

PASCAS CARE

Journey to Feelings

- Children



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each persons perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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

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

Living Feelings First,

John Doel with others!

Pascas Foundation (Aust) Limited



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

JOURNEY to FEELINGS when as a CHILD:

The generational benefits of being introduced to Feeling Healing, and with Divine Love – Soul Healing – when within the ages of 8 to 14, is the greatest step forward in the evolution of humanity throughout its long history. Never has such a profound development unfolded for all of humanity.

Feeling Healing is the only way, the pathway, to heal the imposts of the Rebellion and Default that every person is subjected to without having any understanding what has taken place. We have not been able to dig ourselves out of the mire because we do not understand what dreadful condition and situation we are in.

We all rightfully consider that we are doing the best we can for our children. But our best is founded on ignorance and all the errors of our own parents and their parents before them. We just do not understand how evil we are, how unloving we are, just how much in error we are – so we impose our unloving state upon our children from the moment of their incarnation which is the moment blood starts being pumped through the foetus and that is around day sixteen of conception. The child is bombarded with our gross all the way from incarnation to the time of the arrival of the child's Indwelling Spirit which is when they are six years of age.

So, from the age of eight years on the child can commence his or her healing. And what has it to heal? It is all the unloving experiences and harmful events that have taken place for it from incarnation. This is not a pretty situation to be confronted with.



At the time of incarnation, the child and foetus are in perfect condition. It is the infusion of errors and emotional injuries upon the child and foetus of the parents and close family members that bring about all the personality disorders that health carers put unpleasant labels on. Also, it is this process of imposing our wrongness, as parents, upon the child while in the womb that brings about deformities and childhood illnesses. We as the parents bring about all our children's difficulties!

Now here is the magic turn around! By children being able to engage in their healing through Feeling Healing then they are slowly but progressively shedding the inherited injuries that its family has passed

down to it. In this way, to what ever extent that the child progresses with its own healing will be the reduction of injuries and emotional errors that it will not impose upon its own children!

How does this all work?

We are truth loving beings. Our soul based intelligence is always in truth. It is through the absorption of erroneous understandings and false ways that are passed down from generation to generation, clouding our minds, that our feelings are corrupted while passing through our spirit body mind that we end up being totally confused and unloving.



Like Father – Like Son

Like Mother – Like Daughter

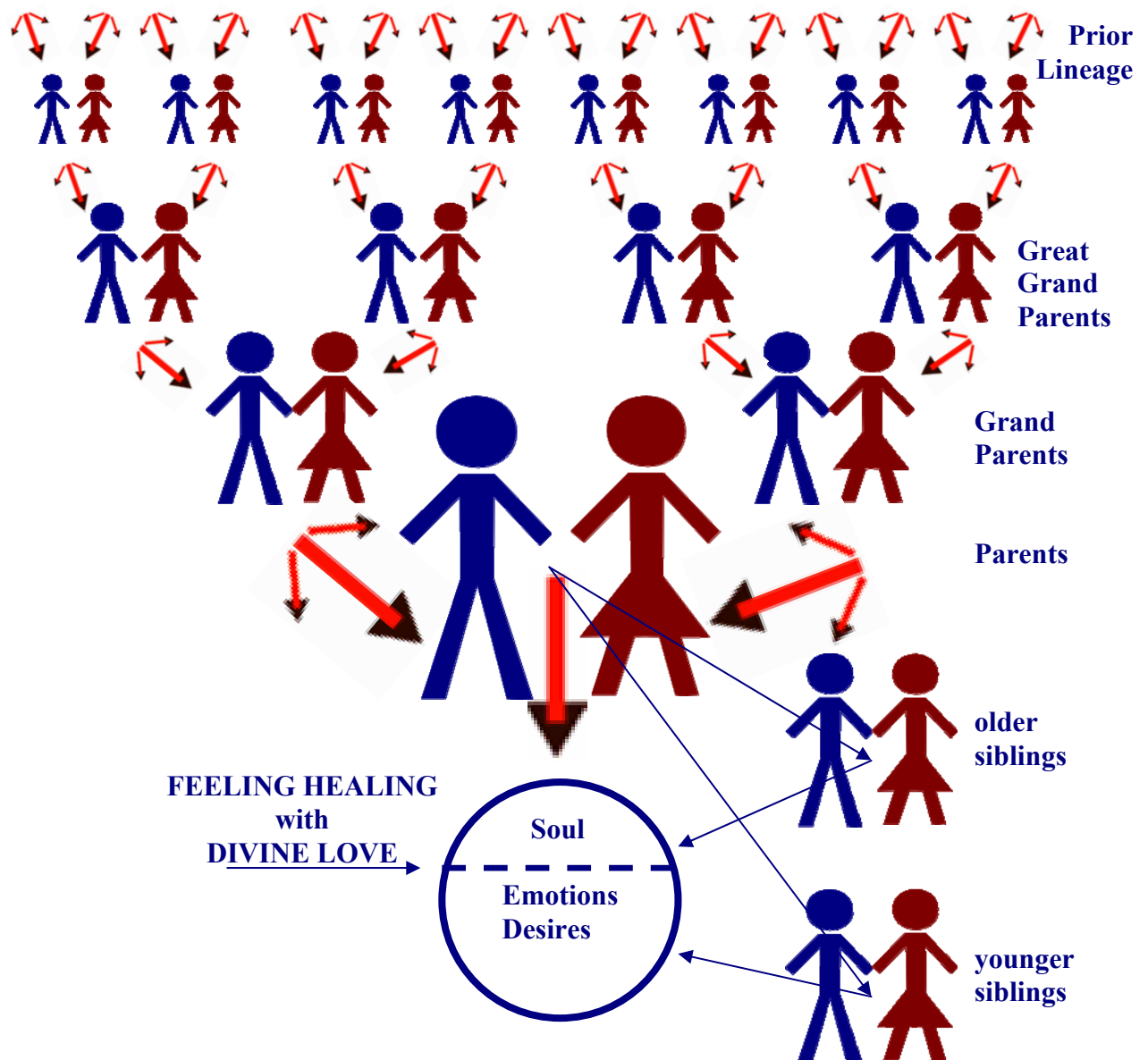


Our carers, our parents, during our formative years from conception through to the age of six years, did what they had been led to believe was best for their children by their own parents, so the cycle has been locked in for the past 200,000 years.

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

We now know that we are to live true to our feelings and have our minds follow assisting and supporting what our feelings lead us to embrace. Not the other way round. We now have the authoritative guidance as to how to live and that is Feelings First!

Our environment, namely those who are closest around us, introduce many of the errors we carry with us within our soul body, our real self. Our parents, grand parents and siblings are those who greatly influence and mould our emotions. Prior to birth and during our first years, we absorb the emotions of those within our environment.



We now can put aside all that has been generating our disharmony through Feeling Healing and that is within all aspects of living. Disharmony is also the foundation of all of our physical illness and social ills.

Living Feelings First is not a religion. It is very clearly a different way of living. It is very freeing. There is nothing controlling through living through one's feelings. Our feelings are always in truth. You are self-contained. Living through your feelings is liberating.

Through living Feelings First, your good and bad past events will rise to the surface. Do not suppress them. Allow them to blossom. Long to know what is behind them, what was really happening in the past event. Most importantly talk to a close companion, a good friend, a mate, your parents, anyone who is really interested in you and share all that you are feeling and recalling.

As you allow you painful past events to surface you will begin to notice that you may have been on the wrong end of the stick, so to speak, with one or both of your parents. This will often bring you to rage! Do not hold back, let it all out, yell and scream it out if you feel so inclined. While you keep it bottled up it is harming your physical body, your real self and everything that is wonderful about you.

WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us or make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen, 3rd Celestial Heaven, talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

This is where parents can participate with their children as the children learn to heal themselves through Feeling Healing, parents will find that their child's injuries are the ones they also have. Consequently the parents may at first feel they are being unjustly subjected to criticism through the process, however it is a similar journey that the parents will eventually undertake – we will all go through Feeling Healing.

We, as parents, endeavour to impose what we believe is best for our child and children. We subject them to being mindful – always endeavouring to excel through one’s mind – how are your grades son or daughter? Endless control and subtleties of moulding their personalities to being what we perceive is best for them – we are or were clueless as to how to bring up children!

We are to freely be the personality that our Heavenly Mother and Father bestowed upon us – that is what we will express when we are fully healed of the imposts of what the Rebellion and Default have given us.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

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

Should we as parents have completed our healing before our child is conceived then they will be born into a pure state. That has never occurred throughout the history of humanity. This the greatest event in the history of humanity – we now know how to heal ourselves and to what extent that we progress with our healing while we live a physical life then our children benefit to differing degrees – relative to age as well as how far we progress with our healing.

Thus, participation by parents or carers with children within the ‘Journey to Feelings’ classes and sessions is of paramount benefit to all.

The Journey – Making A Real Difference For Children

https://www.youtube.com/watch?v=eZDBQ4_NDhI&feature=youtu.be

9.34 minutes

Journey Outreach –The Miracle Train – A Journey into Healing

Phelophepa Journey Outreach video

<https://www.youtube.com/watch?v=nCeQ59i5Jmg&feature=youtu.be>

6.39 minutes

The Phelophepa Train, affectionately known as 'The Miracle Train' (funded from donations from international companies) travels to rural communities in South Africa bringing much needed health care services including medical, dental and psychological counselling to the residents there.

These two short video clips are a wonderful introduction to ‘Journey to Feelings’.

Consider reading:  [Rejected Ones via James Moncrief.pdf](#)

www.pascahealth.com Library Download then to Medical – Spiritual References

<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

Evidence-based practice (EBP) is essentially a clinical decision making framework that encourages clinicians to integrate information from high quality quantitative and qualitative research with the clinician's clinical expertise and the client's background, preferences and values when making decisions. The best evidence is usually found in clinically relevant research that has been conducted using sound methodology.

Evidence-based practice research and education through universities is seen to be a sound platform, however it restricts discovery through new revelations being rejected due to their originality. What is not recognised by researchers and university academics is that for many years their work has been biased by the influence and intrusion of head strong spirits and malevolent spirits from the mind Mansion Worlds. Most scientific research has been held ransom to the whims of scientific spirit minds endeavouring to achieve goals that they failed with while living in the physical. Their intrusion came to an end on 22 March 2017 when the Celestial Spirits were given authority to block their communications and connections with people in the physical. What has to unfold is that all scientific and health research and developments now need to be reappraised.

SPIRITUAL UNIVERSE CAMPS



Great advances have been provided to us in how we can and are to go about our healing, both physically and spiritually. None of this is of a religious nature, however it is in direct contrast to what most religious institutions propagate and purport to be truth.

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

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

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

Journey into Schools

(PDF for complete report)

https://emotional-wellbeing.com.au/xresources/pdfs/journey-into-schools/full/Full_Report_Journey_into_Schools.pdf

Releasing Children's Shining Potential

<https://emotional-wellbeing.com.au/journey-into-schools.html>



Extracts from Dr Jill Beattie and researchers of “Journey into Schools”:

Parent's concerns

Parents were given the opportunity to ask questions of the practitioners (of those introducing the Journey to Feelings). The following questions were raised:

1. What is being instilled into my child?
2. Will the program continue?
3. You know a lot about us? How open are the kids?

In response to the question: “What is being instilled into my child?” the practitioner explained the classroom journey process and referred to the Parent and Child Information Sheets (Appendices 9 and 10 of the full report) and parent letters (Appendix 15 of the full report) that were sent out in the first weeks of the program as useful resources for the parents to return to.

The practitioners were unable to answer the question: “Will the program continue” and the parents were referred to the Principal and Wellbeing Coordinator of the school for further information.

Parents appeared concerned that their children would raise private family matters during Journey sessions. This was evidenced by the double question: “You know a lot about us? How open are the kids?”

The practitioners explained that they are not aware of the child's issue during group sessions and during individual sessions the children do not go into detail about what goes on at home. Examples were given of the types of issues children did raise e.g. that they are fighting with siblings, and that they don't like it when their parents fight.

Following the practitioners' answers to this concern, the researcher asked: “How are you feeling now?” All of the parents indicated that were more comfortable.

A number of advantages were reported to support conducting Journey sessions with a whole class:

- The teacher would be able to observe behaviour changes in the classroom as a whole.
- A mix of children from one class would provide role models of resilience for the more emotionally challenged children.
- Scheduling lessons for all of the children would be easier because they would all be doing the same lessons, including Journeywork.



Results from key informant interviews indicated that the parents found their children to be more open, loving, caring and focussed. The parents reported that overall, their children were happier, with increased confidence and courage to express their feelings.

Teachers have preferred that Journeywork (Journey to Feelings) be conducted in one classroom-groups.

Enablers to implementation of Journeywork (Journey to Feelings)

An important enabler to entering a school to conduct the Journey Program (Journey to Feelings) was recognition by the school that although they did have wellbeing strategies in place, they needed new program ideas, skills and assistance with particularly challenging children. Thus, the Principal and Wellbeing Coordinator welcomed the program and supported the practitioners throughout the study. In addition, the class teaches supported the children in attending Journeywork (Journey to Feelings) sessions by organising their own sessions so that the participating children could attend.

Having parents who recognised the need for specific wellbeing programs and consented to their children participating in the program also enabled the implementation of Journeywork. In addition, the children themselves consented to participation in the program and attended at most of the sessions.

An adequate resource in the form of the appropriate number of Journey Accredited Practitioners was important to ensure successful conduct of the program. For example, with 24 children, at least three to four practitioners are required to ensure the children are well supported. Ensuring alternative practitioners were available to cover sick leave and annual leave was also important.

Leadership and teamwork were important enablers for the practitioners (Emotion Unblockers) themselves. One of the practitioners took the lead role in ensuring the sessions were designed to meet the needs of the group of children. Regular communication and practitioner meetings ensured that debriefing and feedback was shared, and where needed, adjustments to subsequent sessions were made. It was also important for the practitioners themselves to ensure their own wellbeing was maintained. To ensure this, the practitioners practised Journeywork processes and strategies themselves throughout the study (e.g. mindfulness, introspection, and drawing on internal resources).

In relation to conduct of the Journey sessions themselves, a number of strategies worked well in engaging the children and enhancing integration of the Journey tools (each session responds to the children's needs):

- Ensuring the sessions were as interactive and as varied as possible.
- Being present to the current context of the children. For example, when there had been a fight in the school yard which was continued into the classroom, the practitioners adapted the sessions to deal with issues around hurt, acting out, forgiveness and letting go etc.
- Briefing and debriefing with the Wellbeing Coordinator to gain a better understanding of the participant children and issues already recognised by the school.
- Breaking into smaller groups when there were larger numbers in attendance.
- Stillness exercises (e.g. meditation, use of candles) to bring the children to a place of quiet and calmness.

Barriers to implementation of Journeywork (Journey to Feelings)

The main barrier to the full implementation of the Journey Program was the difficulty in engaging the classroom teachers, other school staff and parents so that they could learn the strategies and tools to reinforce with their children as well as adopt for their own wellbeing. While the practitioners invited the teachers and parents to Journey sessions, and also made themselves available to conduct group or individual sessions at a time convenient to teachers and parents, this offer was not accessed. The teachers for example reported that they already had too much they needed to do.

Particular challenges to conducting the Journey sessions themselves included the following.

- ☑ The lack of attendance by some of the children when there were conflicting priorities and other sessions to attend.
- ☑ Gaining the attention of all of the children to commence Journeywork (Journey to Feelings) sessions. As already highlighted, this group of children were particularly restless and often experienced attention problems. Dividing the larger group into smaller groups assisted in alleviating this problem.

Summary

Findings from the individual Journey sessions held with the children revealed that the risk factors impacting on the children's social and emotional wellbeing were getting lost, feelings that they are loved less than their siblings, friends not playing with them anymore, fighting, being bullied and being "told off", loss of loved ones, being witness to crime, and change in family dynamics. In addition, some of the children reported visual, hearing and psychomotor problems making learning difficult and engendering feelings of appearing "dumb" at school.

Through working with these issues during Journey sessions, children were able to address some of these risk factors. For example, one child who was being bullied at school agreed to finally approach the Wellbeing Coordinator, and the bullying was resolved. Another child who experienced a psychomotor problem preventing her from achieving her competency in using a pen, accessed an area of her brain during the Journey process and soon after, successfully gained her pen competency. Further, a child whose grandfather had died in previous months was able to talk with him during the Journey process, which resulted in her being able to talk to her mother about it, grieve and let him go.

Findings from an analysis of the field notes and focus group revealed that enablers (Emotion Unblockers) to implementing Journeywork in primary schools included recognition by the school that they needed new program ideas and assistance with challenging children. In addition, parents who supported their children attending wellbeing sessions were important, along with the children actually attending these sessions. In addition, adequate numbers of trained practitioners were important in supporting larger groups of children, especially where the children were more emotionally challenged. Leadership and teamwork among the practitioners, with regular debriefing, feedback, and practising the Journey (Journey to Feelings) skills themselves, enhanced success of the delivery of the program.

Identified barriers to the implementation of Journeywork included difficulty in engaging teachers and parents to learn about Journeywork and therefore use the tools to enhance children's resilience. On occasion, the children were particularly restless and gaining their attention during the session presented challenges. It is important to note, that when people commence Journeywork (Journey to Feelings) and become more aware of their feelings, they can meet resistance from the mind; this is

normal and can be brought to the attention of participants.

Learning the tools and integrating Journeywork into daily school and home life

Whilst Journeywork has been successfully conducted with children with minimal engagement of their parents and teachers as was the case in this study, a whole of community approach to emotional wellbeing has been shown to be more beneficial to children and their families.

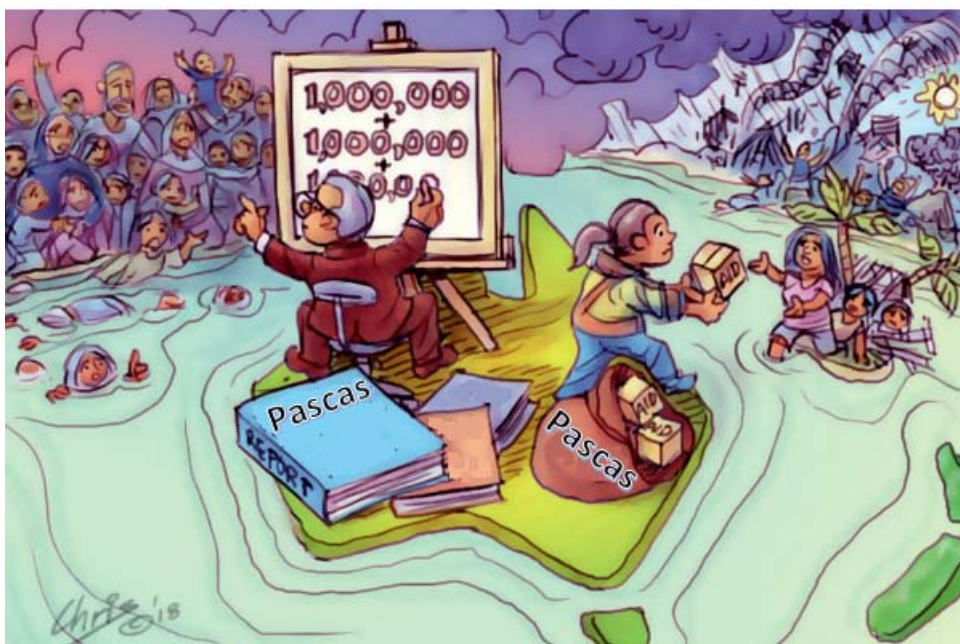
Journey to Feelings is a whole of life engagement, it is Living Feelings First and the progressive discovery of who you truly are. Through longing and asking to know what is the truth behind your feelings, both good and bad, we are untangling and unwinding our childhood repression and suppression. As we are longing to be our true selves then we are progressively engaging and connecting with our true Mother and Father, our Heavenly Parents. This is our Journey to Paradise. As we journey along we may embrace and ask for our Heavenly Parents' Divine Love and that is just the greatest and most wonderful experience.

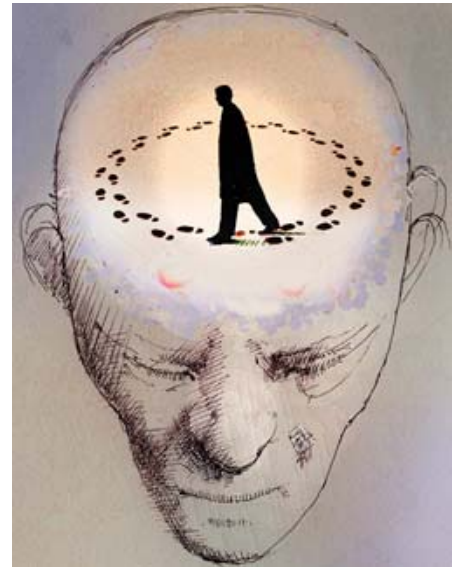
To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.





<p>When I feel sad</p>	<p>When I feel sad</p> <p>How we know we're sad and what we do to feel better. Sharrin Gray</p>	<p>When I Feel Frustrated</p>	<p>When I Feel Frustrated</p>	<p>When I feel angry</p>	<p>When I feel angry</p> <p>How we know we're angry and what we do to feel better. Sharrin Gray</p>
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Dealing with Feelings



Journey into Schools

(PDF for complete report)

https://emotional-wellbeing.com.au/xresources/pdfs/journey-into-schools/full/Full_Report_Journey_into_Schools.pdf

Releasing Children's Shining Potential

<https://emotional-wellbeing.com.au/journey-into-schools.html>



Further extracts from Dr Jill Beattie and researchers of “Journey into Schools”:

Journey Programs and Journeywork provide practical, user-friendly tools in the form of step-by-step processes, guided meditations, imagery, therapeutic metaphors (specially designed healing stories / story intended to create change), group exercises, play and activities (drawing, role play, journaling), to facilitate the release and expression of children's shining potential. *The Journey Classroom Process* (Appendix 2 of full study) for example, is a simple classroom process of guided introspection which takes each child on a guided tour within themselves. On this very special adventure of discovery they uncover a time where they experienced an upsetting issue or past trauma for example when then felt scared, lonely or sad, and are guided to discover the reality of that time for themselves, thereby creating empathy and understanding of the given situation(s). They imagine resources such as being able to tell an adult, finding courage to speak etc, that will enable them to see, hear and feel things differently (by expressing the experience, both good and bad, typically early childhood suppression and repression, to a close companion). By releasing stored emotional blocks children are able to balance their previous perception of what happened, leaving them free of the negative experiences and emotions of the past, and free to utilise their new resources (by being able to talk it out of them) in the future, thereby facilitating a change in their behaviour. Thus, the child's skill level in dealing with issues such as bullying, lack of self confidence, poor social skills, and defiant or unsociable classroom behaviour can (improve and) be improved.

Internationally, Journeywork is being conducted in 28 countries across Europe, Australia, Asia, Africa, the United Kingdom, the United States of America, Israel and Japan. Case study and anecdotal evidence support the positive impact of Journeywork on adult's and children's lives. The first pilot study of Journeywork in schools was conducted in South Africa by school teacher and Journey Practitioner, Jayshree Mannie, whose aim in designing classroom Journeywork for children was to improve their emotional wellbeing, while at the same time monitoring their academic results. One class received a Journey process every week; one class received occasional Journeywork, and the other class did not undergo any Journeywork. At the end of the year, the class who received no Journeywork were averaging a 67% pass rate. Those who underwent occasional Journeywork were averaging 76% pass rate and those who received regular Journeywork – once a week – were averaging a 91% to 93% pass rates. Subsequently, Journey Programs in schools have been running in South Africa for some years and further research has shown that Journeywork is successful in developing learners socially, emotionally and academically, while at the same time being enjoyable and liberating for participants. In addition, the program was well regarded by educators and parents. Using *The Journey Classroom Process* South African results have shown:

- ☑ increased academic performance
- ☑ better attendance rates
- ☑ improved interaction between peers
- ☑ reduced bullying
- ☑ better relationships between children and their teachers



- ☑ an increase in self-esteem and confidence
- ☑ improved behaviour and discipline in the classroom and playground
- ☑ that children can use the practical Journey tools when they need them.

Journeywork is being conducted in a small number of Australian primary schools in Queensland, New South Wales, Western Australia, South Australia, and Victoria. Case study, anecdotal evidence and formal review provide support for the impact of Journeywork in Australian schools.

Findings from this independent review revealed that the Journey Program provided personal development of the children, enhanced student resilience, inner strength, and self-esteem, with children playing together in a more positive way, having more fun and fighting less with their siblings. In addition, the Journey Accredited Practitioner was reported to have a strong sense of responsibility and close collaboration with the Principal and school counsellor. Furthermore, parents often initiated their children's involvement in the Journey Program and a number of parents also participated in Journeywork for their own development outside of school hours.

The children felt that the Journey Program was important in helping people and improving wellbeing and that the skills learnt helped them to be able to discuss their problems more with others, including their parents. In addition, teachers found that teaching the children became easier and more rewarding because the students were more punctual, enthusiastic and their self-management and self-discipline had improved. Parents noted an improvement or positive difference in their child.

Journeywork and Journey programs provide children, and also their teachers and parents, with practical, step-by-step tools to use in a variety of circumstances; in the classroom with groups of children, with groups of teachers and/or parents, and in individual sessions with both adults and children. The individual tools can be incorporated into daily activities and used throughout the day as issues arise. Teachers and parents can learn Journey techniques and processes and integrate them into their current home life, teaching programs, and health programs. Drawing on mindfulness, introspection and guided imagery techniques, Journeywork enables people to access their own internal resources and enhances the child's ability to communicate more openly, thereby creating opportunities for improved social interaction.

Consequently, this study can benefit schools, teachers, parents and students in a number of ways.

- ☑ It provides an example of a Journey Program that can support the implementation of evidence-based mental health promotion, prevention and early intervention strategies into schools.
- ☑ Parents and teachers can encounter children with improved behaviours in the classroom, school, and home environment.
- ☑ Children will be provided with the tools to deal with life events and the many emotions they encounter daily.
- ☑ Parents and teachers can learn the tools and integrate them into daily home and school life.
- ☑ Children's relationships with parents, teachers and peers may become more positive.

Each session was allocated a one-hour time-slot to cover research requirements as well as conducting the session.

Implementation of Journeywork and the Journey Program

The aim of the Journey Program in this study was to improve the social and emotional wellbeing of participant primary school children, within a safe and supported environment. In addition, tools and strategies were provided for dealing with challenging daily life events and emotions. It is well

recognised that teaching through words alone is often not enough; the most powerful learning tool is experiential learning. When people experience things for themselves, and when they sit in stillness with this experience, a deeper learning often follows more readily. In the Journey Program, the children were taught to accept their emotions as normal, to simply sit still and be present to the emotion, allowing it to pass through the body – rather than ‘acting emotions out’ – then calmness will come. Thus, through imagery and mindfulness techniques the aim was for children to calm their minds, relax their bodies and cultivate a sense of resilience and wellbeing which can enhance their problem-solving and decision making skills. Journey Programs can be individually designed to address the concerns of children, parents and schools.



The Journey Program being conducted and evaluated in this study commenced with four sessions over 4 weeks, introducing the concepts of the *Journey Classroom Process* (Appendix 2 in full study report). A variety of tools, games and activities were used to enhance the children’s social and emotional wellbeing: identifying happy and sad feelings; experiencing where these are stored in their own bodies; relaxation exercises and reaching a place of quiet; going on a journey within the body; inviting a mentor to guide them (often a ‘superhero’ with children) and accessing internal resources or strengths (using imaginary balloons filled with these resources and breathing them in). To summarise and integrate the introductory learnings and use of the tools, the *Angel in My Heart* story was read to the children in week 4. From week 5 onwards, the sessions drew on the *Journey Classroom Process* as well as a variety of individual and interactive team building processes. Following each of the first five sessions an information sheet about what was being taught to the children was sent home for their parents so that they could understand and reinforce use of the tools (Appendix 15 of full report).



The *Journey Classroom Process* involves an imaginary journey inside the body where the child meets their guide or mentor and uncovers a childhood memory that made them feel a certain way, e.g. scared, lonely, angry, or sad. The memory is played onto a video screen (imaginary) and briefly described. The child then chooses their own resources that would have helped in the past e.g. being able to tell an adult, finding the courage to speak, etc. The memory is replayed on the video screen with the child seeing how it would have been different or felt different with the new resources. An imaginary campfire is set up and the child invites people to this campfire who were involved in the memory, and with whom the child would like to speak e.g. friends, parents. This conversation allows the child to tell the people involved how they felt and express what they wanted to say at the time but were unable to. Students are then invited to forgive the person who upset them and complete their imaginary journey. Afterwards students feel more positive and confident about their behaviour, their choices, and life in general. These processes and tools were reinforced by regular Journeywork conducted weekly in Terms 2 and 3 of 2009. The various activities and processes take approximately 20 minutes each, with a total of 45 to 60 minutes in the classroom with the children.

The various content areas covered throughout the program included the following.

- ☑ Working together as a group: devising their own ‘rules’ of behaviour for their Journeywork sessions.
- ☑ Showing compassion for others: raising children’s awareness that we all have happy and sad feelings; sharing these, respecting others, and the meaning of confidentiality.
- ☑ Introducing children to their shining potential: using the metaphor of a shining diamond and layers of hurt and sadness that can dull, or cover up their shining potential.
- ☑ Releasing their shining potential by accessing internal resource’s through breathing them in



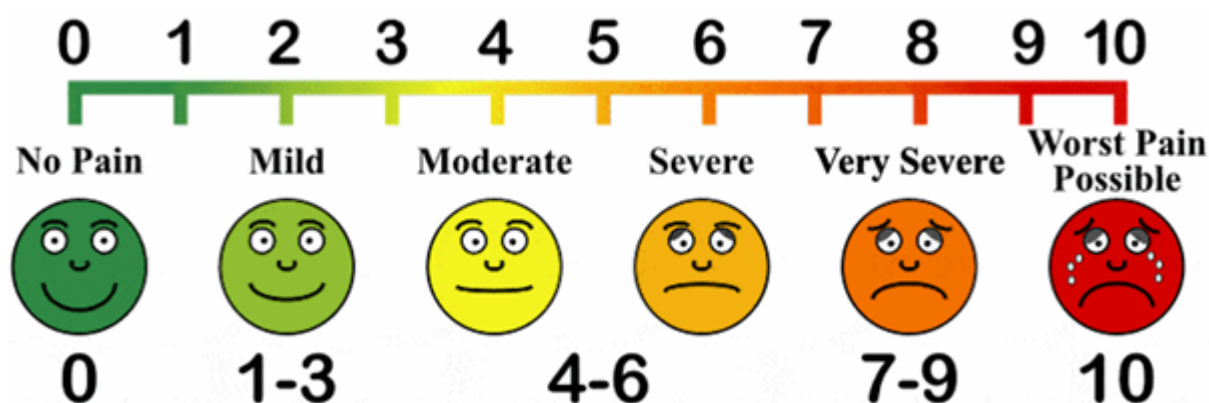
- from 'resource balloons', and also sharing their concerns with others e.g. a teacher and/or parent.
- ☑ Experiencing calm and stillness through the use of music, meditation, and candles.
- ☑ Resilience: how to use the various tools taught when they are in the classroom, playground and at home.
- ☑ Listening skills, patience and understanding themselves and others.
- ☑ Team building exercises: role play, massage train.
- ☑ 'Listening' to the body and how it responds to various emotions: recognising how the body feels when it is happy and how differently it feels when it is sad or frightened.
- ☑ Emotions recognised, discussed and strategies for managing and releasing these: e.g. safety, bullying, lies, anxiety, fear, loss and grief.
- ☑ Gratitude, forgiveness, patience, self-control, trust.
- ☑ Self confidence and self-esteem.
- ☑ Body coordination exercises.
- ☑ Writing as a tool: various writing exercises including keeping an emotional diary.

Appropriate child to practitioner numbers (from two to four) were allocated to ensure that the children had adequate support during each session. This included individual support for those children who required additional one-to-one assistance during the group session.

Support throughout the program

The Journey Accredited Practitioners all had the experience and skills to manage a variety of emotional issues with children, and if need be, conduct individual sessions after the group classroom session. In addition, they were available to conduct sessions at a later time and in partnership with the teacher, school nurse / counsellor / chaplain, or other health professional and/or the parents.

During group sessions the practitioners do not usually know what issue(s) arise for the individual children, just that it has been dealt with and released as evidenced by observation of the wellbeing of the child and changes in drawings, or in the case of this study, completion of the emotion faces visual analogue scale (VAS). In the event that any suspected abuse issues arose, these were to be brought to the attention of the teacher and Principal.



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



“It’s always “now be a good boy and do as I say...” same old shit ... never encouraging me to express my true natural self. More control!”



“I tell you mate, if I am told to: Stay, Sit, Fetch, one more time, then that’s it! I will do something really bad. I’ll rebel. I won’t do as I’m told! I want my freedom!!!”

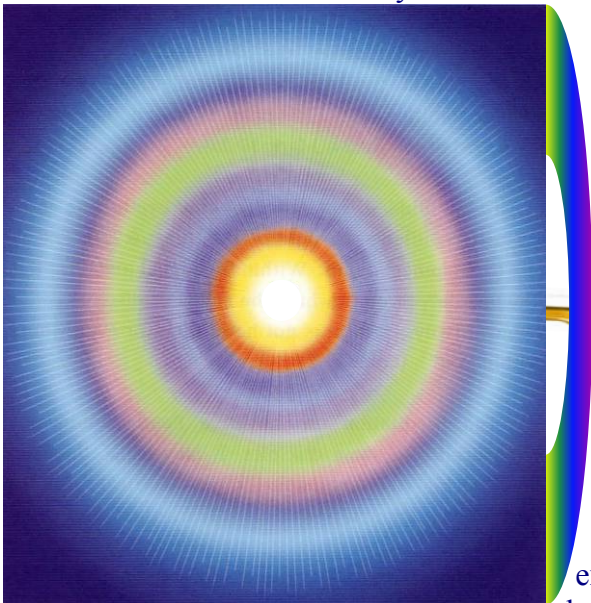
MIND Worship



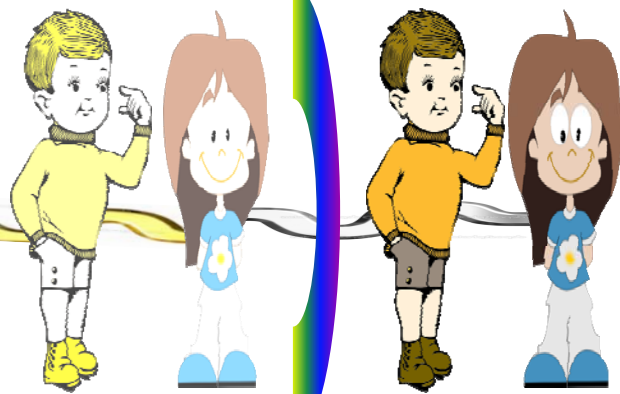
DIMENSIONS of ONE'S EXISTENCE:

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.

The whole human race is suffering from repressed childhood and mind control.

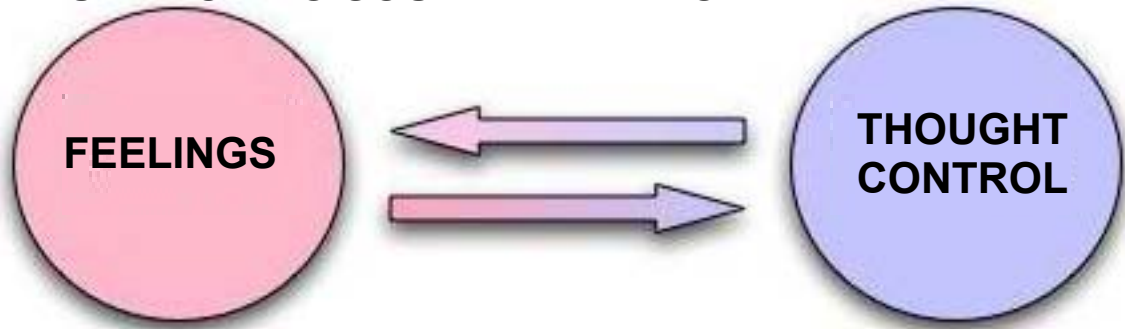


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.



TRUTH LOVING SOUL V ERROR INFLICTED MIND



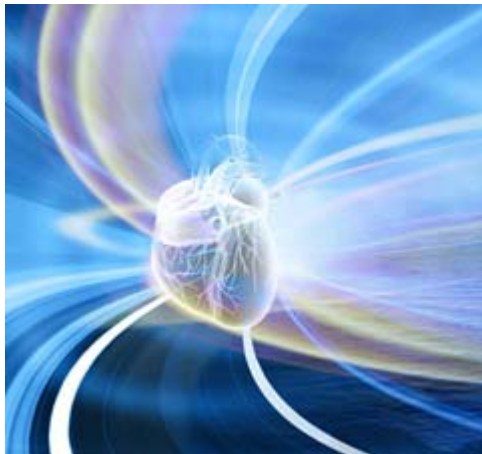
MIND IMPRISONMENT or FEELING LIBERATED?



Our parents unknowingly indoctrinated us into believing our minds were all powerful, that the way to experience life is to be mind dominated and to put our feelings aside, well, actually obliterate them with suppression. This is how we also mould our children into being our 'little me's', taking them away from being their true selves.



Through our suppressive, misguided, incapable minds, we live. With these same minds we suppress our children's true personalities. In this endeavour we are all evil. We are preventing our children from being the true personality that each child has been endowed with. That personality having been given to them, by their true Parents, being that incredible Soul, Mother and Father. Like our children, we are to fully and truly express our God given personality through our soul based feelings. It is through our feelings that we are to live. We are to engage with our feelings, and it is through our mind that we are to express our feelings. Not the other way round!



Engaging with our heart felt feelings is so liberating. It is also a much easier way of life. Mind control is tiresome, let alone erroneous and corrupt.

By engaging with one's feelings and allowing them to be expressed is ever so more powerful than our clumsy mechanical mind – come brain!



Allow your true self to be liberated. Allow your feelings to flow and shine. Allow your life to flow with the beauty and truth of one's soul based, all loving and perfect feelings. Allow yourself to simply engage with the will that our Heavenly Parents have given each of us, and be the true personality that we are all to express and be.

We can achieve this through the retraining of our mind. This is achieved through engaging with one's Feeling Healing process. It is not easy, in fact it is extremely difficult. Our mind is to be subservient to our feelings. We are not to continue how generations upon generations have lived and suffered for the past 200,000 years.

Embrace the freedom and liberation.



PASCAS CARE JOURNEY to FEELING HEALING – CHILDREN

SOUL: We are soul. Our personality and will is a unique expression from our soul. Our soul manifests two personalities, one female and one male – ALWAYS. Our soul is within a dimension that is unseen by our spirit body. Our soul does everything. Our soul manifests the spirit body, which in turn creates our physical body; this it does twice: one as a female and the other as a male – this is how we have a soulmate.



Our soul is in the image of God. God is both ‘male’ and ‘female’, and our soul becomes of the essence of God, our Heavenly Mother and Heavenly Father, as we receive Their Divine Love. God is one Soul expressing two personalities, just as we are!

Journey to Feelings enables stuck personalities to free themselves from the suppression and repression that they have experienced during their formative years, their early childhood. No child has escaped from been mentally abused and greatly injured emotionally. Now we are to free the true personality that we are to express.



Journey for Kids:

Dr N D Gopal, Centre for Educational Research, University of KwaZulu-Natal, South Africa, reported:

“Rich qualitative data have emerged with regard to the children’s attitudes and feelings about The Journey Program and their social world. Specifically educators, parents and students report that the program has been tremendously helpful in conveying changes in family structure and environment, areas of concern, conflict or success at school and attitudes in their personal relationships. In addition, the data has been used as a measure of how effective the program has been in enhancing students’ life skills across social settings and as a screening devise to detect abuse, neglect or some vulnerability that these children have endured in the past that stopped them from achieving their true potential. Students appear to have benefited in that they claim to have emotional freedom. This has helped teachers and parents be more responsive to individual children’s needs and problems and to modify the program content and curriculum accordingly.”



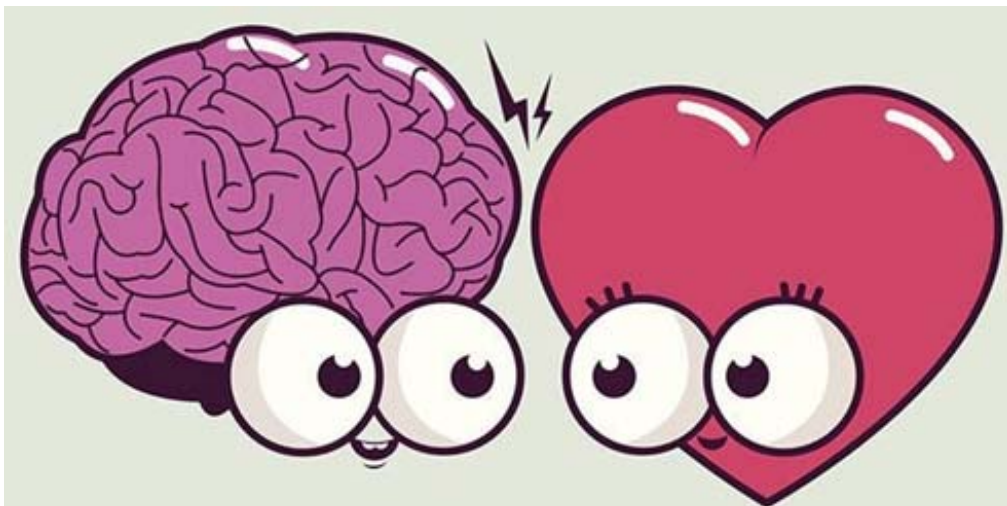


WE'VE BEEN SCREWED BY LUCIFER REBELLION

We have been screwed over by accepting that our minds are the way to live and that our minds are to be worshipped. Through Journey to Feelings, deep emotional injuries that are holding each of us back, when the children release this dark energy, this pain, they become empowered and made to feel lighter and happier. Disciplinary problem children typically resolve their issues through Journey to Feelings. Journey to Feelings is liberating, even though it is painful..

What is to unfold as children progress through their healing is that they will find that when they feel the stress and tension of an event or experience of any description, by longing for, asking themselves what this is all about, the truth behind why they are feeling this upset will reveal itself, that they will be able to talk it out to a mate, a friend, a companion that they are drawn to, that they are affectionately interactive with and resolve the pain – not needing to have a classroom session to work through it with. This will unfold to being a way of living and be the core of their personal development and evolution. As children heal themselves then what they personally achieve will benefit their own children when they arrive.

Living Feelings First is the commencement of our journey to Paradise, the home of our Heavenly Mother and Father.



Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.

Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.

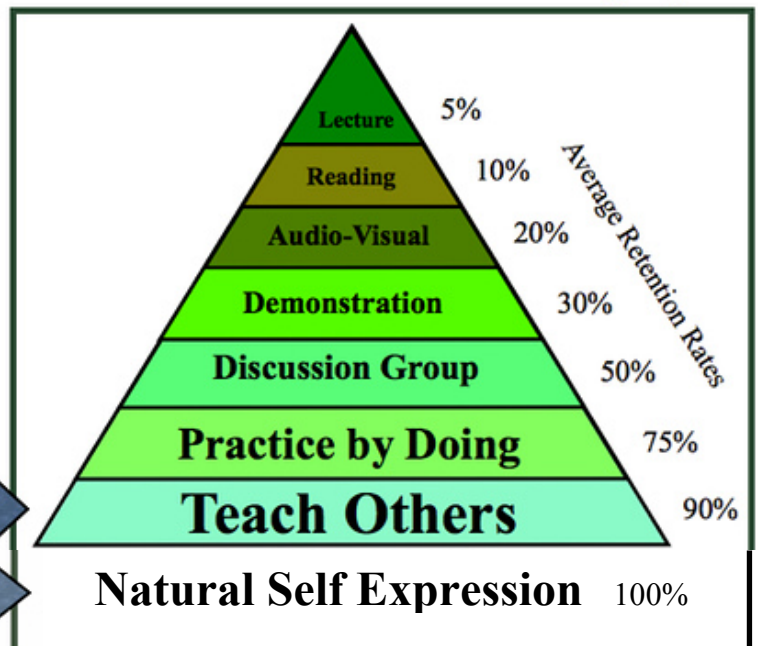
Our Feelings are our Truth



apply your will



The Learning Pyramid



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

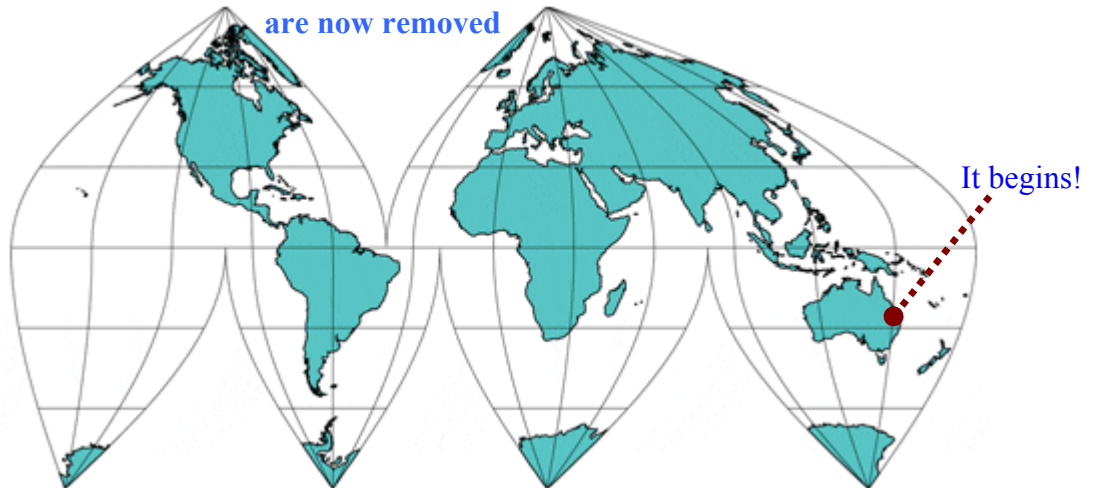
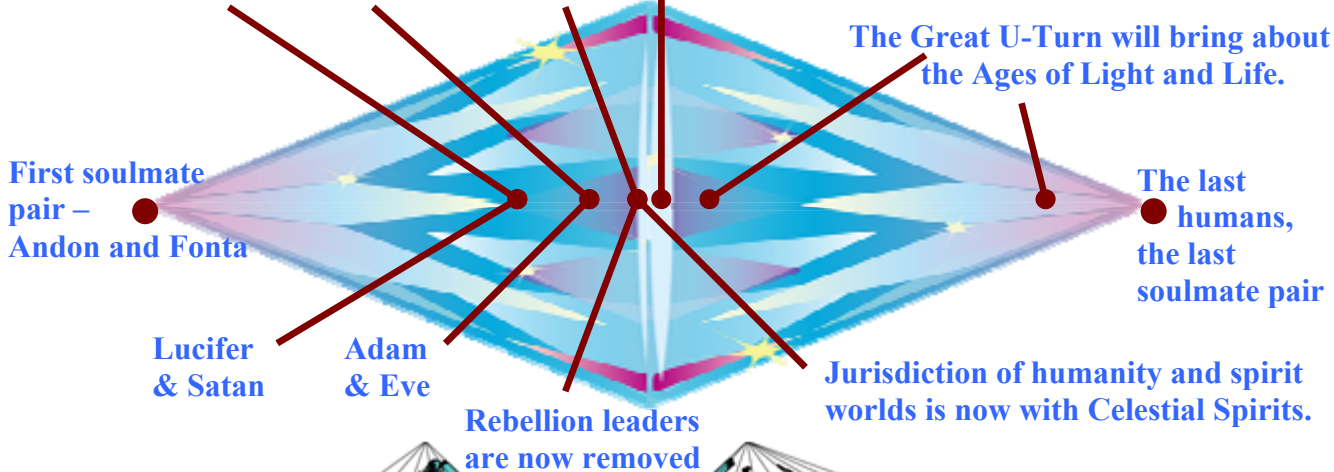
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

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.

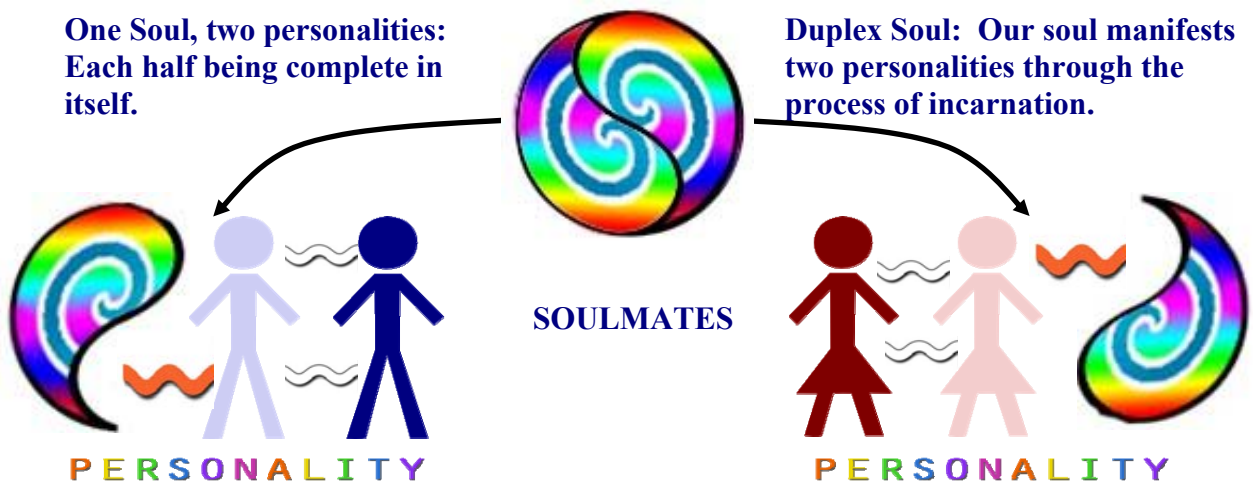
Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

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.



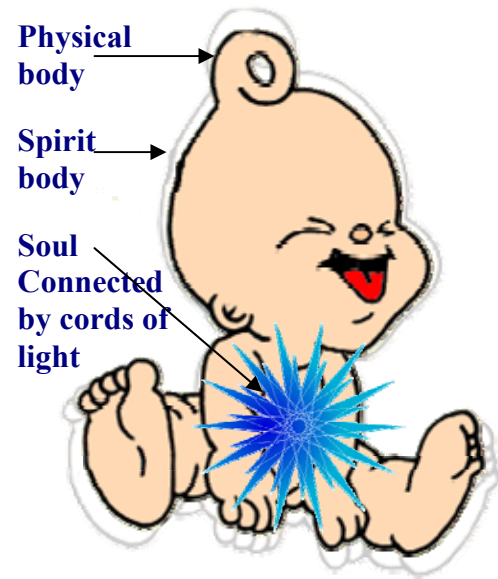
One Soul, two personalities: Each half being complete in itself.

Duplex Soul: Our soul manifests two personalities through the process of incarnation.



A newly individualising soul is just a tiny invisible spark.

The soul connects through cords of light with the spirit body, never to be separated.



The life force for the spirit body and the physical body is via the soul. The spirit body is connected to the soul via cords of light, and in turn, the physical body is connected to the spirit body via cords of light. Should the light cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

The New Way, Feelings First Spirituality
Uncover the Truth of yourself through your Feelings



In this physical world, many people can see the auric field around one's body, this is the reflection of the spirit body which remains attached to our soul for all time. The soul is not visible to us, nor is it visible to the spirit person with its enhanced senses. The soul, depicted below, reflects through the spirit body which continues as our vessel for future growth upon the separation from our physical body. The separation of the spirit body from the physical body results in the death of the physical body. Your personality continues with the soul and spirit body.



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 with Feelings First

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

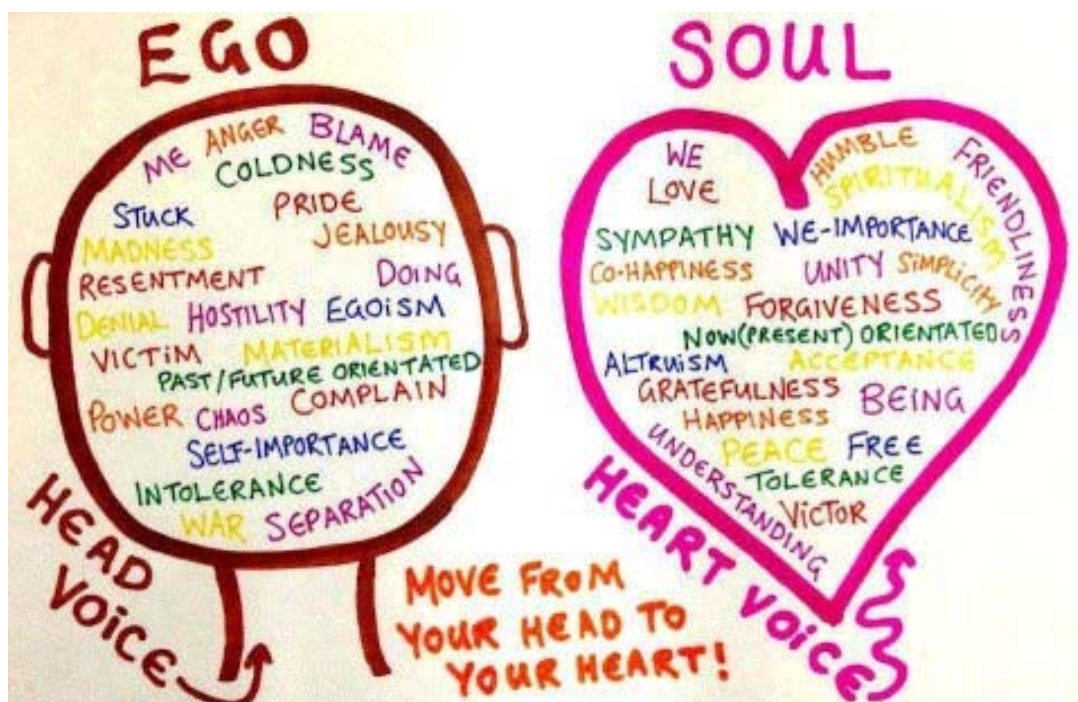
Feeling

Defined path (God created)

Peak possibility is infinity

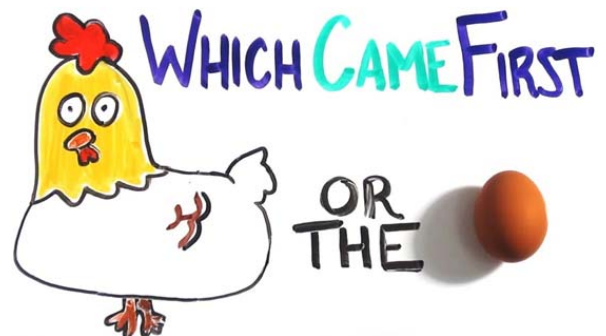
(sphere / mansion world are same)

5 years to over 10 years to at-onement



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 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’.



Journey in the Classroom Process

Children

1. Beginning the Journey ...
2. Go down a Beautiful Staircase ...
3. Go through a Beautiful Door and meet a Super Hero ...
4. Take a Magical Car Ride ...
5. Look around inside your Body ...
6. Put the Memory on TV ...
7. Imagine a Campfire ...
8. Get Tips and Inner Strength ...
9. Let the Younger You Empty Out ...
10. Let the Older You Empty Out ...
11. Say “I’m sorry” and “It’s okay” ...
12. Hug the Younger You ...
13. Look Around in the Body Again ...
14. Take the Magical Journey Home.

Beginning the Journey...

Are you ready for an Adventure? Great!

Well, this is an adventure of a different kind... it's an exciting adventure which will take you right inside your body!

So let's get ready...

Take a nice deep breath in and let it out. Another nice deep breath in and let it out. Good. One more nice deep breath in and letting it out. Great!

Go down a Beautiful Staircase...

Now imagine a beautiful staircase... with 10 magical shining steps, going down. This magical staircase is going to take you to a very special place... full of love and beautiful warm light.



Now step onto step 10, 9, 8... and with each step you take you will feel as if you are getting closer to this exciting place! Great! 7, 6, 5... Feeling yourself relaxing more and knowing that something special is happening. Good! 4, 3, 2... Just allowing yourself to relax deeper into this feeling of love and kindness. Great.

And as you step onto step 1, feel the love around you... it's everywhere! Just rest in this ocean of love... enjoy it!

Beautiful, you are doing so well! Great!

A Beautiful Door and a Super Hero...

Wow! Now right in front of you is a beautiful door and it's covered in warm golden light. Can you see the door? Beautiful! You're doing great!

Now waiting on the other side of the door for you is somebody you can trust, who you feel safe and comfortable with... your very own Super Hero!

Open the door gently and feel the warm light pouring in. Now in all trust and excitement, step through the doorway and feel how the warm golden light pours through your body, making you feel good all over. Great!

Wow! Greet your Super Hero...
you may want to hug him or her!
Fantastic! You are doing so well! I
am so proud of you!



Right next to your Super Hero is a beautiful car... it's your best car! Make it shiny and great! This car is so full of magic that it can go anywhere in your body. Safely and easily.

It can go into your bones, heart, lungs, blood, toes, anywhere in your body, no matter how small. You know what? You don't even have to know where you are going... as the magical car knows exactly where to go.

The Magical Car Ride...

With great excitement, you and your Super Hero step into this magical care and right in front of you where you are seated is a big green button that says "Go!" Can you see it

or make a picture of this? Lovely!



Wow! Push the green button and off you go... Zoom!... Whoa!... Hope your seatbelt is on! Zip through your body... Enjoy the ride! Beautiful. You are doing so well. I'm so proud of you!

Slowly no, bring this magical car to a soft, slow stop. Great! Step out of the car... You are somewhere in your body. You might know where, you might not just yet. That's ok!

It's quite dark and you really can't see much yet, so just walk around with bare feet. What does it feel like under your feet?... (Let answer whisper out.)

Wow! Great! Now you and your Super Hero have torches in your hands! Turn them on and it lights up the whole place. What can you see?... (Whisper out.) You are doing great!

Where in your body are you?... (Whisper out.) Lovely, Beautiful, Well done!

Looking around inside your Body...

As you look around where you are, you may notice an area that looks different from the rest... It could be darker in colour, have bumps, sores or holes. Look carefully until you find this place... You are doing so well!

Now that you've found this place, that looks different... Can you describe it to me?
.....(let answer).

That's very good! Well done!

Now, look right into this spot or area... and if this spot or area had to tell you how it is feeling, what word would it use... (let answer). How is it feeling?...

I'd like you to feel all that feeling (_____) right now. As you feel this, just ask yourself, "When did I feel like this before?"...

How old are you? Who is with you? Where are you?

Putting the Memory on TV...

Now, imagine in front of you a big TV screen. I would like you to put on this TV screen, the whole story or incident that you spoke about. Have you put it onto the TV?... (let answer). Good! Now switch off the TV and just know that in a few minutes, we'll go back to it.

At the Campfire...

Now, just imagine a lovely campfire. It is special and safe to sit here. Together with your Super Hero, switch on the TV and watch the memory of what took place, while you sit by the fire. Great! You are doing so well... Have you finished? Beautiful!

Let's invite that younger you from the TV screen to come and sit by the campfire. Now there's three of you at the campfire... The younger you, the older you and your Super Hero. Are you all there?... Great!



Getting Inner Strength and Tips...

I wonder what inner strengths would have helped you during that time? Look at your Super Hero. He or she is holding some balloons and each balloon is filled with a special helpful tip that would have made you feel better at that time. Okay, let's see what each balloon is filled with? (Let them name the resources. Be encouraging and maybe suggest some. See if it feels comfortable for them.) Great!

Now, breath in those strengths and tips that each balloon has for yourself. Slowly, one by one, let it fill your body. (Take time for this and let them really enjoy this part.) Beautiful! Well done! You are a star!



Now that the younger you is full of all these lovely qualities, step back onto the TV. Now watch this movie on TV and see how differently it plays out with all these new lovely helpful qualities.

Can you describe in full, how much easier and happier it was after you received these balloons? (let them describe in full. Be encouraging.)

Well done! Now let the younger you, who is feeling happier and better, come back to the campfire. Let's also invite all the other people who were in the movie with you, to the fire.

So, it's the younger you, the older you, your Super Hero... who else is there with you?... (Let them name each one.) Now everybody is sitting together at this cosy

campfire.

Let the Younger You Empty Out...

I am sure the younger you has so much to say to the other people at the campfire. Whom would you like to speak to and say what really needs to be said? (Encouraging them to pick the appropriate person)... Great!

Go ahead and let the younger you empty out all that hasn't been said... Let the younger you say how it felt... Let them say what they wanted... what they needed... (Encourage them and reassure.)

Now, knowing that the other person was trying to do the best they could with the pain they had at the time, if that person could say something to you from the truth inside, what would they say to you... (Let whisper it out fully.)

What would you say to that? (Let whisper it out fully.)

And if the other person could speak from their pure heart, what would they really say to you?... (Let reply.) Beautiful! You are doing so well!

What would your heart say to the other person? (Continue the conversation both ways until it feels that both have reached some peace and understanding.)

If the other person told you that they were sorry and they did not mean to hurt you, what would you say? (Let whisper out.) Is it okay for you to hear that they are sorry about what they've done?... Great! You are a star!

Now ask your Super Hero if anything else needs to be said? (Give time for them to reply and to whisper it out.)

Let the Older You Empty Out...

What would the older you like to say to that other person? (Let whisper out.)

And if the other person could reply to that from pure heart, what would they say?
Beautiful! You are doing so well!

Now that you have emptied out all your pain and hurt and the other person has heard you, does it feel okay to forgive the other person? (Let whisper out. If answer is No, then refer to skill techniques: asking “What needs to happen in order for you to forgive?” or “What percent forgiveness would you like to begin with?”)... Beautiful! I am so proud of you!

Just let the other person say “I’m sorry” and you can say that you are sorry too. Maybe you can also tell them that “It’s Okay now”... (Let them whisper this out.) Well done! You are so good!

(You can repeat this whole process from **Let the Younger You Empty Out** again with another person at the campfire if needed.)

Hug the Younger You...

Now, send everybody at the campfire your love and forgiveness, with the prayer that they also forgive themselves. Great! Let all the other people disappear into the lovely light. Now there’s only the three of you – the younger you, the older you and your Super Hero.



Now turn to the younger you and say “I’m so sorry that you went through so much pain... You just didn’t have all the helpful tips that I do now. I promise you will never go through it again... because from now on I will protect and love you.” Give the younger you those beautiful balloons again and know that the younger you has them all the time.

Now hug the younger you and feel the love and care and let the inner strengths be with you everyday and forever.

Look Around in the Body Again...

Now let the campfire disappear into that lovely light and walk around in that area in your body... Notice how things are changing... How much shinier and brighter it is... What does the area look like now? (Let whisper out full descriptions and congratulate, congratulate!)

If that part of your body had something to say *now*, what would it say?... (let answer)
Great! Well done!

The Magical Journey Home...

Wow! That was beautiful. Now, you and your Super Hero can get back into the magical car and just know that your body will continue to heal, perfectly, beautifully, even while you are sleeping!

Are you back in your magical car and ready to zip, zoom out of the body?... Beautiful! Get ready... Zoom!...



You're right out the door you first came through. Jump out of the magical car and hug and thank your Super Hero and know that you can go on this exciting adventure anytime you like. Walk through the door and see the 10 magical shiny steps. Feel all the love and care around you and know that the love is always with you!

Step onto step 1, 2, 3... feeling happy and free... 4, 5, 6, 7... with all the lovely balloons inside of you... 8, 9... so happy and relaxed... 10! Wow! So excited and happy again! You may open your eyes and know that you are always loved, special and cared for!

Take a deep breath in and fill the classroom with happiness. Take another deep breath in and breath out love in the classroom.

Well done! You're a star! I'm so proud of you Angel.

© Brandon Bays

Child process Guide

Set intention / prayer

Down Steps... through door into Light

Meet Mentor / Superhero

Spaceship... pre-programmed

In body... check out area

Feel Emotion

When have you felt like that before?

Memory... watch it on screen from a cosy campfire

Give younger one balloon resources

Change memory process

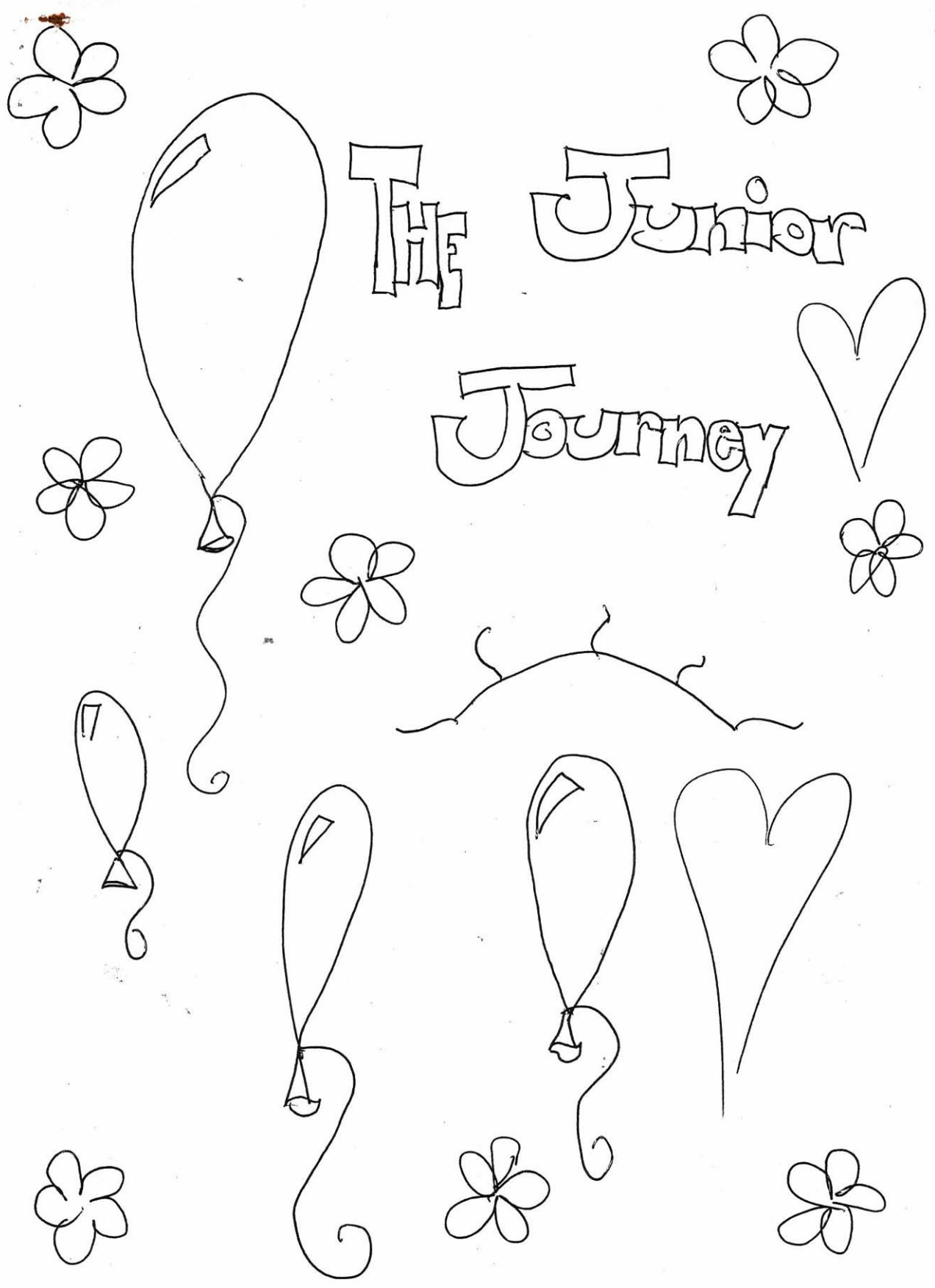
Empty out (use tools as appropriate)

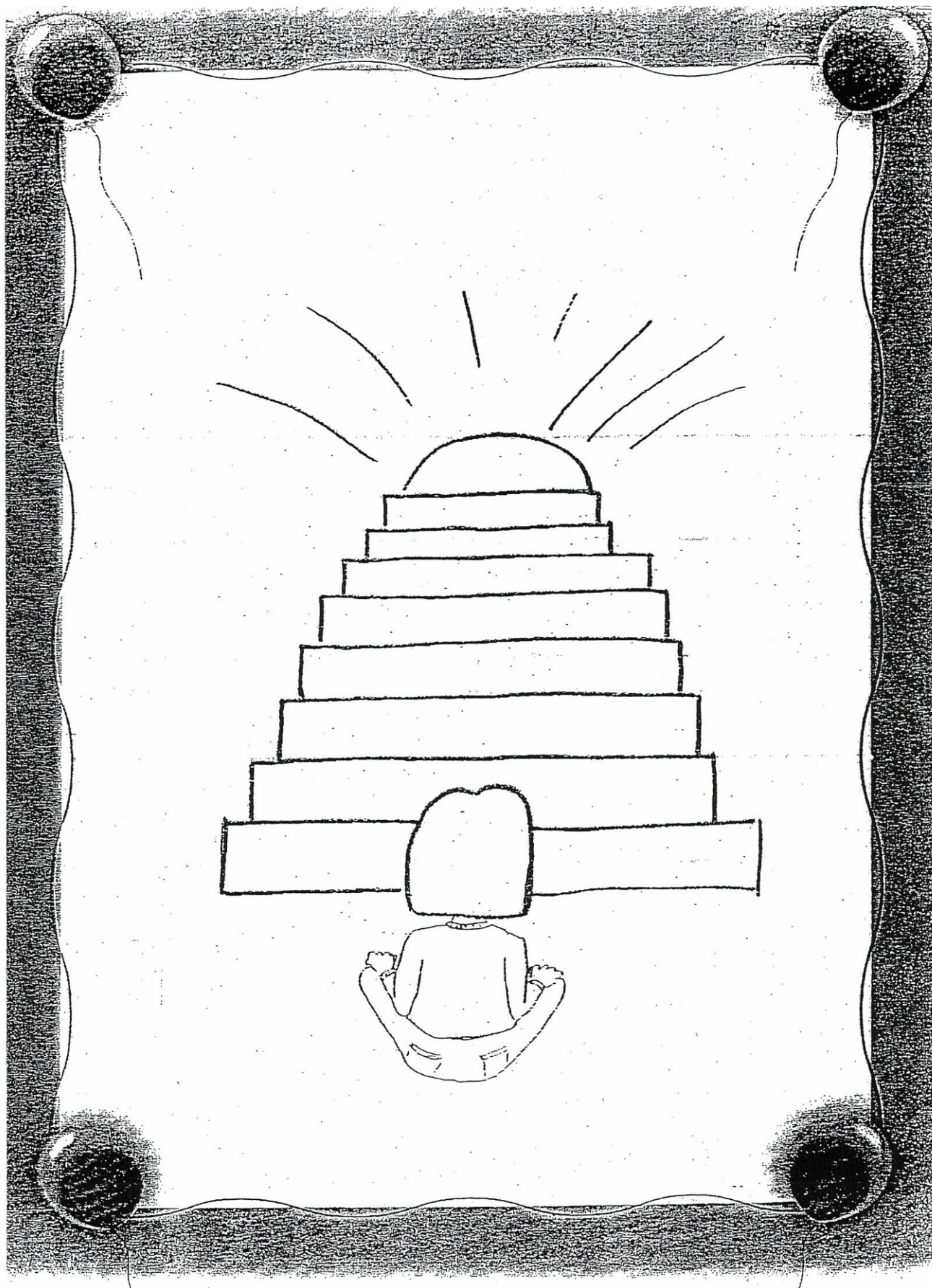
Forgive (it's OK' is often enough)

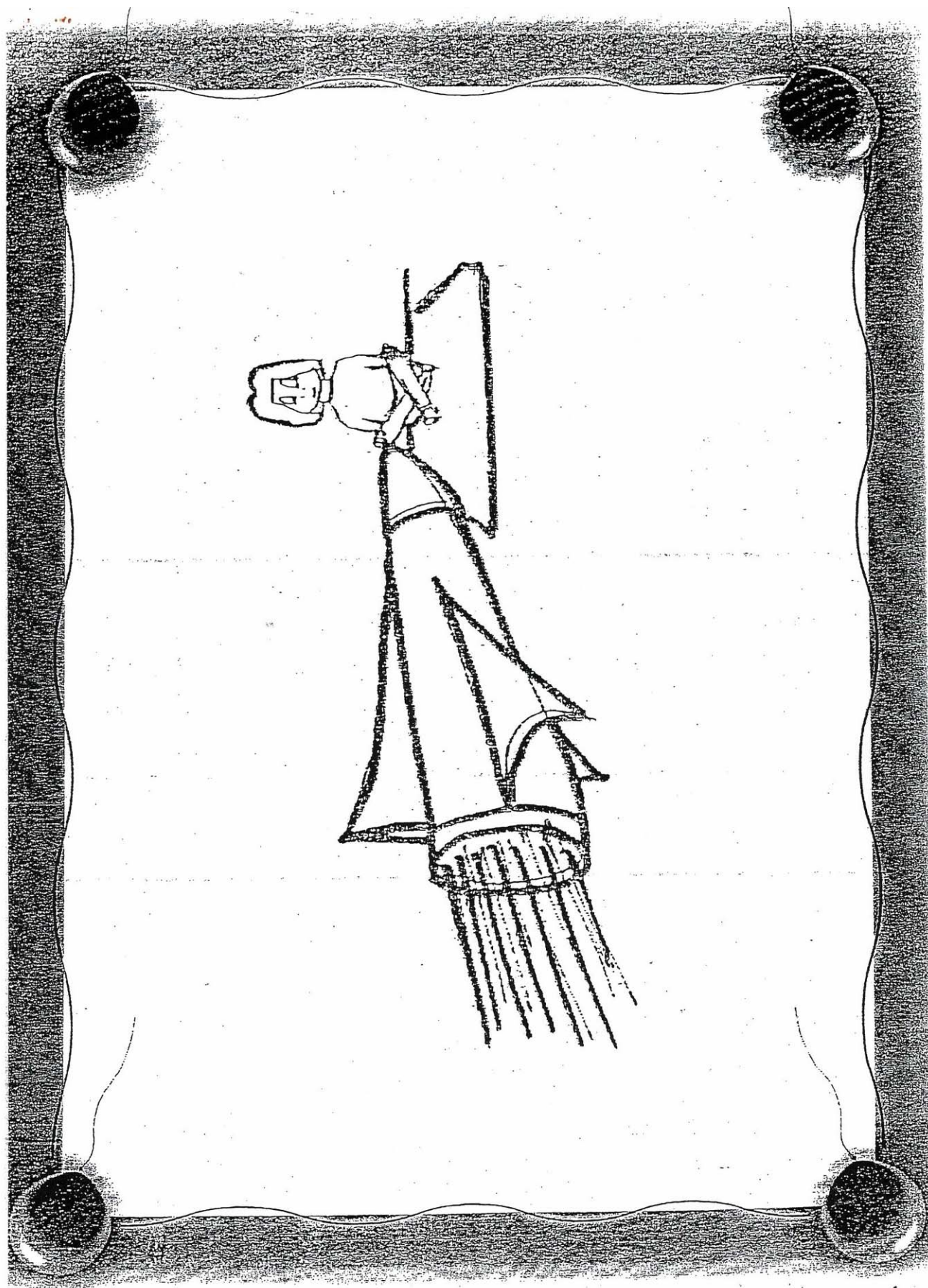
Campfire disappears... Look at area now

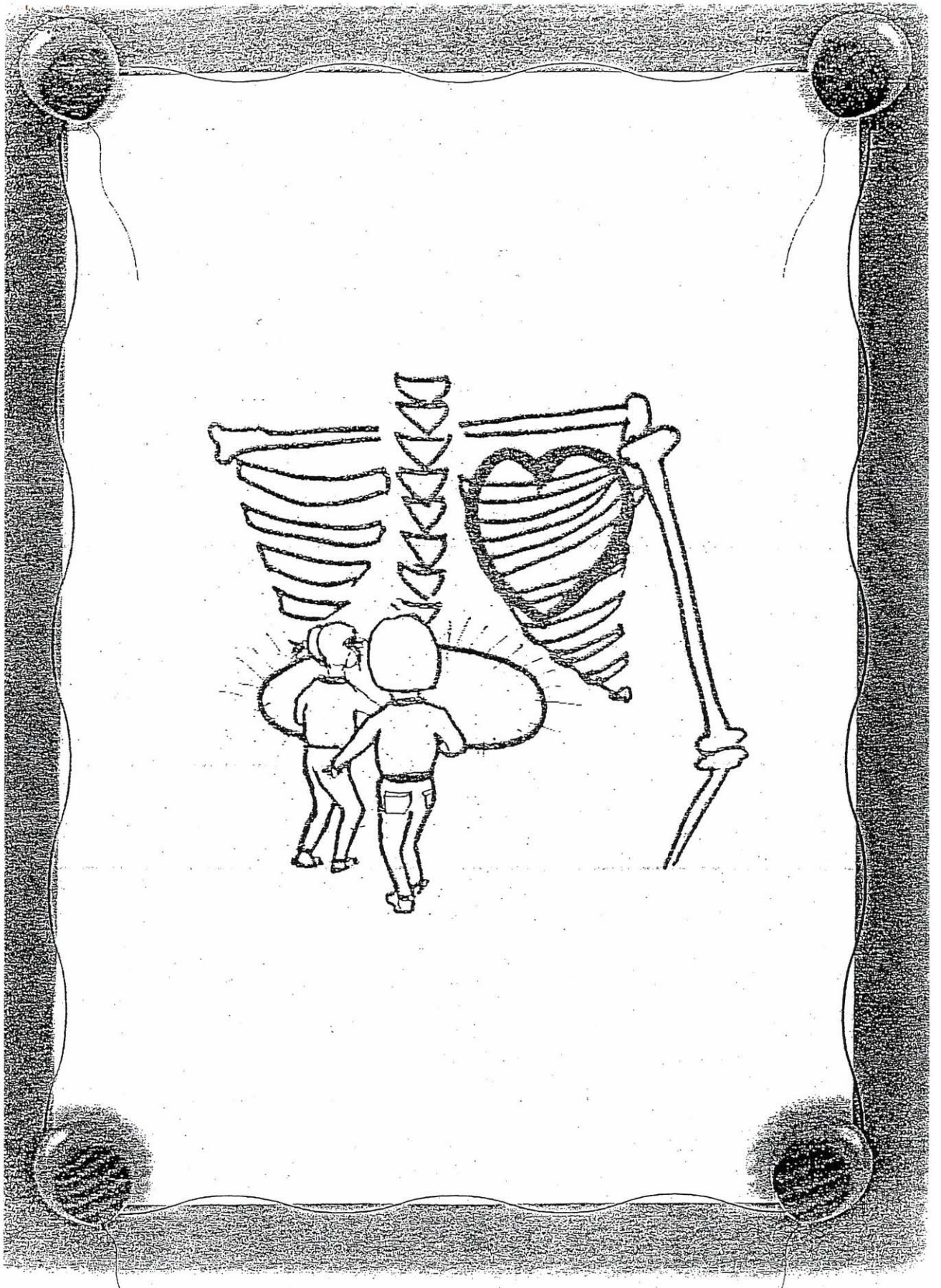
Any message / advice from body / mentor

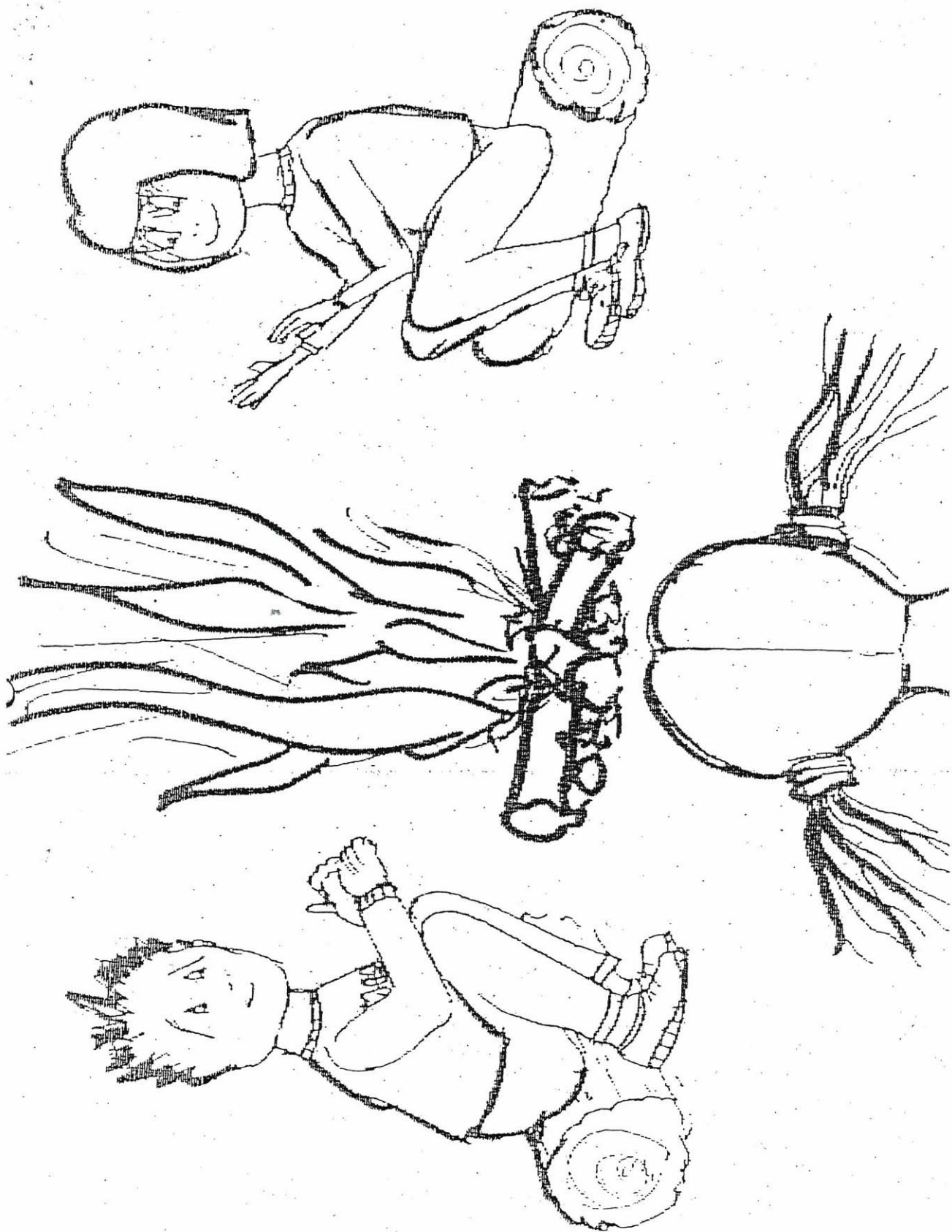
Spaceship back.

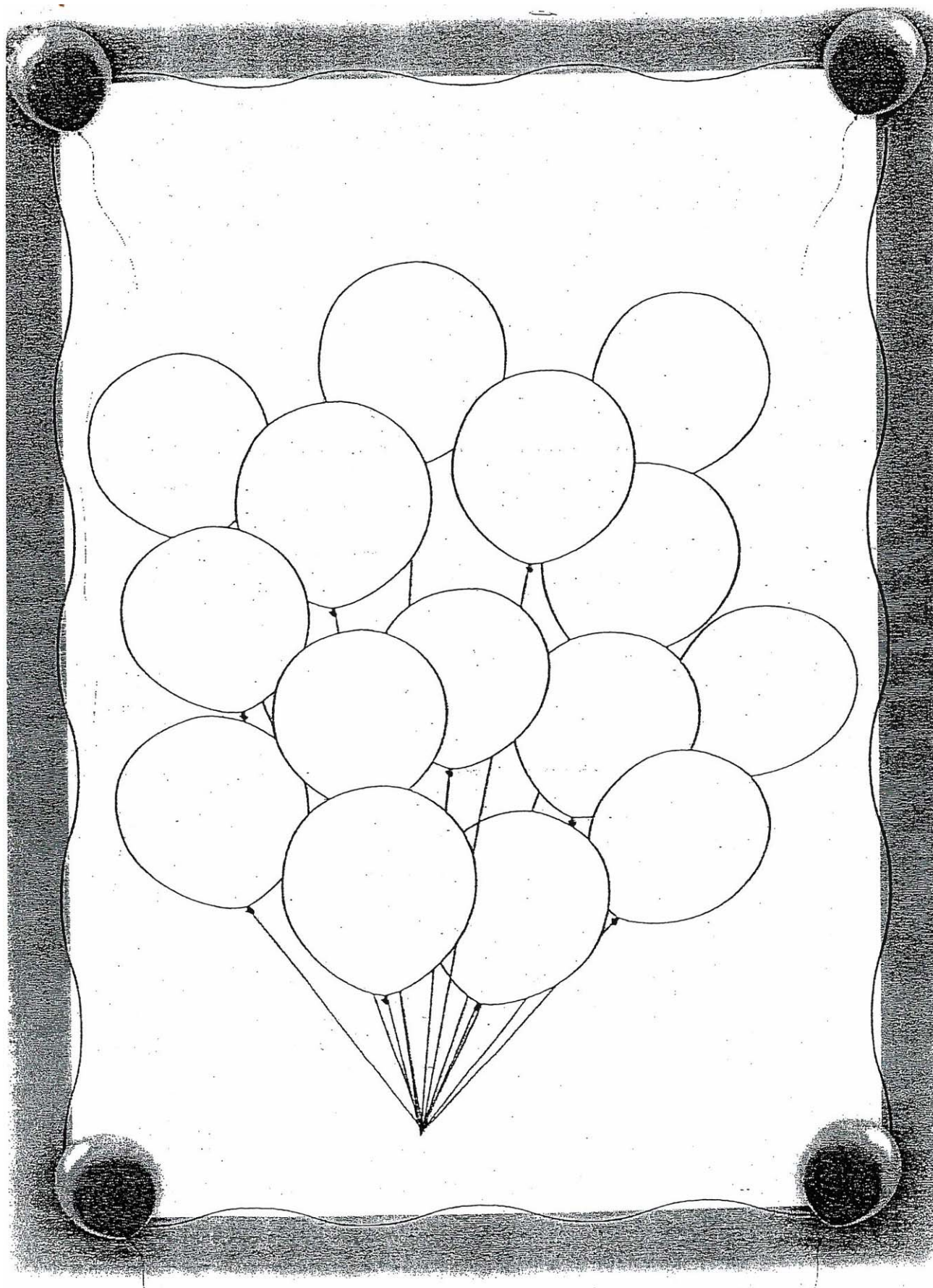














In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly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

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

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 seeing the truth they are trying to show you – comes from having expressed or 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.

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

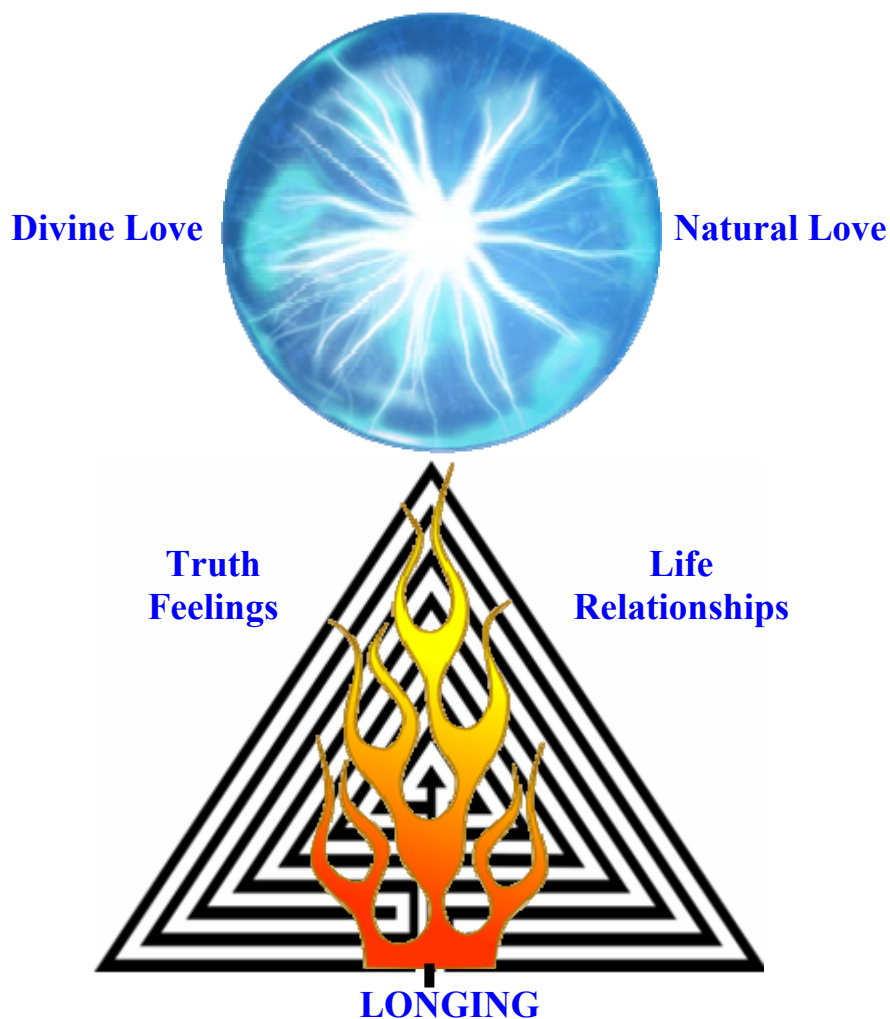
Want to understand the truth of your early life

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 Keys

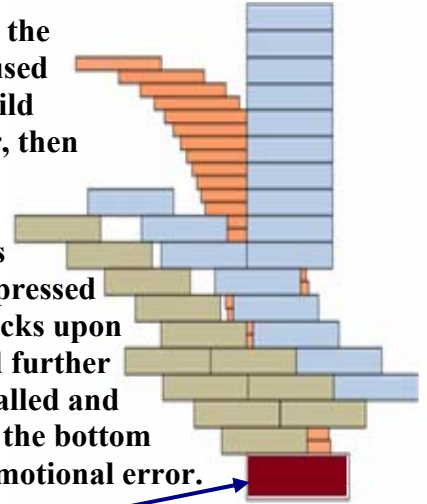


Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all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

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



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



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



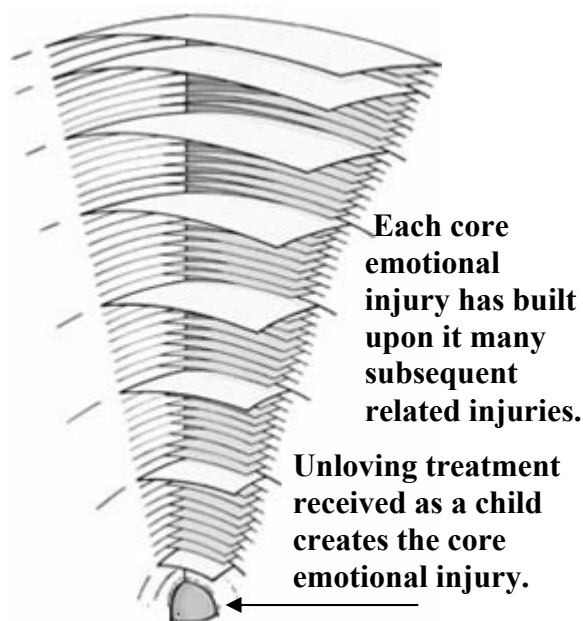
**FEELINGS FIRST SPIRITUALITY
is uncovering your destiny**

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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

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? We must always reach to the core issue, that which occurred during our Childhood.



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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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



Rebellion and Default
officially ended
31 January 2018

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 needs 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.

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.
Sage and the Healing Angels of Light by James Moncrief



PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false gods caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need to do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now

in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2 Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

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WE ARE NOT MEANT TO BE ALONE:

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

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

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

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



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

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

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

The JOURNEY for KIDS with LIVING FEELINGS FIRST:



What Do Kids Feel Sad About?



Being Unloved and Rejected!

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Journey for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



SUPERKIDS

Natural self Expression through Feelings

Self Empowering
Self Revealing
Self Loving



Feelings First



I'm a
free
spirit.

how do you spell love?

-Piglet



you don't spell it, you feel it.

-Pooh

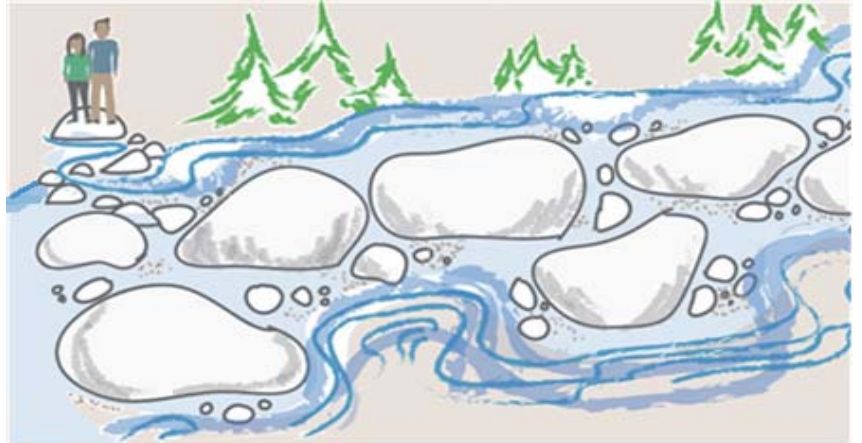
WRONG DIRECTION GUIDANCE of 200,000 years will be PAINFUL to SET ASIDE:

Nanna Beth – 3rd Celestial Heaven – 9 January 2019:

“As the soul is running everything, so we can’t just block it out and work mind to mind, which is why all the other things in life keep happening to you to screw up your mind to mind way of living. All of which is stuff that causes unpleasant feelings that you should use to uncover the truth of why you have these feelings, but which you block out and just get to the point where so often it becomes ugly as the mind-based relationship fails.”

River of Feeling Life

“So life works like it’s a deep river flowing along its defined courses. And if you live in the feelings of it, you’ll move through all the depths as required, feeling what you will, and bringing to light all the truth that God and your soul wants you to see. And if you continue to live denying this way of living, living in and with your mind in the lead, so you move along in the shallow surface waters of your river never going deeper unless some traumatic experience forces you under for a while and until such time as you can sort yourself out, get better and resume your superficial life.”



“The flow of your river is always happening being brought about by your soul. And if you were living the right way, so your feelings would lead you into ever revealing the truth of yourself to yourself. But because you live denying this and so focused in your mind, it’s not that your river changes into it being just one of your mind, which many people believe it does and try to force through most of the mind controlling religions and ways of being, but it’s just that you fail to connect with the deeper aspects of yourself and what’s really going on. The River of Feeling Life is always flowing, and you’ll continue to miss out on the full depth and breadth of it until you start to do your Healing and end your mind control. However it all sounds all very nice, and yet who wants to be continually dragged down to the bottom of their river, there to be crushed mercilessly into the hard bottom of it, or mired in all the mud and yuk feeling trapped and with no way to get out of it, all so you can keep feeling all those layers of bad feelings, all seven mansion worlds worth of them, all to reveal the truths of your unloving state?”

yuk

We have been unceasingly directed to live a life going in the wrong direction. This was imposed upon naïve humanity by Earth’s spiritual guidance headed by Lucifer. All of the religious groupings on Earth have embraced the Lucifer imposed guidance in the form of ancient texts, scriptures, dogmas, creeds, rituals, cannon laws, etc. – there are NO exceptions. The 4,200 mainstream religions with their many offshoots, maybe as many as 50,000, all have their special interpretation of how humanity is to go in the wrong direction. This is enforced by parents, then schooling systems, mirrored by employers and then reinforced by governments – all directing us to go in the wrong direction. We now have revealed to us to how to go in the right direction through Feeling Healing and it is a painful process to engage in so as to finally discover and reveal our true personality by peeling off the façade we each have embraced and live. Living Feelings First is our way home to Paradise, the home of our Heavenly Mother and Father.

Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1st spirit Mind Mansion World where we typically suppress our poor state and remain in the Mind Mansion Worlds indefinitely. Some have a period in the 'hells' compensating for the pain they have caused others. Many continue their 'mind worshipping'. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

GATEWAY OUT

Transitioning into the Celestial Heavens is also out of: **ISOLATION**



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

Kevin 18 Feb 2019

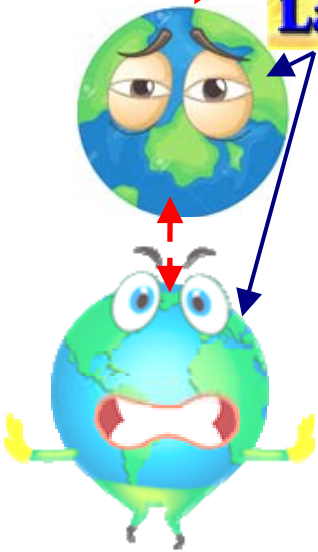
Law of Forgiveness



Law of Compensation

If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation; and as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin 18 Feb 2019



The minor 'hells' are the lower levels of the 1st Mind Mansion World whereas the more severe are the Planes of Isolation being the 2nd Earth plane with the severest being the 1st Earth plane. Pain caused to another is the pain that will be endured before returning to the 1st Mind Mansion World, all then to consider your Feeling Healing.



FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE’S OWN PAIN:

You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don’t remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

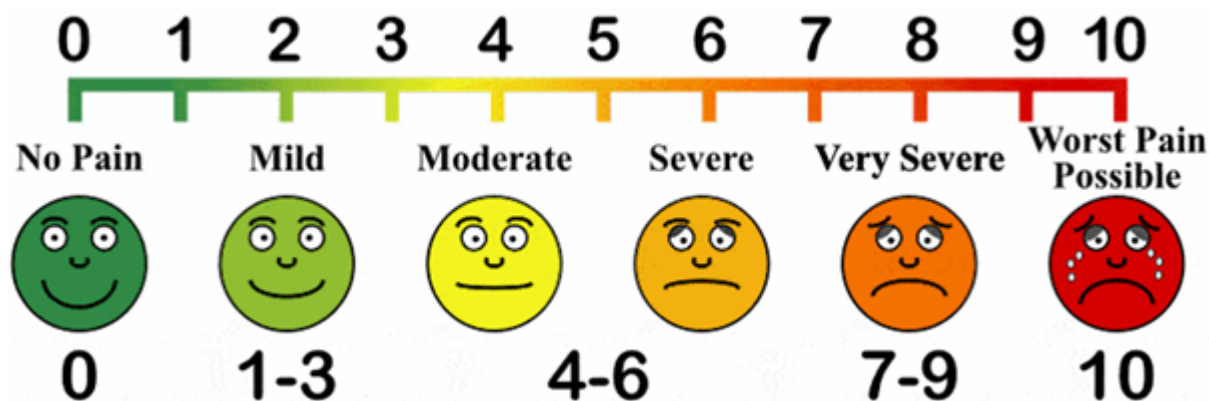
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don’t feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what’s the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don’t want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

Imagine

- **Imagine the Revelations of how we are to heal and find our way home to our Heavenly Parents have now been given to us by high level spirits.**
- **Imagine the major errors and omissions within the New Testament of the Bible are addressed and revealed.**
- **Imagine Feeling Healing with Divine Love is the way of life and pathway to Paradise – to our Heavenly Mother and Father.**
- **Imagine by living true to ourself, true to our feelings, we are living true to God. It's that simple.**
- **Imagine living by the Golden Rule: that one must always honour another's will as one honours one's own.**
- **Imagine women came to understand their True Liberation is through the Truth of their Feelings.**
- **Imagine that our Healing is through our longing to know the truth behind our feelings, both good and bad; and then express that to a friend!**
- **Imagine we each have two Nature Spirits, two Angels, two Spirit Guides, one Indwelling Spirit of God and the Spirits of Truth who are personally involved with us at all times.**
- **Imagine Feeling Healing (with Divine Love being Soul Healing) opening up the opportunity to personally interact with our very own Nature Spirits.**
- **Imagine Feeling Healing with Divine Love opening up the opportunity to interact with our very own Celestial spirit guides.**
- **Imagine parents understood they were to encourage their children themselves, never denying their child the freedom to express ALL of their feelings.**
- **Imagine if parents began to understand that we cause all the issues in our children through childhood repression and suppression.**
- **Imagine society understands parents cause a child's illness even in embryo.**
- **Imagine a society that began to engage in feeling healing and parents were bringing up children free of the imposts of their own injuries.**
- **Imagine if we were allowed to fully express our true personality.**
- **Imagine people communicating with each other again!**
- **Imagine humanity living Feelings First and embracing Feeling Healing.**
- **Imagine that humanity understood what the Rebellion and Default did to us!**

- Imagine if all levels of control, that we are subjected to, recognised they are all doing the begging of the Evil Ones – Lucifer and his partners.
- Imagine parents, education systems, religious institutions, employers and governments relinquished their controlling ways and dictates.
- Imagine the world's scientists whole heartedly began to live through their Feelings – break throughs would occur daily! (Imagine all the crap they would have to get rid of and admit to!)
- Imagine through engaging your soul based feelings that nothing is hidden!
- Imagine children being conceived to parents who are free from childhood suppression and repression.
- Imagine if students were able to determine what they actually wanted to learn.
- Imagine a health system that recognised the underlying cause of all illness is childhood suppression and repression.
- Imagine – believe it or not – Feeling Healing is a cost free health process!
- Imagine we can commence our Feeling Healing even while in junior school.
- Imagine bottom up democracy where no one is disenfranchised and people elect true professional representation and may directly frame and pass legislation.
- Imagine a judicial system that is free to engage in Feeling Healing in its deliberations of truth and remedies.
- Imagine that we begin to recognise and accept our true heritage is our Heavenly Mother and Father and is not our family line going back many generations – we are Their children!
- Imagine that the resources to conduct war were aligned for the benefit of all humanity and nature.
- Imagine if the Zionists were forced to surrender their financial claims or pay income tax like everyone else.
- Imagine this will be the commencement of rebuilding the global financial structures.
- Imagine that we recognise our true life partner is our soulmate who is always of the opposite sex and we can only come to recognise our soulmate once we have fully Healed ourselves.
- Imagine that the Revelations and the ending of the Rebellion and Default are distributed through music, plays, television programs and full length movies as well as the print media in all languages to all of humanity.
- Imagine when all the aspects of the Change come into play that not one facet of our life will continue in the manner we have grown accustomed to!

Light of Truth of PASCAS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3rd Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

COUNCIL of ELDERS

Council of Elders now around 20 soul-groups from the 3rd Celestial Heaven



Communications between the Celestial Council of Elders and those within the physical administration of Pascas WorldCare will be via those who complete their Feeling Healing on Earth, as years go by.



Avonal PAIR Oversight



The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5th Divine Love Spirit Mansion worlds level. Further, the Pascas Papers that are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.

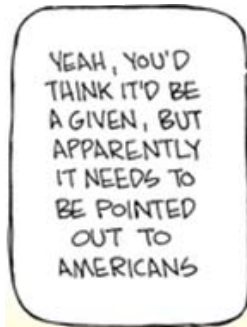
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Celestial Heavens 8, 9, 10 also referred to as 1, 2, 3 being at-one with Mother and Father.
- 

Divine Love Spirit Mansion worlds, healing / crying worlds 3, 5, 7.
- 

We all transition to Natural Love Spirit Mansion world 1, and typically go in the wrong direction to Natural Love Spirit Mansion worlds 2, 4, 6 and cannot go further!

Our Guides on Duty...



OUT GATEWAY ISOLATION



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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

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

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

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Feeling Bad? Bad feeling are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

The Padgett Messages being published as:

The True Gospel Revealed Anew by Jesus volumes 1 – 4

Book of Truths by Joseph Babinsky

The Urantia Book

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

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

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

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

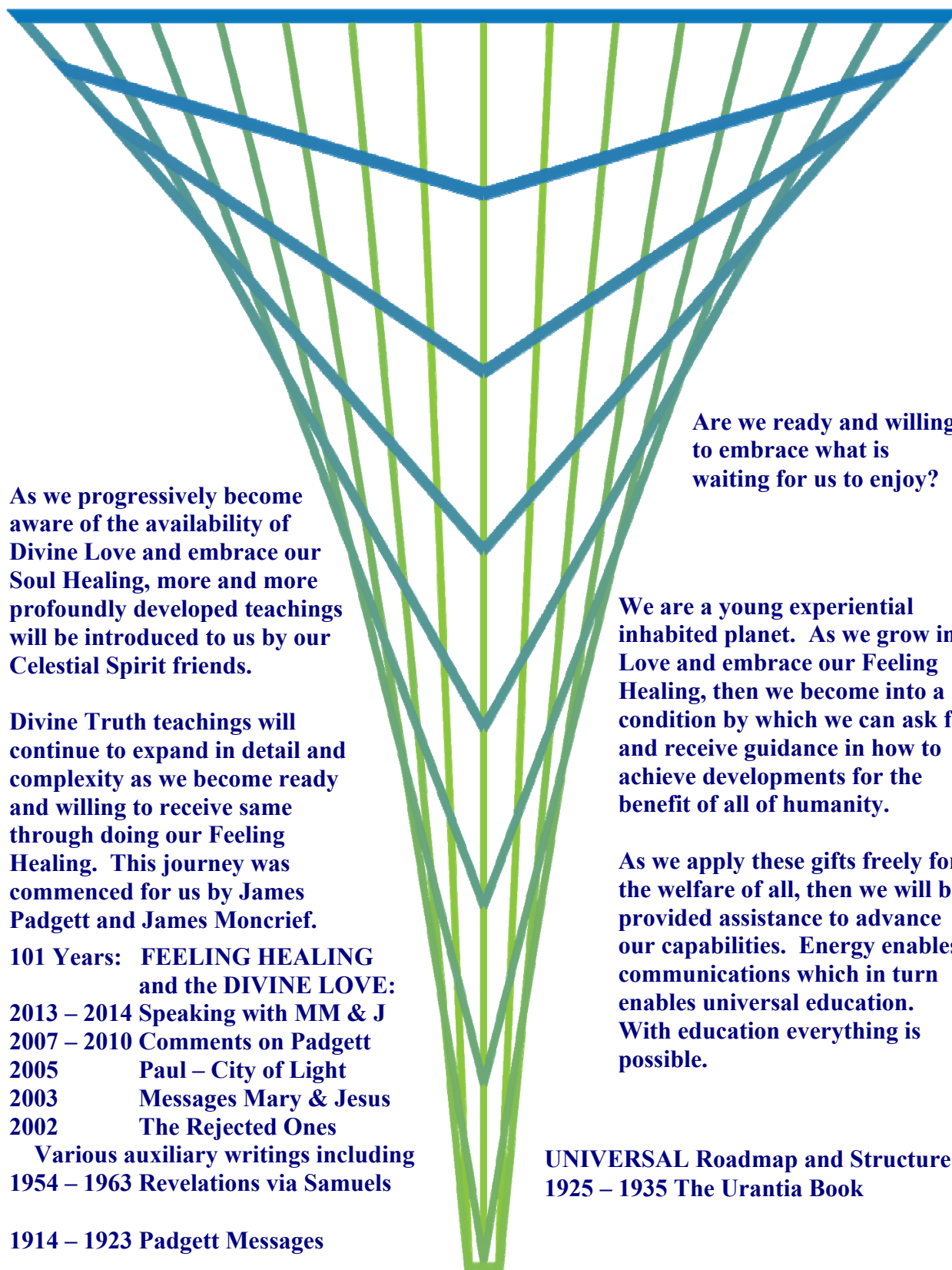
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women’s Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

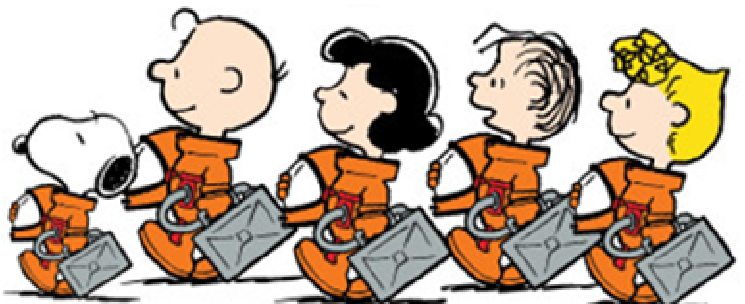
DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:





Artwork by Joel Rea, of Tallebudgera, Gold Coast, Australia

**ALL
SYSTEMS
ARE GO!**



perceived truth MoC 880 – relative truth potential MoC 1,480