

# PASCAS CARE

## Letting Go Relationships



“Peace And Spirit Creating Alternative Solutions”

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

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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***

### PASCAS CARE LETTING GO RELATIONSHIPS:

With the process of letting go, there is a living in the present rather than a preoccupation with the past or future.

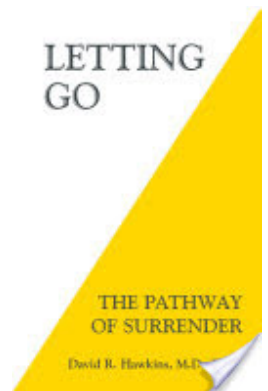
At first, there is the identification, “I am the body.” As the mechanism of surrender continues, it becomes quite obvious that, “I am the mind that experiences the body, not the body”. As more feelings and belief systems are surrendered, there eventually comes the awareness, “I am not the mind either, but that which witnesses and experiences the mind, emotions and body”.



These progressive realisations of our true nature prepare the ground for the Ultimate Realization of the identity of Consciousness with Divinity Itself.

To be surrendered means that we are willing to relinquish a feeling by allowing ourselves just to experience it and not to change it. Resistance is what keeps it there in the first place. Embrace the process with the intent to allow the feeling to express itself and then dissolve – for ever.

When negative feelings are acknowledged and relinquished, the situation can rapidly change in appearance from impossible to easily manageable, workable, and even quite useful. Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go. This can be achieved within the midst of everyday life.



There is a self-healing power *within* that is activated by continual surrender. The process of letting go, being of the negativity, is concerned primarily with feelings, feelings that have a profound effect on our thoughts and belief systems. A good place to start is to let go of all of one’s guilt since it fosters an emotional environment for suffering and disease.

The technique of letting go gives one the power of choice over the tendencies of mind. Instead of being at its effect, the mind is now under one’s mastery. It opens up freedom and the capacity for free choice.

## **PHYSICIAN, HEAL THYSELF:**

The basic principles that facilitate the process of self-healing:

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).

- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won’t get what you want. It merely clears the way for it to happen.
- Get it by “osmosis”. Put yourself in the aura of those who have what you want.
- “Like goes to like.” Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don’t verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day’s activities.
- Don’t look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. ***We cannot feel a disease.*** A disease is an abstract concept held in the mind. We cannot, for instance, feel “asthma”. It is helpful to ask, “What am I actually feeling?” Simply observe the physical sensations, such as, “Tightness in the chest, wheezing, a cough”. It is not possible, for example, to experience the thought, “I’m not getting enough air”. That is a fearful thought in the mind. It is a concept, a whole program called “asthma”. What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for “ulcers” or any other disorder. We cannot feel “ulcers”. We feel a burning or piercing sensation. The word “ulcer” is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole “ulcer” program. Even the word “pain” is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling “fear” in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don’t have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them

and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
  - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
  - Am I interested in hearing about the diseases of famous people?
  - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
  - Do I believe that certain diseases “run in our family”?
  - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
  - Do I like hospital TV programs?
  - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
  - Am I a guilt-ridden person?
  - Am I holding a lot of anger?
  - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
  - Do I hold resentments and grudges?
  - Do I feel trapped and hopeless?
  - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
  - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
  - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

**LOVE ENERGY can be GIVEN, also UNLOVING ENERGY can be GIVEN!**  
**One's soul radiates emotionally formed energy, transferring in excess of the speed of light. One's love or displeasure can be focused directly upon another, and impressed upon that person, no matter where that person may be!**



**Souls Interconnecting.**



**RELATIONSHIPS:****Chapter 18****Letting Go** by Dr David R Hawkins

Because they are so intimately connected with our basic desires for love and security, relationships quickly bring up our innermost feelings. For that reason, they are extremely valuable, no matter whether the relationship is classified as good or bad. In the process of emotional emancipation, everything is equally valuable. It is necessary to remind ourselves that feelings are programs; that is, that are learned responses that often have a purpose. That purpose is directly related to achieving an effect on the other person's feelings and, by doing so, to influence their feelings toward ourselves and to fulfil our own inner goals.

We will look at common emotional reactions and examine what their real purpose is. Emotional reactions have nothing to do with love, for **love is a state of oneness with another**. Love is not just an emotion that comes and goes. What often passes for love in common human understanding is primarily attachment, dependency, and possessiveness.

**Negative Feelings**

As we shall see, all emotions toward others involve the basic belief that we are incomplete within ourselves and, therefore, others are viewed and utilised as a means to an end. Although we may not be able to influence the other person in the way we would like, the utilisation of the other person still occurs on the level of fantasy and expectation. We also discover that much of what we experience in a relationship is happening only in our imagination. Let's start first with the most negative emotions; we will discover what their underlying purpose is and the other person's likely response.

**Anger**

The first feelings we will start with are the most negative: feelings of hate, malice, anger, rage, revenge, and violence. It is obvious that the underlying fantasy here is to eliminate, banish, kill, destroy, injure, hurt, frighten, and intimidate. The other person's likely response is to avoid us, to hate us in return, and to bring about a counter-attack. Lesser forms of anger are criticism, criticalness, resentment, sulking, stewing, and negative judgments about others. The emotional purpose is to punish others, make them feel sorry, try to force them to change their feelings or behaviour, make them suffer, get even with them, diminish and devalue them. This, of course, also results in the other person's response of counter-criticism, counter-resentment, and avoidance.





To handle this area, we have to realise that almost everyone has these fantasies. Playing ostrich with them, thinking that they are wicked or that we are guilty, will not resolve them. We have to come up to the level of courage and look at our worst feelings, admit that they are part of the condition of being human, and remember that we are only held accountable for what we do with them. It is obvious that these negative feelings take an enormous emotional toll on our own inner selves. That reason alone is sufficient to warrant looking at them and letting go of them.



**Letting go of heavy harmful emotional feelings enables the full beauty of one's soul to shine through for all to embrace. Harmful negative man-made emotions can be dissolved by embracing Love, our Heavenly Parents' great gift for all to ask for and receive.**

Looking at the feelings on the level of interpersonal relationships, we now discover another law of consciousness. ***Our feelings and thoughts always have an effect on other persons and affect our relationships, whether these thoughts or feelings are verbalised, expressed, or not.*** We will not, at this point, go into the discussion of the mechanics of exactly how this comes about, but it is currently an area of research of modern advanced quantum physics, especially that area concerned with high energy subatomic particles and their relationship to thoughts and thought forms.

We can likely intuit the truth of this law of consciousness from our own experience. We generally know, for example, when someone is angry toward us, even if they say nothing about it. Sensing their repressed angry feeling, we might ask, “Is something wrong?” Even when they reply, “Oh nothing,” we are still aware of the energy of anger and upset.

It is somewhat dismaying to discover the truth of this interfacing at the energetic level, but anyone can discover it by inner investigation. The overall attitudes we hold about another person are influencing that other person’s feelings and attitudes about us whether we express them or not. Women in our society are more intuitive than men; they are generally more consciously aware that their thoughts and feelings are known by others. True psychics, of course, are merely people who are experts at intuition.

When first discovering the truth of this, we might go through sort of a mild paranoia. Most everyone is brought up to believe that our thoughts and feelings are private affairs and nobody else’s business, that all minds are separated, and that emotions happen only within the confines of the body. As we begin to investigate this area, we find that often the set of feelings we hold about another person is mirrored back to us by their attitude and that, when we change our inner attitude about them, their attitude changes abruptly. We are unconsciously influencing others all the time because of the feelings we hold about them. As we become more



**One’s soul is connected by cords of light with the spirit body, radiates an electromagnetic field through one’s emotional held injuries and beliefs that encrust the soul, thus affecting the moods, attitudes and feelings of others – whether we are conscious of this or not.**

We are unconsciously influencing others all the time because of the feelings we hold about them. As we become more

intuitive, we will laugh at our former naiveté. And, if we research further into the world of psychics and parapsychology, we will discover that thoughts and feelings can be read by expert psychics, even from the other side of the globe.

The only way to get over the initial paranoia is to clean up our own act. Finding out what needs to be cleaned up is simple and easy. Just look at what you would not want others to know about you and begin to surrender it!

With observation, it is quite clear that these intensely negative feelings reverberate and boomerang back to us, and profoundly affect our relationships. The other person merely mirrors back what we are projecting onto them. People who carry a lot of hatred find that they are living in a hateful world and that lots of people hate them. They see external situations and the world as hateful. What they fail to see is that this entire situation is self-created.



We have the secret hope that our angry feelings towards others will punish and make them suffer. Actually, we are just providing them with justification to hate us back. We have to live with the fear of their retaliation and our own unconscious guilt, which often results in physical sickness. It will be discovered that all our anger and resentment are due to our perception, that is, to the way in which we are viewing a given situation. When the inner feelings are relinquished, the way in which we see the situation changes, and we are often surprised by the abruptness with which feelings of forgiveness suddenly arise and the relationship becomes transformed, even though on the external level we did or said nothing to express this inner change.



**Anger Monsters**

This happens with great frequency when our intention is to overcome our resentments. A Course in Miracles is based on the precise process of changing our view of a situation by the willingness to see it differently and to be forgiving. This is what was meant by Jesus Christ when he spoke of the miraculous power of forgiveness.



Interestingly enough, there is a scientific basis for Jesus Christ's admonition to bless and love our enemies. On the level of energy, the lower feelings have a lower vibration frequency and lower power. When we are in lower energy state such as anger, hate, violence, guilt, jealousy or any other negative feelings, we are psychically vulnerable to the other person. In contrast, forgiveness, gratitude, and loving-kindness have a much higher energy vibration and much greater power. When we shift out of a lower to a higher energy pattern, we create a protective shield on the energetic level, as it were, and we can no longer be psychically vulnerable to that other person.

**CONSCIOUSNESS and EMOTIONS:**

Consciousness = Soul Condition. One’s Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

**Note:**                      **The Map of Consciousness scale is from 1 to 1,000**  
 The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.  
 A calibration increase of 1 point is in fact a 10 fold increase in energy.  
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.  
 Thus the energy differentials are in fact enormous!

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
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Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

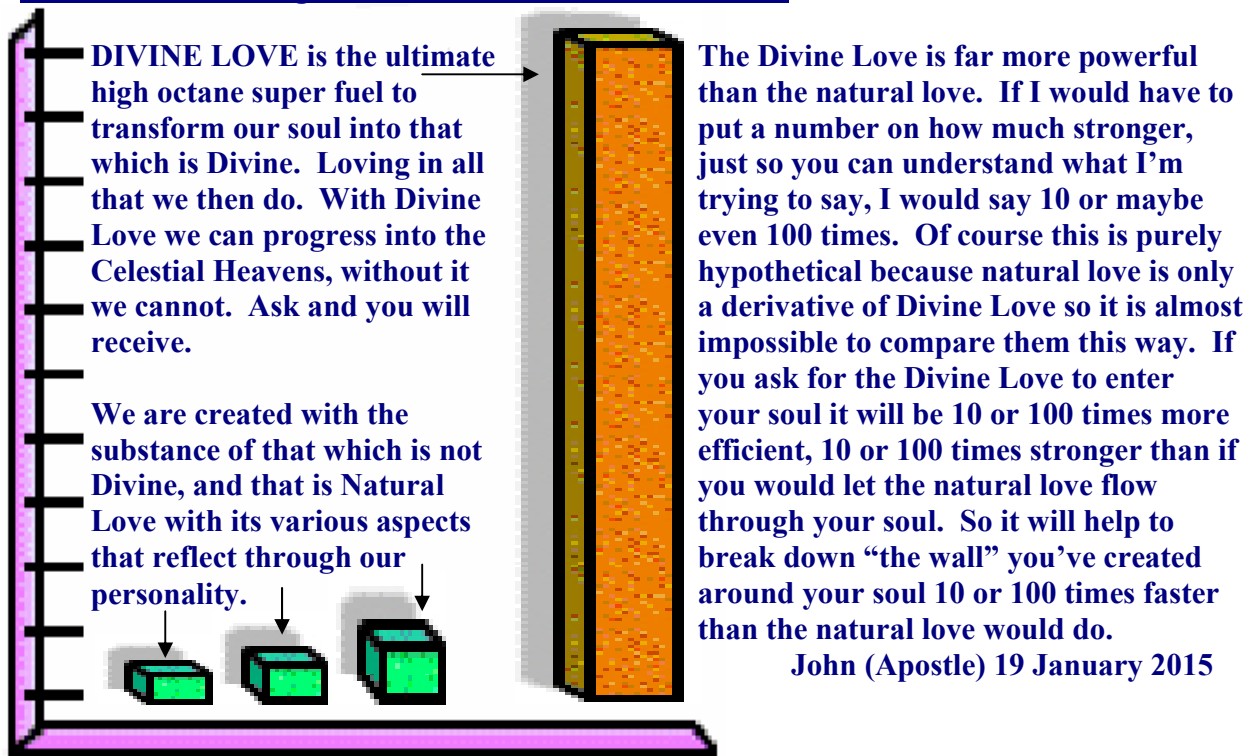
Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

When we are in a state of anger, for instance, we are vulnerable to the energy depletion brought about by the other person's counter-anger. Paradoxically, if we really want to affect other people, then we ought to really love them. Then, their anger at us will boomerang back upon them with no effect on us! This was the wisdom of the Buddha's statement in the *Dhamma-pada*, "Hate is not conquered by hate. Hate is conquered by love. This is an eternal law."

Our souls are formed by the energy substance referred to as natural love. There is nothing of the divine within our soul at the time of conception / incarnation. We can shower our natural love on others, this we do by way of projection. Giving of our natural love to others brings blessings of natural love upon ourselves. We can ask for and receive Divine Love. Divine Love is the ultimate high-octane energy substance that never leaves us. We cannot shower Divine Love on another. One must ask for Divine Love to enable the receiving of it. It is the receipt of the Divine Love that brings about immortality of the soul and the transformation of the soul so that it may become at-one with the Father and enter the Celestial Heaven. That is the process of being born again, the new birth. The energy quality of Divine Love is some 10 to 100 times more significant and powerful than natural love.

**DIVINE LOVE being AVAILABLE is our SALVATION:**



**Guilt**

The next "heavy" area of negativity is guilt. Here the underlying purpose is to placate, to assuage, to escape punishment by self-punishment, and to elicit forgiveness. The most important of these is the wish to elicit punishment from another person, combined with self-punishment. This is not a conscious wish; nevertheless, it is the unconscious purpose of guilt. With a little investigation, this can easily be verified. The next time we are feeling guilty about something particular regarding another person, watch what happens in the next encounter. Almost inevitably, they will bring up the very thing we are holding in mind. For instance, if we are feeling guilty because of lateness to an appointment, that guilt will frequently elicit a critical response from the other person.

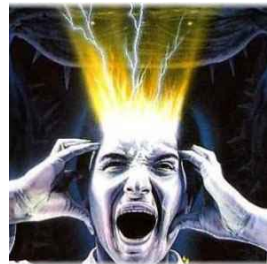
**LACK of SELF- LOVE:**

- A composite of:
- lack of self-worth
  - lack of self-acceptance
  - arrogance and pride
  - self-loath and hatred
  - lack of self-awareness.

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



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



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

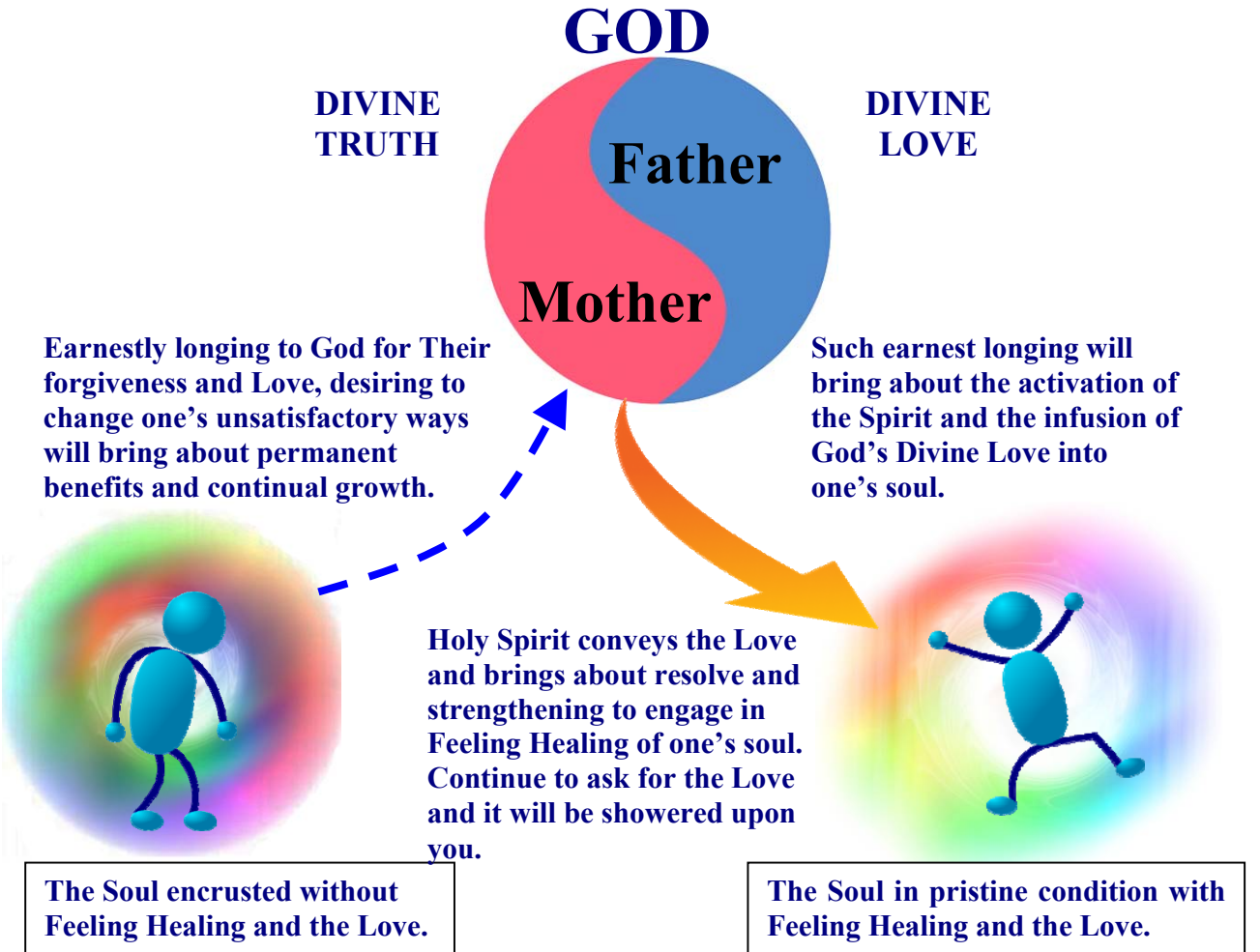
The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being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

**I**   
**ME**

By the holding of guilt, we bring on to ourselves all the criticalness of others and their belittlement of us; our low self-esteem is channelled back to us through others in the form of their invalidation of our life.

If we hold in mind that we are small and unworthy, we elicit those kinds of responses from others, whose remarks tend to indicate that we are small and unworthy. If we think we are only worth a crust of bread, then that is what we will get. This is what the scriptures mean by the statement, "The poor get poorer and the rich get richer." Poverty on any level, not just financial, comes from inner poverty, just as outer wealth comes from inner wealth. If we want others to stop being critical of us and attacking us, the answer is to begin letting go of guilt and all the feelings that have brought it about.

To help clarify the role of emotions in interpersonal relationships, a very quick way of learning is to presume that the other person is conscious and aware of our inner thoughts and feelings. By doing this, we will not be far from wrong, for they are indeed intuitively aware of our thoughts and feelings, even if they are not consciously aware at a given moment. They will respond to us as if they knew our inner feelings. *The overall relationship will behave as though the other person were aware of our inner feelings.* If we are still holding the fantasy that other people do not know our thoughts and feelings, just notice that dogs quickly do! Do we really think that the human psyche is inferior to that of a dog? If a dog can quickly read our total inner attitude, we can be sure that the intuition of people around us is picking up the same vibration.





## Apathy and Grief

The feelings of apathy, grief, depression, sorrow, self-pity, the blues, hopelessness, and helplessness come from the inner program of "I can't." Their purpose is to elicit sympathy, to win back, to gain support, to make others sorry, and to summon help. What is the effect of these feelings on another person? Although there may be an initial attempt to help, eventually this is replaced by pity and finally avoidance. Why avoidance? The avoidance is because of the huge energy demand that we are making on the other person. It is an attempt to drain them by throwing ourselves on their doorstep. This results in the common saying, which sounds hard-hearted but is unfortunately so often true: "When you laugh, the world laughs with you: but when you cry, you cry alone."

Constant grief will drive others away. They begin to resent it unless they are in a very high place themselves and capable of effortless compassion. Chronic grief brings premature aging, a tiredness and weariness about the person, and it can only be overcome when we have the courage to allow it to come up under appropriate conditions and have the willingness to surrender to it and let it go.

### UNLOVING PERSONALITY

**Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is choked of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.**

### LOVING PERSONALITY

**Spirit body mind is clear of man-made negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.**



**There is no such thing as**

**ETERNAL  
DAMNATION**

### MAN WITHOUT or WITH a SOUL!

Man without a soul is likened to a puppy dog!

The human body (without a soul) calibrates at 200 on Dr David R Hawkins' Map of Consciousness. Domestic animals also calibrate from 200 to 250 on this scale. Without a soul, a human body is incapable of rational thought, speech, or anything human.

The real you is your soul! With the infusion of one's soul is connected by cords of light with one's spirit body, which is the template for the physical body, comes one's personality, natural intelligence, memory, and all things human.

Our brain is simply a transceiver of communications from one's mind. The mind is housed within one's spirit body. The thinkingness is done within the spirit body mind. What is held in mind subsequently manifests within the physical body. The functionality of reason calibrates between 400 and 499, thus overriding the physical body as it calibrates around 200 only.

The natural love based soul endeavours to guide the mind (love calibrates at 500 and above). During our physical life, we encrust our soul with emotional injuries and erroneous beliefs thus impeding and frustrating the flow of loving energies from the soul to the spirit body mind, and subsequently the physical body.

It is the love energy of the soul that brings about health of the physical body and a bounteous and blessed life in the physical world.

There is nothing of the divine within our natural love soul, however, should we long for, pray for, ask for, and receive our Heavenly Parents' Love, the Divine Love of our Mother and Father, then we slowly and progressively blend our natural love with that which is Divine, Divine Love. It is this ultimate high-octane super fuel that changes our soul from that which is mortal to that which is immortal and with Feeling Healing, become fitted for the Celestial Heaven; this is the process of being born again!

If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

It is this ultimate high-octane super fuel that dissolves the encrustments of errors and false beliefs around the soul, enabling penetration of loving energies throughout the spirit body, and into the physical body, bringing about health and vibrancy to life.



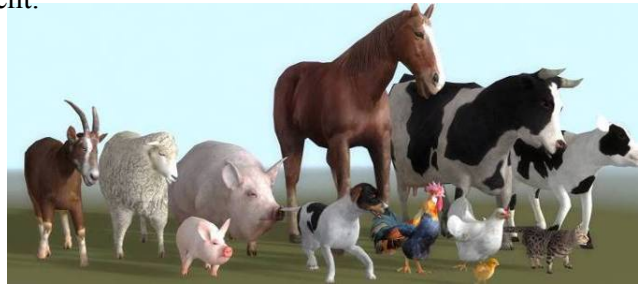
### CREATION, DEVOLUTION and EVOLUTION:

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

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

They were indeed a primate species of humanoids. But Aman and Amon (they were not Adam and Eve) were more beautiful than their animal relatives, and knew, even from their very appearance, that they were marked even by Nature to be different.

The human body, without a soul, calibrates at 200 on Dr Hawkins' Map of Consciousness. Domestic animals typically calibrate 200 to 250. Our soul is the source of our personality, intelligence, and memory. Our soul is formed from the energy substance of natural love. There is nothing of the Divine within our soul.



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



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



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

## Fear

The feelings of fear – whether tension and anxiety, shyness, self-consciousness, caution, holding back, or distrust – have the purpose of escape from the imagined threat, and to put psychological distance from the feared situation or person. Paradoxically, as we have pointed out before, because the fear is powerful, the very process of holding it in mind can make that which is feared come into our life. It is like a self-fulfilling prophecy. The energy of fear generates an inner focus on all the negative things that could happen, and that focus can coalesce the appearance of the very events that we fear the most.



Fear in relationships, therefore, is giving away our power to another person and enabling them to do the very thing that is feared. The way out is to look at the worst possible scenario and look at the feelings they arouse and begin to relinquish them. Like other emotions, fear can be unravelled to its component parts, and the parts are then easily relinquished. For instance, let's say that there is fear of critical attack. We ask ourselves, "What is the worst possible scenario?" With this question, we see that the basis of the fear is pride. When the pride is recognised and relinquished, the fear automatically dissolves. Again, in a relationship in which we are experiencing fear, if we unravel the fear, we may find that it is really a fear of discovery of our inner anger. Again, when we relinquish the anger, the fear will automatically disappear.

The insecure person is fearful and prone to jealousy, clinging, possessiveness, and attachment in relationships, an approach that always brings frustration. The purpose of these feelings is to bind and tightly possess the other, to achieve security by preventing loss and, at times, to punish the other for our own fear of loss. Again, these attitudes tend to bring into manifestation the very thing that we are holding in mind. The other person, now feeling pressured by our energy of dependency and possessiveness, has an inner impulse to run for freedom, to withdraw, to detach and do the very thing that we fear the most. These attitudes lead to constantly wanting to influence others. Because people intuitively pick up our wish to control them, their response is to resist. So the only way to bring about relinquishment of their resisting us is to let go of wanting to influence them in the first place. This means letting go of the inner fears as they come up.

## Pride

Feelings of pride are often condoned in our society and take the form of perfectionism, neatness, punctuality, dependability, "good personhood", excessive cleanliness, workaholicism, excessive ambition, success, moral superiority, and politeness. In its exacerbated forms, we see arrogance, boastfulness, vanity, smugness, and prejudice; on the spirit level, there is the righteous killing of "non-believers". The underlying emotional purpose of these feelings toward others is to win their admiration, avoid criticism or rejection, gain acceptance, be important, and thereby overcome our own inner feelings of

worthlessness. Unfortunately, the feelings that are aroused in the other person are often those of envy, competitiveness, or even hatred and easy exploitation. If we look at pride, we see that it's often a substitute for genuine self-esteem.

It is also of considerable interest to realise that the major relationship to which many people apply these phenomena is the relationship to God. There is the belief, often unconscious, that we can elicit a certain response from God: "God will feel sorry for me"; "God will retaliate against me"; "God will punish me"; "God will be pleased with me"; "God will favour me".

When we have adequate self-esteem, we are motivated by inner humility and gratitude and, therefore, we have no need for the constant eliciting of strokes and pats from others (or God). When we stop wanting to be liked, we find that we are. When we stop catering to others and trying to manipulate their approval, we find that they do respect us. Self-denigration in the forms of placating, flattering, deference, self-effacement, and passivity are all attempts to influence others by catering to their ego, so as to get favourable treatment and get our own way. False humility merely says to the other person, "I am a small person; please treat me that way" and, of course, they promptly do.

As is quite apparent, all of the above emotions are manipulative of the other person and destructive of real relationship. They all diminish our self-esteem for they are all positions of vulnerability. Thus, although we may think that we feel well and secure at the level of pride, that pride is always accompanied by defensiveness, due to its basic vulnerability. We puff up with pride whenever we feel insecure. The inflation of pride is easily susceptible to the puncture of a passing remark or raised eyebrow.

### **The Human Condition**

All of the negative feelings are essentially forms of fear: fear of loss of esteem by ourselves or others, or fear of not surviving and a loss of security. Because most of the negative feelings are accompanied by a negative value judgment, they are suppressed, repressed, or projected. Suppression, repression, and projection are all destructive dynamics and result in a progressive stress on and decline of our relationships.

We like to pretend that our innermost feelings are unknown to others, but are they? We are all connected to each other on the psychic, intuitive level; so, our feelings are read and known by others. We may not be consciously aware of it, but their behaviour towards us reveals that they know our inner attitude and feelings toward them.

For example, let's say that our external behaviour on the job is exemplary. Why is it, we ask, that the other person gets the promotion or the recognition, and we do not? The answer is to look at our hidden inner feelings about the boss and the job. Do we really think that he hasn't registered our inner envy, criticalness, and resentment? It is a safe bet to assume that others know our inner feelings and the thoughts that go with those feelings. The kind of thoughts we are having about them is very likely matched with similar thoughts they are having about us. If we realise this principle, a lot of things that happen in our life will start to make sense. We can ask ourselves, "How would I react if I were the other person and knew exactly what my personal inner feelings and thoughts really were?" The answer to that will usually make clear what the other person's behaviour is all about. Perhaps we didn't get the promotion because, at the unspoken, energetic level, our boss knew that we were critical of him, resentful of our colleagues, and clamouring for approval and recognition.

Before searching ourselves for negative feelings, it is best to remember that these feelings are not our real inner Self. They are learned programs we have inherited from being humans. Nobody is exempt from them; everyone from the highest to the lowest has or has had an ego. Even the few who are enlightened had an ego at one time before it was finally transcended. This is the human condition. To be able to observe our feelings honestly requires a non-judgemental attitude.

We first have to be aware of what is really going on inside of us before we can do anything about it. As we let go of a feeling, it is replaced by a higher one. The only purpose for recognising and admitting a feeling is so that we can relinquish it. To be surrendered means that we are willing to relinquish a feeling by allowing ourselves just to experience it and not to change it. Resistance is what keeps it there in the first place.

We may think that some of the negative emotions are necessary to us; however, upon examination we will discover that this is an illusion. The higher emotions are far more powerful and effective in bringing about the fulfilment of our needs.

Let's ask ourselves, for example, what would we be willing to do for someone we really, truly love? We will instantly see that it is almost anything. There is almost no limit to which we will go for love. Now contrast this with what we are willing to do for someone who has intimidated us. We will see that we grudgingly give as little as possible. While the intimidators may seem to get away with something temporarily on the surface, they really have lost the whole thing haven't they? Their victory is superficial, temporary, and not even real – a victory in appearance only. In the end, the world turns, and the intimidators sow their own destruction. What we win by the negative emotion is short-lived and inauthentic. It doesn't really satisfy. It's like a forced complement. Real happiness results from a win-win situation. The price of a win-lose situation is hatred and low self-esteem. Underneath it all, we fool neither ourselves, nor others. Others always know when we are out to exploit them.

If we have difficulty in relinquishing a feeling, it helps merely to look at the intent of that feeling. What is the purpose of it? What is the supposed purposeful effect on the other person? What is their likely response? Do we really want that? If this were the last day of our life, would that really be what we wanted? Well, this *is* the last day of our life – our old life with all its conflicts, anxiety, and fear. That is the price we have paid for holding on to the old.

As we relinquish the negative suppressed feelings from all the programs we have internalised, they are automatically replaced by the higher ones. We become happier and lighter and so do the people around us. Let's review what these higher feelings are and what effect they have on the other person's feelings and behaviour in response to us.

### **Positive Feelings**

The higher feelings of courage, willingness, confidence, capability, "can do", zest, humour, competence, self-sufficiency, and creativity have an emotional purpose: effective actions, operation, and accomplishment. The reaction of other persons will reflect back to us cooperation, courage, respect, and a willingness to be with us. Additionally, because we increase their self-esteem, they seek our company. As we look at all of this, we see that there is a wonderful payoff in return for our willingness to let go of the negative feelings that stand in the way of these higher feelings, which effortlessly accomplish our real goals and purpose.

## UNCRUSTING ONE'S SOUL:

**One's soul is always perfect. One's soul is a creation of our Heavenly Parents, and Their creations are always perfect.**

**Their great gift to us is free will. We have the option to embrace Their will or freely do as we please, we have free will.**

**As we progress through our early childhood years we absorb the attitudes, beliefs and habits of those within our environment. Some of these are in error. Such emotional errors and injuries melded with errors in belief encrust one's soul with unhealthy and unloving energies. These encrustments retard the flow of loving energies into one's soul. Such soul having created one's spirit body, which in turn is the template for one's physical body.**

**As we become aware of our Mother and Father's greatest gift in all of the universes, we can ask for and receive this gift, being Their Divine Love. It is a light golden blue energy substance that will progressively through one's Feeling Healing process dissolve the injuries and errors that may have enmeshed one's soul. Feeling Healing with this Loving energy will slowly enable each of us to break free of past held erroneous beliefs and injuries that we have drawn upon ourselves. We can cast this shell off, such shell which is endeavouring to imprison us in misery.**

**With the Love of our Parents, the beauty with which we were created can come to the surface and we can then proceed to progress beyond the ceiling that our natural love formed soul has in development. Feeling Healing with the vibrant energy of Divine Love can enable us to live a life here on Earth as though we were in Heaven. All we need do is ask for It.**

**The Love of our Parents' is the greatest gift for all of humanity, without exception and without condition other than the longing for and the asking for it, at anytime, at any place, and in any way one so pleases. Enjoy the journey!**



When we are operating on the level of acceptance, enjoyment, warmth, gentleness, softness, trustiness, inner truth, and faith, the emotional purposes to which the other person responds are those of love, enjoyment, pleasure, harmony, peacefulness, understanding, and sharing. Their reaction to us will be one of acceptance, satisfaction, feeling “in tune”, feeling understood, and joy. They will automatically return our love. It is rather obvious that these reciprocal feelings bring about success in whatever the venture may be with the other person, whether it is vocational, social, personal, or a simple everyday business interaction.

### **Connectedness**

When our inner feelings are of peacefulness, serenity, tranquillity, stillness, openness, and simplicity, the effect on other persons is to increase their awareness along with our own, and to give them a greater sense of freedom, perfection, unity, and at-oneness with ourselves. In their relationship with us, they will feel joined; they will identify with us; they will understand at a deep level; and they will feel in communion with us. As a consequence, they will seek our presence, because in it they feel complete, recognised, and contented. They will experience an increased awareness of their own real Self. They will feel higher in our presence or when they think of us. Their response back to us will be that of love and gratitude for the blessing of our presence. In such a relationship, goals are automatically and effortlessly accomplished. Because we are not holding negativity, there is nothing we wish to hide from the other person, and this openness allows the other person to drop all defences. Nothing is hidden out of guilt or fear, and there is a very conscious psychic connectedness.

It is on this level that so-called telepathic phenomena occur with regularity. When we are in total harmony with another person, there is no desire on our part to withhold or guard any thoughts or feelings. Because the other person responds similarly, there is an effortless knowing of what is crossing the other person’s mind and what their passing feeling states may be. There is a total acceptance of our own humanness and that of the other. If we are really in tune with others, we forgive them when we see a passing jealousy or reactivity. We realise it is only natural. And we know that they, in return, are aware of our passing resentment. Yet, they are overlooking it; they accept our humanness, and they understand the situation. They know us so well that they recognise the likelihood of a passing resentment in certain situations, but they know, also, that we are going to let it go. The people with whom we share a relationship of knowing acceptance are okay with our humanness and their own. No matter the surface emotions, we remain aware of the shared alignment to love, acceptance, and harmony with each other and the world.

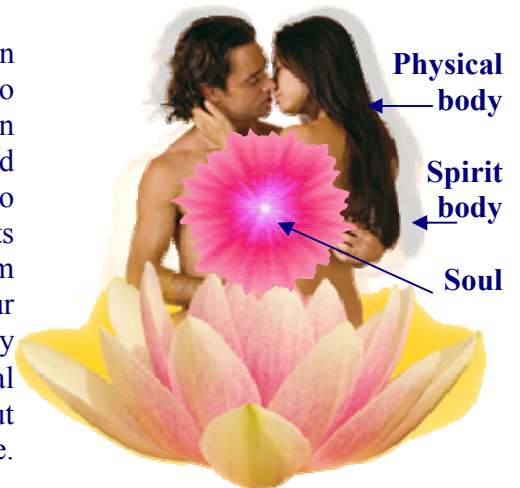
This level of communication actually can be reached with anyone. It does not have to be someone with whom we are intimately associated. Very often we experience it first with our friends with whom there is less at stake than intimate family members. Another situation where it often occurs in the course of an average life is with an ex-lover. With this person to whom we have revealed so much – now that there is no longer anything romantic at stake – a friendship might develop in which it is no longer necessary to hide anything. There can be truly open communication, honesty, and integrity. We see this, not infrequently, in couples that have separated or divorced. Once the turmoil has settled down, they get along easily and may even remain the best of friends for many years.

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



**The REAL YOU is the SOUL:**

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



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



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

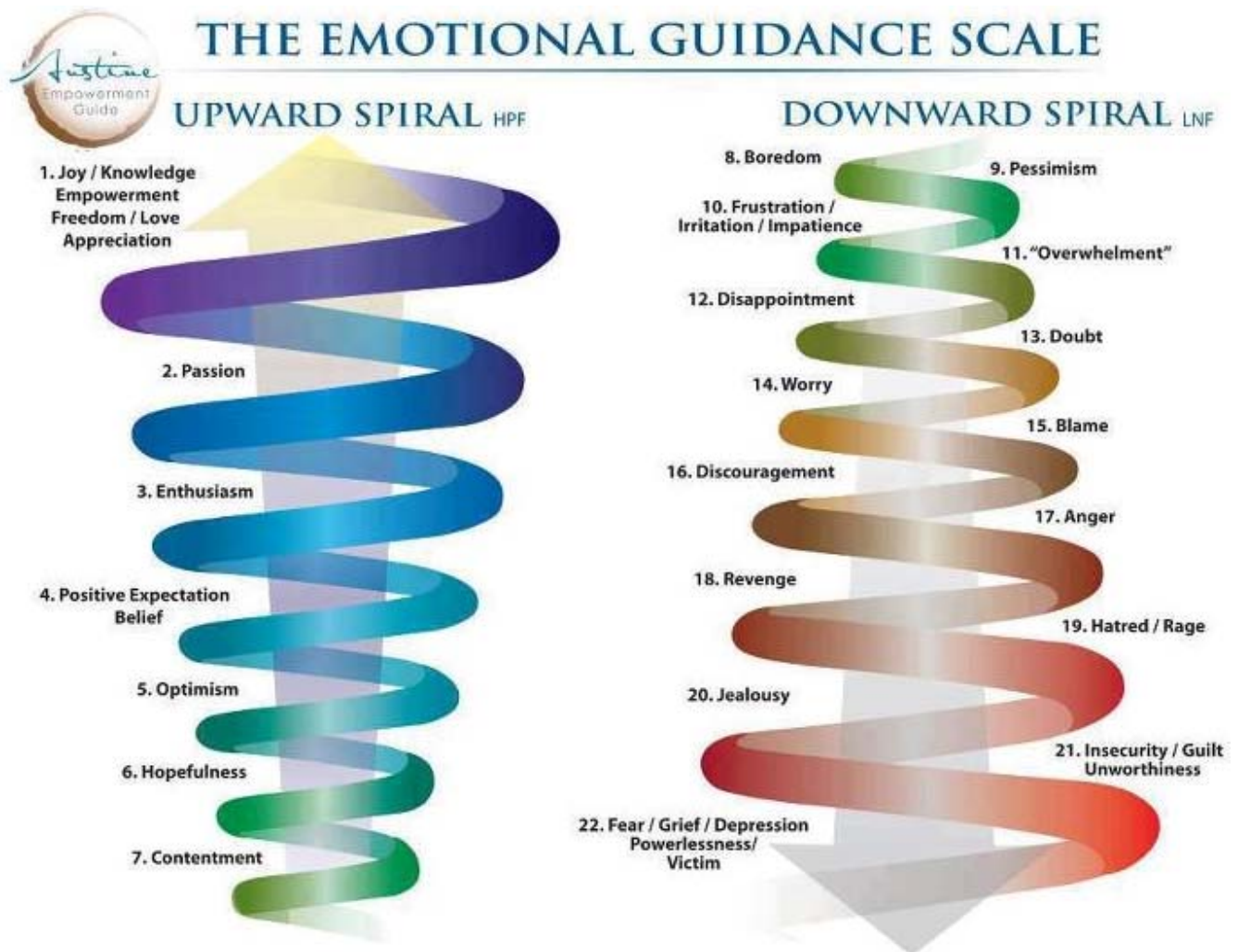
**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully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

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

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

## Effect of Positive Feelings

It is obvious that higher states of consciousness have a profound effect on our relationships, because one of the laws of consciousness is *like goes to like*. Our inner states are actually radiated to others. We can positively affect others even when we are not physically with them. Feelings are energy and all energy gives off a vibration. We are like sending and receiving stations. The less negativity we are holding, the more aware we can be of what others are really holding about us. The more we love, the more we find ourselves surrounded by love. The replacement of a negative feeling by a higher one accounts for the many miracles one can experience in the course of life. These become more frequent as one continues to surrender.



As we surrender, life becomes more and more effortless. There is a constant increase in happiness and pleasure, which requires less and less from the outer world to be experienced. There is a diminution of needs and expectations of others. We stop looking "out there" for what we now experience as coming from within ourselves. We let go of the illusion that others are the source of our happiness. Instead of looking to get from others, we now look to give. Others now seek to be with us, instead of avoiding us. In Charles Dickens' *A Christmas Carol*, Scrooge experienced the pleasure of giving instead of looking to get from others. The joy of that transformation is available to us all.

Carl Jung wrote of the phenomenon called “synchronicity”, which might also have been called “simultaneity”, to explain the occurrence of events that, to the intellect, appear unrelated. As we surrender more and more, this type of experience becomes commonplace. An illustration of this phenomenon is the following experience related by a business executive who had been practicing the letting go technique for about a year.

“I was President of a small corporation about fifty employees. We had built up a promising young man to head one of the divisions of the company. It turned out, however, that this man was very immature. Instead of responding with gratitude and cooperation for all that was done for him, he reacted by becoming grandiose, demanding, and somewhat paranoid. He declared that he was going to barge into the next Board of Directors meeting and cause a big upset with his wild accusations and demands. Although all of his accusations could have been easily refuted, the whole affair sounded like a



dreadful experience to live through. For days, he appeared just plain hateful with his threats. The day of the Board meeting, which was to be at 1.00 pm, I was driving along the parkway thinking angry thoughts about him. Suddenly I let it all go; I surrendered on him totally. I started to see the frightened child in him, and I started to send him love. All of my anxiety disappeared, and I felt a sympathetic love for him. I looked at my watch and it was 12.30 pm. When I got to the office, my secretary said that this man had walked into the office and stated that he was calling of the whole thing; he had changed his mind at the last minute. I asked her what time he had walked into the office. She said she had made particular note of the time, as the Board meeting was soon to take place. She looked at her watch when he had made his announcement about his change of heart. The time was exactly 12.32 pm.”

### **Letting Go of Expectations**

When we put pressure on other people in order to get what we want, they automatically resist, because we are trying to pressure them. The harder we push, the harder they resist. Even though, out of fear, they may actually concede to our demands, there is not an inner acceptance and, later on, we will lose what we have gained. This resistance is in all of us. We can be aware of it as it operates unconsciously, and we evade that awareness by making excuses and plausible explanations.

*Winning Through Intimidation*, Robert Ringer called it the “boy / girl theory”. (Boy meets girl. As soon as she realises he wants her, she becomes hard to get. So then if boy decides to withdraw, she now wants him, and he in return acts aloof.) When we refer to this phenomenon to explain sales resistance, one way around it is to take the view that our responsibility is to make an effort, but not try to determine the result. Another way is to surrender the feelings we have about what we want from the other person, and let go of the pressures we are putting on them in the form of expectation and desire. They, then, have the psychic space to become agreeable or even to initiate the desired result on their own, the result we had wished for in the first place.

An example of this dynamic is a man who was working with the letting go technique in the midst of a divorce. He and his wife got into a heated argument over something he wanted. She just kept saying “No” to his request. So in the middle of it, he surrendered on the object that he wanted. It was now okay with him if she didn’t give it to him, and it was okay if she did. The instant he let go of it in his mind, she suddenly turned to him and offered, not only to give it to him, but to have it packed and shipped as well.

This illustrates a very simple but decidedly elegant and active way of clarifying relationships. First, look at how you are secretly feeling about a person in a given situation. Presume that the other person is aware of those thoughts and feelings. Then, put yourself in their place and see how you would react. You will see that their behaviour is probably just what you would have done in their place. The goal is to let go of all those feelings until you can go up to a positive thinking-feeling space about the matter. Once in a positive space, now see how you would react as the other person who was aware of these new feelings. The likelihood is that their behaviour will change just as you would expect. There may be a time delay; but, if you keep watching, the change will likely take place. Even if it doesn’t, you will no longer be upset about the situation. Sometimes the “payoff” refuses to show up, but we can say, “This is one that the universe owed me in due time”. In fact, it is a part of greatness to know that sometimes a good deed is not returned.

The influence that our thoughts and feelings have is, in the world’s literature, called “the law of karma”, or “You get what you give”, or “You reap what you sow”. Often we don’t see this law in operation because of the time delay. For instance, an acquaintance borrowed \$200 and then failed to pay it back as promised. For over a year, there was a resentment and consequent avoidance of the person because of the emotional discomfort, which was compounded by the guilt at holding the resentment in the first place. Finally, when it became apparent that the only person suffering from the resentment was the person holding it, and that it was costing peace of mind, the willingness to let it go emerged. At that point, the resentment was fairly easy to let go and the borrower was forgiven. The \$200 was re-contextualised as a loan to someone who had been in need. Within a few months, there was an unexpected encounter with the person, who said out of the blue, “I have been concerned about the money I owe you. Here’s the whole \$200.” The loan was repaid without even asking for it.

We block receiving what we want from others by our expectations or resentments of them. It is very effective to surrender our expectations of others before we enter into a particular situation with them. Emotions are really subtle attempts to force others and impose our will on them, which they unconsciously resist.

The way to facilitate satisfaction in relationships is lovingly to picture the best possible outcome. Make sure it is mutually beneficial: a win-win situation. Let go of all the negative feelings and merely hold the picture in mind. We can tell if we are really surrendered when we feel okay either way; it’s okay with us if it happens, and it’s okay with us if it doesn’t. Therefore, to be surrendered does not mean to be passive. It is being active in a positive way.

When we are surrendered, there is no longer the pressure of time. Frustration comes from wanting a thing now instead of letting it happen naturally in its own time. Patience is an automatic side effect of letting go, and we know how easy it is to get along with patient people. Notice that patient people usually get what they want in the end.

One resistance to letting go is the illusion that, if we let go of our wantingness and our expectations, we won't get what we want. We fear that we will lose it if we don't keep pressuring for it. The mind has the idea that the way to get a thing is to want it. Actually, if we examine the issue, we will see that events are due to decisions, and choices are based on our intentions. What we get is the result of these choices, even though they are unconscious, rather than what we think we want. When we surrender the pressure of wantingness, we are clear to make wiser choices and decisions.

We think that our happiness depends on controlling events, and that facts are what upset us. Actually, it is our feelings and thoughts about these facts that are the real cause of our upset. Facts in and of themselves are neutral things. The power we give them is due to our attitude of acceptance or non-acceptance and our overall feeling state. If we get stuck in a feeling, it is because we will secretly believe that it will accomplish something for us.

### **Sexual Relations**

Because of the wide availability of sexual material and opportunities for varied sexual experiences, most people nowadays consider themselves rather sexually liberated. This liberation is primarily intellectual and behavioural; there still exists a great deal of emotional and experiential limitation, as well as sensory restriction. All experience takes place within consciousness itself; therefore, sexual experience, like any other, is determined by our overall level of awareness and inner freedom.

The degree to which our sexual experience has been restricted becomes apparent the more we relinquish our feelings about it. When we are totally surrendered on sexuality, it is like adding a third dimension to what was before a two-dimensional experience. As one woman put it, "It's like I used to hear only violins, then a cello was added, and then a flute, and so on, so that now the experience is totally full and comprehensive".

Besides the increased emotional pleasure of freedom of expression, letting go brings a change in the sensory experience itself. To most people, men especially, sexual excitation and orgasmic pleasure are primarily a genital sensation. As one gets freer, the locale of the orgasm begins to expand and spread to the whole pelvis and abdomen, the legs and arms, and eventually the whole body. Often, after this accomplishment, there is a plateau that follows, and then suddenly and unexpectedly the orgasmic location expands beyond the body, as though the space around the body was having the orgasm instead of the person. Ultimately, there is no limitation of the orgasm. It seems to expand into infinity and be experienced from no particular centre or locale. It is as if there is no individual person present. The orgasm is experiencing itself.

This expansion is facilitated by becoming aware that the facial grimacing and breath-holding are restriction due to fear of loss of control and attempts to limit the experience. If one breathes slowly and deeply, smiling instead of grimacing, the fear will become conscious and can be surrendered.

Sexuality loses its compulsiveness. Freedom means not just freedom to indulge but freedom not to have sex or orgasm. When we are surrendered, we are not run by the desire for the orgasm. This unleashes creative experiencing and awareness because the mind is not focused on the orgasm itself. To be free from the domination of the desire for orgasm allows sexual experiences that have been described in spiritual literature as "Tantric Sex". Most Westerners read a little about it and perhaps give it a try, but then they give up because they approach it in a way that leads to suppression rather than to greater freedom.

The more truly liberated we become, the more we are motivated by lovingness rather than by desire for gratification. This change of motivation from wanting and hunger to the mutual sharing of pleasure and happiness brings about major changes in the nature of sexual relationships. The intimacy with another person becomes more encompassing and pleasurable. There is greater attunement to the other person's sexuality and intuitive fulfilment of each other's styles of satisfaction. One couple expressed it as follows:

“It is as though we just witness what our bodies are doing. It is as though we are the space in which it is all happening. As soon as one person has a desire or fantasy, the other automatically and without even thinking, moves into the acting out of fulfilling it. It is as though there is a psychic connection. There is an acknowledgement of the inner feelings about the fantasies and a letting go of how the other person might react. There is greater variation and frequency with sexuality, also. It used to be mainly Friday and Saturday nights. Now making love may happen for days at a time, or sometimes weeks go by without it. It is always new. It is never the same. Amazingly, it just keeps getting better and better. Each orgasm seems better than the last, yet often the lovemaking is so enjoyable that there is no bother to have an orgasm. If it happens it's okay, and it's okay if it doesn't. The intimate time spent together is satisfying and freeing, regardless of any end result.”

Another man said:

“I never really realised before how much sex ran my relationships. It was really compulsive. I was always afraid I would miss out on a sexual opportunity. I didn't want to miss out on the opportunity for pleasure. Now my pattern is more variable; in fact, now I have no pattern. When it happens, it happens and it's great when it does. When it doesn't, I don't even think about it. I used to have sex on my mind all the time. Women would usually say 'No'. But now that I really don't care that much about it, they usually either suggest it or say 'Yes' if I ask. Now, I find that I am more concerned about them instead of myself. Before, I was really just using them for my own selfish ends and, intuitively, the women knew it. Now I feel a lot of love for them. I really care about their welfare and happiness, even if it's only a single encounter. What a relief not to have to lie anymore.”

From the above examples, it is clear that there is a change in consciousness from lack to abundance. When we are self-centred and focused on getting emotional or physical pleasure from sex with another person, then we feel angry, frustrated, and deprived. The more loving we become, the more we receive what others are giving us, and we discover that we are all surrounded by love and opportunities for loving involvements, all of the time. This was the case for one woman, who shared the following experience:

“I was always overweight and not very good-looking. All through my life, I rejected myself. I envied and hated sexually attractive women. I got to hate men, too, because they avoided me. I was full of self-pity. I even tried psychotherapy, but I quit when it became apparent that the psychotherapist seemed more interest in his attractive young women patients than he was in me. I tried various self-help methods and at least got over my self-pity and depression; I was able to get a better job. But, men still weren't interested in me, and I was unsuccessful in the sexual and relational arenas.”

Using the mechanism of letting go, she went into all the negative emotions that she had about herself and intimacy; she allowed the feelings to come up one by one, and she let them go. She let go of feelings like wanting attention and acceptance from others, fear of expressing herself, fear of being

rejected, and even the fear of being deeply loved. There was the underlying feeling, “I don’t deserve love; who could possibly love me?” Within a week of surrendering these feelings, she had a date. She explained:

“I was so excited that I even lost my appetite. We had a great time and then all of a sudden I saw the secret. I was giving love instead of looking for it. My whole life has changed now. Instead of feeling desperate to get attention and love, I know I have the power to give it. When I enter a room, I see all the lonely, love-starved men. They look just the way I used to, so I know what it is they are feeling and what to say to them and how to express myself. I put myself in their place and watch their hearts melt. I used to scare them away because I was so hungry. Get that? Hungry! That was my problem. Now I feel full, and I share that fullness and what I have learned. My social life has become so enjoyable that I don’t have time to eat anymore. I have lost 35 pounds (16 kilograms) in a year. I never even dieted. I just lost interest. I guess it is because I am getting gratified in a way now that really means something to me. Maybe I am a little wild with the newness of it, but I’ll settle down before long. There is one man I’m really interest in now.”

Sexuality, then, reflects our overall state of consciousness. As we let go of fear and limitations, that area of our life expands and becomes ever more gratifying, and yet not necessary for happiness. Freedom and creativity replace compulsiveness and limitation. Sex becomes another avenue for greater expression and increasing awareness. The pleasure of communion and nonverbal understanding replaces the former self-centred drivenness for relief from tension and the limited goal of sexual pleasure and ego inflation. The secret, as the woman above stated, is in the awareness that when we seek to give instead of to get, all of our own needs are automatically fulfilled. As one person remarked, “I have heard about many personal problems from my friends who practice this technique, but lack of lovers isn’t one of them!”

**PASCAS  
HEALTH**



**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 is actually loving us! When we progress, it is our Parents’ way of loving us into love and then we live what we are, love.**

Message 278 Destiny

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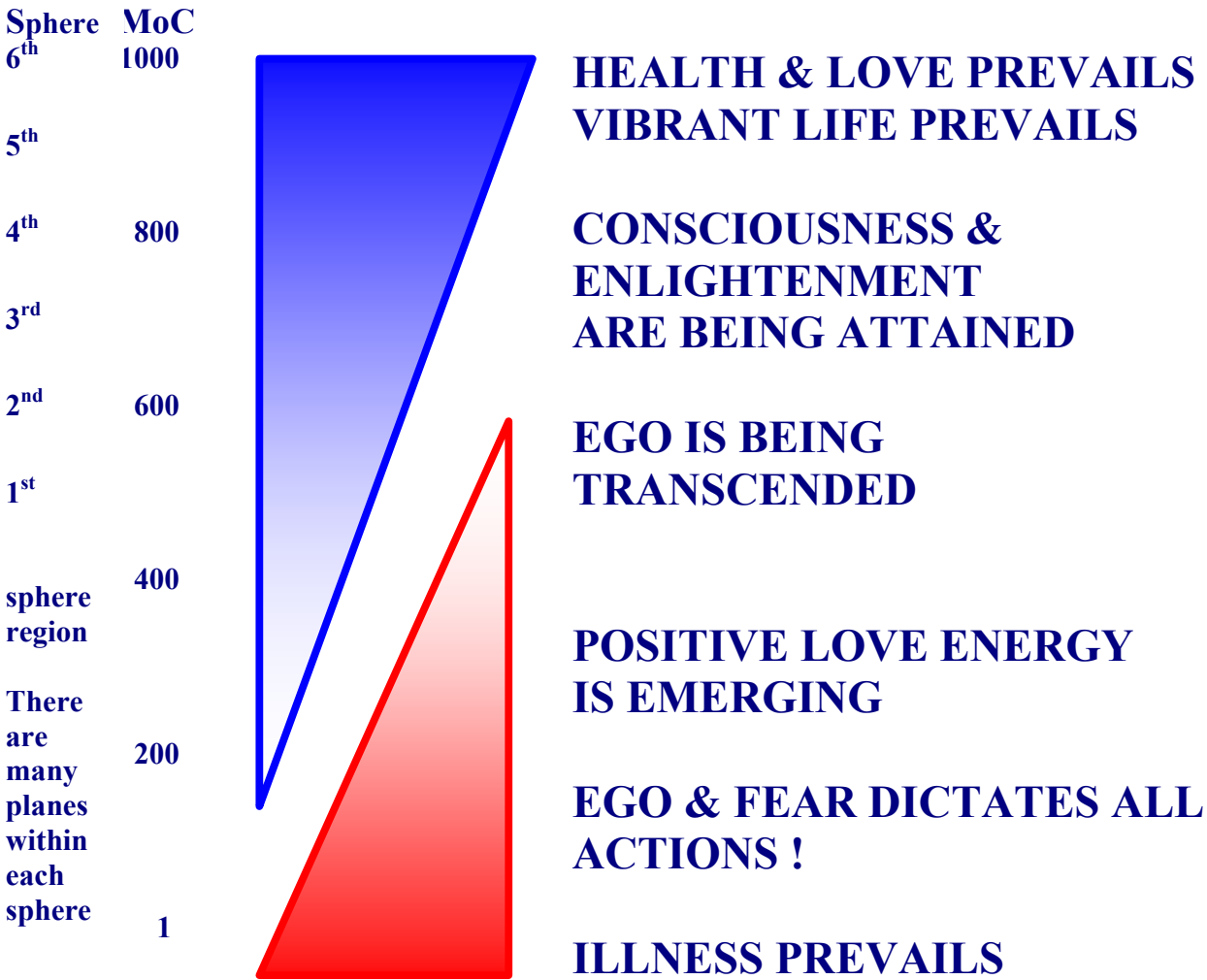
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**“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”**

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.

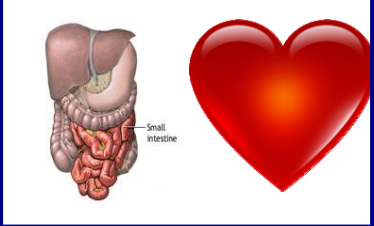
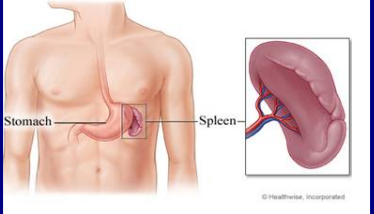
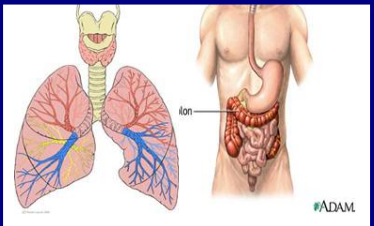
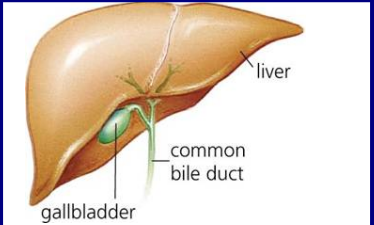
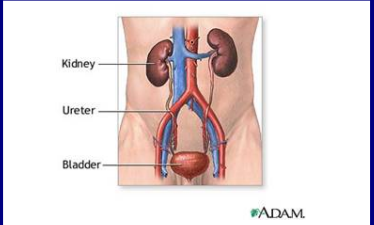
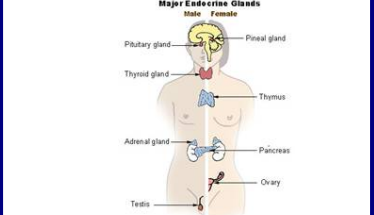


Whilst we are receiving our Heavenly Parents’ Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father is actually loving us! When we progress, it is our Parents’ way of loving us into love and then we live what we are, love. Message 278 Destiny



**EMOTIONS affect SPECIFIC ORGANS:**

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

**Strive to love others as I am to love myself**

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one’s love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man’s mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one’s faith evolves, one’s love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God’s creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

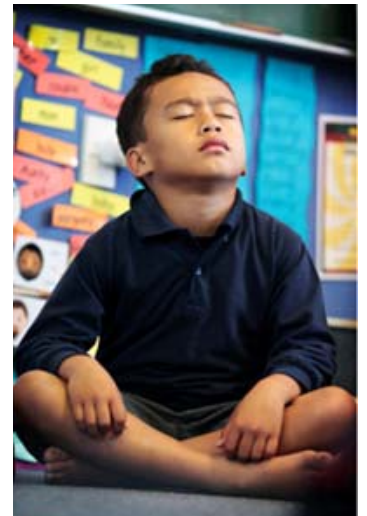
“I love you Father.” “Let the Divine Love flow its energy into my soul.”

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

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

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

“Please Father and Mother, may I receive Your LOVE.”



Maybe we could simply long for and ask:

*Please, Father, I want some more of your Love!*



**The MECHANISM of LETTING GO:****Chapter 2 Letting Go** by Dr David R Hawkins**What Is It?**

Letting go is like the sudden cessation of an inner pressure or the dropping of a weight. It is accompanied by a sudden feeling of relief and lightness, with an increased happiness and freedom. It is an actual mechanism of the mind, and everyone has experienced it on occasion.

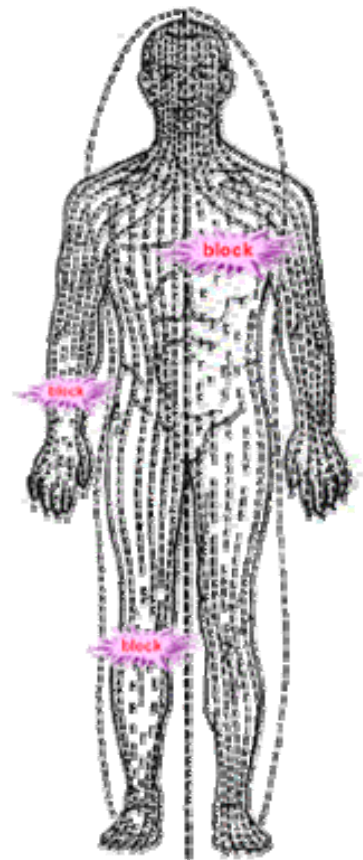


A good example is the following. You are in the midst of an intense argument; you are angry and upset, when suddenly the whole thing strikes you as absurd and ridiculous. You start to laugh. The pressure is relieved. You come up from anger, fear, and feeling attacked to feeling suddenly free and happy.

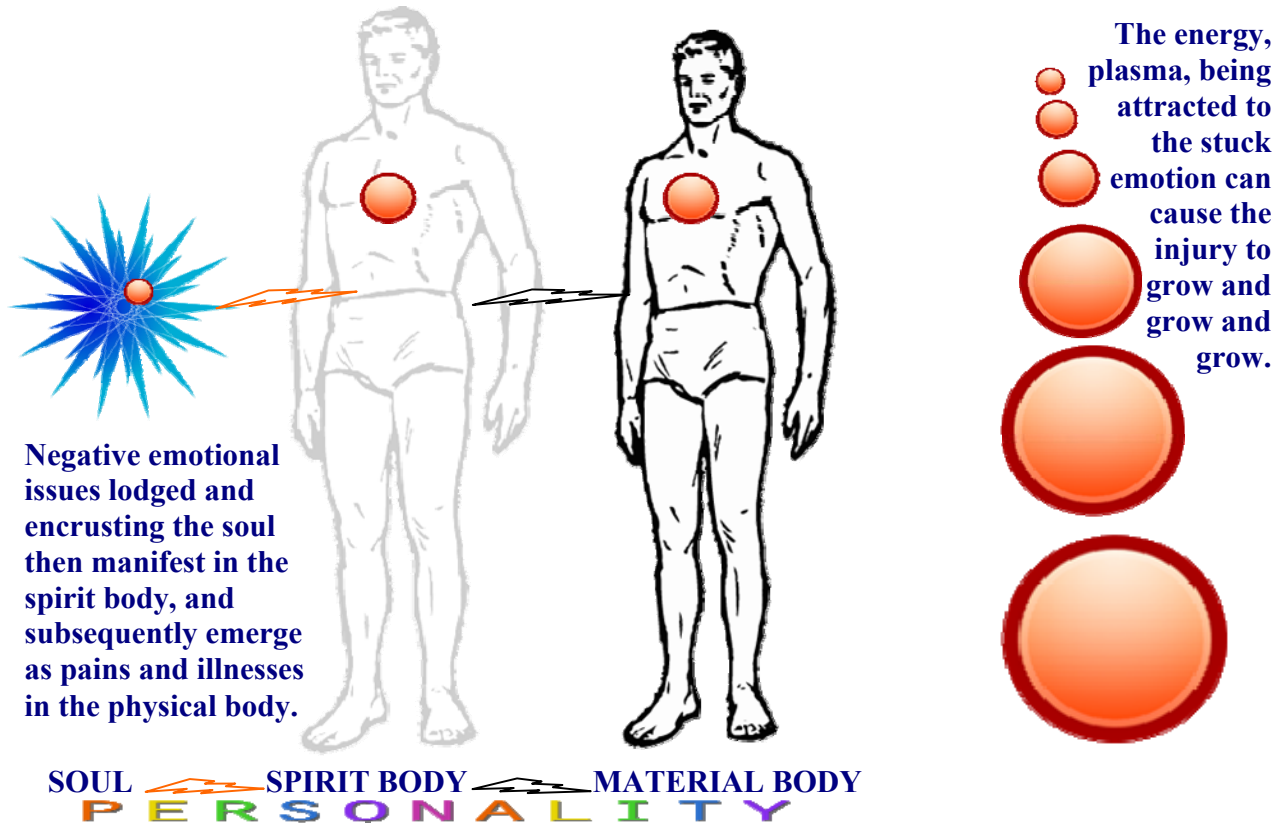
Think how great it would be if you could do that all of the time, in any place, and with any event. You could always feel free and happy and never be cornered by your feelings again. That's what this technique is all about: letting go consciously and frequently at will. You are then in charge of how you feel, and you are no longer at the mercy of the world and your reactions to it. You are no longer the victim. This is employing the basic teaching of the Buddha, which removes the pressure of involuntary reactivity.

We carry around with us a huge reservoir of accumulated negative feelings, attitudes, and beliefs. The accumulated pressure makes us miserable and is the basis of many of our illnesses and problems. We are resigned to it and explain it away as the "human condition". We seek to escape from it in myriad ways. The average human life is spent trying to avoid and run from the inner turmoil of fear and the threat of misery. Everyone's self-esteem is constantly threatened both from within and without.

If we take a close look at human life, we see that it is essentially one long elaborate struggle to escape our inner fears and expectations that have been projected upon the world. Interspersed are periods of celebration when we have momentarily escaped the inner fears, but the fears are still there waiting for us. We have become afraid of our inner feelings because they hold such a massive amount of negativity that we fear we would be overwhelmed by it if we were to take a deeper look. We have a fear of these feelings because we have no conscious mechanism by which to handle the feelings if we let them come up within ourselves. Because we are afraid to face them, they continue to accumulate and, finally, we secretly begin looking forward to death to bring all of the pain to an end. It is not thoughts or facts that are painful but the feelings that accompany them. Thoughts in and of themselves are painless, but not the feelings that underlie them!



*It is the accumulated pressure of feelings that causes thoughts.* One feeling, for instance, can create literally thousands of thoughts over a period of time. Think, for instance, of one painful memory from early life, one terrible regret that has been hidden. Look at all the years and years of thoughts associated with that single event. If we could surrender the underlying painful feeling, all of those thoughts would disappear instantly and we would forget the event.



This observation is in accord with scientific research. The Gray-LaViolette scientific theory integrates psychology and neurophysiology. Their research demonstrated that feeling tones organise thought and memory (Gray-LaViolette, 1981). Thoughts are filed in the memory bank according to the various shades of feelings associated with those thoughts. Therefore, when we relinquish or let go of a feeling, we are freeing ourselves from all of the associated thoughts. (Our memories are held within our soul / spirit body, they are not held within one's physical body, however, the damage will manifest in the physical body.)

The great value of knowing how to surrender is that any and all feelings can be let go of at any time and any place in an instant, and it can be done continuously and effortlessly.

What is the surrendered state? It means to be free of negative feelings in a given area so that creativity and spontaneity can manifest without opposition or the interference of inner conflicts. To be free of inner conflict and expectations is to give others in our life the greatest freedom. It allows us to experience the basic nature of the universe, which, it will be discovered, is to manifest the greatest good possible in a situation. This may sound philosophical, but, when done, it is experientially true.

**Feelings and Mental Mechanisms**

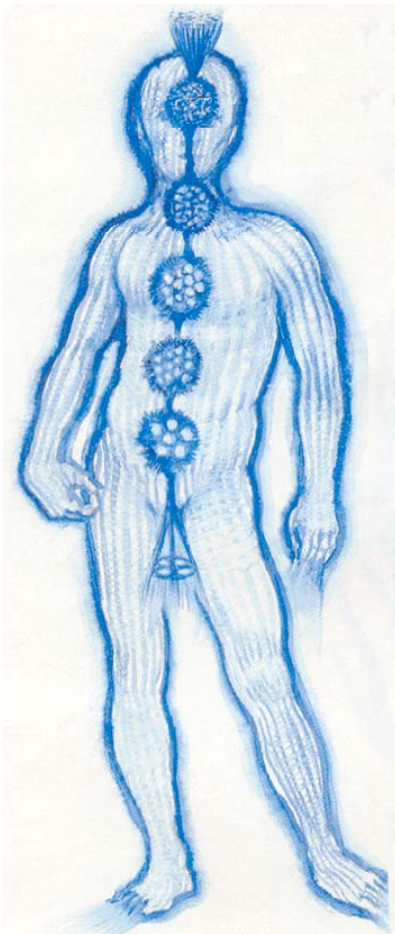
We have three major ways of handling feelings: suppression, expression, and escape. We will discuss each in turn.

### HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being 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.

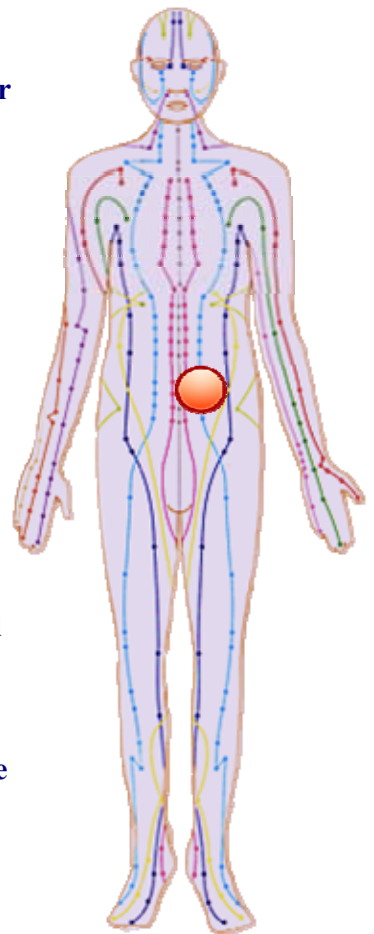


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

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.

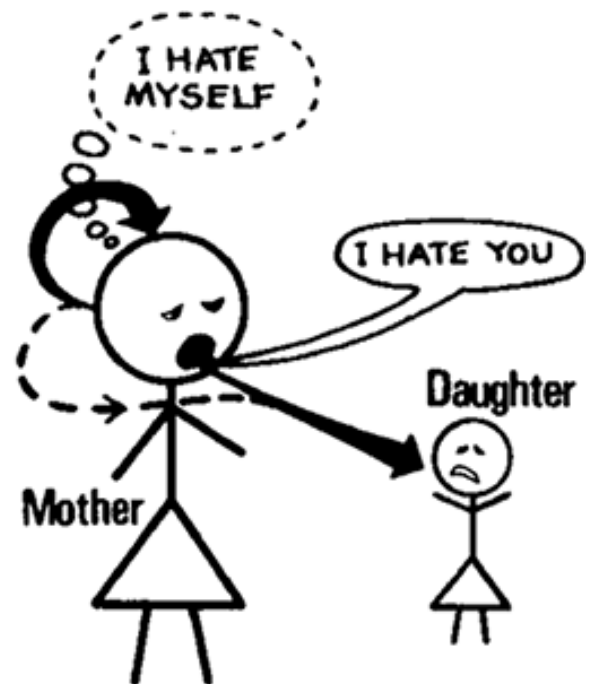


## 1. Suppression and repression

These are the most common ways in which we push feelings down and put them aside. In repression, this happens unconsciously; in suppression, it happens consciously. We don't want to be bothered by feelings and, besides, we don't know what else to do with them. We sort of suffer through them and try to keep functioning as best as we can. The feelings that we select to be suppressed or repressed are in accord with the conscious and unconscious programs that we carry within us from social custom and family training. The pressure of suppressed feelings is later felt as irritability, mood swings, tension in the muscles of the neck and back, headaches, cramps, menstrual disorders, colitis, indigestion, insomnia, hypertension, allergies, and other somatic conditions.

When we *repress* a feeling, it is because there is so much guilt and fear over the feeling that it is not even consciously felt at all. It becomes instantly thrust into the unconscious as soon as it threatens to emerge. The repressed feeling is then handled in a variety of ways to ensure that it stays repressed and out of awareness.

Of these mechanisms used by the mind to keep the feeling repressed, denial and projection are perhaps the best-known methods, as they tend to go together and reinforce each other. Denial results in major emotional and maturational blocks. It is usually accompanied by the mechanism of projection. Because of guilt and fear, we repress the impulse or feeling, and we deny its presence within us. Instead of feeling it, we project it onto the world and those around us. We experience the feeling as if it belonged to "them". "They" then become the enemy, and the mind searches for and finds justification to reinforce the projection. Blame is placed on people, places, institutions, conditions, fate, God, luck, the devil (which does not exist!), foreigners, ethnic groups, political rivals, and other things outside of ourselves. Projection is the main mechanism in use by the world today. It accounts for all wars, strife, and civil disorder. Hating the enemy is even encouraged in order to become a "good citizen". We maintain our own self-esteem at the expense of others and, eventually, this results in social breakdown. The mechanism of projection underlies all attack, violence, aggression, and every form of social destruction.



## 2. Expression

With this mechanism, the feeling is vented, verbalised, or stated in body language, and acted out in endless group demonstrations. The expression of negative feelings allows just enough of the inner pressure to be let out so that the remainder can then be suppressed. This is a very important point to understand, for many people in society today believe that expressing their feelings frees them from the feelings. The facts are to the contrary. The expression of a feeling, first, tends to propagate that feeling and give it greater energy. Second, the expression of the feeling merely allows the remainder to be suppressed out of awareness.

The balance between suppression and expression varies in each individual depending on early training, current cultural norms and mores, and the media. Expressing oneself is now in vogue as a result of a misunderstanding of the work of Sigmund Freud and psychoanalysis. Freud pointed out that suppression was the cause of neurosis; therefore, expression was mistakenly thought to be the cure. This misinterpretation became a license for self-indulgence at the cost of others. What Freud actually said, in classical psychoanalysis, was that the repressed impulse or feeling was to be neutralised, sublimated, socialised, and channelled into constructive drives of love, work and creativity.

If we dump our negative feelings on others, they experience it as an attack and they, in turn, are forced to suppress, express, or escape the feelings; therefore, the expression of negativity results in the deterioration and destruction of relationships. A far better alternative is to take responsibility for our own feelings and neutralise them. Then, only positive feelings remain to be expressed.

***Cause No Harm***

### 3. Escape

Escape is the avoidance of feelings through diversion. This avoidance is the backbone of the entertainment and liquor industries, and also the route of the workaholic. Escapism and avoidance of inner awareness is a socially condoned mechanism. We can avoid our own inner selves and keep our feelings from emerging by an endless variety of pursuits, many of which eventually become addictions as our dependency upon them grows.

People are desperate to stay unconscious. We observe how often people flick on the television set the minute they enter a room and then walk around in a dream-like state, constantly being programmed by the data poured into them. People are terrified of facing themselves. They dread even a moment of aloneness. Thus the constant frantic activities: the endless socialising, talking, texting, reading, music playing, working, travelling, sightseeing, shopping, overeating, gambling, movie-going, pill-taking, drug-using, and cocktail partying.

Many of the foregoing mechanisms of escape are faulty, stressful, and ineffective. Each of them requires increasing amounts of energy in and of itself. Enormous amounts of energy are required to keep down the growing pressure of the suppressed and repressed feelings. There is a progressive loss of awareness and an arrest of growth. There is a loss of creativity, energy, and real interest in others. There is a halting of spiritual growth and eventually the development of physical and emotional illness, disease, aging, and premature death. The projection of these repressed feelings results in the social problems, disorders, and the increase of selfishness and callousness characteristics of our present society. Most of all, the effect is the inability to truly love and trust another person, which results in emotional isolation and self-hatred.

In contrast to the above, what happens instead when we let go of a feeling? The energy behind the feeling is instantly surrendered and the net effect is decompression. The accumulated pressure begins to decrease as we constantly let go. Everyone knows that, when we let go, we immediately feel better. The body's physiology changes. There are detectable improvements in skin colour, breathing, pulse, blood pressure, muscle tension, gastro-intestinal function, and blood chemistries. In the state of inner freedom, all bodily functions and organs move in the general direction of normalcy and health. There is an immediate increase in muscle power. Vision improves and our perceptions of the world and ourselves changes for the better. We feel happier, more loving, and more easy-going.

## Feelings and Stress

There is much attention and publicity given to the subject of stress without a real understanding of its essential nature. It is said that we are more stress-prone than ever. What is the essential cause of stress? Certainly it is not the external precipitating factors. They are merely examples of the mechanism we described as projection. It is “they” or “it” that is thought to be the culprit when, in fact, what we are feeling is merely the letting out of the inner pressure of repressed emotions. It is these repressed feelings that make us vulnerable to external stress.

The real source of “stress” is actually *internal*; it is not external, as people would like to believe. The readiness to react with fear, for instance, depends on how much fear is already present within to be triggered by a stimulus. The more fear we have on the inside, the more our perception of the world is changed to a fearful, guarded expectancy. To the fearful person, this world is a terrifying place. To the angry person, this world is a chaos of frustration and vexation. To the guilty person, it is a world of temptation and sin, which they see everywhere. What we are holding inside colours our world. If we let go of guilt, we will see innocence; however, a guilt-ridden person will see only evil. The basic rule is that we focus on what we have repressed.

Stress results from the accumulated pressure of our repressed and suppressed feelings. The pressure seeks relief, and so external events only trigger what we have been holding down, both consciously and unconsciously. The energy of our blocked-off feelings re-emerges through our autonomic nervous system and causes pathological changes leading to disease processes. A negative feeling instantly causes a loss of 50% of the body’s muscle strength and also narrows our vision both physically and mentally. Stress is our emotional reaction to a precipitating factor or stimulus. Stress is determined by our belief systems and their associated emotional pressures. It is not the external stimulus, then, that is the cause of stress, but our degree of reactivity. The more surrendered we are, the less prone we are to stress. The damage caused by stress is merely the result of our own emotions. The effectiveness of letting go and reducing the body’s response to stress has been demonstrated in scientific studies.

Many stress-reduction programs offered today often miss the essential point. They try to relieve the after-effects of stress rather than remove the cause of the stress itself, or they concentrate on external events. This is like trying to reduce the fever without correcting the infection. For instance, muscle tension is the aftermath of anxiety, fear, anger and guilt. A course in the techniques of muscle relaxation is going to be of very limited benefit. It would be far more effective, instead, to remove the source of the underlying tension, which is the repressed and suppressed anger, fear, guilt, or other negative feelings.

## Life Events and Emotions

The rationalising mind prefers to keep the true causes of emotion out of awareness and utilises the mechanism of projection to do this. It blames events or other people for “causing” a feeling and views itself as the helpless innocent victim of external causes. “*They* made me angry.” “*He* got me upset.” “*It* scared me.” “*World events* are the cause of my anxiety.” Actually, it’s the exact opposite. The suppressed and repressed feelings seek an outlet and utilise the events as triggers and excuses to vent themselves. We are like pressure cookers ready to release steam when the opportunity arises.





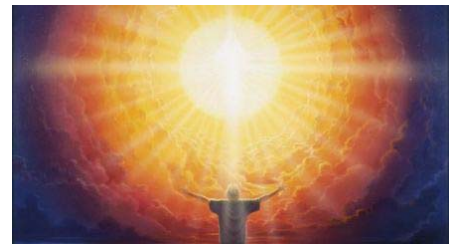
**WORRY or No WORRIES:**

# No Worries!

All your worries, and by this I mean your causes of worry, may be taken from your conscious self if you will only seek for and obtain, which you certainly can do, this Love of the Mother and Father. It is astonishing how efficacious it is to cause the worries and troubles to disappear. They, as you may know, are very largely a matter of the mind and while in a certain sense they are real, yet the mind or its condition is the real cause of the realization of the worries.

And consider for a moment the fact that the indulging in these worries does not in one particular remove the material causes of the worry, and does not in any manner bring relief from the troubles. No matter how much you may allow your mind to dwell on these things, and how intensely you may worry, the cause, the material cause, remains. You may say, and it is natural to do so, that it is easy enough to advise that you should not let these inconvenient things cause you to worry, but when you come to the practical experience and are the sufferer from these conditions, it is not so easy to throw aside the effect of the troubles on the mind. Well, there is much truth in that, but notwithstanding, this Love that I tell you of, when living in the soul, will make even that effort easy to accomplish.

The philosophy of the phenomenon, if you may call it such, is that this Love is of such real substantial essence that it takes control of the mind and eliminates the consciousness of the reality of the causes of the worry. Now I do not want to be understood as intending to convey the idea that these material causes are not real, for I am not a Christian Scientist to that extent, but what I do mean is, that notwithstanding the real existence of these causes, the effects of this Love, and the faith that accompanies it, upon the mind which is the real cause of the worry is such that forgetfulness of these causes of worry takes the place of the constant indulging in the thoughts of their existence, and the unhappy consequence that must flow from them. The cause itself is not removed but the consciousness of their existence, for the time being, is dissipated, and to the mind that is thus influenced by the Love, these causes are, as if they were not. Of course, they are existing and facing you to some extent, but it will come to you that they are not so overwhelming and insurmountable as they would appear were this Love absent from the soul and its influence from the mind. And in addition to this, love and faith creates a confidence in the power of the Father and His willingness to help, that engenders courage, which enables the possessor of this confidence to overcome these causes of worry that he would not otherwise be able to do.



What I have said may be called the philosophy of the workings of this Love in its effective destruction of worry. But the great fact is that the Mother and Father does, as a truth, help the one who is in the condition of being possessed with this Love. His Love is real and His help is real, and the effect is to make the causes named things of unreality so far as the happiness of the object of this help is concerned. And as a truth, shown by the experience of mortals, a very large proportion of the worries and troubles that harass and cause so much unhappiness to mortals is a thing of the imagination and never realized.



Ann Rollins – Celestial Spirit

9 January 1917

Our triggers are set and ready to go off. In psychiatry, this mechanism is called displacement. It is because we are angry that events “make” us angry. If, through constant surrendering, we have let go of the pent-up store of anger, it is very difficult and, in fact, even impossible for anyone or any situation to “make” us angry. The same, therefore, goes for all other negative feelings once they have been surrendered.

Because of social conditioning in our society, people even suppress and repress their positive feelings. Suppressed love results in the broken heart of the heart attack. Suppress love re-emerges as excessive adoration of pets and various forms of idolatry. True love is free of fear and characterised by non-attachment. Fear of loss energizes undue attachment and possessiveness. For example, the man who is insecure about his girlfriend is very jealous.

When the pressure of suppressed and repressed feelings exceeds the individual’s tolerance level, the mind will create an event “out there” upon which to vent and displace itself. Thus, the person with a lot of repressed grief will unconsciously create sad events in life. The fearful person precipitates frightening experiences; the angry person becomes surrounded by infuriating circumstances; and the prideful person is constantly being insulted. As Jesus Christ said, “Why do you see the splinter which is in your brother’s eye, and do not feel the beam which is in your own eye?” (Matthew 7:3) All the Great Masters point us *within*.

Everything in the universe emits a vibration. The higher the vibration, the more power it has. Emotions, also, because they are energy, emit vibrations. These emotional vibrations impact the body’s energy fields and reveal effects that can be seen, felt, and measured. Motion pictures using Kirlian photography, such as those done by Dr Thelma Moss, show rapid fluctuations of the colour and size of the energy field with changes of emotions (Krippner, 1974). The energy field has traditionally been called an “aura” and can be seen by people who have been born with or learned the ability to see vibrations of that frequency. The aura changes colour and size with emotions. Muscle-testing also demonstrates the energy changes that accompany emotions, as our body’s muscles instantly respond to positive and negative stimuli. Thus, our basic emotional states transmit themselves to the universe.

The mind (is within one’s spirit body) has no dimensions or size and is not limited in space; therefore, the mind transmits its basic state via vibrational energy over an unlimited distance. This means that we routinely and unwittingly affect others by our emotional state and thoughts. Emotional patterns and their associated thought forms, for instance, can be picked up and received consciously by psychics at a great distance. This can be demonstrated experimentally, and the scientific basis for this has been a subject of great interest in advanced quantum physics.

Because emotions emit a vibrational energy field, they affect and determine the people who are in our lives. Life events become influenced by our repressed and suppressed emotions on the psychic level. Thus anger attracts angry thoughts. The basic rule of the psychic universe is that “like attracts like”. Similarly, “love promotes love”, so that the person who has let go of a lot of inner negativity is surrounded by loving thoughts, loving events, loving people, and loving pets. This phenomenon explains many scriptural quotations and common sayings that have puzzled the intellect, such as, “The rich get richer and the poor get poorer”, and “Those who have, get”. As a general rule, therefore, people who are carrying the consciousness of apathy bring poverty circumstances into their lives, and those with a prosperity consciousness bring abundance into their lives.

## **DIVINE LOVE HARMONY:**

**Immortal harmony:**

**Transformation of the soul is a beautiful harmonious gradual awakening.**



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

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

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

**The Divine Love completes the form of the human being.**

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

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



Because all living things are connected on vibrational energy levels, our basic emotional state is picked up and reacted to by all life forms around us. It is well known that animals can instantly read a person's basic emotional state. There are experiments demonstrating that even the growth of bacteria is affected by human emotions, and that plants register measurable reactions to our emotional state (Backster, 2003).

### **The Mechanism of Letting Go**

Letting go involves being aware of a feeling, letting it come up, staying with it, and letting it run its course without wanting to make it different or do anything about it. It means simply to let the feeling be there and to focus on letting out the energy behind it. The first step is to allow yourself to have the feeling without resisting it, venting it, fearing it, condemning it, or moralizing about it. It means to drop judgment and to see that it is *just* a feeling. The technique is to be with the feeling and surrender all efforts to modify it in any way. Let go of wanting to resist the feeling. ***It is resistance that keeps the feeling going.*** When you give up resisting or trying to modify the feeling, it will shift to the next feeling and be accompanied by a lighter sensation. A feeling that is not resisted will disappear as the energy behind it dissipates.

As you begin the process, you will notice that you have fear and guilt over having feelings; there will be resistance to feelings in general. To let feelings come up, it is easier to let go of the reaction to having the feeling in the first place. A fear of fear itself is a prime example of this. Let go of the fear or guilt that you have about the feeling first, and then get into the feeling itself.

When letting go, *ignore all thoughts*. Focus on the feeling itself, not on the thoughts. Thoughts are endless and self-reinforcing, and they only breed more thoughts. Thoughts are merely rationalizations of the mind to try to explain the presence of the feeling. The real reason for the feeling is the accumulated pressure behind the feeling that is forcing it to come up in the moment. The thoughts or external events are only an excuse made up by the mind.

As we become more familiar with letting go, it will be noticed that all negative feelings are associated with our basic fear related to survival and that all feelings are merely survival programs that the mind believes are necessary. The letting go technique undoes the programs progressively. Through that process, the underlying motive behind the feelings becomes more and more apparent.

To be surrendered means to have no strong emotion about a thing: "It's okay if it happens, and it's okay if it doesn't." When we are free, there is a letting go of attachments. We can enjoy a thing, but we don't need it for our happiness. There is progressive diminishing of dependence on anything or anyone outside of ourselves. These principles are in accord with the basic teaching of the Buddha to avoid attachment to worldly phenomena, as well as the basic teaching of Jesus Christ to "be in the world but not of it."

Sometimes we surrender a feeling and we notice that it returns or continues. This is because there is more of it yet to be surrendered. We have stuffed these feelings all of our lives and there can be a lot of energy pushed down that needs to come up and be acknowledged. When surrender occurs, there is an immediate lighter, happier feeling, almost like a "high."

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

rational

analysis

reductionist

linear

Values = Mechanistic

expansion

competition

quantity

domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

intuitive

synthesis

integrative

non-linear

Values = Holistic

conservation

co-operation

quality

partnership

Child like

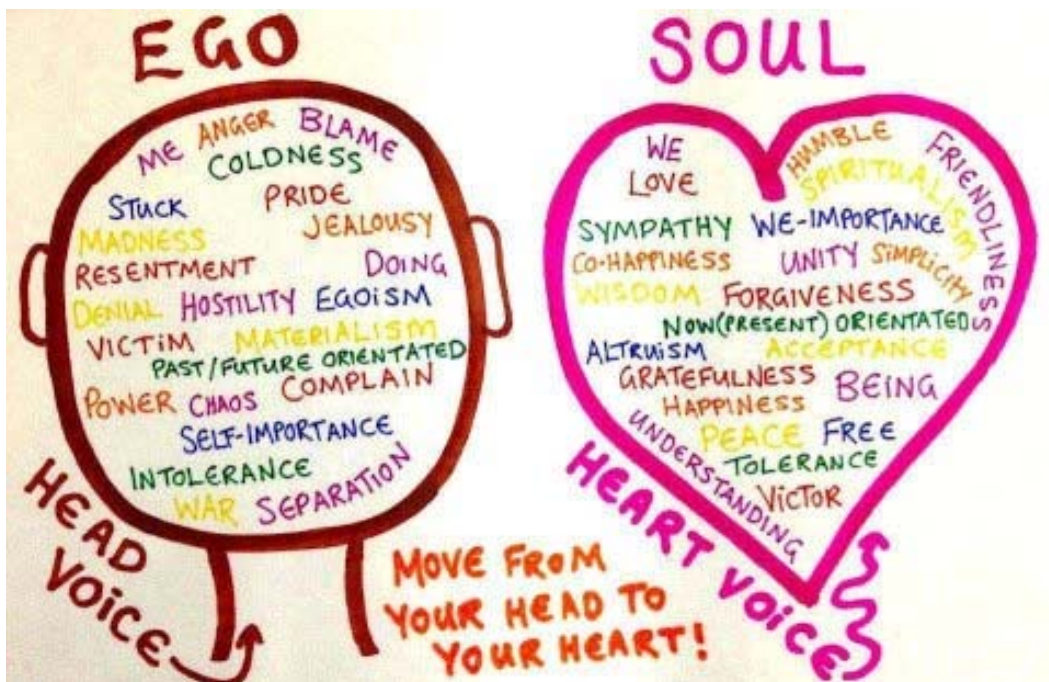
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



By continuously letting go, it is possible to stay in that state of freedom. Feelings come and go, and eventually you realise that you are not your feelings, but that the real “you” is merely witnessing them. You stop identifying with them. The “you” that is observing and is aware of what is happening always stays the same. (The real you is your soul.) As you become more and more aware of the changeless witness within, you begin to identify with that level of consciousness. You become progressively primarily the witness rather than the experiencer of phenomena. You get closer and closer to the real Self (your soul) and begin to see that you have been duped by feelings all along. You thought that you were the victim of your feelings. Now you see that they are not the truth about yourself; they are merely created by the ego, that collector of programs which the mind has mistakenly believed are necessary for survival.

The results of letting go are deceptively quick and subtle, but the effects are very powerful. Often we have let go but think that we haven’t. It will be our friends who make us aware of the change. One reason for this phenomenon is that, when something is fully surrendered, it disappears from consciousness. Now, because we never think of it, we don’t realise that it has gone. This is a common phenomenon among people who are growing in consciousness. We are not aware of all the coal that we have shovelled; we are always looking at the shovelful we are handling right now. We don’t realise how much the pile has gone down. Often our friends and family are the first ones to notice.

To keep track of progress, many people keep a chart of their gains. This helps to overcome the resistance that usually takes the form, “This isn’t working.” It is common for people who have made enormous gains to claim, “It just isn’t working.” We have to remind ourselves sometimes what we were like before we started this process.

### **Resistance to Letting Go**

Letting go of negative feelings is the undoing of the ego, which will be resistant at every turn. This may result in scepticism about the technique, “forgetting” to surrender, a sudden upsurge of escapism, or venting feelings by expressing and acting out. The solution is simply to keep on letting go of the feelings you have about the whole process. Let the resistance be there but don’t resist the resistance.

You are free. You don’t *have* to let go. Nobody is forcing you. Look at the fear behind the resistance. What are you afraid of regarding this process? Are you willing to let go of that? Keep letting go of every fear as it arises, and the resistance will resolve.

Let’s not forget that we are letting go of all the programs that have made us a slave and a victim for a long time. These programs have blinded us to the truth of our real identity. The ego is losing ground and will try tricks and bluffs. Once we start letting go, its days are numbered and its power is diminishing. One of its tricks is to go unconscious about the technique itself, for instance, to decide suddenly that the mechanism of surrender isn’t working, things are still the same, it is confusing, and too hard to remember and do. This is a sign of real progress! It means that the ego knows we have a knife with which to cut ourselves free and it is losing ground. The ego is not our friend. Like “master control” in *Tron* (1982), it wants to keep us enslaved by its programs.

Letting go is a natural ability. It is not something new or foreign. It is not esoteric teaching or somebody else's idea or a belief system. We are merely utilising our own inner nature to get freer and happier. When letting go, it's not helpful to "think" about the technique. It's better, simply, just to do it. Eventually it will be seen that all thoughts are resistance. They are all images that the mind has made to prevent us from experiencing what actually *is*. When we have been letting go for a while and have begun experiencing what is really going on, we will laugh at our thoughts. Thoughts are fakes, absurd make-beliefs that obscure the truth. Pursuing thoughts can keep us occupied endlessly. We will discover one day that we are right where we started. Thoughts are like gold fish in a bowl; the real Self is like the water. The real Self is the space between the thoughts, or more exactly, the field of silent awareness underneath all thoughts.

We have had the experience of being totally absorbed in what we were doing, when we scarcely noticed the passage of time. The mind was very quiet, and we were simply doing what we were doing without resistance or effort. We felt happy, maybe humming to ourselves. We functioned without stress. We were very relaxed, although busy. We suddenly realised that we never needed all those thoughts after all. Thoughts are like bait to a fish; if we bite at them, we get caught. It's best not to bite at the thoughts. We don't need them.

*Inside of us, but out of awareness, is the truth that "I already know everything I need to know". This happens automatically.*

Paradoxically, one resistance to surrendering is due to the effectiveness of the technique. What happens is that we keep letting go when life is not going too well and we are beset by unpleasant emotions. As we finally surrender our way out of it and all is well, then we stop letting go. This is a mistake because, as good as we may feel, there is usually more to it. Take advantage of the higher states and the momentum of letting go. Keep on going because it will get better and better all the time. Letting go gains a certain momentum. It is easy to keep it going once it is started. The higher we feel, the easier it is to let go. That's a good time to reach down and let go of some things (suppressed and repressed "garbage") that we wouldn't want to tackle if we were in the dumps. There is always a feeling to be let up and surrendered. When we are feeling good, the emotions are merely subtler.

Sometimes you will feel stuck with a particular feeling. Simply surrender to the feeling of being stuck. Just let it be there and don't resist it. If it doesn't disappear, see if you can let go of the feeling in bits and pieces.

Another block that may occur is the fear that if we let go of a desire for something, we won't get it. It is often beneficial to look at some commonly held beliefs and let go of them right in the beginning, such as: (1) We only deserve things through hard work, struggle, sacrifice, and effort; (2) Suffering is beneficial and good for us; (3) We don't get anything for nothing; (4) Things that are very simple aren't worth much. Letting go of some of these psychological barriers to the technique itself will allow an enjoyment of its effortlessness and ease.



## **LETTING GO PROCESS, also known as The Sedona Method:**

Dr David R Hawkins lived in Sedona, Arizona USA

<http://www.sedona.com/howItWorks.asp>

### **A Sample Releasing Process**

The following explanation and process will give you an understanding of what The Sedona Method is and a small taste of what The Sedona Method releasing technique can do for you.

Remember, this is just a sample. For you to get maximum benefit and sustained results, we highly recommend that you work with our audio program and/or attend one of our seminars.

There are three ways to approach the process of releasing, and they all lead to the same result: liberating your natural ability to let go of any unwanted emotion on the spot, and allowing some of the suppressed energy in your subconscious to dissipate. The first way is by choosing to let go of the unwanted feeling. The second way is to welcome the feeling, to allow the emotion just to be. The third way is to dive into the very core of the emotion.



"I had what I considered a very traumatic event happen to me about five years ago. I've been holding onto anger, fear, and grief for about five years. Through the releasing methods and two very profound releases I am able to feel a sense of peace and acceptance. I feel internally transformed, light, and free. I'm very thankful for Hale. This was a life changer for me."

*Rhonda Sihler, Pasadena, CA*

### **A simple exercise**

Let me explain the technique more thoroughly by asking you to participate in a simple exercise. Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought. Now, hold it in front of you and really grip it tightly. Pretend this is one of your limiting feelings and that your hand represents your gut or your consciousness. If you held the object long enough, this would start to feel uncomfortable yet familiar.

Now, open your hand and roll the object around in it. Notice that you are the one holding on to it; it is not attached to your hand. The same is true with your feelings, too. Your feelings are as attached to you as this object is attached to your hand.

We hold on to our feelings and forget that we are holding on to them. It's even in our language. When we feel angry or sad, we don't usually say, "I feel angry," or, "I feel sad." We say, "I am angry," or, "I am sad." Without realizing it, we are misidentifying that we are the feeling. Often, we believe a feeling is holding on to us. This is not true... we are always in control and just don't know it.

Now, let the object go.

What happened? You let go of the object, and it dropped to the floor. Was that hard? Of course not. That's what we mean when we say "let go."



## **You can do the same thing with any emotion: choose to let it go.**

Sticking with this same analogy: If you walked around with your hand open, wouldn't it be very difficult to hold on to the pen or other object you're holding? Likewise, when you allow or welcome a feeling, you are opening your consciousness, and this enables the feeling to drop away all by itself—like the clouds passing in the sky or smoke passing up a chimney with the flue open. It is as though you are removing the lid from a pressure cooker.

Now, if you took the same object—a pencil, pen, or pebble—and magnified it large enough, it would appear more and more like empty space. You would be looking into the gaps between the molecules and atoms. When you dive into the very core of a feeling, you will observe a comparable phenomenon: nothing is really there.

As you master the technique of releasing, you will discover that even your deepest feelings are just on the surface. At the core you are empty, silent, and at peace—not in the pain and darkness that most of us would assume. In fact, even our most extreme feelings have only as much substance as a soap bubble. And you know what happens when you poke your finger into a soap bubble: it pops. That's exactly what happens when you dive into the core of a feeling.

Please keep these three analogies in mind as we go through the releasing process together. Releasing will help you to free yourself from all of your unwanted patterns of behaviour, thought, and feeling. All that is required from you is being as open as you can be to the process. Releasing is a simple technique will free you to access clearer thinking, yet it is not a thinking process. Although it will help you to access heightened creativity, you don't need to be particularly creative to be effective at doing it.

You will get the most out of the process of releasing the more you allow yourself to see, hear, and feel it working, rather than by thinking about how and why it works. Lead, as best you can, with your heart, not your head. If you find yourself getting a little stuck in trying to figure it out, you can use the identical process to let go of “wanting to figure it out.” Guaranteed, as you work with this process, you will understand it more fully by having the direct experience of doing it.

So here we go.

### **Choosing to Let Go**

Make yourself comfortable and focus inwardly. Your eyes may be open or closed.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment.** This doesn't have to be a strong feeling. In fact, you can even check on how you feel about this exercise and what you want to get from it. Just welcome the feeling and allow it to be as fully functional or as best you can.

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off, or empty inside, those are feelings that can be let go

of just as easily as the more recognizable ones. Simply do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

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

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

These questions are merely asking you if it is possible to take this action. “Yes” or “no” are both acceptable answers. You will often let go even if you say “no.” As best you can, answer the question that you choose with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences.

All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go, to the experience of stopping holding on. Go on to Step 3 no matter how you answered the first question.

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

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn’t matter whether the feeling is justified, long-standing, or right.

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling, or would I rather be free?”

Even if the answer is still “no,” go on to Step 4.

**Step 4: Ask yourself this simpler question: When?**

This is an invitation to just let it go NOW. You may find yourself easily letting go. Remember that letting go is a decision you can make any time you choose.

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

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

**HOW to LET GO:**

<https://learnlettinggo.com/how-to-let-go/>

[Listen to the podcast of this page.](#)

The [Letting Go](#) technique is simple. It's so simple you may dismiss its incredible power. If you catch yourself doing this, let go.

All you need to let go is an emotion, a negative one. This feeling is attached to many thoughts, perhaps a story or a dozen similar experiences. However it presents, the overall energy, is negative.

**1. Identify a negative feeling.**

Now quiet your mind and there are many ways to do this. [Here are a few suggestions that have worked for me.](#) Thoughts are not helpful in the letting go process except to alert you into the process.

**2. Clear away all thoughts.**

Focus quietly on the feeling. Breathe into the sensations and allow them to be. Here all you do is breathe and accept the feeling inside you. It doesn't matter where you are (home, work, driving, having coffee with a friend) just go from unconscious breathing to conscious. The sensations may be very uncomfortable. That's okay. Just breathe and allow the feelings to be where they are. Let go the need to give the feeling a name. I like the general word, *sensations*. You may notice these sensations begin somewhere specific in your body and you may discover they are everywhere. Simply breathe and allow.

**3. Breathe into the sensations and allow them to be.**

Your willingness to accept the sensations may intensify them. This is okay too. Keep breathing and allowing. Thoughts are not required. With your breath, create an intention to accept what's happening inside you. Breathing into the sensations releases your resistance. It's the resistance that is causing you pain. It's your thoughts about the pain that keep you stuck and unwilling to let go. Your willingness to let go thinking and accept what's happening is your ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is all you need to do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions. Including your favourite wound reserved for social settings. Of course *that* story gets you attention! It will even tell you, “you're not interesting” without it. Let go the sensations around social acceptance or whatever comes up.



#### 4. Repeat when necessary.

##### Letting Go for Everyone

For fun, imagine a world where all the people have let go. You are surrounded by delightful, creative, deeply loving and authentic friends. Nobody has hang-ups or low self-esteem. When life gives them lemons they seek the lesson instead of *lemon-ting*. When they let go a crisis all that's left inside is a harmless, concluding statement, "Well that happened and I made it." This world of burden-less people live fearlessly. They are full of energy. (Note: If you sense any resistance around visualizing this world where people have let go, stop reading and let go now). All it takes to create a world like this is for one person to be willing to let go. When you do, others will sense your courage and be inspired to do the same.



##### Monkey See Monkey Do!

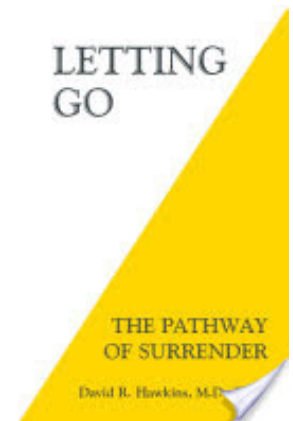
It was your inner courage that brought you here or perhaps it was a painful potato?! [Read the Potato Story.](#)



Looking for some ways to trigger the Letting Go Process? [Click here to ask yourself some provocative questions.](#)

[Perhaps letting go has become a practice for you and you'd like to learn some advanced techniques.](#)

This blog is based on my personal experience with the collective works of Dr David R Hawkins. His last book, *Letting Go: A Pathway to Surrender* (2012) is what motivated me to commit to the process. The fact that it works is why you're reading this.



**NOTE: One's personal desire to bring about harmony within, and also physical health, is amplified by gifts of love that are received via way of embracing steps to release the blockages of energy within one's bodies that have occurred as of a result of typically forgotten emotional errors, injuries and events from long ago. The process of Letting Go is considered to be more effective than similar processes, however, the ultimate high-octane super fuel of the Father's Love, the gift of Divine Love can be simply longed for, asked for and received. It is this Love that slowly dissolves emotional injuries and brings about the harmony one may be seeking.**

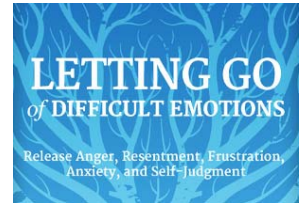
**One may be encouraged to embrace the Letting Go process as well as the seeking and receiving of the Source Soul's Love. The combination of both of these practices will have eternal benefits.**

**One will also notice that both are so simple in their format that either is difficult to comprehend due to the simplicity of each gift towards the love and healing of one's being.**

**Enjoy the journey, Pascas Health.**

## **LETTING GO with The LOVE:**

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



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

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

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

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

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

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

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

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

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

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

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

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

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



**Note from James Moncrief:**

21 May 2017

“You know, I think that letting go pathway is still one of mostly using the mind. The couple of lines about speaking them out is the only way we can truly let them go. We are still the child feeling them, and we need to speak them out of us. Otherwise it’s still working with the mind in control. I think the process is beneficial, however limiting, but at least it’s on the right track and won’t do anymore harm than we do by denying our bad feelings.”

Consider the next step and embrace the Feeling Healing guidelines outlined in the Pascas Papers entitled ‘Pascas Care Feeling Healing ....’

**Saturday, 5 August 2017: Nanna Beth:** David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won’t be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

# LIVE FEELINGS FIRST

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

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



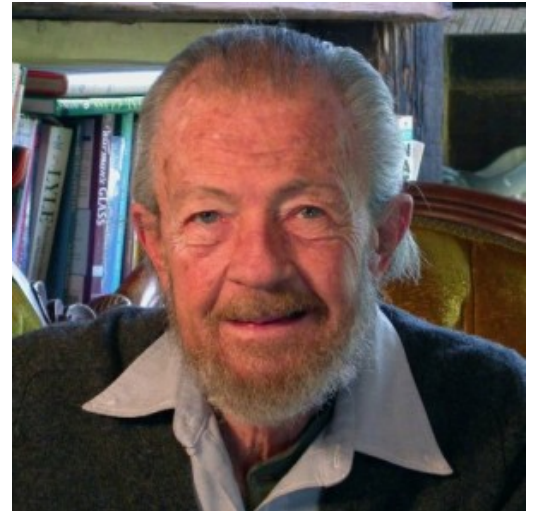
**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.

“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”



“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

# LIVE FEELINGS FIRST

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book Power vs. Force, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my



work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,  
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

**CONCLUSION:**

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

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

**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.**

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**



# FEELING HEALING + SOUL HEALING

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

## LIVING THEIR WILL:

We can choose, in each and every experience, to live true to one's self; true to our feelings, and by doing so, we can also choose to live true to God and Their Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings, acting on our feelings in the moment, doing what we feel we want to do, while all the time longing for the Divine Love, the Truth, and wanting to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered, and its not an artificial empowerment like many people try to achieve by positive thinking and trying to be positive and wilful using their minds, it's real feelings of ourself, our will, and our wanting to live with God, our Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

**FEELINGS**

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it. It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.

## FEELING HEALING

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

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

**We have to see the whole truth of our negative or self-denial state before we can heal it and be free of it.**

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

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

This is how we are also to be, as adults!

**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.**

**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.**

### **Feeling Healing – Healing yourself through your feelings.**

- ✓ Your feelings are the real and true you.
- ✓ If you are denying any feelings you are denying yourself.
- ✓ If you are denying yourself you can't ever be truly happy.
- ✓ To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.
- ✓ If you want to know the truth of yourself, then it's your feelings you will need to look to.
- ✓ Your feelings hold the hidden keys to unlocking the truth of who you really are.
- ✓ Uncover the truth of yourself through your feelings and you will know why you feel all you do.
- ✓ Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.
- ✓ Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.
- ✓ How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.
- ✓ However you will also have to pay attention to all your bad feelings, and this can be very harrowing.
- ✓ By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.
- ✓ And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.
- ✓ It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.
- ✓ Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.
- ✓ You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.
- ✓ And if you wish to do your Healing with God, you can also long for God's Divine Love.
- ✓ Feeling Healing – Using your feelings to heal yourself.

**LOVE**  
is  
**Feelings First Spirituality, The New Way**

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

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

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

**Living the New Way of Feelings First Spirituality**

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

***And to do this you need to do your Healing***

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

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

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

## **Feelings First Spirituality The New Way**

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

## 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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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

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

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

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

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

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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

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

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



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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

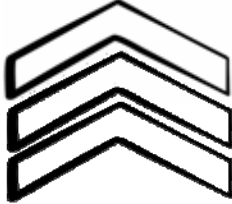
**HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

## **Divine Love**

### **The Gift that keeps Giving**

*A general universal platform on how to experience Divine Love*

As more people become aware of the *Divine Love*, how to experience the Divine Love required a need to provide a general universal platform that is simple yet an effective way for one to experience *Divine Love*. People may learn about the availability of *Divine Love* by word of mouth or from reading literature that introduces this gift for our soul, and also by participating with group dynamics where the *Divine Love* is introduced and discussed. The essence of this standard platform is its independence so that the individual may feel guided to include this simple platform in their daily life and experience of *Divine Love*.

The platform introduced here is a technique that is simple, constant, practical and has been utilised in the general public for over twenty years with loving consistent results, accommodating participants and their diversity of belief and cultural background. This platform is a reliable place to begin with the experience of *Divine Love*. It needs to be confirmed that accepting *Divine Love* rests with our soul and heart and that to experience this Love will comfort one in their individual faith experience as we all aspire toward the greater reality of Love, Truth and Spirit.

#### **A Universal Platform on How to Experience the Divine Love:**

Firstly, you are aware now that you can experience the *Divine Love*.

Find a comfortable chair; sit down in a relaxed and normal position.

Close your eyes and take three deep single breaths in through your nose and out through your mouth to clear energy and to relax into this experience. Have a little faith and proceed without great expectations.

Gently turn your inner heart and voice to the Soul, God in faith when you feel ready, ask the Soul, God with your own loving voice for an inflowing of *Divine Love*. Having asked sincerely, there is no need to continuously ask. The Soul, God hears sincere love in the asking and so The Spirit that brings the Love acts, and *Divine Love* is now flowing.

Having asked once, you will be receiving the *Divine Love*.

Proceed without expectation on what will happen as you experience the Love.

Sometimes your mind may wander – or there are thoughts, feelings or physical sensations. Experiencing the *Divine Love* is never a forceful experience.

Continue for as long as you feel you would like to. This may be for 5 minutes or 20 minutes or an hour. Time will vary for the needs of the individual or group.

Take another few deep breaths to assist your focus. Give our love to the Soul, God and in our own voice inwardly say this; Soul, God that you love this Soul and are grateful to receive this *Divine Love*.

Then when you feel ready, open your eyes and take another deep breath or two, and this closes the experience.

#### **Some helpful hints:**

- This general universal platform on how to experience the *Divine Love* is uncomplicated. Some people have utilised this platform for many years, never needing to change.
- The essence of this standard platform is to experience the *Divine Love* in a comfortable way, therefore this technique needs to be simple, effective and inclusive.
- Experiencing the *Divine Love* can be a long-term experience so to have a practical, simple, functional standard platform solves a lot of problems about *how* to experience the *Divine Love*.
- From this general platform people who like prayer or meditation, reflection, spirit communication, or just being *in* and *with* the Love can extend their experience from this standard position.
- Lastly, enjoy! And know that when a person is experiencing the *Divine Love* that one is in the tender care of the Soul God, and that no spirit interference will happen, for no spirit can interfere with the Sovereignty of *Divine Love*, which is God's Alone!
- Enjoy, Celebrate and Shine!



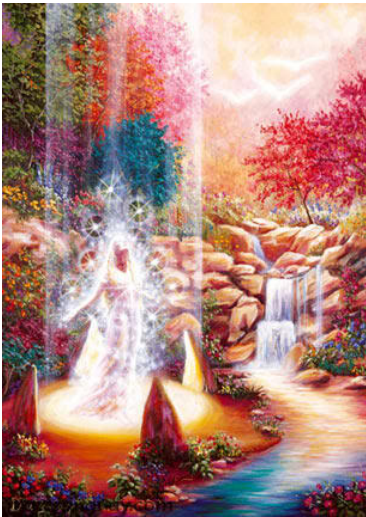
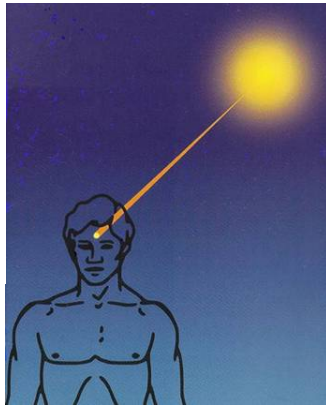
A gift of experience from Zara and Nicholas endorsed by many, many others.



**CONNECTION with GOD:**

**Holy Spirit / the Spirit  
infusing Divine Love.**

**Progressive escalation of  
Divine Love flowing.**



### 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**

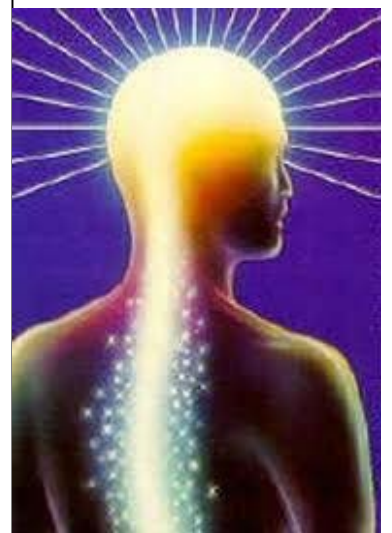
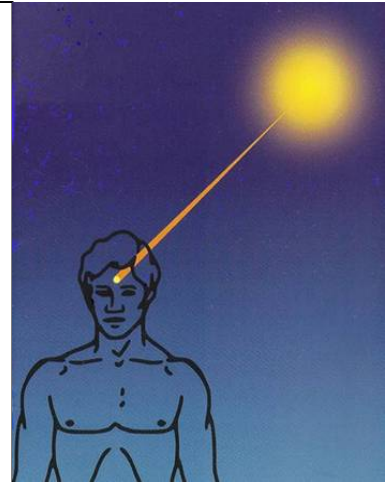
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. 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 Mother and Father to us all.

MoC 1,500



### ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

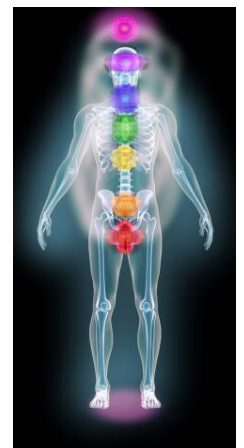
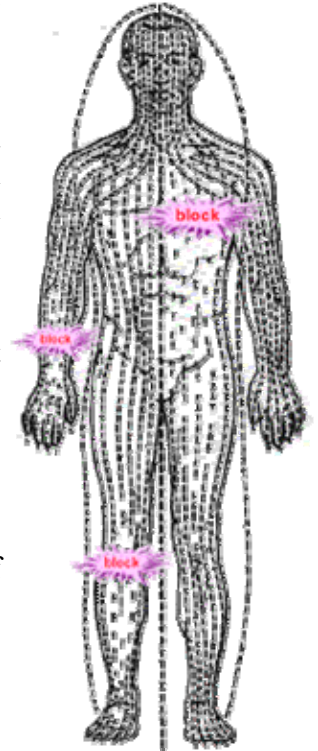
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

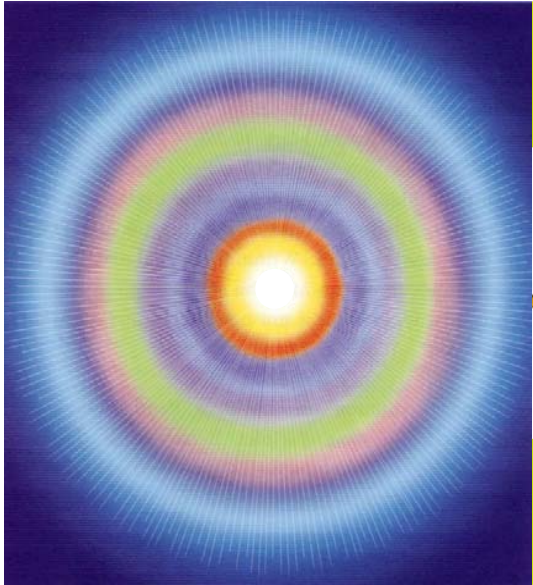
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



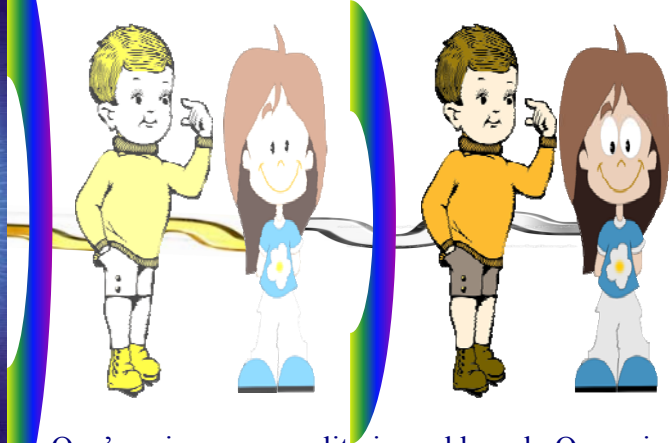
### DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

**ASK!** **ASK!**  
**Ask!** **ASK!**  
**ASK!** **ASK!**



Ask for, long for and receive our Parents' Divine Love.

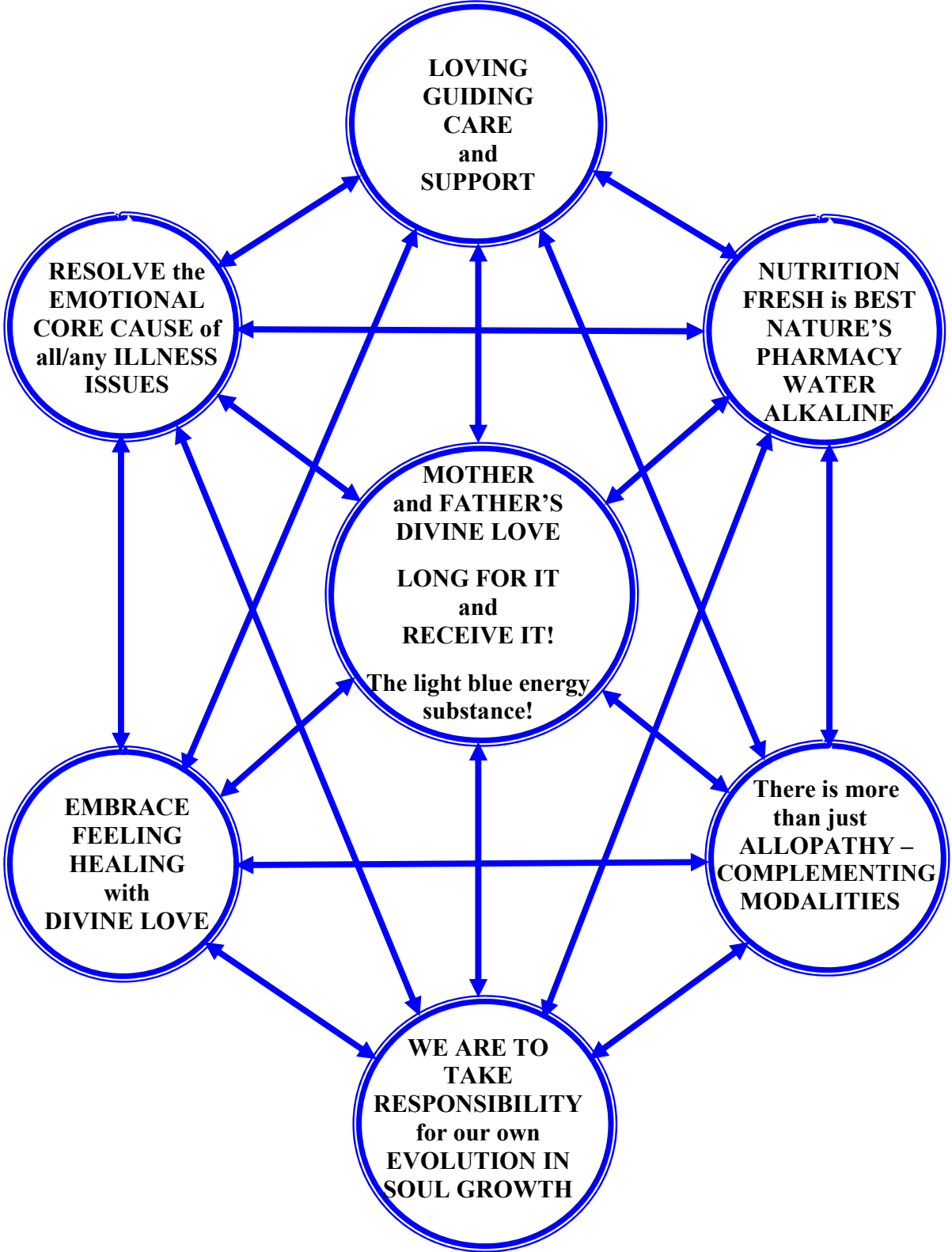
The energy substance of Divine Love will peel off negative emotions.

The Love will grow one's soul in radiance.



# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



## **FEELING LOVED AND CARED FOR:**

by Joseph Babinsky

2 May 2016

Nothing can replace experience – except experience with knowledge.

During most of the day I was feeling glum, perhaps on the edge of falling into the sickness that has plagued my wife for several weeks. I've heard that many other people are suffering the same sort of sickness – flu like symptoms. I did not want to go there; I was there two years ago and thought I was dying; it was that severe.

Today is Sunday, first day of May. I was invited to attend a spiritualist church service. The meeting was at 1:00 PM. I did not want to go, but I had made a promise to a friend that I would. Even when I arrived at the building, I delayed going inside, and waited in my car. I'd been there before, if fact, spoke twice at their service. When I got out of the car it was raining lightly and was glad I wore a sweater. The people were happy to see me and greeted me with enthusiasm. All of the people are older, some almost as old as me. I chose to sit in the front row next to a teenage boy that attends sometimes with his grandmother. He knows my daughter, and seems to enjoy it when I sit near him.

The service did not help lift the gloom that I was feeling. I was asked to join others in a birthday celebration, but I declined, choosing to go home, stopping on the way to purchase a light snack of a fruit smoothie.

At home, I went to my refuge, a small office at the far end of our home – part of a garage that I remodelled 12 years ago. I sat in my recliner and worked on editing my memoir. I began to tire, leaned back in the recliner and fell soundly asleep. When I woke an hour later, I felt much better; a dark cloud I was under disappeared. I reached for my cell phone on the small table next to the recliner, browsed the basketball scores, and then checked Facebook. One of the first things I saw was a post that a friend posted that *love is the answer*. It was a quote from a book:

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, “*not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery*”, affects our health, quality and length of life more than feeling loved and cared for.

I liked what I saw and shared it to my own timeline on Facebook, with this note:

*Love is the answer . . . and when an individual has awareness and the experience of the Divine Love, this truth has unlimited potential.*

I no sooner finished and shut off my phone when my daughter walked in the room. She was hungry and wanted food. A few suggestions were made, and she didn't like any of my ideas, then asked if we could order pizza. We hadn't had this in a while, so I agreed. She ordered it, and I offered to go pick it up. I was feeling that good!

In the car driving to the pizza store, I had a grand time talking aloud to myself about what I had just read on Facebook: *feeling loved and cared for*. Instantly I began talking aloud about my understanding of feeling loved and cared for ... namely, God and me! I began to laugh and shout! (If a person in another car saw me, they might have thought that he was looking at a crazy old man acting daffy!) This is part of what I said in the car going to a pizza store:

*I am loved! I am embraced by Love – the greatest thing in all the universe! I am the object of God's Great Love and most tender care! He smiles on all my weakness, and is always ready and willing to take me into His Arms of Love! I am His child – not a depraved and sinful creature. I am the greatest of His Creation, and the most wonderful of all His Handiworks! I am His child, and the object of His Love. He desires that I be in complete Harmony with Him, and gives me the potential to be filled with His Divine Love. I feel His Love and His care. I am loved ...*

By the time I arrived at the pizza store I was a very happy man. The young man behind the counter felt something from me. He smiled and seemed very happy too. And my daughter was happy to see me when I got home with the pizza. Even my wife seemed happier too. Love – the Divine Love – does make a difference in a person's life. Even pizza tastes better!

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A good Reference:

## LOVE AND SURVIVAL

by Dr. Dean Ornish

Dean Ornish, M. D., writes, “I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy. Not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery.”

He reveals that the real epidemic in modern culture is not only physical heart disease but also what he calls spiritual heart disease: loneliness, isolation, alienation, and depression. He shows how the very defences that we think protect us from emotional pain are often the same ones that actually heighten our pain and threaten our survival.

Dr. Ornish outlines eight pathways to intimacy and healing that have made a profound difference in his life and in the life of millions of others in turning sadness into happiness, suffering into joy.

**Our Heavenly Parents simply desire for us to ask for Their Love.**

**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’.

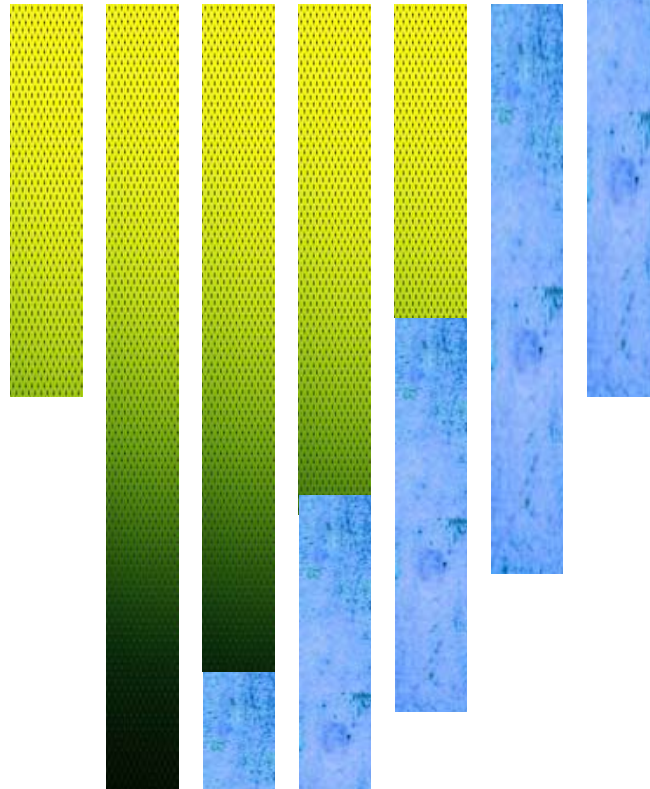


**NATURAL LOVE BLENDS PERFECTLY WITH DIVINE LOVE:**

**Both are energies. Natural Love energy forms each soul and each individual soul is unique. Our personality, intelligence, memory, and humanistic characteristics are unique. It is our gift of free will that tends to enable us to error, however, it is the uniform nature of Divine Love and Feeling Healing that brings about our growth and release of man-made negativities.**

| MAP OF CONSCIOUSNESS  |          |
|-----------------------|----------|
| Level                 | Log      |
| At-onement Transition | 1080     |
| ENLIGHTENMENT         | 700-1000 |
| PEACE                 | 600      |
| JOY                   | 540      |
| LOVE                  | 500      |
| REASON                | 400      |
| ACCEPTANCE            | 350      |
| WILLINGNESS           | 310      |
| NEUTRALITY            | 250      |
| COURAGE               | 200      |
| PRIDE                 | 175      |
| ANGER                 | 150      |
| DESIRE                | 125      |
| FEAR                  | 100      |
| GRIEF                 | 75       |
| APATHY                | 50       |
| GUILT                 | 30       |
| SHAME                 | 20       |

**One's soul is gifted with the emotions of courage through to enlightenment. Man-made emotions are those of pride down to shame – these we can step away from with Feeling Healing.**



**A. B. C. D. E. F. G.**

- A. Unborn child's soul is always perfect and remains that way throughout life.**
- B. Child in first seven years absorbs man-made emotional characteristics from environment.**
- C. Cognitive capabilities enable each person to choose to ask for and receive Divine Love.**
- D. Divine Love strengthens one's resolve to release negative emotions should we continue to ask for more and more of this ultimate high octane super fuel, this light golden blue energy.**
- E. Progressively, harmony comes about through our bodies and the inclinations to engage in negative ways and causing harm to others or one's self dissipate.**
- F. As we embrace the Love, the Divine Love transforms our soul so that we no longer have any inclinations to do anything other than the will of the Source Soul, no more harm to others.**
- G. It is with the blending of the Natural Love with the Divine Love that fits a person to become at one with our Mother and Father and to enter the Celestial Heavens.**

One's soul is connected by cords of light with one's spirit body. The spirit body is the template of the physical body. Our mind is within the spirit body as are all of our senses that our physical body responds to. Our memory and personality are soul based. Upon shedding of the physical body we lose nothing, in fact we become more alive than ever.

The Love of our Heavenly Parents, when embraced, is infused through our spirit body and into our soul bringing great freedom, love and joy.



The natural love is the energy substance that is one's unique soul. Each personality is unique and that is achieved through the natural love energy substance at the time of its creation by our Heavenly Parents. The natural love has a finite development potential towards its own perfection.



Divine Love is uniform and changeless. The Divine Love energy, being light golden blue, perfects the natural love energy without changing the personality created by Mother and Father. With the Love, one can grow beyond perfection and become fitted to live with in the Celestial Heavens and beyond.

The Love itself is not 'spirit'; it is a substance of Energy that is harmonious with spirit. There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live with the Father in their at-onement in the Celestial Heaven and to progress beyond these glorious realms.

## ***DIVINE LOVE – what does it do?***

**Divine Love, which is a substance, progressively:**

**Transforms one's soul from that which is of natural love to that which is Divine**

**As natural love is enhanced with the Parent's Love, we reject our tendency to error**

**Divine Love, our Parent's Love, restrains errors, untruths and emotional stress**

**As we reject the condition to error, we develop our love for our brothers and sisters**

**Divine Love helps one with the discovery of truth through one's soul-feeling healing**

**Our natural intelligence grows, perceptions rise with our soul intelligent feelings**

**As Law of Compensation is resolved, the Love reduces returning to being in error**

**Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant**

**As our faith grows our propensity to undertake one's Feeling Healing strengthens**

**With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake**

**Without the Love we remain self reliant and dependent upon our own will power**

**Only with the Love will our soul condition grow rapidly, all around us also benefit**

**The Love is the only substance that changes the human soul to that which is Divine**

**Only by asking and receiving Love do we become fitted to enter Celestial Heavens**

**Only by asking for and receiving the Divine Love does our soul become immortal.**

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

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

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

**Please Mother and Father, may I receive Your LOVE.**

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

#### **Three Great Truths:**

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



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

**UNIVERSALITY of the SOURCE SOUL'S GIFT:**

**By embracing the eleventh commandment:**

**"This is my commandment, that ye love one another even as I have loved you."**

**Our soul condition steadily grows in love so that we step away from:**

**Any harm that we may cause to others which will also bring about consequences.**

**Also as our soul development progresses, our self love grows which also enables us to step away from:**

**Any self harm that we may cause which also will bring about consequences.**

**And to move along this path we simply develop our embracement of:**

**God's Divine Love; pray for it, ask for it, and receive it.**

**Or it may be even as simple as the caption below:**



**Oliver Twist asked:**

*Please, sir, I want some more!*

**Maybe we should simply ask:**

*Please, Mother and Father, I want some more!*

*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**

MoC

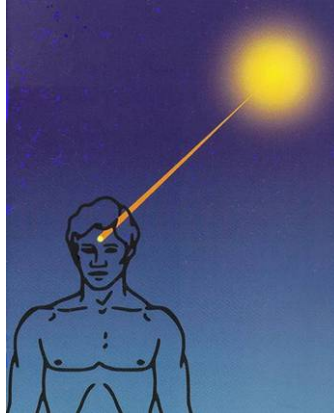


**VISUALISATION with LONGING:**

**Holy Spirit infusing Divine Love.**

**Progressive escalation of Divine Love flowing.**

**Visualise yourself as you were when young and with an empty bowl, and then thankfully ask the Mother and Father for Their Love – Their Divine Love:**



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



**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve. Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller



|                                                                    |                                  |                               |
|--------------------------------------------------------------------|----------------------------------|-------------------------------|
| <b>Primary recommended reading:</b>                                | <b>consider commencing with:</b> | <b>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 Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 44    |
|                                                                  |                        | This group being pages of | 3,092 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

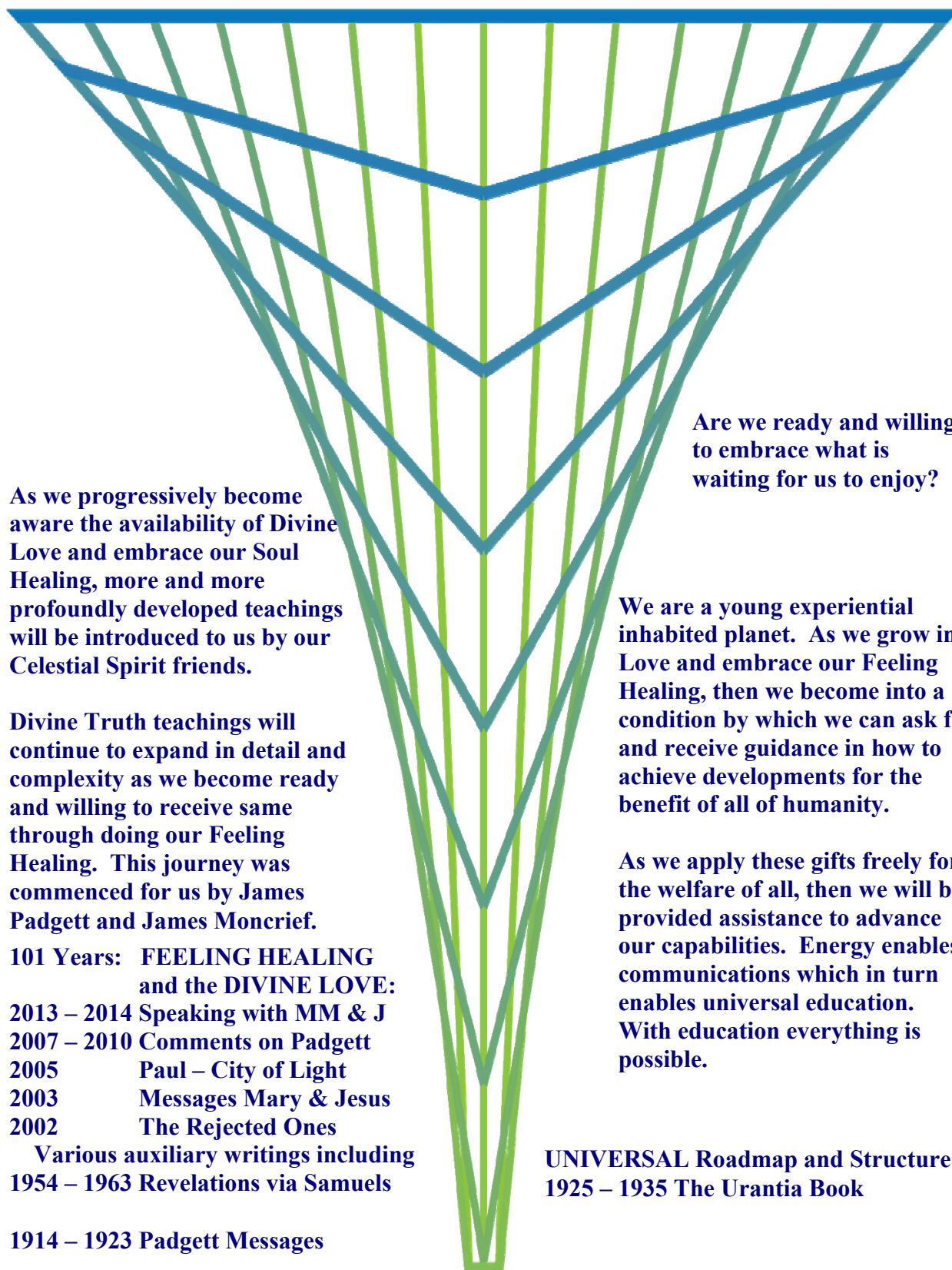
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



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

Strive to love others as I am to love myself

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

Divine Love  
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Feeling Healing with  
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to enter the  
Celestial Heavens:

