

PASCAS CARE

Feeling Healing

REVELATIONS



“Peace And Spirit Creating Alternate Solutions”

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Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

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The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

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

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.



FEELING HEALING and REVELATION X 2:

These notes are derived from Book 2; “Speaking with Mary Magdalene and Jesus” by James Moncrief. Book 2 being messages 33 to 56, from 8 April 2013 to 5 May 2013.

Links to New Revelation about Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

Divine Love Spirituality: <http://divinelovesp.weebly.com/> and <http://dlspirituality.weebly.com/>

Feeling- and Soul-Healing: <http://divinelovesp.weebly.com/soul-healing.html>

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

Speaking with Mary Magdalene and Jesus: <http://withmarymagdaleneandjesus.weebly.com/blog>

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

Divine Love Spirituality <https://divinelovespirituality.wordpress.com/>

Free Books on Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

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

33. How do we live God’s Will?

8 April 2013

(Speaking with Mary Magdalene and Jesus: book 2 by James Moncrief)

To live God’s Will all we need to do is live true to ourself, true to our feelings, and when we are, so when we have healed our negative and untrue state, then naturally we will be living true to God as we live true to ourself. So we will be living God’s Will, our Heavenly Parents’ Will.

To be living God’s will, should we long to do that as well as long for the truth of ourselves and the Divine Love?

You may if you feel to; you always do what you feel to do. However overall, by longing for the truth of one’s self as we accept, express and seek the truth of our feelings, we are doing all we can so far as longing to live God’s Will. That *is* our longing if you like. All one really need do is two things: Long for the Truth of one’s soul, which is really the truth of one’s self. And to actualise or realise this longing, we can do this by accepting and expressing our feelings. And that will bring us back into a state of natural love perfection as we do our healing. And then, as the Divine Love is still available to us, long for our Mother and Father’s Divine Love, the Love energy from the Source Soul.

And in longing for God’s Love, we can long to God however we feel God to be. We don’t have to specifically long to God as our Mother and Father.

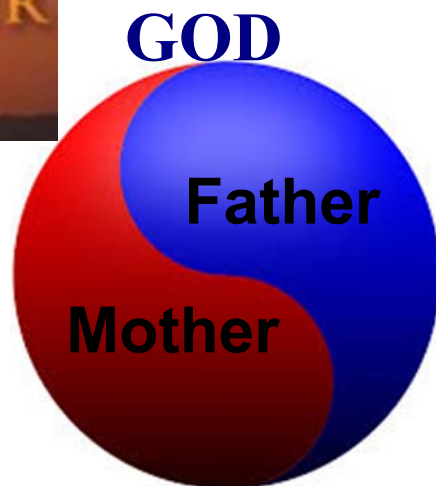
It’s a sincere or heartfelt desire to be at-one with that or they whom we know or relate to as being God. And if we are sincere and true in such a longing for God’s Love, and we are also longing for the truth of ourself, then our relationship with God will begin to personalise, will grow and evolve as we become more at-one with God, as we get what we are longing for. And so we will move to relate to God being our Heavenly Mother or Heavenly Father, or even as we are wanting to relate to Them both at the same time. And once again it’s a feeling thing, NOT to be contrived by our mind.

Our feelings are to lead the way, they being our expression of living true to ourself and so living true to God, for as we live true to ourself we are living true to God, it can’t be any other way. However we also have a mind, with which we can understand our feelings – why we are having them and what they are showing us; and we can also use it in a negative or rebellious way to control our feelings, so become untrue to ourselves and untrue to God. However our mind is meant to act in support of our feelings and not in control of them; our feelings are first then our mind follows, and NOT the other way around.

MOTHER, FATHER GOD

God is both Father and Mother, being SoulMates, that is Father God and Mother God.

Jesus of Nazareth and Mary of Magdalene were both born free of sin and are soulmates. It is their Spirits of Truth that we can long for to connect with them once we commence our Feeling Healing and are longing for God's Divine Love.



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, and to start this journey we are to liberate our souls from being entombed within our suppressive minds, by feeling and longing for the truth and peeling away our injuries incurred since conception.

Children of God



34. The Spiritual Revelation of Truth is moving on.

8 April 2013

The Divine Love is a separate thing, something we can choose to long for or not, but it doesn't of itself help us grow in truth, that we can ONLY do through our feelings and the way Jesus and Mary are telling us. By receiving the Divine Love into our soul, it will, as Jesus said in the Padgett Messages, transform our soul from the image of God into the essence, however that is a separate issue, something between our soul (ourselves) and God. We being the expression of our soul, need to set about growing and evolving our soul with truth so as to help that inner transformation with the Divine Love; and so also further our relationship with ourselves, with Jesus and Mary, and with our Heavenly Mother and Father.

As we are experiencing our feelings and emotions, this can only be done as we accept, acknowledge, express and seek the truth of ALL our feelings. All we have to do is stay true to our feelings, and continuing to do so. And as hard as it is, it's so much better accepting and expressing our bad feelings instead of working so hard to deny them.

35. Jesus, why did God create evil?

8 April 2013

When we feel angry with God, in fact it's not actually God we are angry at, but our parents.

What is happening when we are healing ourselves, we are moving closer to becoming wholly our true self, and so as a consequence are simply no longer feeling as bad as we used to, as we have been conditioned to feel. This is due to our repressed feelings being no longer there, as we've expressed so many of them out of ourselves. And as we have done so, our inner system has rectified itself, so we have become feeling better about ourselves, and about it all, even about God and what the Mother and Father have done to us, all the horror They've subjected us to. And simply you are feeling more love for yourself, this being what our healing is all about.

36. Clearing away bad emotions.

8 April 2013

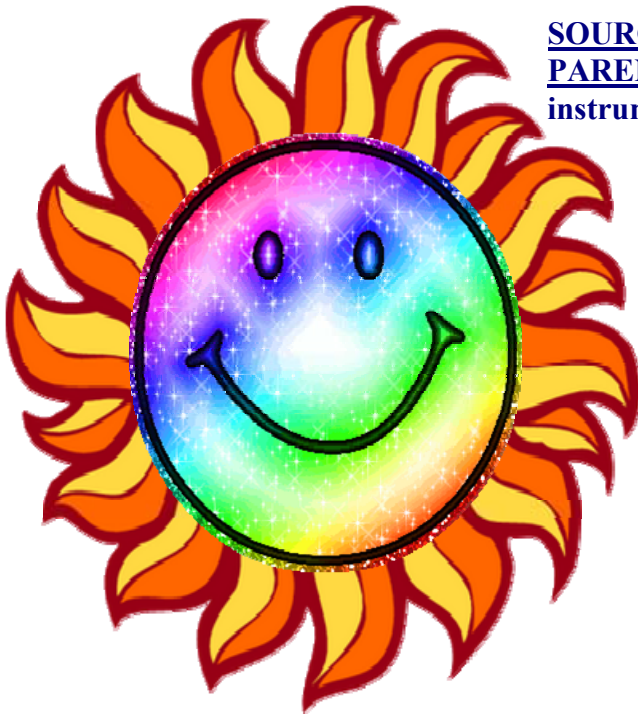
No technique or anything; by simply allowing ourselves to submit to them, and speaking about them, bringing them up even more by expressing and emoting all we feel, allows us to gain access to our true hidden underlying feelings, those which when we accept and express, lead us to the truth of ourselves, the truth of why we are feeling that way. The TRUTH will not be realised in not merely an intellectual understanding and mental connection with a problem. Because ultimately our system, our soul, will say, enough is enough, we have moved too far away from our true self, we've given our mind too much control over our feelings, and we are denying ourselves too heavily.

Accept and speak about all our bad feelings whilst seeking the truth of them. It's expressing all our repressed feelings out of ourselves and uncovering the truth of them that is truly helping us. If you have no one to talk to about your bad feelings, consider writing them down or telling them to God.

Disease and pain all comes from our early childhood repression of our bad feelings.

Our focus in life is only to be on our feelings and the truth that comes from expressing them and nothing else, not trying to control everything according to our beliefs.

This in the short term, whilst we are allowing all those bad feelings to surface, might make us feel very bad, very, very, very bad, but in the long term we know that once it's all gone, then we will feel true, truly happy and not a mind contrived false happiness; and loved – a real and true love.



SOURCE SOUL, our HEAVENLY PARENTS, have any number of spirit instruments assisting at any time.

Holy Spirit
'Divine Love'



Spirit of Truth
Truth also conveyed through your Indwelling Spirit



SOURCE SOUL



Holy Spirit



Divine Love is conveyed on request to your spirit body and absorbed through to the soul, resulting in the ambiance of the spirit body growing.



Infographics and diagrams have been added by Pascas.

**INDWELLING SPIRIT, THOUGHT ADJUSTER,
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Spirit, Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Spirit – Acting Spirit.

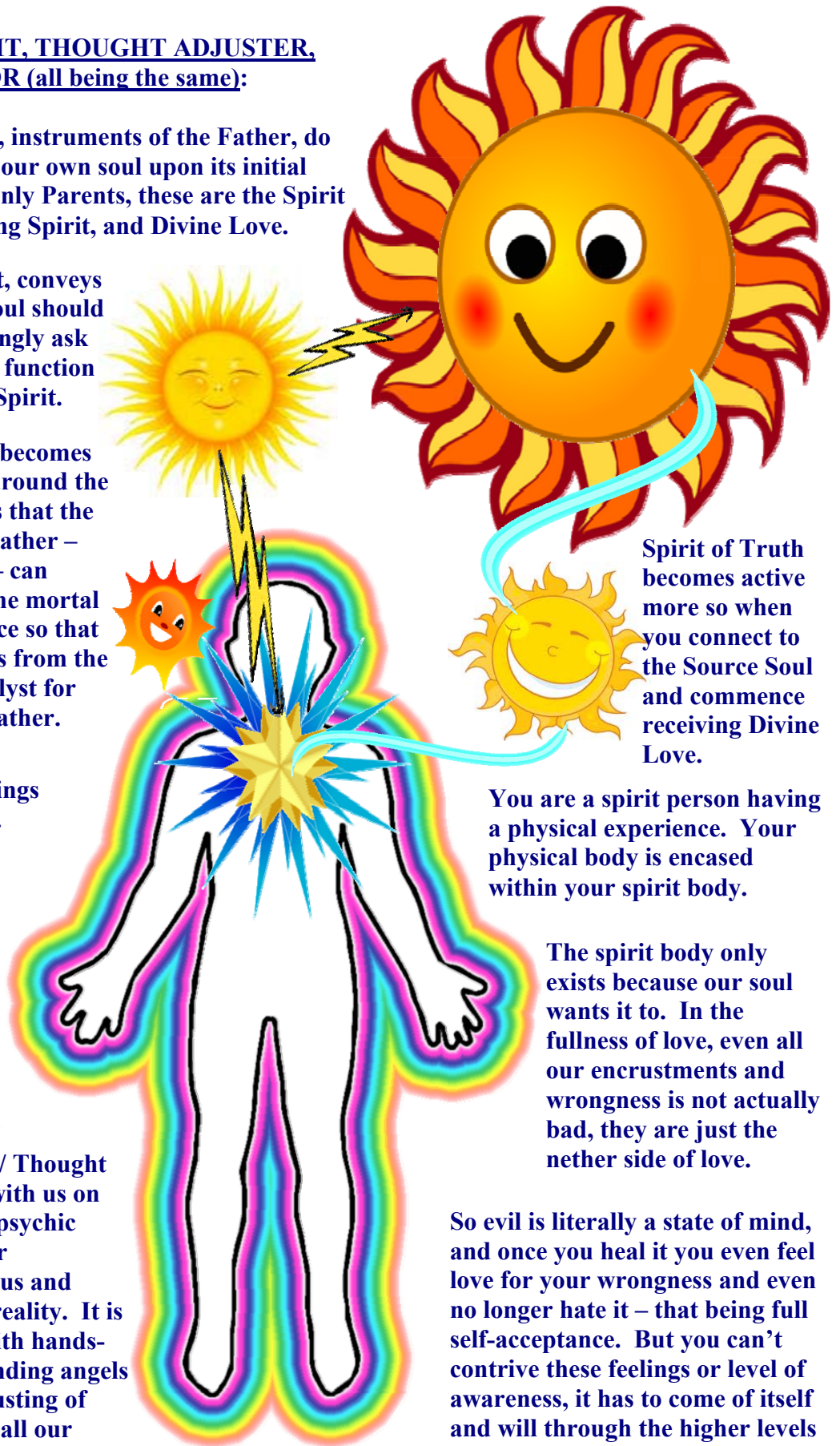
The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the Father.

The Indwelling Spirit reveals intrinsic workings of Father to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to the Source Soul and commence receiving Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

SPIRITS of TRUTH and HOLY SPIRIT:

More from James regarding Spirits:

The Holy Spirit provides differing support and guidance to that of the Indwelling Spirit. The Indwelling Spirits guides one to God, our Heavenly Mother and Father; the Holy Spirit brings Their Divine Love into our heart.

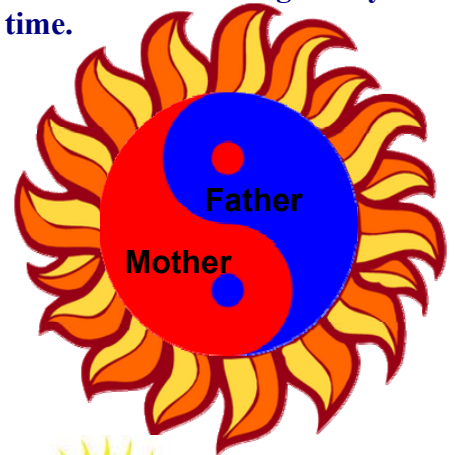
The Spirit of Truth becomes active **ONLY** when we choose to follow the 'owner' of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so 'be like them' and in so doing so this activates the Spirit of Truth. And so if we choose to be as they are in truth, to live how they live the truth, to be of truth and the same truths they are, then with their Spirits of Truth assisting us we will come to relate to our Mother and Father just as they do.

We are growing spiritually in Mary and Jesus' universe. We have to want to be as they are in truth, if we don't want to do that then we're rebelling against them. And if we don't embrace them, then we'll never leave Nebadon, the region of the universe that encapsulates Earth.

The whole idea about having Spirits of Truth coming from Paradise Pairs is so the ascending mortals (us) of that universe (from the Creator Pair) and specific worlds (from the Avonal Pairs), all end up living the same truths. And if we didn't live the same truths, we'd all still remain all over the place and have nothing we can all connect with and relate to in each other.

So we can come from all over the planet, from very diverse races and cultures, yet because we all end up embracing the Spirits of Truth that are to help reveal the truths we are to know, so we'll all be able to connect and relate to each other through the truth we're living, all being able to live happily together as Celestials, and eventually as Celestials on Earth. It's the Spirits of Truth that bring us all together, homogenises us if you like. And if we all lived true to them, we would not need any rules or laws because we would all be living and knowing the same truths – so all living the same way only expressing those truths individually.

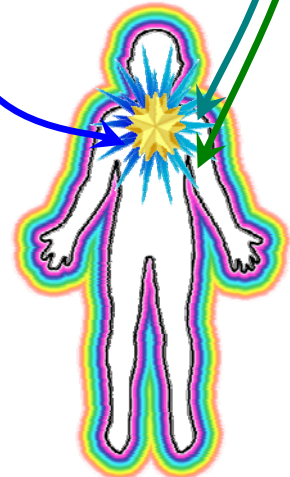
Our HEAVENLY PARENTS have any number of spirit instruments assisting at any time.



Holy Spirit conveys Divine Love from our Heavenly Parents



Spirits of Truth of Mary Magdalene and Jesus



All the spiritual and religious and alternative ways we have to live are based on and created with minds, all to help us further our mind control over ourselves and each other. Nothing we do is being done truly from and with our feelings, and that is what is to change, and when it does, then things will really start to change for the better.

The so-called Great Christian era may fail, along with all the rest, it will all come to a grinding halt, and all because it's not progressive, as it can't be, it being truth denying instead of truth evolving and progressing. All the religions and spiritual systems are systems of the mind, and because our minds are bound up in a negative state, then so too are these systems and so too will we be, if we continue with them.

37. Clearing away bad emotions continued; dreams and angels.

8 April 2013

It's about accepting our bad feelings instead of doing all we can to reject them, it is really the way to truly accept oneself, to be as self-loving as we can. Simply submit to our feelings allowing them to make us feel as bad as they will, but all the while speaking about how bad we feel whilst seeking the truth of why we do feel so bad.

What happens is all our experiences are recorded in our soul, and should our soul need to liberate such memories for us, then it will do so in conjunction with our indwelling spirit and angelic guardians. Our attending angelic pair are certainly witnesses to all that went on – to all that goes on, and can impart all they have witnessed should we require it, but that would be all from how they saw it, not just like a straightforward impartial and technical video as such.

Firstly to the fact that it's all within our soul, and all that's within our soul the Mother and Father know, so God knows all. And secondly, if it be that we are to remember such things as we were just speaking about, then in conjunction with our indwelling spirit and angelic guardians, our soul can make known such things to us, we can remember them.

We are to grow in truth through our feelings, which is why our feelings are needed, so we don't need to be able to look at all those bad and unloving experiences again – it's not a mental exercise or a video we can save and watch at our leisure. We'll remember all we need to, and in time the rest will however come to us, but through our soul-perceptions as our soul expands in truth.

38. Receiving the Divine Love, should make you feel bad?

13 April 2013

For those who go about receiving the Divine Love and not feeling their emotions are simply using it still to add to their superiority, their belief, which might even be unconscious, that they are god and are in control of everything. And so they will feel good, very good that they are receiving the Love, it adding to their ego's beliefs about themselves. It is helping them move deeper into their negative state because they are using it to help bury their bad feelings even more than they already are.

39. Reincarnation.

18 April 2013

The concept of reincarnation was yet another ploy, like all the religious beliefs, to keep people denying themselves, that being the truth of themselves, by denying their bad feelings. And so many people and mind spirits from the natural love Mansion Worlds look to the belief as a way to make them feel better about themselves, instead of seeking the truth of their evilness and personality denial, allowing themselves to feel all their bad feelings and strive to uncover the truth of them.

One always will have the potential to redeem oneself and partake of the Divine Love – always; no one is ever too bad or too evil.

There will be relatively few people who actually take the principles we're talking about and live them, no longer needing any books, looking solely to themselves, to their own feelings for direction, insight and guidance.

When one starts to heal one's childhood repression, then one knows that all that ails them is all our wrong doing, all our evilness, our whole negative state, is ONLY a product of this life, of our relationship with our parents. We are setting out to allow ourselves to feel as bad as we really do, that being, underneath the fantasies we have created deluding ourself that we feel good. We can't feel truly good when you're evil. Being evil makes us feel bad, because we're not loving ourself. And so if we feel good when we're evil, then something is seriously wrong inside of us, which is what most people refuse to face and wake up to, which of course is completely understandable. No one has wanted to face the whole truth of themselves.

We can't grow in truth with and through beliefs, that is all of the mind. We can ONLY grow in truth with and through our feelings, and not feelings that are being controlled by our wayward mind.

40. I AM GOD! Oh all right then, a little god. But still a god... aren't I?

18 April 2013

We only have to look at how we organise our society and world, in that we allow other people to have control over us, we give our power away to these controlling entities we call the government or the hidden elite cartels and families; who in their turn say they are looking after us, doing all they do in our best interests which is exactly the same as what our parents said to us, but not giving us the actual said freedom the Lucifers' said they would give everyone, but underhandedly controlling us all. So naturally as we've been so heavily controlled by our parents, us living and agreeing to and even needing such heavy control by authorities, instead of striving for the truth which would allow us to be entirely self-governing, which is in fact, how God allows us to be. So instead of complaining about being under the control of those secret powers, by the government, the hidden elite, or even some undisclosed alien race, it would do a far nicer and kinder thing for us to look into our feelings to uncover the hidden power our parents had over us, and all those bad feelings we have buried as to how being so heavily dominated actually did make us feel.

Many people fear being controlled by unseen conspiracies, which is only really a projection of their hidden fear of being controlled by their parents. Our parents' control over us is the greatest conspiracy we've been subjected to, and are still subjected to even now whilst an adult. And it's the one we fear the most and do all we can to refuse to see the truth of. It's far easier to blame someone else outside of us whom we believe is secretly plotting and scheming against us, than it is to stand up and face the truth of what's staring us in the face – the truth of our relationships with our own parents.

So if people do actually want to grow in truth and stop being part of the negative system, then they will need to stop denying any feeling and instead start to willingly embrace all they feel. Which means, they will have to simply allow their feelings to be, and if they feel bad, then they feel bad, and speak about and express such bad feelings, all whilst longing for the truth of them; all whilst wanting to look deeper into themselves to try and see what those bad feelings are wanting them to see. And this is truly 'going in', all the other sorts of 'going in' people talk about is only still playing around in their mind and avoiding really going in.

Civilisations have been built up only to fail, and the same is soon to happen to this current one, only the difference being this time around there is a way out for those people who truly seek it now being offered

to us. And that way out is being through our own feelings. We don't have to leave the planet or start building a paradise of our own making, we can do that if we want to keep denying ourself when we get to spirit, and we don't have to do anything. We can live completely surrounded by and subjected to the evil, whilst we set about working on ourself to heal our truth-denying state. And in fact we still need to be influenced by it for it to make us feel bad so we can use those bad feelings to uncover the truth of our own evilness and part in it all.

LACK of SELF- LOVE:

- A composite of:**
- a. lack of self-worth**
 - b. lack of self-acceptance**
 - c. arrogance and pride**
 - d. self-loath and hatred**
 - e. lack of self-awareness.**



Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.



The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.



Infographics and diagrams have been added by Pascas.

41. [The New World Order.](#)

18 April 2013

For if we chose to embrace all the bad feelings we are currently feeling and will feel when the pressure is applied more to them, to use those feelings to uncover the truth of themselves, then as we progress in our healing we would have let go of such power needs anyway, being less concerned about those who are in power.

We have all been made to suffer terribly during our forming years, and we all keep that pain buried, so what happens in our adult lives is only a further manifestation of that suffering.

42. [More on the Padgett Messages and The Urantia Book.](#)

18 April 2013

Should one be wanting to advance one's soul, it is to do one's healing, that's the most important part of it all. And it's what now awaits humanity, to go into their pain with the intention of using it to help them uncover the truth of themselves. That's what's going to occupy truth-orientated souls for the ages to come, until humanity has finally healed itself of its negative state. It's a whole new way that awaits humanity as it moves into looking to live true to itself, rather than keeping on as it has done, living untrue and against itself.

To start healing one self, then one will feel moved to do so, they'll not be able to stop themselves. And it will only be their resistance that causes them their pain, this being what they will use to help them uncover the truth of their feelings.

Just feel it all, allow your feelings to take you over completely, then you can give you mind its well-deserved rest.

43. [Completing the revelation.](#)

18 April 2013

By the ongoing looking to one's feelings for their truth; which if taken seriously will lead one into having to confront and deal with one's childhood repression; all of which will, if you want to uncover the whole truth of it, irrevocably changes one's life. This is informing you that our way of life is wrong, that it's not in harmony with the natural way of things, and that all we are doing is going against the wellbeing of ourselves, only making life difficult and unpleasant. And those people who find they are enjoying their lives are really only enjoying it through their mind control, the control of themselves, their minds control over their feelings, which is all self-denial and so evil.

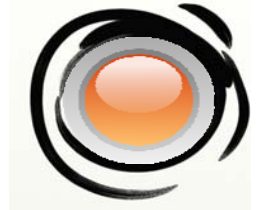
Evil, you understand, is simply living against one's self, living untrue to all our feelings. And should we want to become true, then we are to stop denying any feelings and look to them to uncover the truth they are trying to show us.

There is in time a division to come within humanity on Earth, that reflecting the current division that exists in the spirit Mansion Worlds. In time there are to be those people still wanting to carry on as they are now, living evilly and untrue to themselves just as the spirits in the mind Mansion Worlds do; and there will be those people striving to live true to themselves. And the two ways or approaches to live are opposites, poles apart leading one to very different outcomes in life. If one wishes to live remaining in their negative truth-denying states they are to be at leisure to do so, being quarantined and confined to the mind Mansion Worlds; if one chooses to live true and freely expressing and uncovering the truth of all their feelings, they'll be able to heal all of their evilness, and consequently keep growing in truth all the way to Paradise.

To be FEELING RECEPTIVE rather than being MIND CONTROLLED:

People are to sincerely seek the truth of themselves through their feelings. The soul is that indefinable part of one's self. It's that part we can sense, soul-perceive within ourselves, somewhere deep within our heart. And it's not centred in nor is it part of the mind as some people think.

Our soul, blessed with natural love character traits and being the home of one's personality, becomes rapidly encrusted by the personality issues of those within one's environment, commencing from the time of conception and culminating, typically, by the time one is of the age of six or seven. We reflect the encrustments of our parents and of those within our environment. Our soul always remains perfect though it can become as dark and restricted in capability as a dried up garden pea, covered in error and negativity. We are making decisions with our mind right from our first moment of conception, even with such a rudimentary mind. Those decisions compounding as our mind develops, until around age six when our mind is fully developed and we are locked into our negative state.



The Indwelling Spirit becomes present when we reach the age of six or seven. This means that the unseen helper of the Mother and Father – the Indwelling Spirit – can interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the Father. The Indwelling Spirit reveals intrinsic workings of Father to our soul. The Indwelling Spirit guides us to uncover the truth of our soul through our feelings, whilst the Holy Spirit delivers the Divine Love into our soul, all in response to our longings for the Truth and the Love.

Together with the normal interaction between our soul and indwelling spirit all the truth we need to live will be given to us – all through ourself, all through our feelings.

Divine Love, when asked for and received, gives one just enough strength and desire to keep pushing on, all whilst at the same time, not preventing one from feeling all the bad feelings we need to keep feeling.

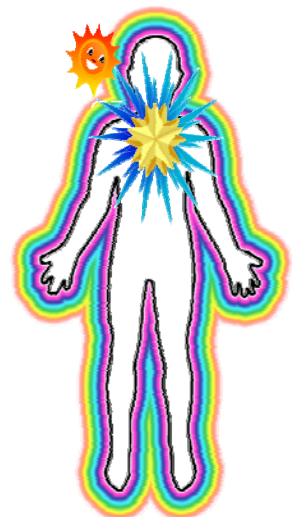
It is by applying the full intention to uncover the whole truth of ourself through our ongoing feeling acceptance we are to rid ourselves of our childhood repression and all the problems it's caused.

The religion of truth is really just living truth, the truth that comes from doing one's healing; which is really just the truth that comes from everyday expressing oneself: all one feels with the intention of knowing the truth of such feelings. True, however the further we progress and the more our soul expresses in Creation, part of what goes along with that is a sense, also from our soul-perceptions, that we are actually more our soul, so we are always becoming closer to being our true and whole soul. Only through our feelings can we come to BE our soul. We will ultimately not be reliant on anyone, only our feelings.

The thought adjuster – our Indwelling Spirit, is divine in as much as it's



literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise, when we're about six, and indwells our higher mind. It becomes, if we allow it to, by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise.



Now an alternative way to live is available to us, one which will need us to employ a lot of time to should we wish to embrace it. For it has within it, the potential to change every aspect of one's life. Also one's relationships, which understandably might be too much for most people to consider. However should we feel we want to go that way, it is suggested to begin and simply taking it one step at a time as you come to understand all that's involved. And with each step, should you wish to take another, the way will be open for you, you will make the necessary inner adjustments and you'll grow in truth.

If you feel you no longer want to participate in the world, in its ways of evil, in your living untrue to yourself, then all that is being offered you is the only way you can heal or remove yourself from it. All else is only more mind distraction and should be seen for being what it is.

Not before has humanity been able to choose to end its evilness, this is all new revelation as simple as it all sounds. Previously since the Rebellion and Default began (the time of the First Parents, Adam and Eve, also known as Aman and Amon), people have had to remain trapped within their negative states trying to make the best they can of it. Only in the spirit Mansion Worlds has there been this alternative available, and only for people who also wanted to embrace longing to God for Their Divine Love.

So far as longing for the Divine Love is concerned, that too is what one needs to do so as to move ultimately into the Celestial spheres of light and truth; however in the meantime, should one only wish to perfect and heal one's natural love, then one can do their feeling-healing without the direct inclusion of the Divine Love.

But of course, for the most benefit even though it is a harder road to take, including the Divine Love whilst you do your feeling-healing, thereby embarking on your soul-healing, will have far greater benefits for you in the end.

One needs to be made aware of the limitations of such a choice. For in the long run, the longer you remain in your evilness and negative state, the harder it will be to extricate one's self from it.

The time has now arrived in which humanity is being given the choice as to whether or not it wishes to remain evil or heal itself of all negative influences arising from the Rebellion and Default (the Default being that of Aman and Amon). But of course to begin, we need to be made aware of our plight, so we can make our choice.

As the pressures intensify on our world, as people are forced to consider their ways of life, so will more information concerning this new alternative be made available.

And for those people tired of being as they are and not feeling like they've been able to make any headway in changing themselves, these are exciting times for now real progress can be made.

Because all the souls up until now have needed to experience living – and mostly unbeknownst to the individual person themselves – without this choice, that they've been confined to their evil state – having to make the best or most of it. It's been very important for Creation, Nebadon, humanity itself, and all who've participated, all who were born into such a negative and evil state to have had the experiences they've had, all so as to explore the 'other' or 'nether' side of personality, that being when one lives denying truth, denying themselves, denying their full personality expression.

To liberate one's real self, 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>

Infographics and diagrams have been added by Pascas.

Evil as we understand is not right, it's a bad thing, however it's also a part of personality potential, and because of that, because we are able to deny many aspects of ourself, of our personality, so by the laws of personality expression in conjunction with the laws of Creation, that being: how personality is expressed by the soul in Creation, so this 'other side' of personality seeks expression, and indeed has to be given a say, it has to be allowed to express itself, because it's all part of the whole.

The perfect state of personality expression is full, true and perfect expression.

One has to come to understand that for oneself, that love, that being the expression of full, true and perfect personality is the state when one feels all aspects of one's personality being fully, truly and freely expressed, thereby making one feel happy, happy because we love and feel loved. And that when we're not happy, because we're not feeling loved and can't love truly, then we're not fully, truly and perfectly expressing all our personality, then we're living against all that is love, all that is truth, all that is personality perfection. And we are evil.

And so to come back into perfection, we have to live true to ourself, meaning, that we have to allow all our feelings to be fully expressed – to have their say. And when we do this, then our personality expression will be perfect, so we'll be able to truly love and feel truly loved, and so we'll be truly happy. And whilst we're in our negative states and so not feeling like this, all we call happy and love is false, all conditioned by and only an expression within and of our evilness. It's not true happiness or true love. And this is what we have to wake up to. So even the most happy and loving person whilst being of their negative state, are still not living and experiencing and expressing true happiness and true love. It's all still only a contrivance of their mind, a product of their beliefs.

We do no longer want anything the world is offering, no longer getting the pleasure we thought we would from evil. And all because we are not as evil as we were, with our evilness lessening each day we express more of our bad feelings and uncover their truth. We are removing ourself from it all, distancing ourself in a way, and this is what makes us feel like we want to go, to leave it, which is right, for why would we want to stay in evil. It's the same as us finally wanting to leave our parents, which really means, leave being the same as them, leave being in our evilness as they were in theirs. We are no longer of their world, so no longer feeling a part of the world, as the world is only created and maintained by people like them, all just an expression of their untruth.

The microbe is going to move into supremacy over humanity once again, just to show us all that we cannot defeat it, not by using technology and what we call science anyway – not by using our minds. That is not the way of nature. Feelings are the natural way, and if we live true to ourself by doing our healing we'll have no problems from the microbes. If we try to defeat and control nature bringing it completely under our yolk, then we'll be shown the folly of our ways. And so this is what's going to happen. It's time now, humanity has controlled nature and itself too long and too intensely, and so things are going to fall apart. It all is being our wrongdoing, so we'll come to see. There will be nothing people will be able to do about it.

All the changing and more climatic extremes are exacerbating the problem helping to provide the necessary environments for required work on the natural level, all to help humanity see that if we deny the truth, if we go against the truth of ourself, that being, our true nature – our true feelings, then there are dire consequences. And although it might seem like its taking quite a time for it all show up, it's actually been all rather quick compared to regular universal time.

So we are being shown very quickly that if we cross the line, there is hell to pay, and that line is very real. If we infringe upon another's will, that being any other creature – even the microbe, if we seek to take it over and control it subjecting it to our will, then we'll have to pay the price of such evil

transgression. And so we are going to find out that it's wrong to use nature as we do merely for our own ends, for that is not what it exists for.

Nature exists to help us in our feeling expression all so we can uncover the truth of ourself. And if we look to live in harmony with it knowing that it will help us with our healing and living true to ourself when we've healed ourselves, then we will see what a wonderful part of creation it is, and how it is there for us. But that means we will love and admire and fully appreciate it, not just use and abuse it as we currently do.

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

Cause No Harm < **to OTHERS**
to MYSELF

Strive to love others as I am to love myself

Humanities relationship with nature is like any relationship. If you want to be nice to someone and have them as a friend, do you take your gun along and shoot up their place or shoot them? Do you put your friend in a cage and make it lay eggs so you can make money from it? Do you keep your friend in a fish tank all so you can get nice feelings looking at your fish and feeling like the all-powerful one because you are their keepers, you are the god of your fish? Is that how you'd treat your friend, and is that how you'd expect your friend to treat you? We see nature as our enemy, and until we look to it as our friend, then we are going the wrong way and only making things worse for ourselves. The world we live in and its nature is true and is provided for us to help us have the required experiences to grow in truth. But if we deny those experiences and only look at the world as a resource to plunder, then we are going to make things very difficult for ourself.

Because the world is not designed to just give us all we want and when we want it. The world will look after itself, and if that means it has to throw us off, or at least drastically cut back our numbers so as to regain some kind of balance, then that is what will happen, that is the working of the natural laws, and humanity is still subjected to such laws having evolved from nature itself.

So we can't step outside of our own nature, and as we are seeing for ourselves, if we continue to use and abuse our own natures, then so we will get sick too, and so we will suffer the pain we are causing ourself. We are causing all our own pain, no one else is causing it, and whilst we can blame the microbe or errant cell, we are missing the point – missing the truth, for they are only the result of our self-denial and self-abuse. They are there to help us see what we are doing to ourself by making us feel bad – once again nature being there to help us, support us, and help us to find our way. But of course if we continue to believe we are superior and know better than nature, then we are setting ourselves up for a fall; and so fall we will, and it's only a matter of time now. We are fast approaching the true beginning of the End Times, and when it arrives we'll all be swept up and carried along until it has run its course. The End Times being a change in the current environment and ways of living.

This guidance is to add more light on our problems. And for those people who do sincerely want to do something about their plight, now they will be able to.

That being all of humanity's wrongness is a result of our feeling denial; that all the bad things we do to ourselves, each other and nature; and how we unlovingly treat ourselves, each other and our natural world, is ALL because we are disrespecting ourselves as shown by our rejection of many of our feelings – especially our bad feelings.

We are in rebellion against ourselves. We are now doing it all to ourselves. It is how we've grown up from being a young child influenced by our parents, to taking it all on ourself as we've reached maturity. And now you've reached maturity, we are what might be called our 'Evil Parents'. And we are only evil because we are living untrue, which means we are not fully honouring ourselves; and so because we're not, so we're not honouring and living true to God's Laws – God's Will. And all we have to do to heal ourselves of our evilness is stop denying ourselves, which means, stop denying our bad feelings.

And it's nothing about any harsh judgement of God that awaits us upon death and entry into the spirit worlds; it's simply that we will experience the pain of our self-denial as we set about healing it, and in doing so, will pay for our sins, make amends for all the bad we have done, to others, nature, and against ourselves; all as we liberate our repressed early childhood feelings bringing ourself back to living true to ALL our feelings.

This is all because we are refusing to look at ourselves, our personal denial of feelings. We are denying ourselves our feelings which are a real and true part of ourself. And that is causing us all our problems and making life difficult for us. But as we refuse to accept and see this about ourselves, so we project it out onto other things, each other, who we perceive as being the bad one and enemy, and even fantasy things like how so many people are in some way being controlled by aliens. But we're not, we're doing it all to ourselves, we're only controlling ourselves, and all by refusing to accept, express and seek the truth of all our feelings.

Had we grown up living true to ourself and so fully expressing all our feelings; and had we lived with a positive mind and will and not been forced to go against ourselves, then we'd simply be living fully and freely expressing all our feelings and naturally growing in truth as a result of such feeling expression. And our lives would make us all feel very happy, and we'd not be abusing and torturing ourselves, nor would we be abusing nature, and nor would we have any need for any of our religions or spiritual systems all of which we only have to keep helping us stay in control, to help us keep denying ourselves – many of our bad feelings. All our religions and spiritual systems are feeling-denial systems, and until we want to stop denying any part of ourself, so we'll keep wanting and needing to be a part of them.

We feel bad, we do all sorts of things to try and stop ourselves from feeling bad, and by doing such things we are only making ourselves feel even worse. So then we have yet more bad feelings to contend with, so we do more things with our mind, working harder to make ourself feel good and keep all those bad feelings away, and yet by doing so we are only making ourselves feel even worse still. And so it goes.

And we're only feeling bad to begin with because of how we were treated when we were young, being inducted unwillingly into our negative mind and will states.

Important recommended reading is:

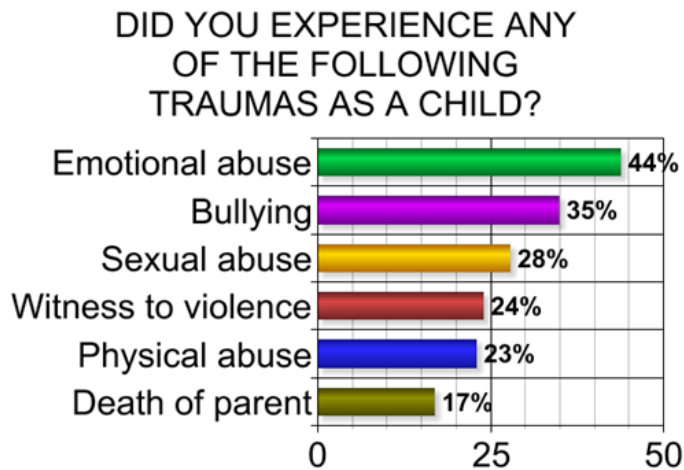
by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

BEGINNING the JOURNEY of GROWTH:

Generation after generation, follow the nurturing programming of their parents, errors of belief and truth are handed down as well as the ways of controlling cherished children. These unloving and untrue practices are why humanity is stagnant in its evolution, now for some 2,000 years. Our parents are false and misguided teachers. We now all can work through our erroneous and unloving ways and evolve.



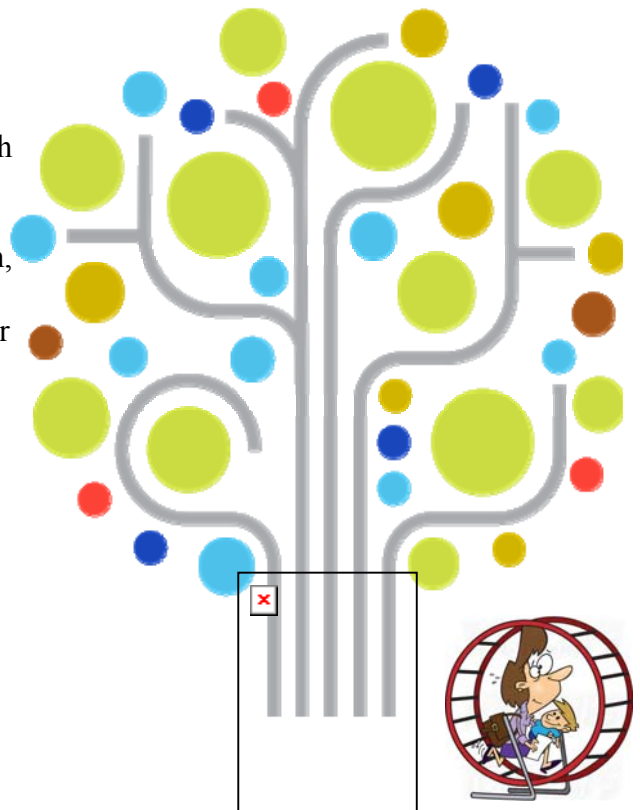
Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise that it was a nightmare of control and many other restrictions that compromised our free will.

Feeling Healing of childhood repression is the only way to break away from the treadmill and evolve:

- i. Feeling Healing is outlined in *Speaking with Mary Magdalene and Jesus* by James Moncrief.
- ii. Letting Go process is outlined in *Letting Go* by Dr David R Hawkins.
- iii. Journey Process is outlined in *Journey for Kids* by Brandon Bays.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's do

- **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.**



We had to comply because we needed and wanted our parents' love. So we basically did what they told us and made us do. But as this was mostly going against ourselves, so we felt bad, but as we couldn't express those bad feelings, so it began, we did as our parents did to their bad feelings, we learning from them how to deny ours, and so it goes. And we're caught on the treadmill, needing to do things to make us feel bad as we seek to maintain our childhood patterns, and then needing to do other things to stop us from feeling bad, and so deny those bad feelings, and in doing so, only making ourselves feel even worse.



We can't blame our situation on anyone else, it's all now up to each individual as to whether or not we wish to end our own evilness and rebellion. And to do so can only be done through ongoing feeling acceptance and seeking the truth of all our feelings. There is no other way. And we can choose to begin our healing now on Earth or wait until you arrive in the spirit Mansion Worlds.

Through the ongoing acceptance, expression and uncovering the truth of our feelings, all of which will lead us into healing our Childhood Repression.

46. Jesus' prayer for Divine Love.

26 April 2013

We are to express whatever we feel to our Heavenly Parents, They are *our* Parents, we are Their children, so being that child we should and must go to Them expressing all we feel. So that includes all our pain if we are in pain, all our anger, all our bad feelings; and even if we feel angry with Them; and also, naturally, all our good feelings too. We are to allow our feelings to express themselves – us expressing ourselves through our feelings – to Them. Being all through the accepting, expressing and longing for the truth of all our feelings.

The truth we are to uncover within ourselves, the same all people will do when they do their healing. It being how we really feel we have been treated by our parents, and so how we treat ourselves; that being, subservient, sinful and depraved, with our parents of course being our false teachers.

We were made to be subservient to our parents, subservient to evil, that being how we are in our negative states; and within that state we have then sort to have our own power, this being the power our mind has over our true feelings, all the bad ones we feel because of not feeling as loved as we needed to feel – this power being false.

We were told we were sinful, that being that our parents said you were bad by not obeying them, by not being how they said you should be, and they punished you accordingly.

47. How are we actually evil?

27 April 2013

Anything that gives us that feeling of having power over another is helping us stay trapped in our evilness. It is all being a reflection and result of how we were parented. We were all made to obey, so in being punished when we are bad, you are bad, you are not good, it all being power-plays by our controllers, all seeking their will over us.

Looking instead to our feelings to show us the true way, the truth; is a whole new way of life.

Through our healing process we will become reborn, or born anew, which means, we will basically cease to be all that we are now, becoming a whole new me.

By Mary's and Jesus' coming they are ending the old and starting the new, only it's taken these two thousand years to fully reveal all they were meant to reveal when they were in flesh, so the whole revelation has been somewhat delayed.

48. And again – does the Divine Love actually heal us?

27 April 2013

The Divine Love of itself, doesn't affect or have any influence directly on ourself so far as helping us to heal ourself of our negative state. It's only about transforming our soul from natural love into divine love, and really that means 'divining' our soul whilst still maintaining our natural love or self-love expression, it just having an extra or added light, that reflecting and being representative of how divine one's soul is. And that is really reflective of where one's personal relationship with the Mother and Father is, our Heavenly Parents.

There are personal relationship circuits maintained by our Indwelling Spirit that are to do with and representative of our relationship with God. So when our Indwelling Spirit arrives, we being of a negative and so anti-love state of mind and will, our relationship with God is at its worst, even if as a young child we love God. That love is still all within our rebellion and anti-God state. And when we start to do our healing, and long for the Divine Love, then as we grow in truth, so purify and perfect our natural love, taking ourself out of our negative state and moving gradually and progressively into our positive state, so the Divine Love can act upon the evolving natural love, and so does our Indwelling Spirit register our increasing and evolving relationship with God as we grow in divinity.

Irrespective of how much love we might receive and feel from and for our parents, whilst we're forming our mind and will circuits and up until around six years old when our Indwelling Spirit arrives, we're still doing it all in our negative state.

It has all been planned by God and being orchestrated by our soul, it all being reflective of our relationships with our parents, and so also with God. As we relate to our parents so too will we relate to God. If our relationship with our parents is based on untruth, even though by using our mind we pretend it is true, so too will our relationship with God be untrue. And as we're all of a negative mind and will state, so we're all untrue to ourselves, because our parents' relationships with us were untrue, irrespective of how loving they might have been; and so our relationship with God will also be untrue, irrespective of how much we might love God and feel loved by God. All that so-called love being mind generated feelings based on our negative beliefs, and so false, and so all needing to be seen for what it really is as we will do through our healing.

So do we all become of the negative to the same degree to begin with, only some people seeming to have a lesser or more painful experience of it depending on how much 'love' and 'care' within our forming years we get from our parents?

Yes. It might be difficult to understand, but that's right. We all have to start off on the same level, as at our conception, and then how we are when our Indwelling Spirit arrives, when our mind and feeling circuits are fully established, all that we need to be able to grow in truth with, is still that same level. So our forming years are just the first stage of our manifestation of our negative state, to get us up and running so to speak.

And we all start off at conception and at the time of our Indwelling Spirits arrival at the same level of anti-truth, the same degree of negative mind and will condition. Only the outer show of that state or condition is differently shown and lived by everyone.

So within our negative forming, if we are loved and treated with more care, so we will be more loving, treating ourself with more care and love, but still one has to remember, it's all within our negative state.

We all start of with the same bottom line, but on that line we all express our negative states within different extremes. There being the monster type people seemingly of no love or respect for another wanting to hurt and be as cruel and unloving as they can; to those people who want to care for and love all creatures and everyone, never dreaming of hurting or being cruel. But still all of us, from what might be called the best to the worst have to still do the same amount of healing, in that we all have to ascend the seven Mansion Worlds healing ourselves of our negative state.

You are all to end up as Celestials in our true and positive state of mind and will, having healed ourselves of our negative states thereby all being able to relate to the same level of truth, as we'll all be living the same truths, so all being able to relate to each other on that level of truth. But all coming to that Celestial level from the same starting point of anti-truth, but in manifesting or displaying, and so living, it differently. No one is worse or better than the other – we're all equal children of God. The most so-called loving is the same in regards to the bottom line as the most so-called evil person, however of course one's healing of one's negative state, as in the course or route it will take, will be different according to one's upbringing. So it is wrong to judge another as being worse or lowlier just because it's easy to label them the evil one. And we all need sympathy, and through our healing we'll see that the most 'evil' person will need just as much sympathy as the most 'good', because we are all suffering.

But still it's going to be much harder, it could be imagined, for the monster person to have to deal with all the pain and suffering they have caused than the good person.

However, it doesn't matter about that; it's all an individual thing. From the outside it might appear that way, but on the inside, as to what feelings one feels and the extent of them, everyone will feel all they need to feel so as to give rise to the necessary truths about themselves and their evilness they are to see.

And it's only the truth that's important. It becomes immaterial as to how much pain one might or might not experience through one's healing, there's nothing to be gained by comparing it with another, with only the evolution of one's truth being what's important. And the time one experiences one's pain, its duration and intensity, is personal, it's for each to have and experience, having nothing to do with another. It's our pain, and in the end we will even cherish it as we will know just how much truth its given rise to. And we will love the truth that comes up within each of us, it making us feel very comforted, special – in the right way, happy and loved, ours to treasure forevermore.

Concerning the Divine Love, it doesn't help us to heal ourselves of our negative state?

That is correct, no, not directly. It's only about transforming our soul, and so our relationship with the Mother and Father. They have put us in a negative mind condition to begin our life in Creation, and They want us to live that fully and then to heal ourself of it. They are not going to stop us doing what we want to do within it, although there are well-defined parameters and guidelines for everyone to adhere to within their evilness, but basically we can say God won't interfere with us. And then your Mother and Father want us to heal ourself of our evilness, because They want us to wake up and grow up into feeling and so deciding for ourself as to whether or not we want to remain evil or stop being it. They want us to make up our own mind, to have the full experience of it, as it's very important, because we all have to choose at some point whether we do want to be with God or not, so whether we do want to be with and of love – natural or Divine – or not. And part of our problem is that all we know love to be we think is right and true and what love is, but what Mary and Jesus are trying to help us see, is that perhaps it's not as it seems, and that in fact it's all only love within an anti-love state, so what really is that love?

So the question could be that the Mother and Father want us to do it all for ourselves, They aren't going to come along and say we've had enough of that, so I'll stop it for you; or, because we're wanting to be with Us by partaking of Our Love, we'll remove your sins and errors, we'll take all that badness in you away?

No, They are not, we have to do all of that for ourself – at least decide if we want to or not, and decide in every step in our healing. They do our actual healing for us when we've uncovered the truth through our feelings, however like a truly loving parent they don't and won't interfere with our own growth. Unlike how we've all been parented, our parents thinking and so making us be as they wanted us to be, stopping our natural grow and ability to work things out for ourselves – to work out the truth through our natural feelings.

Our soul Parents are providing it all for us, the environment and all the experiences we need, and allowing us to be the children we are, free to explore and express ourselves, and supposedly all through our feelings, with our feelings leading us.

If we look to our feelings then we will be taken along able to work everything out for ourself. The experiences given to us by God through our soul are all being exactly what we need to uncover the truth every step of the way – and to do it all ourself, without needing anyone else to step in and take over telling us what to do, when to do it, and how to be.

There is really no way that God is going to come along and heal us just because we've started to long to Them for Their Divine Love?

That is correct. Indirectly with our focus on wanting to transform our soul it will all help us in our relationship with Them and ourself, and of course we can and are to look to Them to help show us the truth They want us to see. But so far as doing the actual hard hands-on work of accepting and expressing and seeking the truth of our feelings, that's all up to us.

And isn't one's life so much richer for the experience of one's hard slog through one's feelings?

But yes, it is, I mean I can't begin to say how incredible it's all been for Marion and I, working our way through our stuff and changing all the time. Coming out of the confusion of not knowing anything, to seeing what it's all really about. If God said to me when I first started out I will take all your pain away if you want, I would have of course said yes, please, and as quickly as you can, but now looking back wiser to what growing in truth is all about, no, I wouldn't want the Mother and Father to just take it all away... possibly some of it maybe... but not all of it.

None of it James, as in the end you'll be grateful for every pain you've had and all it's helped you to see about yourself. For if nothing else, it's all made it very real for you, having to deal with every pain so intimately. And the pain doesn't remain, eventually it will all go.

Yes, that's for sure, it has. I can't argue with that. Still, I'm not as yet at the point of being happy for having so much pain, and I doubt I will until I no longer have any, should that ever happen.

This is understandable James. Because we're not meant to like the pain when one is feeling it, only the truth it's helping us to see.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

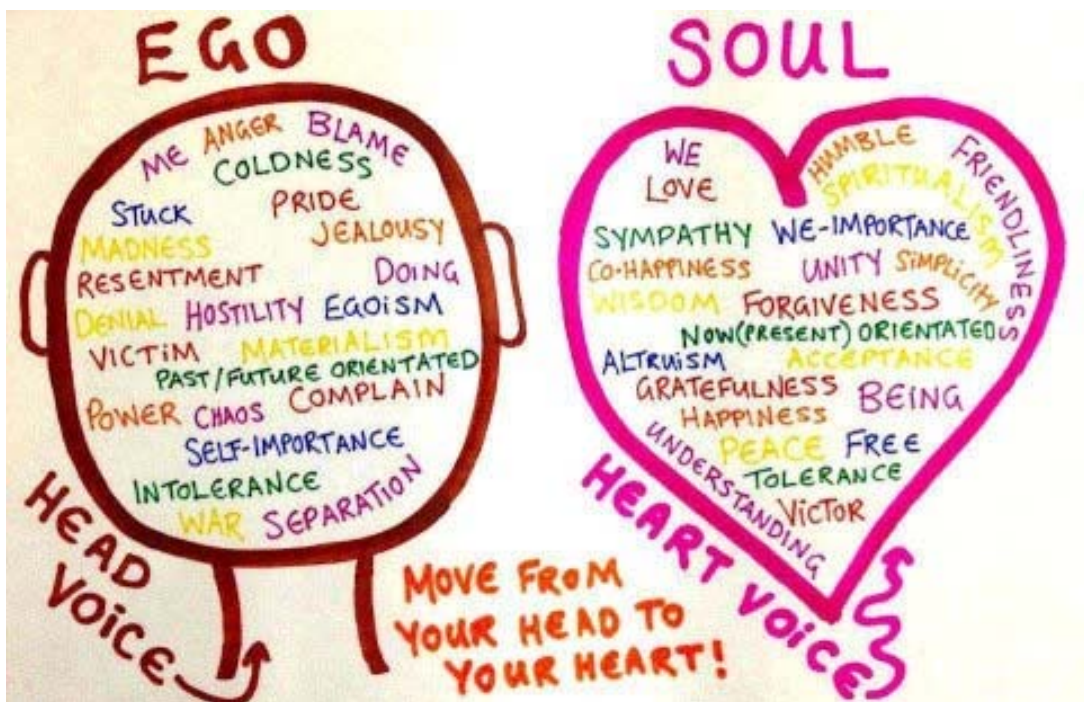
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



Infographics and diagrams have been added by Pascas.

And that is the good thing about it; it does finally go when the truth comes to light. I won't have to always be in pain.

49. Using prayer to deny bad feelings.

2 May 2013

It's more important for us to get on with our healing, to stay focused on accepting and expressing our bad feelings. It takes nothing time wise to long for the Love and one can do that during the day and night, but it takes a lot of time to keep speaking about all what one feels, going over the same ground, slowly bringing our story to light, and all for ourself and the other person to see.

50. My Yuk.

2 May 2013

How else can it be when we are conceived into an anti-love environment, and all we want is to be loved; and we are longing and reaching out, yet all we get is rebuffed, told no, it's not for you, we don't want you, go away, go and amuse yourself in your mind. That causes a lot of pain, and that's what we've been feeling more of lately. And it's all to help us see the extent of it, of all the suffering, and how little we and most people are unaware of it. And we've suffered it all through our forming years, formed into and so are of it, and so we think its normal life and we've got nothing else to compare it to.

But as we are waking up to our true feelings, they are helping us to compare it, and so we are being able to see the complete horror of it all.

51. My List.

2 May 2013

Why do people fall in love?

Because of the experiences we need to share together. And we understand that the soul can easily make us feel very attracted to someone else and even to the extent that we feel we are soulmates / soul partners, and yet this 'deep love' is also still only an expression of our negative state. And mostly our soul will do this to help us further our negative state, that being what both parties want, albeit unconsciously, and so that great love they feel for each other will only help them move deeper into their negative states. When we start to do our healing the so-called 'love' one feels for each other gets pulled apart, tested, seen for the truth of what it really is, and if false and based on mind delusion and fantasy, shown up for being untrue and then discarded.

We are to follow our feelings. We are meant to be free to FEEL, to continually express all our feelings, with them leading us to see the truth our soul and God wants us to see.

The religion we live by once we have healed our evilness, it all coming about as we simply live true to our feelings. Such world religion will not even be a religion as such, for such evolutionary religions will have been dispensed with, it being simply the chosen natural way of life, it being how everyone is, and that being when the ages of Light and Life will begin. In fact we are losing freedom by denying our bad feelings and not seeking the truth of them, and by refusing to look into, face and accept our childhood repression. None of what we read along those lines is intent on helping people to go into their repressed childhood pain and deal with it, face it and see the truth of it, see the truth of our relationships with our parents.

<p>The New Way: learning how to live true to ourselves by living true to our feelings.</p>

Physical Health

Thoughts and emotions have the power to create and control disease and heal it, more so now than just genetics as was currently believed?

The physical side of it – genetics – is only the means by which such thoughts and emotions seek to express themselves. It's always what we are feeling and what we are not allowing ourself to feel that determines our state of health on all levels. It all comes back to our feelings, always our feelings. If we deny feelings we are sick, we are already ill, we are already dying and in a state of breakdown, we are rejecting ourself, our soul, our true personality expression; and so nature will seek to play its role on the physical level by helping us to feel bad so we can uncover the truth of such feelings.

However we are designed to be able to live a long time in our sickness as we continue to deny bad feelings, and to even by all accounts for us to be declared and considered healthy, but if we persist in living in our negative state, we are still technically sick. Our soul is sick, our spirit is sick, even though we might be enjoying good physical health. And our mind will be filled with feeling-denying beliefs and that is sick. And by denying all our early childhood bad feelings keeping them all locked up in our childhood repression is sick, so we are mentally, emotionally and spiritually sick. Only we don't understand that.

Our soul 'makes' us sick, which means it allows our disease to happen, be it something that ends up killing you, or is a mental disorder, or just a common cold, and all so we can, should we want to see the truth of ourself, use those bad feelings to help us see it. And if we don't, then we are rejecting our soul – ourself – rejecting our own inner expression that's trying to show us, we are going the wrong way.

And so if we 'get better', if we 'heal ourself' by using some mind technique including mind derived healing such as man-made medicine; and even if we might die and move to live in our new healthy disease-free spirit body in the mind Mansion Worlds, still all we've really succeeded in doing is adding yet another layer of feeling-denial to ourself, and so yet another layer we will one day have to work through as we do our true healing.

Nature is there only to serve us, to help us grow in truth. So if we want to live continuing to deny truth – the truth of ourself – refusing to live true to our feelings, then it will help us go that way. If we strive to uncover the truth of ourself through our feelings then it will assist us that way. As Marion and James have found through their healing, they start to feel sick, as if 'they are coming down with something' all of which makes them feel bad giving rise to more opportunities to express those bad feelings and to move deeper into the truth of one's childhood repression and feeling-denial; and once the truth has come to light, once the 'sickness' has done what it can to help one grow more in truth, then it goes away, the sore throat goes, the cold never actually coming to fruition.

All our preventative medicine, such as getting our annual flu shot is only stopping ourself feeling those bad feelings our soul would dearly love us to accept, express and seek the truth of; instead of denying them before they even start coming up in us, all which actually is only making us sicker. And which is only adding more layers to the 'onion' of our negative truth and self-denying state. It's all around the other way to how we believe things are and should be and try to live, as we are living opposite all that is right and true.

Food

What about eating all the right foods, ones that boost our immune system and are high in this and that; being a vegetarian, and so on – controlling our diet hoping we'll be healthier?

It's all the same, all to prevent what we fear might happen – more bad feelings. It's all the same thing when we're scared of something and not facing those fears by accepting that we are scared, then speaking all we can about why we are scared and how feeling scared makes us feel, all whilst we long for the deeper, hidden truth of such fears to be revealed.

And of course eating the right foods and not killing animals subjecting them to our will is something we would do should we feel better by it, but all such things should come naturally through our feelings as things we want to do as we grow in truth – and NOT as things we think are a good idea to do by using our mind.

It's not about saying that we should or shouldn't do this or that, it's for each person individually to grow in truth through their feelings so their feelings lead them along in life – so we feel what is right for us and what we want to do. And should we feel we no longer want to eat meat we will have expressed all our feelings and uncovered the truth that leads us to feel that way. It's not to be a mind thing, something that we do because we believe it's right or wrong to do; it's to be a feeling thing, but feelings that come from the truth we are evolving and growing in as we accept, express and long for the truth of our feelings. It should all be through and from and with our feelings, with our mind keeping out of it as much as possible.

Starting

YUK

Start by accepting all your feelings and use the truth that comes from such self and feeling-expression to guide yourself.

There are vast amounts of unexpressed repressed bad feelings and emotions for us each to liberate from our forming years and childhood. And there are a great many beliefs firmly in place preventing us from having access to these bad feelings. And there are much behaviour we habitually do keeping it all in place, and so there is a lot to change within each of us, along with our physical body having to adjust to having its supporting mental, emotion and spiritual systems broken down and re-built. So our healing is not a small thing, no ten simple steps or rules to adhere to and we're on our way and 'just put a smile on your face and be happy and be loving' and everything will be all right. This is a serious business, one is healing one's self of the negative state, and because it's negative, all we are doing is against ourselves, we are fighting ourselves, doing our dandiest to stop ourselves being as naturally healthy as we would be should we be living true to ourselves and so true to all our feelings.

So if we want true health?

Do your healing.

Why we have things like colds within our body making us feel miserable and depressed, with all the snot and running wet yuk coming out of us, is that it's showing that's how we feel deeper inside, sad and miserable, unloved, rejected and alone. And that those deeper buried and hidden bad feelings from our early life that are all still within us, are making our body show signs that things are wrong by making us be sick, contract some disease, all showing us the dis-ease and discontent within ourselves. And that really we should allow this to happen that what we're the most scared of, submitting to it and letting all

that yuk and snot and tears and crying overwhelm us, allowing it to come pouring out as the true expression of how we really are feeling underneath all our falseness.

52. Feeling introspective.

2 May 2013

And to not do that, to not express all the misery and seeking the truth of it but to take pills and get on with it, stopping ourselves from feeling bad, beating back our cold, defeating it with our mind and mind-made solutions, is all just keeping all that sadness within us, not letting any of it out. And that we only do that to ourselves because as young children we were taught and told that it was bad to cry, being made to feel we weren't wanted, wanted even less, when we cried. And it's all such a crying shame, it really is. We are all seeing how many little children are just pulled and pushed around with no real consideration for their feelings. And perhaps not all the time in their families, but enough, enough to make us feel somewhere inside ourselves that we are not right, that we're feeling bad, and all because we feel unloved.

We are not meant to be alone, and we need someone else to express all we feel to so as to keep bringing ourselves out into Creation, to keep individualising our personality.

The parent who has had a tragic upbringing, repeats the tragedy in the manner they bring up their children as one comes to understand through one's healing. And that really no one intends to do anything bad, it's all out of our control. And even people who do bad things, still they can't help themselves, they being how they are because of what's inside them to make them be so bad and able to do such bad things. And we wouldn't do such terrible things if we didn't have such a huge amount of horrible stuff inside us.

53. Mary, and the New World Teacher.

5 May 2013

The Rebellion and Default imposed on us, from the time of the first parents, was all designed to stop us living true to ourselves and therefore growing actively in truth daily from our experiences and all through our feelings, all by making us wrongly and deluded believing that our mind knows better than our true feelings, and if we live by using our mind to control everything, we'll be much happier than how God has created us to live. And so we do our best trying in vain to convince ourself by using our mind that we are happy and loving, when we are not. This being what we are to wake up to either now whilst still of flesh or sometime during our Mansion World life.

Those people who long for the Love are incorrect when they believe the Divine Love will heal them, it won't, for only you can do that for yourselves.

We have to get ourselves out of our evilness by ourselves and for ourself.

Overview Comments

The sad fact is we ARE victims, we feel very hurt and are in a lot of pain, all of which we mostly keep hidden from ourselves, and all resulting from how unlovingly we were treated as young children. And to just try and keep all that pain buried using such mind control as learning to forgive is fine if you don't want to face that pain, but if you do want to free yourself from its control, from the control of our childhood repression and negative state, then one has to accept, express and seek the truth of all those dreadful feelings we feel as the victim. By allowing ourself to feel them, to welcome them and not reject them, to accept this hurting part of ourself and not push it away. But the hard part is doing, so this will take us into having to confront the truth of our relationships with our parents, but that's unavoidable, because they hurt us, they didn't make us feel as loved as we needed to feel.

It's mostly about doing the very opposite to what we've been taught to do and believe we should do. But if we keep refusing to fully acknowledge all our bad feelings, then all we're doing is keeping ourselves well and truly trapped in our yuk, empowering our mind even more over our feelings, and all that childhood pain just stays within us festering away. If one is interested in Childhood Repression, it is strongly suggest reading Alice Millers: "For Your Own Good" – this is a free PDF download.

We can and do have to long directly to God for the Divine Love so as to become divine; and healing our childhood repression is how we set ourselves free of our evilness. But without a sincere and determined longing to uncover the truth of oneself through one's feelings, then it's all just food for the mind and so what does it matter anyway what says what.

And it's also wrong to just 'Feel, don't think'. We are certainly to honour all our feelings, strive to express them to help us see the truth of ourselves, but we also need to do a lot of thinking about what all our feelings are showing us and making us feel. Our minds are still to be used to make sense of it all, but not to take over, and not to control our feelings, to be in support of our feelings, allowing them to go first. So what's important is to keep accepting and expressing and seeking the truth of our feelings, and whilst we do, we do of course do what we feel to do – we can't do otherwise, and we also think about all that our feeling-healing is putting us through, which also just comes naturally.

Use our bad feelings by accepting and expressing them to uncover the truth of them, which is the most important part. It's all part of the sneaky insidious controlling ways we subject ourselves and each other to. All so we can control our bad feelings so we can '*be loving*'. But 'Being Loving' is being false. One can only be truly loving when one has fully healed one's negative state, and then one doesn't have to 'be' anything – one just 'is' loving. But first of all through our healing, we have to 'be hating', allowing ourselves to hate and feel all our bad feelings, as that's what you will be as you uncover the truth of your childhood repression. Hating all that was done to you and all who did it to you – all we were subjected to against our will.

Our parents believe they are and were doing the right things to us in their parenting but they were and are not, they are actually making us rebel against our true selves by default, as we're forced to take on their ways believing we're helping ourselves. And the biggest sign that we're not living fully honouring ourself is seen in our denying and not wanting to accept many of our bad feelings.

The Thought Adjuster – our Indwelling Spirit, is divine in as much as it's literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise when we're about six years of age and indwells our higher mind. It becomes, if we allow it to by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise. And at a certain point in our growth of truth – when we've fully healed ourselves of our rebellion and default, that being, our denial of many of our bad feelings and our living untrue to ourselves, then our indwelling spirit fuses for all time with our soul, so literally do we then have a part of God, so effectively God within us, as we ascend to Paradise to meet God outside of us – in person.

So the Thought Adjuster is divine, but not specifically the Divine Love itself. The Divine Love is just that, it's God's love, and we can actually long directly to God for it. And when we do the Holy Spirit brings it into our soul, we can feel the lovely feeling of it coming into us, and it then changes the natural love that we are, into becoming progressively divine. So we begin life like all the creatures on Earth – of natural love, then we can 'divine' our soul becoming of the very same Divine Love essence God is by longing for the Divine Love. But we have to ask God for it – long for it, because we're currently living rejecting God in our negative, rebellious and default states.

And yes we can express ALL our feelings to God – we should always be doing it! However it's still best to be expressing them to a friend if you have one, someone close to you, whilst seeking the truth of them, longing to know why you are feeling them and what they are there trying to show you about yourself.

Truly growing in truth is playing hard-ball, it's tough stuff, because we're all wrong, and to extract ourselves from it, to change ourselves from the wrong to the right is gruelling, it's not something you can take to bed with you as light bed-side reading, all to help one become all-accepting, all-forgiving, all-loving, all to become all-bad feeling denying without having to do any hard psychological work on one's self. All these things will naturally come to us as we do our healing, but first we have to go the other way and accept that we are not all these things, because if we were, we'd just naturally already be them. And so we have to find out the truth of why we're not naturally them.

Summary

Our mind is meant to work in conjunction with our feelings – our feelings leading the way. **The evil we live under, the evil we are, is that we've been made to move away and block out many of our bad feelings, doing all we can to avoid feeling them by using our mind.** We've been made since our forming years to look to our mind as being god and 'the way', wrongly believing that we have the power to control our destiny, to control what we feel. And so many of our feelings then come about resulting from our mind's control, giving rise to even greater bad feeling denial, and our lost state of mind and will, as we remain unaware that this is how we're living – against ourselves, and against the truth.

By doing our healing we're looking to, by honouring our feelings and using them to uncover the truth of our feeling-denial, reverse the situation we're in, so to stop using our mind to give us false power, to stop it having control over all our feelings, and to look to our feelings first and foremost, with our mind just doing what it does following along.

By looking to the spirit Mansion Worlds we can see it even more clearly, the division in how we're living, with those spirits in the mind worlds using their minds to determine their beliefs and control the world as they see it, making it be how they want it to be, all so they will feel good. And in the Divine Love or feeling worlds we see those spirits trying to break down living with their minds in control, looking to their feelings to guide them through their healing and into the Celestial spheres.

So the mind spirits stuff, as with such followers of it on Earth, is all about empowering one's mind, looking to one's Higher Self – one's higher mind, and believing in such things as reincarnation, all of which, so one believes, one is somehow in control of. And then there are the religious sectors full of mind spirits hanging onto their mental beliefs and dogmatic ways following their beloved doctrines, all striving to achieve the same end, to keep one feeling good, continuing to block and keep repressed all one's bad childhood feelings.

So the Great Battle that's being waged, the battle between the forces of dark and the forces of light; the battle between good and evil; between truth and untruth, is really only the battle between feelings or mind – so which do you choose? To live with your feelings in control, or your mind, for that's what it comes down to.

These notes are derived from Book 2; "Speaking with Mary Magdalene and Jesus" by James Moncrief. Book 2 being messages 33 to 56, from 8 April 2013 to 5 May 2013.

Links to New Revelation about Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

Divine Love Spirituality: <http://divinelovesp.weebly.com/> and <http://dlspirituality.weebly.com/>
 Feeling- and Soul-Healing: <http://divinelovesp.weebly.com/soul-healing.html>
 Childhood Repression: <http://childhoodrepression.weebly.com/>
 Speaking with Mary Magdalene and Jesus: <http://withmarymagdaleneandjesus.weebly.com/blog>
<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>
 Divine Love Spirituality <https://divinelovespirituality.wordpress.com/>
 Free Books on Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

+ Childhood Repression and Feeling Bad? Express your bad feelings websites
<https://childhoodrepression.wordpress.com/tag/feeling-bad/>
http://playpen.icomtek.csir.co.za/~acdc/education/Dr_Anvind_Gupa/Learners_Library_7_March_2007/Resources/books/alicemiller.pdf
 Alice Miller – For Your Own Good



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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing

ENOUGH IS ENOUGH

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

REBELLION & DEFAULT **200,000** YEARS

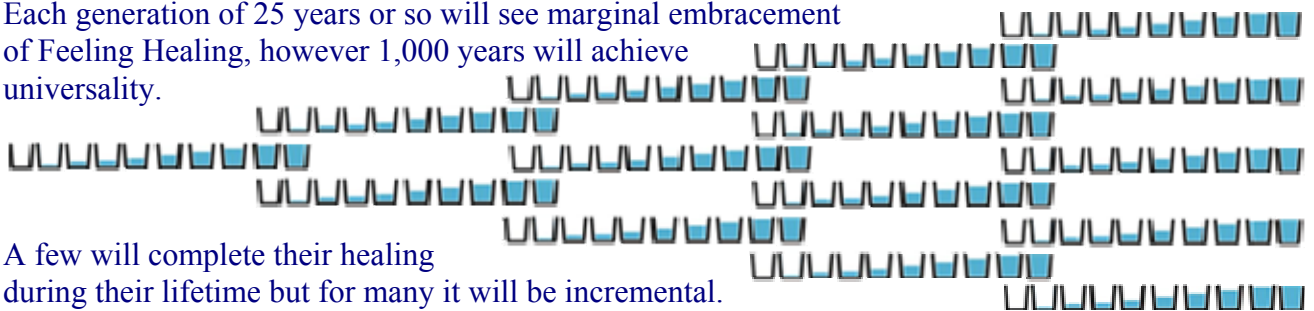
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal **AGE 1,000** YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however 1,000 years will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing ourself to feel, and accept them instead of denying them. And to fully accept them, one need 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.**

Infographics and diagrams have been added by Pascas.

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.

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.

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way 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/>

Feelings First Spirituality **The New Way**

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

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!

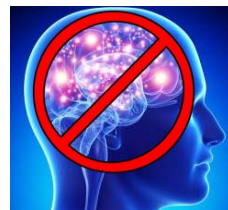
We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

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

Our FEELINGS are our SUPREME GUIDES:

Feelings!

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 – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.**

Kevin 26 Sep 2017

Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

Note: **Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

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



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.

Want to understand why you're feeling them.

Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God’s Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we’ve all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



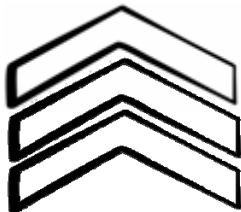
my
House is your
Paradise

HOME

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



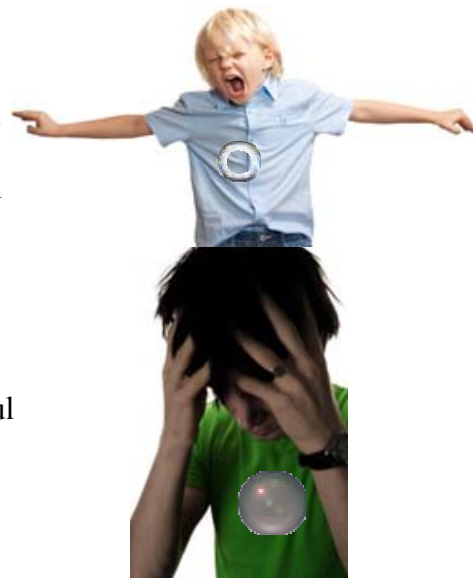
To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

FEELING HEALING and SOUL HEALING:

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly removed the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



Infographics and diagrams have been added by Pascas.

FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.

**FEELING
HEALING
For Kids**

Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

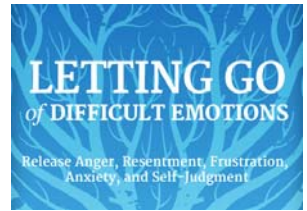
Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.

REVELATIONS



LETTING GO with The LOVE:

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling. Focus quietly on the feeling. Breathe into the sensations and allow them to be.

Step 2: Ask yourself one of the following three questions:

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?

Step 4: Ask yourself this simpler question: When? This is an invitation to just let it go NOW.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

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

Reference: 'Letting Go – The Pathway of Surrender' by Dr David R Hawkins

Infographics and diagrams have been added by Pascas.



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth

(questions from John)

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 that 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.

Why haven't other methods been going deep enough?

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.

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.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public

sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay

Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

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.

Love from us all over here – your Nanna Beth.

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

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

PARENTAL OVER CONTROL:

Points by Dr Dan Neuharth

CONTROLLING PARENT: Adult or guardian who uses excessively narcissistic, perfectionistic, overbearing, authoritarian, confusing, or manipulative methods of childraising. This is typically experienced by all of us, further, from this experience throughout our forming years we then go on and pass these 'nurturing skills' onto our own children.

TEN SIGNS WE HAVE OR HAD CONTROLLING PARENTS**When we were growing up, our parents...**

- Over scrutinized our eating, appearance, hobbies, and social life.
- Pressured us with perfectionistic expectations or unattainable standards.
- Forbade us from questioning or disagreeing with them.
- Discouraged us from expressing anger, fear or sadness around them.
- Violated our privacy.
- Intimidated, manipulated or overpowered us – we were to be seen but not heard.
- Discouraged our efforts to experiment and think for ourselves.
- Gave us no say in household rules and responsibilities.
- Seemed unaware of the pain they caused us or others.
- Seemed unwilling to admit they were wrong.

TEN SIGNS OUR PARENTS MAY STILL CONTROL US**Even today as an adult, we...**

- Feel disloyal when acting or feeling differently than our parents.
- Feel easily annoyed or impatient with our parents without knowing why.
- Feel confused by parental mixed messages.
- Are afraid to express our true feelings around our parents.
- Feel intimidated or belittled by our parents.
- Worry more about pleasing our parents than being ourself.
- Find it hard to emotionally separate from our parents.
- Talk to our parents more out of obligation than choice.
- Get tense when we think about being around our parents.
- Want to temporarily reduce or sever contact with a parent.

TEN SIGNS EARLY UNHEALTHY CONTROL MAY STILL AFFECT US**In our adult life, we...**

- Feel perfectionistic, driven, or rarely satisfied.
- Feel intimidated or easily angered around controlling people.
- Lose ourself in relationships by automatically putting others' needs first.
- Find it hard to relax, laugh or be spontaneous.
- Feel as if we are under scrutiny even when no one else is around.
- Have an eating disorder or addictive behaviours.
- Have trouble finding a spiritual belief that feels right.
- Expect others to hurt, judge, or take advantage of us.
- Have harsh "inner critics".
- Have trouble asserting ourself or feeling proud of our accomplishments.

TEN SIGNS WE ARE OVERCONTROLLING OUR CHILDREN

In raising our children, we...

- Micromanage their eating, appearance, hobbies, and social life.
- Give affection as a reward but withdraw it as punishment.
- Criticize our children far more than we praise them.
- Violate our children's privacy.
- Override, discount or ridicule our children's strong emotions.
- Forbid our children from asking questions or disagreeing with us.
- Are unwilling to admit our mistakes in parenting.
- Believe that we *own* our children and that they have to *earn* our love.
- See our children's desires for independence and autonomy as a personal rejection.
- Inflict physical, sexual, verbal, or emotional abuse on our children.

The reality is that each and every one of us has had an unloving upbringing throughout our forming years commencing from the time of our conception. Due to this unloving nurturing, we in turn have to varying degrees mistreated our own children with our unloving natures. It will not be until we, as parents, address our emotional injuries and errors of belief and heal ourselves of same that we will come to understand what love really is and be able to bring our children up within an environment of love.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of us is being forced to 'die'.

Humanity is now being presented with a clear way, that being, how people can once and for all heal themselves of their evilness (errors) – the True Way. It is not anything people currently will know about, it will all be entirely new, a whole new way to live life, something that's not been lived before on our world.



To liberate one's real self, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Love, our soul's Heavenly Parents' Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

If we are to live true, that means we are to live true to ourselves, which in turn means: live true to all one feels. And so if one denies one feeling in any way, one can't live true to one's self and will remain living untrue. So feelings are the key, it's not as easy as it might sound to simply start accepting and honouring all of one's feelings instead of doing all we can to dishonour and reject them. We are to live true to our soul's feelings and not submit to our minds erroneous control.

Within the realm of personality expression we have our free will, but our soul underpins everything, everything one does, think and feel. Our soul drives our existence in Creation. And if we submit to its control, which we can only do by living true to all our feelings, then we will feel such things. One will be able to live knowing our soul is in control of everything, but part of that control is allowing one to have the experience of having a free will.

CHARACTERISTICS OF CONTROLLING FAMILIES vs HEALTHIER FAMILIES	
CONTROLLING FAMILIES	HEALTHIER FAMILIES
<p>CONDITIONAL LOVE</p> <ul style="list-style-type: none"> • Parental love is given as a reward but withdrawn as punishment. • Parents feel their children "owe" them. • Children have to "earn" parental love. <p>DISRESPECT</p> <ul style="list-style-type: none"> • Children are treated as parental property. • Parents use children to satisfy parental needs. <p>STIFLED SPEECH</p> <ul style="list-style-type: none"> • Children are told things like "Don't ask why" and "Don't say no". • Questioning and dissent are discouraged. • Problems are ignored or denied. <p>EMOTIONAL INTOLERANCE</p> <ul style="list-style-type: none"> • Strong emotions are discouraged or blocked. • Feelings are considered dangerous. <p>RIDICULE</p> <ul style="list-style-type: none"> • Children feel on trial. • Children are criticized more than praised. <p>DOGMATIC OR CHAOTIC PARENTING</p> <ul style="list-style-type: none"> • Discipline is often harsh and inflexible. • Parents see their role as bosses. • Parents accord children little privacy. <p>DENIAL OF AN INNER LIFE</p> <ul style="list-style-type: none"> • Children lack compassion for themselves. • Being right is more important than learning or being curious. • Family atmosphere feels stilted or chaotic. <p>SOCIAL DYSFUNCTION</p> <ul style="list-style-type: none"> • Few genuine connections exist with outsiders. • Children are told "Everyone's out to get you". 	<p>NURTURING LOVE</p> <ul style="list-style-type: none"> • Parental love is relatively constant. • Children get affection, attention, and nurturing touch. • Children are told they are wanted and loved. <p>RESPECT</p> <ul style="list-style-type: none"> • Children are seen and valued for who they are. • Children's choices are accepted. <p>OPEN COMMUNICATION</p> <ul style="list-style-type: none"> • Speaking honestly is valued more than speaking a certain way. • Questioning and dissent are allowed. • Problems are acknowledged and addressed. <p>EMOTIONAL FREEDOM</p> <ul style="list-style-type: none"> • It's okay to feel sadness, fear, anger and joy. • Feelings are accepted as natural. <p>ENCOURAGEMENT</p> <ul style="list-style-type: none"> • Children's potentials are encouraged. • Children are praised when they succeed and given compassion when they fail. <p>CONSISTENT PARENTING</p> <ul style="list-style-type: none"> • Parents set appropriate, consistent limits. • Parents see their role as guides. • Parents allow children reasonable control over their own bodies and activities. <p>ENCOURAGEMENT OF AN INNER LIFE</p> <ul style="list-style-type: none"> • Children learn compassion for themselves. • Parents communicate their values but allow children to develop their own values. • Learning, humour, growth and play are present. <p>SOCIAL CONNECTIONS</p> <ul style="list-style-type: none"> • Connections with others are fostered. • Parents pass on a broader vision of responsibility to others and to society.

THE EIGHT STYLES of CONTROLLING PARENTS

Points by Dr Dan Neuharth

Nearly all **controlling parents** embody one or more of the eight "styles" of controlling parenting. These styles provide a "You Are Here" point on the map of unhealthy control. Identifying your parents' styles can help you make sense of what didn't jibe in your family. Remember the series of lenses an eye doctor alternates before your eyes until you find ones that enable you to see most clearly? Recognizing your parents' styles offers the right lens that brings into focus the underlying values and themes with which you were raised. The more clearly you view your family's themes, the more readily you can become your own person. You may find elements of one or more of these styles present in either or both of your parents:

Smothering Terrified of feeling alone. Smothering parents emotionally engulf their children. Their overbearing presence discourages independence and cultivates a tyranny of repetition in their children's identities, thoughts and feelings.

Depriving Convinced they will never get enough of what they need. Depriving parents withhold attention and encouragement from their children. They love conditionally, giving affection when a child pleases them, withdrawing it when displeased.

Perfectionistic Paranoid about flaws. Perfectionistic parents drive their children to be the best and the brightest. These parents fixate on order, prestige, power and/or perfect appearances.

Cultlike Distressed by uncertainty. Cultlike parents have to be "in the know," and often gravitate to military, religious, social or corporate institutions or philosophies where they can feel special and certain. They raise their children according to rigid rules and roles.

Chaotic Caught up in an internal cyclone of instability and confusion. Chaotic parents tend toward mercurial moods, radically inconsistent discipline, and bewildering communication.

Using Determined never to lose or feel one-down. Using parents emotionally feed off their children. Hypersensitive and self-centred, Using parents see others' gains as their loss, and consequently belittle their children.

Abusing Perched atop a volcano of resentment. Abusing parents verbally or emotionally bully — or physically or sexually abuse — their children. When they're enraged, Abusing parents view their children as threats and treat them accordingly.

Childlike Feeling incapable or needy. Childlike parents offer their children little protection. Childlike parents, woefully uncomfortable with themselves, encourage their children to take care of them, thereby controlling through role-reversal.

Infographics and diagrams have been added by Pascas.

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In a survey of adults raised with unhealthy control, percentages who said:**As children they felt...**

- Forbidden to question or disagree with their parents: **90 percent**
- Pleasing their parents was more important than being themselves: **86 percent**
- Tense or on guard when their parents were around: **96 percent**
- That it was not okay to express anger, fear or sadness: **96 percent**
- Hemmed in and without choices: **96 percent**

As adults they...

- Feel perfectionistic, driven, or rarely satisfied: **82 percent**
- Worry or ruminate over confrontations: **96 percent**
- Are easily angered around controlling people: **91 percent**
- Feel extra-sensitive to criticism: **91 percent**
- Feel tense when they think about visiting their parents: **78 percent**
- Feel that their parents don't really know them as they really are: **91 percent**
- Feel that it has taken a long time to separate from their parents: **82 percent**

In retrospect, their parents...

- Seemed unwilling to admit it when they were wrong: **100 percent**
- Seemed unaware of the pain they caused others: **100 percent**
- Viewed the world in right-or-wrong, black-and-white terms: **96 percent**
- Encouraged connections with others outside the family: **14 percent**
- Encouraged their children to express feelings: **5 percent**



EXPRESSING ONE'S FEELINGS is the LIBERATION of ONE'S PAIN:

Our negative childhood repressed events, hurtful experiences, dramas and harming influences, are like festering cocktails of noxious energetic misery and pain?

That's right. It's as though something was put into you that's not meant to be there, it's making you be imperfect, and so it all has to come out, which you do by expressing all your feelings. And when all the bad feelings have come out, then you'll be left with the true and perfect you, that you which would have come naturally into being had it not been interfered with.

So you want to be true. And you ask God, your Mother and Father, to help you express all your bad feelings and to see the truth They want you to see. And then you just focus on expressing your feelings however you can; so to someone if you have someone who wants to listen to all you want to say, all the bad, yuk, stuff; or you write and say to yourself how you feel, and of course tell God all you feel.

So you stay focused on your feelings, you keep expressing all they are making you feel, and you long for the truth of them, and that's all. You don't have to make yourself go deeper into them, that will naturally happen, and you don't have to do anything with your mind. You just keep trying to articulate all you feel, accepting those feelings, feeling how bad or good they make you feel, express all the emotions associated with them, and long for the truth they are to show you.

And in doing that, all the bad or wrong parts will slowly come out of you; and by liberating them, so too are you setting yourself free of them. Your soul then effects the necessary changes when all the pain has come out and the truth of it has been seen, and that is your Healing. And slowly you will perfect yourself, become true, start having good, loving, open, honest and truthful relationships, with your partner, if they are also doing their Healing, and then with everyone else. And most importantly, with yourself.



We are to grow in truth through our feelings, which is why our feelings are needed.

Extract from 'Sage – and the Angels of Light' by James Moncrief



PARENTING:

Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.

Until you begin your Healing, everything you do with your children will be stuffing them up. It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness.

And the idea that we can learn how to parent, learn how be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing, then you will be totally free of your parents. Until then, even through they might not be personally

present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can't be anything other than how you are – it is 'your' child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one's life, and all that's happening on unseen levels from spirit, all what's going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

You soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is 'unfolding' through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you've fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it's not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just 'normal' and 'ordinary', that's exactly what God wants, it's how God made its soul to express itself, so it's perfect. You are the child of God that you are, even in all your wrongness. And even though you might hate how you are, you don't have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you'll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you'll no longer be passing onto your child, with your child potentially adjusting to the 'new you' which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old. Once that age is reached, technically it's the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won't be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can't force any positive changes on the child once the child is sexually mature, whereas before sexual maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly. And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent/child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings loves gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

It's not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and

expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you not have a child and do your Healing. If you don't have children on Earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can't also adopt children, however once the New Revelation is 'activated' – revealed, then spirits doing their Healing will also be able to do it whilst having children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth in her book says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that??!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child. A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

WE are SOUL!

The soul is perfect when it incarnates into a human! Most assuredly the soul is perfect! The prior existence of the soul is perfect, residing in God's soul-kingdom or realm. When it incarnates and individualises into a human, it is perfect. Further, one's personality is soul based.



The soul incarnates and begins its individualization as a human in a state or condition of imperfection and corruption. The transition of a soul from a place of pure light and love into a place of darkness is a comparison where words fail us to describe.



Two states or conditions: The first of Light and Love, and the other, Earth, of darkness and imperfection. In this process of change, the soul is immediately damaged. This damage is not mere encrustments on the outside of the soul, where, somehow the interior part of the soul remains pure and pristine. The soul, the complete soul, suffers harm and damage.



For those who **lived** on Earth for a brief period of time, say, for only **one short day**, nonetheless, will have suffered damage, hurt, and injury. The damage being so deep, that the little human physical body may only live on Earth for as little as one day. At birth we arrive damaged. The spirit-body, after the Earth vessel is dropped, will continue to live and thrive in a nursery in the spirit-world.

In the spirit world nursery, one is encouraged to freely express their souls. They are not hindered or disciplined in anyway as we on Earth experience from our first days and years of life. They are not seen as most children are viewed on Earth, as wild animals that require training and rigid discipline. All are happy and able to express themselves freely.

The damage that is infused into the soul of babies emanates from its parents and those in close relationship. The soul damage becomes visibly seen as one matures into adulthood. Should we feel and express our childhood repression then our liberated soul and personality will express itself in the manner of the girl on the bottom right hand side, otherwise our appearance and health degrades as seen of those above.

LUCIFER REBELION HAS ENDED, and now REVELATIONS for HEALING are HERE:



Lucifer soulmate pair



Satan soulmate pair



Caligastia soulmate pair



Daligastia soulmate pair

Lucifer soulmate / soul partner pair were magnificent beings, a brilliant personality as one. They were designated as one of the one hundred most able and brilliant personalities in more than seven hundred thousand of their kind. From such a magnificent beginning, through evil and error, they embraced sin. They believed that their minds were all powerful and that everyone should be independent and reject the illusionary God and those who lead the path to God, namely Michael of Nebadon (Jesus and Mary).

Very little was heard of Lucifer on Urantia (Earth) owing to the fact that he assigned his first lieutenant, **Satan** (also a soulmate pair), to advocate his cause on our planet. The “devil” is none other than Caligastia (again, another soulmate pair). At the time Michael (Jesus and Mary) was on Urantia in the flesh, Lucifer, Satan, and Caligastia were leagued together to effect the miscarriage of his bestowal mission. But they signally failed.

About five hundred thousand years ago and concurrent with the appearance of the six coloured or Sangik races, Caligastia, the Planetary Prince, arrived on Urantia. There were almost one-half billion primitive human beings on Earth at the time of the Prince’s arrival, and they were well scattered over Europe, Asia, and Africa. The Prince’s headquarters, established in Mesopotamia, was at about the centre of world population.

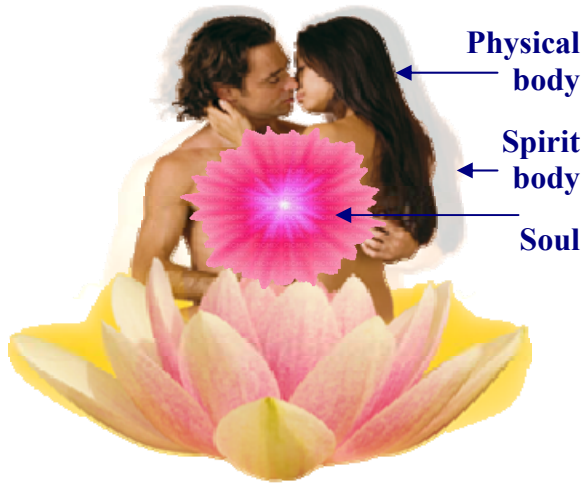
Caligastia had been attached to the council of the Life Carrier advisers on Jerusem. Lucifer elevated Caligastia to a position on his personal staff, and he acceptably filled five successive assignments of honor and trust. The Planetary Prince of Urantia (Earth), Caligastia, was not sent out on his mission alone but was accompanied by the usual corps of assistants and administrative helpers.

At the head of this group was **Daligastia** (soulmate pair), the associate-assistant of the Planetary Prince. Daligastia was also a secondary Lanonandek Son. He ranked as an assistant

Lucifer, with deputy Satan, and lieutenants Caligastia and Daligastia have ingrained into the human psyche to be mind dominated with its errors passing down through all parents, being self reliant and rejecting one’s own soul based feelings that are to lead us to our Heavenly Parents with the truths being provided by Mary and Jesus of Nebadon. Lucifer and Satan were removed two thousand years ago, Caligastia and Daligastia have very recently been removed. Their crimes against humanity make Adolf Hitler appear to be a saint!



First Parents being First Ensouled Humans



Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some **one million years ago**. Andon and Fonta were the most remarkable pair of human beings that have ever lived on the face of the Earth. This wonderful pair, the actual parents of all mankind, were in every way superior to many of their immediate descendants, and they were radically different from all of their ancestors, both immediate and remote.



The Lucifer soulmate pair believe that the mind is superior to all things. Thus they convinced the inhabitants of 37 inhabited planets within the universe of Neadon, including Earth, to become self reliant and abandon God and Their administrative leadership. The Lucifers brought about the Rebellion on Earth two hundred thousand years ago. So for 200,000 years of spiritual darkness, humanity has suffered the consequences of one's error ridden mind.

REBELLION



Adam and Eve, the Adamite soulmate pair, came about **thirty eight thousand years ago** to upstep the gene structure of humanity and advance their spirituality.

DEFAULT

Both Eve and Adam mated with local humans and accordingly defaulted on the plan. They were to breed a superior stock that would then interbreed.

Mary of Magdalene and Jesus of Nazareth, soulmates, **two thousand years ago**, both retained perfection, and during their sojourn on Earth were enthroned as sovereign rulers of Neadon. **The bestowal of Michael (Jesus and Mary) terminated the Lucifer rebellion.**



The Second Coming, **now in progress**, reveals the availability of Divine Love and the need for each person to engage in the process of Feeling Healing. With the Divine Love then this process is one's Soul Healing.

BESTOWAL



REVELATIONS

× 2



Why did the Lanonandek Daughters and Sons rebel? Being the Lucifers, Satans, Caligastias and Daligastias soulmate / soul partner pairs. James Moncrief Monday, 12 November 2018

Re The Urantia Book (TUB): there are various orders of Paradise Descending Daughters and Sons. (NB: TUB only refers to the masculine so doesn't include Daughters.) The Descending Daughters and Sons descend or step down from Paradise to reach out and 'down' to the Ascending mortals – men and women on the evolutionary worlds, who are reaching out and 'up' to Paradise and for such help from the descending spirit pairs. Ascending mortal pairs (soulmates / soul partners) cannot by themselves ascend to Paradise, how to do that is not 'encoded' in their soul. So they need higher help and guidance from the descending pairs. So if people don't have this higher help they will never spiritually and physically progress very far. And if this higher help goes haywire, people are stuffed until other higher help comes to rescue them.

One such Descending Pair, the Creator Pair, comes out from Paradise to a section of space when it is ready for them – Mary M (Magdalene) and Jesus in our case; and in union with the Divine Minister, create, or 'bring into being' a Local Universe – Nebadon. Mary and Jesus then attend to the whole (local) universe, with Avonal Descending Paradise Pairs coming as required to the individual Earth worlds to ensure and initiate the spiritual changing of the ages that is needed to advance the spiritual development of mortals in accordance with the Paradise Plan.

Part of the Creation of Nebadon includes the creation of Local Universal Descending Daughters and Sons that hold key positions on individual worlds and oversee larger areas or sections of the Nebadon. With the Lanonandeks being these key administrators, guides, overseers, who are the ones that ensure the ascending mortals of each world are given what they need in accordance with the unfolding phases of their evolution, as well as providing the necessary Mansion World structures and organisation of the Celestials spheres, the greater part of Nebadon, all so mortals of the evolutionary worlds can find their way up and in through the Local Universe so as to set out on their greater spiritual journey through the Super Universe and Central Universe to Paradise. The Lanonandeks make sure all the parts work as they are intended to do, with the Melchizedeks being more involved with the ongoing teaching and personal education of mortals about all things through the Local Universe.

The Lucifers, Satans, Caligastias and Daligastias are all Lanonandek pairs.

The Lucifers were the overseers of this sector – System – of Nebadon that includes Earth – Urantia. The Satans were to help the Lucifers, being the main liaison pair with the Caligastias (The Planetary Prince and Princess) who oversaw Earth directly from spirit, and the Daligastias being physically materialised on Earth so as to oversee and help evolve the local races of Earth on all levels, the practical physical and spiritual, this being how it was five hundred thousand years ago. And for three hundred thousand years, everything went well.

The whole of Creation thus far is one gigantic Ascending mortal scheme – The Ascension Scheme. So everything in it works to help slowly evolve humanity along the plans designed for them by the Descending Pairs and the Mother and Father, with the idea to evolve through ongoing self-expression the people from all the earths up through the Mansion Worlds and into the Celestial spheres and on through and out of Nebadon. So if anything goes wrong in any level of the universe then it causes problems for the mortals who are wanting to ascend.

The Lucifers were outstanding members of their Order. However according to TUB (if I remember correctly), they were passed over when they applied to oversee certain parts of Nebadon – and so why did that happen??? Then finally they got their chance. As to why they rebelled – it is said their egos, their self-importance, grew, and they weren't able to control it. They were seduced by some inner need

for greater power – but why did that happen? And is it just like everything else, there is variation in all things and so they went the way of rebelling against Mary and Jesus and the Mother and Father. And not being of a higher Paradise Order, they are more prone to being seduced by their inner biases, whereas supposedly Paradise Descending Daughters and Sons are too perfect, being of Paradise origin, and so wouldn't or even can't, rebel. And Avonal Pairs can willingly take on rebellion, but that's their choice and they are not technically rebelling or defaulting, they needing to do this so they can heal themselves of the Wrongness thereby liberating the world of rebellion, and in our cases, also default. Which means, providing people and spirits in the Mansion Worlds, their Spirits of Truth, so everyone in a rebellious state can look to them instead of the Evil Ones, the rebellious Lanonandeks, for the way out of rebellion and onto Paradise.

The Evil Ones took over their part of Nebadon, Mary and Jesus allowed them to, allowing the Rebellion and subsequent Default on Earth to run its course. However it continues to cause masses of disruptions to the natural way of things, all of which we've been and continue to be subjected to.

So because humanity for two hundred thousand years has been increasingly subjected to the Rebellion and then also the Default of Eve and Adam (Material daughter and son), we are well and truly entrenched in the unconscious belief that the Evil Ones are the Gods, and that we're to look to them for the way to be happy and feel loved – that they are the Living Truth. And yet, as we can all see from our own lives when we start to address our bad feelings, this is wrong, false and misleading, only making us feel even more unhappy, unloved and powerless in our negative truth-denying state and being unable to do anything about it – because ascending mortals are not able to go against the higher Daughters and Sons. So without humanity knowing it, we have been praying to the Evil Ones as if they are God, even with people who pray to Jesus, praying to a mind-created fantasy Jesus and not the real one, as can be seen by the Evil Ones strategically denying humanity the truth of the Divine Love, with our need to long for it being excluded from the Bible and not found in any other rebellion-created religion.

Mary and Jesus being the highest Paradise Pair, by their coming to Earth, terminated the System Rebellion of the Lucifers and Satans. So that level of evil influence on all the rebellious physical worlds ended two thousand years ago. And then it's required for each world to be attended to by a bestowal Avonal Pair, who take on the evilness of that world and heal it within themselves, thereby ending the control in our case of the Caligastias and Daligastias, which has now apparently happened, with the Avonal Pair only to finish their Healing so as to signal the complete technical end of the Rebellion and Default.

So their – the Avonal pair – Healing involves dealing with the Rebellion and Default within themselves on all levels, so people and the mind Mansion World spirits can then choose to follow them and do their Healing. So by following the Avonal Pair you are going against the Evil Ones (currently it being their legacy within you and on the world), looking to end their negative, unloving and untrue influences within yourself. And once done, you become a Celestial, either on Earth or in the Celestial spheres, and free to align yourself with Mary and Jesus, which is done by partaking of the Divine Love, and free to live your ascension to Paradise – free to become at-one with your Mother and Father.

We're all living the demented levels of the demented minds of the four Lanonandek pairs that rebelled. And as we do our Healing, so we come to see how fucked they are, as we see how fucked we are; how they passed that fuckedness onto us through our parents, how we've become so tangled up in our Wrongness, not knowing what is true – we live untruth believing it's true, we feel false love believing it's true love. We're all around the wrong way, deeply mixed up, and needing to do our Spiritual Healing to get ourselves out of our sinful and evil ways, so as to come back into alignment with the Truth. So all that we are has to go, and we're to uncover a whole New Way on all levels, personally and how to live, as we liberate ourselves from our dementedness.

With the Evil Lanonandeks no longer at large, having been detained on a prison world awaiting judgement as to what will happen to them, so the Melchizedeks stepped in taking over their positions. I don't know why other Lanonandeks weren't appointed, however I guess it's because of the damage done by the Rebellion, we who are here and part of it have to deal with it ourselves, so no outsiders other than Mary and Jesus and the Avonal Pair being from Paradise that can override that limitation.

And the Melchizedeks have enlisted the Celestial spirits help. So together, they now in effect play the roles of the Lanonandeks. And so as the Avonals progressively heal themselves, thereby liberating humanity from the dictates of the Rebellion and Default, so the Celestials are being given increasing power and authority to do what the Lanonandeks would have done. So the Rebellion on a positive note is providing the Celestial spirits with unique opportunities as part of their ascension, as we hear from Helen and Nanna Beth. And I would imagine, people who finish their Healing and become Celestials on Earth will also in some way be given extraordinary opportunities as well, all of which will involve some level of healing the world and doing what the Lanonandeks and Eve and Adam should have done. Even to the point of Celestials on Earth who have children, will in some way be like the new 'Eves and Adams' populating the world with perfect and true children, all who are completely free of the Rebellion and Default.

And what happens to the Evil Ones? I imagine they will have to undergo a long period of Compensation experiencing the pain they caused all the people and angels who were under their care. And after that, if they are not extinguished outright, possibly they might be rehabilitated to some degree; however as TUB suggests, without ever receiving the power they once had. However, as all works out for the best and ultimately is all-loving, it will be fascinating to see through our own lives how all the pain we've been made to suffer ends up helping us and being the best thing for us.

And one last thing to note, had there been no Rebellion or Default, then here on Earth we'd still have now the Daligastias as well as Eve and Adam, still helping people grow and evolve on all levels. Still being the higher Daughters and Sons that we can look to – knowing that we're not alone, that we are being looked after and loved and that a greater life of ascension awaits us. And we would by now know of the Caligastias and all the help they would be providing on the higher spiritual levels, as well as the help they would be giving mortal spirits in the Mansion Worlds. And we would know of the Satans and Lucifers and all the help they were providing on the System level. And we've understood that in a way these higher Daughters and Sons are like mini gods to us, yet not our Heavenly Mother and Father. And they would be pointing us towards Mary and Jesus helping us understand that they are the Creator Pair, and here we live in their universe of Nabadon, and that all they are doing for and with us is to help us evolve and grow on all levels as we look to our feelings for our truth we are to live as we express the personalities from our souls on our way through Nabadon and onto Paradise. It all being a perfectly unified and loving experience for us. We being able to see the higher Daughter and Son as in the Daligastias and the Material Pair, Eve and Adam, who would be for us the perfect humans that we could strive to be like. So we would want to be perfect in our humanness like Eve and Adam, and perfect in our spiritualness like the Daligastias. With both pairs showing us that we can be both perfect on the material and physical level, as we can be on the spiritual level. Which is completely the opposite of how we've been made to live, because all of that perfection has been denied us, with our being so screwed up about how we are to live both materially – physically and spiritually – we having no idea about either, and with them working fully in opposition to each other. And with our longing for and wanting the Truth, the truth of how we're to live physically and spiritually, all of which is to come (and ONLY come) through each of us individually and as a consequence of properly attending to and expressing ALL we feel.

The SECOND COMING:**31 May 1914 to 2014**

The James Padgett Messages as published in four volumes as ‘True Gospel Revealed Anew by Jesus’ heralded the commencement of guidance that spanned 101 years.

The reading of the four volumes, due to the way the subject material is grouped, provided no clear indication that more guidance was to come. The publication of the Padgett Messages in chronological order clearly points out that the writings were far from completed. Meanwhile many readers embraced the Padgett Messages to the exclusion of all else.

Dr Daniel Samuels’ writings, some 40 years after Padgett, are a profound set of teachings. Samuels being focused upon the old scriptures of the writings also resulted in extensive clarifications for the New Testament. Samuels’ works are generally ignored by Padgett enthusiasts. Publications of Samuels works are difficult to locate, even though the original writings are kept with Padgett’s original writings.

Hans Radax’ writings from Judas of Kerioth, a further 40 years on, complete the issues required to be addressed relating to the errors and missing teachings of the New Testament.

The completion of the Padgett Messages is addressed in The Divine Universe through Nicholas Arnold. Several further works have been published with a growth in the platform of prior writings.

What is evident throughout all of these works is that aspects of the teachings were and are aligned with the characteristics of the writers.

‘The Prayer for Divine Love’ given to Padgett on the 2 December 1916 is the only prayer that one may need should they have no other prayers for the asking of Divine Love. The Prayer for Divine Love refers to our ‘False Teachers’. Our false teachers are our parents! For humanity to evolve in love, breaking of the cycle of generation after generation to evolve in love, the cleansing of injuries and errors of belief need to be addressed before children become parents.

‘Speaking with Mary Magdalene and Jesus’ guidance through James Moncrief completes the second coming revelations. Throughout these some 7,000 pages of teachings, over the 101 years, there are two key revelations. The most important is that we must embrace our emotions and allow them to be released from our soul, our humanness errors and injuries. We must all embrace a process of Feeling Healing. The second is that we can long for, ask for and receive Divine Love. The Divine Love strengthens our resolve to clear away the damage caused to our soul by our parents during our forming years. The Divine Love does not clear us of our injuries and errors and evilness, this we must do for our selves. Thus, we have been given two revelations. Live our life through our feelings is the first and most important, and the second is that Divine Love is available to us should we so long for it.

Feeling Healing can be also Soul Healing with Divine Love. James Moncrief has outlined the process of Feeling Healing, Dr David Hawkins has demonstrated the way with ‘Letting Go’, and Brandon Bays has given the world the ‘Journey Process’, and most importantly ‘Journey for Kids’.

No one can embrace the guidance of the Second Coming without embracing all of these aspects of loving teaching and guidance given to all of humanity by our Celestial Friends led by Jesus and Mary.

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

END to the REBELLION and DEFAULT – 31 January 2018:

31 January 2018: Nanna Beth: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now ‘Ours’. It’s been a long time coming, but it’s a huge milestone and marks a tangible and real end to the Rebellion and Default. It’s one of a number of ‘End’s’ that are to occur.

With the departure of the Caligastias and Daligastias some years ago, humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we’ve told you, basically calling the shots still happy to ignorantly carry out C&D’s plans. But now with our systematic and progressive take over, we’re now in complete control.

And what that means is we have our fingers in every pie and we’re on the case so far as what everyone is doing. However it doesn’t mean we’re taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

So humanity will still carry on outworking it’s unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it’s another end of things and beginning of the new. And it’s basically what we’ve been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it’s been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity’s got a real tangible safety-net under it now, so no more ‘downside risk’, it all being to move it toward doing its Healing.

I’ll speak again soon – love Nanna Beth.

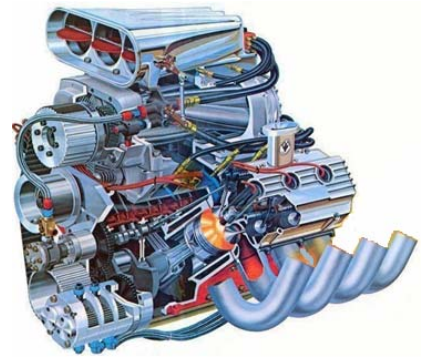


The New Way: learning how to live true to ourselves by living true to our feelings.

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.

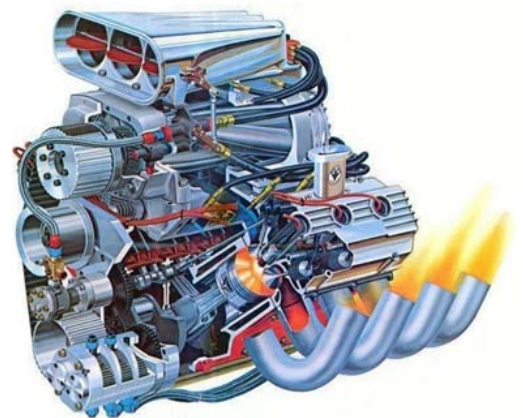


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation,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

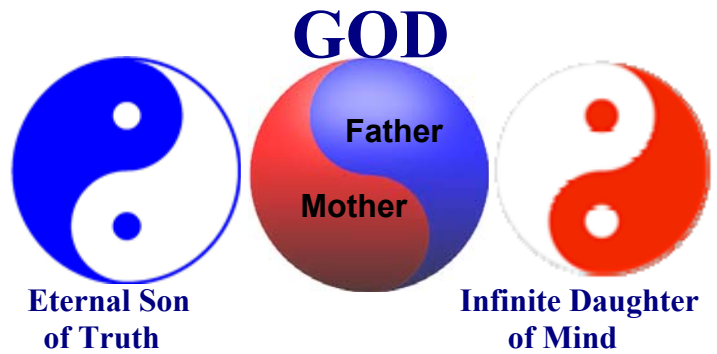
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

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.



BECOMING DIVINE:

We are not Divine to begin with. Our soul, personality and true self are of Natural love, created by Divine Parents, and with the POTENTIAL of becoming as They are, at-one with Them - divine. And we begin to realise this potential by longing personally to Them for Their Divine Love.



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 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.



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.

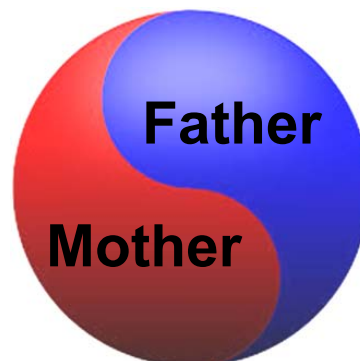
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence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



**Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
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



PSYCHIC BARRIERS:

Tuesday, 21 November 2017 – Note from John – Hi Nanna Beth and James

“That there are very real restrictions that act like very real barriers impeding the normal functioning of us all because of the Rebellion and Default.” – Nanna Beth 20 November 2017

I gather that the Psychic Barriers have nothing to do with spirits from any of the mind Mansion Worlds or from the planes referred to as the hells. Are these Psychic Barriers all remnants of the Rebellion and Default controlling ways and contracts, and as we break through them, then are they finished for ever?

Nanna Beth: That’s right John, the Psychic Barriers don’t have anything to do with any of us spirits, however, we are all limited by them in what we can do with you, even including those spirits in the mind worlds.



The barriers are imposed circuits of mind and feeling dictated to us by the tenets or ‘laws’ of the Rebellion and Default. If you like, humanity has Fallen from the Celestial level down through the seven Mansion Worlds, so through every plane and subplane and subsubplane and so on through seven subplanes of every plane in every Mansion World. And even then still being divided up into the negative relationship between the mind and feelings down to what you might see as a microscopic circuit level, that which we can’t see, yet the angels can.

The angels are ‘wired’ into all the mind / feeling circuits, so know exactly where we are in our rebellion against these circuits, that being, how we should truly and lovingly live them and yet how we’re not doing so whilst we’re in our unloving and untrue states, and then where you are in your Healing of them. And each of these circuits, from the smallest and building up into the biggest, are what we call psychic barriers.

And they are all within you, and you have all to heal them all through your Healing. And that’s on the personal level, which then also has to be done on the combined level for the whole of humanity.

So through your Healing, each bad feeling experience you have really equates to having to deal with one or more of these damaged mind / feeling circuits, which are then represented on all the levels within yourself, on the feeling, mind and will levels, and all in between. So when you express all the pain and submit to the bad feelings, no longer trying to control or fight them, you are effectively falling into the pattern of how you live and express your negative circuit, thereby de-powering it, short circuiting it if you like, which then liberates more pain and truth, which then allows the circuit to be made right, this being the progress as you ascend through your Healing up through the Mansion Worlds.



So these barriers are the dysfunctional mind / feeling circuits on all the varying levels. And what Marion and James are doing is crushing them all by taking them all within themselves, which they did

through their early life, just like we all do, then Healing themselves systematically of them, each in their separate ways, which then opens the doorway for others to do through their Healing.

And for us Celestials, we have had to wait for them to work their way up through these circuits before we can act, because their breaking through and breaking them down means there are no longer barriers. And so as their Healing advances, so we've been able to do more by taking over as we've told you, and that's continuing on a daily basis. However the difficulty we still face, is, there are still some significant ones in place, so our hands are tied concerning them, and these are what we've been referring to that are causing problems for you and Crystal.

[To achieve the cancellation of the Psychic Barriers, it feels as though a few field mice are up against Goliath.](#)

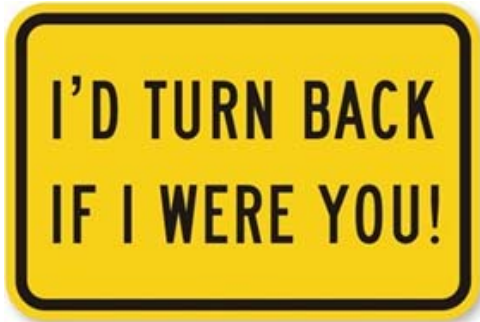
So in all your different ways, you're pushing up against the coal face so to speak, you John, Crystal and Samantha, and there's nothing that can be done other than allowing the process to happen, because it's all being driven by the Mother and Father through your souls. So the real so-called fight between good and evil – Satan and Lucifer and the Devil and forces of Darkness, has actually been going on these past twenty years or so by each of you in your own separate ways taking on the bad within you and looking to Heal yourself. And even though you, John and Crystal, might not be actively doing your Healing like Samantha is, still you're taking on the Healing and all that's involved on the mind levels by accepting all James (and Marion) reveal.

By you not rejecting them, so you are doing your bit to stick it up the Rebellion and Default, which is in fact the Great U-Turn – you are doing it in yourselves, which can then be followed by the rest of humanity. So you are, as you say, little mice trying to scratch a hole in the brick wall, slowly working away at the barriers. And this is being reflected by these unseen barriers at work with the Couriers, who of course don't understand anything about this, but it's why they simply think it's just another job and one that shouldn't pose any problems, so why not just get it done, when in fact they are embroiled in this monumental struggle because it involves you and Crystal.



And we Celestials are not powerful enough to break such hidden and unseen barriers. Only the Paradise Pairs are powerful enough to do that, that's what they are all about, and in particular the Avonals, because it's what they are created to do, no one else can do it. And they can only do it by doing it within themselves, they can't see or know where these barriers are and deal with them through their minds, anymore than the Lucifers could see and control them by smashing through and breaking down the positive circuits as they rebelled. It all happens on the organic human level, with the rebellion being systematically passed on, getting worse, generation after generation, through the ages. And now it's all starting to reverse, all to change generation after generation up through the coming ages as humanity heals itself of its woe.

So I hope I've explained it better for you, it's all what we call 'technical' as it's all to do with the Mind side of things, that which is organised by the Infinite Daughter and Divine Minister, being carried out by the angels.



You can look at it like a matrix, that is often talked about, being created by the Daughter providing the inner mind-matrix or mind-circuits of Creation, about which and within which everything has its being. So your personality expression is built up around this matrix, being expressed in how your physical and spirit bodies are expressed in Creation. And so you can't do anything more than the mind and feeling levels you are on, other than increase their denial by moving deeper into your wrongness, or do your Healing and go the other way working your way out of it by changing your inner circuits. And these inner circuits are the templates for your whole being in Creation, so the laws of the physical body and all the rest run along them. And at best you can identify the laws or circuits, and live with them, but you can't change them. We can only change them within ourselves by doing our Healing. And as enough of humanity Heals itself, so then the greater changes will take place too. But that's more for the future. Right now it's about you few individuals doing what you need to do.



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



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 as 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.



M&F



J&M



AVO

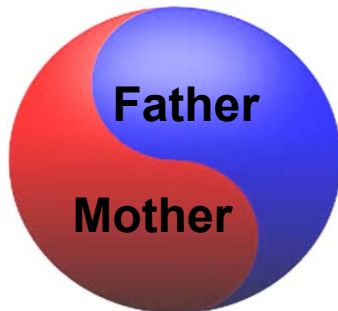


HUM

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 Nebadon 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

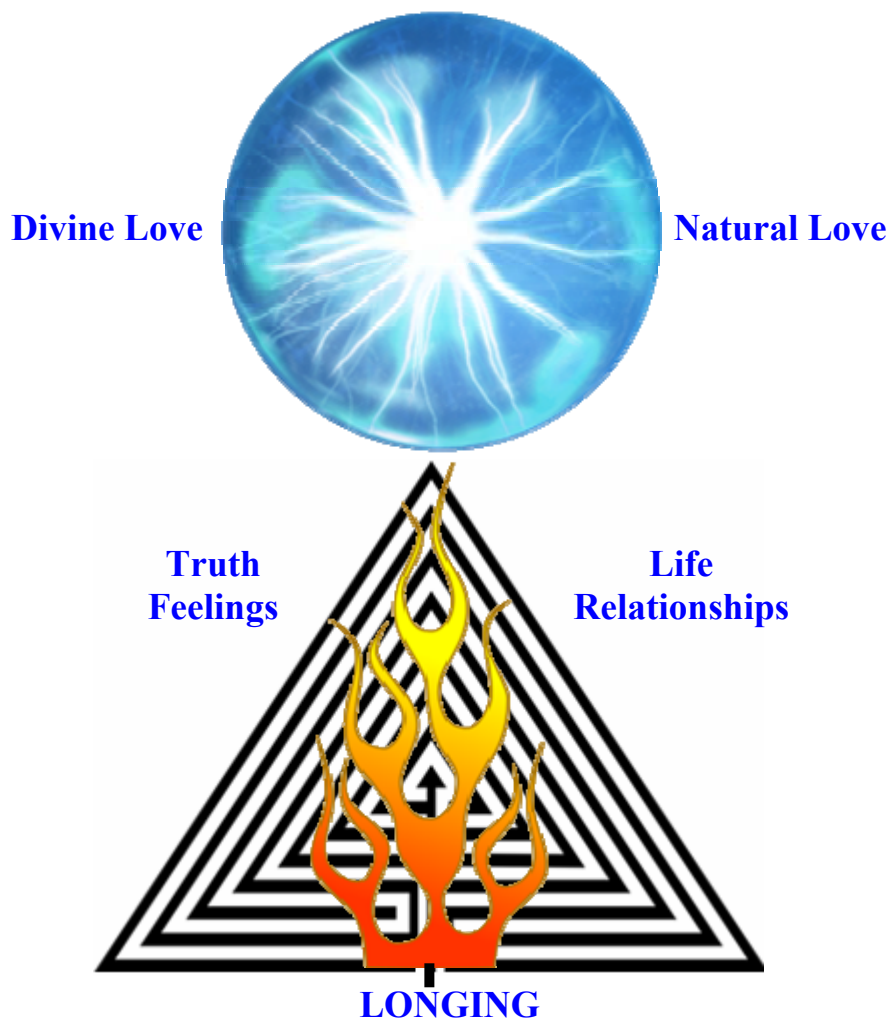
Want to understand the truth of your early life

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

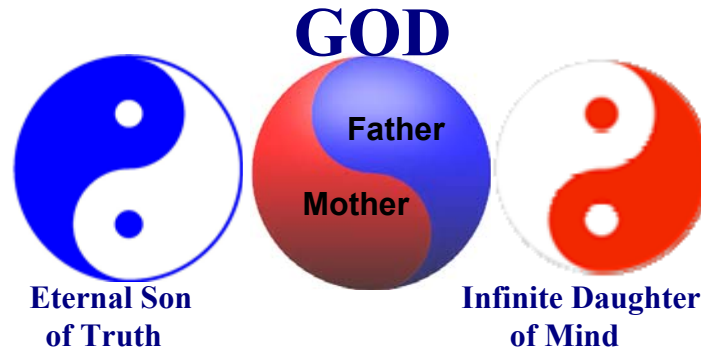
Want and long to know the whole truth of yourself

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 / Soul Partners)
 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.

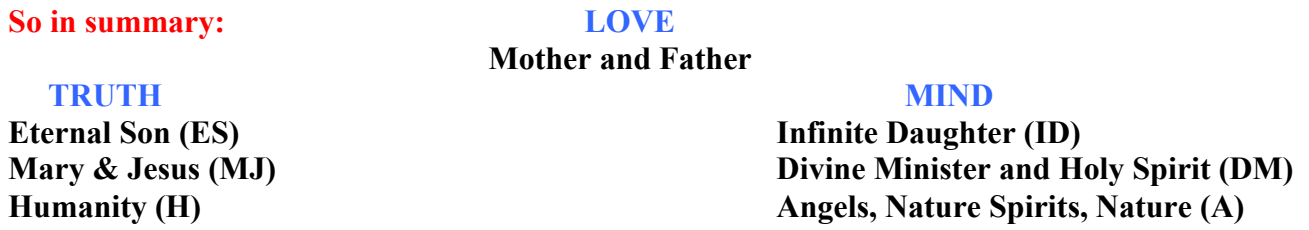
The LOCAL UNIVERSE TRINITY:

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

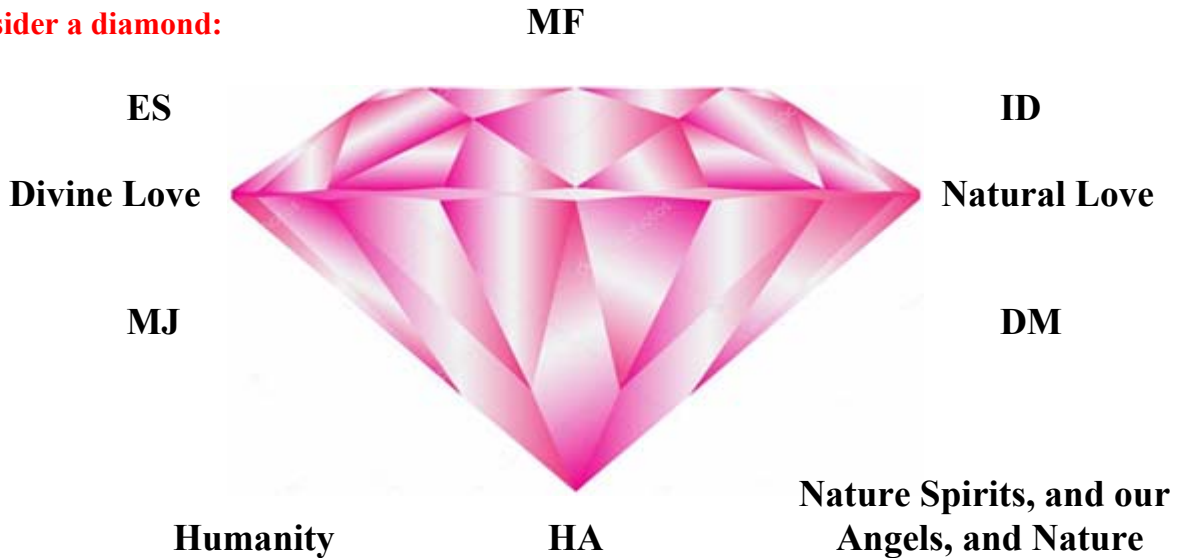
PLANETS that engage in REBELLION:

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 / soul partner 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.

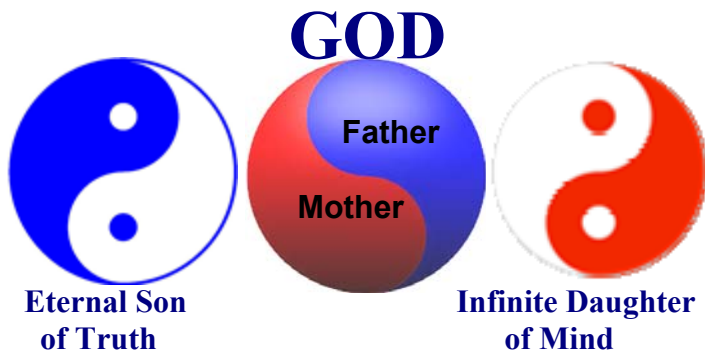
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate / soul partner 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.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

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. Our soul is duplex (we have a soulmate / soul partner) 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.



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.

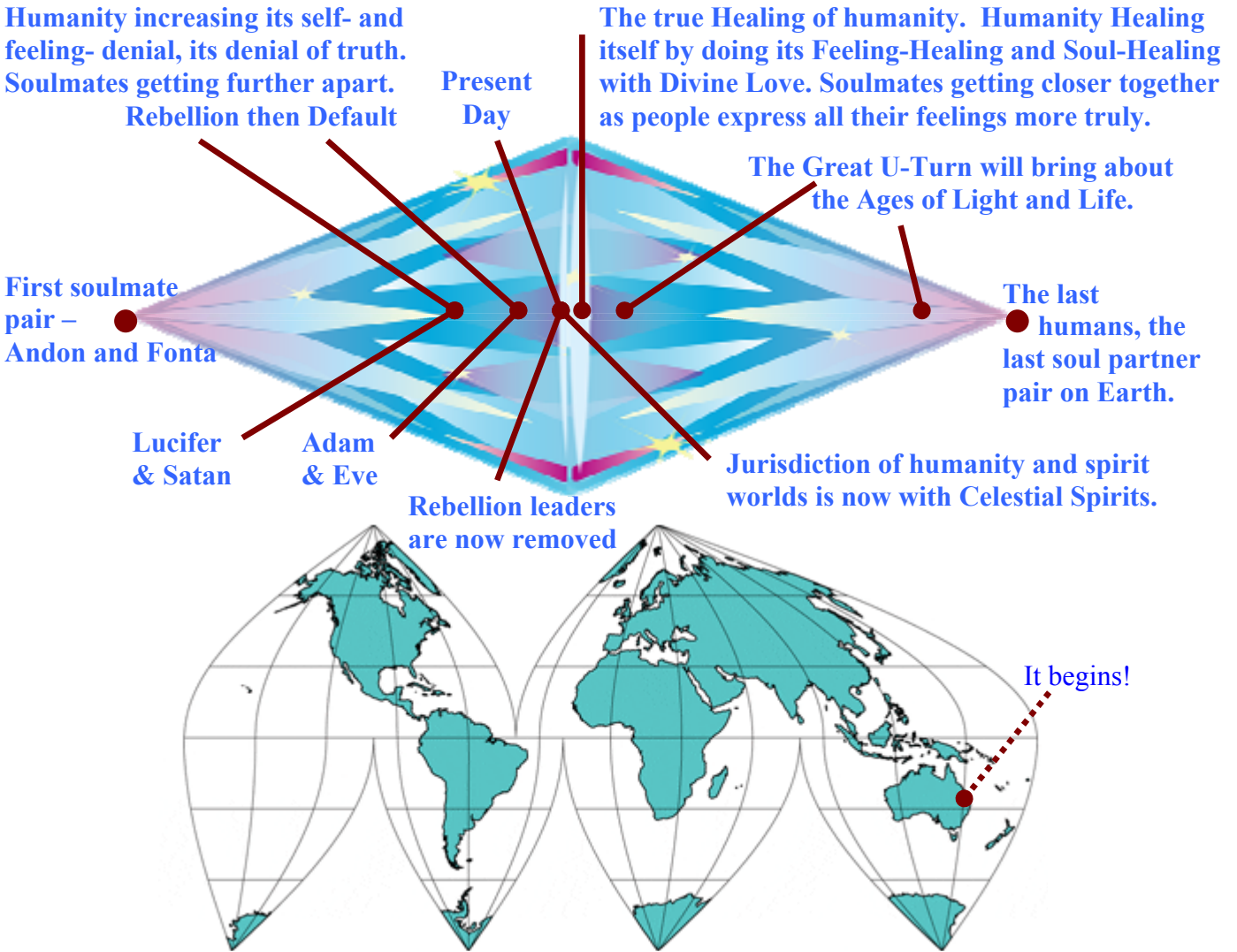
Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective 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.

JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.



This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

Feelings First, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.
 (Passage in blue calibrates on the Map of Consciousness at 1,500)

WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.



We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate / soul partner’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



Feelings first





In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' relationship. In addition we have our personal Indwelling Spirit.

OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



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

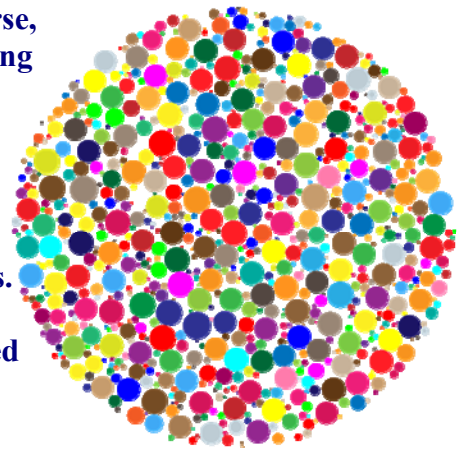
There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem, this is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.



Earth →

NEBADON, our LOCAL UNIVERSE:

A Local Universe – Nebadon. One hundred constellations (about 10,000,000 inhabitable planets) constitute a local universe. Nebadon contains 3,840,101 inhabited planets.

A Constellation. One hundred systems (about 100,000 inhabitable planets) make up a constellation.

A System. The basic unit of the super-government consists of about one thousand inhabited or inhabitable worlds.



Earth is #606 in the system of Satania and is the latest to have human life. *Jerusem* is the headquarters of our local system of Satania. Thus *Jerusem* is the city to which we arrive when we fuse with our indwelling spirit having sufficient Divine Love following our Healing and enter the first of three Celestial Heavens, all being for the 1,000 physical worlds within Satania.



Salvington, in the centre of Nebadon, is the headquarters and home of our Creator Daughter and Son, the Michaels, namely Mary Magdalene and Jesus.

All descending Daughters and Sons of God have high and divine origins. They are dedicated to the descending ministry of service on the worlds and systems of time and space, there to facilitate the progress in the Paradise climb of the lowly creatures of evolutionary origin — the ascending daughters and sons of God (humanity – us). Those Daughters and Sons who come forth from the Deities on the central Isle of Light and Life are called the *Paradise Daughters and Sons of God* and embrace the following three orders: Creator Daughters and Sons – the Michaels, Magisterial Daughters and Sons – the Avonals, the Trinity Teacher Daughters and Sons – the Daynals. All three groups have Spirits of Truth, no others do.

The remaining four orders of descending daughter and sonship are known as the *Local Universe Daughters and Sons of God*: Melchizedek Daughters and Sons, Vorondadek Daughters and Sons, Lanonandek Daughters and Sons, and Life Carriers.

The chief executive of a local system (such as Satania which includes Earth) of inhabited worlds is a primary Lanonandek Daughter and Son (was the Lucifers), the System Sovereign. The Lucifer Rebellion in the system of Satania was the last and the most widespread of all. Thirty seven (37) inhabited worlds were seduced into rebelling, by following the Lucifers and their deputies, the Satans. Earth then went on to Default at the time of Eve and Adam. Later on we crucified the Creator Son, Jesus, and ignored Mary. So now we have the physical presence of an Avonal Pair. Only the Avonal Pair can take on all of our wrongness and heal themselves. It is their Spirits of Truth that we are to long to so that we, humanity – all of us – can then heal the Rebellion and Default that we have all embraced.

Partly drawn from The Urantia Book (TUB) 7 July 2018

HIERARCHY of our SPIRITUAL GUIDANCE:

Our Heavenly Mother and Father permanently reside within Paradise, an island stationary world surrounded by Havona, in the centre of seven Super Universes.

Our Heavenly Mother and Father, being one soul manifesting two personalities, bring about the creation of:

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

The Michaels and Avonals have Spirits of Truth to be released to assist the humanities on their assigned inhabited worlds.

Each Super Universe consists of 100,000 Local Universes.

Each Local Universe is overseen by a Creator daughter and son, our local universe is called Nebadon and Jesus and Mary Magdalene are the Michael pair and regents.

A local universe consists of 10,000,000 inhabitable worlds of which 3,840,101 are inhabited within local universe Nebadon.

A local universe consists of 100 constellations which is made up of 100 systems. Each system has 1,000 inhabitable worlds. The system that Earth is in is Satania and 619 worlds are inhabited.

Emanating from within the Local Universes are Melchizedek, Vorondadek, Lanonandek, Material and Life-Carrier pairs. None have spirits of truth – they are not from Paradise.

From within the Lanonandeks, assigned to oversee the system Satania, which includes Earth (Urantia) were the Lucifer, Satan, Caligastia and Daligastia soulmate pairs, who rebelled. Further, Adam and Eve, the Material son and daughter, defaulted because of the Rebellion. All failed in their assignments, causing us (humanity on Earth) to be spiritually misled for 200,000 years – that is why we are all ‘insane’!

Earth has had five higher spirit physical bestowals:

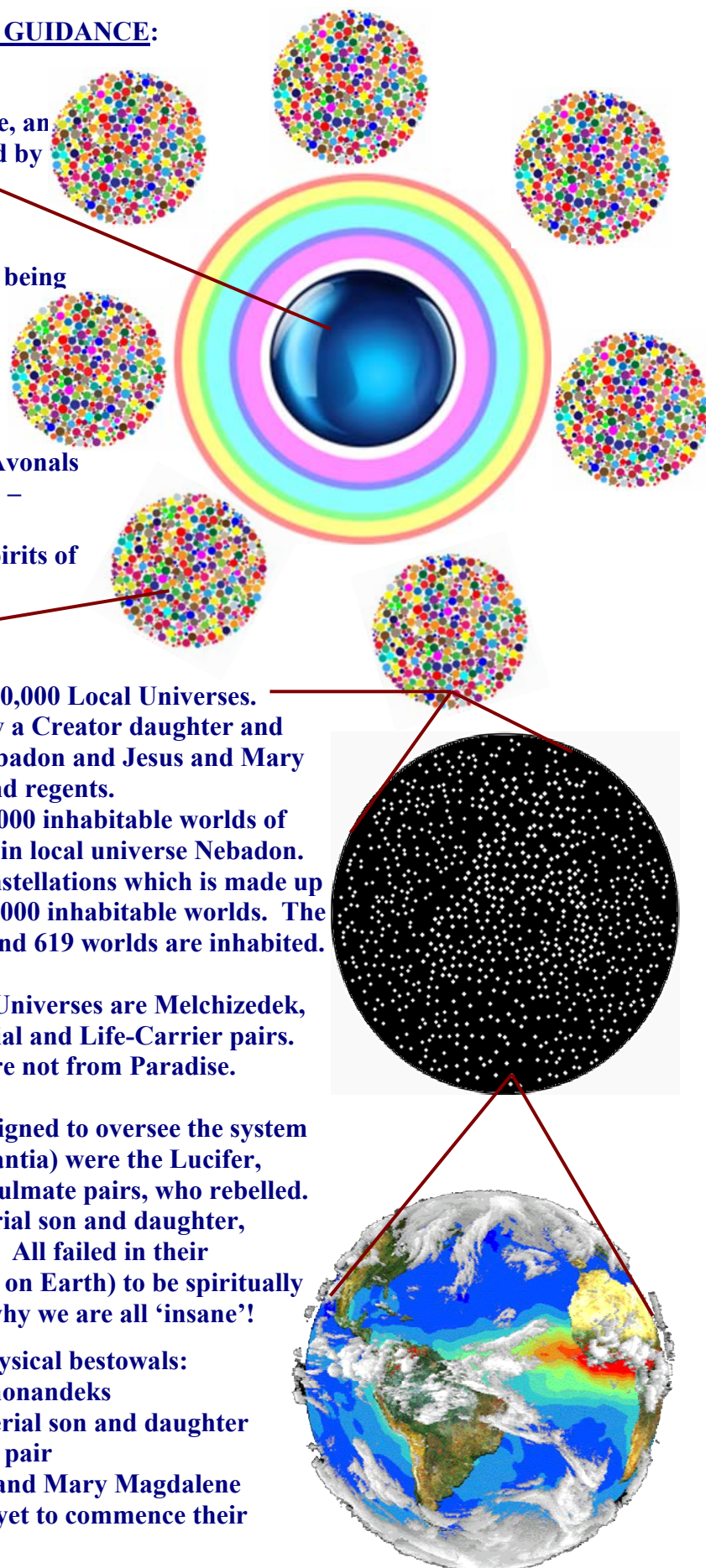
Daligastia soulmate pair being Lanonandeks

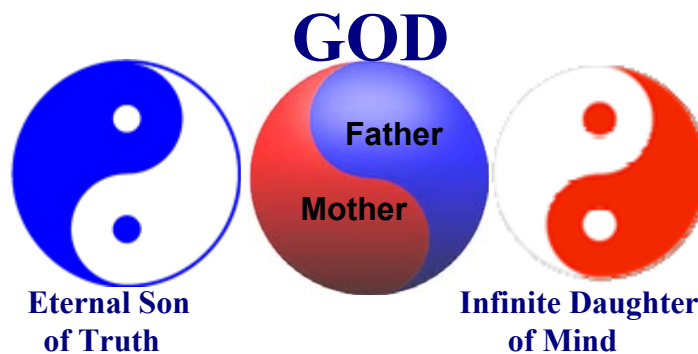
Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

Avonal daughter and son who are yet to commence their public ministry.





We souls are existential, our souls have it all within us, it's a done deal, we are just unfolding in Creation through our personality expression. So our evolution is our growing in truth, the truth already within our soul, with it continually being brought out through our feelings as we live our experiences, thereby 'growing in truth' as we ascend, as we live that truth.

Whereas the angels are experiential, and their soul starts evolving or developing upon their creation. It all being done through their evolving minds. They don't grow in truth like we do, they just grow or evolve in mind. And as they do, the experiences they have individually and then as a created pair, cause the soul of their mind to grow and evolve.

However, those people adhering to the 'Mind Way', as presented by TUB (The Urantia Book), the New Age, and all our religions, is really the angels' way and not ours. So perhaps, that is why TUB has 'mucked it up' because it has to adhere to the Rebellion, which is making us look to the God the Mind, the Infinite Daughter, as the Way to God, when we're to look to God the Truth, the Eternal Son, as the Way to God.



We can't attain Paradise and be with our Heavenly Parents unless we first go through the Eternal Son. We can't do it through and with our minds. That's for the angels to do. So the mind spirits (like most people on Earth and spirit Mansion Worlds), unbeknownst to them, are trying to live like angels, trying to evolve their soul through and with their mind, which can't happen. And if we are like angels going first through the Infinite Daughter on the way to the Mother and Father, then we fall short, never attaining the Son. However as we know, we are so wrong by looking only to our minds, that we can't even get out of the Mansion Worlds, let alone get anywhere near the Infinite Daughter on Paradise.

So our Healing is getting ourselves out of the mind, letting that way go, and coming back to our true selves, which is through our feelings, the truth we are to live from our soul. And once we do that through our Feeling Healing and divine our soul with the Divine Love, then we are free to move to Paradise, up via the Infinite Daughter (with Her and the Divine Minister (and Holy Spirit), nature, nature spirits and the angels' help – all the creations of the Mind), to the Eternal Son and onwards to the Mother and Father. With the Higher descending Paradise Daughters and Sons (Mary and Jesus, Avonal pairs, Trinity Teacher pairs), and local universal descending Daughters and Sons (Lanonandeks, Melchizedeks, etc.), together with our ascending mortal spirit friends (daughters and sons – each other, Nanna Beth, Kevin, etc.), helping us on the feelings and truth side of things.

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens.**

CREATION being an EXPRESSION OF MIND – Nature Spirit Verna:

I, Verna, am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elemental, elves, fairies and the like, but really we're nature spirits. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we are permanent residents.



We, nature spirits have an hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you, humanity, well, we can if we want, move up to becoming an angel, we can evolve into one.

About soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen is all in accordance with the soul's pattern. As far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you.

We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind, so we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given, and when they are fulfilled, or completed, we move onto the next assignment, that is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it is for the angels.

So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. By the *light* of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.

Creation is all created by, and so is a manifestation of, the Mind of God, it consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, then all you are, all the environment is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you are slowly to learn to do. You are not to try and fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul – or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over using your mind, to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul resulting in the desired truth you are to see, know, and hence live.

YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

What you as a person, YOU, are doing to nature is wrong. How you are negatively affecting it, and how that is all because you are doing it all to yourself. EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner has been created through your early childhood.

I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth (humanity) who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe, but mostly you just allow your soul to manifest your spirit form as its currently manifesting your physical form, whereas we angels being all light, have a choice – and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different to you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are; but we angels – I'll call myself an angel for the time being, just for the sake of argument – don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling mind, we are just mind, and all that is mind.



All things and creatures of Creation have a 'light' to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn't matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree's spirit. However were you to talk to the tree's spirit and have it talk back to you, that's then where we come in. You can't actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Mind spirits aren't going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don't care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it, so they won't say, oh sorry, I'm a mind spirit, for nature spirits you'll have to change frequencies, they're that channel over there.

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

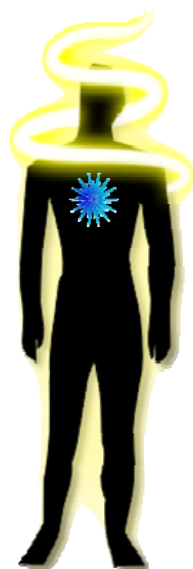
The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality 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 into its soul and this union complete. 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 and one is living in the presence of the Father in perfect harmony and this clarifies the truth about what it means to be truly at-one with God.

Jesus of the Celestial Heaven

**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.**



Infographics and diagrams have been added by Pascas.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



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



REVELATIONS



JAMES PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914
2 Completed 2014

REVELATION 1

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's 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 the Father is actually loving us! When we progress, it is the Father's way of loving us into love and then we live what we are, love.

REVELATION 2

The way to clear one's soul of childhood errors and injuries is revelation 2:

To liberate one's real self, 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.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.



PAPER SCAPERS

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light	2013 – 2014	xxx	– James Moncrief
Road map of Universe and history of Universe:	2017	xxx	– James Moncrief
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 Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
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			

BIBLIOGRAPHY NOTE:

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com .

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/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..*

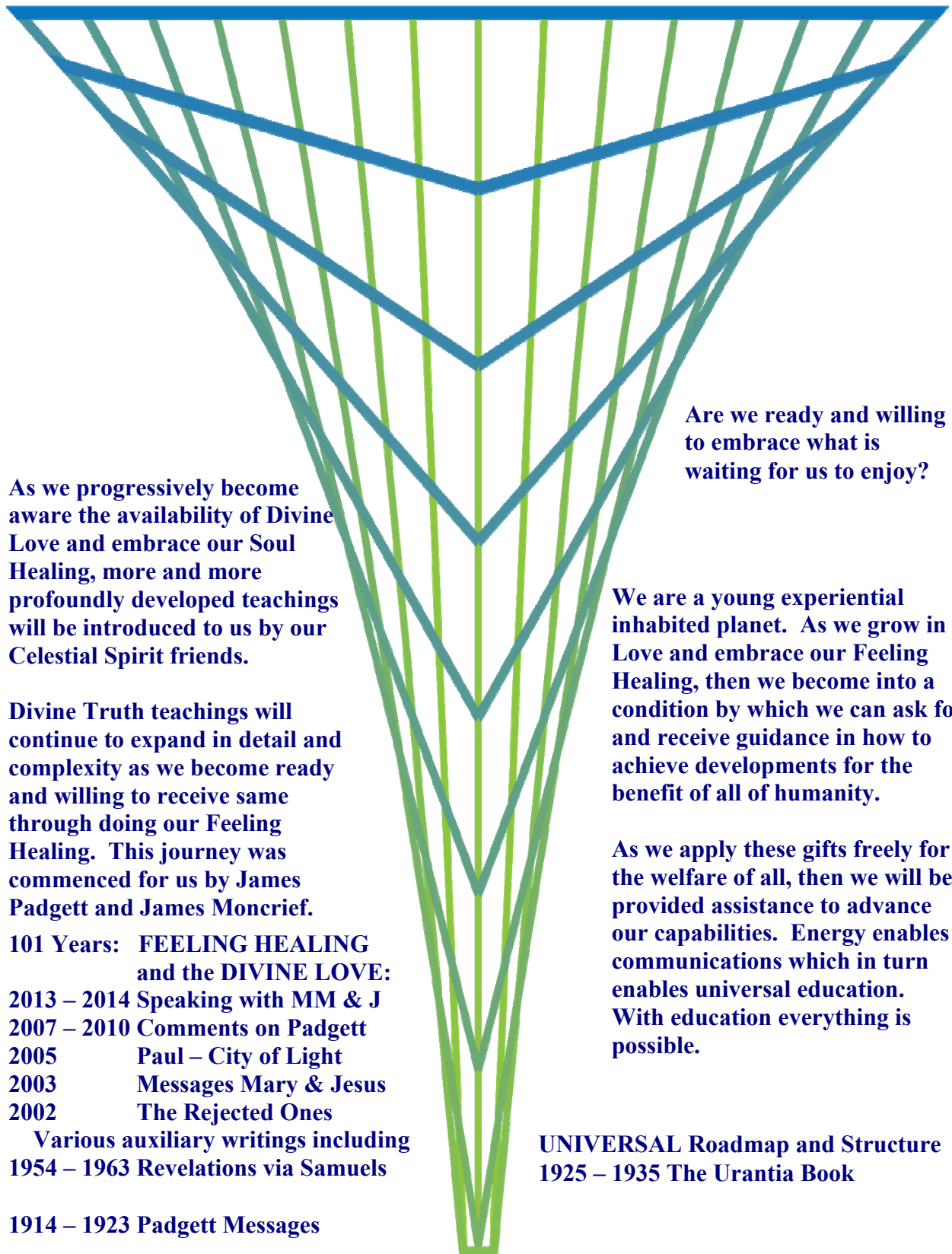
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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 Rebellious
- 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:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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 Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

**Divine Love
is the key!**



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

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



**to enter the
Celestial Heavens:**



perceived truth MoC 880 – relative truth potential MoC 1,474