

PASCAS CARE

Cancer of the Breast

and Emotions



“Peace And Spirit Creating Alternate Solutions”

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

Living Feelings First, *John.*

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



Cancer of the Breast and Emotions

Transcriptions taken from the talk given by AJ Miller:

26th December 2009 Armidale (Kentucky), New South Wales, Australia

Time elapsed (TE) from start of talk

Tell the truth about life after death.

TE 20% of talk

The majority of suffering and pain in the spirit world is because the newly arrived spirit does not know where they are, what is going on, and why they are there. They are ably assisted by many spirit people whose passion is to welcome and guide new arrivals.

Tell the truth about the emotions that create the illness.

TE 20% of talk

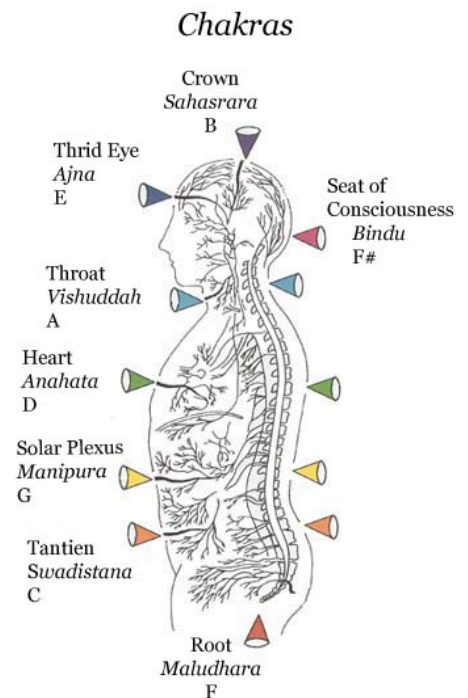
When a person passes, there will actually be an illness in the spirit body because of those emotions. So it is important to understand how he/she can cure that illness just by his/her own feelings and emotions being dealt with. Such damage from the illness that exists in the spirit body is promptly repaired subsequent to arriving within the spirit world.

Cancer usually develops from the suppression of anger, which is caused by fear or grief. Where it is in the body usually tells you what kind of suppression has occurred. If it is in one's chest – lungs region primarily – two regions therein. The region of the lungs cover two chakra points in the body, so the bottom area of the lungs is covering the fear area of the body and the upper area is covering the grief area of the body generally.

If it is in the top part of his / her lungs then it is to deal with the suppression of grief, which is covered over by anger of some kind. Cancer is usually developed because a person becomes quite bossy with others, relating to an addiction they can't have met. In other words, if I have a large grief, I want to make you make me feel less sad. So I then project at you a need for you to do things for me so that I feel less sad about that particular emotion.

Talk to her about her grief during her life. She will strongly avoid it. Almost every single person with cancer, strongly avoids discussing their grief. What we want to do is encourage them to connect to their grief. More importantly, encourage them to ask for and receive Divine Love.

When one passes in this condition, they have a layer of anger, a layer of fear, and a layer of grief to deal with. Whatever you do now will assist them in the spirit world.



Cancer of the Breast and Emotions

TE 50% of talk

First occasion in the right breast, second occasion in the left breast.

On the first occasion, given the all clear after surgery, and it stayed away after surgery. Both occasions, the symptoms were mis-diagnosed. What we want to find out is the actual emotion that would create cancer in one breast and then the other.

What I want to do is talk about the emotions that create cancer. The problem about talking about sensitive issues about illness is that a lot of people feel I don't have compassion for the person with the illness. All I am trying to do is present the truth about what creates the illness, rather than give a lot of false information on what creates an illness. What I find most of the time is that if you have false information and then base all your actions on false information then in the end you are just going to make things worse in many cases. What we want to do is to stop that from occurring by actually saying the truth about what creates cancer, and in this case, what creates breast cancer.

What we want to do is start looking at the groups of emotions that create cancer itself and why breast cancer rather than cancer in other locations, like colon cancer, lung cancer and so forth.

What would you normally relate the breasts to? Nurturing. So let's look at that firstly.

What we know about right versus left, the right has to do with nurturing the male and the left has to be about nurturing the female.

Nurturing sounds good as a word, it sounds like it is loving, kind and compassionate, but actually nurturing is used as a term that relates to quite damaging emotional projections. And what I want to do is describe some of those projections, and how they relate to the generation of cancer.

The first cancer began with the male side of the body in this case. We feel that it has to do with nurturing; we have to look at what actually creates physical illness or disease. The first thing that usually creates it is grief, then there is fear of the grief, then there is anger, and then usually the disease pops up due to the suppression of all of those. So the disease is the suppression of a chain of events, if you like.

When we nurture other people, what do we often start doing to ourselves in the process? We really stop caring for ourselves. This is why many people get cancer, particularly cancer of the breast, they start to nurture themselves a bit more and they do have a positive effect on their cancer as a result of their choices to nurture themselves more.

Unfortunately, many times it does not cure it, so we end up with operations to cure the cancer or remove the cancer. In many cases, those operations mean removing the body part, including removing the breast and so forth. The process of removing the breast is obviously very difficult for the woman to go through because the breast is very much a part of her being a female. So, therefore, the removal of the breast is, you could say, the end result of the emotional steps that created it.

We know it is something to do with nurturing and we know it is something to do with suppressed emotions because all disease is created by the suppression of or unexpressed emotion.

What can we do with that?

What did the nurses say to you when you were in the ward after your first cancer operation?

Their comments were that the difference in working in a cancer ward as opposed to a heart ward is, the cancer patient is struggling to get out of bed to get the window down for others in the ward, whereas the heart patient is busily buzzing the nurse to get the window down. That is the difference in the type of person.

The person who gets breast cancer is always about nurturing others, the type of person who is always giving to others. What most people with breast cancer don't do is look at why they give to others. If they would only address the emotional issues within themselves as to why they are giving to others.

If they looked at why they give to others, and there is this self justification that comes with that action and that is being a good person by giving to others all the time. But what I have found with almost all cancer people is that they are not looking at the second part of why they are giving to others. They are not asking themselves as to WHY they are giving to others. When they start asking the question as to why, they always come up with justifications for giving that are very positive in regard to their self reflection.

I ask the question, why are you giving to others? They answer that others need me and because they need my help and assistance. All these things, that seemed to be positive things that have come out of the person is about what they viewed their own character to be.

With every single person that has cancer, the answer to why is quite actually selfish.

What emotion within me would cause me to have a selfish motive in giving to others? Why would I give to others? To get something back from others? There is something I want back from others.

What do I want back in giving to others, what do I want in return?

The majority of times that a person has a nurturing type of cancer which is related to the breast, most of the time what they want in return is what they have given.

Now the key with all of giving is what if I give and I don't get something in return. Where do I go with that then? Now, the majority of people that give for the purpose of getting something in return, whenever that thing in return is denied them, they get angry, frustrated, annoyed, resentful.

Ironically, what you wanted was support and the illness that you created required support.

When your environment does not give you the support you want, you actually created a disease that demands the support of your environment.

Now, that is what often happens with a lot of these life threatening illnesses. It is what we are actually demanding emotionally from our environment, that is what we finish up creating and having to actually occur.

What happens with a lot of cancer, whenever we start talking about cancer, very few people want to address the emotion projected inside of them going out that created the cancer in the first place.

What most people want to do with cancer is they want your support. ‘Oh, you have got cancer, isn’t that terrible.’

I have had people who have demanded that I sit down with them for an hour. That is the emotion that created the cancer; you have just pointed that out to me. The demand of my time because of your cancer is what created your cancer. You demanded of me, my time, my time is a gift. Can you see that it is an unloving projection to demand something of someone else, no matter what it is that you are demanding?

What I have found with every single person who has come to me with cancer is that there are strong demands coming from them.

Now, if it is the case of the right side, there is an over nurturing going towards the male, but with it comes a strong demand towards the male. If the male does not accept then we create within ourselves an even stronger demand towards the male by actually getting sick, and even with life threatening sickness, gets them projected towards the male, and eventually the male will come around, he will eventually give her the support she wanted.

Now, in your case that did not happen, did it? That is what you felt? You did not get the support you wanted from the male? No.

The dynamic that creates cancers generally is this dynamic that I am giving to the universe, I am giving to other people, and I am giving to other people because there is also something I want from them, and I am not willing to give up the demand of that desire of what I want.

Understand that there is no judgement in what I am saying, because all of these things come from childhood: some dynamic that was created in childhood that caused this entire process to begin. The important thing is to access that emotionally. We cannot access it emotionally if we don’t understand it, if we don’t get what’s going on.

So, almost every cancer patient that gets breast cancer is over nurturing, giving too much of themselves constantly but, few of them are willing to ask why or for what purpose they are giving too much of themselves.

Every single time it is a feeling that you are avoiding inside of yourself that causes yourself to demand something of others in the giving. The giving is not purely motivated. The giving is

motivated by this unhealed demand within me. Now, the demand might be for attention, in other words, while I am giving, I have got Mum and Dad's attention. As soon as I stopped giving, Mum and Dad did not give me any attention.

The demand might be a fear of rejection. I am so afraid of getting rejected, that I am actually giving so that no one rejects me.

If it's towards the male, it might be that I want the male's attention and approval, which actually means that I did not have the male's attention and approval when I was young, and I never had it and I have this deep grief about it. So what I do now is I give things to the male, over nurturing the male hoping that the male will give me the attention and approval from a man that I never got from my Dad.

But when I don't get it, there is the layer of anger that begins inside of me. I am giving and giving and giving, and because I am giving out so much there is this layer of demand which is actually motivated by anger actually there within me. I am now in a state that I am really, really upset that I am not getting something as a part of my giving.

The key is to find out what I am demanding and understand that underneath that is the emotion that I need to heal. What ever it is that I am demanding of the other person is the reason why I am giving. You see, if I heal the emotion, I won't have the demand, and I won't need to give to get that thing.

I am motivated to give too much of myself, because of how much I am addicted to getting something that giving gives to me. If I give to you that gives me a certain thing in return.

There usually is this layer of childhood anger on what has gone on in my childhood about this particular problem. So if the problem begins in the right breast, then I am over nurturing the male, but it's a demanding thing that I want something from them that I am not getting.

You had a critical demanding father who did what ever your mother wanted emotionally. The father is shaking with rage now, manifested as a disease. When you first had cancer, your father was really, really angry. He was angry because you had the cancer and he could not fix it. Which is the emotion he has towards your mother, he is constantly trying to fix everything she demands.

Can you see that your mother has this demand upon him; he has to fix everything that goes wrong in my life. That emotion is projected from your mother to your father.

Can you see how you were taught when you were little to view men in a certain way that they were going to have to supply you with certain needs and support?

Ironically, your mother has breast cancer now.

She has a lot of grieving about her father who she had very little to do with from a very early age.

Also, your father lost his father at a very early age, so both parents don't have male support.

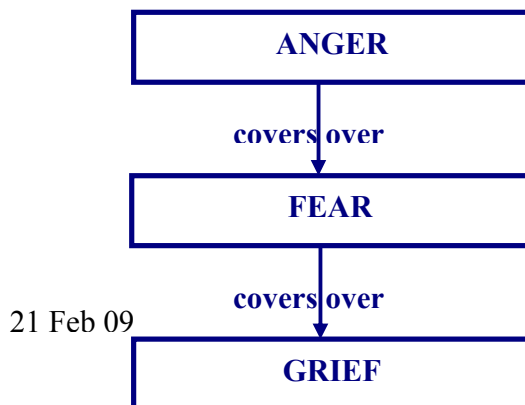
There is deep grief within you about that. It comes from your mother having deep grief in her about that, and going into the demanding place with your dad.

Your mother taught you how to demand that of a male, by giving a lot, over nurturing the male, but with the expectation that the support will come back, and if the support does not come back then he is a mongrel. If the support comes back, then he is a nice man. If the support does not come back, then he does not really love you, and then you are not worthy of it.

Quite often women get cancer in one breast, seemingly to deal with that problem, only to get cancer in another breast. That is a common occurrence, so there has to be a reason.

A lot of times, again, it is a similar sort of reason, in that instead of getting to the grief, in your case, the lack of support from a male, and grieving that and releasing that completely. It is all about your mother's lack of support from her father. You think about what has been told to you by psychics?

Anger creates more unloving things – not less.



My mother's father had a lot of anger and that had come through my mother to me and my daughter also, and will continue to go through for generations (new age sort of comments).

Your granddad had a certain set of emotions towards women which he then projected at your mother, which then created a whole new set of emotions within your mother, because you are her child, then it enters you, as a result.

A lot of it, in the end, did come from the dynamics that your mother grew up with. Your mother was very bitter towards men.

So what is happening is that there is a lot of grief in there about a lack of support from a male that is related to your mother's feelings. The action she took was to over compensate, to over nurture the male in order to get the support. In the process it is a kind of bossy over nurturing. It becomes very controlling, which is a denial of her own grief and her own anger towards the male, which then, once you deny that part, you turn out with the disease that matches the emotion for the illness.

Now let us look at what is happening on the left side.

The left is about the female. There has to be something relating to the female side and your relationship with your mother. What do you think your relationship is with your mother? It is different to what you think it is.

Your mother has been become quite bossy and domineering of men, has always been so.

You as her daughter, felt inadequate. So, what did you have to do to compensate for your mother? How did you get mum's approval, in other words?

You made her 'happy' for a while, and what did you get in return?

You had to earn your love with your mum. You got into that pattern.

Now, when you did not get the love from your mum, how did you feel?

"Alone, rejected?"

You still have not released those emotions. What is on top of that?

You are pretty good at hiding your emotions by directing the conversation.

You are the dutiful daughter doing what mum wants. You know you have to do that, otherwise you do not get any love from your mum. Your mum just goes into being angry and upset with you otherwise. You don't risk that. So what you do instead is do the dutiful daughter thing, but inside of yourself, you are feeling annoyed, like quite frustrated at having to do this all the time for your mum, and you feel very unloved from your mum.

You are going to have to go into these emotions. The reason why you have become the dutiful daughter is to avoid this big emotion inside of yourself. On the male side it was to support that you are not loved and supported by the man. And, on the female side it is because you are not loved and supported by your mother.

You grew up with a mother who was so self-oriented that she had no ability to love her girl children, because everyone of her girl children is just a competition for her for men's attention.

This is part of the problem with dealing with these emotions; we don't want to treat our parents badly. We say that speaking the truth about their emotions is treating them badly, so we don't

want to say the truth about their emotion. In fact, we get to the point of not even wanting to see the truth about their emotion. Instead, we spend all of our time doing the placating thing with our parents until they pass, and even then we do not want to deal with the emotions generally. We have huge amounts of grief usually with their passing. We don't deal with causal emotions of the grief of their passing. It usually is when we pass and we get together in the spirit world and the bitter grief comes up. Even then I have seen people locked up in the spirit world for hundreds and hundreds of years in their family related grief because they don't want to say that mummy did not love me or daddy did not love me, when that was the real feeling they had inside of themselves.

We constantly justify the lack of love from our parents, and the way we do that is by saying that they only did what they knew how to do, it wasn't that bad really, I had a lot better life than a lot of other people had. We have all these different things which are all just helping us to get away from the emotion.

Let us look at the Law of Attraction.

You have cancer in your left breast. That is a Law of Attraction event related to a woman, and it is about you over nurturing a woman. Now, who are the women that you have likely over nurtured in your life? Starting from your childhood; the ones that you have done everything for, everything you could.

You have developed a pattern of love equals doing a task.

What is happening is that you are not able to see what you got in return and how upset you are about having to earn it in this manner. What it is, is a lot of times we do so that we earn the love of another person not seeing the cost to ourselves in the process. There is a huge cost to you here in the process.

You have contracted a life threatening disease as a result of this emotion being suppressed.

Without healing the emotion there is a high likelihood that parts of the breast or parts of the body will have to be removed, surgically or some major thing will happen to your body, even possibly dying from it.

This is one way you are closing yourself down emotionally from it, you are not allowing yourself to feel the grief from it.

The key is to understand how the disease was created. If you don't understand how the disease was created, and already I don't know if you can feel it from you, but there is lots of resistance to me about talking to you about your mum. There is just lots of resistance inside of you about me talking about your mum and her feelings that she projected at you.

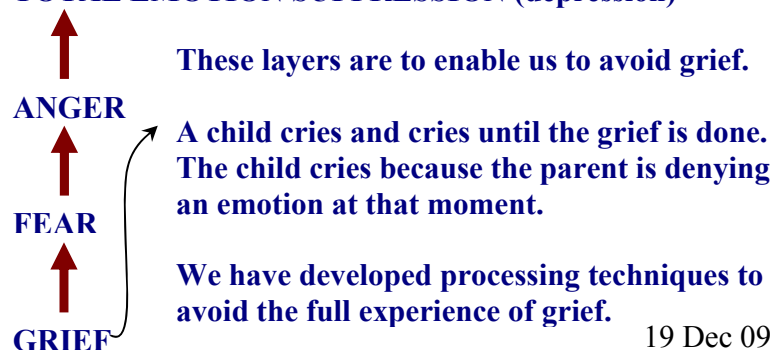
So there is a deep resistance to knowing the truth about what is going on with your relationship with your mum, however it is the relationship with your mum that creates a left sided problem. The right side problem was probably created by your relationship with your dad; the left side problem is created by your relationship with your mum.

By the way, that doesn't mean that they created it, your dad could have had this attitude towards your mum that you have now taken on, or your mum had this attitude towards your dad that you then took on. It became your attitude towards the male or your attitude towards the female.

So you could look at what is my Dad's attitude towards his wife now? What is it – it is like rage really? Why? Because he has been doing what she wanted all this time, all this time doing what she wanted and it is still not good enough for her.

EXPECTATIONS if not fulfilled you get ANGRY

TOTAL EMOTION SUPPRESSION (depression)



Question that needs to be asked is what kind of emotion is coming from her? Nothing is good enough for her. There has to be a deep grief in her for that emotion to have arisen. But she is projecting anger towards her environment, rather than feeling the fear of the grief that she actually has.

This is the problem of how we treat it as well. It is driven by the nurturing emotion and we finish up nurturing the cancer patient which does not confront the reason why they created the disease in their body in the first place.

There has got to be a suppressed deeper emotion within them that causes the creation of that disease. And if we nurture them emotionally into not looking at that emotion, all we are doing is helping them, actually, to create a worsening of the disease. This is the trouble here on Earth, that is what we finish up doing, this is why cancer, particularly breast cancer, is on the increase. They are now testing twenty year old women as of a result of that problem that is created by our own suppression of our own emotion.

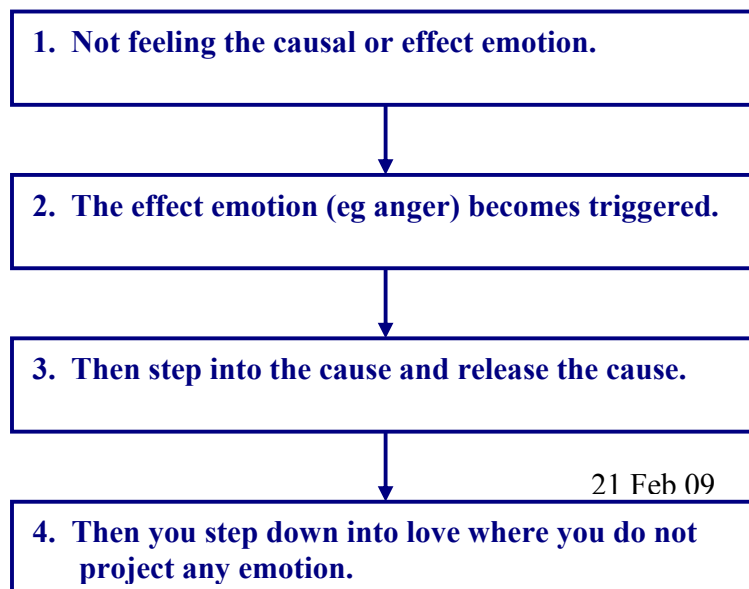
And it is not your fault. I am saying that it is the result of multi-generational changes of suppression that have gone down and down and down through the generations before you.

Now, how to deal with it.

There will be anger, and because of the suppression still between the male and the female, there is going to be anger with the male and anger with the female, where you feel angry that they haven't given you what you wanted. Now, what I am NOT saying is to project it at the male, what I am saying is to allow yourself to feel that it is there, present in you. And the demands that you make upon the male are a reflection of the presence of that anger based emotion.

So the way you have gotten away with it up till now is that you don't project anger at the male, you don't yell and scream at him. What you do is you nurture him a bit more hoping that you will get the appropriate response in return and then when you don't, you feel quite upset inside, and then you think, I shouldn't be angry. I need to work my way through the anger. Instead of allowing yourself to go outside and punch a bag about the anger you feel, the anger gets suppressed, and the creation of the disease is about the suppression of the anger.

STATES



So, rather than suppressing the anger, I am saying to allow yourself to tune into this anger that you feel about the male not doing what you want. Then go deeper and ask yourself why does the male have to do what I want? What emotion inside of me do I get when he does what I want? What is the feeling I get? If you connect with it and it is a feeling of being loved and supported.

In the end, you will see, actually, that fear has a large part to play. Lack of fear is security, closeness in the relationship, and all those kinds of things have a big part to play in the emotion of the anger.

If you don't allow yourself to connect to the anger, you will never get to the fear emotionally, and then you will never get to the grief that needs to be released.

It is the suppression of the anger that creates the disease in the body.

Allow yourself to see that is present and the way it comes out. It is very hard for you and for anyone with cancer; it is very hard for them to see their own anger, because you don't feel that you are an angry person.

You don't allow yourself to connect to your own demand. Most cancer patients don't allow themselves to connect to their own angry demands of others. We don't allow ourselves to connect with them because we think that we should not have them. So we suppress all of that, and that is what causes the disease.

So, what we need to do is to connect to the angry demands. What are my demands upon my husband, my father, my mother, that were really unfair? Allow myself to feel that, and then go deeper into that.

You don't think it is unfair. When I am demanding of others, and this is a truth that we all need to face at some point, if you demand anything of another person, it is unloving.

You cannot demand anything of another person. If you want to stay loving, you cannot even demand that the other person treats you lovingly.

As soon as I place a demand on you I am trying to impact upon your free will, am I not?

I am trying to get you to do what I feel I want. That is an unloving demand, even if the demand is for you to treat me lovingly, is an unloving demand. And when ever I have an unloving demand I am never going to get to be at one with God.

A requirement, an expectation that you do something, for me. If I expect you to love me, I have an unloving demand coming from me to you. If I expect you to support me, I now have an unloving demand coming from me to you. If I expect that you will help me, I have an unloving demand coming from me to you. The truth is that you don't have to help me, you don't have to support me, and you don't have to love me. That is what free will is about. Free will is that you are allowed to do whatever you want, and that includes murder me if you desire it.

If I demand that you don't murder me, and I shoot you instead to stop you, that is also unloving.

From God's perspective, love is never demanding. Do you ever get God in your ear, saying you have to do this today, you have to do that tomorrow, and you have to do this the next day to prove that you love God? Now, you get a lot of religions doing that to you, but you don't ever get God in your ear doing that, and God is totally capable of being in your ear saying those things to you. He created you, so He is totally capable of giving you a heap of verbal messages every single moment of your life, and He doesn't do that. Why? God never demands anything from you. God never even expects anything from you.

Now, as soon as I expect you to treat me in any manner, or anybody else for that matter, I am now being unloving towards you.

When you are assuming that you are better or not better than someone, you are making a judgement.

When I am demanding something about someone else I am making huge judgements about that person and that I should have control of their life, which is what I am really thinking.

I want some love, so you should give it to me, I want some help and you should give it to me. And as soon as I do that, I am basically saying to myself that my wants are more important than your desires.

If the other person does not speak up and say what they want, how does the other person know what desires that person has?

You are defining loving relationship of two people projecting their demands at each other.

A desire to be loved is a need to be loved and that is an unloving projection.

A desire to give love is not a desire to demand love. Totally unconditional love is when I have a desire to give you love without any desire to get back anything in return, then I totally love you. Very few people on the planet have this relationship. This is the problem; we have defined love through our environment, and through our parents and their relationship. What we have come up with is that we are worried as to what we are going to get being loved. If you are worried about what you are going to get being in love, then you are not in love. You are in need, which is a totally different thing to being in love.

Unconditional love just gives and does not expect anything in return.

Our misunderstanding of what love is, is the major cause of all disease on this planet.



**PASCAS
HEALTH**



**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.**

We are emotional beings, emotions generally pass through us, however, when they become stuck within our soul, they then appear as fissures within our spiritual body. These stuck emotions, unless accessed and cleared, then eventually manifest as illnesses and diseases within our physical body.

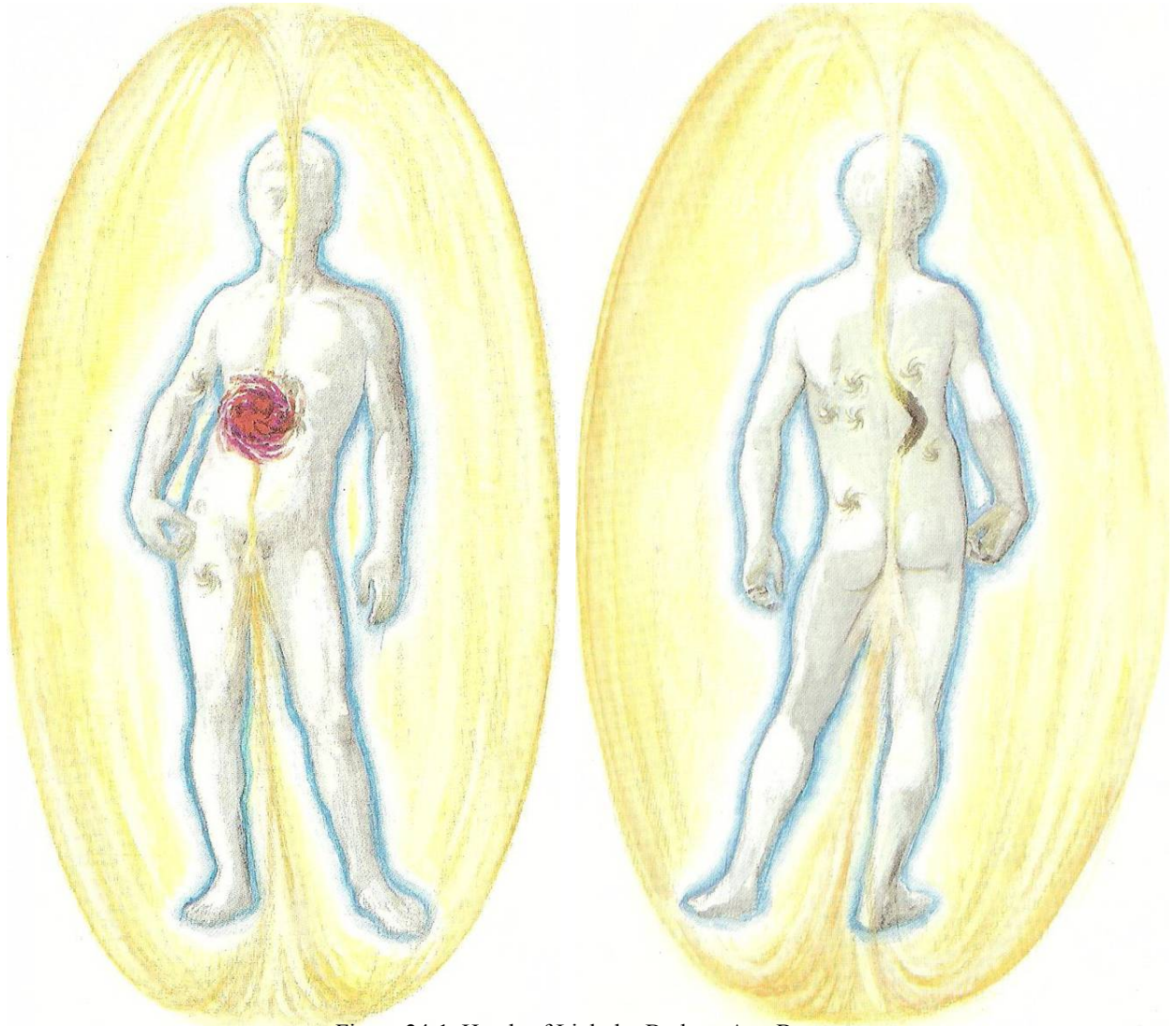
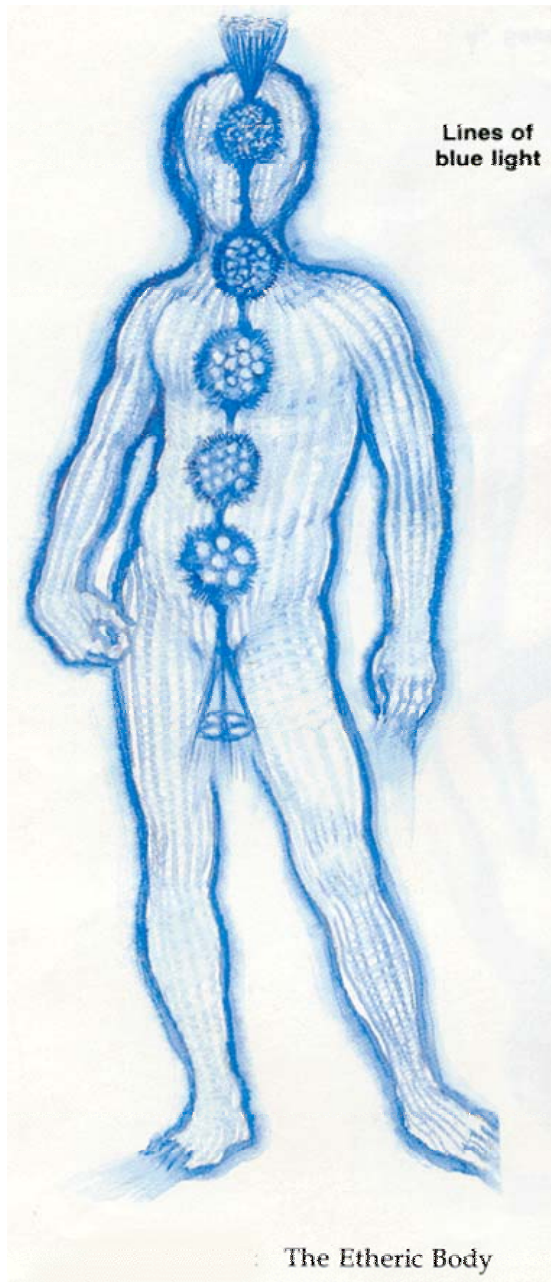


Figure 24-1, Hands of Light by Barbara Ann Brennan

Every emotional blockage is detrimental to our physical body.

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



All forms of energy give off colours. The spirit body gives off an aura, or a group of colours. If the spirit body is in a poor condition, it will not give off a strong aura, or its aura will be damaged in some way, there will be holes in it. A person who can see an aura will see these different shapes and colours inside the spirit form.

That is not the spirit body itself. The spirit body has organs, it is like your body, it is in a different dimensional space. Sometimes you will notice your spirit body operating. The spirit body has a heart – your spirit body's heart beats at a high rate.

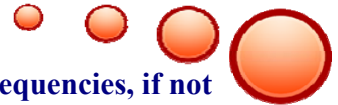
Spirit Body incorporates all the subtle bodies, including the etheric body, emotional body, mental body, astral body and the causal body, all being various layers of the Spirit Body.

Your Soul, being your real self, resides within your Spirit Body but is not of your Spirit Body.

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

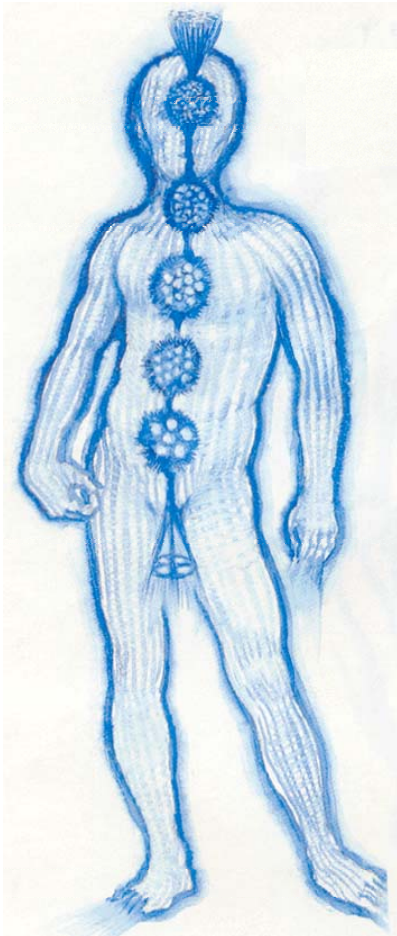
HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being part of your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.



In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

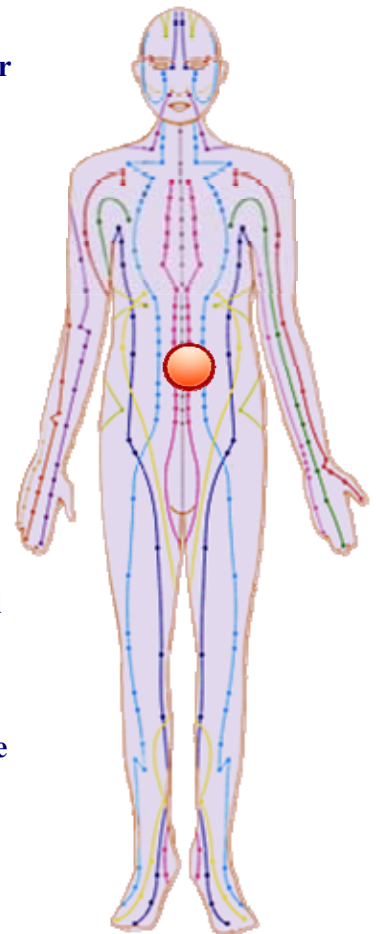


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.

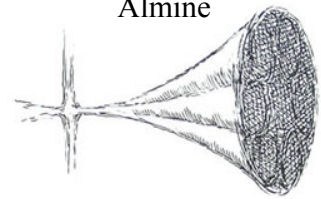


MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.

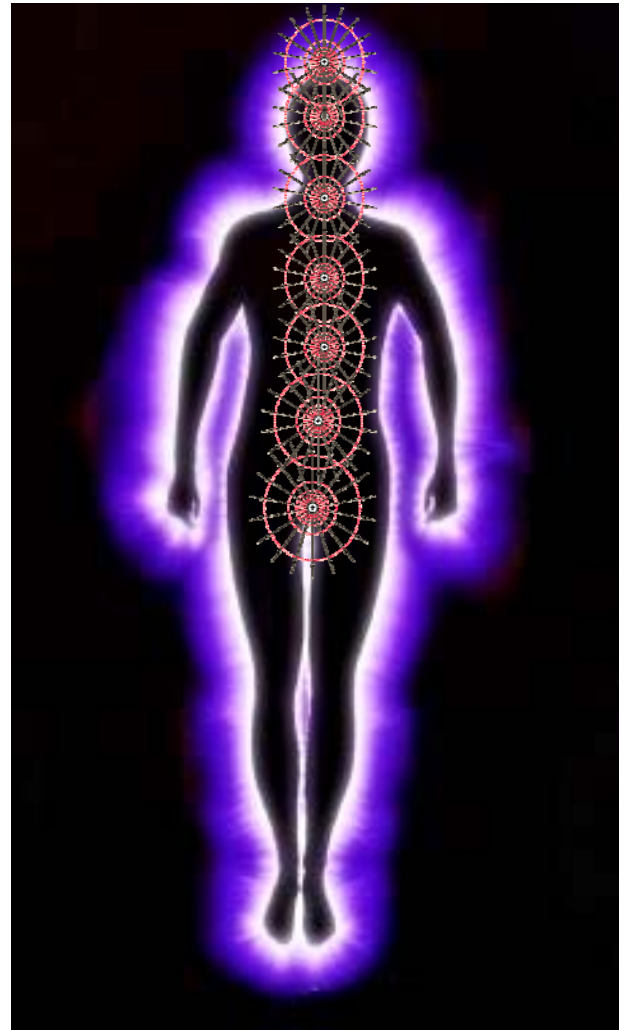
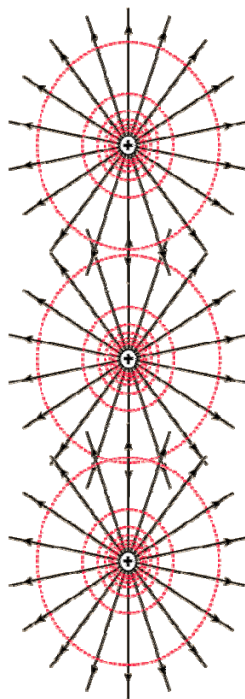
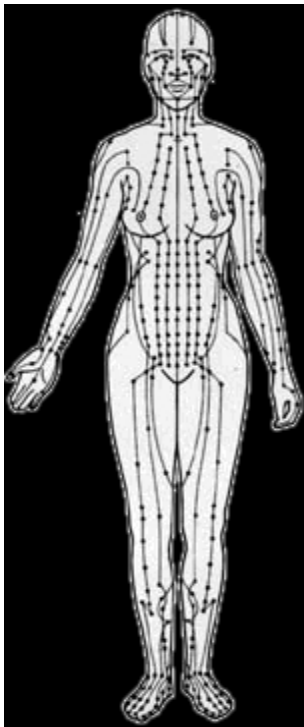
Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

Etheric or Astral Body: The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body.

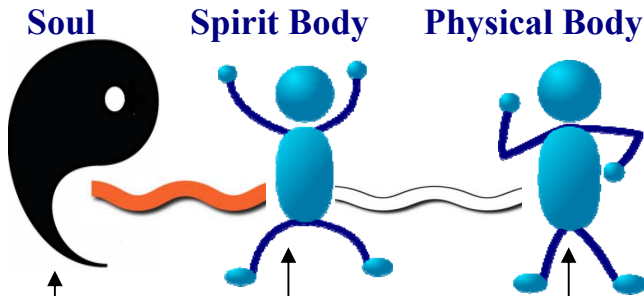
Almine



Each chakra point, major or minor, has a swirling vortex that draws in energy to feed the spirit body and subsequently the physical body.



HIERARCHY of HEALING SYSTEMS



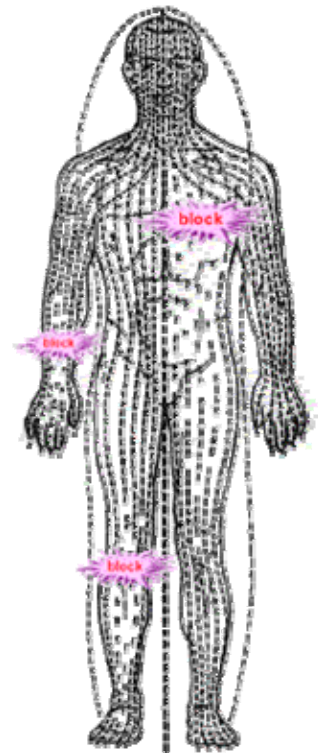
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself.



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



**PASCAS
PAPERS**



The problem for healers is that the patients own physical soul is generating the problem.

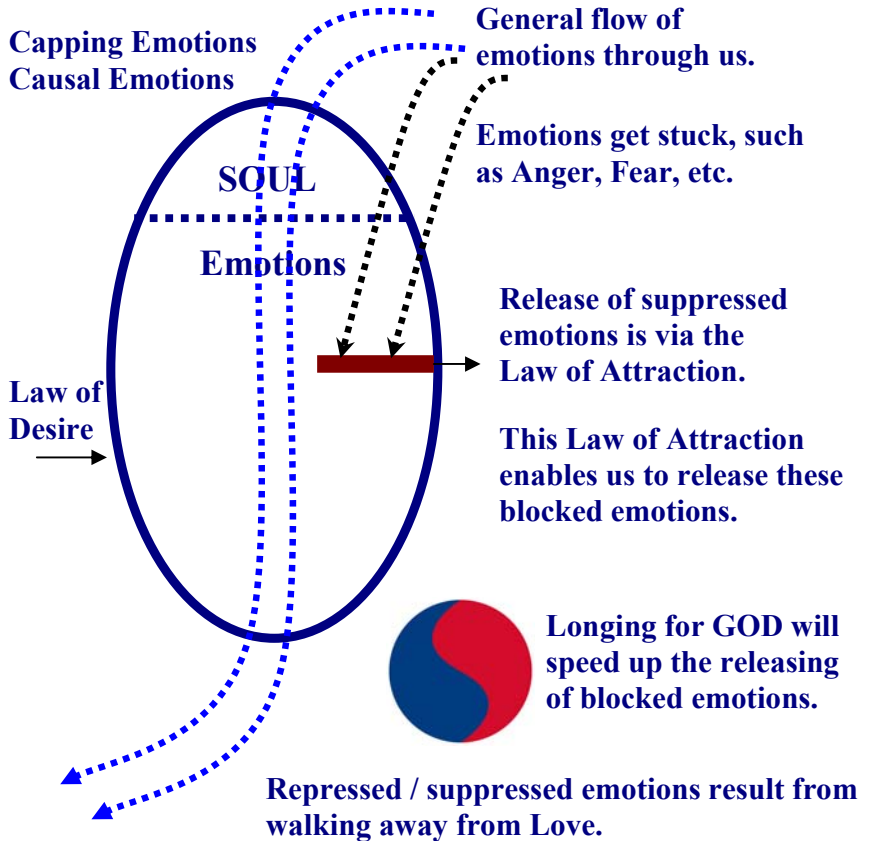
When the person, who we are trying to heal, does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.

All illness is a result of the soul, having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul is not addressed then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal level, particularly in the medical profession.

16 May 09

WE are CREATED as EMOTIONAL BEINGS:



Date noted within the diagram refers to the date of the talk that can be accessed at www.divinetruth.com

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



in conjunction with



Longing for the Truth when also longing for Divine Love.



A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.

EMOTIONS and ILLNESS

All disease, every disease, every illness is a result of emotions.

We are addicted to dealing with effects, not the causes.

Coffee is an anti-depressant – we use coffee to avoid our emotions.

Emotional injuries are very specific.

26 Sep 09

Autism – parents clear emotions – autism is cleared for the child.

Parents barrage emotions upon child, child is very sensitive.

**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.**

QUOTES from various talks

Autistic children are the result of denied emotions of the parents.

11 Oct 08

If a child has an illness and personality issues, you need to look at your own issues.

Childhood illnesses and illnesses of a baby within the womb, stems from blocked emotions passed down from generation to generation.

We are a product of all that has come before us.

To assist the baby, as well as yourself, work to clear your blocked emotions.

Our children are conceived within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent's emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

In turn, we are a reflection of our parent's soul condition, and their parent's soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.

Mental illness and distress is founded upon emotional blockages and injuries. Negative emotions are fear based, attracting negative spirits. Multiple negative spirits may interact with you under these circumstances, however, they can cause you no harm, but much confusion. 28 Nov 09

Help the spirits that are around the person. This does not deal with the cause of the attraction. It is a two pronged assistance. Assist the person to process the emotion behind the attraction to enable the connection to be removed.

Every single illness within our body is about an negative emotional denial. It is the denial that creates sickness.

11 Oct 08

You are completely responsible for everything created – accidents, illness, etc.

If I have an illness that appears to be incurable, I am denying my Law of Attraction, and I am also denying my physical pain, and I am also most likely denying my emotional pain, so I am in a lot of denial of what has created that particular thing.

11 Oct 08

Denial of grief manifests as asthma. When a parent denies his/her grief, they are denying their children the experience of their own sadness and when they do that, they get into an asthmatic state straight away.

11 Oct 08

Every denial of grief by children, during their life, which is the subsequent denial by the parents of their own grief that caused them to shut down their own grief during their life so that now their asthma is of a result of their own grief as well.

No matter how old the child is, if you, as a parent, have shut down your own emotion when they were little, how much of their emotion is really yours? A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them for good until they release it.

You will find that you, as a parent, even at 80 when your child is 60, she/he will have an emotional experience as a result of you releasing the emotion. The child can release it themselves, but there is a really positive effect when the parent chooses to release their emotion on the child.

The greatest assistance that one can receive is within Divine Love, ask for and receive this Love as frequently as possible.

FEAR is the single largest matter / issue that we have to deal with here on planet Earth. 19 Sep 09

F false
E expectations / emotions
A appearing
R real

23 Aug 08



FEAR:

**In reality, our whole life is governed by fear.
When you become one with God, all our fears will be gone.
All of our fears cause all of our physical pain.**



**Denial of Denial Emotions
Intellect**



**Denial Emotions
Anger**



**Blocking Emotions
Fear**



**Causal Emotions
grief, shame, sadness – childhood created**



**Anger is the method you use to suppress your fear.
Suppressing of blocking and causal emotions.
Fear causes all your problems with your body.
Generational passing down of emotions.
Law of Attraction is based on causal emotion.**

24 Oct 09

All depression is our desire to suppress our anger.



Denial Emotions

Anger



Blocking Emotions

Fear



Causal Emotions

Grief

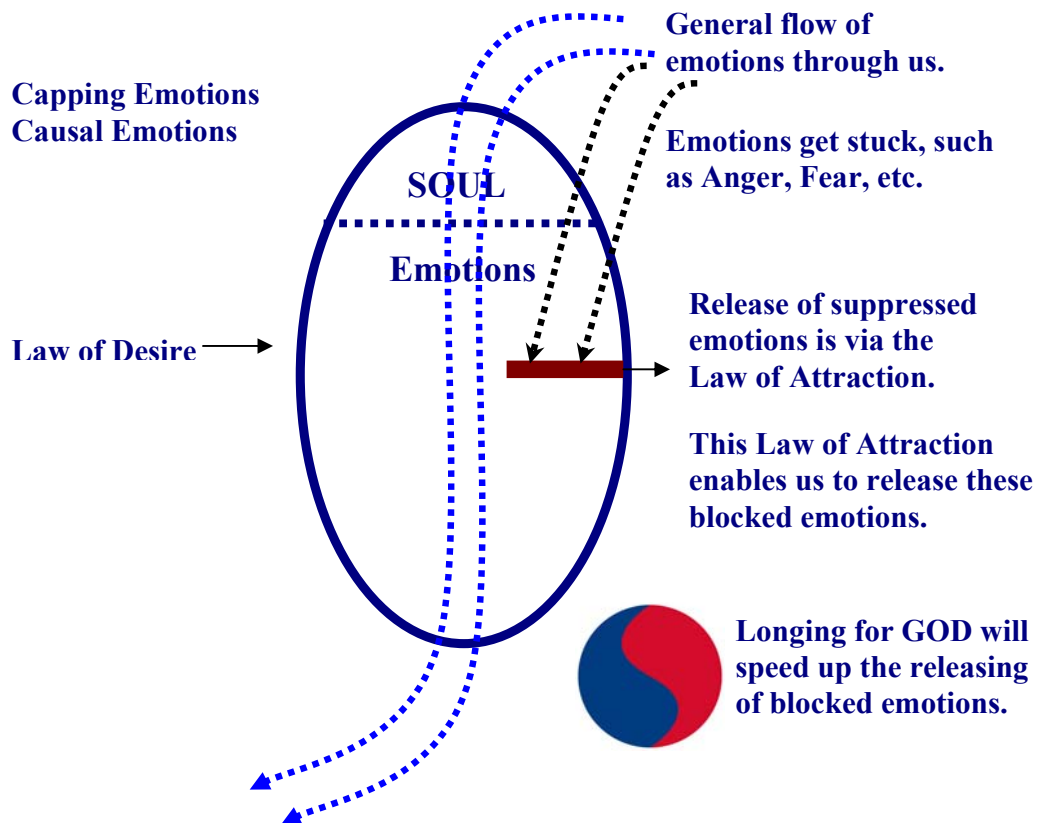


**Everything is a reflection of our soul based emotion or the denial of the emotion.
The body tells us constantly**

**Anger - 1 – expectation that is not getting met
- 2 – anger tells you when you are afraid but ignoring it
Fear of pain results in anger suppression.
Fear is the cause of all of our pain.**

24 Oct 09

WE are CREATED as EMOTIONAL BEINGS:



Repressed / suppressed emotions result from walking away from Love.

Aman and Amon – first parents – walked away from God, detuned from God's love.

We misused free will by acting in disharmony with God.

27 Sep 09

**PASCAS
PAPERS**

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 show us.



Every tiny bit of pain you are experiencing in your life, physical or emotional, is the complete effect of a cause, and if you don't want to see the cause, those pains will continue.

We have whole systems on Earth totally dedicated to removing effects. The pharmaceutical system on Earth is totally dedicated to taking away effects. We have law upon law, upon law, politically to take away effects, they don't deal with causes.

Is it effective? No. Because we still keep getting the same effects.

The whole world is geared to modifying and changing effects.

God does not do that. All God is interested in is addressing causes.

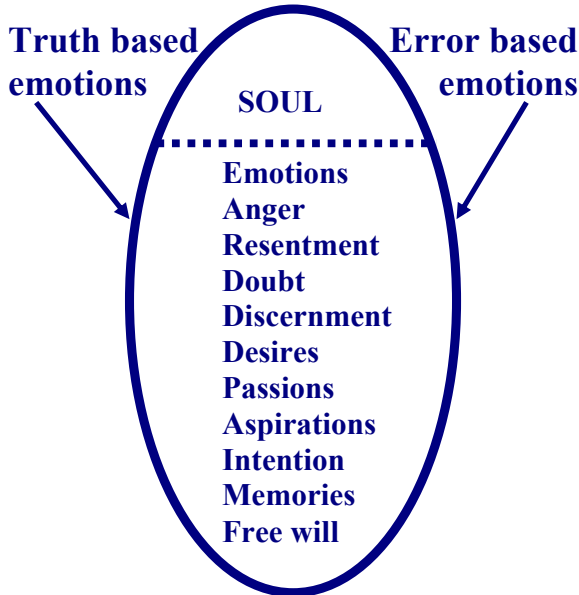
There are many natural love spirits in the spirit world, 6th sphere and lower, who are totally dedicated to healing people, on Earth, who are not dealing with causes. There are literally billions of spirits in the spirit world who will assist a healing of a person that is not addressing the cause of why they got the injury in the first place. The Divine Love spirit will never respond to a healing where the cause is not dealt with.

It is totally ineffectual and a waste of energy though, because in the end, whether the person is healed or not, the emotional cause is still within them. They will either get the sickness again, or a similar sickness or they will never address the emotional cause which is harmful to their soul anyway.

16 May 09

EMOTIONAL PROCESSING:

Your soul is a great big attractor.



If you want to connect to your soul, you must connect to these emotions. To do so, consider:

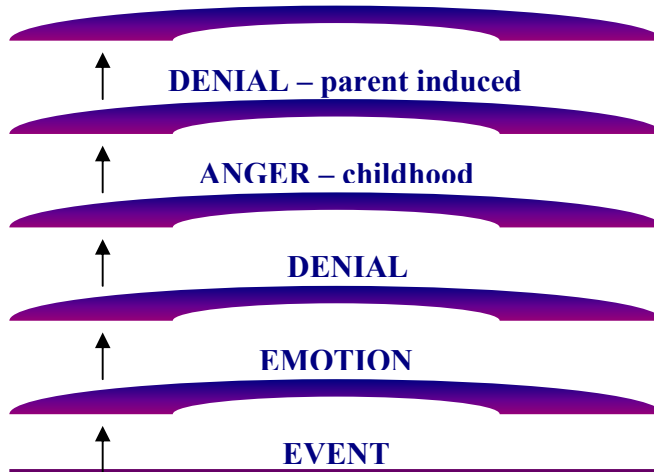
1. Changing your environment so you can process your emotions – make available facilities to express your anger, e.g., baseball bat, and towels to manage crying, this sets your intention.
2. Change your diet. To hydrate and allow your body to release the emotions and toxins with them, you need to consume five (5) litres (1.3 gallons) of water daily – use mineral salts. (Body smells better.) Water is processed completely differently to any other fluid – it can be absorbed directly without any further filtration.
3. Eat vegan (raw).

19 Sep 09

Love of self / love of others / love of environment.
Love of self is hydrating the body with water.

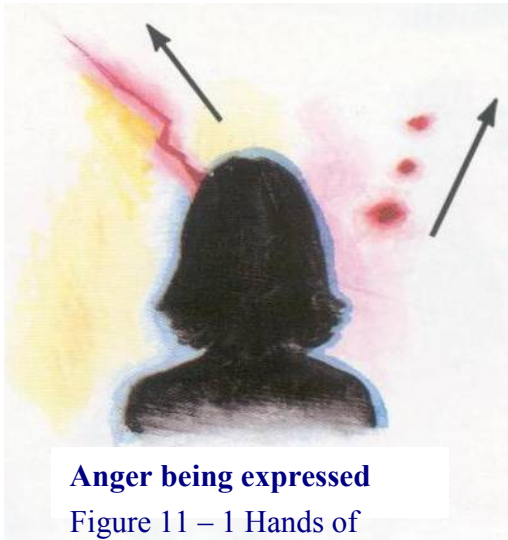
DIVINE LOVE PATH:

- first by removal is that of denial
- then deal with emotion that comes from unexpressed anger / rage from childhood.



Underlying causal emotion. 19 Sep 09

Every child is reflecting its parents suppressed emotions, denial reflected in suppressed anger – emotion reflects the causal event / emotion / grief. Get through the anger then into grief.



Anger being expressed
 Figure 11 – 1 Hands of Light



Woman defending herself
 Figure 11 – 5 Hands of Light

EMOTIONAL PROCESSING:

DAILY:

1. Pray a passionate longing / feeling your emotions / towards God.
2. Drink water – 5 litres.
3. Eat Vegan.
4. Examine Feelings List.
5. Wake up naturally out of the alpha state without an alarm clock and feel your emotions.

WEEKLY (Journal):

1. Anger List – anger is the choice which is to avoid making a fear list – avoid fear.
2. Fear List – based on anger list.
3. Desire List
4. Truth v Error List.

TRUTH	vs	ERROR
<p>God made me able to experience everything God is the most trustworthy being in the universe. You can experience the causal / core emotion behind the pain because God made you able to.</p>	<p>I cannot cope with this emotion. I can't trust God. I cannot cope with pain.</p>	

MONTHLY:

Plan something once a month that you really love and make sure you do it.

19 Sep 09

CORE EMOTION – CAUSAL EMOTION:

Core emotions are your soul's condition.

Core emotions create your Law of Attraction.

As you deal and process core emotions, you will change your Law of Attraction.

Your Law of Attraction is your measuring stick.

Your Law of Attraction will bring up your fears.

Your Law of Attraction will cause events to occur.

Your Law of Attraction is to show you what you are avoiding.

By accessing your core emotions is the only way to get closer and closer to God.

Fear – 'I will go crazy if I feel my emotions – False!

God created us to be able to experience our emotions.

We are not alone when experiencing our emotions.

19 Sep 09

WE NEED to FEEL CAPPING and CORE EMOTIONS:

EMOTIONS of SELF DECEPTION

The more we are away from core emotions, the further we are away from our true selves.

TOOLS of DENIAL

DENIAL of EXPERIENCE

We are made to feel emotions.

CAPPING / BLOCKING EMOTION

We shut down our emotions instead of nurturing and processing our emotions. We blame ourselves or blame others.

CORE EMOTION – Childhood Enacted

Underlying causal emotion.

Every child is reflecting its parents suppressed emotions, denial reflected in suppressed anger – emotion reflects the causal event / emotion / grief. Get through the anger then into grief.

We need to feel our capping and core emotions.

19 Sep 09

The Three Selves

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

I created

Parent creation

God created

Facade Self

Addiction

rejected

Shame

Fear

Injured Self

Causal emotions

Real Self

No injury

Fear excuses
Nobody loves me
They all reject me

7 May 11

- Less pain
- Victim
- Gets more love

- Demand
- Murderous To be crying about an emotion
- Vengeance it needs to be about a parent
- Shame based emotion / causal.

The proof of one's processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?
 If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?
 Parent created causal emotions is the area that we need to process.
 Our Façade self issues are pointless in processing. Shame and fear create the façade self.

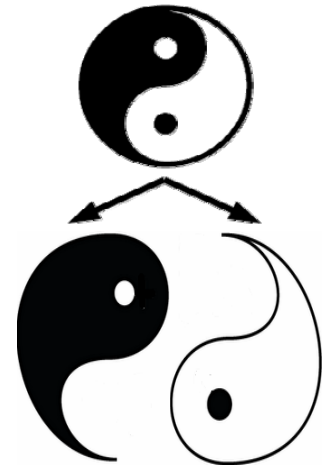
Firstly, consider discovering the truth of your emotional pain through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The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

The SOUL CONDITION of BABY at CONCEPTION is PRISTINE:

A feeling of God creates our soul personality; the soul then splits into male and female elements. At the time of creation of the soul, the state of the soul is that of natural love as of the 6th sphere. The location of the soul at that time is not of the 6th sphere. The soul halves are then attracted to different parents.



Baby at 8 weeks



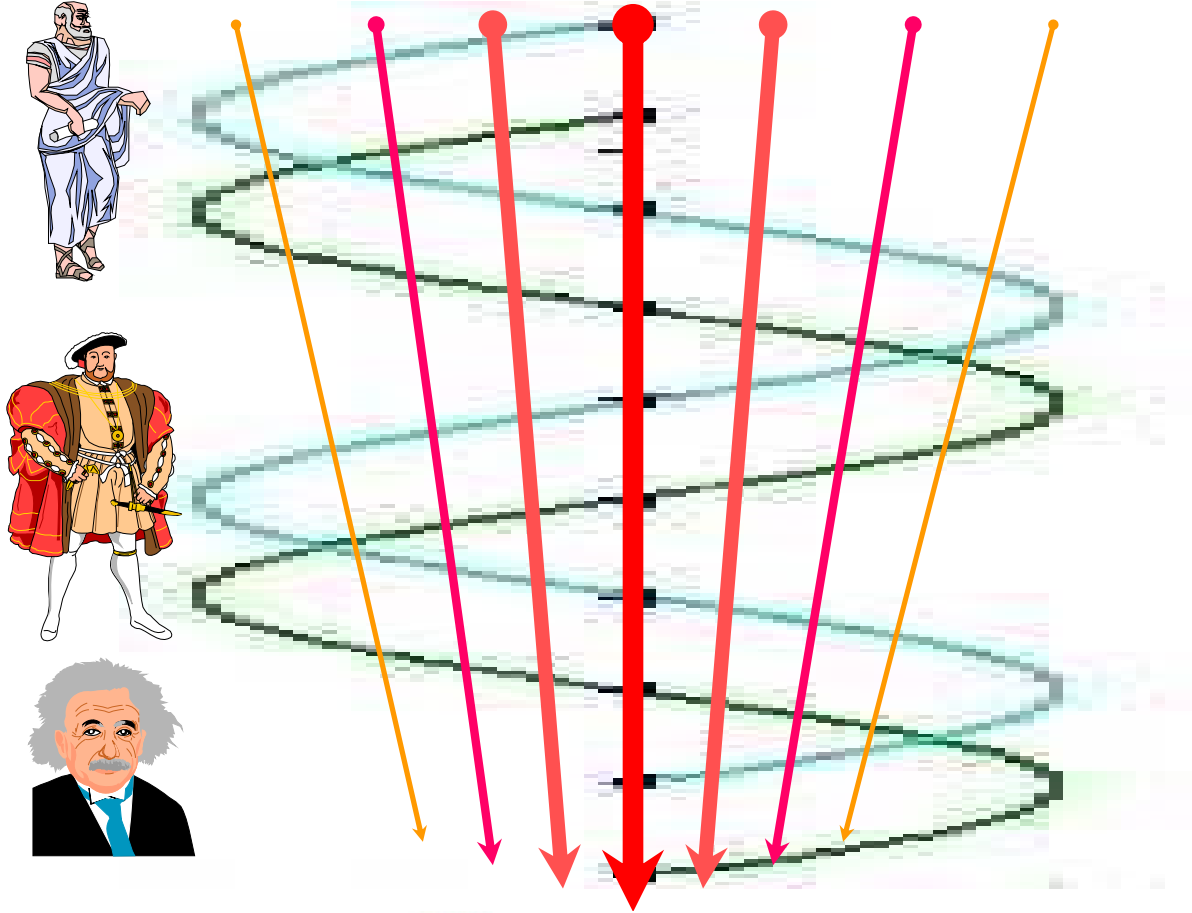
The two soul halves may be incarnated up to 20 years apart, male and female halves are never in the same family.



Emotions flowing to unborn baby, then born baby, from those around the baby.

During gestation and early years after birth, the soul condition of the baby drops from the 6th sphere state to the level reflecting that of the parents and of those in frequent contact with the baby. Kinesiology testing repeatedly shows that the consciousness level, soul condition, of the child reflects that of one or the other parents all the way through their childhood until such times as to when they leave home and commence their independent life and establish their own environment.

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses and illnesses of the baby within the womb, stems from blocked emotions passed down from generation to generation.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.

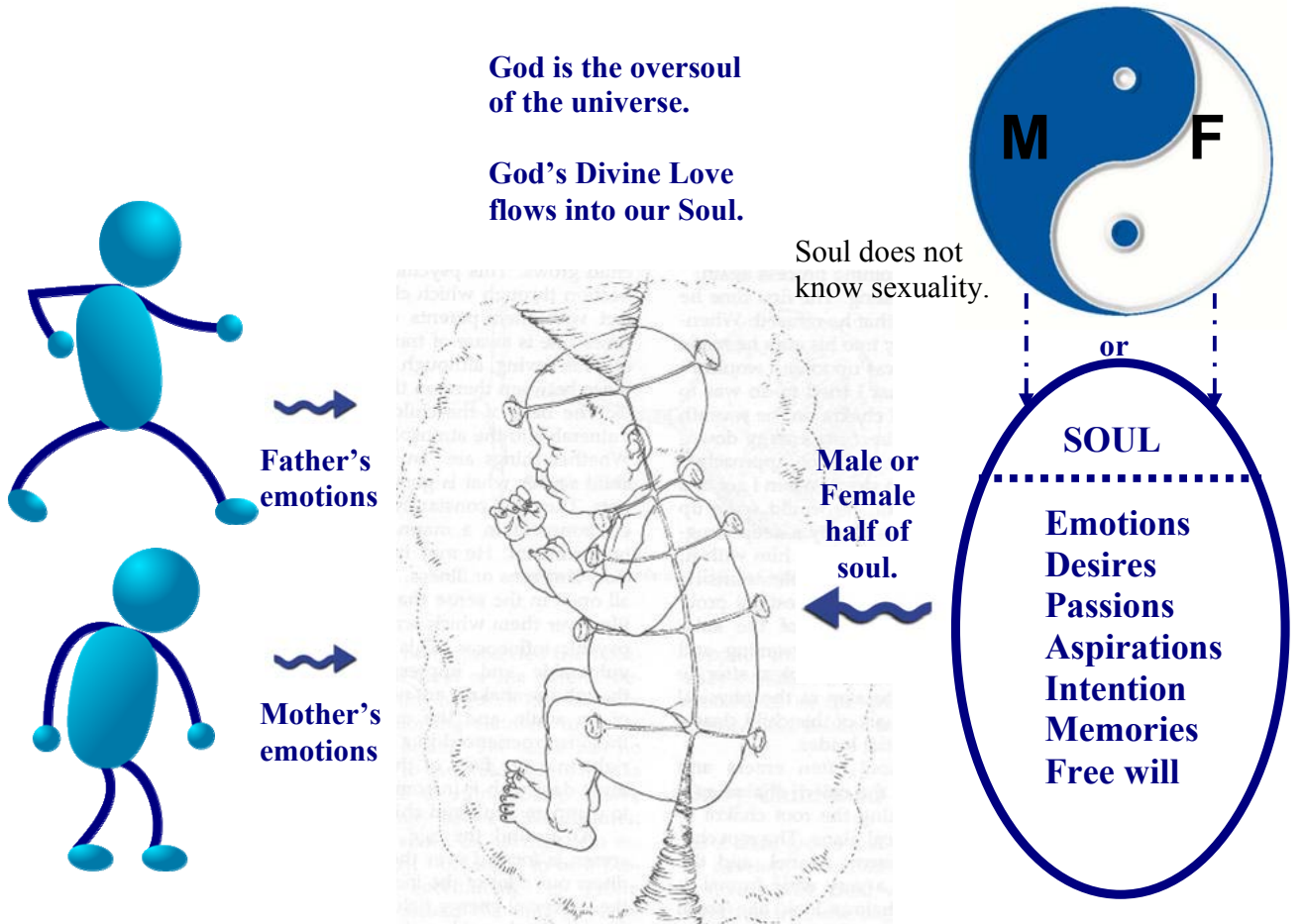


To assist the baby, as well as yourself, work to clear your blocked emotions.

Clearing your emotions improves your soul condition as well as that of your children.

Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

OUR EMOTIONS REFLECT THOSE of OUR PARENTS and OUR ENVIRONMENT:



Emotions flowing to unborn baby, then born baby, from those around the baby.



Our Personality is a feeling of God, thus creating our unaware Soul.

At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation / conception starts the road of self discovery, children reflect parent's emotions, their ancestors, and also, of those around them. Parents attract us to incarnate.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

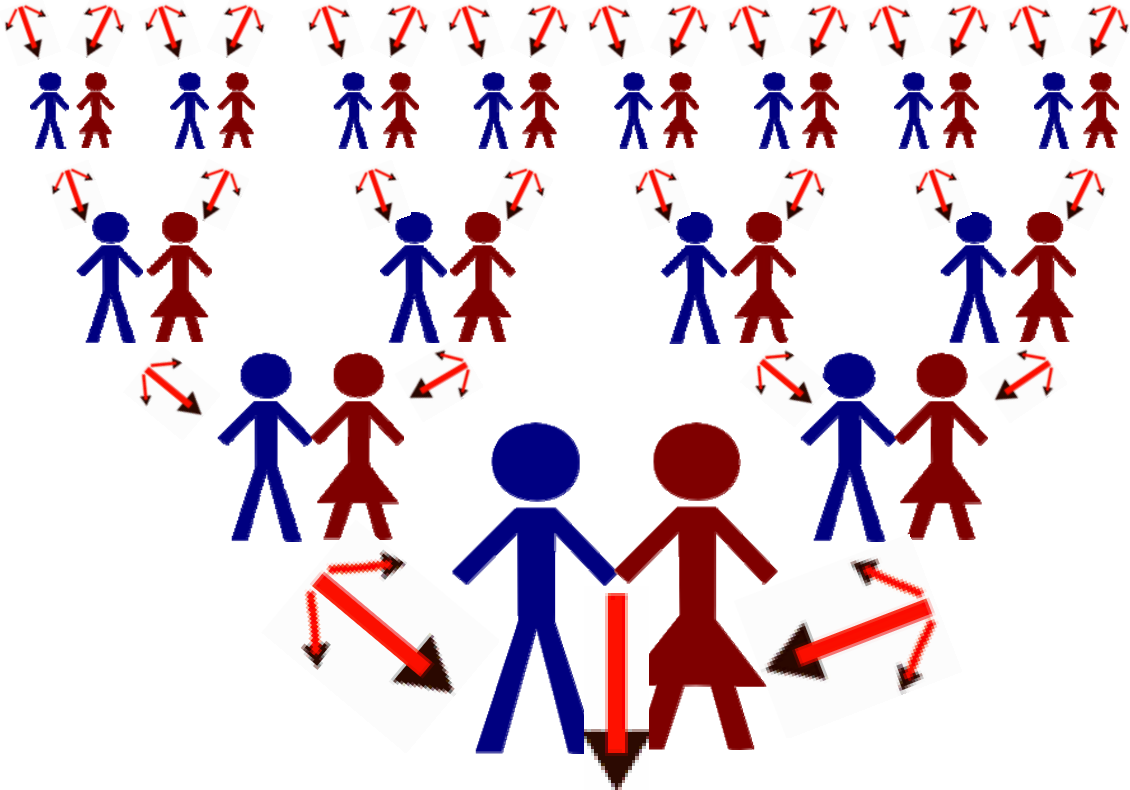
Our children are conceived within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent’s emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

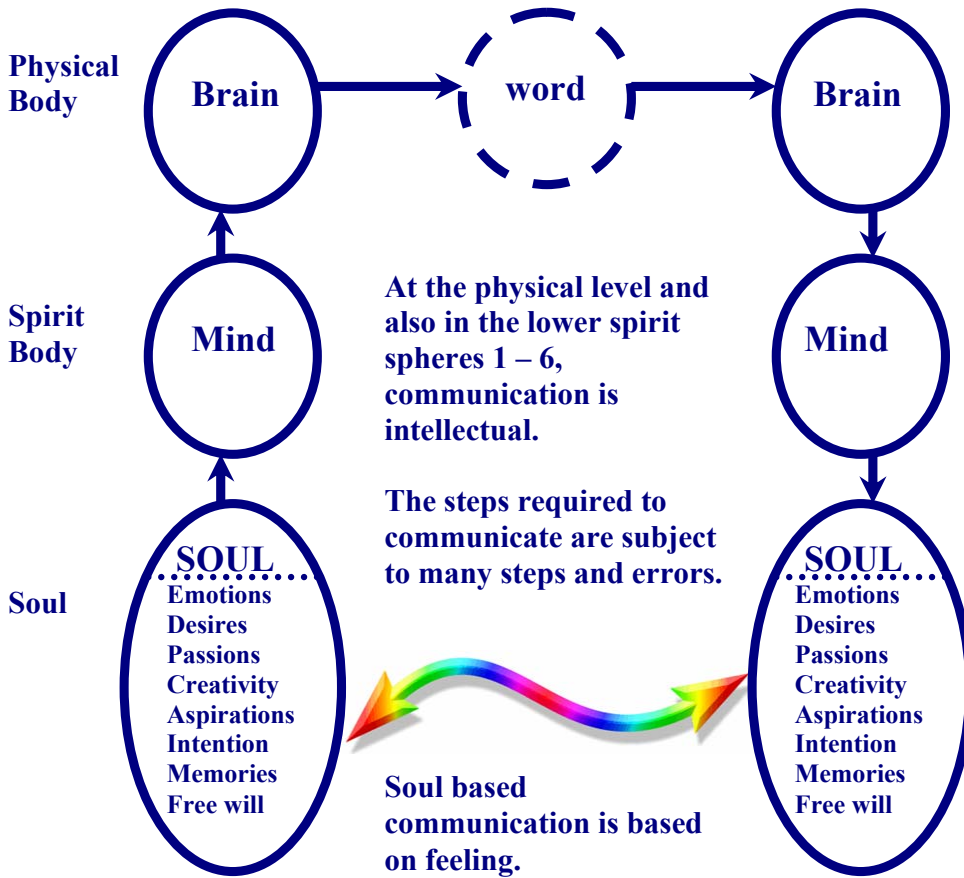
In turn, we are a reflection of our parent’s soul condition and their parent’s soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.

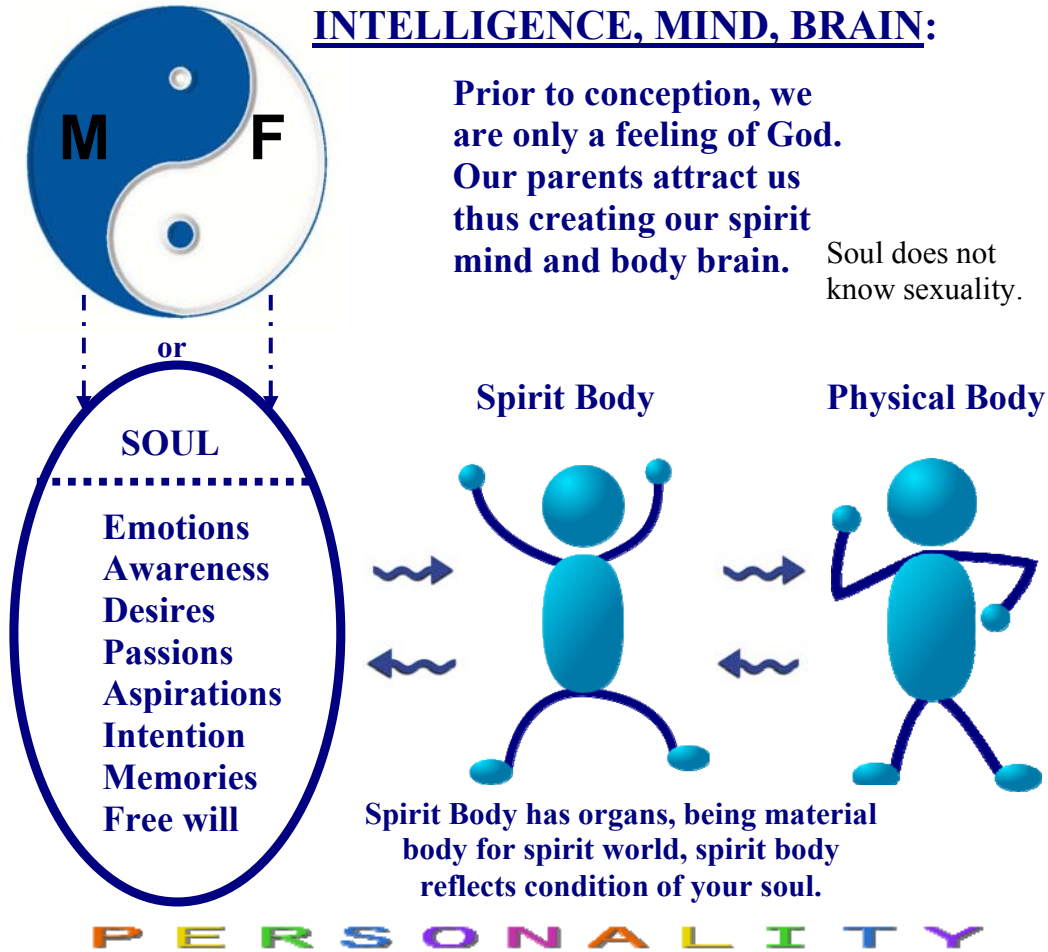


COMMUNICATION at the PHYSICAL LEVEL



COMMUNICATION at the CELESTIAL LEVEL





Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expand only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expands with the ever increasing infusion of Love from God, Divine Love.

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

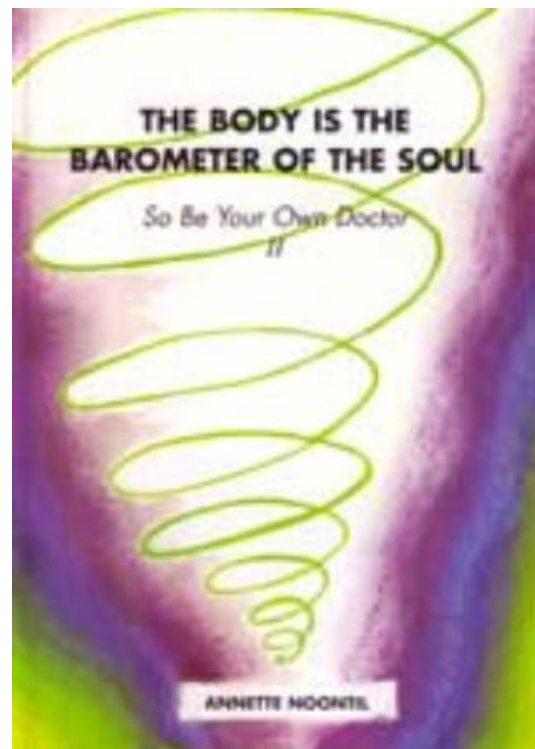
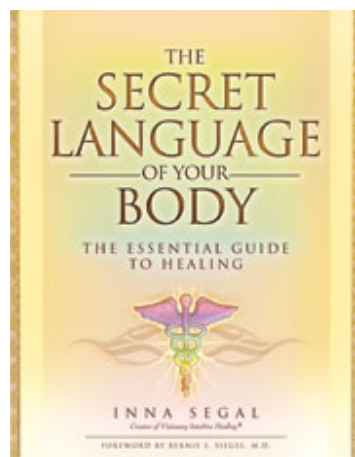
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

Also consider:

***"The Secret Language of your Body, the essential guide to healing"* by Inna Segal.**

www.innasegal.com/



Hi Helga,

25 Feb 2010

Long time no speak /see. Still feels like yesterday when I saw you and Claus last.

In your question about the Annette Noontil book 'The Body Is The Barometer Of The Soul', there is another section that you may have missed on page 9 that kind of pulls it all together. The book is only a suggestion not a factual directive.....so allow yourself to go with how you feel.

I'll give you a run through if you like.

So you've got an injury on the left hand on the tip of the first finger....or the pointy finger....or for some the nose picker.....I prefer the pinky.

According to the book the left is **Spiritual Doing**. (I will continue with bold type for words that are in the book.) Spirit people cannot and do not harm anyone, no do they cause others to do what they do not want to.

The first finger is **Direction from your intellect**.

The Distal bone or tip is **Do positively with all the facts**. (note the little color square with the number it next to the bone.....it will refer to a chakra)

Now that you have that info.....go to page 9 and you will see the section **How To Use This Chart**. It will look at what type of injury it was to the body e.g. skin, tendon, bone, nerves, ligaments, muscles.

Yours was skin damage as far as I know so it says **Skin = Unworthy / Inadequate**.

Have a look at the top of the same page at the **Chakra** chart. This says the 4th Chakra (from the little colored square that you noted before) which it says is the **Solar Plexus – Identity – Positivity**.

Now you put it all together.....in an interpretive way I suppose with everything in it.

So if I may...I will give you how I would interpret it.....but this is just my feelings....better to go with your own. Consider also that Left side can also be about your feminine side and feelings about your femininityif you are a woman.....and you are.

I believe it may be to do with how you feel about your **identity** as a woman.....your femininity.

How culture, society, family, MEN etc. have treated women YOU as an **inadequate** and **unworthy** species and you **intellectually*** actually *believe this as a truth*. But in your heart you have learned some new things about love and truth. Some **facts** that are helping you to try to re-find your identity and individuality as a person, as a woman who is equally as worthy of everything and especially of Lovefrom God's perspective.....not culture's, not society's, not family's and not men's. To use these **facts positively** (in a loving way....not projecting) as you feel through this issue.

*I would say at a soul level....but I used this word as the book would have it meant (as they don't know the existence of the soul) and have the belief that the intellect or the mind is the all powerful part of ourselves. Just tying it in with what they say about the nose pickin' finger- **Direction from your intellect.** I don't think any of that made sense....but ...oh...well.

You even said somewhere recently (and this is not word for word but you will know what I mean unless I misunderstood you) that you enjoy your injuries....probably because it triggered you I think. But *honestly*.....do you really enjoy being hurt?

Anyway...that explanation of how to use that book was probably about as clear as mud. It's quite a bit of a Natural Love Path way by using interpreting methods....rather than just going by how YOU feel. Another thing to consider.....can you recall what you were actually thinking or feeling at the time when you cut your finger.....or even how you were feeling about the task you were doing?

Enough from me. I'm coming over in early/mid April so I'll see you then somehow, somewhere.

Hope any or some of that helped Helga.

Take care.

Love David (Cornelius)

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



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

Library Downloads – Pascas Papers

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HOW EMOTIONS EMERGE AS AN ILLNESS: Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage) as per the Map of Consciousness (MoC) scale, we find upon testing that their energy system is imbalanced. Characteristically, most people will ‘blow out’ one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person’s habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one’s lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisation to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one’s spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged. Disease is an expression of one’s attitude and habitual way of looking at things.

The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt

then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

That being said, there is no need to analyse one's condition, just receive healing by embracing, longing for and asking for the light golden blue energy substance being the Divine Love.

The healing of the body alone should never be forced. Complete healing takes place only through the Soul, via the spirit body, via the nervous system and the spirit consciousness of each cell.

HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:

Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body to which the soul is connected by cords of light.

Such man embraced errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.

Medical assistance and treatment may alleviate the illness / pain however the cause remains.

Until we endeavour to remove the errors and injuries, the propensity for the illness remains.

Love energy from the Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.

Earnestly pray for, ask for, and receive the Love from the Father, such Love will always be provided to those who ask for same – always!

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

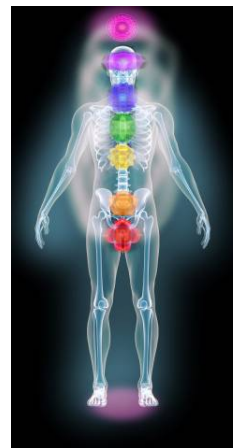
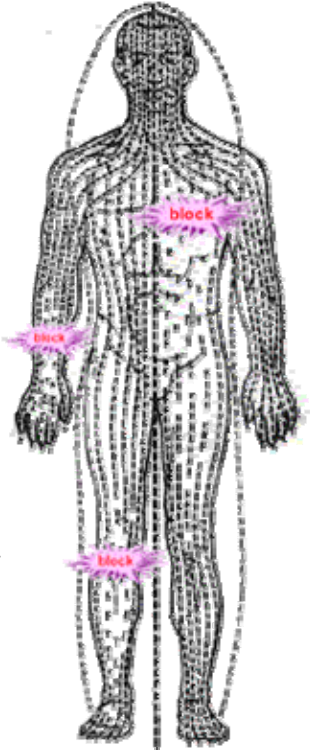
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One’s soul is connected by cords of light with one’s spirit body. One’s soul is the home of one’s personality, natural intelligence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

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

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

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

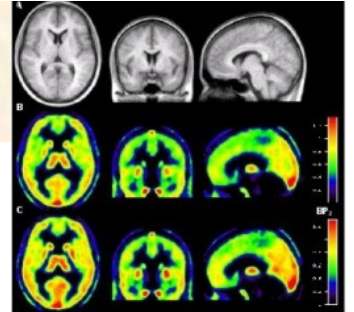
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father’s Love, Divine Love, being a light golden blue energy substance. Try the experiment.





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PSYCHE – BRAIN – ORGAN

**GLANDULAR
BREAST CANCER**
Nest-Worry Conflict

COLON CANCER
Indigestible Morsel

LUNG CANCER
Death-Fright Conflict

KIDNEY CANCER
Abandonment Conflict



**INTRADUCTAL
BREAST CANCER**
Separation Conflict

**CERVICAL
CANCER**
Female Sexual Conflict

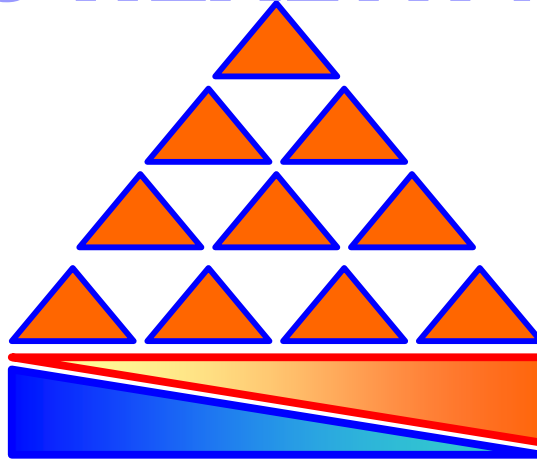
**PROSTATE
CANCER**
Male Sexual Conflict

**OVARIAN CANCER
TESTICULAR CANCER**
Profound Loss Conflict

BONE CANCER
Self-Devaluation Conflict

	<p>GERMAN NEW MEDICINE® Dr. med. Ryke Geerd Hamer</p>	
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PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

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

PROFESSIONAL MEDICAL TEAMS

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

COMPLEMENTARY THERAPY FIELDS

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

**Imaging – X-ray – Ultrasound – CAT scan – MRI
Pathology
Streamer – Case Manager**

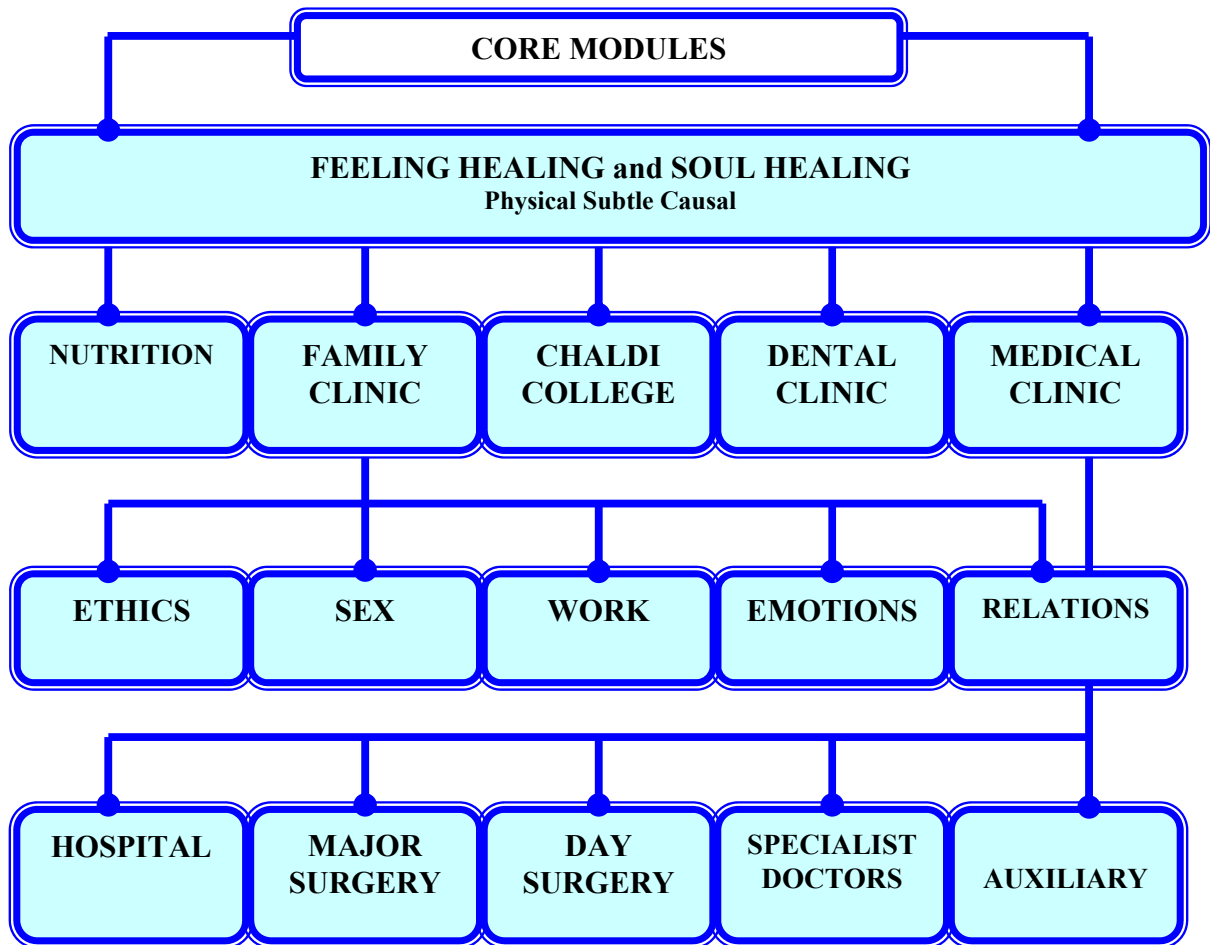


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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



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

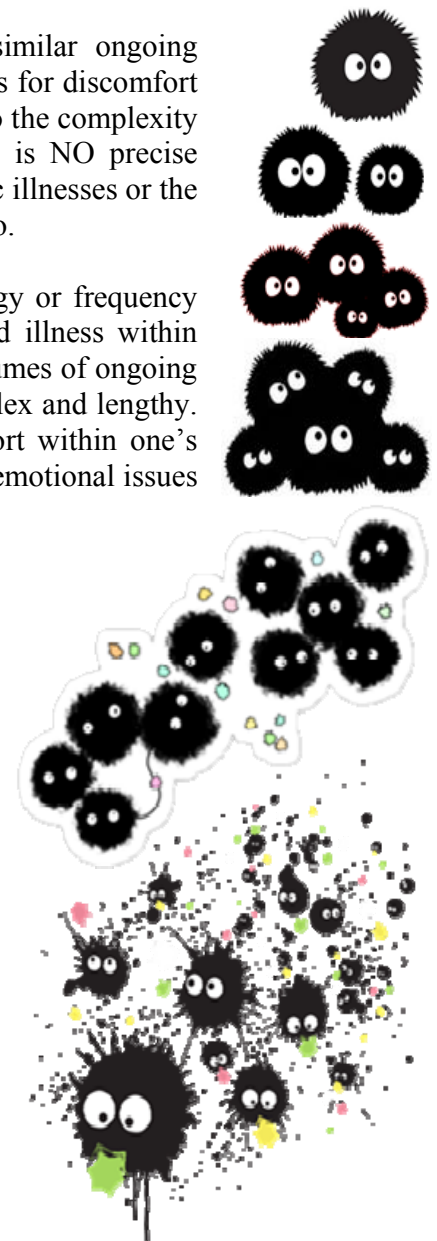
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



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

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

BODILY PAIN is OUR FRIEND:

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

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

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



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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

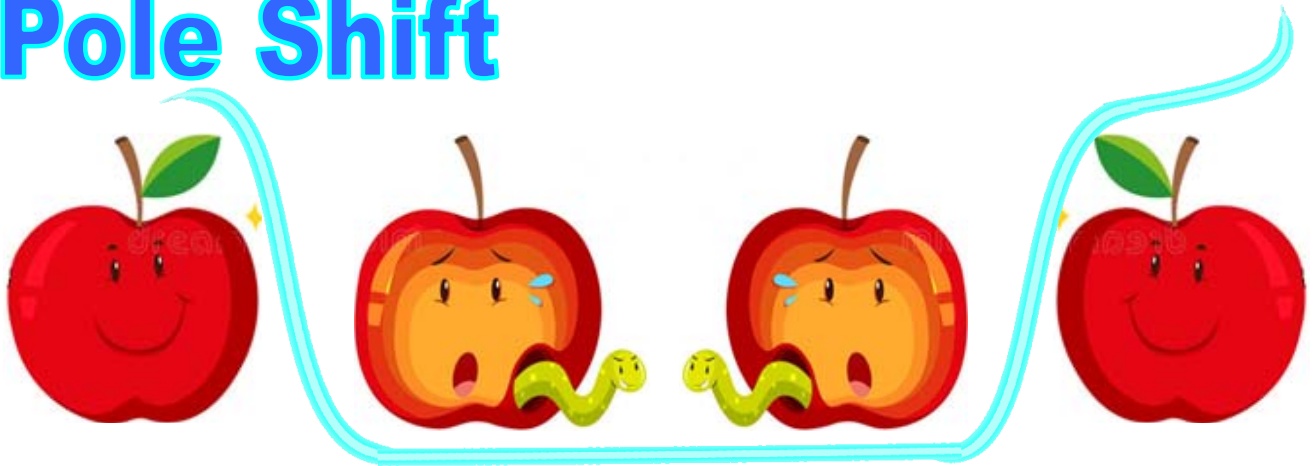


Hitting and humiliating a child

**CHILDHOOD
TRAUMA**



Pole Shift



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

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

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

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

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

Natural Love Flow**Natural love is Creation's love;****One can swap back and forwards between paths****I am God****child****Intellectual****Self reliant (trust myself)****Self-determination way of life****Mind dominates****Adult like****Control****Millions of paths (man created)****Peak possibility is 6th sphere****time to complete path:****same)****100 years to over 1,000 years****Divine Love Flow****Divine Love is Soul's love.****I am God's son / daughter /****Emotional****God reliant (God relationship)****Soul-spirit living harmony****Soul dominates****Child like****Feeling****Defined path (God created)****Peak possibility is infinity****(sphere / mansion world are****at-onement****5 years to over 10 years to**

'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'

Quote from Celestial Spirit Richard 22 Dec 2012

The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace.

Judas – August 19th, 2001

The Divine Love Path incorporates the Natural Love Path. There is no problem in displaying natural love. In fact God designed you to display natural love in order to be happy, if you wanted to be happy without God in your life. If you wanted to be happy without choosing God reliance in your life, instead just be completely self reliant. Or you wanted to make up your own rules about God, your own rules about life, if you want to be completely happy, you will have to at some point follow one of the natural love paths. There are literally millions of them, because mankind has set up millions of ideas and paths as of a result.

The choice in the end, are we going to remain self reliant or become God reliant. Being self reliant we cannot progress past the 6th sphere. The natural love path is about self reliance and there are beautiful lessons to be learnt about self reliance.

However, the Divine Love path incorporates all of those lessons, and in addition to that, teaches you complete God reliance.

18 May 2010

God says; ‘You are allowed to make mistakes.’

God gave you free will.

You are not responsible for other people’s judgement.

We often get tied up emotionally, so much so that we do not act.

How the Divine Love Enters the Soul:

The only way in which the soul may become an inhabitant of the Celestial spheres is by its obtaining of the Divine Love and thereby become a partaker of the divine nature of the Father; and this can be accomplished only by the inflowing of the Divine Love, by means of the operation of the holy spirit, which is the instrumentality used by God to carry this love to the souls of men.

This love never forces itself into the souls of men, and comes only when men seek for it in sincerity and with effort. It is waiting for all men to receive it, but never comes into the soul of its own initiative and without invitation.

So the important question is ... how does it come into the soul, and what must men do to induce its inflowing?

There is only one way, and that is by the opening up of the soul in such a manner that this love, when it comes in response to sincere seeking, may find a condition of openness that will allow it to find lodgement and an abiding place harmonious with and satisfactory to the qualities of its own existence.

The only means by which this can be accomplished are prayer and faith.

When a human in true earnestness and sincere aspirations prays to the Father for this Divine Love, such prayer not only brings love, but causes those portions of the soul which are capable of receiving this love to open up to its coming, and to work in such a way as to attract the love.

In answer to prayer, there are other instrumentalities of the Father working to prepare the soul condition that is required, and these instrumentalities are the bright spirits of the Celestial heavens, whose duties, among others, are to answer the prayers of the penitent in the way of influencing the soul that turn the thoughts and aspirations to this Divine Love and its operations.

The Divine Love is a thing entirely apart from the nature of man, even in its purest state, and was never conferred on man at his creation, as was the natural love; and consequently, when man obtains this Divine Love, and it becomes a part of his soul qualities, his nature changes, and he becomes a "new creature." An additional something has been conferred upon him, and it becomes impossible for him to remain the mere man that he was (and always would be, except for this change in his nature).

I know that men do not understand the distinction between a man with only the natural love and one with the Divine Love, but the distinction is so great that the one, when possessed to a sufficient degree, makes man a part of divinity, while the other, no matter how fully possessed and how pure it may become, makes man merely man (though a perfect one).

Whosoever will pray in sincerity for the inflowing of this Divine Love will receive it.

It is not a respecter of persons, and the sincere aspirations of the soul of any human, be he prince or peasant, rich or poor, will invariably cause this love to come into his soul and change his nature so that he will become a new creature, and one not subject to death forever more.

I have made plain how this love flows into a man's soul, and in addition, what its effect is when possessed by man.

There is nothing in all God's universe that can take its place for the purpose of making a man at-one with the Father, and of causing him to become divine, in so far as he possesses this love.

Jesus	8 May 1916	P.361 Book of Truths	by Joseph Babinsky
		P. 37 Light from Heaven	by Joseph Babinsky

The Greatest Truth:

The greatest truth in all the world is this:

Prayer and faith on the part of mortals ...
And love – the Divine Love – on the part of God.

The latter is waiting, and the former causes it to enter into the souls of men.

No other truths are so great and momentous to men.

Solomon	20 April 1916	P.353 Book of Truths	by Joseph Babinsky
		P. 33 Light from Heaven	by Joseph Babinsky

It is the praying for the receiving of Divine Love whilst accessing and clearing emotions that differentiates the Divine Love pathway from the natural love pathway. Many process and clear emotions, however, do not pray for Divine Love, this is a natural love process.

The clearing of errors from within one's soul opens the capacity for the soul to receive Divine Love. Once you have received Divine Love, you will never lose it, even though you may think and feel this love is dormant, it is always active within you.

Divine Love Flow:

Pray to God with a feeling and longing for
God's Divine Love to enter you.
Have a longing for truth from God.
Be open to experience your emotions.

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part,

so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak works. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And

mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make its way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as

helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth

reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a ‘soulistic level’) so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you’ll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I’ve not confused you too much. Please ask me about anything if you don’t understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It’s all there, contained in each feeling, because each feeling expresses more truth – the truth of why you’re feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3rd Celestial sphere): What Verna is wanting to help you understand is that there’s so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that’s only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it’s something the mind can’t really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that’s needed without needing to go into the mind side of things unless it’s where your feelings lead you to.

James uses his mind for this work, but that’s about it, the rest he’s trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we’re revealing to you about your feelings. All the rest is simply an add-on,**

something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally.

You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to

stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

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

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



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

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

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



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

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

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



Feelings first

Saturday, 31 March 2018:

COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth, 3rd Celestial Heaven: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and ‘science’ people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

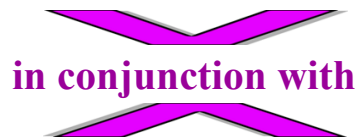
But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** It’s as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people’s Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

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 show us.

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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

6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I

NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



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

Arvonal Revelation

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

EXPERIENCING RECEIVING DIVINE LOVE:

Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.

Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.

The Voice of Divine Love

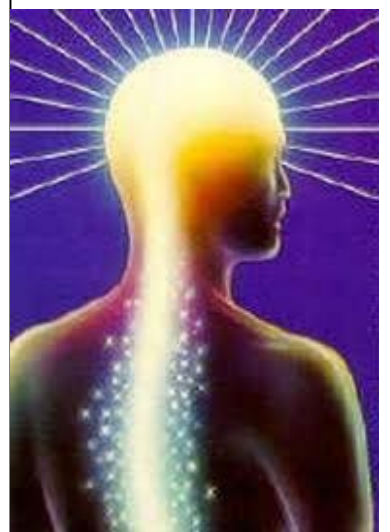
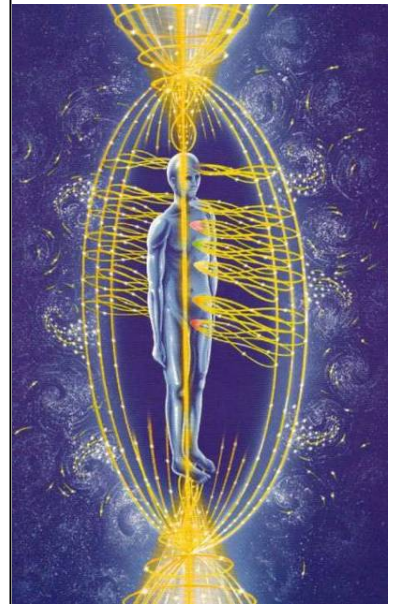
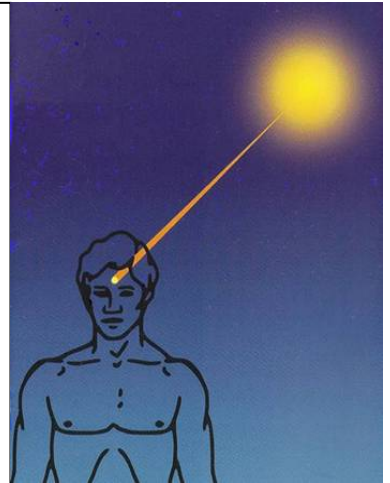
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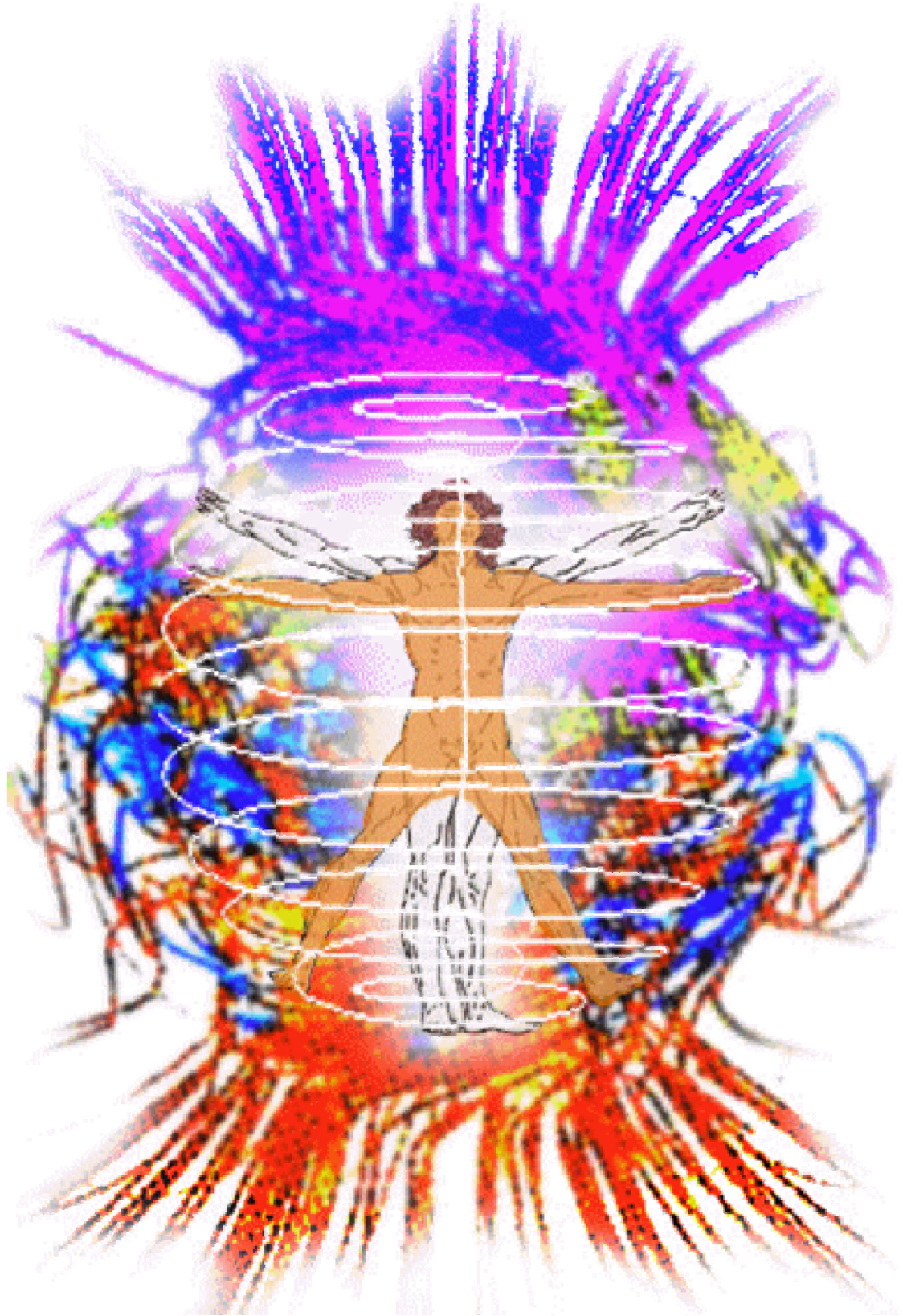
As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Parents to us all.

MoC 1,500





*People look for miracles to cure  
disease which is ONLY the*



# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

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

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



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



# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.  
 FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!  
 It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

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

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

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

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



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

Bad feelings are to be loved.

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

You are your bad feelings – Your bad feelings are you.

Bad feelings have just as much right to life as good feelings.

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

Accept your feelings.

Accept yourself.

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH



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

**Jesus and Mary are a son and daughter of God.**



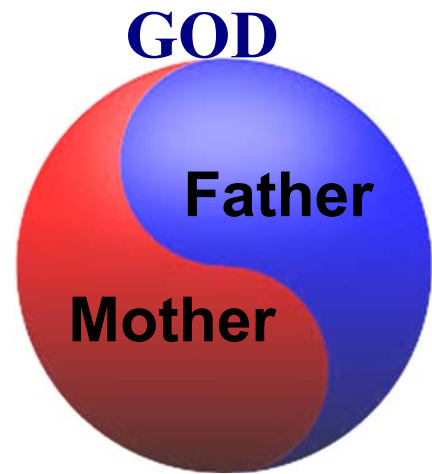
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

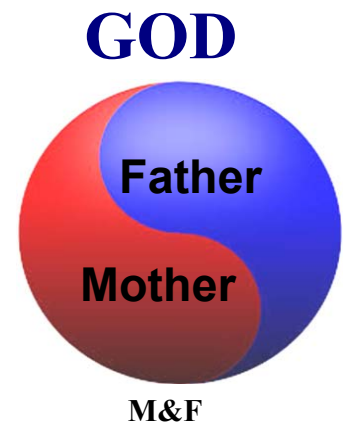
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**J&M**



**AVO**

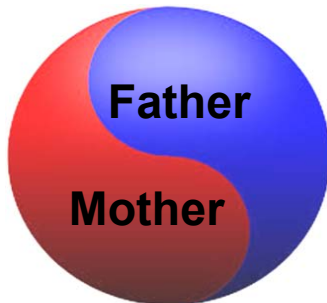


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

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

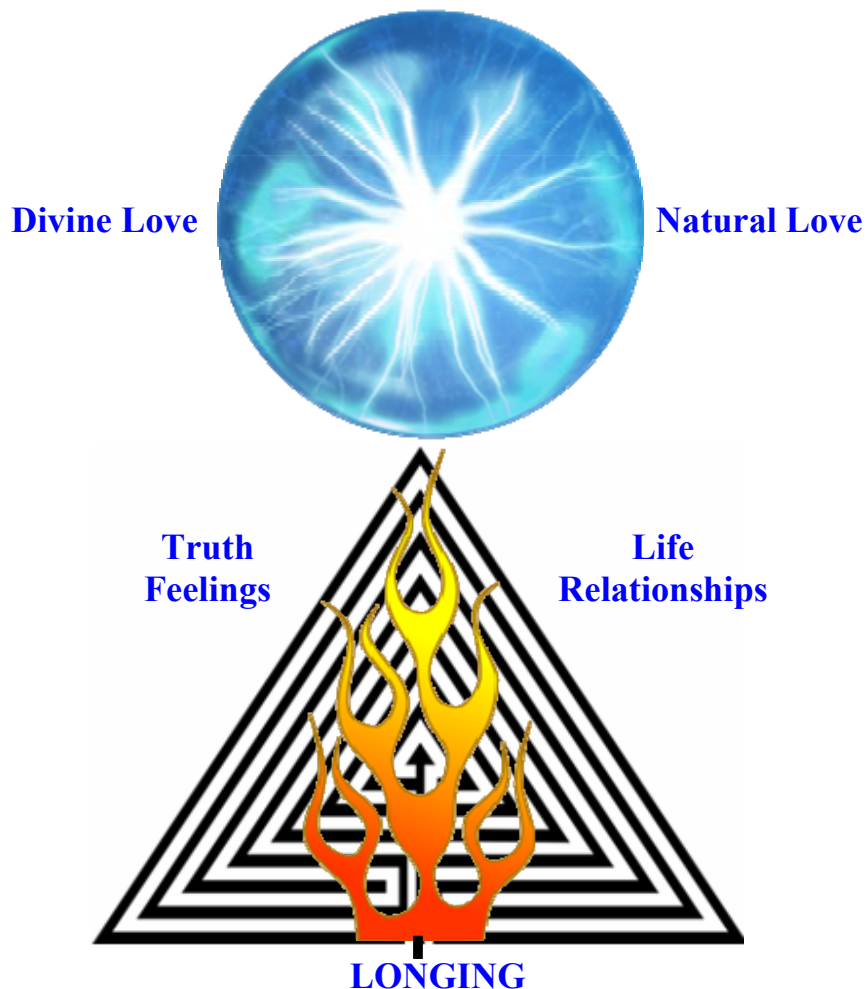
**WE ARE Children of God**



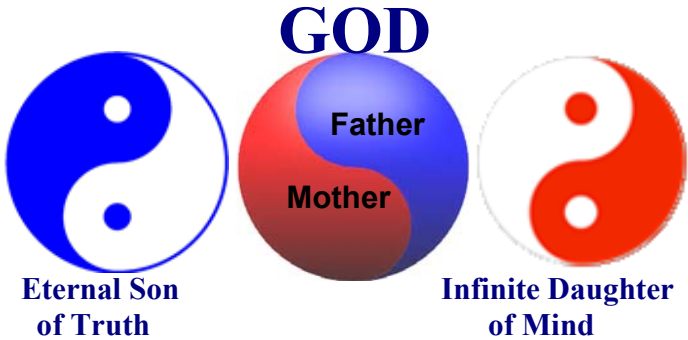
## HOW TO GET TO PARADISE:

Long for the Divine Love  
 Long for the Truth  
 Long for the truth of your feelings  
 Don't deny any feelings: accept, express and want to know the truth of them  
 Know your feelings are the key; your feelings are the Way  
 Want to end your falseness and being untrue  
 Want to understand the truth of your early life  
 Use your surface feelings to move deeper into yourself, bringing up your repressed feelings  
 Want and long to know the whole truth of yourself  
 Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

## The Key



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



PARADISE TRINITY:

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

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

The LOCAL UNIVERSE TRINITY:

**Our MOTHER and FATHER – Love**

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

PLANETS that engage in REBELLION:

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

So in summary:

**LOVE**  
Mother and Father

**TRUTH**  
Eternal Son (ES)  
Mary & Jesus (MJ)  
Humanity (H)

**MIND**  
Infinite Daughter (ID)  
Divine Minister and Holy Spirit (DM)  
Angels, Nature Spirits, Nature (A)

Consider a diamond:

MF



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

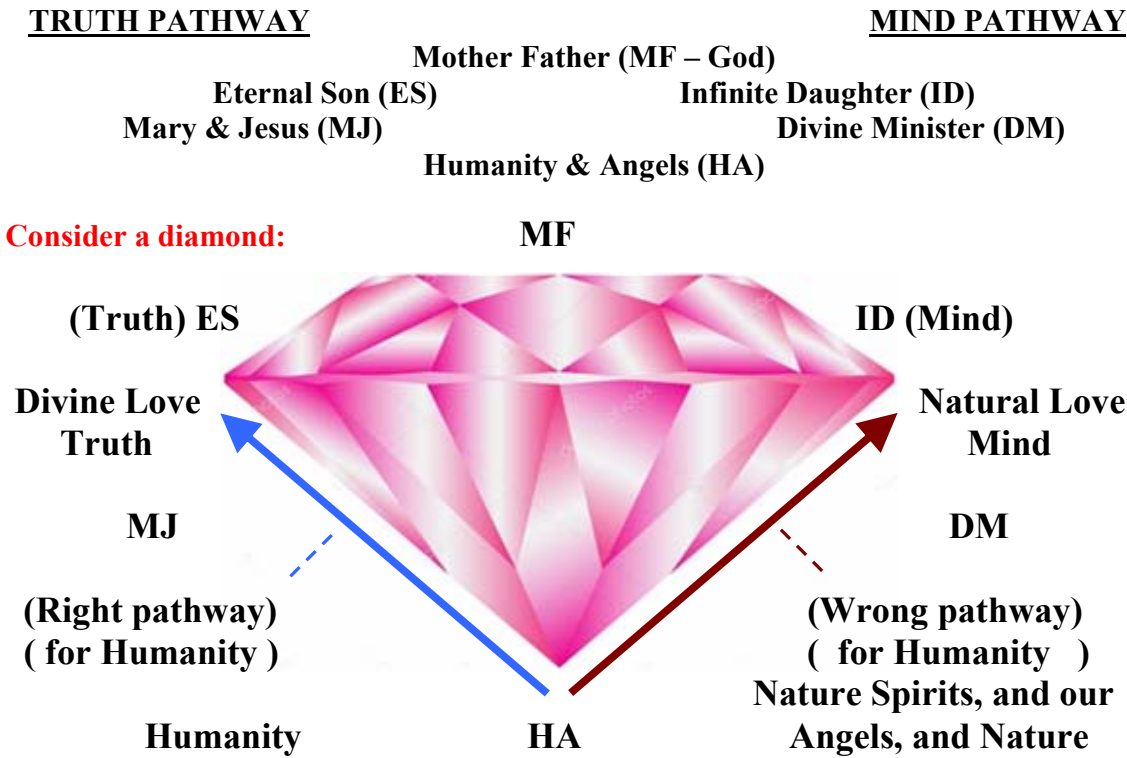
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

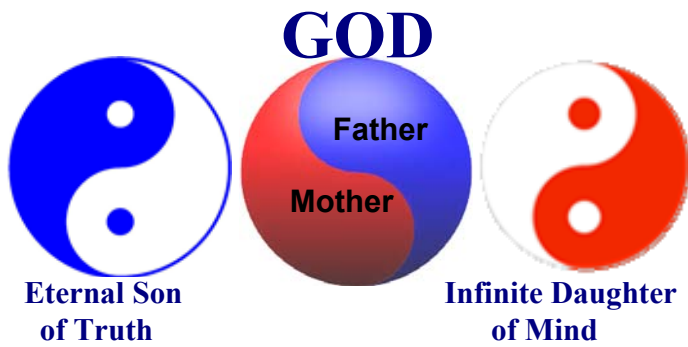
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



**Humanity** is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



**CREATION of SOUL and SPIRIT:**

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

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

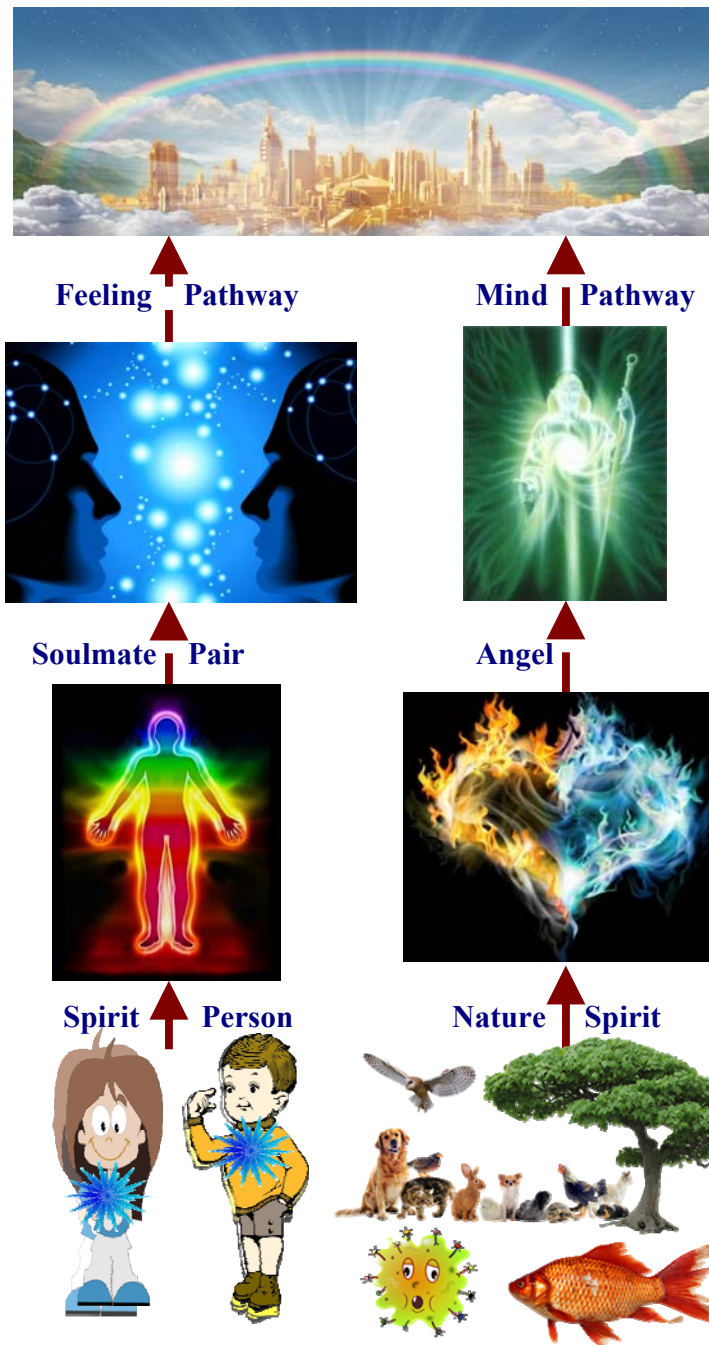
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.  
 Want to understand why you're feeling them.  
 Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



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



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

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

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

Feelings First Spirituality is the True path for humanity.  
 It embraces all people.

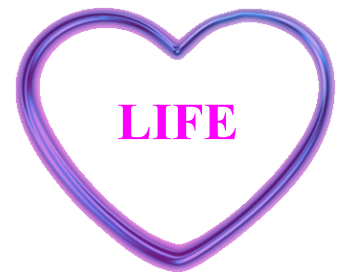
It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



my  
**House** is your  
**Paradise**  
 **HOME**



The real you is your soul.



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God.

## **The Only Prayer That Man Need Offer to the Father:**

I am here, Jesus

The Prayer for Divine Love

2 Dec 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

P.438 Book of Truths through James Padgett / Jesus

**Our Father, who art in heaven, we recognize that Thou art all Holy and loving and merciful, and that we are Thy children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Thy creation, and the most wonderful of all Thy handiworks, and the objects of Thy great soul's love and Tenderest care.**

**That Thy will is, that we become at one with Thee, and partake of Thy great love which Thou hast bestowed upon us through Thy mercy and desire that we become, in truth, Thy children, through love, and not through the sacrifice and death of any one of Thy creatures.**

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

**Let us have such faith as will cause us to know that Thou art our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Thy love changing us from the mortal to the immortal.**

**Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee, in faith and earnest aspiration, Thy love will never be with-held from us.**

**Keep us in the shadow of Thy love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavor to turn our thoughts away from Thee to the pleasures and allurements of this world.**

**We thank Thee for Thy love and the privilege of receiving it, and we believe that Thou art our Father--the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Thy arms of love.**

**We pray thus with all the earnestness and longings of our souls, and trusting in Thy love, give Thee all the glory and honour and love that our finite souls can give.**

**Amen**

**MoC**



Note: The 'false teachers' are our parents, as they are also the 'evil ones'.  
Also, the evil ones, being those parts of one's mind, that are controlling you.

**The BEAUTIFUL MIRACLE:**

5 Oct 2012

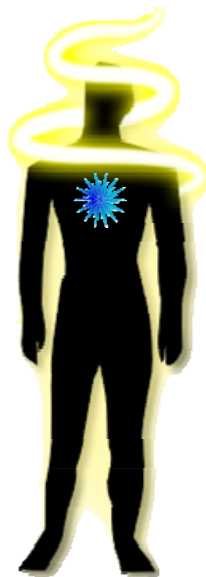
**The DIVINE UNIVERSE**

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

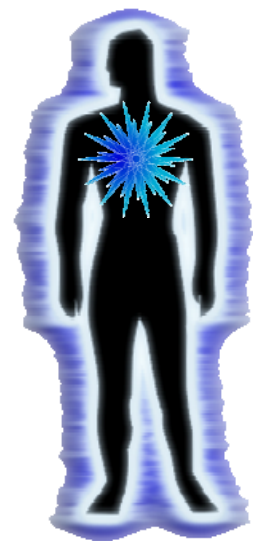
**Soul within  
spirit body  
prior to receiving  
Divine Love.**



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



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



**SHINING TOWARD SPIRIT:**  
**665. The Shining toward Truth**

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

[www.lulu.com](http://www.lulu.com)

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



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

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

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

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

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

Matthew (Apostle)

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

LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**

Angels actually do not have wings.



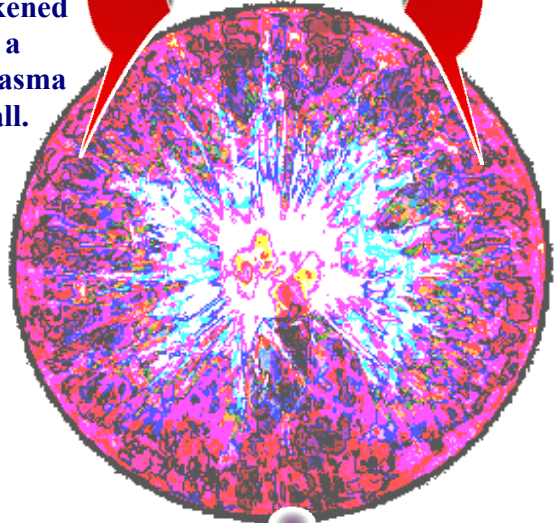
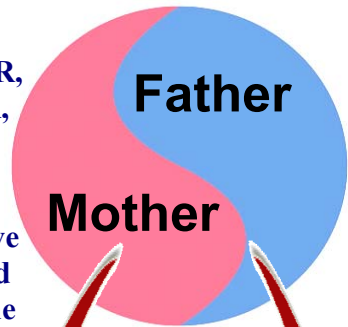
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



**CREATOR,  
MOTHER,  
FATHER,  
GOD.**

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

Your soul can be likened to a plasma ball.



Soul releases errors and negative emotions as Divine Love is received.



MoC 

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

Available generally from:

[www.lulu.com](http://www.lulu.com)

[www.amazon.com](http://www.amazon.com)

[www.bookdepository.com](http://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 Moncreif'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 Moncreif Books:**

|                                                                     | MoC                    |                           |       |
|---------------------------------------------------------------------|------------------------|---------------------------|-------|
| The Rejected Ones – the Feminine Aspect of God                      | 1,490                  | Nov 2002 – Jan 2003       | 228   |
| Messages from Mary and Jesus book 1                                 | 1,485                  | Feb – Apr 2003            | 189   |
| Messages from Mary and Jesus book 2                                 | 1,485                  | Apr – Oct 2003            | 170   |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 |                        | Aug 2007                  | 164   |
| Messages from 31 May 1914 – 12 January 1915                         | 1,495                  |                           |       |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 |                        | Sep 2010                  | 177   |
| Messages from 13 January 1915 – 29 August 1915                      | 1,494                  |                           |       |
| Speaking with Mary Magdalene and Jesus blog – book 1                | 1,490                  | Jan – Apr 2013            | 206   |
| Speaking with Mary Magdalene and Jesus blog – book 2                | 1,489                  | Apr – May 2013            | 229   |
| Speaking with Mary Magdalene and Jesus blog – book 3                | 1,490                  | Oct – Jan 2014            | 187   |
| Speaking with Mary Magdalene and Jesus blog – book 4                | 1,491                  | Jan – May 2014            | 191   |
| Mary Magdalene comments on Revelation from the Bible KJV            | 1,485                  | Dec 2013 – Jan 2014       | 84    |
|                                                                     |                        | This group being pages of | 1,825 |
| Paul – City of Light                                                | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                       |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                                 | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!                 | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                           | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider.    |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.               |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                     |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                             |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                      |                        | 2010                      | 179   |
| With Verna – a nature spirit                                        |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                   |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                    |                        |                           | 362   |
| Sage – and the Healing Angels of Light                              |                        | 2017                      | 260   |
| Divine Love Spirituality                                            |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings       |                        | 2017                      | 153   |
| Religion of Feelings                                                |                        | 2017                      | 44    |

This group being pages of 3,092

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

<http://dls spirituality.weebly.com/>

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

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

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

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



**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

<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..*

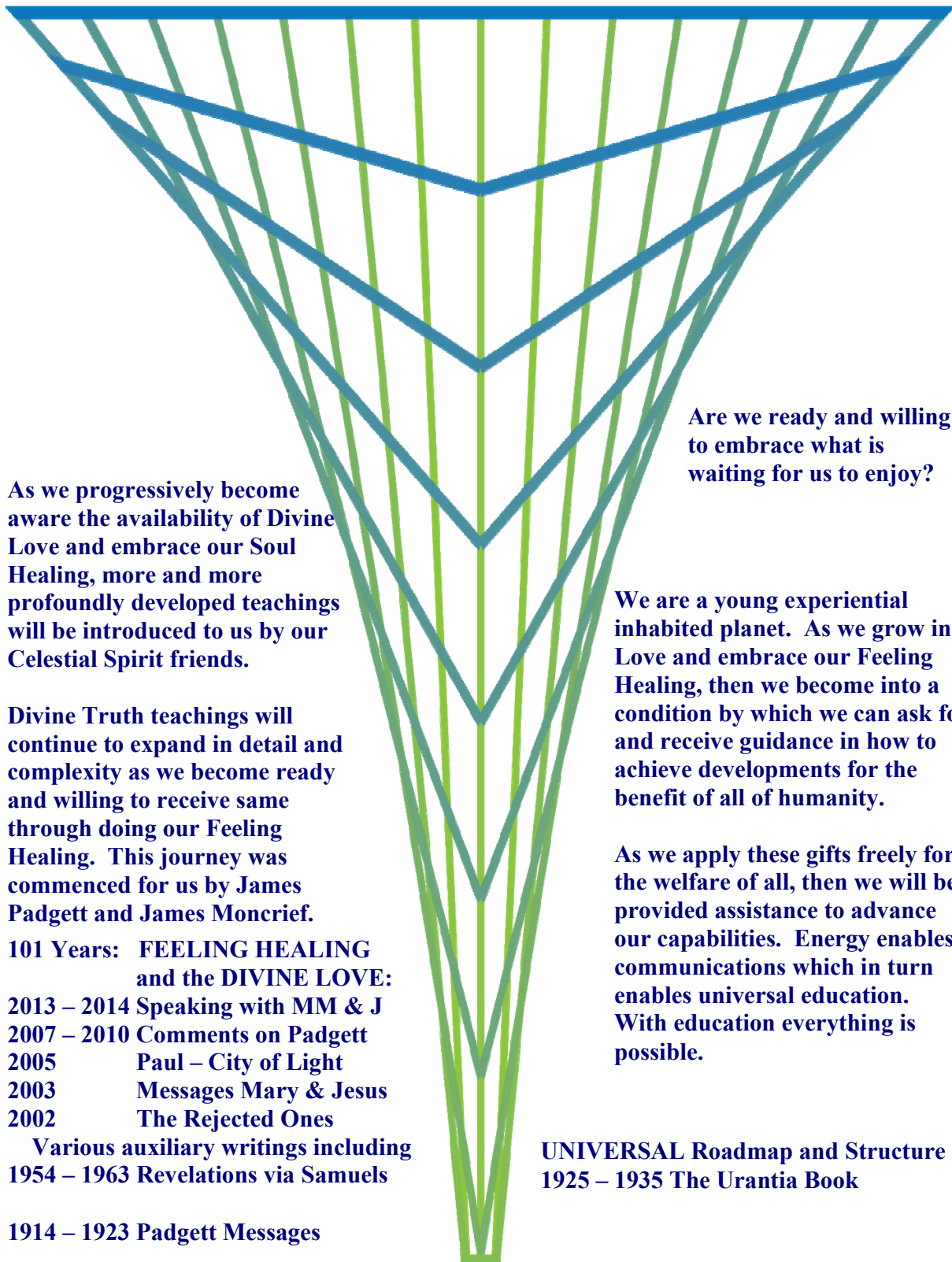
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**



# PASCAS CARE

## "Beacons of Light"

### around the globe

