

PASCAS CARE EMOTIONS



“Peace And Spirit Creating Alternative Solutions”

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We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Aspiring to Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3rd Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them –

the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

John: Why haven't other methods been going deep enough?

Nanna Beth: Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

John: Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

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

Feeling Circle



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

How the Feeling Circle can help in our Feeling Healing

I was talking to my daughter about Feelings and how they are structured in layers, and one feeling opens up to another deeper one, trying to help her understand that the surface feelings we all feel are just the tip of the iceberg, there are more layers underneath that have to be revealed so that they can be accepted, expressed, fully felt, understood and the truth of them known to us, this is knowing yourself, and this is true healing. I used the feeling circle to show her and help her understand the structure of our feeling layers, it served as a useful tool for something that can be very confusing. Most people have no idea about the structure of our emotions and think that feeling angry, happy, sad, fearful, etc., is all there is to it!

It can become difficult to understand how we are feeling, especially when we begin our Feeling Healing. I have had people say to me that they didn't understand what I meant by 'Feeling your Feelings', all they understood was the very surface emotions, that they were feeling bad, angry, or fearful, and that was as far as they could get. At times you can get really stuck and feel blocked, and not able to go any deeper into your feelings to reveal what lies beneath, to really get to those healing core emotions, it can feel impossible at times.

The Feeling Circle can be of use when we feel like we have 'hit the wall' of our Feeling Healing. Sometimes we do come to a standstill with some of our feelings, we have longed and longed to God to help us go deeper, we understand that we feel sad and might even be able to go a little further than that, getting to the finer feelings that are underneath the obvious ones, but then we just can't go any further. The Feeling Circle can nudge us a little bit, put words to our emotions to help us express our feelings further and understand them. It can get us back on track when we feel stuck. Feeling stuck is also something that we must feel about, feeling all the hopelessness, frustration, uselessness, and anger we feel about being so stuck in our Feeling Healing. I have had to long to God many times to help me through my blocks when I feel so stuck with a particular feeling, it can get very hard.

God is always the primary source of help in our Feeling Healing, but the feeling circle can give us a little nudge and can also be interesting to look at when breaking down the structure of our feelings to help us understand them, especially for children or those new to Feeling Healing with God's Divine Love. But it is no good just looking at the feeling circle diagram and thinking to yourself, "Yes, that is just how I am feeling, I understand now." You might think you get it, but that is only with your mind, in your head you have looked at the feeling circle and seen that it is the way you feel, but it all must be felt

emotionally. It's all an emotional process, the pain entered you emotionally, it hurt you deeply as a child in your relationship with your parents, so it must all be felt in the same way to reverse it, and heal it, you must undo what was done to you by your parents, by doing our Feeling Healing we are reversing out! You must go back to being a child, and feeling all the pain that you are going through right now, as an adult. The pain began in your childhood so do as Jesus said, and "Be like a little child" to heal it.

INNER CIRCLE

The inner circle of the diagram shows our surface, initial or primary emotions, the ones we are feeling right in the moment, the feelings that hit us first such as anger, fear, sadness, etc. This is the starting point of our Feeling that emotion, and these emotions are quite easy to recognise because they are on the surface, and we are reacting to them, and experiencing them. These emotions are a base, the easy ones to identify, we know we are feeling them, and they are very apparent to us, and we can accept this is how we feel. We now have somewhere to begin. We have surface feelings that can be broken down further so that the truth of how you feel can be known. Nothing too hard about that!

MIDDLE CIRCLE

Now we are breaking down the inner circle's surface emotions, we are beginning to realise that through our feelings, there is much more to how we are feeling on the surface, it goes deeper than we thought. The anger that we felt initially, in the inner circle example has layers that need to be felt. The Anger is turning into feelings of being let down and it feels terrible, we want to cry about how awful it feels to be so uncared for, it makes us feel so rageful and angry, so we go off and express that in any way we feel we need to. We are really making progress here. We continually long to God to help us know more truth, and through our feelings we realize that we were constantly let down by mum or dad, or both. God is helping us know the truth of how it was for us as children. Now we are really getting down underneath the surface emotion of Anger, we feel bitter disappointment and constant let down that hurt us so much, the truth that our parents didn't care enough to keep their promises to us, or even consider us. They didn't care that they let us down, changed all the plans without any regard for us. We may also begin to realise that people in our life constantly let us down without any care about how we might feel, this is being shown to us all the time and as we feel more into it, we can see that situations have occurred all through our lives, constant let down leading to rage and anger, so that we can feel it and know the truth of it. I have used anger just as an example emotion to show how it all works. If you use God in your Feeling Healing, it all happens so much quicker as God knows every emotion and feeling in your soul and knows just what you need in your life to help you feel your denied and suppressed childhood feelings.

OUTER CIRCLE

The outer circle is breaking down our feelings even more for us to know the truth of our inner and middle circle emotions, it is all to get to the truth of what our anger was all about, and anger will have many different feelings connected to it and they will all have to be felt through. We might feel angry because of humiliation, frustration, uselessness, weakness, etc., and it all has to be felt through emotionally, and by emotionally, I mean expressing it out of you, getting the pain out, shouting, screaming, shaking, crying, talking, I have even walked around the house singing it out of me like an opera singer, really loud. But if we continue with the Anger emotion example I have been using, we can see that our surface anger emotion has revealed through our feelings, that we feel let down and disappointed by a person or situation that has been brought to us to feel about. We came to this truth through our feelings, we have felt the truth and accepted that we feel angry, but there is more, and once you get to feeling the let-down feelings, you will probably naturally arrive at more feelings, deeper feelings of feeling betrayed and feeling very resentful, and several other feelings that may arise, just keep going! The feelings that are on the feeling circle are not the only feelings that may arise as you feel through your emotions. Go with any feelings that come up because they are so important, they are the truth of how you feel, they are the truth of how you were parented as a child, and every feeling will take you back to this beginning, the truth of how your parents made you feel from conception, this is what you are playing out in your everyday life, the pain of living with them, under their control and Will. This is what it is all about, healing our Childhood denied and suppressed feelings, they are all still within us, driving everything we do until the day we die. We are putting our Will back together, discovering what it is and that we even have a Will, discovering who we truly are when we have finally deconstructed our parents' creation, and return to the creation of God.

We come back to the truth of ourselves through our feelings, when we decide to feel every denied and suppressed childhood feeling that kept us from our true self, the self that God created us to be.



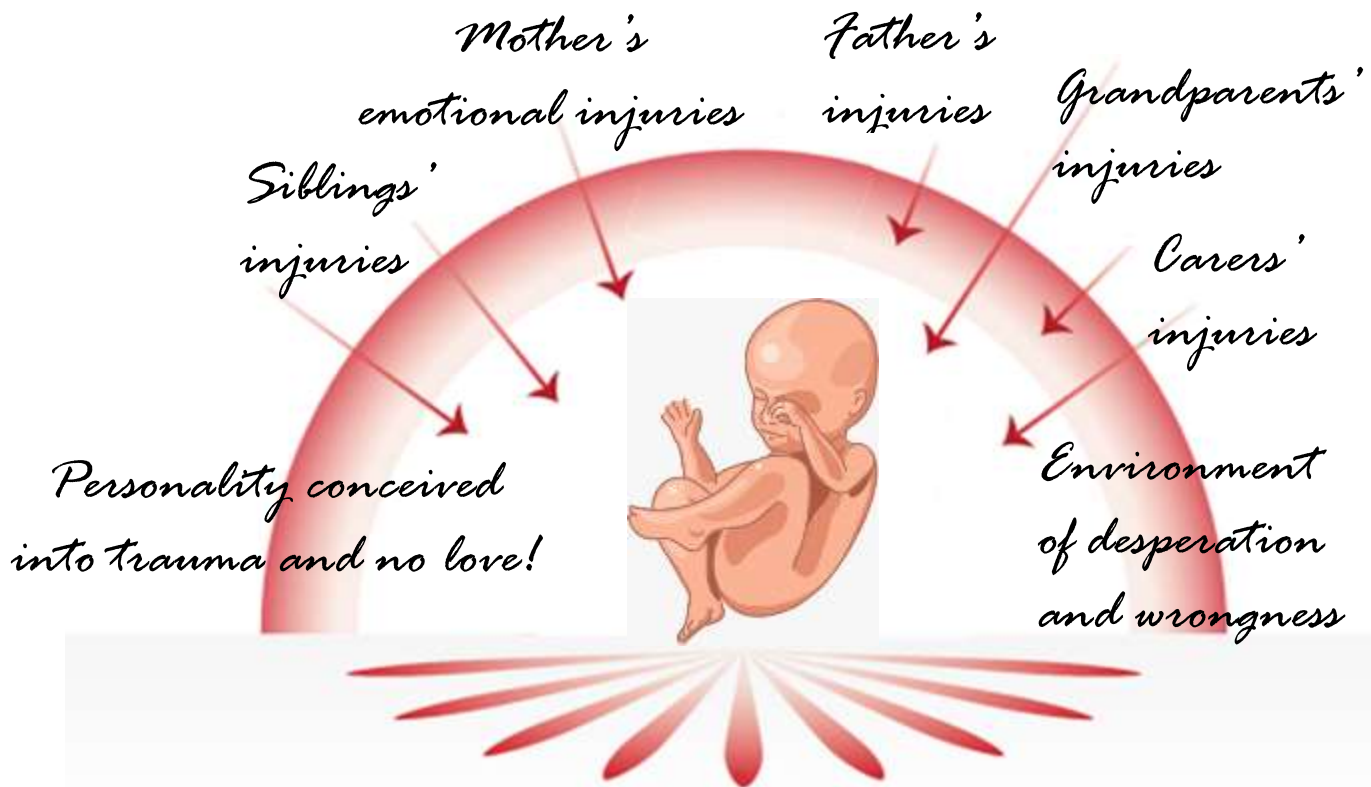
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COMPULSIONS and ADDICTIONS

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.



Tuesday, 13 September 2022

James: Is there anything further they (Lady Spirits two Angles) can tell me about compulsions, what in fact are they, how do they come about, what's the difference been a compulsion and habit, and why can some people seem to change their habits and stop their compulsions and other's can't. Marion and I were listening to a guy who worked with people dealing with their drug addiction compulsions, and how the medical side calls the compulsions you can't do anything about being an actual disease. But they don't understand how it all originates in early childhood, like everything else.

Lady Spirit: Okay James... I'm just seeing how they want to answer you, going through me or direct to

you... bit of both by the looks. Alright, I'll start, this coming from Zainta (one of her Angel pair). All behaviour that originates from conception, through the womb, at birth, and then in the first three years of life becomes what one might call compulsive, in that you have no say in being able to work with it, which means, change it using your mind. Any behaviour after this as you get older becomes what you might call a habit, as in habitual, however it can be changed with certain effort and application of the mind. And the changes take play by applying the will to change one's underlying beliefs and subsequent behaviour.

So having said this, you don't see all how you are based on your early life as being one big compulsion that's divided into lots of different ones, but if you think about all your deep underlying and what you might call fundamental behaviour, which is how you express your personality, it's all what could be called compulsive, because you can't change it. And it can only change by fiat of the Mother and Father through the soul, which can occur at the end of your Healing if required.

We consider compulsions in largely a negative light, they are problematic and something when you become aware of doing them you might not like to keep doing, but as hard as you can try to change them, to change those aspects of yourself, of your personality expression, you can't do it. (I'm switching between saying it in my words and relaying Zainta's words directly).

So James, in light of the main compulsions, behaviour you don't like, that you've become aware of, notably, your fingernail biting, excessive eating for comfort, masturbation and disconnection – being unable to converse with Marion because of all your dysfunctional self-expression, these compulsions were all founded at your conception and developed through the womb, birth and first three years, to when you received that half-brick in your face, that horrendous rejection experience for you from the world locking them all solidly in place. So you feel so completely ingrained in you compulsion with no power of will to do anything about them. You've tried on and off throughout your life and more so through your Healing, you thought your Healing would enable you to gain some will and power being able to change yourself. But you can't. Whereas Marion has been able to apply her will to change her behaviour, ending taking the headache pills she was addicted to, being able to control her eating, and stopping anything else she didn't want herself to do anymore, however these have all been habits which she adopted later in her childhood or as an adult. You developed a mild habit as a young adult smoking marijuana, however once you begun your spiritual work you felt you needed to stop smoking and so did. So generally habits developed later in life don't have the hold on you, compared to ones developed earlier in childhood as a general rule of thumb, however it's not that simple because then you have to take into account the whole of your childhood and all the negative unloving powerless effects of that.

So you might have a bad habit but find it so hard to give up because you need it to mollify pain and emotional and spiritual dissatisfaction and feeling so unloved, needing to do what you do to ease the pain, gain some power and feel better by blocking out all your bad feelings. So you might take up as habits, such as smoking, drugs, alcohol, sex, having children to look after, work, hurting others, hurting yourself, whatever the habit might be, which with very hard work you might be able to end doing, whereas other people won't be able to give up, these becoming called compulsions, because they are tired into the deeper pain and feelings of feeling powerless, rejected and so unloved from the times from conception, through the womb and early in childhood.

Okay James, I get it, so habits start after three / four years old, but if they buy into or are even a result of

deep and so early underlying compulsions you might not be able to change them as easily or at all by apply your will to use your mind to change your beliefs. I think I've got it. So James for you, you might have started your masturbation addiction at fourteen, but it's become a compulsion because it's really going from very early pain and trauma you experienced feeling so unloved and rejected at your conception, in the womb, birth and early childhood, you finding a way to sooth some of that deep pain and anxiety and hurt, so having to keep doing it because you can't bear to allow yourself to be in that very early pain and feeling so powerless and like your life is continually under threat. So it is the same with your overeating, you eat for emotional comfort not because you're actually physically hungry, and when you do feel physically hungry you can't bear those bad feelings for one moment because it's really feeling so emotionally and spiritually hungry and deprived that you're feeling, so the physical hunger amplifying those deep underlying pain and the hunger needed to sooth that anguish deep in you from how your mother didn't love you and so denied, didn't 'feed' you emotionally or spiritually enough through the womb and when you were very wrong, and really right the way through your childhood. And by spiritually I mean by fully acknowledging you as the personality you are, not wanting you, hating you interfering with her, so she pushing you aside within herself when you were in the womb. Zainta (Angel) is saying your mother hated the notion of being pregnant, she didn't want the interference, she didn't want her body to be ruined by having stretch marks and all the rest from being pregnant, and she didn't want and hated all the difficulties of being pregnant, she was a woman who hated pregnancy, and so you causing all her problems, rather than a loving mother how loved every moment of being pregnant and so loving their child growing in them.

So James, you're fucked from such early times, and so no way do you have any power being able to change or stop doing those things, so they will be with you helping you to express all the bad feelings of having them, up until your Healing ends.

Zainta (an Angel) also wants me to point out to you James, that a lot of what we'd call our innate personality expression, is also compulsive yet we actually like how we are, so you don't fight those aspects of yourself, with only these few aspects of yourself that you don't like. But for us to understand that all how we are is really compulsive in that all of us is being driven from how our soul manifest us at conception, through the womb, at birth and the first early years, and a lot of how we are will not need to be changed by the Mother and Father when it comes time for us to leave the Rebellion and Default and end all the aspects that we hate about ourselves.

Many people have deep self-image issues, hating some aspect of themselves and their body, and so want to change themselves, some people even wanting to change their sex, and all these problems still also from these earliest times. If you're to be a boy and yet your mother and or father wants a girl and certain pressures are applied to you or impressed upon you at conception, through the womb, at your birth and early years, you can grow up feeling that you are really a girl trapped in a man's body, and that might plague you for the rest of your life, and you might even take measures to be more like a woman. But again it's to understand that is all a very simplistic depiction of such deep problems because there are many factors that come into play to create our negative compulsions and all those aspects of ourselves we might hate, despise and detest. And many of these difficulties are brought through from the hereditary lines on both sides at your conception, so you can take on stuff through your physical and spiritual genes, and then in a way even mental and emotional (feeling pattern) 'genes' as you are subjected also to your grandparents and their parents and so on back. It being like a huge smorgasbord from which your soul will select which parts of those genes to activate to bring your personality

expression into Creation. And the genes can remain active your whole life, or be turned on and off at times or stopped all together and new ones activated, it all again depending on the needs of our soul so far as expressing you as one of its two personalities and giving you the life you need so as to experience all you will so as to give rise to all the feelings you'll need so as to give rise eventually to all the truth you need to evolve and ascend in.

Phew, I think I said it all as they wanted me to.

James: It sounds good to me, and thank you, thank them, for helping me understand why I do feel I can't do anything about my bad compulsions, why I feel so powerless, that they have such power over me, all because they started too early on in me. So they are an organic part of me, and so I do need some extra help to change them, to end my need to do them, which would be for me to no longer feel so deeply unloved and hated by mum and dad, needing to feel wanted, loved and cared about, so I feel powerful and not so horrendously powerless like I do feel.

WILL! The Soul does everything!



WILL Healing

Our HEALING is one long act of Self-Love!

Everything that we are comes from the patterns established early in our childhood and right from conception and the womb.

The people who can change themselves, were able to change themselves in their childhood, they have that power, and I hate it when they having stopped their addiction set about telling everyone else how to stop theirs and saying you must stop it, just do this and that, apply your will, accusing you as being a failure if you don't or can't seem to do, saying 'You're not ready yet, and you have to really, really, really, want to change', which is all very well for them because they weren't so heavily controlled during their early years, whereas those of us who were, we're too fucked to be able to do that sort of self-help.

It is all our spirit neuroses. So we are just expressing our spirit problems through our physical body.

It's always the spirit first, you as a spirit, just expressing your spirit-ness through your physical body. So whether you overeat or under eat, it's all because of you as a spirit is suffering and has experienced a lot of traumatic rejection and unlovingness at the hands of your parents very early on in your early life. And that's why it's so hard to deal with, because it's to do with you as a spirit, and not just a physical body, so it's very emotionally, mentally, psychologically and spiritually traumatising.

Saturday, 17 September 2022

Lady Spirit continues with parents who have adopted spirit born children: Most of them (now in the fifth spirit Mansion World) had had children on Earth, they all loved children, they loved having them on Earth and wanted spirit children, even though they are waking up to all how fucked they are as unloving parents, but still it's in them, they need the children, some of them very willing to admit that it's a compulsive need, and something that is very heavily ingrained in them from their early childhood. That without children they don't feel 'complete', and needing children to deny their bad feelings, to use their children as a means of having power, just like they might use drugs and alcohol, sex or whatever ones compulsive habits were on Earth and are still in the spirit worlds.

They said lots of spirits doing their Healing still have to indulge in their compulsions, and all the way until their Healing ends, as you know for yourself James, and that a huge part of their Healing is honing in on their compulsive needs and trying to bring to light why they have them and how they originated deep in the womb or as a baby and young child. That apparently many spirits still drink and take drugs or have spirit sex as their compulsive needs, with them simulating their drinking and drug use based on their memories from Earth. So they, their Indwelling Spirits and Angels, although none of them were consciously aware of their Angels like I am (I asked them all), yet understanding their Angels are helping them all the time with their Healing, will simulate them feeling drunk or stoned or whatever other bad or good feelings they need to feel. And that as they progress in their Healing, their compulsions become even more extreme, controlling them more than they might have been because they are more aware of them.

And then the other major thing they, we, are all working to become aware of is our problems expressing ourselves in our relationships, so for example, are we respectful of ourselves and each other in our relationships, and if not, why not, and what are all the ways that we're disrespectful.

What they all loved was becoming more self-aware, even though mostly it was all about how horrible

they are as ‘people’ – spirits. They all prefer being called spirits as opposed to people who were on Earth, and I’m the same James.

When in spirit, you might not bite your spirit finger nails as you can’t do anything to hurt your spirit body, but what might happen is you keep feeling like biting them and remembering all the times you did back on Earth, so in that way simulating the compulsion so in a way you still having it. And the same with overeating, you wouldn’t be able to eat all the spirit food and get spirit fatter or having all the other bad physical feelings that you currently having in your body, but you might have the feelings of wanting to eat food all the time, and you might even have to keep eating spirit food to find the comfort and have the power that gave you, even though the spirit food wouldn’t actually make you spirit fat, it actually having no effect on your spirit body. And it can be the same with sex, which you can do more easily in spirit should you want to do it, we can have a spirit orgasm as you understand, and then our Indwelling Spirit and Angels would simulate the bad feelings you have doing too much masturbation for example, so you’d feel here in spirit the same drained of spirit energy and crushed and powerless, angry that you can’t stop doing it, hopelessly controlled by ‘someone’ else, as if it’s even your parents making you do it, because they gave you the need to do it, all what you feel now in the physical. So a lot of physical simulation goes on over here in spirit, as it’s all coming from your physical childhood and the results of that you experienced as a physical body adult. And she’s saying that as you progress in your Healing as a spirit, you actually feel more and more connected with your physical life experience, if you had one, as you remember a lot of spirits don’t have much of physical body experience being aborted or dying very early on. So the more connected you feel with your physical body experience on Earth, the more you simulate the negative things you did on Earth, this all being done through your feelings, not necessarily having to act it out again.

Madeline, then Edwin, now Pauline

Saturday, 17 September 2022

Lady Spirit, now in 5th spirit healing Mansion World: Idra took me to visit a mother of two, a young boy and girl, a single mother I should tell you, her partner leaving her because of they doing their Healing, he still seeing their children but she wanting them more than he did, so it suits them both. Idra took me to her apartment and she was very happy to greet us and more than willing to ‘tell her story’ being happy that someone was interested in her and it helping her bring up more feelings and understanding about herself as she was telling me all she’s been through. Her children were away at a Play-House, another place where there are hundreds of enjoyable things for them to do. So I’ll relate her life story to you as she told me. Her name was Madeline and Edwin, then Pauline which it is now... confused?

She started life as a girl, Madeline, a French mother and English father, living in London when I was, however dying ten years before I did. She lived a middle class family life with other brothers and sisters and yet she always felt like she was a boy, wanted to be a boy, was a boy trapped in a girl’s body. So that as you might imagine made her feel very unhappy and unfulfilled and she set about changing herself into being a man as she grew older, becoming Edwin. She lived as a man for the rest of her life, not having children, having relationships with other men. Then she died and coming into spirit she still had her woman’s body and yet still wanted to be a man, she still believed she was a man, so set about being a spirit man, carrying on being Edwin. She had another relationship with a spirit man for two years, but then things started to go very wrong in their relationship with her partner accusing him of being a her too much still. And that greatly upset her, and in searching for answers as to what should she do, she looking into religion for consolation, however was rejected for being too different and too odd, but she

did discover that she loved God and wanted to be with Him. So without her knowing, she had started to pray with a true longing to God for His Love, and asking God to help him know the truth of himself, and why did he still have to have a woman's body – and was there something very wrong with him, or was he right being as he was, he didn't know, he was too confused and begged and prayed for guidance.

Then he/she went to a spiritualists meeting in which the medium said she could speak with and get personal guidance for difficult issues from God, but that turned out to be nonsense and of no help however he met a nice man who seemed to warm to him, yet not in a sexual way, but seeming to understand something about his problem. And that spirit man, as you might have guessed James, was a Celestial spirit man who started to introduce him to the Divine Love and longing for it consciously and with purpose knowing what he was doing, and then the notion of doing his Healing. And through discussions with his Celestial guide he slowly came to understand that as God has made him a woman, that really he was a woman and that he feeling he was a man was a part of his problems about being caught up in the Rebellion and Default, that it was all caused by her relationship with his parents from his conception and through the womb and very early years, all that resulted in him not feeling like he was a woman but a man.

So as you can imagine James, he/she was faced with so many conflicting feelings, such inherent deep confusion, all of which bought up terrible pain and feelings of self-hate. He hated being a woman, and so why was that, and that's what he/she is now being Pauline is still working through.

He was taken to a Divine Love sector of the first Mansion World, and there in one of the Healing groups met a man, but a man who wanted him to be her. So he tentatively started to try and be Pauline and to deal with all the bad feelings that came up, which led to the breakdown of the relationship with this man, but before that was finalised they both decided that to help him become more her, children might help. So they adopted their two children when they were babies, and again she found it very difficult being a mother for them, but kept up with the Healing sessions moving into the third Mansion World and there early on they ended their relationship. And so she's kept working on herself become more of a mother and feeling more motherly and more like she really is a woman, because she is, and slowly becoming more aware of why she felt so confused about her sex.

So her severe compulsion and trauma really, as she said, was her believing she was a boy and man, when she wasn't. And she states emphatically now, because she understands the truth, she's living it more so every day, that it was "All in Her Mind". She only believed she was a man, it was one huge mind contrivance, and what a number she did on herself. She has a pair of Celestials who specifically help her with her Healing, she needing both the man and woman for the different times when she still feels she more a man than a woman and then more a woman. She said as she's been told by them that she expects to keep feeling that in some ways she's still a man and woman right through her Healing, she had expected to end feeling like she was a man and being fully a woman, but she's beginning to accept that might not actually fully happen until her Healing ends, and so right through her Healing, it's all about her accepting that she feels she is both sexes, and why she feels that.

She said there was a lot of confusion with her parents soon after she was conceived, she said things conspired for them to believe she was a boy when she was a girl. They went to a good reputable clairvoyant who said she was a boy soon after they found out she was pregnant. Then the doctor and nurse said the same thing, so for most of the pregnancy her parents believed she was a boy and so were

choosing boy names and getting things ready for a baby boy, so their whole focus was on denying her being a girl. Then when she was born a girl, it was a big shock for them both, it took then both time to adjust out of her being a boy by being a girl. And she believes from her feelings that secretly both her parents still wanted a boy, wished she was a boy, she being their first child. But with time, a few months they got on and accepted her as a girl, and so she grew up being a girl but later with all the deeper feeling of being a boy part starting to come to the fore. Her parents not loving her truly, as no parents can, added many problems to her feeling unloved in many ways, just as we all do, but all those things caused more separation between her and them, which added to her feeling odd and not fitting in and so much so that she was really a boy and that God had got it wrong.

So she is accepting now that her Mother and Father wanted her to have this weird and very traumatic experience in life, not feeling connected with her own sex, so being so disassociated and disconnected from the truth of herself on not only the physical level but also on the psychological level. She said now looking back she can hardly believe how she was as a man, how she acted putting on the whole show of it, and yet when she moves into her feelings she can still easily relate to feeling she was a man. So she has bad and good feelings about having her children: bad in that of course she hates imposing her rebelliousness on them, but good in that her Mother and Father want her to live his more extreme side of the Rebellion and Default, and that it's about her and her children having this negative experience so they can understand all the truth of the Rebellion God wants them to live.

And that seems to be the general theme with all the parents I spoke to James concerning how they feel about bringing their children into the Rebellion knowing they are rebellious and that they can't help it, and can only do their Healing, and that possibly by doing it and becoming truer to how fucked and unloving they are, they will impose less of it on their children. They all also understand, and feel good about it, they are offering their spirit children a very different live experience with them growing up with them doing their Healing, compared to all those other spirit children and children on Earth who are growing up in the Mind Way, being totally unaware of their rebelliousness.

For us in the physical unhealed world; it's actually very hard for those of us doing our Healing to be a good loving friend for another doing their Healing, we're too much in love deficit, without enough love to give or offer another, whereas Celestials have all the love they need. So possibly we can only do so much, and it's not for us to expect ourselves being able to do too much. There we're the poor demented and unloved being with the poor demented and unloved, and all we can do is struggle on engulfed by our bad feelings and feeling so powerless and that we can't do it, because we can't, and we don't know how to do it, because we're still too engrossed in it.

L	LG	LB	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Trans-gender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

FEELINGS ARE MORE THAN 1,000s & 1,000s OF BOOKS!

Only through longing, asking for, begging to know the truth behind our feelings and expressing our feelings to or with a companion can we then only begin to resolve and address our compulsions – all being part of our pathway of Feeling Healing, and with Divine Love, Soul Healing.



HUMAN EMOTION PHYSICALLY SHAPES REALITY!

New Research Shocks Scientists:

http://i-uv.com/new-research-shocks-scientists-human-emotion-physically-shapes-reality/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+IUv+%28I+UV%29

Originally published on Life Coach Code, [on February 26, 2017](#)

Three different studies, done by different teams of scientists proved something really extraordinary. But when a new research connected these 3 discoveries, something shocking was realized, something hiding in plain sight.

Human emotion literally shapes the world around us. Not just our perception of the world, but reality itself.

In the first experiment, human DNA, isolated in a sealed container, was placed near a test subject. Scientists gave the donor emotional stimulus and fascinatingly enough, the emotions affected their DNA in the other room.

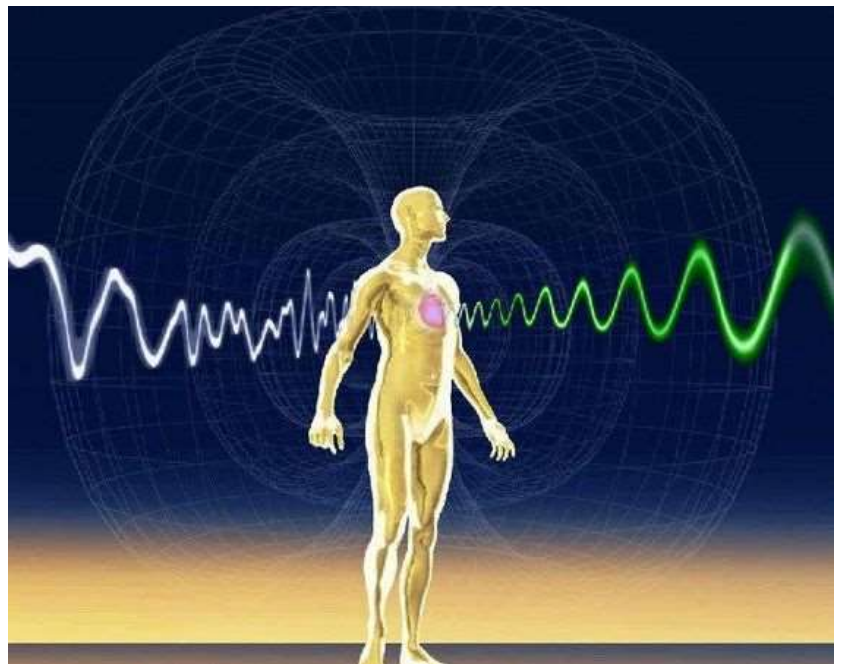


In the presence of negative emotions the DNA tightened. In the presence of positive emotions the coils of the DNA relaxed.

The scientists concluded that “Human emotion produces effects which defy conventional laws of physics.”

In the second, similar but unrelated experiment, different group of scientists extracted Leukocytes (white blood cells) from donors and placed into chambers so they could measure electrical changes.

In this experiment, the donor was placed in one room and subjected to “emotional stimulation” consisting of video clips, which generated different emotions in the donor.



The DNA was placed in a different room in the same building. Both the donor and his DNA were monitored and as the donor exhibited emotional peaks or valleys (measured by electrical responses), the DNA exhibited the **IDENTICAL RESPONSES AT THE EXACT SAME TIME**.

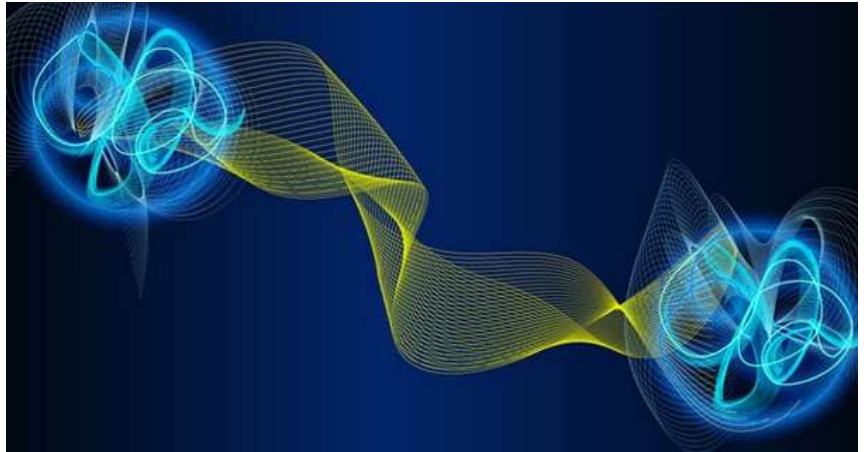
There was no lag time, no transmission time. The DNA peaks and valleys **EXACTLY MATCHED** the peaks and valleys of the donor in time.

The scientists wanted to see how far away they could separate the donor from his DNA and still get this effect. They stopped testing after they separated the DNA and the donor by 50 miles (80 kilometres) and **STILL** had the **SAME** result. No lag time; no transmission time.

The DNA and the donor had the same identical responses in time. The conclusion was that the donor and the DNA can communicate beyond space and time.

The third experiment proved something pretty shocking!

Scientists observed the effect of DNA on our physical world.



Light photons, which make up the world around us, were observed inside a vacuum. Their natural locations were completely random.

Human DNA was then inserted into the vacuum. Shockingly the photons were no longer acting random. They precisely followed the geometry of the DNA.

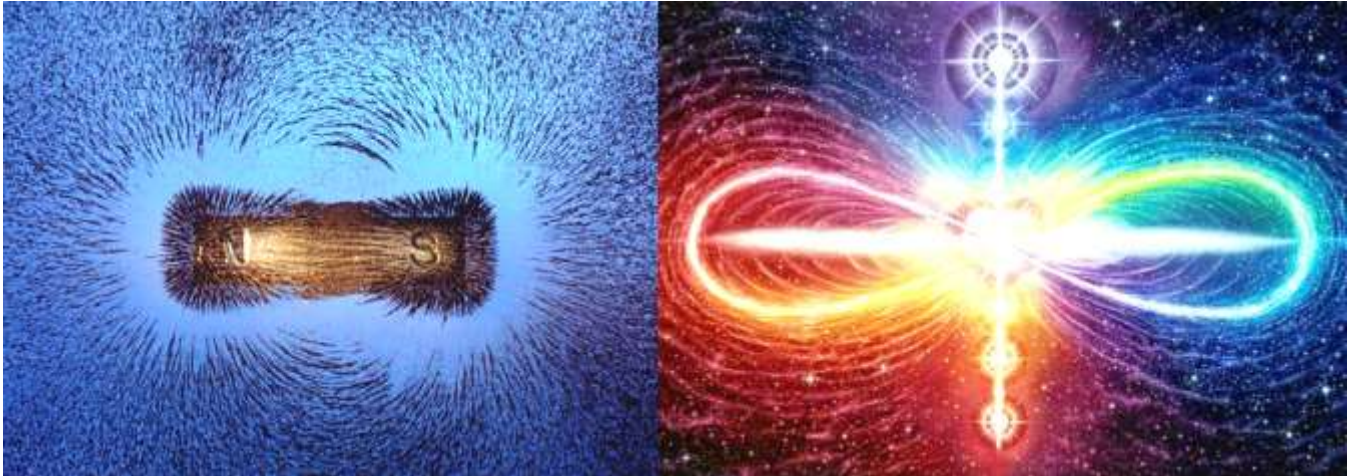
Scientists who were studying this, described the photons behaving **“surprisingly and counter-intuitively”**. They went on to say that **“We are forced to accept the possibility of some new field of energy!”**



They concluded that human DNA literally shape the behaviour of light photons that make up the world around us!

So when a new research was done, and all of these 3 scientific claims were connected together, scientists were shocked.

They came to a stunning realization that if our emotions affect our DNA and our DNA shapes the world around us, than our emotions physically change the world around us.



And not just that, we are connected to our DNA beyond space and time.

We create our reality by choosing it with our feelings.

Science has already proven some pretty MINDBLOWING facts about The Universe we live in. All we have to do is connect the dots.

Sources:

- <https://www.youtube.com/watch?v=pq1q58wTolk>;
- [Science Alert](#);
- [Heart Math](#);
- [Above Top Secret](#);
- http://www.bibliotecapleyades.net/mistic/esp_greggbraden_11.htm;

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

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

Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

WE ARE NOT MEANT TO BE ALONE:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make yourself feel better.



And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.

‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I to ok over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation.

Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”

44: GIVING, RECEIVING, EMOTIONS and THOUGHT:

15 March 2013

Good morning dear brother. We appreciate your gratitude which truly benefits you. We also are very grateful for your participation in this joint exercise. I say that your gratitude benefits you as this is the fact. Any true expression of gratitude increases the feeling of love in you. In this state, everything in you will function more easily and with improved balance.

Many people take the gifts of Father for granted and have an attitude of demand and dissatisfaction and bear all the negative consequences of such an attitude. When a person lives with an attitude of gratitude, they will find that needs are met and their desires are created with greater ease and without the detriment or harm of others.

Despite the common attitude that one only gets what one works for, all is provided freely. Whereas this is difficult to see in the world of today or even yesterday it is becoming apparent and will continue to be so. This is caused by there being more who have the ability to appreciate the truth of this. This is often misunderstood and thought to mean that one need only sit around and wait in order for all to be received. Whereas the gift is given freely to all it is important to remember that receiving is an active process. One who simply waits gives nothing and one must give in order to receive.

The giving can take many forms and all true giving involves the expression of love. Many regard themselves as giving when they perform their chosen or obligatory work when they actually perform it with little or no love at all. The reward they get is the money they earn and perhaps the gratitude or abuse of another. Even the money may be grudgingly given. Unfortunately love is a relatively rare medium of exchange in the commercial world. Many are working jobs of service also with little love involved in the transaction.

Those who do truly serve others by doing what they do with love will usually find much value in the loving and grateful response from the receiver of their act of service. Usually the monetary return will become quite secondary and of much less importance.

Truly the most important function of every being is service to one's brothers and sisters. The most important method of performance of this function is that all be given and received with love and gratitude. The gratitude needs to be for the gift received and for the opportunity to be able to give. The application of this very simple law will simplify your living considerably.

I say law for there is a Law of Giving and Receiving or the Law of Gratitude. As with all of the Laws of Our Father everyone has free will regarding all of one's actions and all will be equally and impartially subject to these laws. Whereas many believe that one only feels the full weight of these laws at the 'day of judgment'; this is not so as the consequences of being in harmony or disharmony with these laws is instantaneous and invariable in body or spirit. The benefit or the burden is immediate whether this is apparent or not.

Expressing gratitude to Our Father is beneficial for these reasons. Father never demands that anyone be grateful for His gifts as all His gifts are given totally unconditionally with no strings or hooks attached.

The Laws of God are there as the operating system of all life. It is not a system that is prone to updates or crashes and there are not several operating systems that allow you the ability to choose which one you will use in your life. There is not a new system in development that will supersede the past one. The system functions equally well for humans at all stages of development. The old advice of keep it simple applies. All of your Free Will operates within the provisions of these Laws that I call an operating system. This system has functioned flawlessly since its inception. There are many who will choose to disagree with this. As with the best systems it is simple at its core. Unfortunately the manual has been severely corrupted over the ages and humanity now suffers with a multiplicity of manuals all of which profess to provide the answers but serve only to grossly complicate the process to a state of total confusion. The true manual exists in your soul. It is surprisingly brief and simply written.

Well, I couldn't let that opportunity pass because this is vital knowledge that all should know and live by. However it does lead into what I would like to say next in response to your question.

Your soul is the driving force of your mind and body. Your soul contains the operating system which is such that it operates in the world through Free Will. Free Will is such that it is operated freely by each and every individual. In the process of such free operation humans develop what could be called applications that determine their functioning in the world. These applications could be called beliefs and the stronger they are the more rigidly are they applied. The soul is created free of belief but begins to be subject to belief the instant the process of incarnation begins. There is no period of grace so to speak but instantaneous immersion in the Earth and all of its attributes. A soul is curious and is a blank slate so that it easily absorbs the beliefs of those with whom it is in contact. There is nothing about anyone that is contained totally within that person to the degree that it is invisible or unknowable to another. Everything about everyone exists in the public domain to use present jargon. Most people don't believe this and believe themselves to be private and self-contained. The developing soul is subject to all of the thoughts, beliefs, attitudes and actions of all with whom it is connected near and far. The true complexity of this is difficult to comprehend. I was about to say impossible to understand but there are many of you who are capable of forming some sort of a concept of this.

Every soul has its own potential personality that exists prior to incarnation and this is a profound influencing factor on the effect that outer influences have on it. You are all aware of the idiosyncrasies of your friends and yourself. Every soul is subject to differing influences whether they are in the same earthly family or not. Every soul is subject to spirit influences both benevolent and malignant. Every soul has guidance from the Spirit World. Every being influencing that soul is equally subject to the Laws of God. This degree of influence applies to every one of us. When one looks at such a complex system one may feel confused and overwhelmed. We are evidence that such a beginning is no barrier to ascending to great heights.

Emotion as it is experienced in a body is a chemical process. It is possible to apply chemicals to the body that will produce various emotions or feelings. This could be called a synthetic process that has achieved popularity in many forms over the ages as mankind found substances that produced changes. The soul by its nature is prone to feel joy and degrees of this as its natural experience. Joy is fostered by the giving and receipt of love. The soul prior to incarnation lives in a state of bliss.

All chemical processes have elements that are active in the process and all have an end point when the process is exhausted. Processes that are frustrated or halted in an incomplete state are left with the

elements of the reaction partly intact with all their potential for reaction still present. This is as true of emotional chemical reactions as of any other reaction. Chemical reactions produce results such as heat, noise, fire, explosion, transformation of the elements of the reaction. Many chemical processes have what are called catalysts which are substances that promote and facilitate the reaction while they are not changed by the process. Emotional reactions are not different. The chemical process is evidenced by the expression of the body in which it occurs. Every emotional reaction has a natural expression that is recognisable by every human being on Earth regardless of race or creed. Emotions and their evident reactions are universal despite varying social codes of expression or acceptability. They are accompanied by heat, explosions, noise, etc.

Any emotional event when allowed its natural expression runs a course which would usually be quite brief and complete. It will also be a personal expression of the feeling state of an individual and will not be directed at another but will be something for which the individual is responsible and for which the individual takes full responsibility. The potential exists for an individual to go from a state of happiness to a state of emotional reaction and back to happiness in a short period of time. This is sometimes seen in children in today's world but is uncommon in adults. It would be the norm if fully free expression occurred naturally and without judgment. This will be the norm at some time.

The emotional process is often halted at a time when the effects of the reaction are on the ascendant or at their height. When interruption occurs the unexpended chemicals will persist in the body for a period of time but will dissipate eventually. However the effects which are not allowed to proceed to natural completion will remain to some degree and become like another belief that is chemically encoded in the body and which has the power to affect the outer influences upon the soul and the outward expressions of the soul through the body. The process of suppression of emotional expression is always learned and is always taught by the application of fear either by threat, absorption or by example. Absorption is a term I will use although it is not the best perhaps. I mean the process that occurs in utero and in the young years of a person. This also occurs in groups in which the membership depends on the adherence to very definite beliefs. The newcomer learns from the behaviour and the covert expression and overt repression of the prior members how they should behave. Some of the most profound beliefs have their origin directly in the body rather than through the mind. These can be the most dense and difficult to shift.

When an emotional process is frustrated and the effects are retained in some way, the person becomes more prone to a similar reaction so that they need fewer stimuli to re-enter a similar reaction and possibly to enter it at a heightened level. If frustration occurs once more then the process is escalated and so on and so forth. It becomes easy to see how children learn to emulate a parent's behaviour or to be grossly sensitised by another's treatment of them. It is easy to see how people develop the attitudes they do in order to appear 'normal' in their particular niche of society. In truth a normal person is one who feels happiness in its various forms and degrees as their usual feeling state and who is able to express fully any changes from this state occasioned by changes in their inner or outer environment and return to their usual state of happiness. I could take this further by saying that the ultimate normal person is one who is happy all the time and this is possible. As a statement of fact, I say that we are happy all the time and that one doesn't have to inhabit the Celestial Realms in order to achieve this.

A thought can stimulate an emotional reaction. A perception of one's surroundings can also stimulate emotion. This perception can be of a real or imagined threat and the result is the same. The perception can be direct, bypassing thought.

Here I will deviate briefly to speak of 'real threat' because in truth there is no such thing. A threat is a product of the distorted belief arising out of emotional repression that changes perception. This distortion also creates or attracts the feared event in the immediate present. The Law of Attraction is the mediating factor here. This law can be seen as drawing events to you but may equally well be seen as simply showing you the belief that you are holding and how it is affecting you. The Law of Attraction is impartial and will equally show you your fears and your loves and passions. An essential companion in dealing with this law and its effects is Acceptance. Move towards what you are shown in order to accept this as a mutable manifestation of your beliefs. One aspect of moving towards it may well be the expression and, hopefully the full expression, of the emotion that you feel at the time. The Law of Attraction is as impartial as all of God's laws. It will show you what arises from your beliefs even when the experience is apparently shared in the company of others.

Yes there are things in the world that will seek to destroy or harm you. There are many people whose stock in trade is fear and its applications to others. However, you will be subject to these 'dangers' to the degree that your belief systems demand. This is challenging to accept but you will do so eventually. Once more, I give you my personal assurance of this. Your beliefs will determine the world in which you live so that one may live in a peaceful world amidst the roar of war or the tumult of earthly upheaval. Have Faith my friends as all of my statements are based on my experience and knowledge of Truth.

When one is receiving Divine Love one will experience a lessening and clearing of the grip of old beliefs. Making efforts to search back into one's past can be fruitful in making you aware of the basis of these beliefs and of the people whose actions have helped cement them in you. Once you have a belief it is yours and you are, in order to progress, obliged to accept it as yours. You are responsible for it. The person or persons who influenced you into this belief are responsible for their actions and must face this responsibility eventually. However they are in no way responsible for your process of acceptance and of dealing with the belief. When you are able to accept full responsible you may be said to have forgiven them. Your forgiveness of them is, like gratitude, for your own benefit and does have the power to influence the perpetrators positively. Forgiveness will not annihilate memory but when forgiveness is true the memory will no longer have power to stimulate pain. You will no longer hold judgment of the other and will free yourself of that.

Perhaps you can sense that there is a wonderfully healthy selfish aspect to happy and healthy living. Any positive action of loving, giving or service to another is beneficial to you as well as them. Any truly loving action you take towards yourself is of benefit to all of humanity – indeed all of life. All true gifts and benefits are mutual. That is an aspect of God's laws that could be said to be the basis of all interaction in life. 'As ye give so shall ye receive.' That can be said as you will receive what you give in the instant of giving. If you give with love that is what you get and the reverse applies equally. You all live in the present moment and not in the past or the future.

I underestimate the duration of my deviations. Our topic is so broad that virtually every sentence could lead to another line of discussion that could go on for a very long time. You have an influence here as

the subject is one of great interest to you and as you relate to an aspect of what I say it is easy for you and me as well to zoom off in another direction. That is not of great importance at present.

Thought is a function of mind which is a function of soul acting through the spirit body. A physical body from which the spirit body is separated does not have the capacity to think. It is unconscious. Man's use of mind has become corrupted over the ages and become disorganised and often more irrational than rational. The capacity to think and the nature of thinking in any one person is altered by the effects of the beliefs that are engendered by frustrated emotion. Every belief is associated with emotion as emotion is the primary expression of man.

Emotion does not cause thought although it may well stimulate or repress thought. The thought associated with emotion is often about the emotion rather than in direct response or causative. Thought does have a direct influence on the physical body and will stimulate chemical and therefore emotional responses. The emotion is based on the perception of the content of the thought.

This is somewhat complex. That you have a mental awareness of an emotion does not mean that this awareness is a thought. Pure awareness and thought are not the same. It is not possible to draw a direct and straight-line connection between thought and emotion.

They both occur in the body and both are associated but are not causative one of the other. Emotion is the primary response of the physical body and a person communicating with pure emotion can communicate with any other person and be understood without the use of words. This is the essence of music and dance and art. Communication from mind to mind without words is also a universal form of communication independent of language. The communication of emotion through language and overt mental processes is quite unreliable because of the modifying factors of belief and social process and gross dishonesty.

Mind is a process of the soul through the spirit body. While the connection of the being is primarily to the Earth with all of the associated beliefs the function of the mind is hampered and gravely reduced. I cannot stress too strongly the influence of belief on functioning on Earth and in the natural love spheres. The true freedom of the soul and spirit comes only when all beliefs are shed and this only happens along the Divine Love Path. It is only the Truth that will set you free.

Emotion in the body is inextricably associated with breathing. Every emotional event is associated with a change of breathing which is apparent as a change of breathing pattern. Conscious and unconscious control of breath is the common way in which people learn to frustrate and suppress emotional responses. This is so common that it is rare to find a person with normal, healthy breathing patterns. Many healing approaches on Earth pay great heed to breathing and rightly so.

Whereas emotion is the primary response of the physical body it is felt in the spirit body and the soul. As I said previously the natural feeling state of the soul is happiness and bliss. This is also the capacity of every cell in your physical body. When cells function as they are made to do they feel joy and the sum of the joy they feel is felt by you.

The corollary to this is that if you are not feeling happiness and joy the implication is that there is more discord than harmony in your body. It is quite remarkable that so many bodies are able to continue functioning with the level of disharmony that they harbour.

Emotion in the spirit body is an energetic process not dependent on physical chemicals. It is the echo or record of the emotional effects that the body developed and held during incarnate life. They can still be dealt with and cleared by spiritual process. In fact the clearing one may do while incarnate is no less spiritual however it may be achieved. There is no avoidance of the emotional residue here as the avoidance mechanisms of the body are stripped away. The spirit, at least initially, feels all of these emotional effects in their full force and must face them and work towards acceptance and doing whatever is needed to clear the effect.

The emotions are also quite apparent to everyone else so there is no hiding. The most effective process available here is embracing and praying for the Divine Love. This is the surest and best method of resolving these problems and we offer it to all who will accept our approach or that of another with like mind.

The process of praying to Our Mother and Father and the request for Divine Love needs to be sincere. It is desirable to accept that one will receive what is requested. This process in itself is transformative if persisted with and developed. Develop a strong desire for Divine Love and express this in prayer. You might not always be aware of an initial response and this might be because of a lack of awareness of subtle processes in your body. This is a result of repression of feelings over a lifetime. It can also be because of the weight of unloving behaviour accumulated over your lifetime. Be patient and caring of yourself and continue, as praying in this way is a vital and effective act of self-love. Remember that you receive as a result of the way that you give. Allow your love of Our Heavenly Parents to be strong in you and express it in your prayer. This opens you and creates in you a capacity to receive. A loving request to another or to our Mother and Father is a gift to them as it allows them to give in return. You must allow gifts to come to you.

The chemical methods commonly used on Earth to ‘deal with’ emotional effects may add another layer of repression but don’t result in clearing or healing. They usually deepen the difficulties.

Well there is much more to say and it will be said in due course. We have done much today and our rapport has been excellent. I congratulate you on your effort and thank you once more.

Take a needed break. Go with our love and blessings. We stand with you always and bathe you in our love.

Your loving brother,
Richard.

PASCAS
HEALTH





God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.

Jesus and Mary are a son and daughter of God.



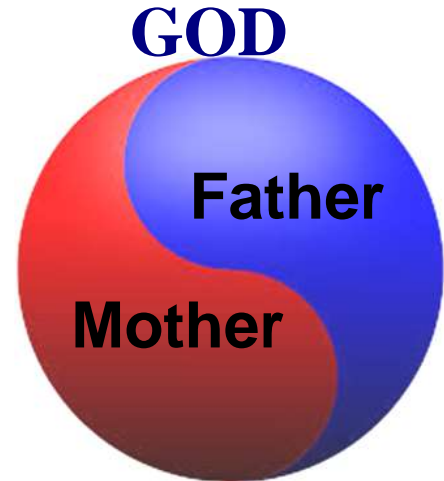
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.

Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.

When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. 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.

It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.

WE ARE Children of God



Sphere



6

5

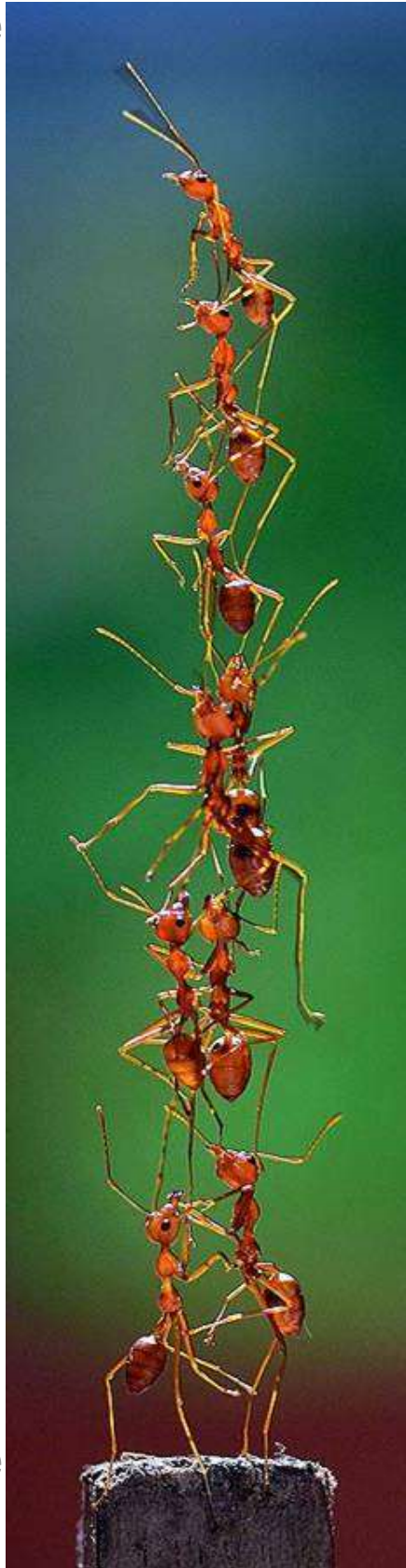
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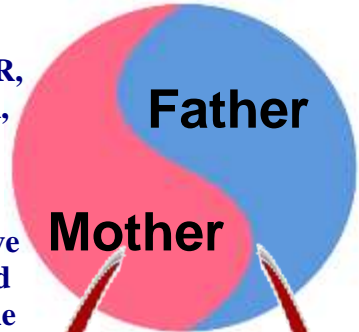
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1

Sphere



CREATOR,
MOTHER,
FATHER,
GOD.

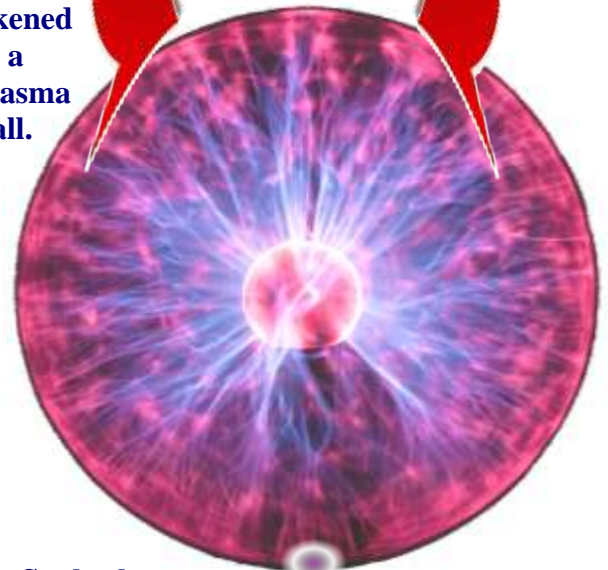


Divine Love
is delivered
through the
Holy Spirit
should you
ask for
Their Love.

Mother



Your
soul can
be
likened
to a
plasma
ball.



Soul releases
errors and
negative
emotions via
Feeling
Healing with
Divine
Love.



MoC

NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

After the HAND OVER!

Divine Love progress is to infinity

Peak of 7th sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation utilising Dr David Hawkins' 'Map of Consciousness' table:

Natural Love peak is 1,000 on MoC

**Natural Love
6th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 840 – 1,000**

**Natural Love
4th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 650 – 840**

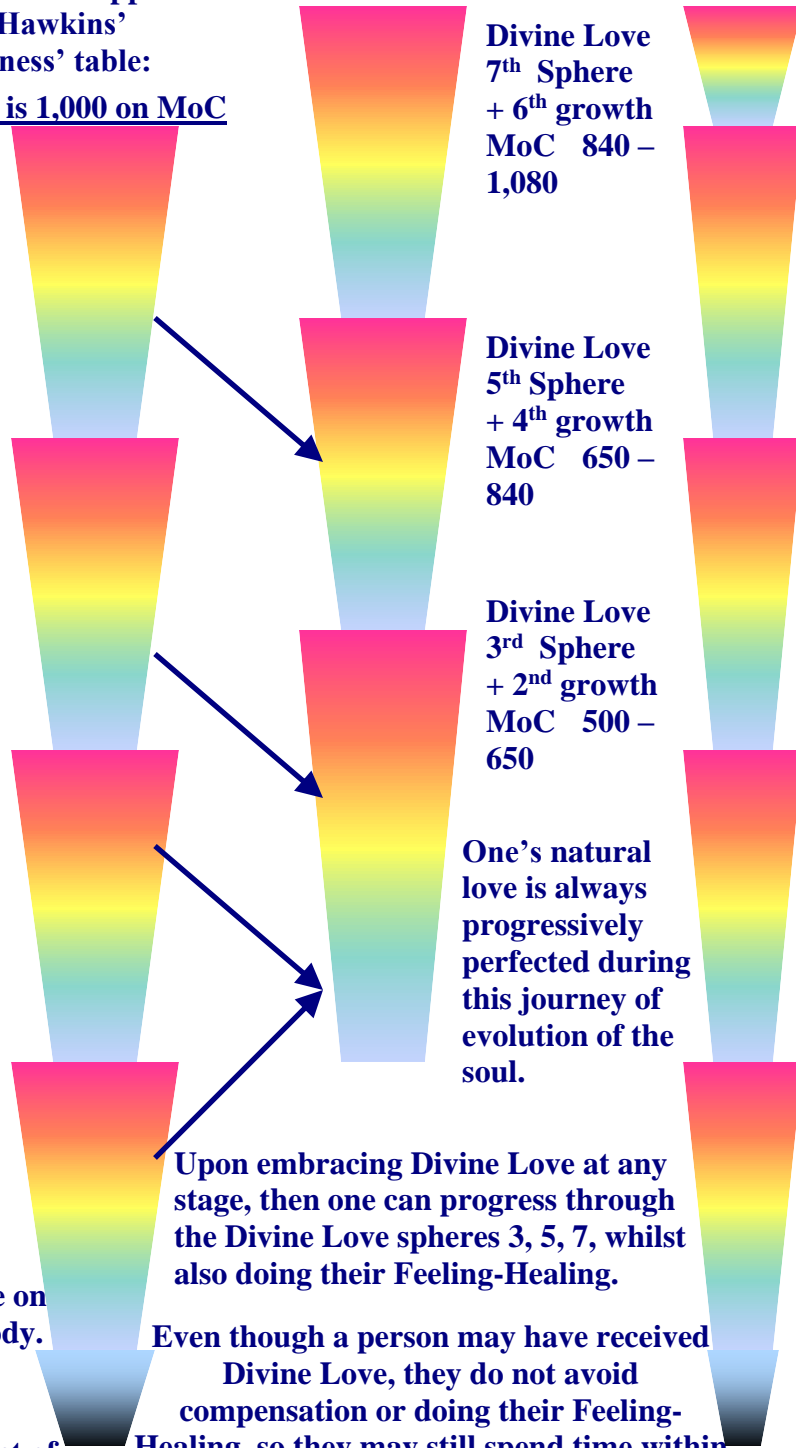
**Natural Love
2nd Sphere
Mansion / Minds
Worlds with
Feeling Healing
MoC 500 – 650**

**Natural Love
1st Sphere

MoC 200 – 500**

**We all enter the 1st
natural love sphere on
the death of our body.**

**HELL planes:
MoC 1 – 200
Hells being a sub-set of
2 Spheres of Disharmony.**



**Divine Love
7th Sphere
+ 6th growth
MoC 840 –
1,080**

**Divine Love
5th Sphere
+ 4th growth
MoC 650 –
840**

**Divine Love
3rd Sphere
+ 2nd growth
MoC 500 –
650**

**One's natural
love is always
progressively
perfected during
this journey of
evolution of the
soul.**

**Natural Love
sectors for those
doing their
Feeling-Healing,
without the Love,
are within the
Natural Love
Mansion Worlds:**

**Progressing
through the
natural love
worlds, within
Feeling-Healing
sectors, while
doing one's
feeling healing,
upon reaching the
6th Sphere having
completed
Feeling-Healing,
one can then
embrace the
Divine Love and
proceed directly
to the 5th Divine
Love Sphere.**

**Then they may
prepare to enter
the Celestial
Heaven Spheres
from there.**

**This pathway is
when the Divine
Love is
unavailable
before perfecting
one's soul.**

**Upon embracing Divine Love at any
stage, then one can progress through
the Divine Love spheres 3, 5, 7, whilst
also doing their Feeling-Healing.

Even though a person may have received
Divine Love, they do not avoid
compensation or doing their Feeling-
Healing, so they may still spend time within
the spheres of disharmony.**

WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home

Maybe something like 30 billion people have recognised that our Mother and Father’s Divine Love, together with embracing one’s Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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

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

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



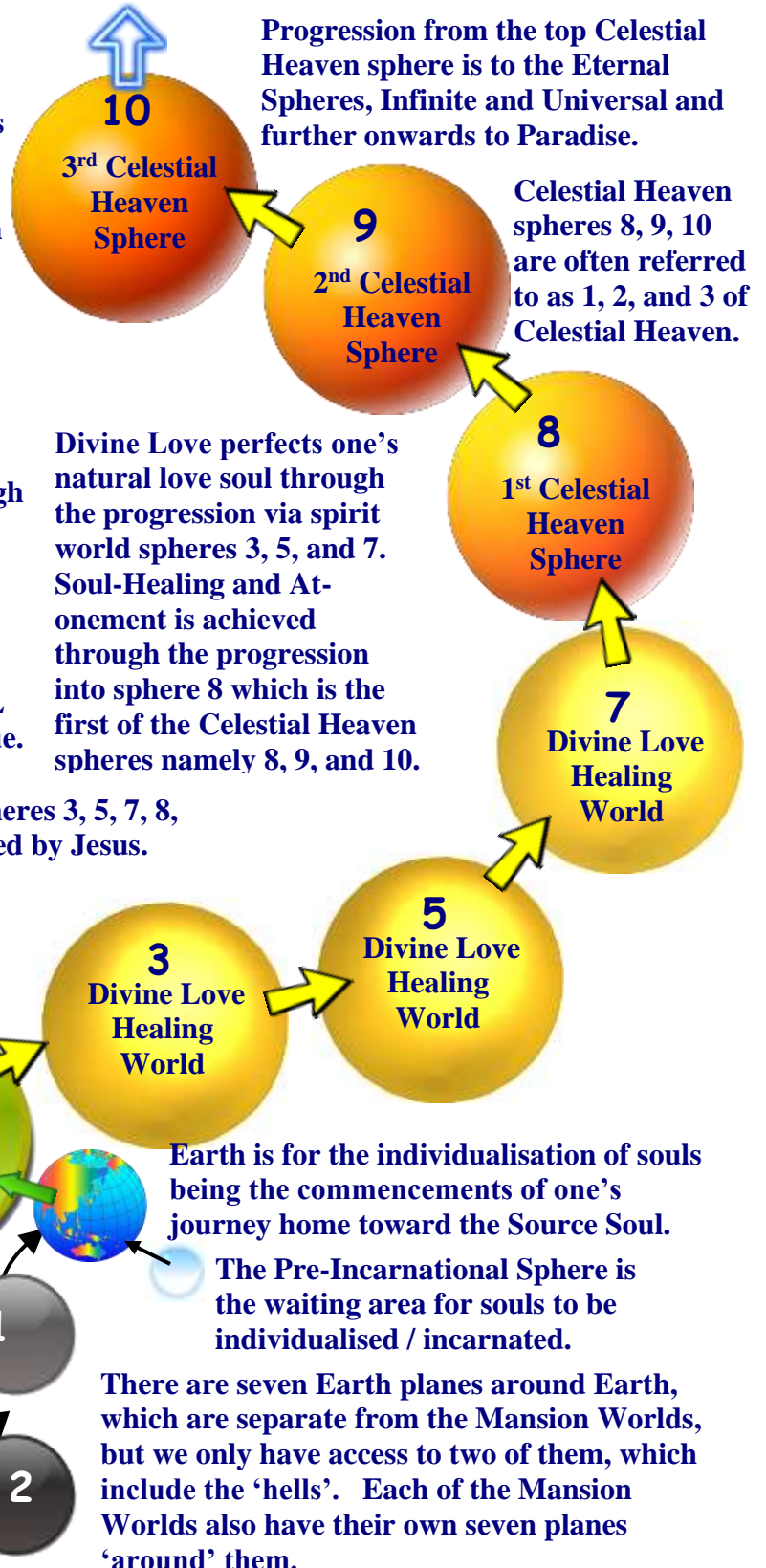
More than 200 billion personalities have embraced their mind and self reliance through the misguidance of ‘New Age’ styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.



Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.

Natural Love sphere progression stops at sphere 6. With only the natural love, progression is through spheres 1, 2, 4, and 6 only.

Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.

One can embrace Divine Love at any time and move to DL sphere 3 and continue.

The Divine Love spheres 3, 5, 7, 8, 9, and 10 were opened by Jesus.

On death of the physical body we all arrive in the 1st Natural Love sphere.

Earth is for the individualisation of souls being the commencements of one’s journey home toward the Source Soul.

The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1st Natural Love sphere and continue in their progression onto higher spheres.

The Pre-Incarnational Sphere is the waiting area for souls to be individualised / incarnated.

There are seven Earth planes around Earth, which are separate from the Mansion Worlds, but we only have access to two of them, which include the ‘hells’. Each of the Mansion Worlds also have their own seven planes ‘around’ them.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

DIVINE LOVE HARMONY:

Immortal harmony:

Transformation of the soul is a beautiful harmonious gradual awakening.



In a gradual way with the Divine Love and Feeling Healing, as changes in the soul and spirit body occur, these changes will result in the personality slowly accepting the source of these changes as being the Soul God and with the independent will, one can have complete acceptance of our Heavenly Parents, Mother and Father, God.

People have loved God and felt loved by God and they have in deed received the Divine Love without ever knowing the truthful identity of this Love insofar as the truths relating with its causality in the human soul and affect upon the spirit-mind.

Part of the nature of the Divine Love in our souls is that it activates our spirit body systems and soul so that the nature of God is seen and experienced in the living and this places us in touch with the many Spirit attributes that extend from God and have their existence in God, such as our Indwelling Spirit. God no longer remains inactive to us; inert, inanimate, or an unknown but rather a Soul of living energy whose energy in the harmonies of Love and Spirit, is personified as love that we experience. If I can convey the essence about the nature of Divine Love it is that in its energy, exists the harmony and potential so that one can see the potential that this Love brings to bridge the gap of separation between the individual and God by the harmonies of soulfully living.

The Divine Love completes the form of the human being.

In essence, one need only direct their soul and the heart of their soul to our Heavenly Parents, the Soul being God, and in this faith one can experience the Love by humbly asking for this Love. This is all that is needed and the touchstone upon the Love's approachable nature.

The Love is never harmful or given by God that results in a caused effect of disharmony in the individual. The diversity of human individuality is a great characteristic of human nature and as with experience, one needs experience to ascertain a truth about a certain thing. Experiencing the Love provides a substantiated knowing from which a more objective reasoning follows and a maturity happens.



51 Emotions

20 February 2014

Good afternoon my dear friends. We have been discussing issues regarding emotions and there are, as with most things, conflicting views. We know that emotions are actively expressed and experienced in the spirit body and physical body and I wonder about the involvement of the soul in this. Are the emotions elements of the soul? Is the soul affected by the expression and repression of the emotions? Do emotional injuries block the entry of Divine Love into the soul? I could ask many questions but the sum of all of them is a request for more information on the soul and its relationship with our structure and function in carnate life and going on to spirit life.

Good afternoon my dear brother and friend. Your curiosity is a worthy feature of your personality. In your considerations you tend to equate soul structure as being an image of The Source, God. In many respects this is so as man is said to be created in God's image and this also is so. However, man is a creation by the Creator and an image of the Creator is not the Creator. Even when you consider that it is possible for the individual to progress to the stage of attaining soul oneness with the Creator, you must realise that this is a state of harmony so close that it seems to be oneness but does not mean that the soul and its Creator are one and the same. The soul is born with a massive amount of potential and it is the realising of this potential that releases and displays the soul as it is. Soul progression continues well beyond the point of what is called Oneness with God. If the soul were identical with its Creator this would not occur. Does the soul ever fuse as one with its Creator? I know of no spirit who knows the answer to this question. To the best of our knowledge our progress is eternal.

However, the soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When it incarnates it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body and the pre-existent soul. The soul is an incredible structure as it brings with it almost unimaginable potential which includes the talents and passions of an individual.

Emotions are not an exclusive attribute of humans as it is easy to observe that animals are well able to feel and express emotion. Their capacity to do this varies a lot dependent on the nature of the animal and their level of evolution. Another factor here is that many animals display their emotions in ways that are recognised by their own species and not so well or not at all by humans. This will indicate to you that emotions are not solely related to a soul as animals do not have a soul as does a human. Their relationship to spirit is quite different and I will not go into that here.

The soul contains all of the elements that make a human a human. Therefore it contains the elements which modify and direct the expression of emotion in humans that give humans their individual qualities. Despite the variation of emotional expression in different cultures there is a great uniformity of emotional expression throughout humanity. When an emotion is expressed truly by any person it is capable as being recognised for what it is by any other person.

In small children and babies, the expression of emotion is initially quite simple but recognisable and develops as the child grows and is profoundly influenced by the relationship with the closely attending persons be they parents or others. The small child learns a lot by following and aping what is done by

other children and adults so it learns patterns of expression of emotion and learns the acceptability or otherwise of emotional expression. It is taught what is 'right' or 'wrong' in its immediate environment so there develops a great variety of emotional expression and repression.

In all of this it is very hard to describe the association of the two bodies and the soul. The spirit body and the soul are inextricably joined and remain so during existence. While the soul is incarnate, the spirit body and physical body act as though inextricably entwined although this is not truly so. The spirit body and soul are always a virtual single unit which then extends this function to include the physical body.

The soul is displayed by virtue of the development of the human personality and its qualities. The physical body is created with all of its physical elements the shape and function of which are largely determined by its human heritage as provided by its physical parents. Even though the soul has all of its potential in every individual, the fullness of its expression in any individual is directed to some degree at least by any limitations of physical and mental structure although these are not, of themselves, absolute in their effect. By that I mean that a soul which is developing powerfully can shine through and transcend what seem like insurmountable physical and mental odds. This means of course that a human who might appear to be greatly hampered by their human heritage is capable of great soul development while on Earth. There is great individuality in this as in all things human.

Emotions are elements of expressive colouring of a living experience and are, in common with all human attributes, capable of great and wonderful refinement. Every human attribute is capable of artistic development and expression. Emotions colour and shape all artistic development whatever its nature. Every single human activity is capable of being developed and expressed artistically. There is colour and movement in all emotional expression however it is made.

Emotions can be mastered by virtue of developing one's capacity to express them congruently and truly. The truth of human mastery is really only in the process of being discovered. Mastery lays in the achievement of the balanced and harmonious expression of a human by him or her self. Most human mastery is considered to lie in a person's capacity to perform some activity to a very high degree and while this is wonderful in itself it is limited as many masters are actually quite limited in their overall human expression. I am not being derogatory in saying this as these masters are pointing the way to the rest of humanity. Unfortunately, they are often seen as providing an unattainable example.

The true mastery I speak of is the mastery of oneself that allows anyone to be as fully oneself as it is possible to be without reference to anyone else. This is the direction of human evolution in the context of each one's life.

Now, I may seem to have digressed from our beginning but I felt it necessary to lay some groundwork. You must be used to this by now as I am always loath to build any structure without a solid basis. The desire of the soul is that this personal evolution takes place and its potential is directed towards that. The soul desires its full expression and this is represented by the full and complete expression of the personality which develops around it. This evolution has its beginnings in the carnate phase of living and continues then for the rest of existence. There are wonderful reasons for earthly life and these are not to be ignored or neglected. You are not on Earth simply to discover that further wonders await you

in the Spirit World. The Source, God is economical in creation and does not make things for no purpose at all. Everything in your experience is important.

Emotions may be considered to be shaping and colouring tools which are essential in the palette of the spiritual artist. They provide the potential for infinite shades of expression and meaning of this expression. They shape individuality and personality in combination with every other attribute of a human. They provide the potential for absolutely exquisite shaping and directing. As with every other aspect of human living there is much to learn about these wonderful qualities and their uses.

It is often said that there are only two basic emotions and that these are **love and fear**. This is quite incorrect for several reasons. The first is that love is not an emotion but may be emotionally expressed. The second is that fear in itself is not an emotion but also the expression of sense of separation from The Source, God. The feeling of love may be said to arise when one feels a harmony with self or others which is actually a feeling of harmony with The Source, God. All of the human emotions are really shades and intensities of this sense of harmony or disharmony. Fear arises in the identification with the physical structure that lives and dies with no future at all. It is an expression of the dreadfulness of this condition and is a sense of greater separation from The Source, God. There are many shades of emotional expression and the blending of several emotions together. In some respects this is an oversimplification but is an understandable concept.

Whether a potential of the soul is expressed or not has no direct effect on the soul itself. The soul is not tainted by errors of living nor is it exalted by the successes of living. It is simply less or more visible to those who have the capacity to perceive. From the perspective of the soul it has less or more sense of fulfilment.

Whereas the emotions provide great degrees of shaping, colour and depth they are also the elements that provide precision of feedback to the human who is developing their personality. This is precisely similar to an artist who gains feedback of their performances or work from their perception of their own work perhaps modified by the perceptions of others. The awareness of an individual is an expression of the level of their personal artistic development. The greater the awareness and sensitivity, the greater the value of the feedback. There is unlimited potential for subtlety and refinement in personality development. Remember that I am speaking of the total and ongoing development of a soul's potential in its progress. The potential is not the soul but its capacity for expression and fulfilment.

The emotions may be considered to be the light of the bodies, spirit and physical, and their influence greatly determines the subtle appearance of a being. The visible aura of a being (visible that is to one who has that perceptual capacity) is a display of the developed potential of a soul coloured by the emotional state of that being. This includes the state of physical, mental and spiritual health. When a soul is said to be dark and shrivelled, it is actually hidden behind a dark screen of auric emanation that includes all of the above mentioned elements. Its potential is undiminished even though its expression is severely hampered. Obviously this situation is able to be remedied by the developmental progress that clears this darkness.

The capacity to influence the emotions lies within the soul along with all its other potential. The memories of all of life's experiences which are coloured and shaded by emotion is carried in the physical and spirit bodies and minds but not in the soul itself. The soul retains a purity that cannot be

sullied or destroyed. Its potential remains even if a being has spent aeons in the dark realms and is considered as a lost soul. No soul is ever lost. No soul is ever damned to eternal perdition.

You may ask if we (in the Celestial Realms) have emotion and I will answer that we indeed do. Emotion as we experience it is rather different than yours. In ways it is much more restricted in that there are many of what are considered the normal human emotions that we never feel such as anger, jealousy, resentment or sadness. However we do experience the most wonderful subtlety and shades of colour of the emotions we do feel. Essentially all of our emotion is based on joy so that we experience a range of joyful feelings that are inconceivable to you. This is in no way an expression of any failure on your part but merely a foreshadowing of your potential. This is not something to hanker for now in your lives. Seek instead any small moment of joy that comes your way wherever you find it. The most mundane of earthly experience may be coloured with awareness and attention and the recognition of possibility.

The capacity to deal with emotion in positive and growing ways is reflected in spiritual progress. Remember always that harmony is the bench mark and the key and this always begins with the individual. Individuals may find their most profound early experiences of harmony in shared activities with others and may then learn to extend this capacity to individual experience without such need for external stimuli. However harmony is found is perfectly fine and however it is developed is very much an individual preference.

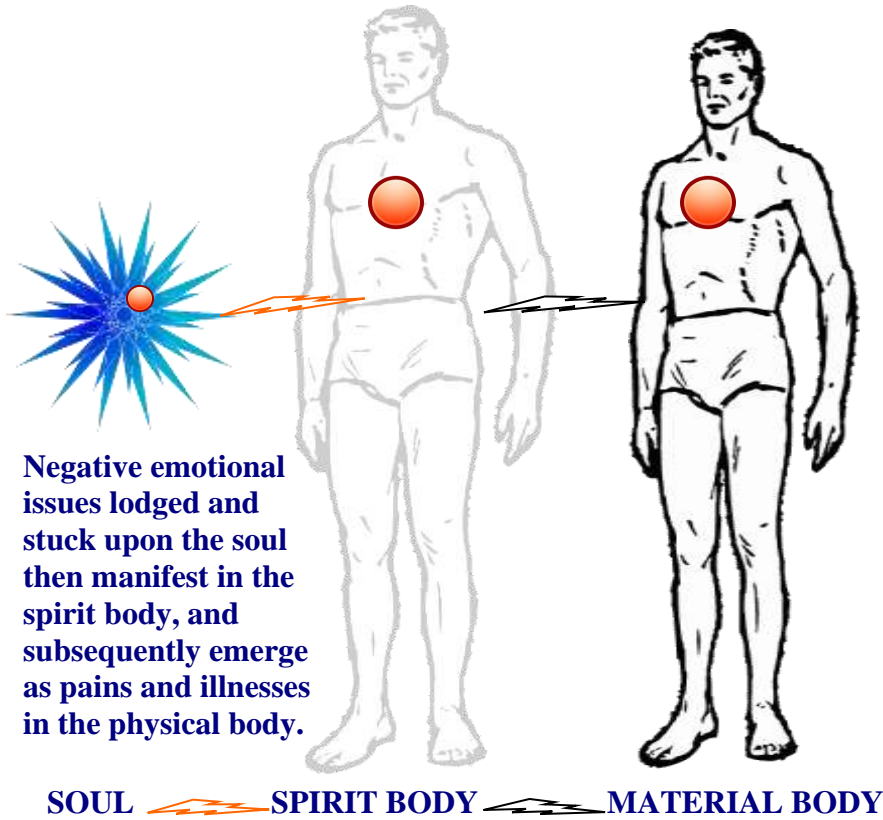
So as we progress, emotion does not fall away but it loses its roughness and harshness to become smoother but perhaps no less intense. Some emotional experience becomes even more intense during spiritual progress. The ongoing progress leads to the development of a range of beautifully subtle expression which becomes a major element of our communication with each other and with you. There is possible a sweet intensity that is indescribable but which you will enjoy.

I wish in this writing to extend the concept of individual mastery of oneself. This means learning to live well and in harmony with everything that goes to form a human life in the approach to The Source, God. I stress that this mastery and harmony is, by necessity, all encompassing. As with all learning it is necessary to play with emotion as children do in their games. There is a great tendency to believe that each one is controlled by their emotions and this is limiting. Your emotion is your own however you think you acquired it. Own it and learn to love it as it is part of your shaping and your individuality. You and your soul are one and learning this does simplify living as you, as an individual, gain a lot of control that you may have lacked. You align much more closely to the Creator and lose much of the sense of being created or directed by forces outside your control.

There is much more to say about this but I felt a desire to say these things now. We are building, ever building. Remember that nothing you believe or think that you know is absolute. You are growing and learning. There is no haste.

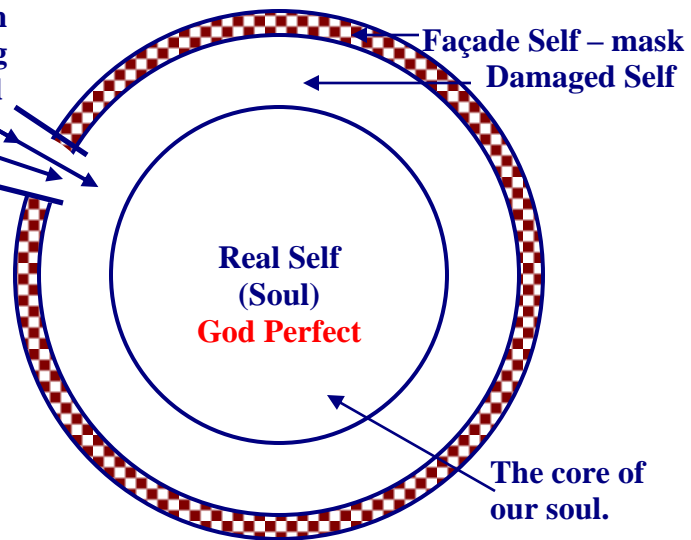
I am your Celestial Brother
Richard

**PASCAS
PERS**



The energy, plasma, being attracted to the stuck emotion can cause the injury to grow and grow and grow.

What truth does, it creates an opening or a vortex in the egg shell, the hard veneer around one's soul.
 It allows a way that other external information can infiltrate the soul.
 Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it.
 Without truth, our soul is frustrated with stagnation.



EMOTIONS THAT are NOT LIFE ENHANCING:

Emotions are things. The vibrational rates of negative emotions are low. Such negative emotion frequencies are not life enhancing. They emerge from an event, typically during early childhood and are absorbed from the child's environment. From the moment of conception and through to around the age of seven, the child absorbs the emotions of its parents and those in close proximity making up its environment.

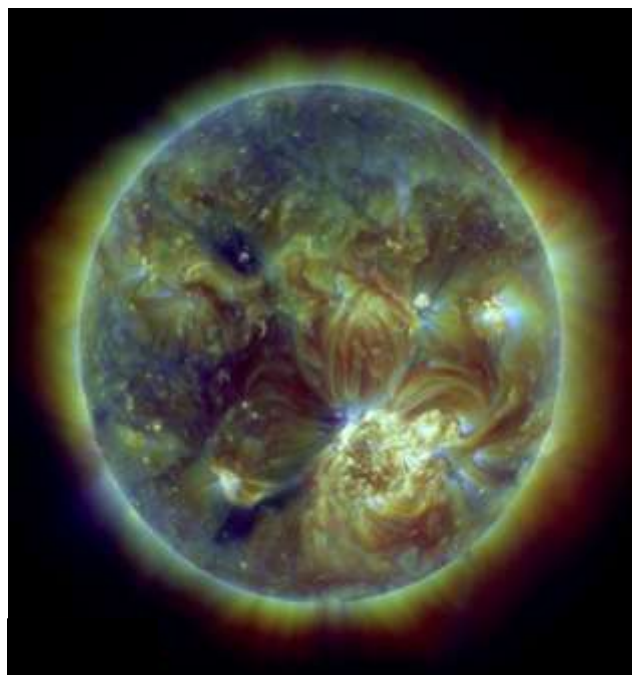
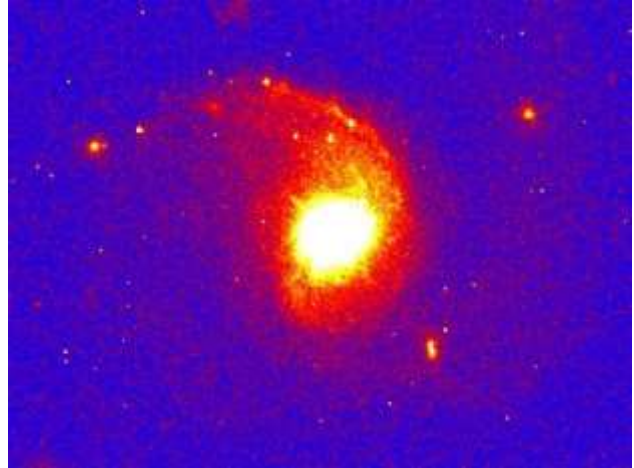
The child, at the point of conception, being the moment of individualisation, is naturally endowed with life enhancing emotions which are essentially all loving.

Negative emotions that do not naturally flow through the person or child are attracted to organs within the body that has a relative frequency (magnetic and gravitational field) to which it lodges. This lodging could be anywhere along the meridian lines that run the full length of the body but are related specifically to a particular organ.

Should such an emotion be allowed to fester, it will attract matching energy in a way that the top diagram suggests. This negative emotion commences to appear on one's soul and then in the spirit body which holds the template for the physical body. Medical intuitives often can see the growing negative emotion within the spirit body.

Then this negative emotion crystallises and emerges in the physical body, firstly as a dull pain, then develops into an illness. The middle diagram is suggestive of such a clustering emotional issue.

The world is enveloped by humanities negativities. It is difficult for loving spirits from the upper spirit world spheres and Celestial Heavens to assist us when we do open ourselves towards their loving help. We need to be in a loving state of the 2nd sphere or higher to achieve connection with such spirits, 95% of humanity is within the 1st sphere state.



LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:

1st sphere, lower regions – Natural Love MoC 50+/-
The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.

The typical soul condition of humanity is such that they generate the luminosity of a single candle.

1st sphere, mid regions – Natural Love MoC 210

A soul that has grown in love and soul condition equivalent to the 8th sphere – the point of becoming at one with God, the luminosity of such a soul is equivalent to the midday sun.

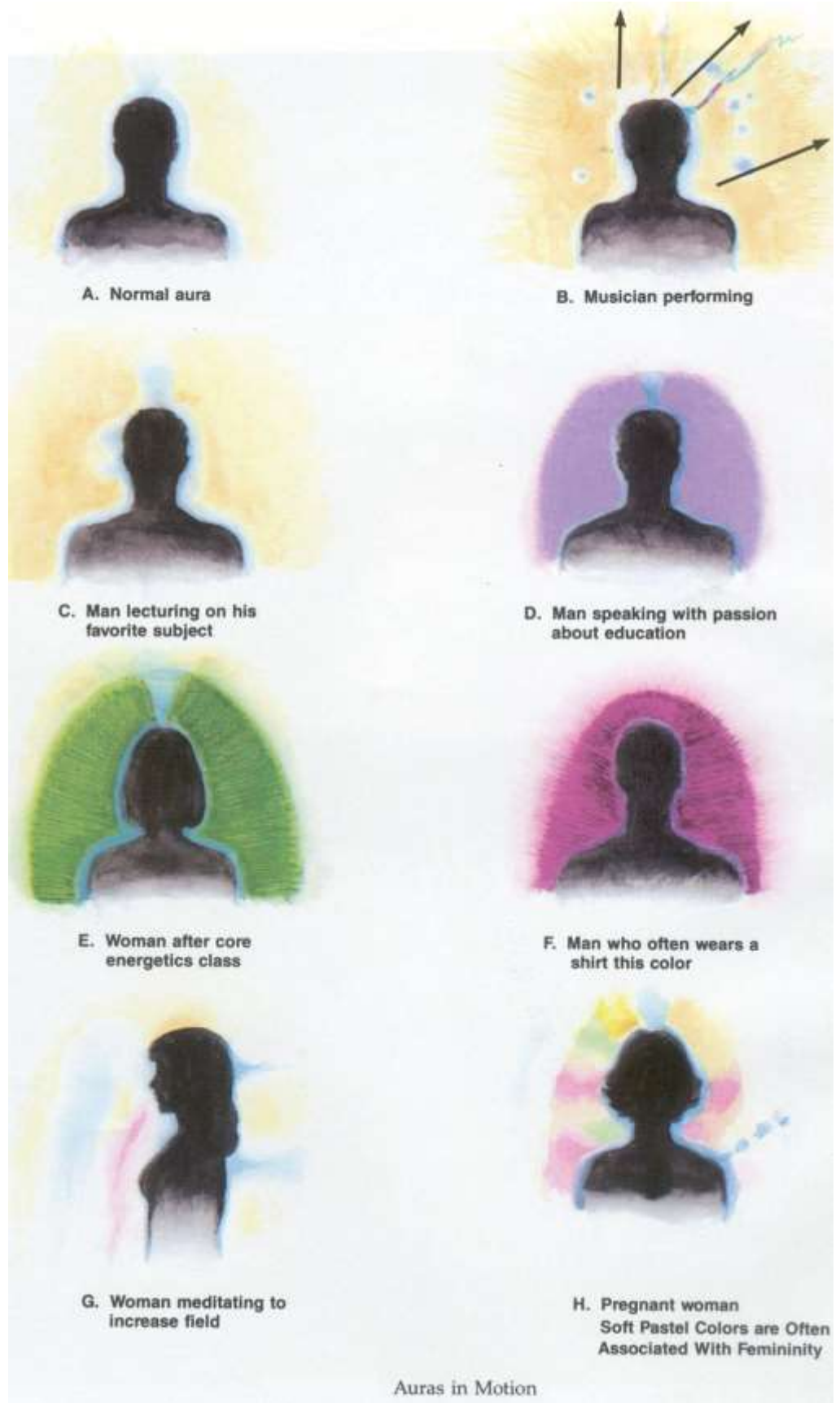
8th sphere – only possible with Divine Love! MoC 1,000+





Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself



A. Normal aura

B. Musician performing

C. Man lecturing on his favorite subject

D. Man speaking with passion about education

E. Woman after core energetics class

F. Man who often wears a shirt this color

G. Woman meditating to increase field

H. Pregnant woman
Soft Pastel Colors are Often Associated With Femininity

**Feeling
Healing with
Divine Love is
the key!**



LOVE and FEAR are NOT EMOTIONS:

It is often said that there are only two basic emotions and that these are love and fear. This is quite incorrect for several reasons. The first is that love is not an emotion but may be emotionally expressed. The second is that fear in itself is not an emotion but also the expression of sense of separation from The Source, God. The feeling of love may be said to arise when one feels a harmony with self or others which is actually a feeling of harmony with The Source, God. All of the human emotions are really shades and intensities of this sense of harmony or disharmony. Fear arises in the identification with the physical structure that lives and dies with no future at all. It is an expression of the dreadfulness of this condition and is a sense of greater separation from The Source, God. There are many shades of emotional expression and the blending of several emotions together.

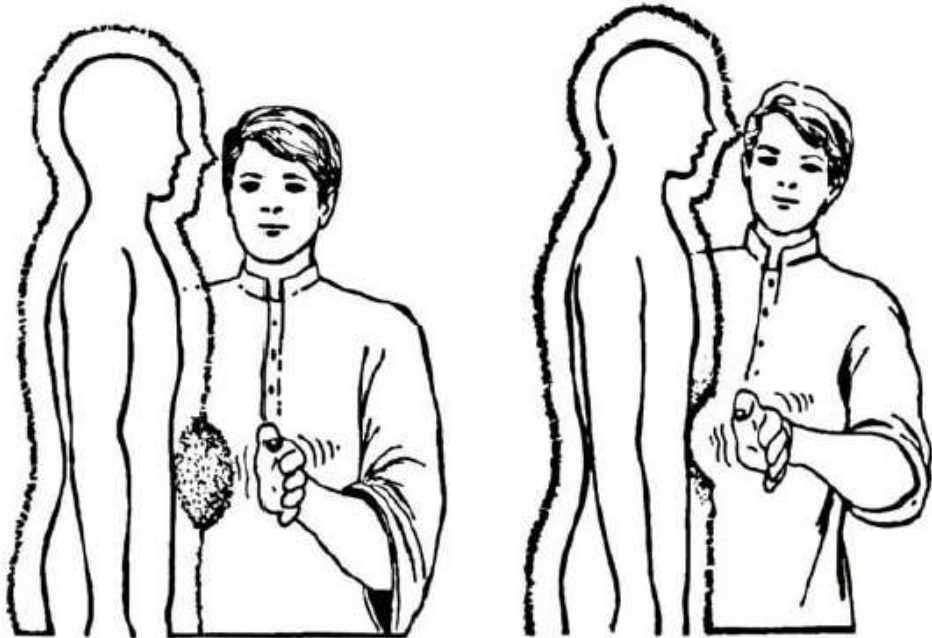
The emotions may be considered to be the light of the bodies, spirit and physical, and their influence greatly determines the subtle appearance of a being. The visible aura of a being (visible that is to one who has that perceptual capacity) is a display of the developed potential of a soul coloured by the emotional state of that being. This includes the state of physical, mental and spiritual health. When a soul is said to be dark and shrivelled, it is actually hidden behind a dark screen of auric emanation that includes all of the above mentioned elements. Its potential is undiminished even though its expression is severely hampered. Obviously this situation is able to be remedied by the developmental progress that clears this darkness.

The capacity to influence the emotions lies within the soul along with all its other potential. The memories of all of life's experiences which are coloured and shaded by emotion is carried in the physical and spirit bodies and minds but not in the soul itself. The soul retains a purity that cannot be sullied or destroyed. Its potential remains even if a being has spent aeons in the dark realms and is considered as a lost soul. No soul is ever lost. No soul is ever damned to eternal perdition.

So as we progress, emotion does not fall away but it loses its roughness and harshness to become smoother but perhaps no less intense. Some emotional experience becomes even more intense during spiritual progress.

The concept of individual mastery of oneself; this means learning to live well and in harmony with everything that goes to form a human life in the approach to our Heavenly Parents, God. There is a great tendency to believe that each one is controlled by their emotions and this is limiting. Your emotion is your own however you think you acquired it. Own it and learn to love it as it is part of your shaping and your individuality. You and your soul are one and learning this does simplify living as you, as an individual, gain a lot of control that you may have lacked. You align much more closely to the Creator and lose much of the sense of being created or directed by forces outside your control.





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

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

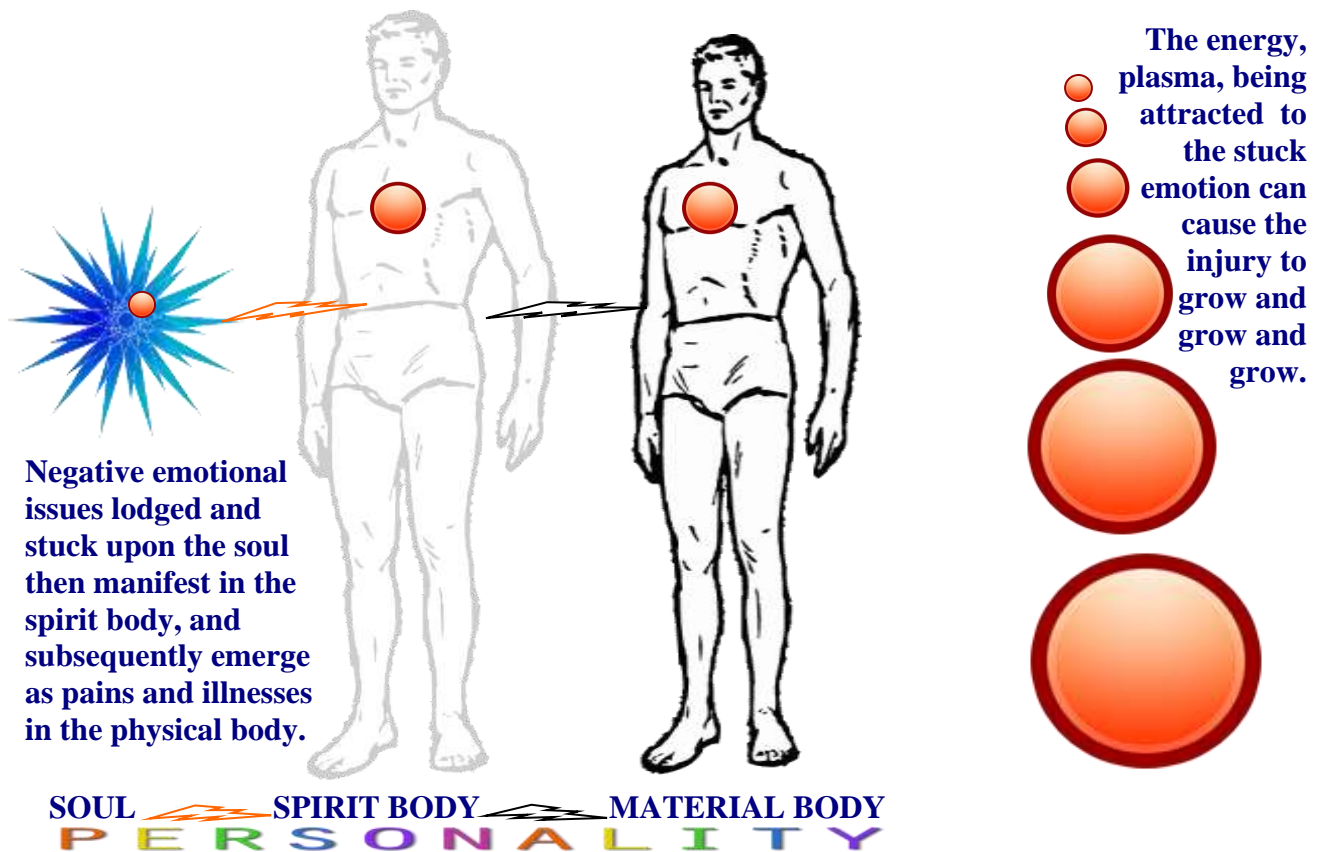


CHILD SOS

EMOTIONS are like ENERGY BALLS that can be REMOVED by EXPRESSING THEM!

Dr Bradley Nelson is sharing with us through the introduction of the Emotion Code and Body Code processes is this:

- ❑ Through the application of Kinesiology Muscle Testing, negative or man erroneous emotions that we hold within our bodies can be individually identified and then located within the physical body.
- ❑ Once we focus upon the particular emotion and apply our intent, that emotion literally comes to the surface of the physical body.
- ❑ By assisting the etheric body, which is really your spirit body, by enhancing the available magnetic energy through the process of rolling or running a magnetic (can be simply your hand) down your back, then the identified negative emotion can be dislodged from your bodies – temporarily! Only Feeling Healing with Divine Love achieves a permanent dislodgement.
- ❑ Stuck emotions, those that are not moving, block the energy flows around your body. Where ever the emotion lodges, it will block the flow along the meridian or meridians in that area, once energy is starved from a location within your body, you will develop discomfort, pain, and subsequently illness that is associated with that region. The vast majority of our energies for our bodies is drawn in through our chakras and distributed via the meridians. The food we eat is only a minor source of our body's energy requirements.



ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

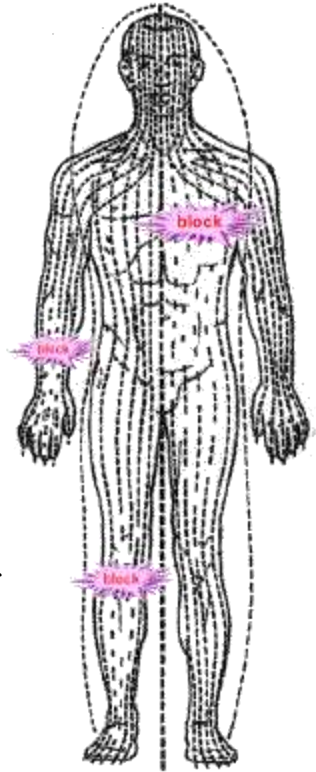
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

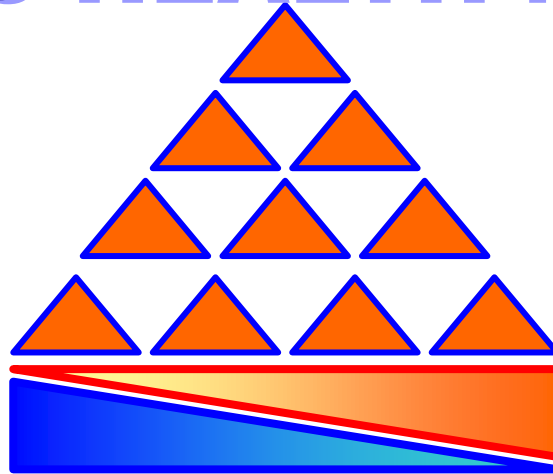
On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 th chakra
Third Eye	525	6 th chakra
Throat	350	5 th chakra
Heart	505	4 th chakra
Solar Plexus	275	3 rd chakra
Sacral or Spleen	275	2 nd chakra
Base or Root Chakra	200	1 st chakra

The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

PROFESSIONAL MEDICAL TEAMS

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

COMPLEMENTARY THERAPY FIELDS

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

Imaging – X-ray – Ultrasound – CAT scan – MRI

Pathology

Streamer – Case Manager



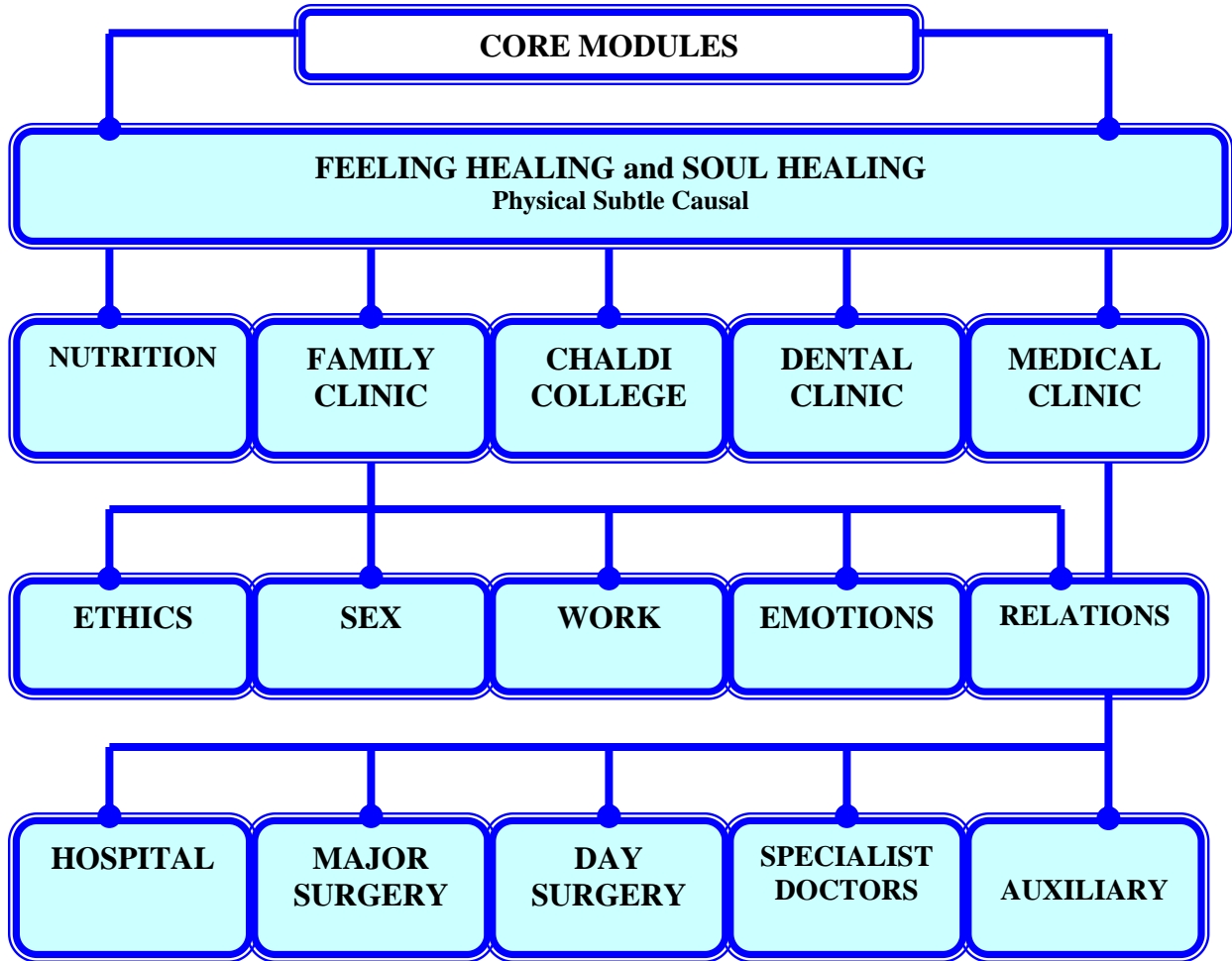
Streamer’s Meeting



PASCAS CARE



Life Practice Matrix - Feelings First



Feelings first

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.

The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018



Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



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

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

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

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on.

All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



Accept, express and long for the truth of your feelings.

Live true to your feelings; your feelings are your true self. Be free in your feelings. Free your feelings from your mind's control. Live true to yourself through your feelings.

BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

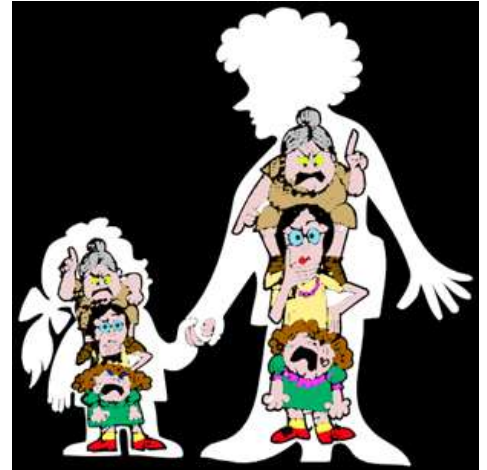
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.



What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs

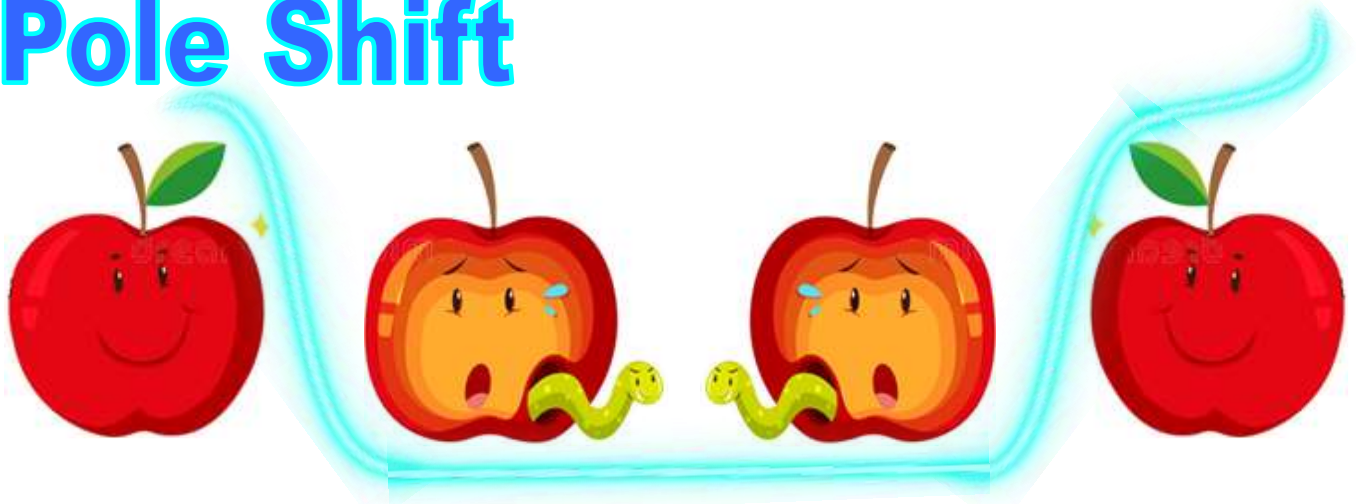


Neglecting a child's educational needs



Leaving a child without supervision

Pole Shift



Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.

At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into 'bad apples'. We proceed through our life experience, after our parents' well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.

Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.

We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.

This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.

CREATION, DEVOLUTION and EVOLUTION:

Aman and Amon (also called Andon and Fonta), our first parents, physical being was born of natural parents, who in turn had been born of their own parents. Their bodies were not created instantaneously, but evolved just as all of God's creatures evolved. Aman and Amon were both nurtured physically as infants and then children. **But our first parents' souls were placed in them when they were already adults.** They had no clear memories of their earlier life before that great moment. As soon as they possessed a soul, all of the normal human psychological manifestations appeared.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore they were apart.

They were indeed a primate species of humanoids. But Aman and Amon (they were not Adam and Eve) were more beautiful than their animal relatives, and knew, even from their very appearance, that they were marked even by Nature to be different. The human body, without a soul, calibrates at 200 on Dr Hawkins' Map of Consciousness. Domestic animals typically calibrate 200 to 250. Our soul is the source of our personality, intelligence, and memory. Our soul is formed from the energy substance of natural love. There is nothing of the Divine within our soul.



The First Parents did not recognise the full beauty of the gift of Divine Love, and subsequently it was withdrawn. Man, left to his own perseverance and determination can develop into the perfect man with only Natural Love, however that is a slow and tedious pathway and limited to perfection of the soul, fit only for the 6th natural love spheres.



By embracing Divine Love and one's Feeling Healing, man can become fitted to enter the Celestial Heaven and higher in rather quick time. One's life on Earth, living with the Love and embracing Feeling Healing, can be that of living in Heaven!



Further, Divine Love with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complimented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!

What Do Kids Feel Sad About?



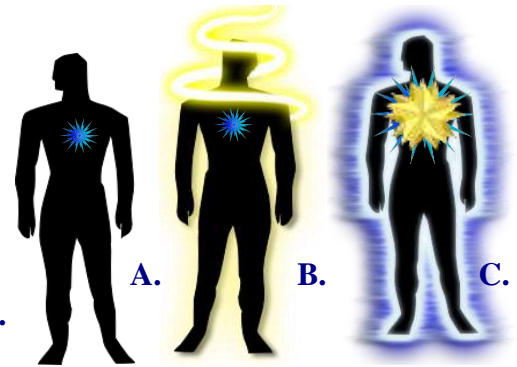
Being Unloved and Rejected!



EVOLUTION

Longing for and receiving Divine Love:

- A. Soul within spirit body prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere with embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.

Aman and Amon were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

Viewing the Inner Life

<http://www.spiritofmaat.com/archive/aug3/korotkov.htm>

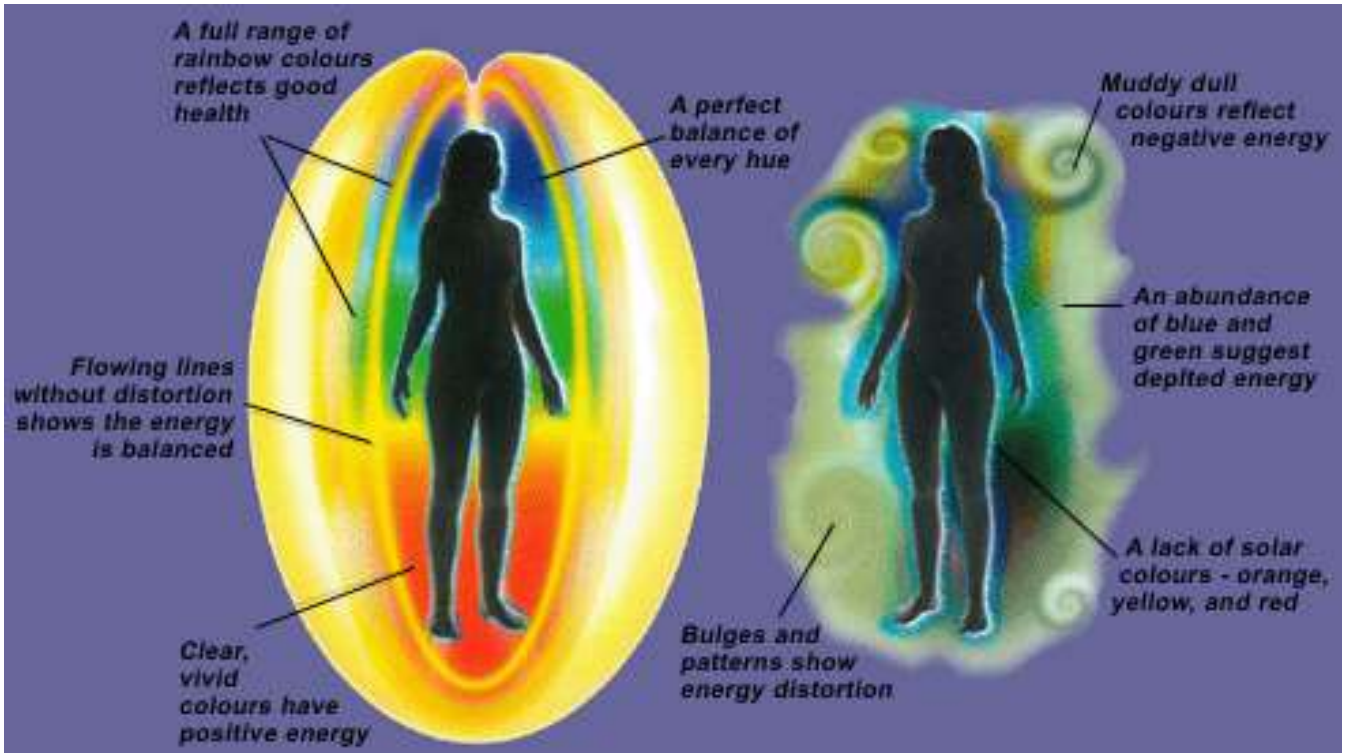
Dr. Korotkov: The energy field is an organizing structure for the biological world.

It's a complex energy structure of different fields, different natures, and different origins. There are electromagnetic and gravitational fields, as well as fields of molecules and, to some extent, fields of unknown parameters. So the biological field of a living thing, also known as its "aura," is an invisible structure that correlates its activity to create a unique and united system.

One of the greatest benefits to date is the ability to do real-time measurements of a variety of treatments for such conditions as cancer, to determine which treatment is the most appropriate for the client. This allows researcher and client to see imbalances that may be influencing an individual's well being, and greatly facilitates the diagnosis of the cause of any existing imbalances, showing the area of the body and the organ systems involved.

The incredible implications for the diagnosis and treatment of physical, emotional, mental, and spiritual conditions with applications in medicine, psychology, sound therapy, biophysics, genetics, forensic science, agriculture and ecology — to name a few — have only just begun.





Your soul:



Clear to being muddied



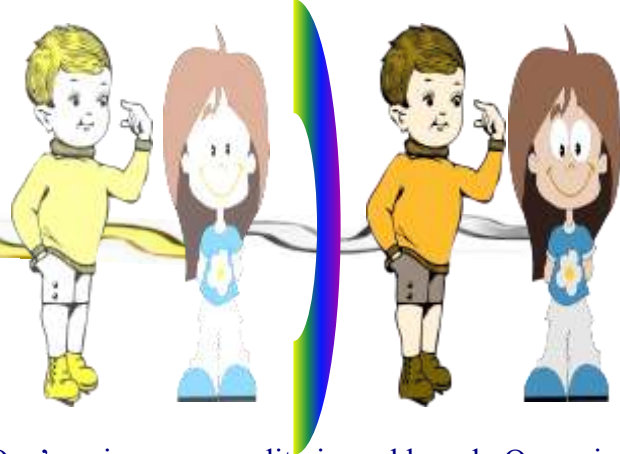
DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and
female personality - it is a duplex!**

SOUL, from another dimension, is connected to the SPIRIT BODY:

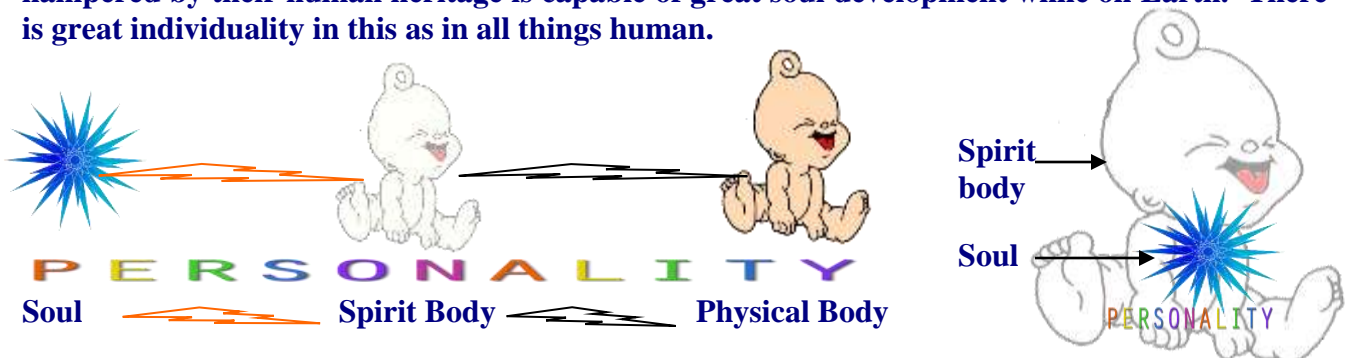
The soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When it incarnates it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body. This it does twice, one female and one male – one soul, two personalities being soulmates. The soul is an incredible structure as it brings with it almost unimaginable potential which includes the talents and passions of each of these two individuals.

The soul contains all of the elements that make a human a human. Therefore it contains the elements which modify and direct the expression of emotion in humans that give humans their individual qualities. Despite the variation of emotional expression in different cultures there is a great uniformity of emotional expression throughout humanity. When an emotion is expressed truly by any person it is capable as being recognised for what it is by any other person.

In small children and babies, the expression of emotion is initially quite simple but recognisable and develops as the child grows and is profoundly influenced by the relationship with the closely attending persons be they parents or others. The small child learns a lot by following and aping what is done by other children and adults so it learns patterns of expression of emotion and learns the acceptability or otherwise of emotional expression. It is taught what is 'right' or 'wrong' in its immediate environment so there develops a great variety of emotional expression and repression. Thus facades evolve and suppression of true self unfolds.

The spirit body and the soul are inextricably joined and remain so during existence. While the soul is incarnate, the spirit body and physical body act as though inextricably entwined although this is not truly so. The soul and two spirit bodies are always a virtual single unit which then extends this function to include two physical bodies.

The soul is displayed by virtue of the development of the human personality and its qualities. The physical body is created with all of its physical elements the shape and function of which are largely determined by its human heritage as provided by its physical parents. Even though the soul has all of its potential in every individual, the fullness of its expression in any individual is directed to some degree at least by any limitations of physical and mental structure although these are not, of themselves, absolute in their effect. By that is meant that a soul which is developing powerfully can shine through and transcend what seem like insurmountable physical and mental odds. This means of course that a human who might appear to be greatly hampered by their human heritage is capable of great soul development while on Earth. There is great individuality in this as in all things human.



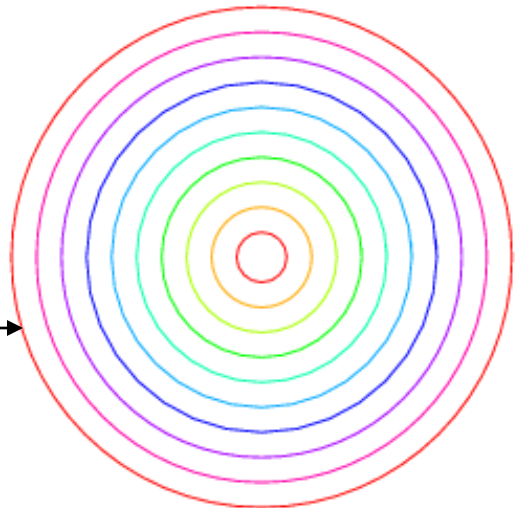
Passion or desire for God to give us Love.

Initially our soul is finite, God has created this ability for the soul to grow, this growth is the operation of Feeling Healing with Divine Love on the soul. Without Feeling Healing and God's Love, the soul cannot grow beyond the 6th Mansion World, it cannot get better than that without having healed through Feeling Healing and God's Divine Love. God designed your soul to receive God's Love to grow beyond the Mansion Worlds and go on to Paradise, the home of our Heavenly Mother and Father – God.



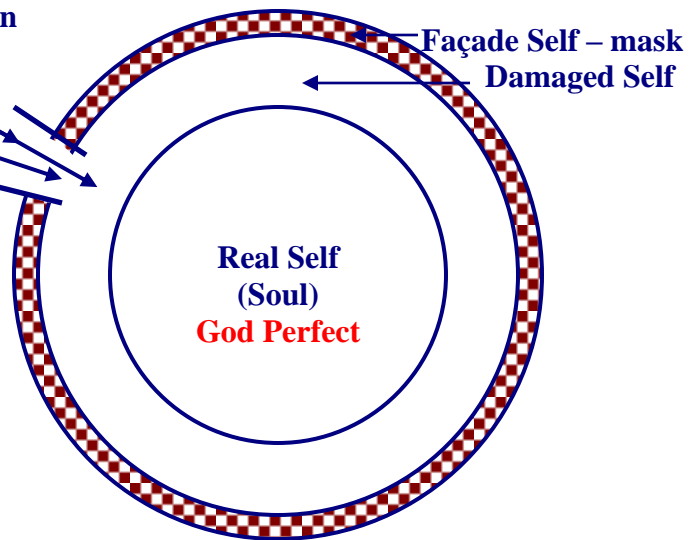
One soul, two personalities,
one male and one female.

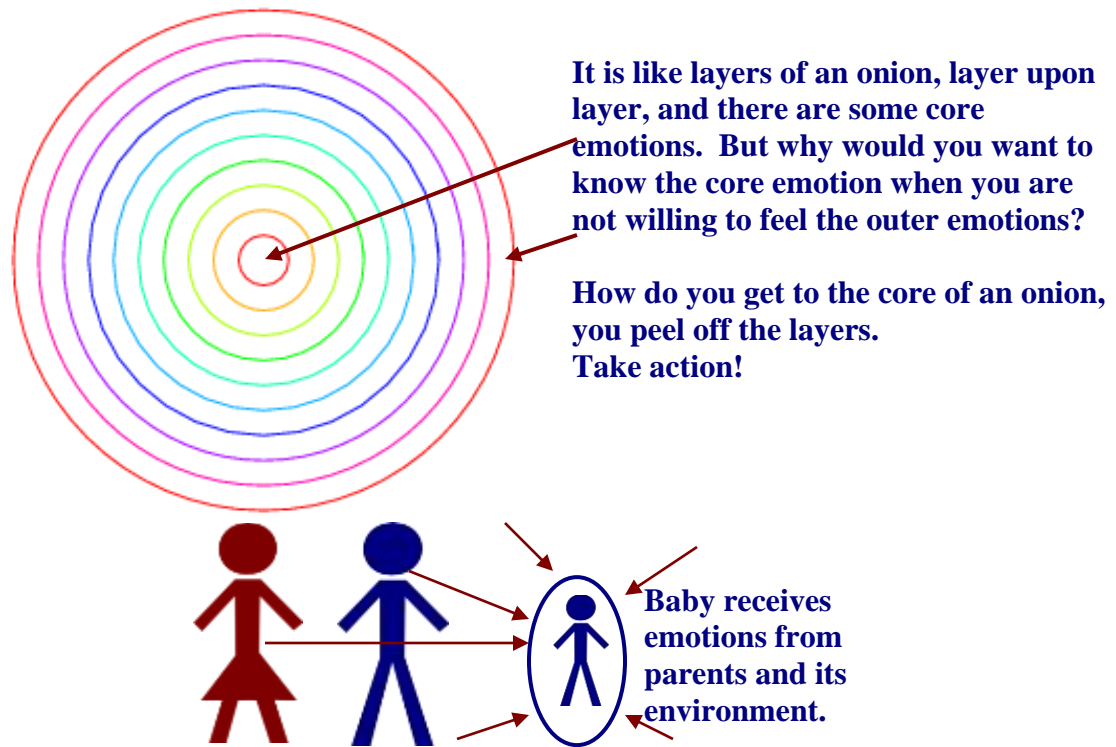
God's love will expand
and expand your soul
more and more as you
grow with Their love.



The role of God's Truth on the soul is to actually physically create the opening.

What Truth does, it creates an opening for a vortex into the egg shell, the hard veneer around one's soul. It allows a way that other external information can infiltrate the soul. Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it. Without Truth, our soul is frustrated with stagnation.





Parents addressing their emotions aid their children.

You will see instant changes in your children if they are young, you will see them even if your children are old. However, as their ages grow into a place where they are using their own free will the effect on them will not be as great as it will be if they are young children.

If the child is 3 years old and you begin to work through your emotions, what will happen is that your child will automatically start changing and you will see those changes. If your children are around 15 and have gotten a fair bit of their own free will mixed in with the process, then it might not be as easy for them to deal with their emotions, because it now depends on their willingness to feel their own emotions.

The soul that is the most difficult to assist when it is in either the spirit or physical world is a soul that has no desires. It went through life in a laissez-faire sort of way, it went through life not making choices, not making decisions. It is letting other people dictate to it, its life. And when that person passes in the spirit world, they usually have very little soul energy. Sometimes it is better, whilst on Earth, to exercise your soul in a negative way or an actively positive way, in other words to be hot or cold, but not to be lukewarm.

The Three Selves

I created

**Our
Facade Self**

Addiction

Rejected

Parent creation

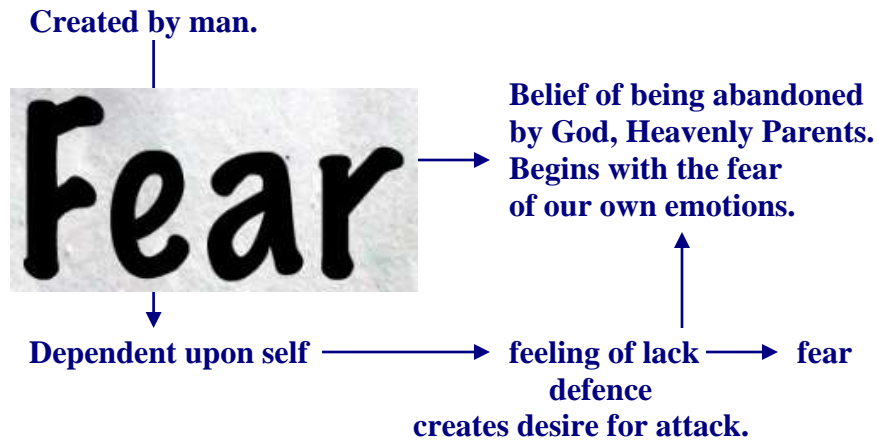
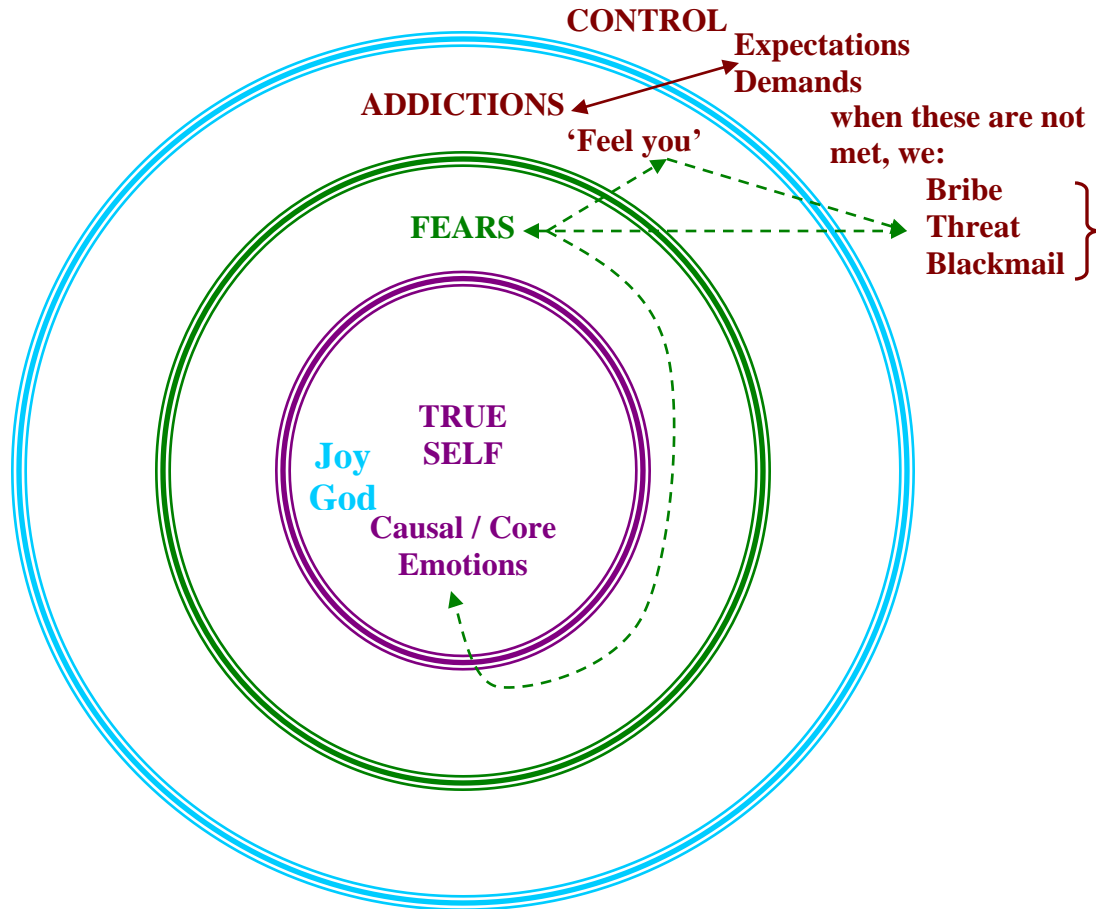
**Our
Injured
Self**

**Causal /
Core
Emotions**

God created

**Our
Real Self**

No injury



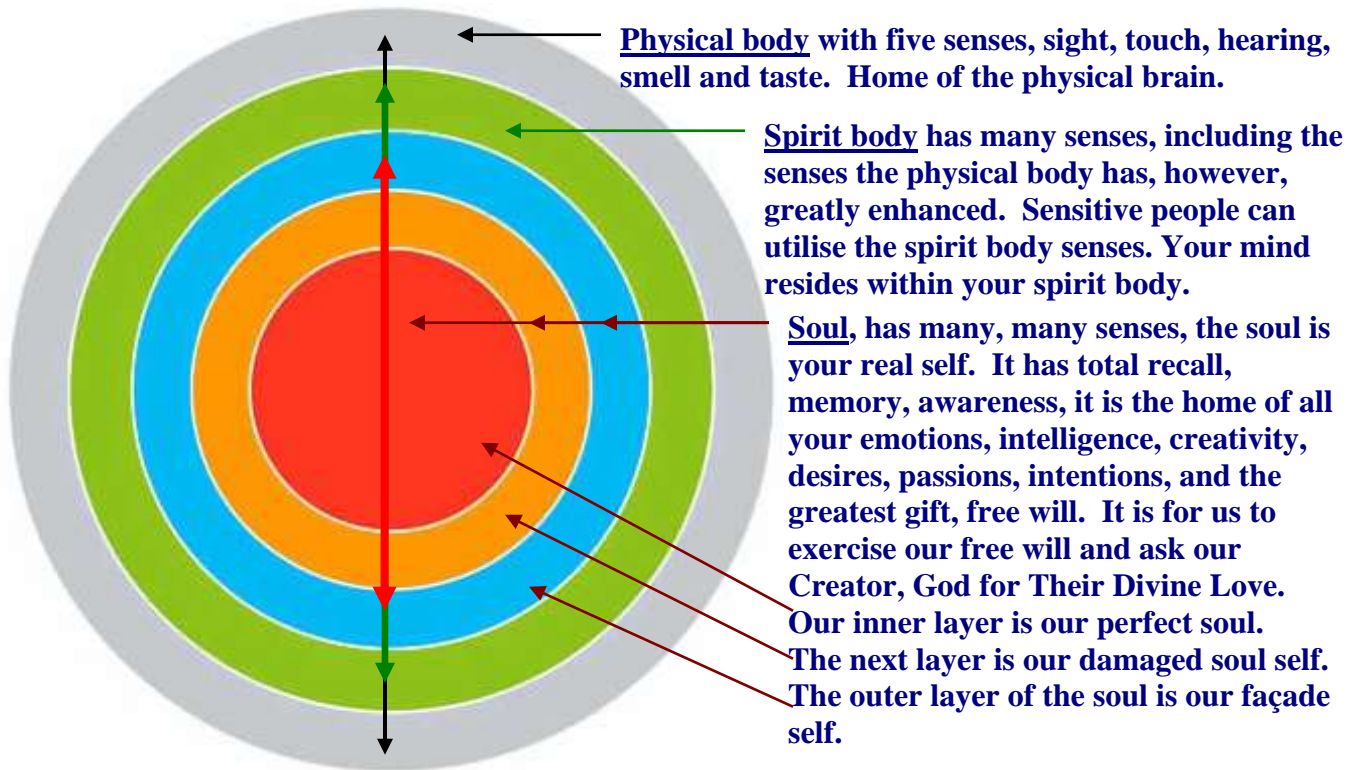


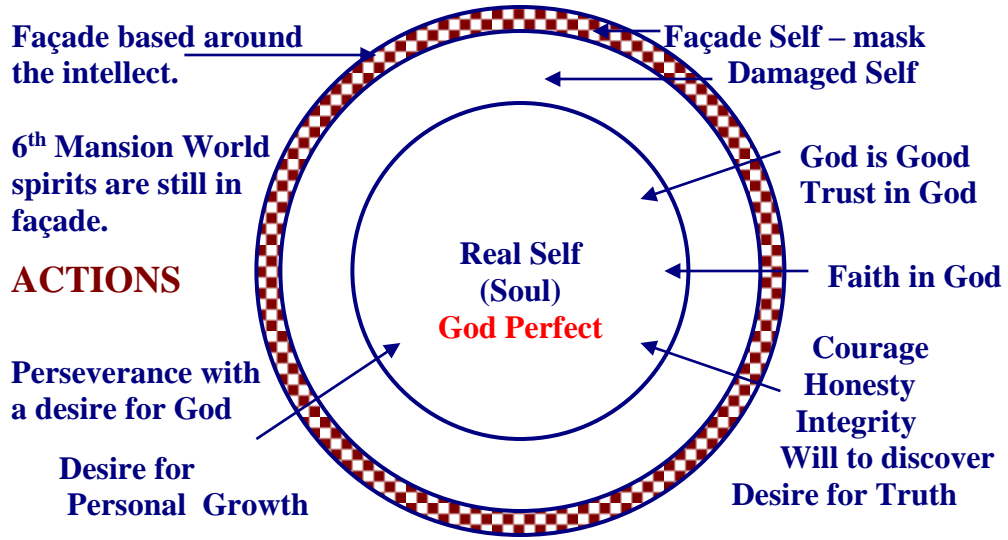
SOUL

- Emotions
- Desires
- Passions
- Aspirations
- Intention
- Memories
- Free will

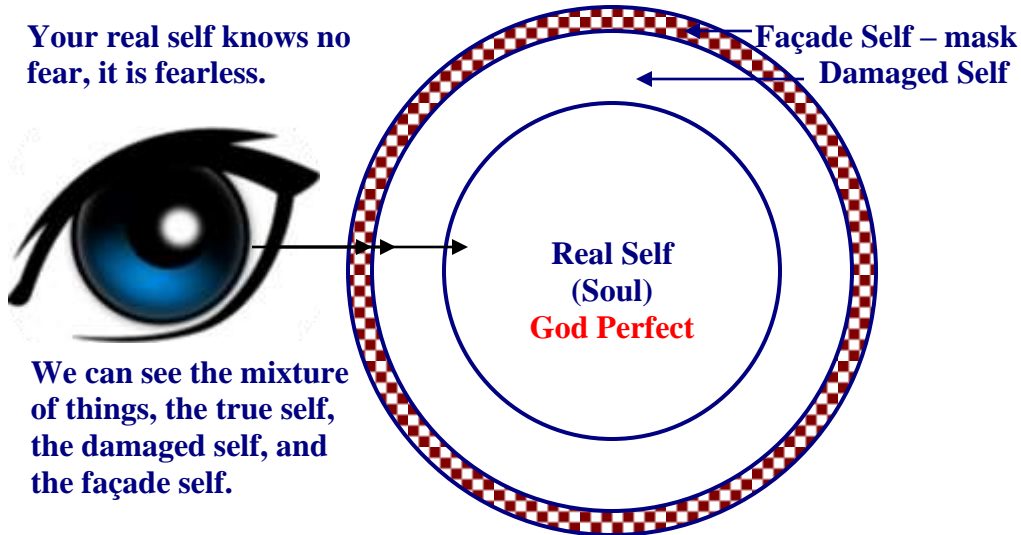


Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.





All of your addictions are created to support your façade.



Once you get through the façade, which is the hardest, it is the thing that takes the longest time because it is the most resistive. We are most resistive to one particular thing, and that is TRUTH. Because we are resistive to the truth, this shell is a hard shell that we tap on, but not hard enough in order to break it. It is only the truth that allows us to break the shell. Once we go through that, we will feel the damage to our selves, and often feel the real self even under that damage, and you will go wow, I am not even like that, this is not my real nature. This real self fears nothing. The real self that God created does not know fear.



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9 MOC Peak

8 1250

7 1080

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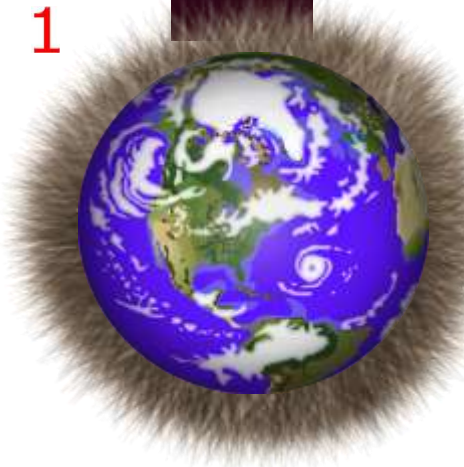
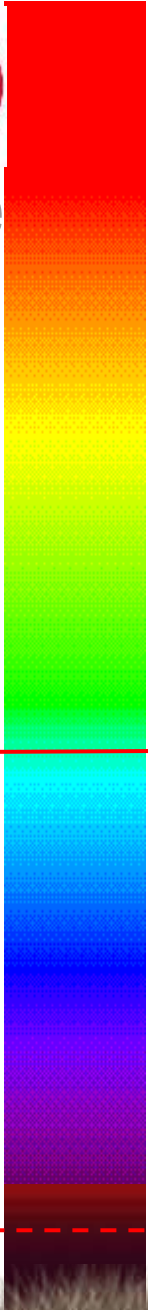
4 840

3 780

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1 500

1



SPIRITUAL HEALING CONDITIONS:

Only when the healer is at one with God (8th sphere soul condition) can he, directly with God, heal a person, who has faith.

Practical ultimate conditions for healing:

Healer on Earth is seeking and receiving Divine Love and is in a 2nd sphere soul condition. Person seeking healing is also seeking and receiving Divine Love, if only to a limited degree.

Healer will be sent Divine Love angels from the Celestial Realms (8th sphere and higher) and they will act as conduit for our Mother and Father. All parties involved have faith and desire to connect with our Heavenly Parents. Healing will be rapid and permanent.

Healer who is above 1st sphere soul condition can and does attract natural love spirits from 4th and 6th sphere to assist with relieving illness.

If healer is asking for and receiving Divine Love then he will attract assistance from 5th and 7th sphere spirits to assist with healing, bringing relief for the patient.

Should the patient have faith in the process and is endeavouring to grow in love then healings are possible.

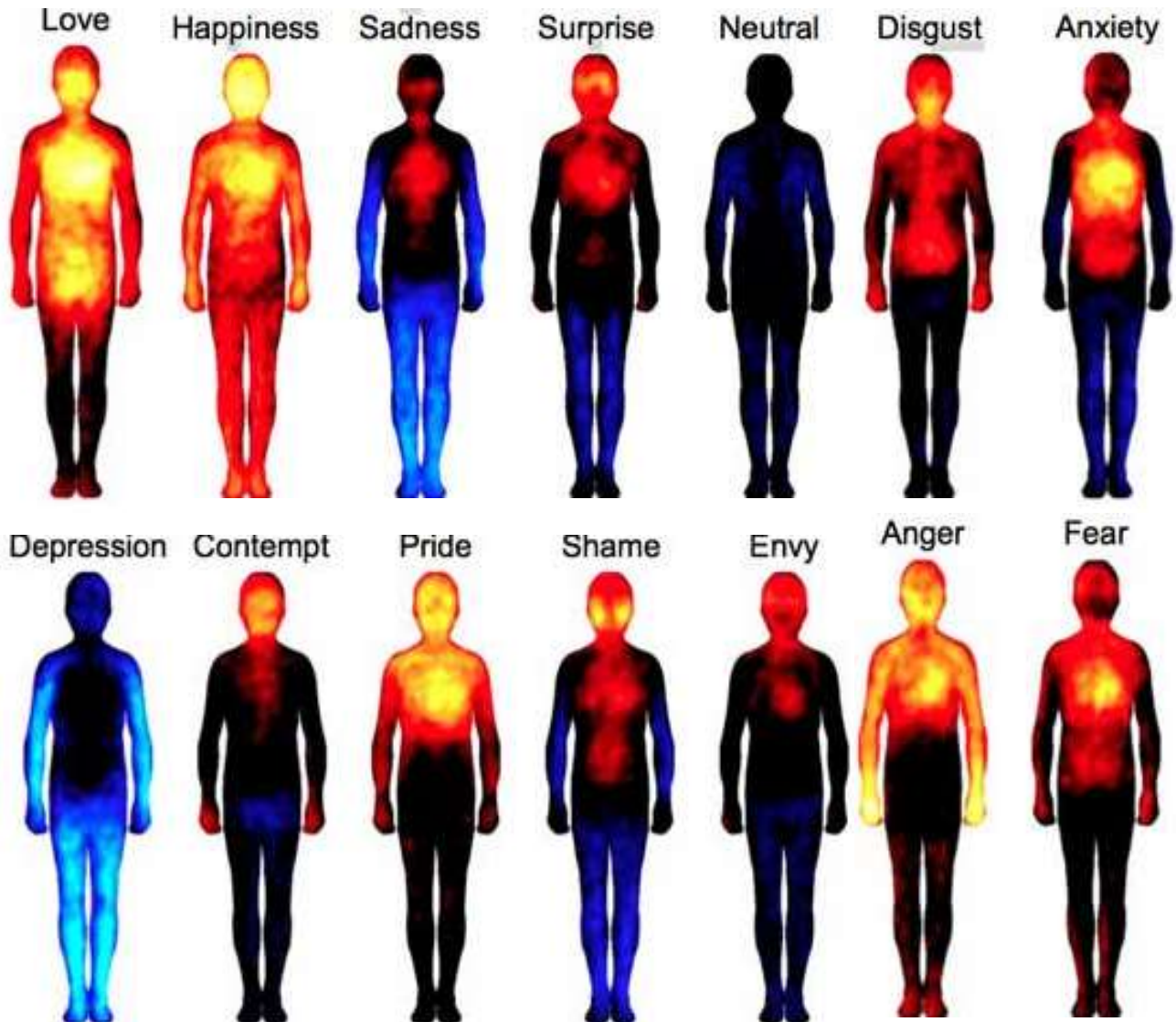
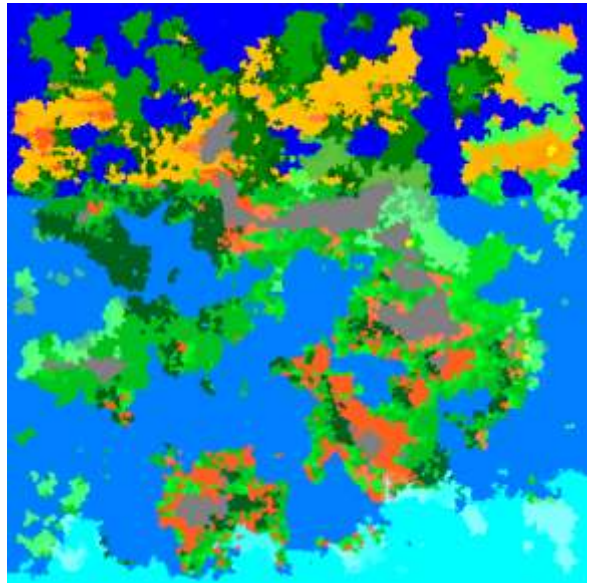
Healer, in this condition, is able to break through the cloud of negative emotion enveloping Earth.

Healer in 1st sphere soul condition cannot develop rapport and assistance from spirits who are above 1st sphere. He attracts 1st sphere spirits who masquerade as healing spirits. No healing.

ENVIRONMENTAL DESTINATIONS:

The predominant emotional aspect of each person is clearly visible through one's spirit body. One's soul condition is basically the average of one's emotional makeup. Those with the same appearance will find themselves together having the same emotional / soul condition. Those reflecting a higher level of love will find themselves in a more beautiful and brighter location than those with a poorer soul condition who may find themselves in a dull and dreary location.

From there, we can all develop our love and progressively advance to ever increasing in splendour environments, referred to as planes.



GAINING the equivalent of PhDs SPHERE by SPHERE:

The journey to our ultimate destination is of enormous proportions, however, we have loving assistance and guidance all the way.

Consider that each major sphere that we progress through is capped with the granting of a PhD. Thus our journey to our ultimate home could be said to represent the achievement of gaining some 16 PhDs!!! Incredible!

Yes, we can all do it. As we ask for and receive Divine Love, as well as doing our Feeling Healing, we accumulate this wonderful essence progressively within our every growing soul, all visible due to the luminosity that this wonderful substance generates through our solar plexus of our spirit body. Our solar plexus are called this way due to this radiance emanating from that location of our being.

Major spheres that we may advance through are:

Spirit World (Divine Love) spheres	4
Celestial Heavens spheres	3
Eternal Spheres	3
Infinite and Universal Spheres	3
Spheres of Paradise	3 then
Super Grand Sphere surrounding God's Sphere & Soul	---
Total number of graduations	PhDs 16
	==

Each sphere contains numerous planes and layers, thus our journey will have an incomprehensible diversity of experiences, all incredibly loving, progressive, evolutionary and creative once we set to commencing by simply longing for to our Mother and Father, please may I receive your Love! Divine Love will never be withheld from us once we ask.

When we arrive we will be amongst the most capped personalities ever imaginable!

This is one time when this statement stands out:

“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD



WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus' Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It's that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

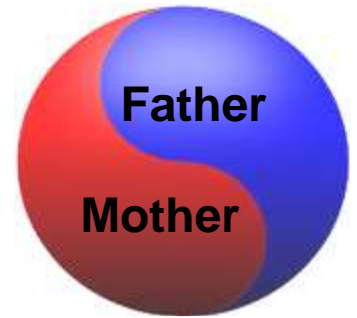
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair's guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world's spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.

GOD



M&F



J&M



AVO

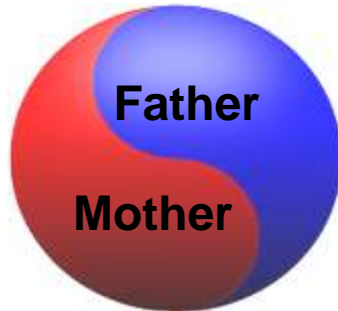


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
We are to long for the truth of what we are feeling.
We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.

In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.



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

AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nabadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

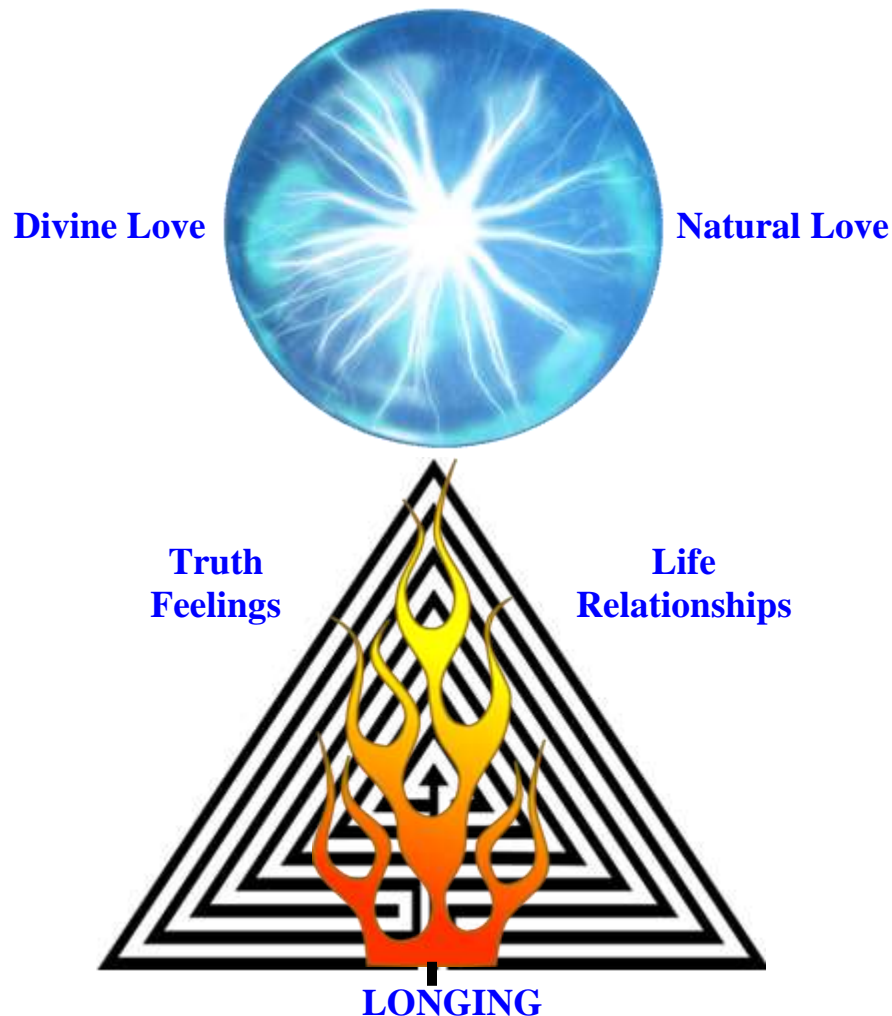
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

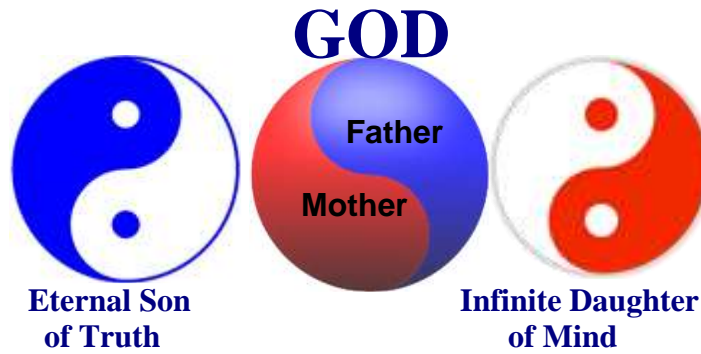
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
2. **ETERNAL SON (ES) – Divine Truth**
3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit).

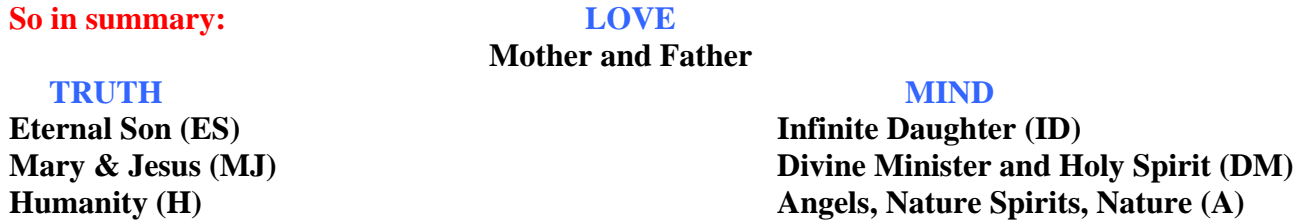
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS (MF) – Love – the Living Truth**
2. **DIVINE MINISTER (ID) – Mind (and her Holy Spirit)**
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

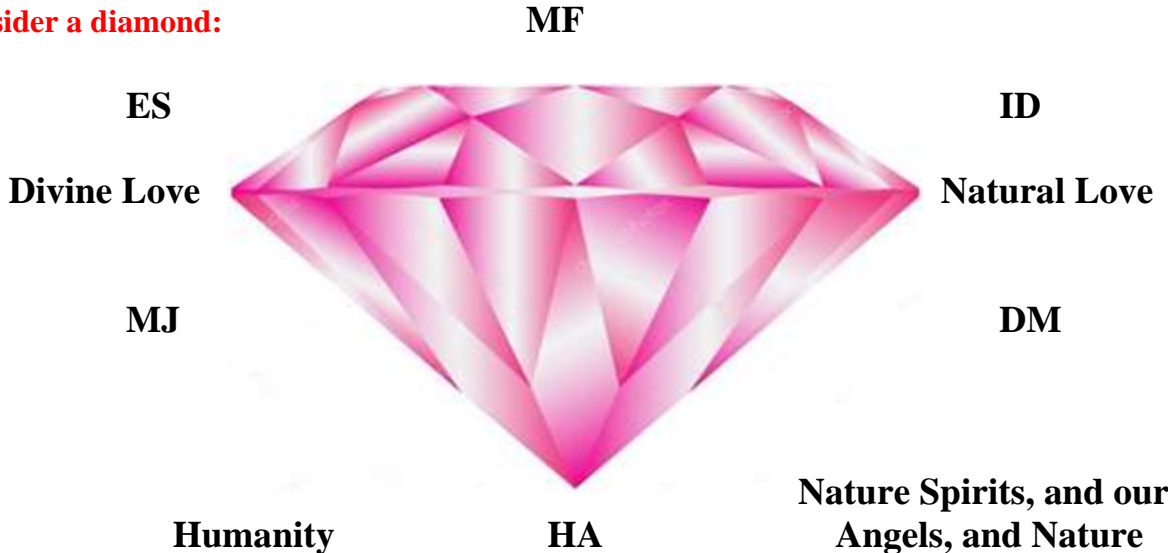
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR – the Feeling Healing process – incarnate**
2. **DAYNAL – TEACHER PAIRS – they do not incarnate**

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

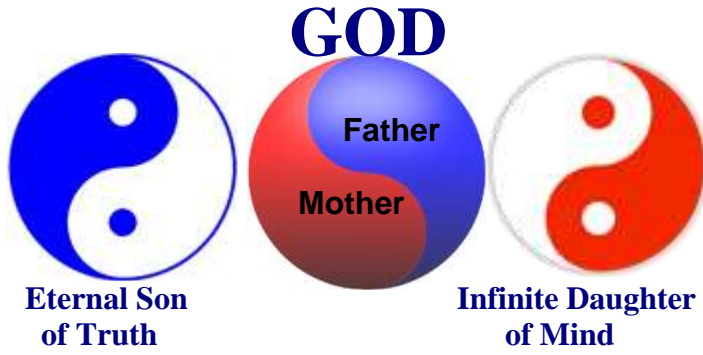
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

CREATION of SOUL and SPIRIT:



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

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



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

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit

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

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

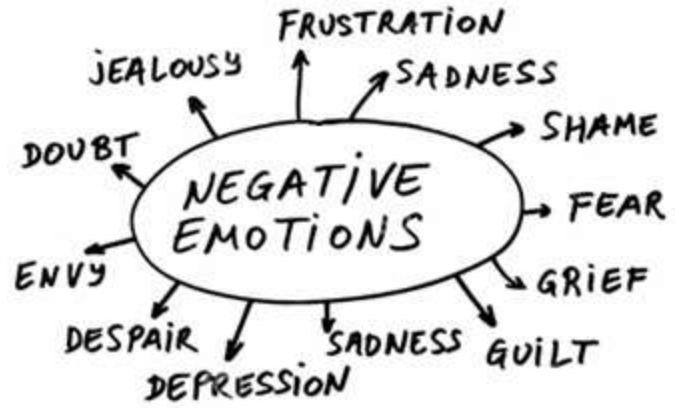


A nature spirit is an angel in waiting.

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



Immortality with the Love.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU
FEEL, THINK AND ARE.

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

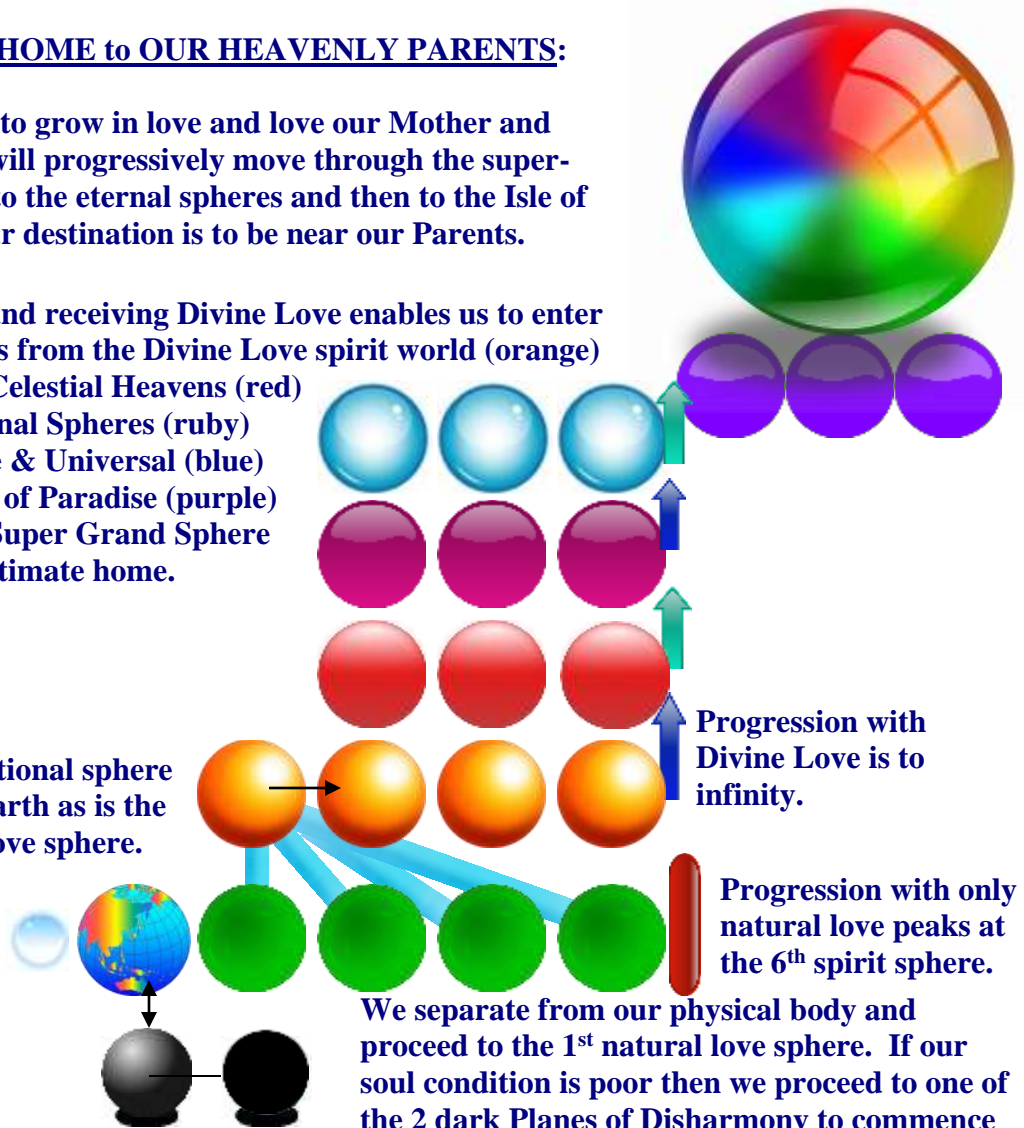
Heartfelt TRUTH

JOURNEY HOME to OUR HEAVENLY PARENTS:

As we learn to grow in love and love our Mother and Father, we will progressively move through the super-universe, into the eternal spheres and then to the Isle of Paradise, our destination is to be near our Parents.

Asking for and receiving Divine Love enables us to enter and progress from the Divine Love spirit world (orange) then to the Celestial Heavens (red) then to Eternal Spheres (ruby) then Infinite & Universal (blue) then to Isles of Paradise (purple) then to the Super Grand Sphere being our ultimate home.

Pre-incarnational sphere is close to Earth as is the 1st natural love sphere.



Progression with Divine Love is to infinity.

Progression with only natural love peaks at the 6th spirit sphere.

We separate from our physical body and proceed to the 1st natural love sphere. If our soul condition is poor then we proceed to one of the 2 dark Planes of Disharmony to commence our development of love.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”
Jesus 11 May 2016

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EMBRACING the LOVES:



Our soul is formed from the substance known as natural love. This natural love enables us to develop to that which is the perfect man, an excellent, capable and loving personality. However, there is a limit to our growth founded on natural love for there is nothing of the Divine within the substance of natural love.



Should we ask for, and then receive Divine Love, then the Divine substance of Divine Love can be added to our being, thus providing us with an infinite potential for growth and development in the Love that is Divine.

The natural love and Divine Love are not divided when in the soul.

The natural love is harmonious in the Immortal greater love, the Divine Love, and so, never shall an Immortal faith and Immortal truth fall.



Adding Divine Love to your being can be likened to developing a powerful engine based on natural love to that which is found within a most powerful muscle car. One's performance capabilities progressively develop as the regular fuel of natural love is slowly, but steadily supplemented with the fuel of Divine Love, thus changing that which is founded on natural love to that of the Divine, namely Divine Love.



Your fuel steadily is converted to that which is of the highest octane level ever envisaged.

The Divine Love is the wonder of the universe. How this invisible substance causes so much change in our mortal nature is a miracle to behold and experience.

Living with the Divine Love brings about harmony throughout all of one's bodies, systems and personality. One's capabilities and love continue to greatly expand.



Divine Love always has its effects in harmony with the expression and development of natural love. Therefore your awareness and expression of natural love in your life is a vital element in accepting Divine Love into your life and fostering its development of your soul. Divine Love is the great harmoniser and is therefore not isolated but its effects are universal.

Divine Love is the 'ultimate' high octane fuel.



WE ARRIVE DETUNED!

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.

As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation, we are to live true to our feelings. Our heartfelt feelings being the guiding lights to our evolution and growth of truth.

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in and can be found through our feelings – our soul based feelings.

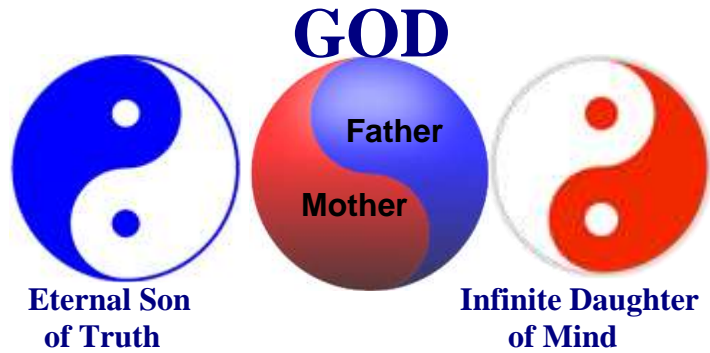
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



WE were DIVINE, and
WE are to BECOME DIVINE AGAIN:

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



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



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



Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul’s two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just ‘less’ or different to Divine Love. And it’s that in our rebellious state, we’re rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

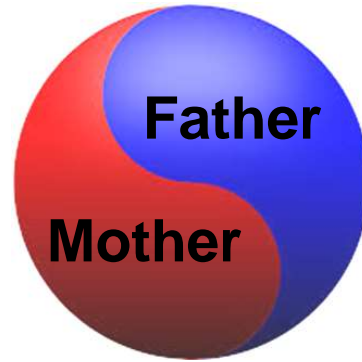
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence our Soul Healing and a returning to that of being divine – this is our destiny.



**Negative Spirit Influence
 blocked
 22 March 2017
 Law of Compensation
 quickening
 22 May 2017**



**Rebellion and Default
 officially ended
 31 January 2018**

CREATED in THEIR IMAGE:**GOD**

James: Mary, what does 'we being created in the image of God' really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God's Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you've completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being 'confirmed' and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

Mary Magdalene communicating with James 20 November 2017



The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of the Mother and Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

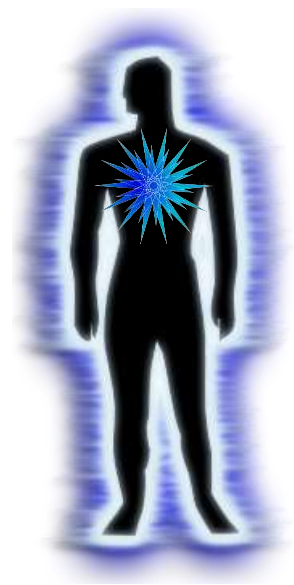
**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



**Divine Love having been
assimilated within one's soul,
now being reflected through the
radiance of the spirit body.**



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas

www.lulu.com

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the 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.

Our salvation IS by embracing Feeling Healing with the Divine Love.

God's Divine Love: Pray for it, ask for it, and receive it.

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

“Soul God, I love you and I love receiving and experiencing your Divine Love.”

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

God's Divine Love: Pray for it, ask for it, and receive it.

Prayer for Divine Love: (extract)

“We pray that Thou will open up our souls to the inflowing of Thy love, and that then may come Thy Holy Spirit to bring into our souls this, Thy love in great abundance, until our souls shall be transformed into the very essence of Thyself; and that there may come to us faith--such faith as will cause us to realize that we are truly Thy children and one with Thee in very substance and not in image only.”



**Feeling
Healing with
Divine Love is
the key!**



"Please, sir, I want some *more*."
or
"Please, Mother and Father, I want some *more*."

LOVE
is
The New Way, Feelings First Spirituality

The New Way, Feelings First Spirituality is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

Feelings First Spirituality has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

Living the New Way of Feelings First Spirituality

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

And to do this you need to do your Healing

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

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

THE New Way

Feelings First Spirituality

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health: <http://www.pascashealth.com/index.php/library.html>

Spiritual Development: <http://new-birth.net/spiritual-subjects/>

Padgett Books: <http://new-birth.net/padgetts-messages/>

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings		2017	44

This group being pages of 3,092

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

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

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

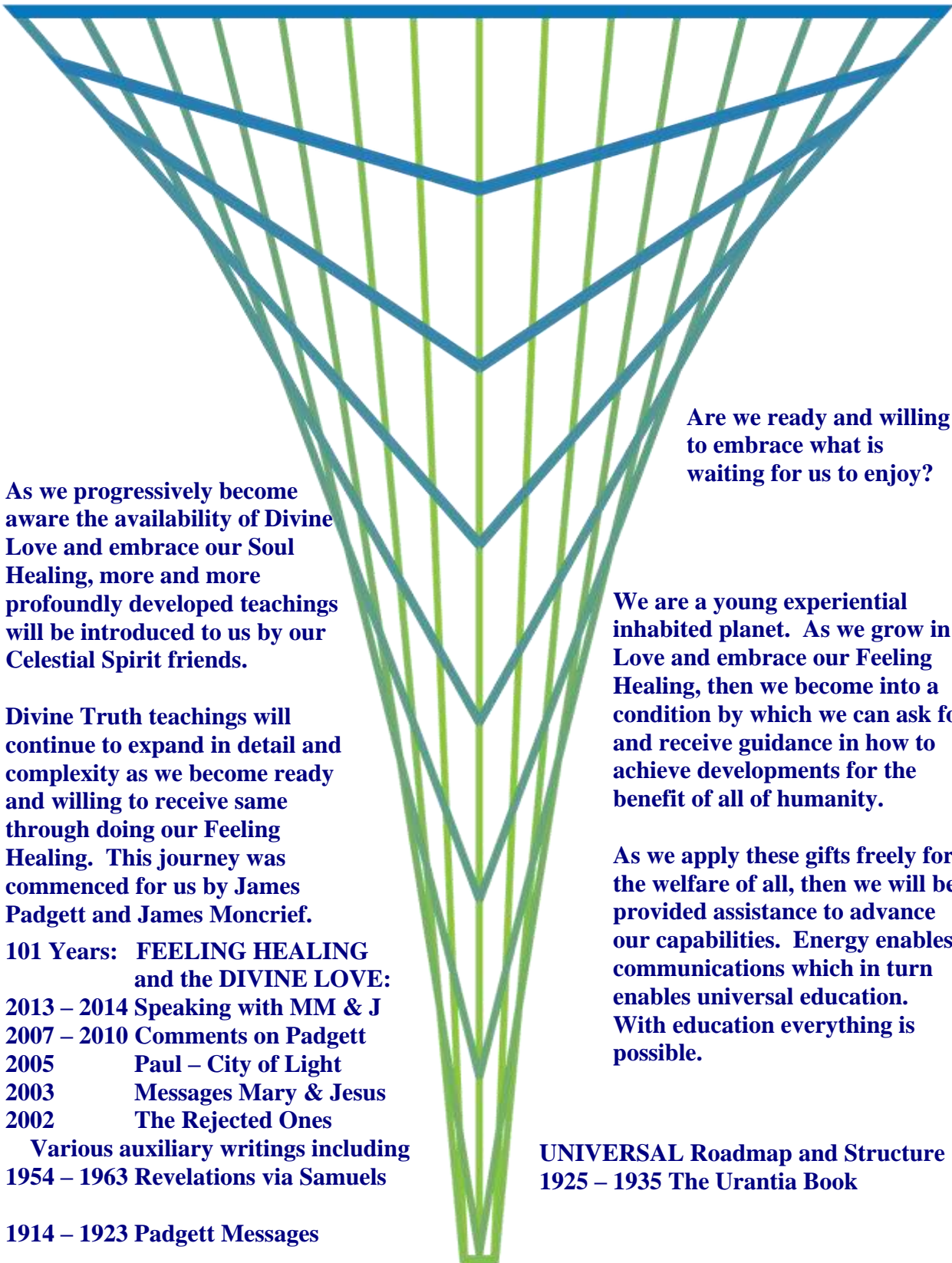
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:





**God's Great Gift of Divine Love
The Greatest Truth in All the
Universe**

Obtain the Divine Love

**Teach the Existence of the Divine
Love**

**By your life show and prove to
Mankind the Reality of the Divine
Love**

**These are the Three Objectives of
the Way of Divine Love**

**From a Message of Jesus to James Padgett
December 28, 1915**



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