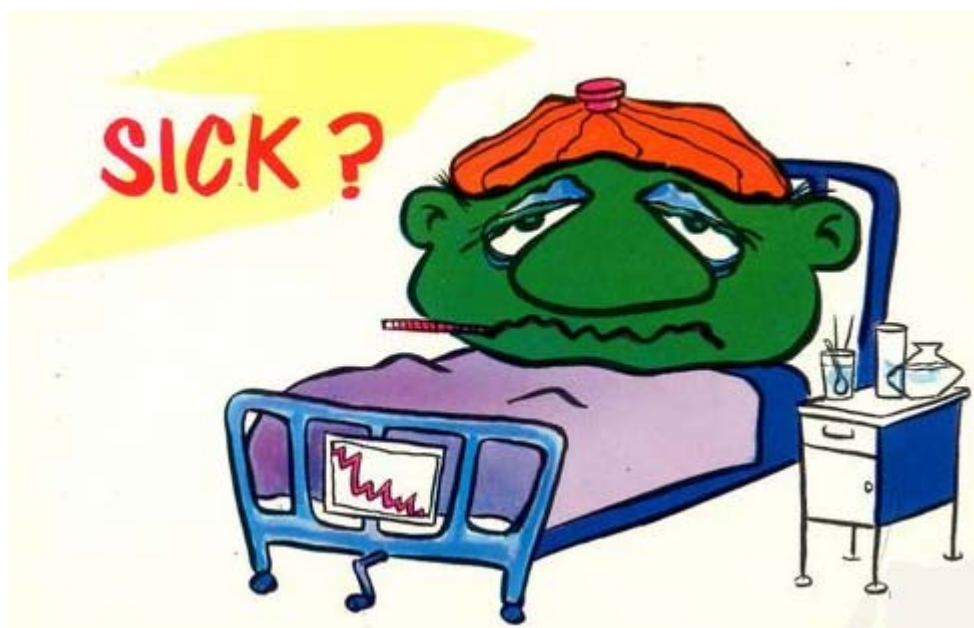


PASCAS CARE

Feeling Healing

and HEALTH



“Peace And Spirit Creating Alternate Solutions”

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

Aspiring to Living Feelings First, *John.*



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

PAUL – CITY of LIGHT:

Following notes are drawn from chapter ‘Day 6’ of “Paul – City of Light” by James Moncrief.

‘Do spirits get sick?’

‘Yes, not physically of course, but mentally, emotionally and spiritually. Many people who’ve been ill on Earth and having died from it are over-joyed to be free of the pain and torment. But it’s the underlying reasons why they got sick in the first place that are still within them and these can present themselves in other ways over here. You only get sick on Earth or over here because of your childhood repression.’

‘Seriously? I bet the doctors wouldn’t be happy to know that, they’d have to change everything.

‘No they wouldn’t and you won’t know this truth until you’ve embraced the Divine Love and come to understand the causes of your childhood repression and how they have affected you: how they’ve made you sick. When people on Earth start to do their soul-healing and start liberating truth from their own experiences they will have a lot to say about the way things have been seen, understood and done over all these past years.

Following notes are drawn from chapter ‘Day 8’ of “Paul – City of Light” by James Moncrief.

If a child at any stage of its life is not allowed to express itself freely then it suffers terribly. Look at people who are made to suffer certain forms of torture, look at the terrible suffering and pain they feel from such unlovingness. Look at the trauma they quickly experience. It doesn’t take much to destroy a person’s faith in themselves. And yet we are torturing our children all day and night long, but instead, in most cases, the child doesn’t crumble into a wreck of a person and so we fail to see our negative and bad impact on them because they are still in their growth phase of mind.

Their minds, each day, are having new circuits brought forward into being by their souls, and so it seems like the child has an incredible durability. It is able to weather the crunches, take all the punishment and only seemingly in very extreme cases does it show any real disturbance. However this is not true, it’s not what’s going on, on the outside that matters; it’s all about what’s going on the inside and all the punishment and denial and unlovingness a child takes is retained within its soul. Just because your child seems to get over its tantrum and seems to get on with life as if nothing happened doesn’t mean that it’s happy, and what it does mean is that its had to repress that emerging part of itself, bury it and all those bad feelings away in its soul. And there they will remain until you want it to all come out during your soul-healing.

‘But not all of it stays there dormant and some of it is always seeking to express itself and that’s why you get sick, why things go wrong in your life, why people have problems. All disease and illness no matter whether its physical, emotionally, mental or spiritual is all, whilst you of the negative mind state, brought about because of repressed childhood feelings – ALL OF IT!’

‘Sure the doctor might be able to detect a microbe under the microscope and deduce that you’ve caught an infection, but really the question to be asked is why have you ‘caught’ it? Why has it come to you? Why has your body allowed it to have power over you, and whom does it represent from your early childhood? Who in your early childhood treated you, as the infection is – who did have the power over you? And why do you want it? What experience is it giving you? What truth are you to get from the experience? What’s wrong on deeper inner levels to make this problem show up on the outside in your physical? Why are you in such an extreme state of spiritual denial that you are having to call upon

nature, a physical organism, to come and help show you in what a bad state your mind is by making you get sick?

‘Hey now that’s a big one to get your mind around!’

‘Yeah, I thought you’d like that, but its true. Humanity has still no real idea why it gets sick. And why anyone does is all because of their childhood repression, all what was done to them back so many years ago when they were very young. Why someone is dying of cancer now at seventy years of age is because of things that happened to that person from conception through to about the age of five or six, up until their minds are fully formed, fully encircuted in the mind circuits of the Divine Minister signalled by the arrival of their Indwelling Spirit of God.

‘Wow, when you explain it all Zeta it all seems so clear. It’s a huge thing isn’t it? I’m beginning to understand that there’s a lot more to this spiritual life with the Father and Mother than meets the eye.’

‘There is Paul, much more. Humanity is yet to understand the severity of the state its living in, and how ingrained in it you all are. As people start to see the truth of their childhood repression and come to grips with their denial states, then they will begin to see how all those things about life that have for so many generations not been explainable, are all a result of the rebellion they are living in.

‘It’s hard to come to terms with the truth that your fighting against yourself because your parents fought against you, and yet for many people and spirits they’ve been in a battle against themselves and their parents ever since the first moment of their relationship with them. And the fight has been going on ever since. Most parents will tell you that their child fought them and the only way to win, to maintain control, was to overpower them. It’s as if we see the child as an evil monster that needs to be disciplined, trained, and restrained, brought under the yoke so as to not misbehave and run amuck. We fight our children instead of loving them and we make them do what they don’t want to do, and we tell them that it’s good for them and we’re only doing it because we love them. There’s so many mixed messages given to the child and when you come to work through them all during your healing they’ll nearly drive you mad.

‘Our relationships with ourselves and each other are madness. We have no idea about what’s really going on. Most of us feel trapped and even if some don’t now, feeling in control of their lives, wait until they do their healing. Trapped in the will and rules of someone else, not at all free to be your own spirit and to live and express yourself in life how you feel and want to.

‘Our so-called advanced civilisation is only more adept at covering over all our pain and denial. We’ve learnt how to behave in such ways so as to pretend we are all loving life and having a jolly old time, when really underneath we hate it and are suffering horribly. We are all completely false.

‘When we are young and seemingly healthy, old age and even death seem like they don’t exist and we strut about, paint and decorate ourselves, use all the right airs and graces and play the nice game of pretend, be false, smile, and don’t dare look at our bad feelings or anyone else’s. We have been so severely corrupted that the corruption of our mind and soul we now believe is the right way to live. Look at how many people believe in the rubbish the Church teaches, all the untruth contained in the bible. As you might be aware Paul more material is coming available to show up the pretence, power and control the Church is living in and how really it has very little to do with Jesus or what he taught and his relationship with the Father. And yet people who believe in it will fight till the death to defend it, they won’t give it up and see it for what it really is, and why?’

It is all because they are too scared to disobey it, to disobey their parents. They are too afraid to say ‘no’, to look past the superficial exterior, they don’t want to have to face the truth that things are not right in their life, in the Church, in their homes, in their families, and in their own relationships with their parents and children. They don’t want to face the truth that they feel bad, that things aren’t right. They don’t want to feel bad no matter what. And to have to admit they were unloved by their parents or are themselves unloving parents, would be the end of the world, something only the devil or Satan might dare accuse them of. They don’t want to have to confront their parents and say ‘NO’.

They are too afraid to displease their parents, too afraid of being punished and made to feel rejected, unwanted and unloved. They don’t want to cause more of those dreaded unwanted bad feelings. They have to obey and keep the peace at all cost.

‘What I am telling you about will scare a lot of people, they will feel they are being presented with the undoing of all they know, devastation, and in a kind of a way they are, and it’s called the TRUTH.

The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

Mary:

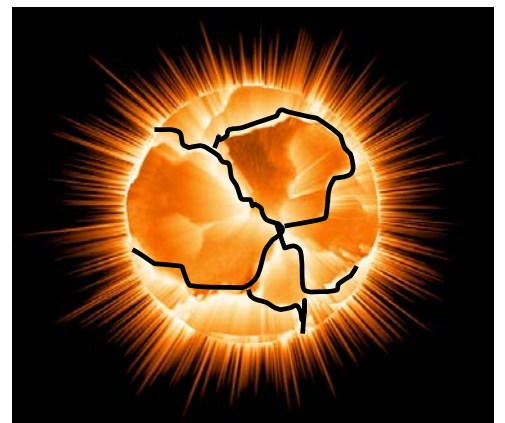
The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.



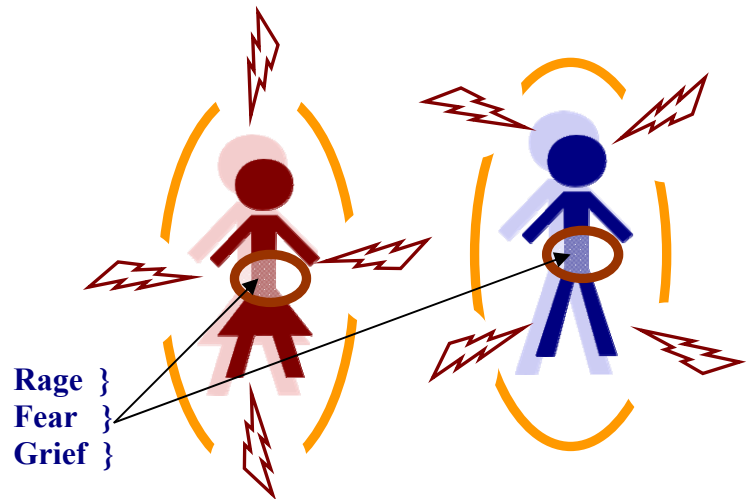
WE ARE KILLING OURSELVES! Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

'Humanity has to learn about every aspect of life from behind the eight ball. It's not only last in the race but it's going in the wrong direction. It needs to stop. To come back, and not do what it doesn't want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

'It will take time, but people will get the idea and start to look at themselves in a new light. They will start to see that they are dishonouring themselves by dismissing their bad feelings and that they are actually doing themselves great harm. And so they will stop and start to try and accept first of all that they do feel bad, and then having accepted that, they will then be able to move to see what they are feeling bad about, and then will naturally want to know why, right through to their core.

'Humanity has practically tried everything else and look where it's got them, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they're not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



'We all have felt that angry during our childhood. We can't feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

'That's what it will take often times to break down your resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on you, they greatly affected you, they brought about your whole negative mind, and your self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make you feel.

'It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it's conditioning our lives. And it won't go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn't mean we are Happy Larry deeper down inside. And one day if we don't acknowledge that anger it's going to show, it'll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that's causing it all would. So what do you want to do? It's always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.'

FEELING HEALING and HEALTH:

These notes are derived from Book 3; “Speaking with Mary Magdalene and Jesus” by James Moncrief. Book 2 being messages 57 to 107, from 1 October 2013 to 29 January 2014.

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>

95. Healing yourself by expressing your feelings.

Monday, 13 January 2014

(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

Mary, Marion said: Medicine is only looking for a way to kill the symptom; the disease being the symptom not the cause. They refuse to look deeper for the real cause only looking to the physical.

Yes James, what she says is true, which is why you keep subjecting yourselves to such invasive interference from other people, all because you fail to understand how to take responsibility for yourselves through your own feelings.

So even though we’ve talked about this before, I’d like to go over it again as I’m now different to how I was before, seeing things in a better light; so, all our physical problems are only manifestations or expressions of deeper unease and unhappiness within us. But how do such problems, such as disease, become manifest in the physical?

It all is brought about by your soul, that’s where you begin. Then your soul manifests it through your will, and as your will is existing against yourself, so you will into being the negative manifestations of such bad feelings of feeling unloved, in your spirit system, then into your physical, as they are all interconnected. With your physical, being the last, or outer, expression of such problems. And then within each system, the physical, spiritual and will, all of which also include your subtle systems of mind and emotions – higher and lower, there are other layers all interacting with each other, all interconnected, all being expressions of what’s in your soul, all being represented through your personality as your beliefs, behaviour resulting from them, and your feelings.



So for example, let’s imagine that you feel hurt by your parents not loving you, by their rejection of you when you are four years old and you run to them seeking sympathy and they shun you, saying stop all that nonsense, stop crying, it wasn’t anything, you’re not hurt, stop all those tears, you’re a big girl now and big girls don’t cry. So you feel rejected, unloved by them and very, very hurt. You feel hurt to the core of your being, because it’s you – you the person, you their child whom they should ONLY love, and you know this intuitively – you feel it; and you want it from them, you look to them for it, you expect it

to come, but when it doesn't and then you try and demand they love you, only be rejected again, so your soul resorts to other measures to try and gain that love. So you fall over and hurt yourself looking to them for sympathy, only to be further rejected because this has all been going on since your conception you have to remember, I am only picking one moment in time with your parents for this example, but it's all connected, and all rejection is linked to all other rejection.

So deep in yourself your pain is complete, you feel devastated by their rejection of you. You feel so scared for how are you going to be able to survive if they don't want you, you're too young, you know you can't live without them, and it's all too much, too horrendous to even contemplate; and besides, they are showing you that it's all up to you now, they are not going to help you, so you have take it upon yourself by changing, by becoming more how they want you to be if they are going to look after you and show you any affection, sympathy, and love.

So your soul makes the necessary adjustments, burying those hurt feelings as another part of yourself is destroyed, rejected and all but annihilated, as that's what it really feels, as you suppress your bad feelings, banishing them and so that part of yourself deeper and deeper within yourself, buried away and mostly forgotten about.

And so as bad and unloving experience follows bad and unloving experience, all within you, you make the necessary adjustments all to please your parents, all to try and gain their love, with some people having to change themselves drastically, the more heavily controlled they are and rejected by the very people who should not be controlling, and who instead should be unconditionally accepting and loving all that you are.

And so the layers add up, building upon each other as you grow and advance your mind evolving your psychological makeup, as you build your beliefs and resulting behaviours all expressing the false and untrue person you're increasingly becoming with each bad 'episode' you live through.

And as you grow and change yourself, from the perfect to the imperfect, so such imperfection is manifested not only in your soul, but through all your personality expression systems. So on the will level if we were able to see it as some of the higher



angels can, you'd see all the ways you went against yourself, all the ways your will was forced to manifest this false you on all levels. With those imperfections now having been manifest in your mental and emotional systems, and in your spiritual and physical bodies. And in your spiritual system you'd see the damage to your chakra or light-body systems, from the smallest minutest level up to the biggest main or primary light centres. And then in the physical things might seem all right, as not all your imperfection needs to be manifest at the same time. But then as you get older for example, suddenly your cells become corrupted by your soul through your will expressing the already present spiritual imperfections.

So your physical starts to break down, expressing such imperfection and you become sick. All to make you feel certain feelings. All so that through your illness really you should look to your feelings to understand why you are feeling bad, what is the truth of such bad feelings your illness is making you feel, and there will be feelings to do with all sorts of things, not just how the physical pain makes you feel.

And if you go to the doctor and undergo treatment according to him, then you'll be denying yourself the expression and so truth of all those feelings, burying them yet again, all of which is a hugely unloving act, all of which is further cementing your self-rejection, the same rejection brought about by your unloving parents; all of which will only take you further along in your imperfection and so evilness – yourself being an unloving expression of personality, and so soul.

And medicine might heal you, your soul might allow that, all so you can move further into your negative state giving you the illusion that you are in control of your life, albeit via the doctor, but at least you went to him, so you rationalise, and so in your negative way you are able to determine (wrongly) that you are in control, but really only of furthering your negative state of mind and will. All of which will only cause you yet more pain and bad feelings at some point further on in your life.

And your soul might not allow you to 'win' or beat that disease, and you might die, only to move into your new spirit life and then have all your disease taken away giving you also the illusion of death being the right thing for you – that it took all your pain away, making you move yet further into your negative self-rejecting state.

And so it goes until you decide to do your feeling – or soul-healing and go the other way, starting to love yourself by accepting your feelings and no longer denying them.

So the doctor is really just an extension of using our negative mind to control our feelings.

Yes, you'd do it yourself if you could, as many people and mind spirits do by using their minds to deny their bad feelings, through such things as positive affirmation which is really just applying your will to deny your bad feelings, all what you've done since conception as your parents didn't allow you to fully express all of yourself – all of your feelings. So as you can't do what the doctor does for yourself, so you enlist his help and he does it for you, but he's only doing what you want, so he's only an extension of your self and feeling denying mind and will.

Okay, so let's say we do honour our pain and all the bad feelings that come up when we start to get sick; and let's say we express them and start to uncover the truth they are trying to show us, then what happens in our bodies and subtle systems?

Then you start to reverse the process that brought about all your self-denial. And on the way through you come to understand, all through your feelings, how you really were treated – and truth of how you felt about that. So you have to uncover and then face the truth of not being loved by your parents, and go into your feelings of how they were annihilating you, and how all of that made you feel. And you will see how you changed yourself trying to gain their love, you'll see all your problems – all your imperfection; all your erroneous beliefs keeping all your unloving behaviour in place, and you'll understand through feeling it: all your will damage, how you are willing yourself along in life against yourself – how you are willing your falseness and untrue state into being.

And your soul will keep manifesting in all your systems that constitute your aura, including your physical, all that needs to



come out, all that pain, all the layers suppressed and repressed in you, all until it's all come out of your soul – all the light of your self-denial. And when you are true and perfect, no longer being false, then you'll be the true person you are, the true person that should have come into being had you been fully and truly loved, this level of existence being equal to and so an expression of the first Celestial sphere of truth.

And so being true and perfect you will no longer have any untruth and imperfection within you, so you'll no longer be or get sick, as you'll no longer need such an illness to make you feel bad. As you'll no longer need bad feelings now in your adult life to help take you back to those same feelings during your forming years, so as to connect with the truth of what really went on between yourself, your parents and your early carers.

So our inner systems, and physical are always fluid, changing as we move through our healing?

Yes, stuff is always moving around, unblocking and healing your light centres so everything works properly. And so changing and 'reprogramming' your mental and emotional subtle systems and those etheric ones that connect them to your spiritual and physical bodies, all resulting in all the aches and pain and weird energy experiences you will have through your healing – all the so-called 'adjustments' as the Mother and Father call them. And there is a lot to adjusting – or really, readjusting – that needs to take place, as you are understanding. And as all of this is taking place, so you are also liberating or revealing the truth of yourself to yourself through all your feeling expression; and as you grow in truth so too is your consciousness growing, your soul-perceptions are evolving, your intuition is expanding, your understanding intellectually and on a feelings level is maturing, the whole of you is expressing each part more truly as you become more true.

And on the physical you are getting more healthy, you might have periods of sickness or the beginnings of sickness, and lots of pain, but that's all to help you feel feelings you are to embrace and seek the truth of. And as you do so, those symptoms change or go away and others come, and on you go slowly progressing closer to becoming your true self.

And the same is happening in your spirit body and on your will level. Some blocks unblock in your light centres then new ones form as you are bringing to light yet deeper unexpressed feelings. So any 'psychic healing' dabbling in these areas can interfere with what your soul is doing, just as medicine interferes on the physical level.

So Mary, can we heal everything through our healing, even all physical problems?

Technically, yes you can, however it's not as easy as that. It all depends on the experiences you require. But the truer you become to yourself, the less you'll need to rely on anyone else other than yourself – that is a general rule, however there's always other specific reasons why this rule might be broken, all again depending on what the Mother and Father have in mind for you. But overall, the more true humanity becomes to its soul, the less people will have the need for outside help or intervention, and in the end when humanity is perfect and true, no such help will be required. And so this is generally what will also happen on the individual level.

So what about if you are doing your healing and you break your leg?

You express all your feelings, seeking the truth of them; and by all your feelings, I mean ALL of them, right the way along through the experience until there are no more to express, which could be all the way through until you've healed your leg or until whatever happens and you no longer feel bad. And whilst

expressing such feelings, if you feel you need help to fix the break, so you will seek it, should it be available. However you are not to worry about whether or not you should do anything (if you do worry, they are more bad feelings to express and seek the truth of), only keep expressing your feelings and looking to uncover the truth they are to show you, and along the way you'll find you will do what you need to do, be that go to a doctor or not. And the same applies with all you do in life.

But what if there is no doctor, or even if there is yet you feel you don't want to, but your leg mends damaged?

Then that's you still honouring and doing what your feelings make you feel, and seeking the truth of them whilst you are expressing them. And you'll live the resulting truth and keep embracing and expressing feelings and uncovering the truth of them; and your damaged leg would no doubt give rise to many of them; or it may not, you having fully expressed all bad feelings to do with it, and you just accept that's how it now is for you, how your soul and God want it for you. And if they don't want you to have a damaged leg, there are other unseen forces that can be applied, through the angels, nature spirits, and your indwelling spirit, they being possibly called upon to fix the physical break – so there are other options available. And until you go down such a road completely honouring and living true to your feelings, you won't know what is best and right for you. And as humanity embraces its true healing, it will be regularly surprised as to what does happen. You, James, and Marion have experienced many different avenues opening up when you've looked to your feelings instead of pushing on with your negative mind in control.

We have. No miracles as such, but still, miracles in smaller and other ways. And even as you said, just a new path, something I'd have thought wouldn't happen or didn't even know existed.

Yes James, all to help you see there is more to life than just what is on the surface, and in fact it's the deeper levels that are calling the shots, not just the superficial. And by humanity choosing to live with its mind in control so with it believing it's in control and playing god, you are greatly limiting all your experiences, so you construct a meaningless existence for yourselves in which no one feels truly happy, fulfilled and loved.

Thank you Mary, it's time for breakfast. Speak to you soon James.



94. The soul keeping the body healthy.

Friday, 10 January 2014

(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

The soul is more than capable of ridding the physical body of any harmful substances should it be required to do so. It can alter the auric system or call upon the help of one's Indwelling Spirit and guardian angels to take care of such things. You've had such experiences of this James, periodically your stools being so heavy and sinking as if they contain lead weights. That's the sort of thing that can happen, and on all levels.

Essentially anything that is ingested by the body or put into it can be removed by it should it be necessary and with a little help from spirit. Even severe cases of radiation poisoning can be rendered harmless, the effects reversed, whatever is required, as I said. However for the most part the soul also allows and supports such poisoning and also death from it, all to give you the desired negative or unloving experience you require whilst you want to remain in your unloving states of mind and will. And those people who do their healing as Mary and I have encouraged your readers to consider, will find that as they progress in their healing, then less and less will they need such bad things to happen to them as they heal themselves of their unloving state. You've found James in your healing that although bad things still happen, they are very minor now compared to what they were when you first started, and often are of themselves not even bad, such as your new car getting scratched, but it's all how that makes you feel that's important.

Your soul is the only part of you that's all important James, as you know. And the condition it is in will be reflected by your spirit and physical body, and even more so your spirit body than the physical, for you don't need to be a continual youth with a good body to feel happy within yourself – happy within your soul. And so your soul orchestrates your car to be scratched to make you feel certain feelings – it all being part of your experience you currently need. And all to show you that such things are not important, as one day your car will return to its component elements, whereas your feelings, as transient as they might seem to be, are the expression of your personality, so vitally important. Without feelings you'd not grow in truth, so you'd never ascend to Paradise, doomed to stay hoping your car never gets a scratch on it.

We colour everything on previous beliefs.

Child abuse – sexual, physical, emotional.



As an adult we call that assault.



As a child we call that discipline! So a punch in the nose for an adult is discipline?

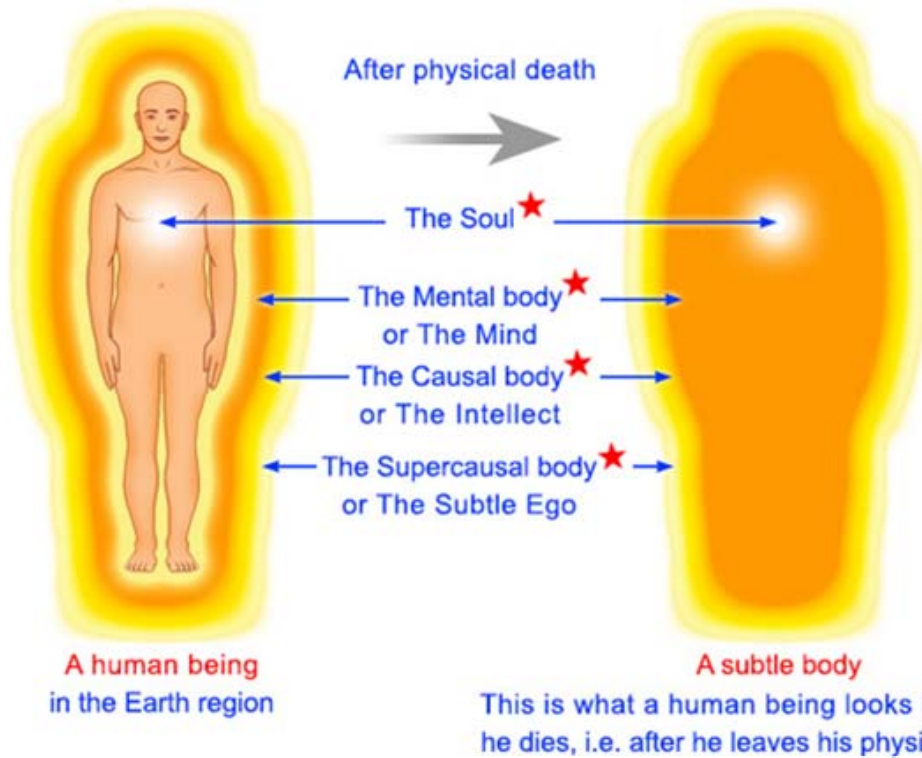
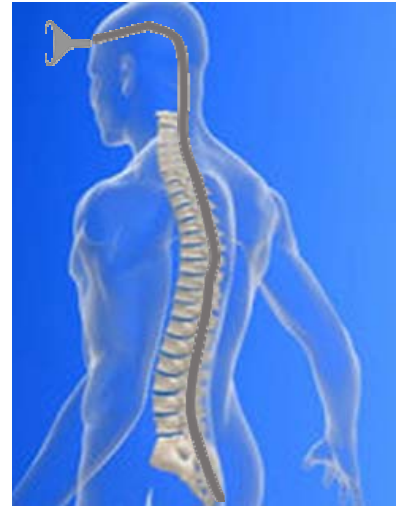
EMOTIONS or THOUGHTS, which comes FIRST?

Our emotions and feelings come first, always; they always have for they are closer to our soul. We feel things through our forming years, even though when we were very young – in the womb, a baby and toddler, we weren't able to know fully what those feelings and emotions were, but still they were fully present; and based on them, or around them if you like, so we formed our mind and it's beliefs, our behaviour and our thoughts. We form into being, one could say, from our base chakra upwards and outwards, yet all being expressed from our primary will line as it is what actually comes into being first, it being what our soul manifests first so it can literally will you into Creation.



So we have our will first, then our spirit body together with our upper (higher spiritual) and lower (more physically orientated) feeling (including our emotions) and mental system, and the subtle etheric systems that link them all. Then last our physical body manifests.

So we have feelings that are comprised of one or various emotions. A feeling can be simple or complex. One can feel angry, but as we express the emotion of our anger, moving with it, it might lead one onto other deeper bad feelings. We have a whole subtle body full of emotions and the feelings they comprise, and so the more we express and grow in truth, the more complex our feelings become, the more passionate about our emotions and wanting to express them and allow ourself to feel them, one will be, and also the more familiar with them we will become, so they will seem in some ways, simpler.



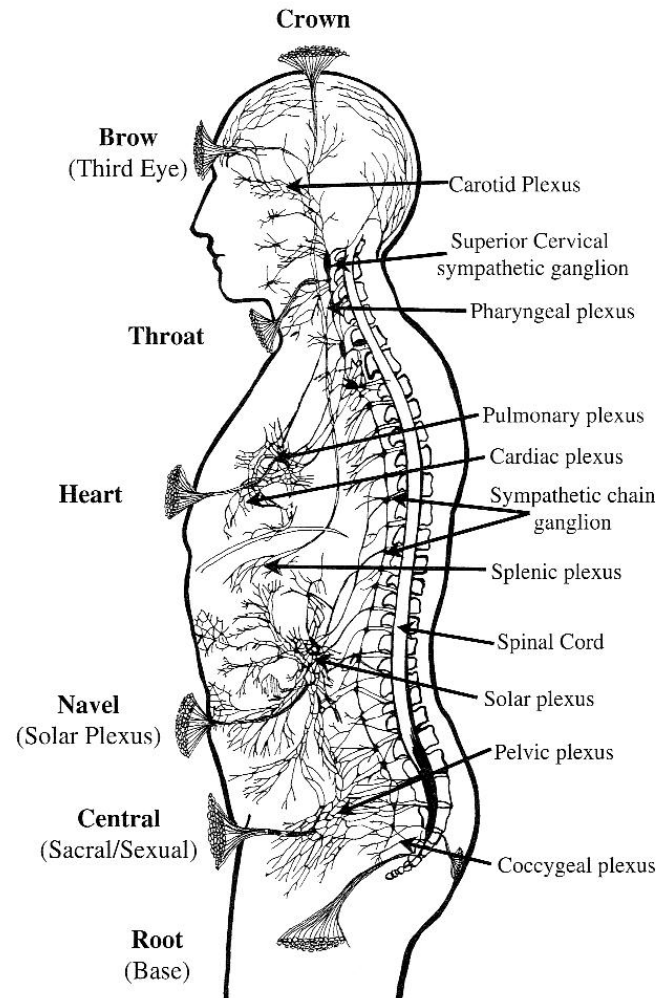
The silver cord is the energy conduit for the natural love and divine love energies as they are received through the chakras, particularly the third eye chakra. The energies flow in both directions following the spinal cord column.

INTERCONNECTION of BODIES:

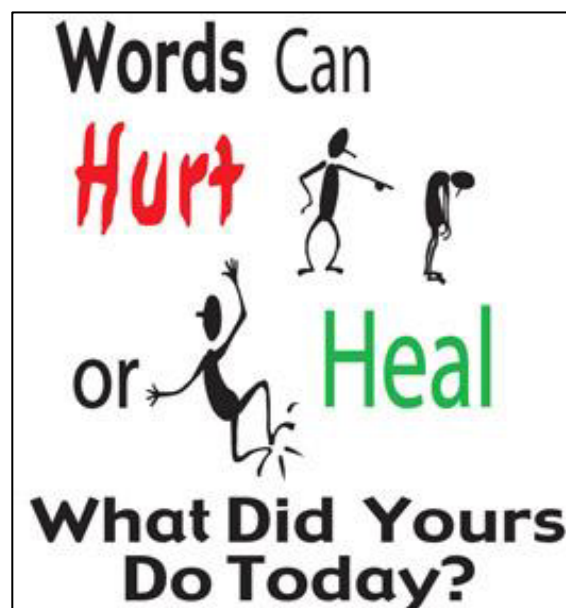
1. We have our will first,
2. then our spirit body together with our upper (higher spiritual) and lower (more physically orientated) feeling (including our emotions) and mental system,
3. and the subtle etheric systems that link them all.
4. Then last our physical body manifests.

The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul becomes connected with the spirit body, within the heart region. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run the full length of one's body in various channels. It is due to emotional injuries and errors of belief that flows of energy may become blocked.

The main meridian interconnects with the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.

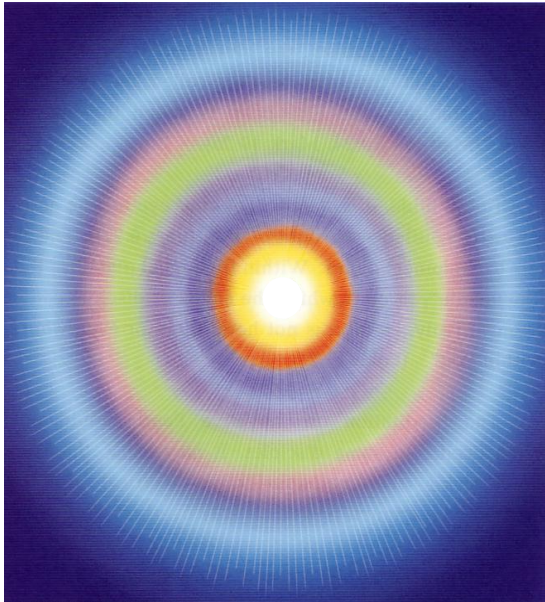


Infographics and diagrams have been added by Pascas.

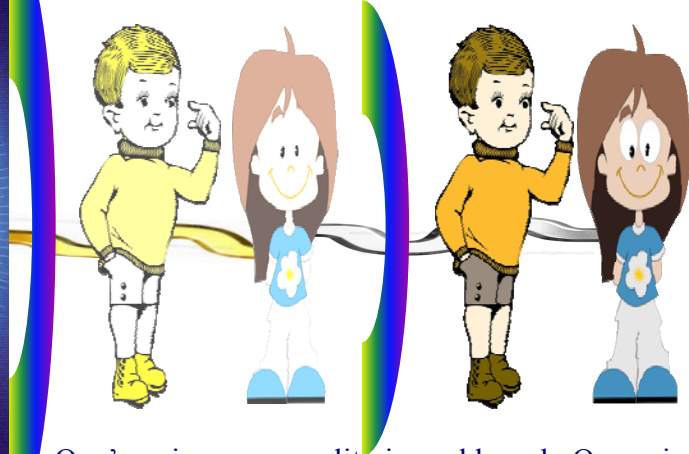
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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



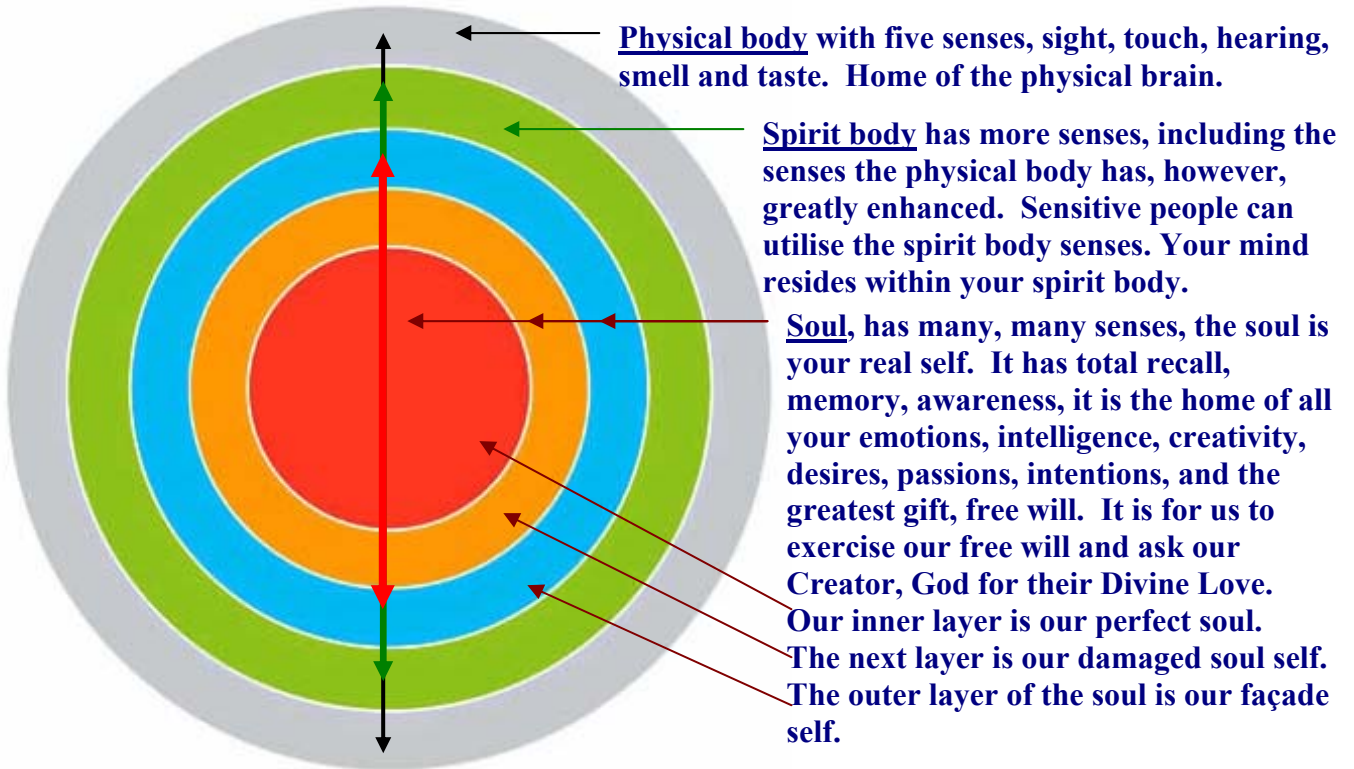
SOUL
Emotions
Desires
Passions
Aspirations
Intention
Memories
Free will

Spirit Body

Physical Body



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



Physical body with five senses, sight, touch, hearing, smell and taste. Home of the physical brain.

Spirit body has more senses, including the senses the physical body has, however, greatly enhanced. Sensitive people can utilise the spirit body senses. Your mind resides within your spirit body.

Soul, has many, many senses, the soul is your real self. It has total recall, memory, awareness, it is the home of all your emotions, intelligence, creativity, desires, passions, intentions, and the greatest gift, free will. It is for us to exercise our free will and ask our Creator, God for their Divine Love. Our inner layer is our perfect soul. The next layer is our damaged soul self. The outer layer of the soul is our façade self.

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

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An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. [Dr. Susan Berry](#) 12 Oct 2016

What happens when a child dies. 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself as you might well imagine greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.



An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception**.

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcbac072c1>

Infographics and diagrams have been added by Pascas.

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

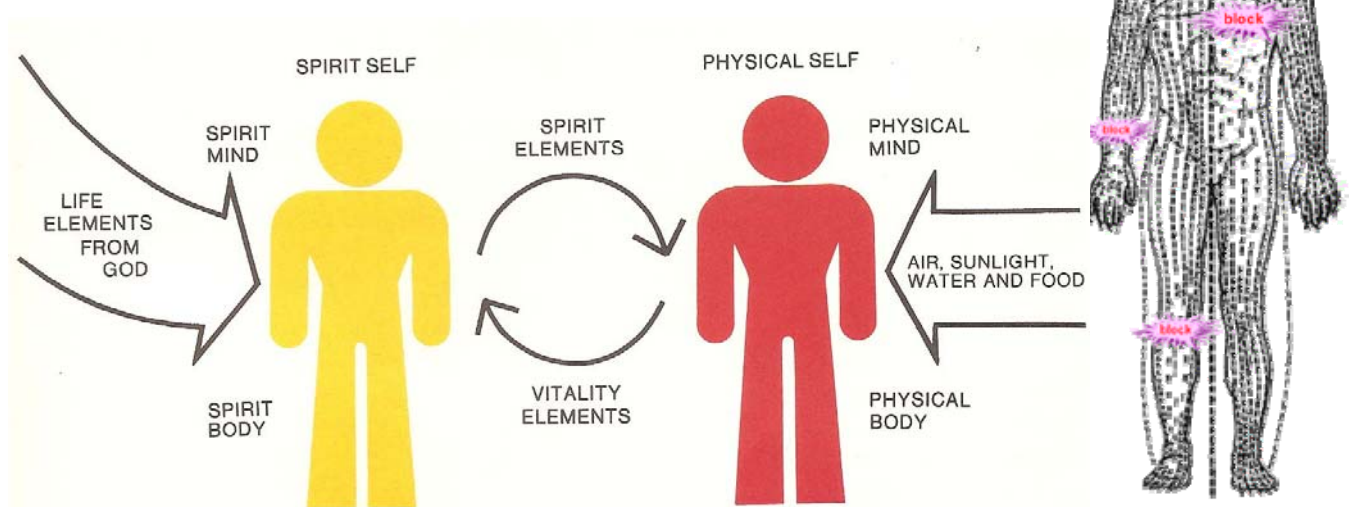
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

on the physical level
on the emotional level
on the mental level
on the psychic level
on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

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/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.

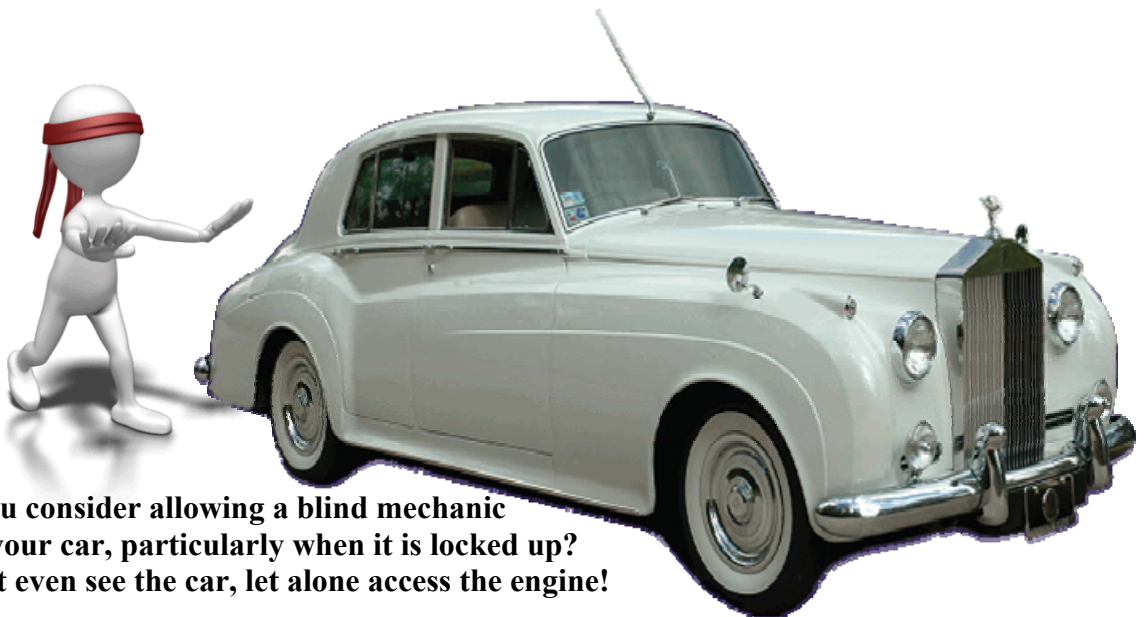
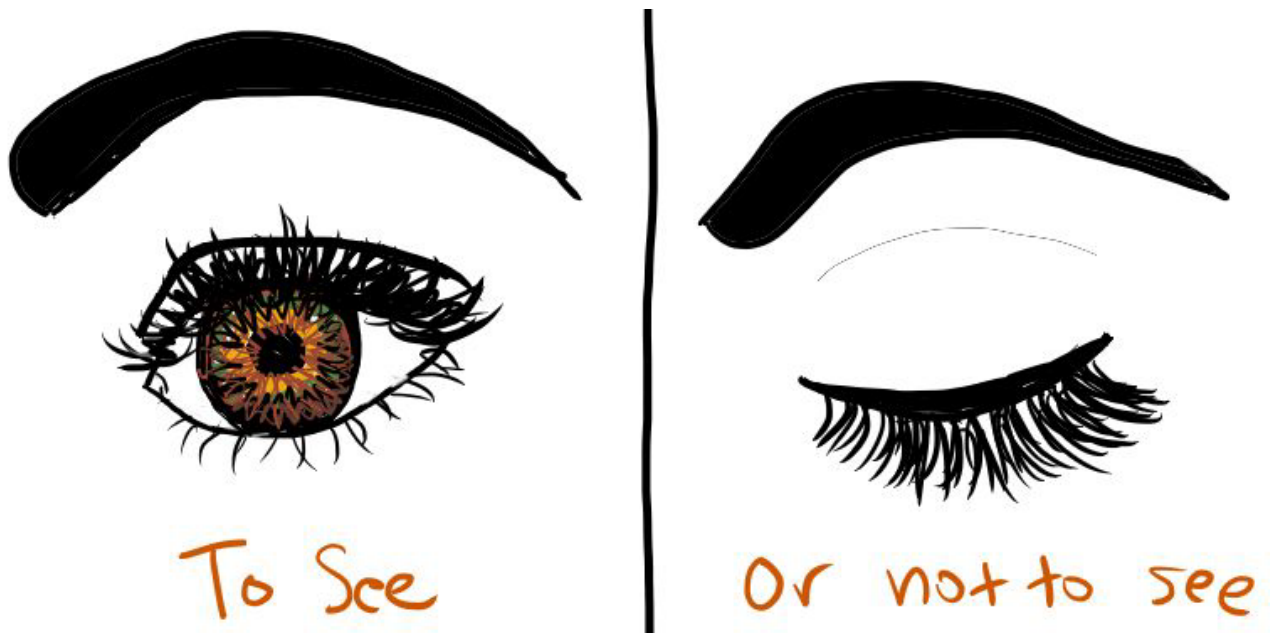


The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your mind and soul are home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.

Infographics and diagrams have been added by Pascas.



Would you consider allowing a blind mechanic work on your car, particularly when it is locked up? He cannot even see the car, let alone access the engine!

The health industry stubbornly resists recognising the subtle bodies that we all have.

The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.

It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.

Infographics and diagrams have been added by Pascas.

77. Coping with retarded children.

Friday, 30 October 2013

(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

No matter how good or bad anything is, it's really about whether or not you personally and collectively want to uncover the truth of yourself through your feelings.

Why do two seemingly normal people have a retarded child? And why might they have one child not right and others right?

The abnormality is reflecting the deepest hidden parts of the parents. Their deepest levels of what they think and feel about themselves, how their parents made them feel during their most unloved times. All of which mostly they will have well and truly blocked out. And such deep self-denial will also be deep in the normal children, and they together with their parents will have to accept such bad feelings about themselves when they do their healing. So their abnormal child is some part of their inner self being expressed outwardly in their child, just as with all children, only such dysfunctional children can't learn to hide all the bad parts of their parents like normal children are forced to.

So if you reject or accept your children, even your not right ones, it's all really whether or not you are rejecting or accepting those parts of you they represent – so sort of the child you still are?

Yes.

So by having such a dysfunctional child might actually be a blessing should you want to get more in touch with yourself, uncover the truth of your self, and heal your untruth?

Yes, it will as will all your children, they being a product of you and not just a random affair – as in 'it was just bad luck you got a bad one'. There is no such thing as the vagaries of nature for truth-loving souls: that it's just a throwback or a natural or unnatural genetic occurrence, a mistake, a mutation – just a statistical possibility; life doesn't work that way for truth ascending souls (which we are). For nature yes, but not for people, for all that happens to you is all to help you grow in truth, nothing is just random or bad luck so far as having a soul is concerned.



FEELINGS FIRST For Kids

96. The effects of radiation.

Monday, 13 January 2014

(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

Mary, I'd like to ask, discuss with you again more about the harmful effects of radiation and how one might protect oneself against it – by doing their healing. So, will doing one's healing protect one from such harmful effects?

James, I can't give you a definitive answer on this, which is why you're asking the question. People are to understand that first: Anything is possible. Second, it's up to what the Mother and Father wants them to experience. Third, you are to realise you can't control everything in your life that you might like to control. Fourth, by doing your feeling- or soul-healing, as you uncover the truth of yourself through your feelings, you'll do just that: uncover the truth and what is right for you. **AND IT IS ONLY WHAT IS RIGHT FOR YOU** – not necessarily right for anyone else. So as it's not what is right for another person or for everyone, I can't make a sweeping statement such as this.

However, having said that, I can reiterate that technically, which means potentially, doing your healing will protect you not only from harmful radiation but from everything else. However one then needs to ask oneself and seek the truth through one's feelings: why do I feel I need protection – what am I scared of, what are my great fears? And is it death, because, what is wrong with dying, as there is nothing wrong with it, you simply move into a new phase of life. And death of course – dying and pain and suffering should such feelings be part of it, involves – or can involve – much fear and all sorts of bad feelings, all of which need to be embraced – fully accepted, expressed completely, and their truth longed for and uncovered.

It's a very complex business that of evolving YOUR soul in truth. And every experience is for YOU and no one else. It's all highly personal – the most personal, all really between you and your Heavenly Parents, you and your Creators. So you must take things up with Them. And if you don't like how They are making your life, all They are making you be and experience, then there will be yet more bad feelings for you to express and seek the truth of.

So neither Jesus nor I are going to make such sweeping headline statements, but you do know that anything is possible; but as to what happens to you is a personal journey of feeling- experience.

So you can approach your healing with an open mind, you can certainly long for and express all your wishes and desires, together with all your fears, and you can ask your Mother and Father for what you want. You do all you please, all whilst you keep embracing and expressing and wanting to uncover the whole truth of your relationship with yourself through your feelings. And as long as you keep looking to your feelings instead of denying them with your mind, you'll get there – to the truth of yourself.

And as you'll find through your healing, it's more important to uncover the truth of your relationship with your parents, with yourself, with nature and God, and with all the other people who participated in your forming years, than it is whether or not you die or suffer from radiation poisoning or any other bad thing. And it may be that you are to suffer, and to a lesser or greater degree, but all so you will bring up yet more bad feelings so as to uncover yet more truth about your relationship with your parents; because even though you might not be able to see any direct correlation between the two, it will be there, as **EVERYTHING** will relate back to your early relationships and whether or not you felt loved.

So anything that makes us suffer in any way, that makes us feel bad in even the slightest way, is there in our lives provided by our soul and so the Mother and Father, to give rise to such feelings so we can use

them to uncover more truth about our relationship with our parents, which then leads onto our relationship with ourself – whether we're living true to ourselves or not.

Yes. And if it's not to be part of your experience, then you'll not be in a place where such radiation can effect you. If it is, then you will. And even if you are to only feel scared about it, yet not actually suffer any harmful physical effects, it's all the same, just more bad feelings for you to accept, express and seek the truth of. It's all ONLY about uncovering the truth of yourself. That is your way out of your evilness. It's not about how long you live in the physical or the extent of any suffering that might befall you, it's all only about things happening to make you feel bad so you can use those bad feelings to go deeper into the truth of what is really going on inside you. And if you don't complete your healing in the physical then you can carry on doing it in spirit. Everything else is secondary – or should be.

So all that happens to us that makes us feel bad is really good and helping us, should we want to live true to ourselves and heal ourselves of our untruth?

Yes. And your soul will make it all happen, it will all be done to you by the Mother and Father through your soul. So even though it might seem like you're minding your own business and suddenly you're engulfed by a radiation cloud, still that's what is to happen to you so as to provide the next lot of bad feelings you need to move along in your healing. And it has to be bad feelings whilst you're denying them, because it's all about stopping yourself from denying them, so allowing them to be, allowing yourself to fully feel them, and then to express them seeking their truth.

So this becomes your focus and way of life with everything – focusing on YOUR FEELINGS TO UNCOVER THE TRUTH OF THEM; your relationships, your family, your friends, your work, what you eat and drink, your beliefs and behaviours, your dreams, goals and fantasies becoming secondary. You can of course have them, but all whilst you put your bad feeling acceptance first. So any time you feel bad even in the slightest way, you stop, pay full attention to such a feeling, expressing it and speaking about all to your friend or partner or even to God if you have no one else – even to yourself out loud if you can, or write it down, and even speak out loud whilst you're writing, and all whilst you long hard to uncover the truth of yourself. And whilst you're longing to know the truth of what and why you're feeling in that moment, you can ask God to help you see that truth, to see what your soul and God wants you to see about yourself. And you are to have no expectation as to what They might want you to see; and you keep going expressing and talking about all you can; and the truth will come of its own accord and when it's time for your soul to show you, when you've expressed all those repressed feelings out of you that have been preventing it from doing so.

And you will go this way and that. You know yourself James, one day you might feel bad about a specific problem, and for days more fear or anger or misery comes up making you feel so powerless about being unable to do anything to stop what's causing you the problem. And once you've expressed and uncovered all the truth those feelings were to help you see, then you might no longer feel bad for a time; then feel bad again, and so it goes, as you roll along in your feeling expression, one bad feeling following another, as the truth comes to light and as the picture of your whole negative and anti-self state unfolds.

And the years pass. And your healing evolves, you're working on this part of yourself and your relationship with your parents, your feelings shedding light on such things; then you move to a different part through new feelings; then back to the other part yet on a deeper level with more of the same bad feelings surfacing again. And on you go, whether that includes something like being subjected to radiation or having a tooth ache or feeling bad because the man over the other side of the road won't stop

his dog running into your place. Whatever it is that's making you feel bad, it's all the same, simply something else to make you feel bad, those same bad feelings your parents made you feel which you stopped yourself from expressing – or where stopped – all those years ago, but which are still in you, still making you feel bad. So the bad thing happening now in your life is only doing so, so as to help you get back in touch with those same bad feelings from your early life, all so you can then link your bad feeling now with your bad feeling back then, all so there is no time interval, no past, just all in the present. And the truth will come to light so you can see what it was all about.

And being subjected to something as harmful as radiation might seem like a bigger worry and problem compared to the neighbours dog coming into your yard and digging unwanted holes in your lawn, or having a little argument with your partner in which you feel slightly angry, but it's not, as they are all equally important, equally as large because they all make you feel bad. And every bad feeling – every feeling – is very important, and so denying any of them is the worst thing you can do to yourself. Denying one feeling is far worse than even willingly exposing yourself to radiation, as it is what is really killing you – killing your soul and personality expression in Creation, not the actual radiation, as that will kill only your physical body.

Humanity has to one day understand just how unloving, how evil, it is to deny but one small seemingly insignificant feeling. It is the worst thing you can do to yourself. **IT IS THE GREATEST SIN.** And yet you've all been trained to not only wrongly believe it's okay to do so, but that it's right to do so, it's right to stop yourself feeling bad in any way you can, when it's absolutely the worst thing to do to yourself. The right thing to do being to allow yourself to feel all your feelings, good and bad, and to feel them and express them fully, passionately, with the full emotion, feeling and intensity of them.

And one day the self-bondage will be removed from humanity, then it will be truly liberated, which simply means, free to feel and express all it feels. And whilst doing so, longing for and **uncovering the truth of such feelings**. And that is all life should be about, you don't need any laws or books to guide you and tell you how you should live. Your feelings and the truth gleaned from them will be your guidebook, yourself showing yourself how it's to be for you, and all through your very own feelings. So you throw away all the rest, it all becomes secondary to your feeling-led life; and if it's required it will be there and you'll use it, but all only according to your feelings. And you'll soon see life goes on, you have no say in that, and your feelings will guide you, and your life will change and adjust as you change and heal yourself, and God will look after you through it all, just as They've looked after you since your conception and all through your evilness.

Life is really very easy and simple to live when from your true feelings and with a positive mind and will. It's nothing like the excruciating agony you are subjecting yourselves to each day whilst in your anti-life states of feeling and self-denial. And you only make it all so complicated because **you fail to understand that it's your feeling denial that makes it all so hard for you.** So to end that, and even though it will be hard to end it, your healing being very difficult and very trying, once it is over, then you'll be free to really enjoy all life has to offer you, living with your newfound truth and enjoying all the love and happiness that results from it.

Thank you Mary.

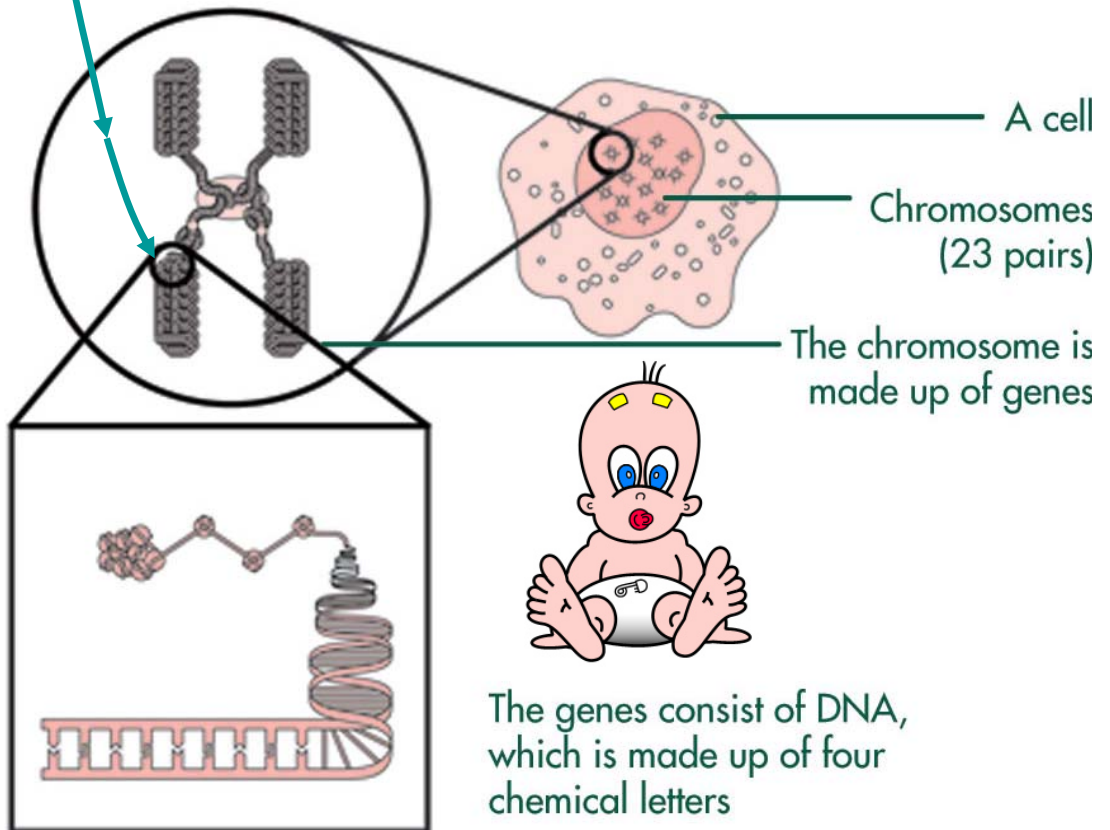
Speak to you soon James. Mary M.

Feelings first

LIVE FEELINGS FIRST



Emotional injuries and errors that parents hold are readily absorbed by their children, these emotional issues can negatively affect the genes of their children. Similarly, should the parents resolve these negative emotions / errors then the corresponding repair can appear within the children's emotional structure and physical state including their genes.



Infographics and diagrams have been added by Pascas.

97. Feeling angry about being mistreated during my early years.

Monday, 13 January 2014

(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

Mary, I am feeling very angry about how I was mistreated during my early years, Marion having read, out of a book, conversations by a mother with her children, which although far better than anything I ever had with my parents, still was so controlling not allowing her children to express all they felt and thought. She was too busy, always with too much work she had to get done, so she brushed them aside telling them to go and amuse themselves outside. She cut short all their natural curiosity, all their being able to express all they felt, and that happened to me so many times – this being what I now can remember and understand all thanks to the truth that's come to light within me as I've progressed in my healing. I now completely see that being able to freely express ourselves is the most important thing of all, right from the first moment. And were we allowed to, we'd feel loved and so would be naturally lovingly, expressing all we felt. We'd certainly not be the horrors we are in our stuffed up states.

What you say James is true, expressing yourself, all you feel, all of your personality is the most important thing – it's the only important thing, around which everything else can revolve. And it's what Jesus and I have stressed all the way along in our communications with you, helping you to see how everything you do is all a part of your feeling denial, showing you how much you don't freely and naturally express yourself.



I'm longing to the Mother and Father to help me see why I'm not doing it. I long to Them to help me uncover the truth of myself through my feelings, and to help me become fully self-expressive. I've got so much wrong programming in my mind, in how I relate to Marion and everyone else. I am seeing more every day how I live in a self-made reality for myself. Marion says something to me, just a few words, but I take what she says, misinterpret it into what I think she is saying, what I think she should be saying, what I am meant to hear, and then how I'm meant to react to what I'm making up, and so much so, that when we work it all through, and she asks me to repeat the words she said, I say different words, I've actually changed them in my mind, and all instantaneously, all subconsciously and effortlessly, all to conform with how it was in my family.

That's right, and all of that you need to see so you can understand why you aren't truly and freely expressing yourself. And you need to see just how real it all is, it's not something you're making up. When you have mental circuits that are programmed incorrectly, all you can do is misinterpret everything, because you're not on the right wavelength. And as you say, you make it all up for yourself creating your own fantasy reality – which is really what is meant by people who say you can 'create your own reality'. That being what they do (what they are already in fact doing as you all do it right from conception being conceived into a feeling-denial world) – as you have done for yourself James – is create a whole unreal, untrue, self-deluding, fantasy reality.

So in this way I am creating my own reality?

We all do James, how can it be any other way, however all in accordance with how our soul has been constructed, all how the Mother and Father want us to be. However as you've been forced to live away from the true leadings of your soul – anti them, so all you are creating is all you were forced to create for yourself, all the falseness you turned yourself into being during your forming years. It's all now

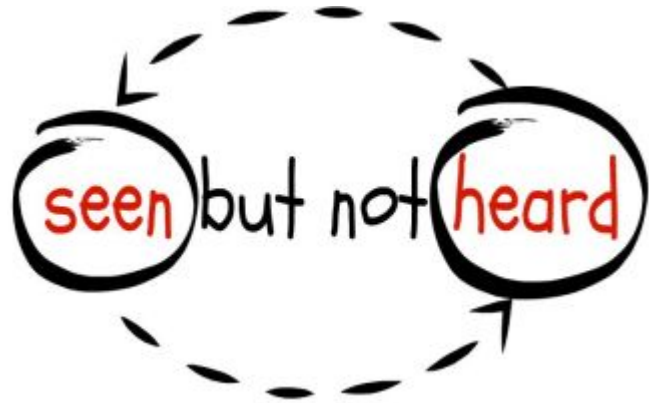
unconscious within you, the patterns are fixed and you just enact them out. You can't as an adult actually create your own reality by applying your mind like many people believe they can, it all being simply that their soul allows them to add or subtract new beliefs over the top of what's already there, and it does the creating of reality for you. You are not in control, your soul is – God is. This being one of the greatest truths you are to come to understand and live. Evil says you are in control, you believe your own lies, but you are not in control and never can be, and one day all your so-called control will fall apart as you crash into the untruth that you are. And like it all, it's all within your soul as to when the day arrives.

So we are all to stop what we're doing and look to express ourselves fully and truly?

Yes, and that would certainly change things. However you will do it when your soul time comes. When it's time to begin healing your evilness.

All right, now we've sorted that out Mary, how about you tell the Mother and Father to change everyone and make them be true.

That's not for me to do James. I'm very happy allowing Them to guide me through my soul, I have no complaints. I'm in awe of Them every day I exist, just how it – my life – all unfolds and comes about. And so in no way do I want to interfere with what's already perfect. And how They are with you James and everyone else on Earth, is perfect – you currently being perfect in your imperfection; or, perfectly imperfect. You can ask Them James – They might do it for you.



Yeah right, and deny everyone all those lovely horror healing years they will have to slog through when their soul says time up. Na Mary, I take it back, I wouldn't tell Them either to do it, as I wouldn't want to deprive anyone of those experiences.

Mary, I just want everything to be made right, and for me to feel good and live happily ever after, like in those books I used to read when I was young.

Too much nonsense you were exposed to James, and all whilst you weren't allowed to express any of what you felt.

Marion keeps asking me: why did you say that, why didn't you express your feelings about it. And I still, after all these years, can't do it. She still has to point out to me that I'm not doing it, that I'm refusing to do it – but I can't do it. And I know I've written this now so many times before, but I didn't do it, it wasn't part of my beginning, so it's just not in me. And I can't make it up, shit I do enough of that already.

And it's important to understand that you can't be what you are not; if it didn't happen through your forming years then it's not part of you, not until you've fully healed yourself of all that's wrong with you. You can't change yourself into being how you think you should be. You can only keep accepting yourself as you are by uncovering the truth of your untruth, and as you do, the Mother and Father through your soul will change you when necessary, and ultimately you will become true and perfect.

I think we're all so mad Mary, all the time and effort so many people invest in their religious adherence and beliefs, and all for nothing so far as growing their soul in truth. All just more feeling suppression

and denial. When it could be as you said earlier today, all so easy, we'd not need any of those spiritual or religious systems, just ourselves and our feelings. It's so bizarre that we're so far off the track.

Yes James it is, however it is what it is and we can all only do what is in our soul to do. You are doing your bit, expressing at least something of yourself as you carry on with your healing, and gradually more of you is coming out and so more of you is being expressed.

And all the repressed anger you suppressed when you were young, that's all got to come to the surface, that's why when you read what you do and see parents with their children stopping them freely express themselves, you feel angry, because as you know, it's you with your parents, and they are stopping you from freely expressing yourself. So your soul organises for that book and those words to come into your life, and when Marion reads them, you now instantly get angry – which is a huge improvement on how you used to be, not even reacting as if nothing penetrated – and can talk and express those feelings to Marion.



Yes, that's the only good part of it, I'm no longer scared of my bad feelings, and when they come up strongly, then I can express them, that part is easy enough for me now. But often the feelings are so faint, I can hardly detect them, yet often these ones lead me to the deeper insights and revelations about myself as I work hard trying to focus on and stay with them and bring them out.

Like tips of the iceberg James, just enough to break into your awareness, for you to feel, recognise and then apply your will to expressing them. And applying your will is very important, by using it being very determined to bring out all you can, to connect with such inner hidden feelings, and liberate them, drawing them up to the surface as if they are proving to be somewhat stubborn. **Driving yourself to really connect with them, to get passionately into them, to get onto expressing them, to long hard with all your will to uncover the truth of them. It's all awaking your repressed and all but dead will-circuits.**

Stubborn – ha! It's as if my own mind fights me over them, it saying no, and my will trying to say yes.

Which is only how it was for you with your parents James, it was a fight, and they forced you to turn against yourself, so now all your battles are on the inside, which you project onto Marion and the world, all that you're currently seeing about yourself.

Yes, well thank you again Mary. I'm getting tired now and it's hot so I will go.

Speak to you soon – Mary M.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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

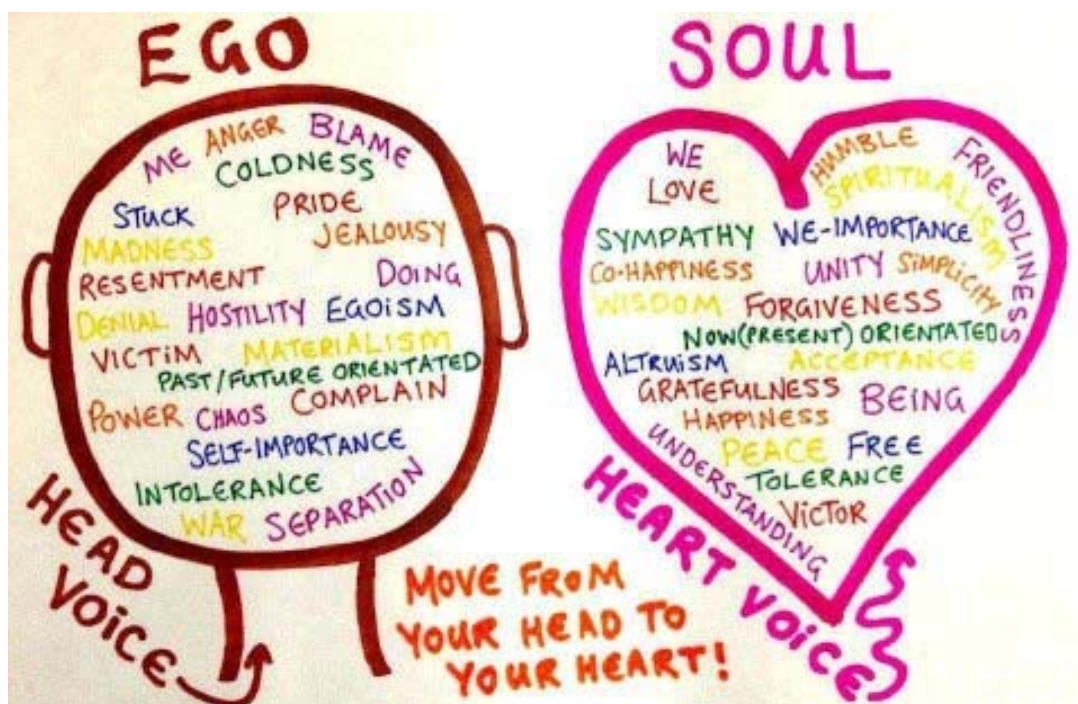
Feeling

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.

101. Why do I have to long for the truth of my childhood repression? Wednesday, 22 January 2014
(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)

Mary, why do Marion and I have to keep longing for the truth when we know how our childhood repression started? When we know it was all to do with our parents treating us badly.

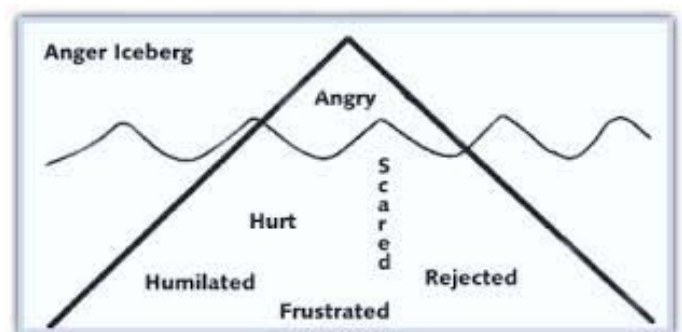
Because James, it's about knowing the whole truth of what happened to you, the whole truth of your relationship with your parents, and the whole truth of yourself; and to uncover it; and there's a lot to see, it takes time; and a consistent desire and longing to want to see and face it. So it's more than just a mental understanding, it's embracing the truth – uncovering it, through your feelings, so you can FEEL IT TO BE TRUE, otherwise you can never be really sure. And you have to FEEL HOW IT WAS FOR YOU, IN EACH AND EVERY MOMENT WITH YOUR PARENTS AND CARERS THROUGH YOUR FORMING YEARS AND CHILDHOOD – THE WHOLE TRUTH OF IT. And you have to want to know it, so you have to keep longing for it, because you've got to focus your will on uncovering it, embracing and accepting it, rather than how you're currently applying your will in your negative state by using it to deny yourself the truth.

You are to want to know the truth of yourself and live that truth, and it will only come to light through your feelings, this we can't stress enough.

You've certainly said it a lot Mary.

Yes James and we will keep saying it – IT NEEDS TO SINK IN, RIGHT INTO THE PSYCHE OF MANKIND; for it's missing, and until it does, nothing will ever change, you'll just keep subjecting yourselves to more of the same. It might look different on the outside, but it will just be more of the same truth-denial on the inside. So as long as you live denying your true feelings, not accepting the truth of them, then the worse things will get for you as progress in your evilness.

And as you're discovering James, there's a huge amount to it. Jesus coming and telling you a few truths, giving you a few parables or a bit of truth in the Padgett Messages is not what it's really about. That is all very well, certainly, all what's needed as well, however that is all only the merest tip of the iceberg, just a drop in the ocean of what it's really all about, which you will discover as you start to venture into the doing of your healing. And up until now, no one, not even Jesus, has revealed the truth of what it really is all about. Saying God is Love and you can long to your Heavenly Father for His Divine Love, is only one part of it, and a part that really can only come into full effect once you have done your healing, so before that happens there's a huge amount of unknown, that being what I am touching on. And all Jesus and I have revealed and said about your healing, all based on yours and Marion's experiences of it James, is still only a tiny drop of what there is to your actual healing, what it will involve and what truth you will uncover and see about yourself, each other, your lives, your relationship with nature, and God. And although I am endlessly repeating myself in these messages with you, saying the same thing over and over, still that is the only way to drum it into you, and it's only the starting point, because the actual doing of your healing I can't tell you about – what to expect or what it will be like for the individual, it is something every person and spirit will have to find out for themselves as they do it.



And it's the GREAT HIDDEN MYSTERY, the truth about doing your Soul- or Feeling-Healing. It's what humanity is and has been looking for all these years; it's what has been staring you in the face all along and yet you've been too afraid to face it. And everyone goes off looking far and wide, doing this spiritual or that religious practice believing they are getting closer to knowing God and themselves, but they are actually only taking themselves further away from the truth by looking to such untrue systems for guidance, when all they do have to do is look to their own feelings, all those ones they are using their religious and spiritual practises to further avoid.

It sure is incredible how so many people over all these years have not seen it for what it is. So many people are aware of how all our problems stem from our early life, and how we form constitutes how we'll be as adults, and yet we still fail to put it all together and see that to really heal ourselves we need to go into and embrace those bad feelings we're rejecting. And then some people are even fully aware of that, that that's what we should do and that we are rejecting them, and by rejecting them we are rejecting a vital part of ourselves, and yet they still don't want to do the really hard stuff to follow those feelings right through to the end.

No James, because they can't, it's simply not part of Jesus' and my age, it's not part of the truth we revealed, so no one can do it. At best you have people like Alice Miller touching on it, heading in the right direction, but not spiritually embracing it as you and Marion have done. And because such people have not wanted to uncover the whole truth, whereas you and Marion do and can do, so it's happening for you. And as it's happening for you, so too can it happen for other people who come to understand about it and what it involves and choose to commit themselves to doing their healing.

Mary, I was writing a response to an email I received yesterday in which I said the Mother and Father will only subject us to what we can handle through our healing, They won't push us beyond our limits, and as we've spoken about this before, I was wondering if you had anything else to say about it.

Well it's true James, and it's true of what They are subjecting you to in your evilness as well in your healing.

So even though some people suffer such horrors and torments of hell, even bringing about their physical death and suffering untold pain and agony, still that is within their capabilities of experiencing it.

Yes, because if it wasn't they wouldn't experience it. And physical death is nothing, just a move from one level of expression to another, and so everyone's soul has been created to cope with all they are subjected to, because they wouldn't be subjected to it if they couldn't cope. Your souls are not formed with a destiny which might unfold becoming all too much for you to cope with; your souls are you, you are your soul, so all it has planned within it is all you are – all you will be, so all you will experience. And nothing will be too much, even though at the time of course when such intense pain and pressure is being applied to you, you might feel like it is too much, even breaking you down, but still it will all be what you can deal with because it is all you are dealing with.

And if say by some chance it were all too much, and one couldn't cope with it, what would that actually mean?

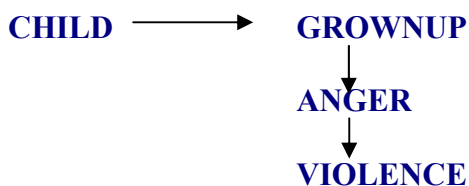
In theory, but it can't actually happen in reality, it would mean cessation of being, you, your soul, and the personality expression of it, would cease to be, and be as if you never existed, this being of course what you're the most afraid of happening, of not surviving, of being extinguished, annihilated, snuffed out of existence, becoming nothing, all those terribly bad feelings you've felt at times James when you've been pushed down into your darkest fears.

Feeling so unloved that I cease to be.

Yes, the ultimate rejection, to be no-love, so of no existence. However one's negative and evil state, although whilst of it you feel like this in your worst moments, is actually nowhere near anything as drastic as this, for being evil is state of being, and it is an experience. So whilst you are evil you are still existing, you are not ceasing to be. And even though you push it to the very extremities of unloving experience for yourself, of feeling so unloved, still you will continue to exist, even in your most evilness, and so will continue to be.

Yes, I see what you mean, for as you say, even though Marion and I have felt so wretched, so, so bad, and so like we're nothing, and that we almost don't exist and feel like we're about to be snuffed out, still, we're feeling these bad feelings, so we're still a long way from being void, from being nothing, no feelings and no thoughts, from no-light, from ceasing to be.

You are very much existing, you intensely feel such bad feelings, you are very much alive and in existence feeling them, and feeling how unloved you feel, and nothing you feel, and close to nothing and ceasing to be you are. But as you say, you are still feeling, and that's what you can't stop, you will always feel, even if your mind becomes so shut off to your feelings so you feel blank or feeling-less, but still underneath your feelings are there.



Is it any wonder why we have trouble feeling fear?

So in a way in our most miserable state, we're actually feeling very passionate about such bad feelings, or feeling them passionately, because we are feeling so miserable, although such passion is not a good feeling. Yes, we are feeling them with our whole will, I can see that.

Yes, what you mean is the intensity of feeling is very real and strong and true, and it is, you are very much alive even as you feel very much dead – dead in spirit and soul. You feel at times like a zombie, with no life, nothing at all but dead, and yet really you're very much alive, it only feeling like you're nearly dead and nothing. So once again it's all in your feelings James, what you are feeling, and the more you can simply allow yourself to feel them, the closer to the truth of your evilness and your feeling so unloved you will get.

And the Mother and Father are in control of it all, They are guiding you every step of the way into your horror and darkness and then out of it; and so of course, all you experience will be simply the perfect experience for you at the time, no matter how bad you might feel.

I understand what you're saying Mary, the theory, but when you're in it, and you feel utterly like shit, so screwed, just so bad!

I understand James, and in that state it's the last thing you'll be thinking about, when all you'll be lucky to do, if you can do anything at all when you feel so rejected, unwanted, alone, abandoned and unloved, is keep expressing such bad feelings and longing for the truth of them.

So Mary, for us to heal ourselves we need to find the truth of what we're healing – why we feel so bad. And for us to do that we have first to accept that we feel so bad.

Yes, your bad feelings are the gateway into uncovering the truth of yourself. They are markers or sign posts, saying go this way, accept me and express me and you will become more in touch with yourself, with how you really are and how you really feel about things and about yourself and your relationships with everything including yourself. And that is the truth you need to find. It's not about the great universal truths of God or Creation or any such picture of how the cosmos works, it's just about yourself and your feelings – how you are feeling at any given time. What are you feeling now? And are you feeling bad? And how does feeling that way make you feel? And if you are feeling bad, accept that you are, don't try and stop yourself from feeling bad. And speak about how bad you feel, speak emoting the feeling with the full energy and intensity – so pain – of your bad feelings; speak with your pain, as in allowing your pain to speak, give voice to it so the listener can hear the pain you are in; give voice to your torment, bring it out, the whole energy of it; all whilst you long for the truth of what it's all about – why you're feeling this way now. That's all you have to do, nothing else.

And if you don't know how to express your feelings, long for someone to come into your life to show you. Pray to your Mother and Father to provide you with a friend who can help you. Ask Them for what you want. And ask with your feelings, not just your mind because I am saying you should; ask Them because it's what you feel you really want. And so in feeling you do want it, ask with that feeling.

Be the child of God that you are, and just as a child goes to its parents and asks, so go to God and ask.

Thank you Mary. As usual that was all really good, but I'm fading again, it was another intense day, so I've got to go to bed.

Yes James, more good deep work you did on yourself, and there will be more of it for you tomorrow, there's more very important truth for you to see in what you went through today.

I'm going to bed longing to the Mother and Father to help me uncover it through my feelings.

Good, and I'll speak to you soon – Mary M.

The infographics / diagrams have been inserted by Pascas. The Notes above have been made from 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>

<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

FEELING HEALING and HEALTH continued:

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.

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

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

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

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.

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

WHAT IS CHILD ABUSE ?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature.



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



Forcing a child to touch you.



Breaking down the self-confidence of a child.



Hitting or hurting a child - often to relieve your own frustration.



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision



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Infographics and diagrams have been added by Pascas.

ADULTS ARE CHILDREN! Notes from Sage – and the Healing Angels of Light by James Moncrief

We as adults are really just the same children we were?

Yes, only because you've grown up into an adult and mostly have forgotten what you were like as a child, so you wrongly believe you are something different to how you were as a child. And being an adult, as you attend properly to your feelings, your feelings will connect you back with yourself as the child, all so you can see, as an adult, that which you couldn't see as a child, all that happened to you to make you be as you are.

That's quite incredible.

Yes, amazingly so; and it's the only way people can truly help themselves, all the rest is just moving stuff around within your already fixed childhood nature. So all the so-called self-help instructions and advice, and all the therapy people undergo, which does help people become more aware of certain aspects of themselves, is still really only working within the wrongness, it's trying to make the wrongness suit you better so you can feel happier in it; however it's not being completely determined to look at ALL your wrongness and doing whatever it takes to accept all the bad feelings to do with it.

GOLDEN RULE PERTAINING to CHILDREN:

Messages from Mary and Jesus – Jesus 6 April 2003

We cannot under any circumstances break the Golden Rule: **we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child.** We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face. The Church and all such systems – our whole world – is for adults, not for children; our world is anti- children, most of what we do is anti-children, even when we believe we are doing it for their good and doing it lovingly. It is not a loving system and it can't be. It can only do what was done to us, and as we weren't loved truly by our parents, then that is the world we know and the world we will create and the world we will choose to live in. The delusion is that we have been led to believe that the world is good and right and true, at least the world we are participating in, but it's not, and this is what our healing will make us see.

Feelings first

LIVE FEELINGS FIRST

ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst your of and in the negative because the child will not be asking truly from and with a positive mind.

OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to the God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



TO SAY NO!

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings dishonouring and disrespecting yourself.

EVERYTHING is WITHIN OUR SOUL:

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

The CHILD is to FREELY EXPRESS ITSELF:

Messages from Mary and Jesus 13 May 2003

Mary:

The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.



LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

LIVING TRUE IS HEALING ONE'S SELF OF CHILDHOOD INJURIES:

Messages from Mary and Jesus – Mary 10 April 2003

As we are all of the Mother and Father, if we do anything that goes against Truth or Spirit or Mind or Will, or Their Laws of Love, then we are going against all of our self – our own soul, and the whole of Creation. And if we want to live true – true to the Truth, true to our soul, and true to God, then we have to rectify this at some time. In going against Truth we bring about pain – penalty – in ourselves, as this is to show us that we are doing the wrong thing – going the wrong way. And when we come back into harmony with the Laws the pain goes – the penalty has been paid.

Currently in the negative mind state humanity does not want to live true to God's Laws, so man's laws are different to God's. So all that you do is against the Mother and Fathers Laws of Creation and Existence. And this is what then causes all the pain in your soul, as you live each day refusing to honour the Truth of God. And no matter what you believe about how good you may be, if you are not living true to your soul and God's Laws then you are hurting yourself.

The Mother and Father say individually: Love Me as I love you; and together: Love us, as We love you. You come into the world asking your parents to love you as you love them. But they in their negative state do not honour this truth, so every little bit of them that does not love you, you feel hurt by. As they dishonour you so you dishonour yourself, for in your love for them, you are accepting that they are right and true, as you do not know anything else. You then take it on, all how they treat you, and do what they have told and made you do to yourself and others; you become as they are – negative. And so you live dishonouring yourself and the Mother and Father's Soul Laws. You cause great pain within yourself on all levels, not just in the physical. All pain you ever experience is saying to you: you are wrong in how you are being, and so you need to look to find the truth of why this is so.

When you want to know the truth of your pain, you will want to see the truth of where you are dishonouring yourself and the Mother and Father; then when you do see what you have done, you will feel bad about this, and then seek forgiveness, being healed and forgiven when you see the truth, and your pain all goes. You can go to Them and ask Them to forgive you, but as They are love and already do, you are really allowing yourself to forgive yourself, for it is you that does not love yourself, as seen by the act of dishonouring yourself. Then as you turn around and willingly want to live true, the Mother and Father remove the pain you have been suffering and fix that which within you has become dysfunctional as a result of your transgression. Then you are healed, so far as this part of truth has been honoured, and that part of dysfunctional you is living true to the Laws of Love, living true to your soul and to Them.

As you do your healing you are actually forgiving yourself. By wanting to see the truth and asking the Father and Mother to help bring up the unexpressed pain and feelings that are within you, that will show you where you are going wrong. You will be able to see the problem and then want to fix it and seek forgiveness of yourself (and from Them if you feel the need); and you will be loving yourself and Them instead of rejecting yourself and Them.

Gradually through your healing, you will work your way back through all the levels of truth within you that you have dishonoured since conception; with all the pain surfacing, and all the causes being seen that made you rebel against yourself. And with each step you will be forgiving and increasingly loving yourself. Your healing is you loving yourself back into perfection. And the longing to the Mother and Father for Their Love is the way to fuel this by becoming a divine soul.

When you love yourself truly, then you will love your neighbour and every aspect of Creation, as you

love yourself. This will be your state of being – just like the Mother and Father, and you'll naturally be honouring all Their Laws of Truth. And you will live free in Creation without any pain, worries or problems; eternally happy, as you long to be.

By praying to the Father to forgive you, you are not taking responsibility for your own actions; you are not seeking the truth of your evil causes. Forgiveness comes when you admit and accept your wrongness; when you uncover the truth of why you are it, or doing it, all through the expression of all that has made you feel bad. Through full self-feeling-acceptance you can free yourself from your negative condition. The Truth will set you free! The truth you uncover as you accept and express your bad feelings.

And as you do this God will change into the loving Mother and Father. You will come out of the old beliefs and ways of seeing things, entering into a new way of living and seeing how everything truly is.

When you were a young child you were the closet to your soul and to God. Up until you fully took on all the negative mind circuits you were still more pure and true to Their image. And you loved more as They love. A child loves freely and unconditionally. It loves without judgement or criticism. Look to the child to show you God, this will help you see more truth than looking out into the adult world as it now exists. And then look how the parent changes its child, from being pure and true, into another untrue adult. Look how you make your child turn against itself and live untrue to God. Look how the parent makes it live true to the wants, likes and dislikes of itself. Your child will help you see how wrong you are. It will show you if you allow it to; it will show you through your feelings.

Your soul-healing is concerned totally with you finding the truth of all you are; all you feel, and all through your feelings.

Messages from Mary and Jesus Mary 14 April 2003

The feeling controlling mind is nothing more than your parents control over you encapsulated in your mind.

Messages from Mary and Jesus Mary 15 April 2003

During your childhood you were made to change from being naturally good to being bad, and it hurt. Now you are being asked to change back to good from bad, and it hurts just the same.

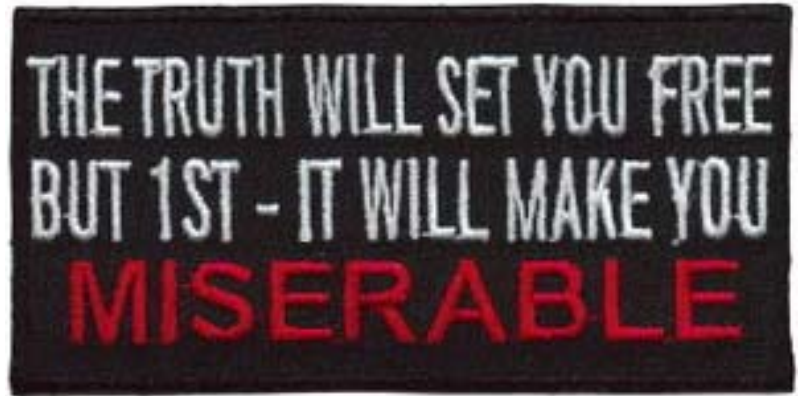
Messages from Mary and Jesus Jesus 14 April 2003

You are completely self-contained. You will blame your parents for what they did to you through your healing, but when you are healed, you will be able to see how you took it all on wilfully from them; and so wilfully you have to choose to divest yourself of it and set yourself free. And this can only happen with love – your own natural love, through acceptance of all your badness and bad feelings, together with the help of the Mother and Father's Divine Love. And so it is entirely true that love is the cure-all, and that love will heal you, your love, and the Mother and Father's

Messages from Mary and Jesus Jesus 14 April 2003

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

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

THE WAY:

A passionate longing and desire for God's Truth to open our soul to God's love. It is only with the receipt of our Mother and Father's Love, which is a substance, together with Feeling Healing that we will dissolve emotional errors and injuries. This receipt of Love strengthens our resolve to feel into and discover the Truth of our injuries.

Divine truth and love permeates all parts of our life. It permeates our physical life. It permeates our scientific belief systems. It permeates our spiritual life and our emotional life and all of our belief systems in all of those areas of our existence. It is all encompassing, it has no holes.

The truth is such that it is the main force of power for good in the universe.

The truth has its power because without it, love is not possible. You cannot open your soul to love without truth being present. Truth goes hand in glove with love.

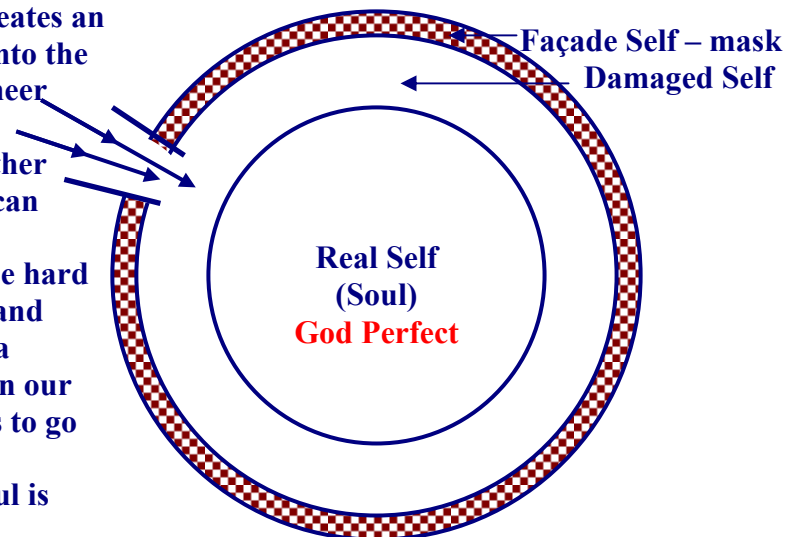
The role of God's truth on the soul is to actually physically create the opening.

What truth does, it creates an opening for a vortex into the egg shell, the hard veneer around one's soul.

It allows a way that other external information can infiltrate the soul.

Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it.

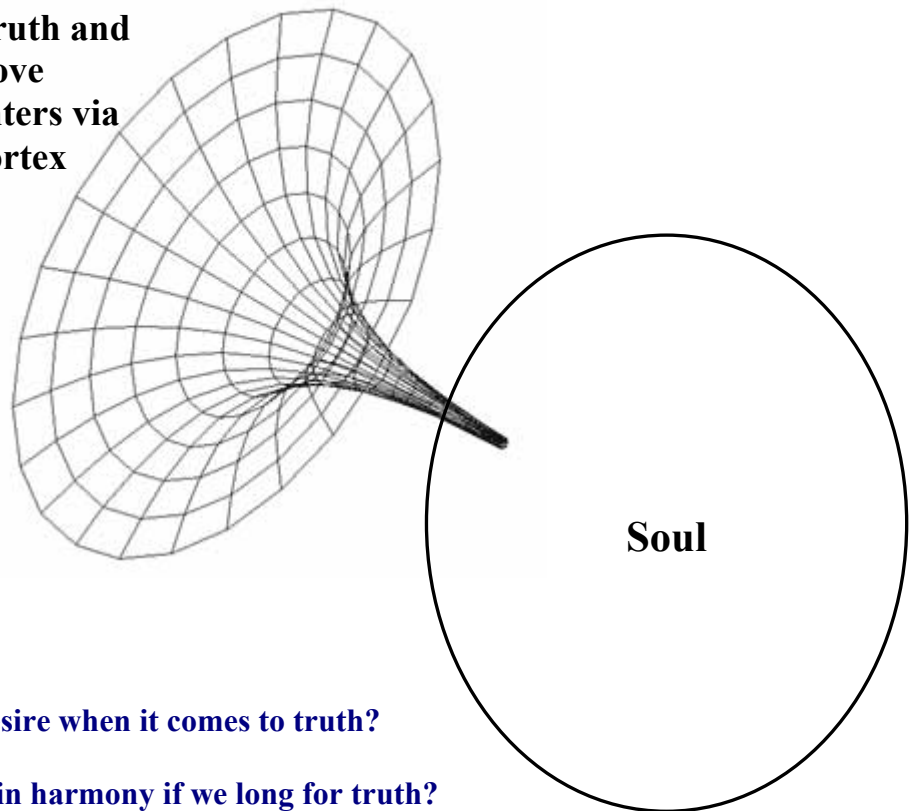
Without truth, our soul is frozen into stagnation.



This is why many make no progress for decades and the passing down the generations of held beliefs and errors sees generation after generation also being frozen into a form of personal stagnation.

Infographics and diagrams have been added by Pascas.

**Truth and
Love
enters via
vortex**



What is our passion and desire when it comes to truth?

- a. Can desire and fear be in harmony if we long for truth?
- b. If I fear it, can I see that I am severely limiting the opening of my own soul?
- c. Am I using my will, my free will to stop or resist the flow of God's Love into my soul?
- d. If you are fearful when asking for truth, your fear will prevent the truth from entering you.
- e. To have truth to enter us, error is to leave at the same time, this being an emotional process.
- f. The error must leave us with an emotion, and therefore, the truth can enter us at that moment.
- g. If we are always open to feeling our emotions, being humble, we would be open to receiving truth.
- h. The truth is to enter us as an emotional condition inside of our soul, not as an intellectual truth. The cleansing of the error from our mind will follow.
- i. While I am engaging an addiction, I am not going to have a love of myself. I am engaging an addiction that is masking or covering over a feeling that I don't love myself. That tells me that I am yet to have the truth to enter my soul. If the truth had entered my soul I would not be able to continue with the addiction.

Addictions = while we feed them, we are denying truth from entering our soul.

While you continue to feed your own addictions, whether they are spiritual, emotional or physical in nature, you are not opening your soul to truth. You are not letting the truth enter you because the layer of addiction that we want to stay in still, hence that is not opening, we have no openness to Divine Love coming into our soul and transforming our soul. A lot of times, we create our own hopelessness by the actions we take. Love and feeling our emotions flowing in and out of our soul is the way to a healing and healthy being including the physical body.

Because we are feeding the addiction rather than confronting the addiction which would be the truthful thing to do, it guides our life, we are under that the addictions control. But unfortunately while we are under its control, there is little or no prospect for change.

Infographics and diagrams have been added by Pascas.

Without Divine Truth, God's Truth, we have little hope of ever having our soul transformed.

Why is truth such a burden to hear told to us:

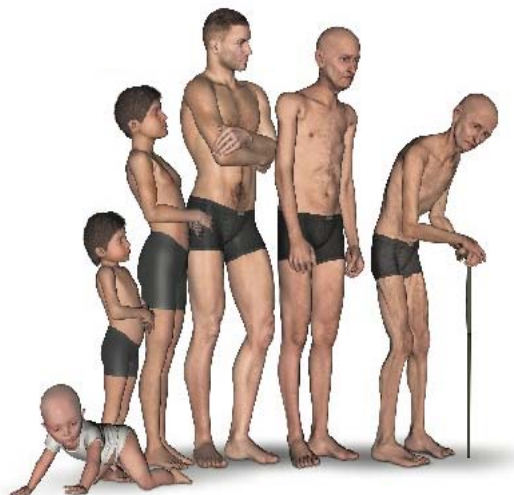
- a. Parent condemned or judged us.
- b. We have a belief that I cannot change.
- c. A feeling that I cannot face my true condition.
- d. A feeling of being overwhelmed. We are afraid of what we are going to feel if we open to truth and love, so we don't open it. We consign ourselves to stagnation.
- e. A feeling of powerlessness / weak.
- f. In the past, truth was often associated with violence / punishment.
- g. Confusion with truth, THE truth seen as arrogance. The three sides of truth are God's, mine and theirs.

If we are truly understanding the 'WAY', every single ailment, disease, sickness inside of our body is the direct creation of our own denial of truth. All ailments are indications that we are in complete denial of a truth, that being our childhood repression.

If we are on the 'Way', we are not focused on curing effects; we are focused on examining and finding the cause of the denial inside of ourselves that creates the particular problem.

Our body will begin to demonstrate the resistance to acknowledging and receiving truth. When we are very young, we have very little resistance; our bodies are generally quite healthy unless our parents have a lot of resistance. But as we grow into our twenties and thirties, we start to get a few little aches and pains here and there and so forth, and then we get into our forties and fifties and we are starting to feel a lot more aches and pains, our bodies are beginning to start to deteriorate, we have lines we should not have. This is the resistance coming out now, it is demonstrating itself in our body. So by the time we are seventy or eighty, even our mind starts to close down, we don't even want to know anything any more, remember anything any more. The resistance gets so heavy that the majority of people on the planet cannot live above eighty to ninety years of age. That is the result of the resistance. Science does not know the body wants to die even though it has the capacity to replicate itself every seven years.

Our resistance to truth closes down every system associated with our soul. It closes down our spirit body. It closed down our physical body. Eventually we end up in so much pain that we die.



Infographics and diagrams have been added by Pascas.

EVILNESS and RELEASE thereof:

Notes drawn from Speaking with Mary Magdalene and Jesus, book 1, by James Moncrief

The first big truth to be considered is that we are evil, irrespective of whether we believe we are or are not. We all are, we are all in the same boat, only in different versions or extremes of it. And we are not going to be punished by God for it, we have had no choice about becoming it; by being conceived onto this world we are forced into it, and up until this time we have had little we could do about it. But all of that is now to change. True help is at hand. It's been a long time in coming and so much suffering has occurred. Humanity is in a very bad state, shocking, and far worse than anyone can imagine, as we don't as yet understand the full significance of what we are doing to ourselves. And it's all because simply: we are not living true to ourselves, true to our feelings.



It will not be anything people currently 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. We simply can't go on denying ourselves as much as we do. For just like a person who is denying themselves, when it all gets too much, then their system starts to breakdown, they become ill, and humanity is very ill indeed. And all we do, such as all our doctors do, is to try and correct the part that is obviously wrong, but nothing we do deals with the inherent causes making us sick in the first place.

Humanity is free to continue on in its evilness, free to see what happens when it completely rejects itself, God, nature, and all that is good and true. Or, we can as of now, start to give up all that is wrong, seeking the True Way of Light, that which is based on Truth.

If we keep denying ourselves, we get sicker and sicker, having to rely more heavily on our mind to take over, trying to override our bad feelings pretending we are not as sick as we may feel. And this we can do to quite a high degree. But one day, all we are doing with our mind to keep ourselves afloat, so to speak, will become increasingly more difficult, and eventually fail, so we have to face the truth that things are not well with ourselves, having to face and accept the truth that we are feeling bad. All of which is to help us see that we are feeling bad because we are denying aspects of ourselves, because we are denying many of our bad feelings. Which means; we are denying expressing ourselves, our personality, as fully and vigorously as we should be. Which also means; we are denying ourselves our growth of truth.

The term evil in this context means that we are preventing ourselves from growing in truth, from being the real and true you. And as part of this truth denial and so ongoing denial of self through the ongoing denial and refusal to accept ALL one's feelings, we will deny ourselves our true soul partner, all so we continue to keep denying ourselves of the maximum truth we can receive.

Truth is all that our soul requires to keep it evolving. That the truest part of one is concerned with; life is only about truth, and that being: growing or evolving in truth, becoming self-conscious or self-aware in its truest meaning.

No one has lived a true relationship over all these years. No one has, and so all relationships are flawed, all children produced by such flawed relationships become themselves flawed, it all getting passed on one generation to the next. And all the so-called love in such relationships is being experienced within an anti-love and anti-truth state of mind and way of life, so there's a huge pressure being brought to bear on us all, all the time. And it doesn't matter what we think or what we believe, because if we want to

sincerely relieve ourselves of our soul and spiritual pain, we will have to seriously consider making growing in truth our priority in life.

We will experience many different avenues when opening up and looking to our feelings instead of pushing on with our negative mind in control. Life is really very easy and simple to live when living from our true feelings and with a positive mind and will. We fail to understand that it's our feeling denial that makes it all so hard for us. Not being loved destroys all self-expression; how being evil is the negation of all personality expression. Our mind suppresses our soul.

Keep on expressing one's anger when we feel it, that's all we have to do, express it and talk about it, about all how it makes one feel. And gradually our system will be rectified – we will be healed. The truth will come, and as we wake up and see and feel it about ourselves, just how inadequate we are in our communication and self-expression, so such imperfections and traumas will leave us.

Our mind is corroded with errors, injuries, negativity, false beliefs and is for ever in a need to control. Our mind holds all the emotional damage that has been infused upon us by our parents and those associated with our childhood. Our soul is always perfect, it is always striving for us to feel the truth that it always is. When we avoid the mental gymnastics that our mind distracts us with and allow our feelings to surface from our mind then we are living free of corruption.

Paying the penalty for one's sins, the penalty is being paid as one does their soul-healing. It is paid through the pain one experiences as we seek to liberate one's repressed feelings, the **releasing** of evil. All of those wrong things we have done have caused our pain although mostly we are unaware of them.

So as we work through our healing we will liberate this pain, and as we find the truth of it we will understand what wrong we have done. And there is a lot more wrong than the obvious things most people consider wrong. We have, in a great number of ways, an imperfect relationship with ourself, other people, nature and God, with all of this being derived from the unloving and wrong relationships we had in the beginning with our parents and carers, and it all needs to be rectified.

All the belief and behavioural patterns – all the will patterns that are wrong, that exist and which we live with against the Laws of Creation, will need to be found. Then when found and understood what we have done wrong, how badly we have treated ourselves and others, all of which has caused us pain. Living a self-denying life causes us pain, as it's the wrong way to live. And we have been made to deny this pain and its associated bad feelings, all of which are kept suppressed within us. So to liberate our bad feelings will involve feeling the pain of our wrong actions, words, thoughts, all of which will need to be expressed, fully experienced, and healed as we find the truth of them.

Understanding that nearly everyone is not aware of being able to undertake feeling-healing, let alone doing one's soul-healing, what we typically say to others who are in discomfort and emotional pain is in keeping with the negative – for them to deny their bad feelings, to do whatever they can to remove them and not to be despondent.



When you come to do your healing, it's this type of thought that must not be entertained. If you were doing your healing together with a companion, you would be encouraging him or her to feel as despondent as he or she could, all so he or she could accept that he or she does feel this way, so he or she

doesn't deny such feelings. And you would encourage him or her to speak about their feelings of despondency if he or she wasn't already, all whilst longing for the truth of why they were feeling that way.

There are two ways to live. One as you are by denying your bad feelings, trying to push them aside so you can feel good, all so you don't feel bad because the bad is bad and no one wants to feel bad. And the other is not to deny any feelings, to allow them all to be, to allow ourselves to feel bad. Yet as you don't want to feel bad, then to long for and find the truth of why you feel bad, so you only have to feel bad as long as required to find the truth. This is going with your feelings, honouring them, living true to them.

Most people believe that if they give into their bad feelings they will only feel worse, never feeling good ever again. But it's the longing for and finding the truth, as you fully express your bad feeling, that prevents this from happening. When you do find the truth, your bad feeling does go because you no longer have the cause of the bad feeling within you. By seeing the truth you have healed it.

The more you receive the Divine Love the harder it becomes for you to push your bad feelings aside. And so it should be, as the presence of the Love helps us to start honouring and being true to our feelings. So when we want the truth, when we are certain about wanting it and wanting NOTHING else; when we commit our whole life and being to finding it; when we are prepared to go with our feelings into our darkness and do whatever our feelings guide us to do, then it's right that we start to feel bad, and it's right that you can't dismiss your bad feelings as easily as you once could.

We are full of bad feelings waiting to come out, and every time we stop ourself from feeling bad, every time we push a bad feeling aside, that's just another bad feeling that's going to have to wait until the day we start to release them. Pushing bad feelings aside with our mind doesn't make them vanish, even if we feel better for having done it. It only suppresses them. They stay within us until we express them, within us polluting our being, making us sick.



Feeling and expressing bad feelings arising from past errors and injuries is an ongoing and necessary process for one's evolution.

FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

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

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

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

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

Notes above are drawn from James Moncrief's writings.

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good! Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

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.

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

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.

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

Infographics and diagrams have been added by Pascas.

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

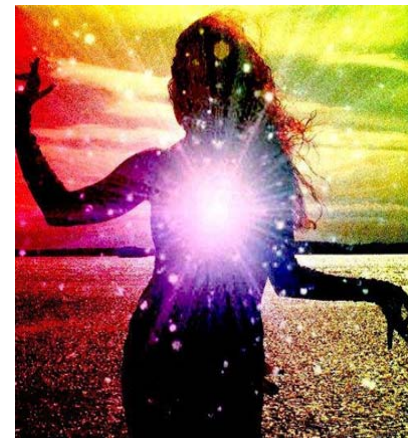
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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.**



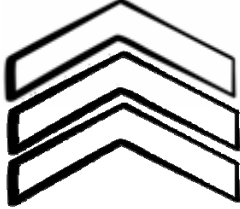
“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, 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

Infographics and diagrams have been added by Pascas.

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.



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

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.

Infographics and diagrams have been added by Pascas.

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.**

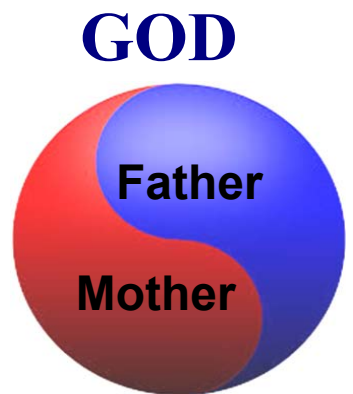
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

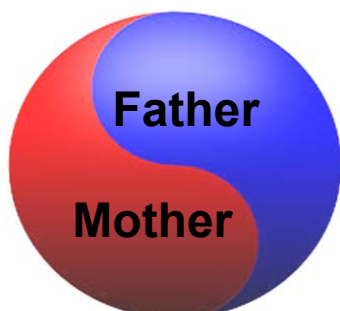


HUM

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.

WE ARE Children of God

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.

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

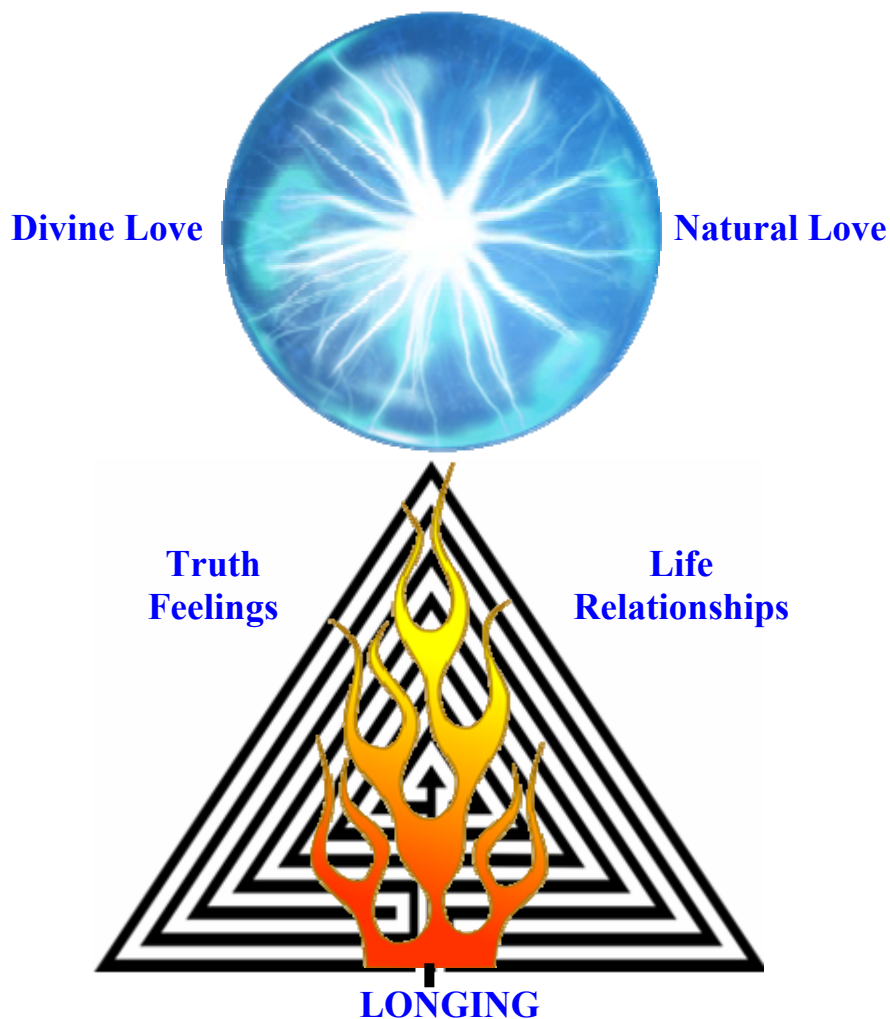
Want to understand the truth of your early life

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

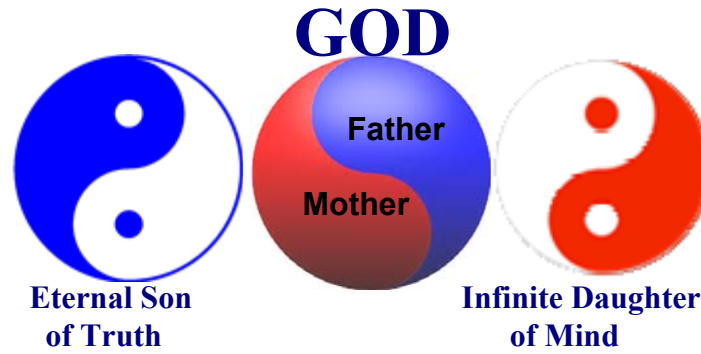
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
 2. **ETERNAL SON (ES) – Divine Truth**
 3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

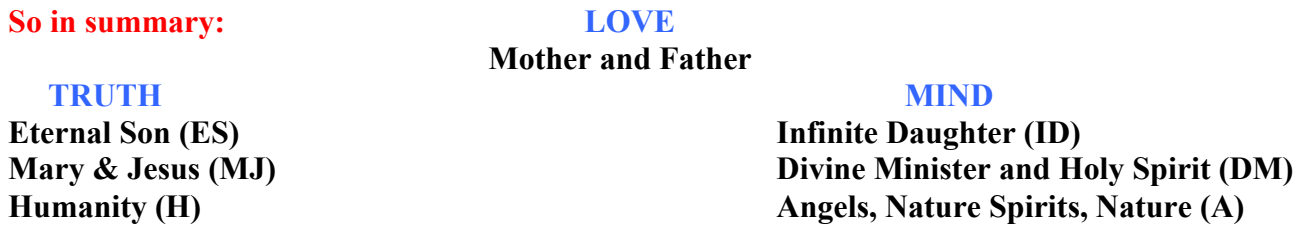
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS** – 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**

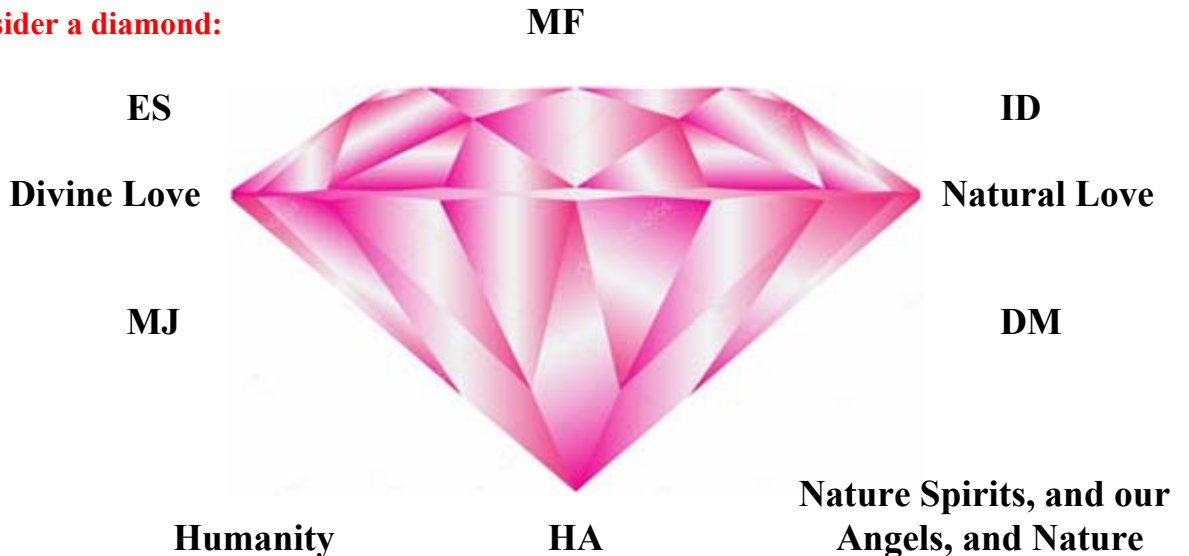
PLANETS that engage in REBELLION:

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 pairs / soul partners.

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

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

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

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

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

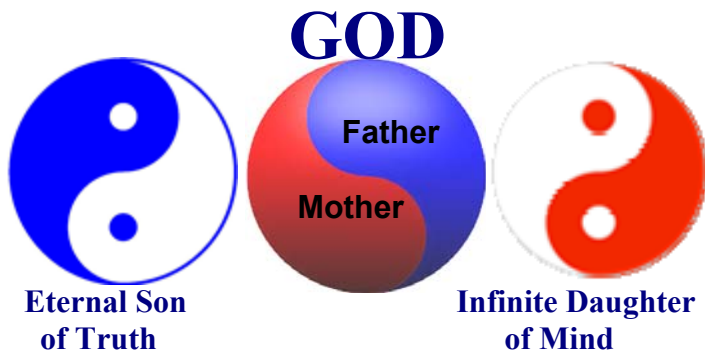
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs / soul partners – 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 / soul partners when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

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



CREATION of SOUL and SPIRIT:

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

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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

A nature spirit is an angel in waiting.

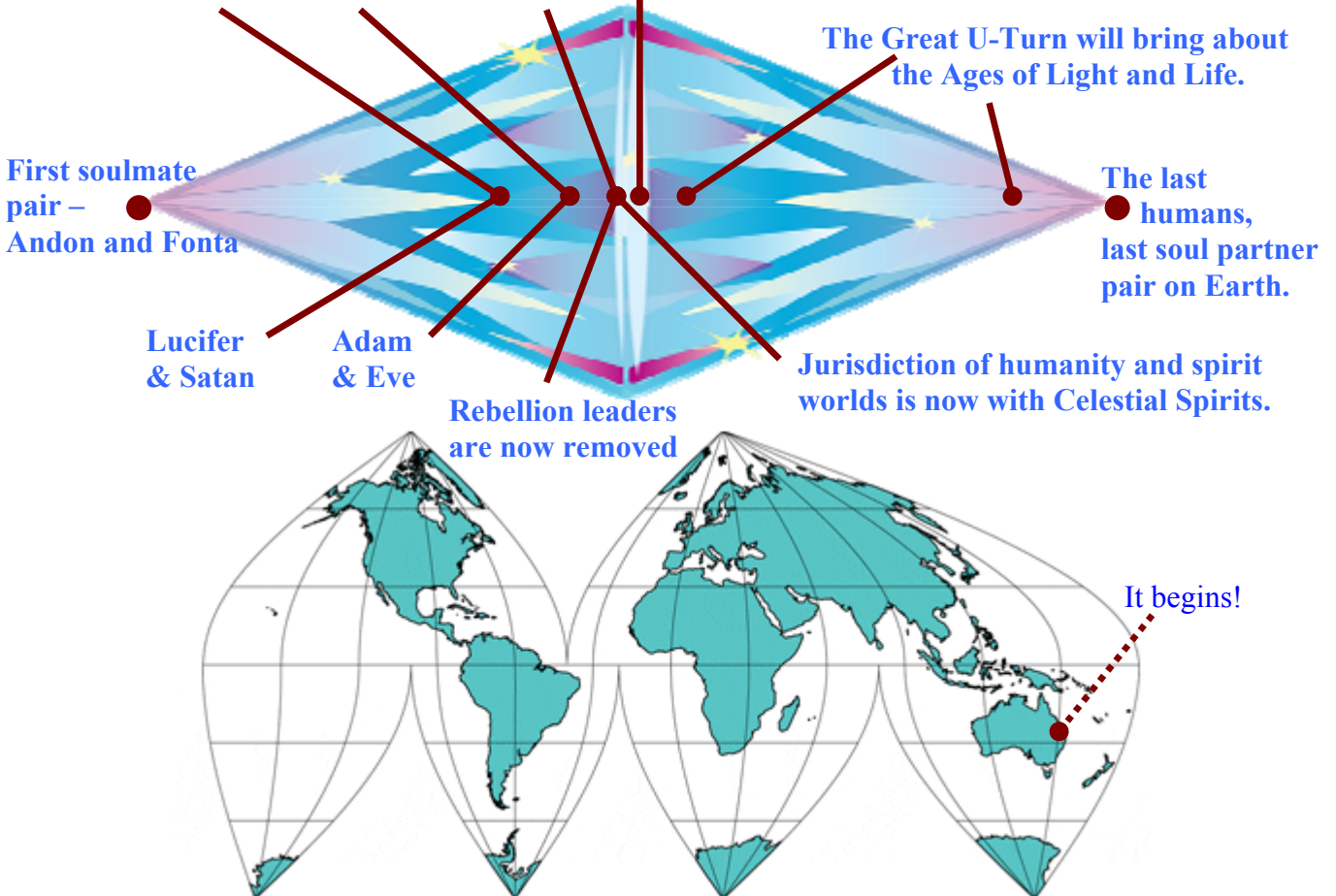
Infographics and diagrams have been added by Pascas.

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.

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.



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)

REBELLION and DEFAULT:

Notes drawn from Speaking with Mary Magdalene and Jesus, book 1, by James Moncrief

We are all wrong and bad in the light of how we conduct ourselves in what can be called our negative states, all of this owing to the state of Universal Rebellion and Planetary Default we live under.

The Universal Rebellion was instigated by the Evil Ones. The Evil Ones, the Lucifers, Satans, Caligastias and Daligastias, who are talked about in The Urantia Book, all had overseeing roles of Earth. From higher levels in the spirit worlds they were to look after humanity and help humanity to grow and evolve in truth, and so also in our understanding of all things to do with the spirit as well as the physical. However, their rebellion was their choosing to go against Mary and Jesus, and the Mother and Father. They claimed that God was too controlling, and that we could all, and should all, take matters into our own hands – out of God’s, and make our own way in Creation. They said we were mad to keep being dictated to by a God that pretended to be all-loving, because if God really was all-loving, then They would not have all the spiritual laws that there are, and that we would all be free to do as we pleased. And that way of being for us all, then effectively we would be our own god and master of our own destiny, this many lower and lesser spirits and angels found appealing.

REBELLION

And because humanity was only in its infancy when these higher spirits finally decided to go it alone and turn their back on God, we were easily influenced by them. And as they were all spirits, how they controlled our long-ago cave men ancestors and such was through fear. So they made us fear the unknown, the spirit world. And in doing so, we started to fear ourselves. And they’ve worked on us for a long time, all the way up until Mary’s and Jesus’ coming, subtly influencing us from spirit, keeping us ‘earth-bound’ you might say, and ensuring that we don’t honour and live true to our feelings. For if we did, we would have out-grown their controlling ways, we would have advanced to a level of truth that showed them up for not actually caring about us and having our interests at heart as they told us they did. And we would have chosen to divest ourself of their evil and rebellious ways.

However their control was so strong over us, and once they coerced Adam and Eve (Aman and Amon) into defaulting, then they more or less had us entirely under their power. And so they wanted us all to remain ignorant of higher levels of spirit life and the greater spirit universe, all so we would die and wake up still ignorant in the mind Mansion Worlds (natural love spirit spheres), there to stay looking to them as the Great Ones, for they would sit on the throne being the Great Lady and Lord of All – in short: God.

DEFAULT

It’s not all Eve’s fault. Adam is to be blamed equally for they both allowed their relationship of truth to become untrue, just in different ways reflecting the different natures of men and women. And NOT as portrayed in the Bible Story. The Urantia Book is a little closer to the truth, but still heavily weighted in the masculine. And even though Eve did transgress the universal laws first on the physical level, followed by her mate, Adam, once he’d resigned himself to their fate, it could have just as easily been the other way around, for they had both reached the point of relationship failure, of their denial of truth.

It wasn’t the other way around because those evil spirits who were plotting humanity’s downfall and fall from grace or truth, knew that if the onus could be placed on women, she being the spiritual leader of

truth, as she is the mother, then their insidious (nefarious) game would become passed on down through the generations, this being the control they sort.

So had Jesus and Mary not come when they did and de-powered them, ending the Rebellion, then when we die, we would have gone into the mind Mansion Worlds there to see the Caligastia's and Daligastias, as well as the Satan's and Lucifer's all as the god of our new spirit life.

And we would have been none the wiser. We would not know of anything beyond or greater than the mind Mansion Worlds (natural love spirit world spheres), because being quarantined and isolated from all the regular universal circuits, we would all be aspiring to be as our controllers are, the Evil Ones, all so unbeknownst to us, to keep the Rebellion going.

Those mind spirits that are transcending the mind Mansion Worlds, trying to become enlightened, reaching nirvana and their bliss states of being; trying to merge with or become part of the God of Mind, are really just trying to emulate the Lucifer's and Satan's. But because of Jesus and Mary's coming, the Evil Ones are no longer there in those mind worlds / spheres, or able to come into them, so these mind spirits are actually on their own, striving to be the top dogs – gods, as it were.

And up until recently (well into the late 20th century), the Caligastia's and Daligastia's were still in the mind Mansion Worlds, but now, as they've been removed, humanity is free to live to its ultimate conclusion in its negative state, living with our minds completely in control of ourselves, being gods ourselves, however it's all only a fantasy, it being gods within our own minds.

In our own lunch box! All those people and mind spirits, who are looking to advance their minds, are all going the way to ultimately become gods. It is what some in the New Age talk about – that we're all gods, and we have to develop our god-self to become fully self-realised.

What such people will have to realise is that it's a dead end. That it's giving over to their mind completely at the expense of one's feelings. And so in their mind's ego, one can fantasise one's self as God is, however they are nothing, and will never, and can never be, ANYTHING like the Mother and Father. They and we are of Their image, and as told in the Padgett Messages, you can become of Their essence by longing for and receiving into your soul, Their Divine Love, but you will forevermore always remain Their child. You can become at-one with Them, as you will upon your arrival on Paradise and when you personally meet your Heavenly Parents; and your soul through eternity will become increasingly divine, like They are, but still you'll always know, you are NOT god. Jesus and Mary are NOT GOD, they are only and will forever be, CHILDREN OF GOD, and being very happy with that, despite what many believe, saying that Jesus is God and of God. And were Jesus to delude himself into thinking or believing he was God, then he would be just like those mind spirits, and so he would have rebelled against the Mother and Father, joining the Lucifer's camp.

And so people only say and believe Jesus is God, because it's all part of the confused mess being handed down by those mind spirits.

As the Lucifer's are no longer in the mind Mansion Worlds, that leaves a huge power vacuum to be filled by wannabe gods. Many such mind spirits are heavily involved in vying for such power. Other's aren't, more intent on their own personal power trip, but there are a few groups of very dominant and controlling mind spirits. And those groups are heavily influencing people on Earth.

What has happened since Adam and Eve, Earth's Material Pair, that was meant to procreate and add their valuable genetic material to uplift all the races of mankind, went astray and defaulted, it has been

affecting every part of our lives to a huge degree. Our Adam and Eve (they were not our first parents who were Aman and Amon) only Defaulted. So for a Creator Pair (Jesus and Mary) to have had children and in this way cause such imperfection, everything would collapse into total chaos. And because the Mother and Father are too perfect for that, it would not happen. It would mean the Creator Pair would have rebelled, and Jesus and Mary are just too perfect, too close to our Paradise Parents for that. They love Them too much and they would not do it to Them, even if in Their great love for them, They allowed them to.

None of our religions or spiritual systems do anything to help us free ourselves from our negative and truth-denying states, such systems only serving at best to keep us in our state, or at worst, helping us to progress further in it, denying our true self even more.

Our world has been subjected to a System Rebellion and Planetary Default, which means all people are subjected to the ways of untruth, to the ways of evil. Which means we have all become of it – are it, and we can continue on pretending we are not, that we are true and righteous, or we can start to face the truth and come to terms with it. Jesus and Mary are here to shed more light on this for us. As their age is coming to a close, so **humanity is now being presented with a new way, that being, how people can once and for all heal themselves of their evilness** – the True Way. And you will not find the true way through any of our existing spiritual or religious systems.

Mary and Jesus chose not to interfere; they chose to be as our Mother and Father are, to allow the Rebellion to run its course. This affords many souls a great amount of life experience, and experience that ordinarily in a perfect universe would not happen. The Rebellion and Default allow many people, spirits, angels, and other universal beings to all experience something that is very unusual compared to the majority of Creation. And as the Mother and Father have created souls to experience evil, so it was, and it is not Mary and Jesus' place to stop such spirits, people and angels should they want to experience what evil is like.

Because we are living in rebellion and against ourselves, truth, and all that is good. Because of the Rebellion and Default we have been subjected to, we are kept apart from the rest of the non- rebellious spirit universe. It would not be right for Mary and Jesus to interfere with them, and it's important that we work through all our evilness ourselves, including the healing of it. So humanity is confined to these seven Mansion Worlds, spirit world spheres, unless we choose to do our healing.



Why did the Lanonandek Daughters and Sons rebel? Being the Lucifers, Satans, Caligastias and Daligastias soulmate pairs / soul partners. 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 Celestial 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 Neadon, 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.

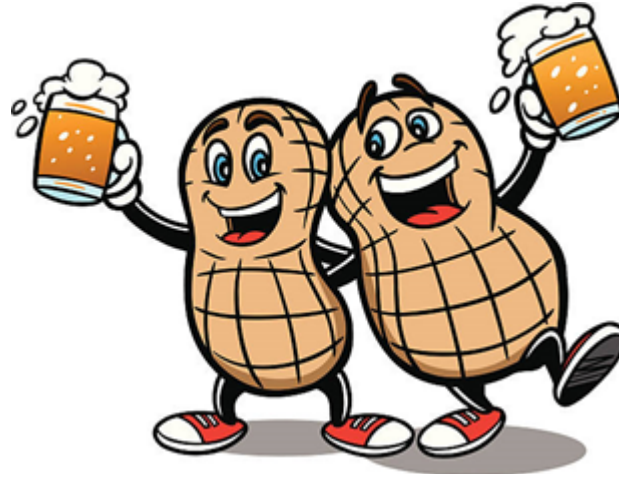
With the Evil Lanonandeks no longer at large, having been detained on a prison world awaiting judgement as to what will happen to them, so the Melchizedeks stepped in taking over their positions. I don't know why other Lanonandeks weren't appointed, however I guess it's because of the damage done by 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 Neadon, 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 Neadon 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.



numbnuts

Insanity Of Humanity

MIND
Worship



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:

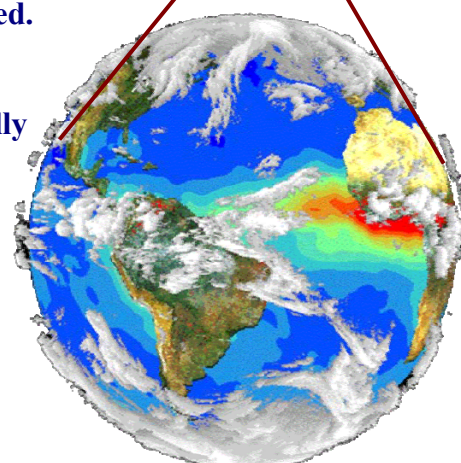
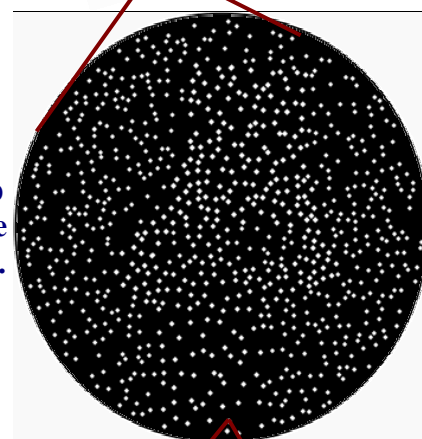
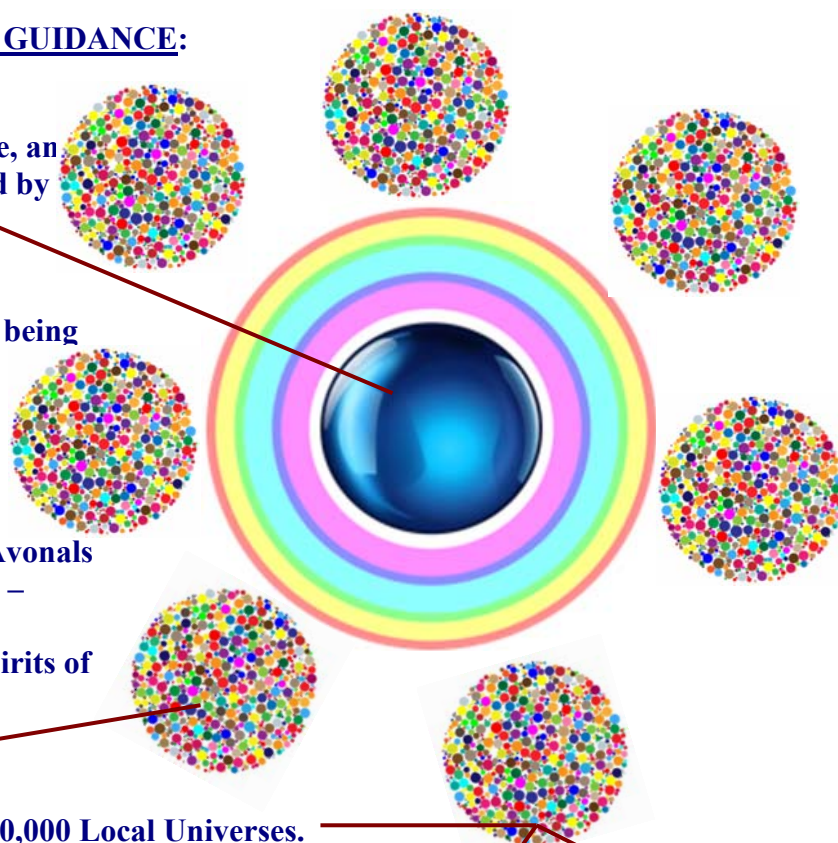
Daligastia soulmate pair being Lanonandeks

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.



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



Lucifer soulmate pair



Satan soulmate pair



Caligastia soulmate pair



Daligastia soulmate pair

Lucifer soulmate pair / soul partners 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 / soul partners), 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 spectacularly 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.

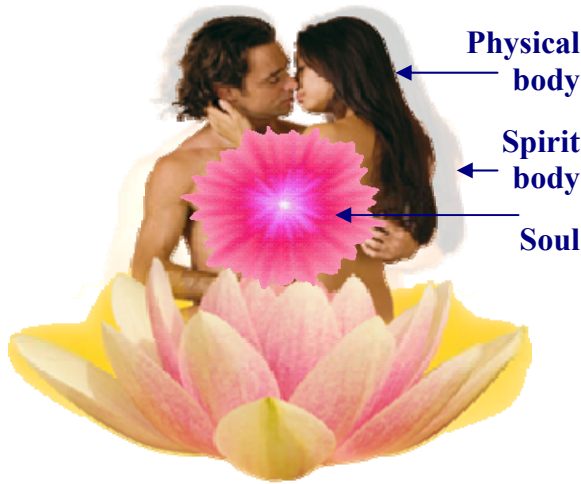
At the head of this group was **Daligastia** (soulmate pair), the associate-assistant of the Planetary Prince. Daligastia was also a secondary Lanonandek Son. He ranked as an assistant at the time of his assignment as Caligastia’s associate.

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!



Infographics and diagrams have been added by Pascas.

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 Nebadon, 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 Nebadon. **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

x 2

Infographics and diagrams have been added by Pascas.

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.





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

Jesus and Mary are a son and daughter of God.



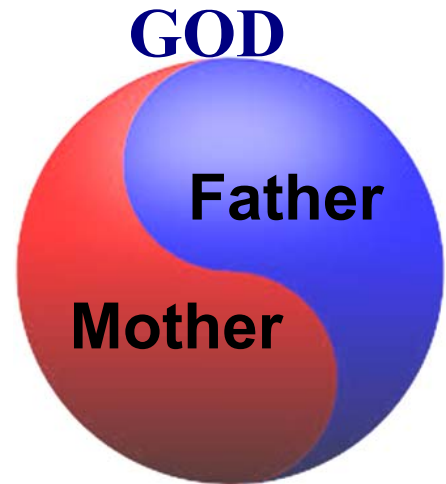
Jesus of Nazareth and Mary of Magdalene, being soulmates / soul partners, where both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within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

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

When you are ready, it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Father and Mother for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

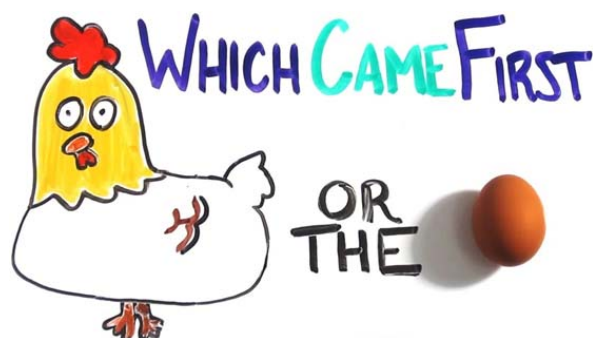
It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt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

WE ARE Children of God



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’.





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.

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

Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,

when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief

Feelings!
first



How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.



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
Sage and the Healing Angels of Light	2017	xxx	– James Moncrief
Road map of Universe and history of Universe:			
 The Urantia Book	1925 – 1935	xxx	as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
 containing the Padgett Messages or Little Book of Truths			– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler

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, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

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..*

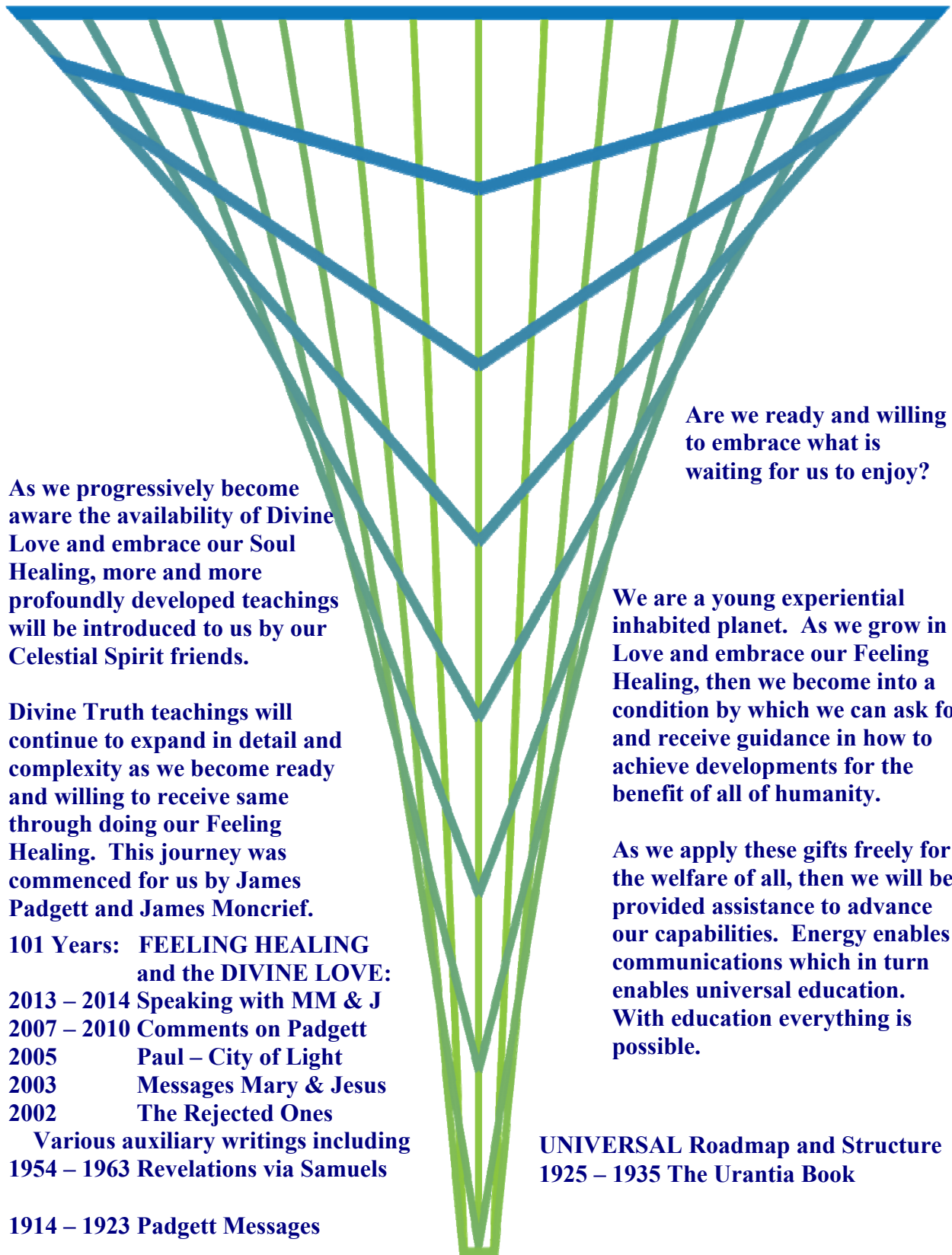
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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

**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:**

