.e.

- (1) Love the Lord God sincerely, with your whole heart, soul, mind and strength
- (2) Love your neighbour (all people) as your *self*, in a godly manner
- On these 2 commandments hang all the Law and the teachings of the Prophets (MATTHEW 22:35-40, New Testament)



2014



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# Spiritual Insight

and

# Total Wellbeing

## What are they?

**Spiritual Insight** alerts us to the interconnectedness of body, soul & spirit and the sacredness of life, and challenges us to examine our thoughts, words, attitudes, actions and reactions in light of the 2 New Commandments of love given to mankind in the 1<sup>st</sup> century by Jesus. i.e.

- Love the Lord your God with all of your heart, with all your soul, with all your mind and with all your strength
- Love your neighbour (all people)
- Love your *self* in a godly manner
- On these commandments hang all the Law and the teachings of the Prophets (MATTHEW 22:35-40, New Testament)

**Love** is vital to our mental, emotional & physical wellbeing.

**Love** is the spiritual core within all of mankind & comes from God. God is love (1 JOHN 4:8)

**Love** needs to be understood and nurtured for healthy, functional relationships.

# Healthy

Thoughts

Words

Attitudes

Actions

&

Reactions

in

# Youth



2014

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## UNDERSTAND ALCOHOL

Know what alcohol can do to your mind, emotions & body, and to your behaviour before indulging. Be informed!



## TALK TO SOMEONE

If you are struggling with alcohol issues don't be afraid to get help. You are not on your own.

Alcohol addiction is a serious problem.

Help yourself by getting the help you need before it's too late.

Start today with a phone call.  
Tomorrow never comes!

- ♥ General Practitioner (GP)
- ♥ An AOD (alcohol & other drugs) counsellor in the available services. Lifeline - 131114
- ♥ A minister for religion
- ♥ Drug & alcohol counselling - 62820300
- ♥ Link Youth Health Service - 62312927



2014

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# Beat the booze &

be a  
winner

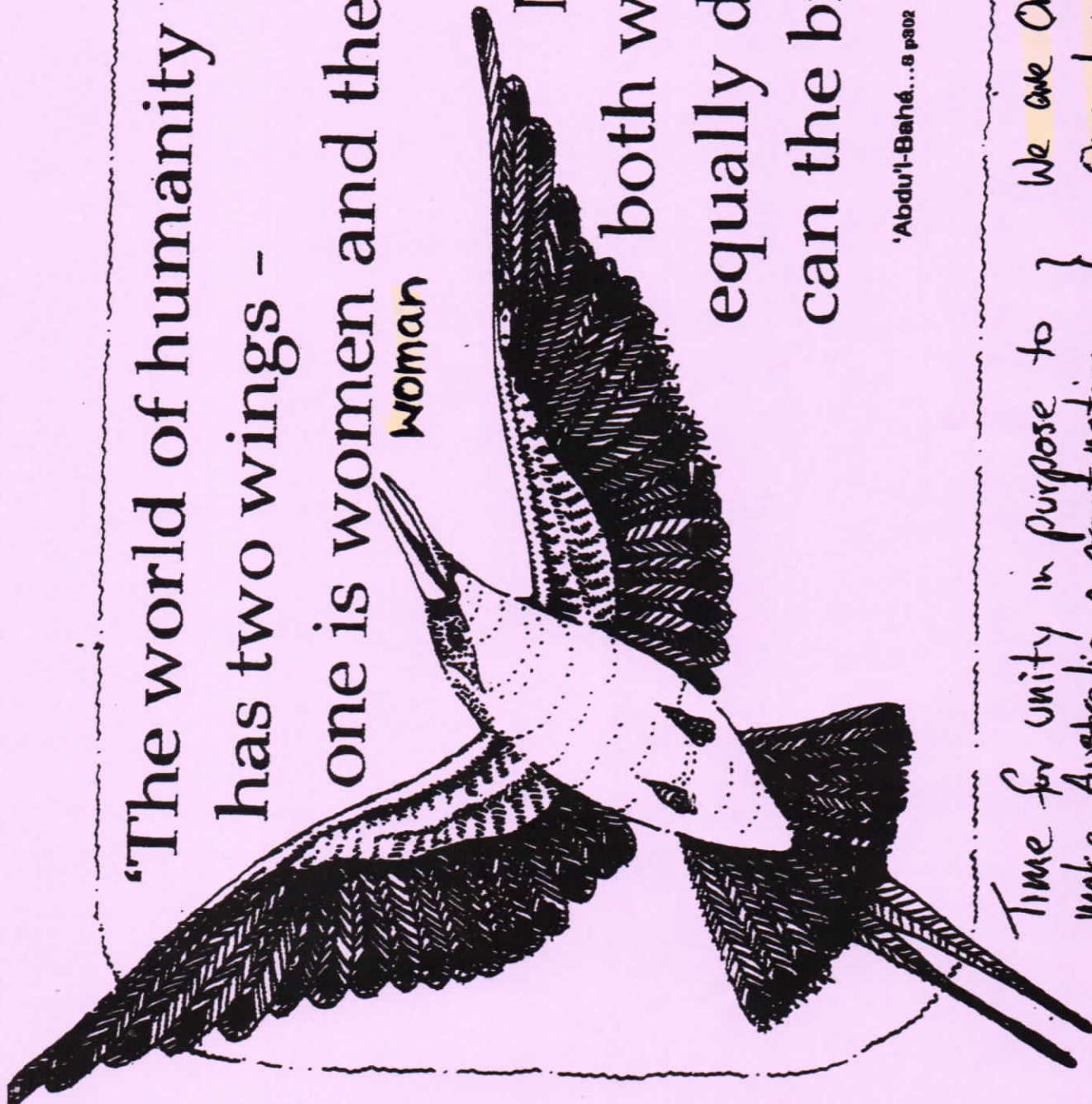
'The world of humanity

has two wings -

one is women and the other men.

woman

man



Not until

both wings are

equally developed

can the bird fly.'

'Abdu'l-Bahá... 8 p802

Time for unity in purpose to }  
make Australia a great nation. }  
+ the world a safer place!

We are One People }  
One humanity }  
The Solution }  
-Reconciliation }  
with God }  
through Jesus }



GOD

45000 yrs<sup>++</sup> Indigenous Cultures

approx. 6000 yrs Adam + Eve

science, religion + spiritual  
TIME DISCREPANCY

ie - Australia's Aborigines

3000 BC Abraham

Ishmael - Islam  
Isaac - Judaism + Christianity } One GOD

Spiritual  
Australia  
harmony and order

1440 BC MOSES

The Ten Commandments  
The exodus to Promised Land

Religious

4 BC - 29 AD JESUS

The New Covenant  
2 new love Commandments  
1. Love God  
2. Love your neighbour as yourself

MATTHEW 22: 37-40  
New Testament

The ministry of reconciliation } 2 CORINTHIANS 5: 18-19  
New Testament

380 AD Roman Catholicism

612 AD Islam

Religious chaos + Confusion  
Cruelty + suffering  
Wars

Spiritual  
Religious  
WARS

1606 Dutch influence

1788 Colonization

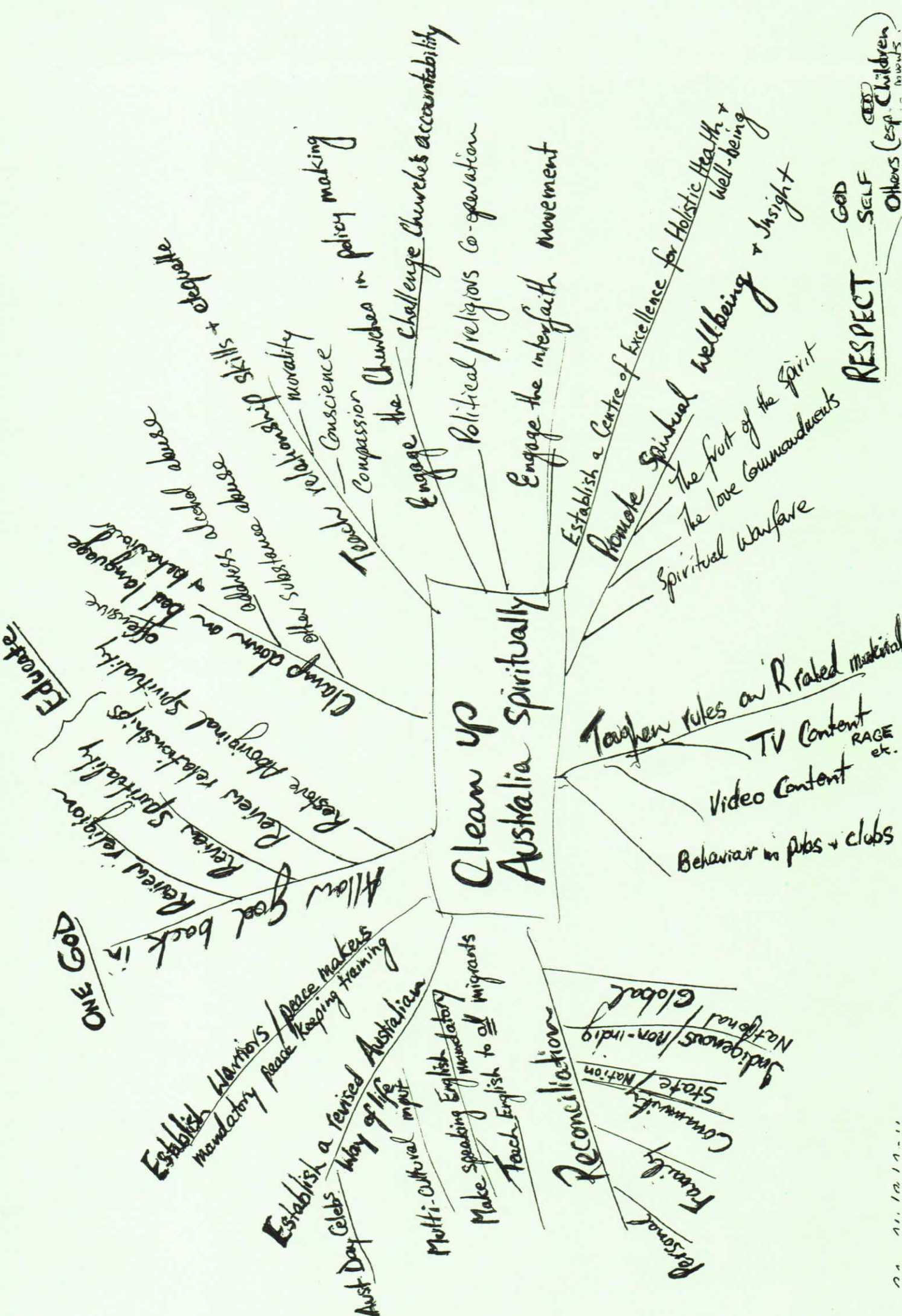
+ religiosity  
HOBART 1803

21<sup>ST</sup> Century Chaos  
Non-indigenous Religious

Indigenous Spiritual  
21<sup>ST</sup> Century Chaos

Jesus' leadership  
Spiritual insight  
God's TRUTH  
LOVE  
Reconciliation  
Peace  
+

# Clean up Australia Spiritually





**Total Wellbeing** = spiritual, mental and physical health.

This embraces the whole being (person) in spirit, soul (mind, emotions, will and conscience) and body.

The spirit, soul and body are uniquely and vitally interconnected within the living being. There can be no separation from any one aspect during life for the following reasons:

1. The spirit provides the animating life force to the body and the soul and mediates between the body and soul as well as between the individual and God – the Creator and Supreme Spirit.
2. The body is the vessel for the spirit and soul to co-exist for the duration of life within the individual, with an evolutionary process that begins with conception, progresses through birth and ends with death – ideally in old age! (These facts are well understood in indigenous cultures and accepted universally)

Separation of the spirit and soul from the body produces death of the body.

**Mental health** is fundamentally dependent on healthy, supportive, loving and intimate primary relationships (beginning with the parent/child relationship), knowledge of self and life, personal empowerment, freedom from fear, a sense of purpose and belonging, sufficient finances for stress-free economic stability and a place to call home.

Knowledge of God or a higher power and spiritual insight are essential in understanding the above, particularly when one is deprived of loving, nurturing parents. Spiritual insight, based on God and His TRUTH, contributes significantly to mental wellbeing.

Mental health is dependent on one's sense of worth and an understanding of one's right to be respected, protected, educated, instructed about life and being given the opportunity to work and contribute positively to life in some manner. (Maslow's Hierarchy reinforces these facts).

*Our thoughts, words, attitudes, actions and reactions* need to be understood from a spiritual perspective. Our thought processes determine our decision making and our responses to others and to life

as a whole. So what we learn and are taught in early childhood is fundamental to our physical, mental and spiritual wellbeing and to the our success or failure of our relationships with our self and with others.

**Spiritual health** is dependent on knowledge of God and the spiritual realm (both good and evil), knowledge of relationships (particularly primary relationships and sexual relationships), knowledge of the mind and the various influences that effect the thought processes as well as the brain chemistry (particularly love relationships and dysfunctional, damaging relationships – as in parent/child relationships and sexual relationships).

Spiritual health knowledge influences our moral compass (our conscience), and impacts on our thoughts, words, attitudes, actions and reactions in respect to good and evil, right and wrong.

*(God has not given us a spirit of fear, but one of power, and of love, and of a sound mind! – 2 TIMOTHY 1:7, NT)*

The stability of our thoughts and emotions and our ability to be resilient in life are influenced significantly by our relationship with God, the Creator Spirit, and our knowledge of His rules for life.

**Physical health** is dependent on both mental and spiritual health (as above), as well as a balanced diet [from conception (healthy input from mother during gestation) and throughout life), clean drinking water, necessary sleep, relaxation and exercise, and absence (or minimisation) of harmful substances (alcohol, nicotine, recreational drugs, chemicals and other toxins).

The spirit, the soul and spiritual insight (i.e. knowledge, particularly in respect to relationships, religion, reconciliation and God) must be considered as vital aspects of human health and wellbeing in the government's proposed health reform in 2016. Without an understanding of the spiritual aspect of life a vital and fundamental aspect of life is being ignored and excluded.

**See Appendix 1, 2 and 3**



## A SUBMISSION FOR THE TASMANIAN HEALTH REFORM OF 2016

It was universally accepted by both indigenous and non-indigenous cultures throughout the world that the spirit is the animating life force that comes from the Creator Spirit – God, and produces life within the human being, until Charles Darwin introduced the evolution theory in the 19<sup>th</sup> century. Charles later refuted his theory and acknowledged once more the existence of God, prior to his death. But his evolution theory had taken root and as a consequence God has increasingly been eliminated from the equation of life.

This must now be rectified, particularly, and not least of all for the mental, physical and spiritual wellbeing of all human beings, for the sake of human relationships, and for the sake of peace on Earth. God is a reality. And God's Laws of life are imperative

Understanding relationship dynamics and relationship needs, including that which we have with our *self*, knowledge of God and spiritual insight, the process of reconciliation, an understanding of our body, its functions and its complex needs, and an understanding of our brain and mind, and their interconnectedness with the body, soul and spirit, are all fundamental to a complete understanding of how to achieve total wellbeing for all human beings, as far as is practical and possible.

### **IN CONCLUSION**

1. The health system overhaul must revisit the reality of religious education and spiritual insight and their vital contribution to physical and mental health, when based on TRUTH.
2. A new and innovative approach to delivering religious education (based on God's TRUTH) must be explored and implemented
3. Spiritual health, and mental health through spiritual insight must be honestly and courageously examined, understood and incorporated into the education and health systems
4. There must be an acknowledgement of the vital interconnecting links between the physical, mental and spiritual aspects of our being, and funding put into the ongoing research and development towards understanding these facts more clearly and effectively.
5. There needs to be far greater accountability expected of those who teach religion and spiritual insight, with a governing body that keeps them accountable.

## Appendix 1

### DEFINITIONS

**The spirit** = 1. the principle of conscious life, originally identified with the breath; the vital principle in man, animating the body or mediating between body and soul. 2. the incorporeal part of man. 3. the soul as separable from the body at death. 4. conscious, incorporeal being as opposed to matter. 5. a supernatural, incorporeal being, esp. one inhabiting a place or thing or having a particular character: evil spirits. 6. a fairy, sprite or elf. 7 an angel or demon. 8. the third person of the Trinity; Holy Spirit. 9. the soul or heart as the seat of feelings or sentiments, or as prompting to action. etc.

**Spiritual distress** = (Distress of the human spirit), a nursing diagnosis....the cause of the condition may be separation from religious or cultural ties or a change in beliefs or value system, intense suffering, severe stress, or prolonged treatment. The defining characteristics include stated anger against the deity or questions about the meaning of the suffering being experienced. (Mosby's Medical and Nursing Dictionary, 2<sup>nd</sup> Edition)

**The soul** = 1. the spiritual part of man regarded in its moral aspect, or as believed to survive death and be subjected to happiness or misery in a life to come. 2. the emotional part of man's nature, or the seat of the feelings or sentiments. 3. high-mindedness; noble warmth of feeling, spirit or courage, etc. 4. the animating principle or essential element or part of something. 5. the inspired or moving spirit or some action, movement, etc. 6. a disembodied spirit of a deceased person etc.

**sacred** = 1. Appropriated or dedicated to a deity or to some religious purpose; consecrated 2. Entitled to veneration or religious respect by association with divinity or devine things; holy. 3. Pertaining to or connected with religion(opposed to profane and secular): sacred music. 4. Reverently dedicated to some person or object. ..etc.

**reconciliation** = 1. the act of reconciling. 2. the state of being reconciled. 3. the process of making consistent or compatible.

**reconcile** = 1. to render no longer opposed; bring to acquiescence. 2. to win over to friendliness. 3. to compose or settle (a quarrel, difference, etc.)



## A SUBMISSION FOR THE TASMANIAN HEALTH REFORM OF 2016

**religion** = 1. the quest for the values of the ideal life, involving three phases, the ideal, the practices for attaining the values of the ideal, and the theology or world view relating the quest to the environing universe. 2. a particular system in which the quest for the ideal life has been embodied: the Christian religion, Judaism etc. 3. recognition on the part of man of a controlling supreme power entitled to obedience, reverence and worship. 4. the feeling or the spiritual attitude of those recognising such a controlling power. 5. a point or matter of conscience, esp. when zealously or obsessively observed:

**respect** = ...the condition of being esteemed or honoured..... etc.

**honour** = 1. high public esteem; fame glory. 2. credit or reputation for behaviour that is worthy or becoming. 3. a source of credit or distinction: 4. high respect, as for worth, merit, or rank: to be held in honour ... etc.

**God** = 1. the one Supreme Being, the creator and ruler of the universe. 2. the Supreme Being considered with reverence to a particular attribute: the God of justice. 3. a deity, esp. a male deity, presiding over some portion of worldly affairs..

**holy** = 1. Specially recognised as or declared sacred by religious use or authority; consecrated. 2. Dedicated or devoted to the service of God, the Church, or religion. 3. Saintly or godly; pious or devout etc.

**wellbeing = holistic health** = a good or satisfactory condition of existence; welfare.

**worship** = 1. Reverent honour and homage paid to God, a god, or a sacred personage, or to any object regarded as sacred. etc.

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## APPENDIX 2

### The Common Denominator in:

1. Domestic violence
2. Suicide
3. Sexual abuse (particularly rape and paedophilia)
4. Criminal behaviour
5. Substance abuse – alcohol and other drugs, inc. ICE
6. Bullying – home, school, work, cyber and other
7. Sexual promiscuity – causing broken relationships, STDs, infertility, parent identity issues
8. Fear based mental illnesses including:
  - Social and other phobias
  - Panic attacks and irrational anxiety
  - Paranoia etc
9. Terrorism and Islamic jihad, including suicide bombings, ethnic and religious killings, abductions, torture, rapes and other forms of brutality

..... **is**

- (1) the absence of spiritual insight and religious knowledge (based on TRUTH), in respect to our connectedness to the Creator Spirit (God/Love) and to one another, and failure to understand the reality of love and the ultimate judgment by God, at the end of life in the human form.
- (2) A seared conscience – one that fails to understand right from wrong
- (3) the absence of an understanding of the guiding, healing power available to us through God's Spirit of truth and His word in The New Testament (NT).
- (4) the absence of an understanding of the need for us to be obedient to God and His Laws of life, based on the Ten Commandments (EXODUS, Ch 20), the 2 new commandments of love (MATTHEW, 22:34-40, NT), and the ministry of reconciliation, documented in CORINTHIANS, 5:18, NT.
- (5) all of the above.

Intelligent thought *must* be given to the spiritual aspect of life, based on what has been revealed to mankind throughout the ages, within both indigenous and non-indigenous societies, and not least of all that which has been given to mankind in the 1<sup>st</sup> century (documented in The New Testament) in respect to God (the Creator Spirit), love, human relationships, and in respect to sexual behaviour, because herein lie the answers and solutions so desperately needed for all of the above issues.



## APPENDIX 3

### **The interconnectedness of the physical and the spiritual:**

**PHYSICAL** – vision, hearing, oral health, cardiac, vascular, endocrine,

Respiratory system, renal system, digestive system,

Muscular system, skeletal system, skin, etc.

All of the above impact on mental wellbeing if there are functioning issues that cause concern and require medical intervention, which in turn may generate anxiety, fear, financial issues, relationship issues and even the threat of death – particularly in older age.

**MENTAL** – the thought processes regarding:

- issues involving activities of daily living, finances and relationships etc.
- sense of worth/self esteem
- sexuality and sexual behaviour (promiscuous or appropriate)
- body image (may have abnormalities, deficiencies or embarrassing issues)
- level of fear (becomes physical with anxiety, panic attacks, palpitations etc.)
- anxiety due to worrying, fear, uncertainty, confusion
- level of confidence/shyness/insecurities
- degree of love and respect for God, others and self
- joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control
- degree of hate for God, others, self
- jealousy, envy, comparing
- resentment, bitterness, regret
- spite
- pride, ego and vanity

All of the above have the potential to impact on our mind and body through our thought processes, thereby triggering behavioural &/or medical issues physically and/or mentally.

**SPIRITUAL insight** enables us to deal with the negative aspects of life based on an understanding of God, His Laws for life, His commandments based on love, the process of reconciliation, the purpose for life on Earth, the ultimate judgment at the end of our days on Earth and the interconnectedness of all of the above – physically, mentally and spiritually.

**Sexual promiscuity, inappropriate sexual behaviour, substance abuse, domestic violence, aggression, abusive, destructive and offensive behaviour & language, reflect spiritual ignorance.**

31<sup>st</sup> January, 2016

Premier Will Hodgman  
Parliament House  
HOBART, 7000  
Tasmania

Dear Premier,

If the Tasmanian government is serious about reform within the health system in 2016, it will seriously and genuinely seek a complete and holistic understanding of the issues that are causing the health problems that currently exist.

Without there being an holistic approach to the growing health, social and moral issues causing so much suffering and confusion in life, (and not least of all here in Tasmania), nothing is going to change for the better for mankind.

Consequently, there must be change and there must also be courage to enable the necessary changes to be implemented.

Please note the enclosed material, and accept it as vital to the current debate on same sex marriages, in respect to the growing domestic violence issues, to the growing substance abuse and homelessness, and to the growing fear in students that is causing them to fail in their academic pursuits.

God's TRUTH, through Jesus Christ, sets us free. And it is undoubtedly time these facts were understood and acted upon for the greater good of all mankind.

I trust you have the courage to do so,  
Kind regards and blessings,

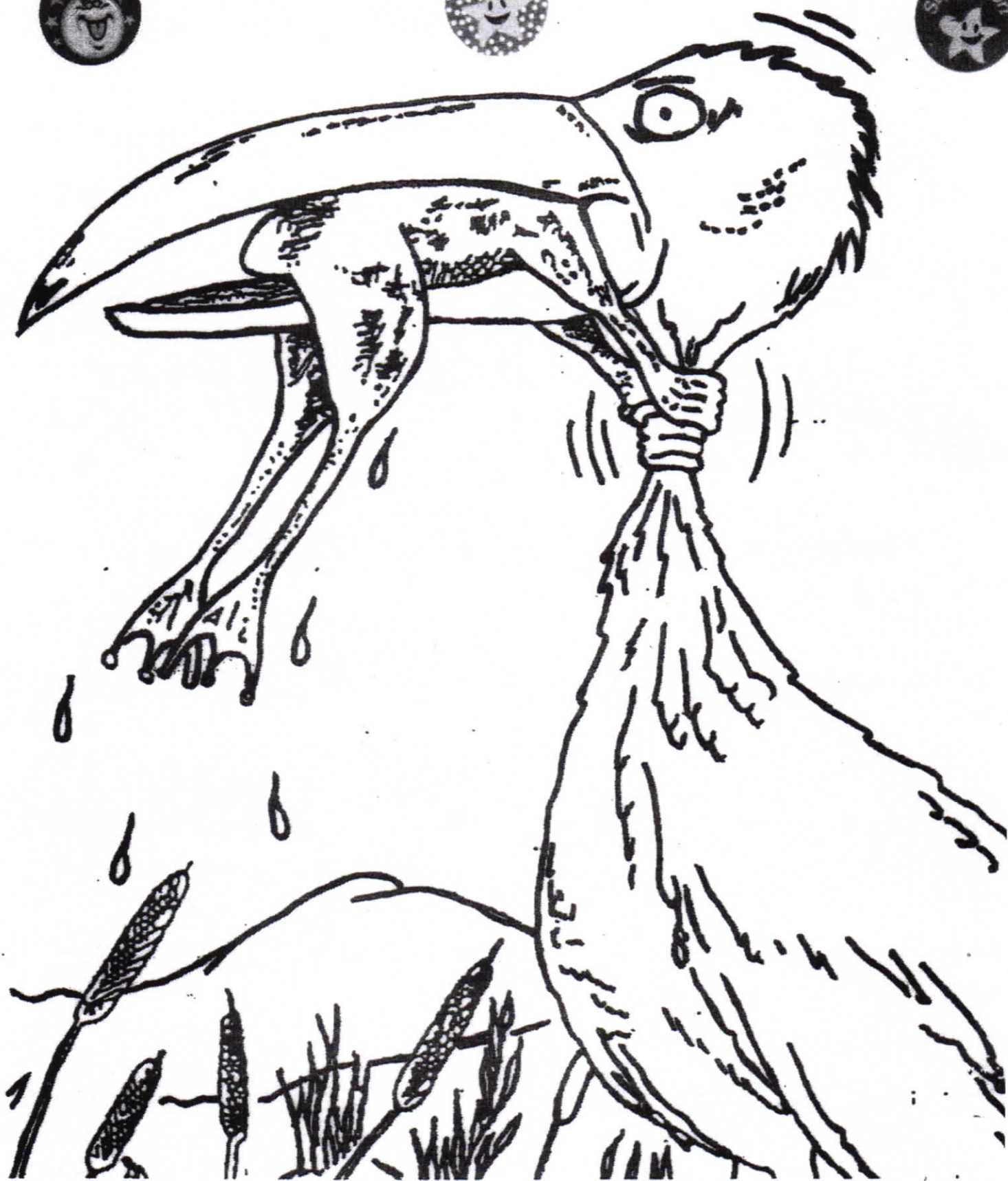


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# NEVER NEVER GIVE UP!



God has said, "I will never leave you nor forsake you" **HEBREWS 13:5**

(:))

# The Fear Factor

***“God has not given us a spirit of fear, but one of power, and of love, and of a sound mind.”***

**(2 TIMOTHY 1:7, NT. Paul of Tarsus 48AD)**







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"God has not given us a spirit of fear, but  
one of power, of love and of a sound mind."  
2 TIMOTHY 1:7, NT

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Spirit by Nature



Love nurtures our soul.  
God is love. 1 JOHN 4:8, NT