

PASCAS CARE

Living Feelings First

- Drilling Deeper



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

Aspiring to Living Feelings First,

*Brian Iverach, Faizel Hassan, Graham Golding, Helen Adam,
Jim Baker and John Doel, with many others!*

Pascas Foundation (Aust) Limited



***“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 LIVING FEELINGS FIRST – DRILLING DEEPER

We have been led by everyone around us, in all walks of life, particularly our parents, to worship our minds as the only way to prosperity, happiness and spiritual growth. Our minds cannot and do not discern truth from falsehood and further, our minds are addicted to control – control over our true selves and of all others.



We have been going the wrong way for 200,000 years. Our truth is through our soul-based feelings. We are to embrace our feelings and long for the truth of what they reveal to us. Through our feelings we will discern the truth we are to live by and then our mind is to assist us in living such truth. Our mind is to follow our feelings, not the other way round as we have been taught from the moment of our conception. We are to drill deeply into our feelings which will bring to the surface our childhood suppression and repression. Only by expressing, talking out, our childhood injuries and living Feelings First can we heal ourselves and evolve.

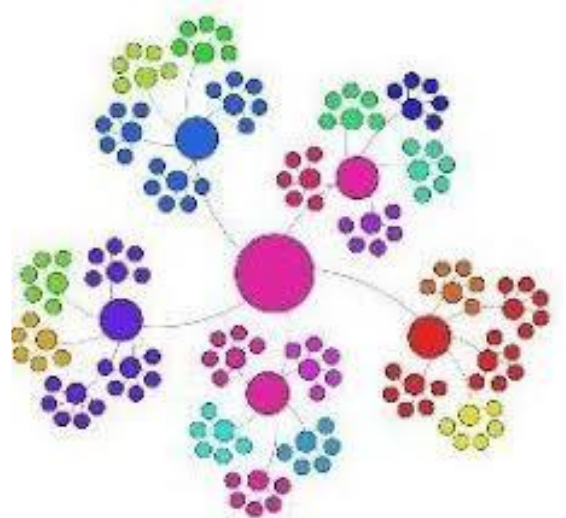
How can the Feeling Healing way of living be introduced into communities? The revelation of Feeling Healing will unfold through one on one contact. First to come is the awareness of what Feeling Healing is and how to go about it, then should one so desire to engage in it. No one is obliged or asked to do anything. Some time during one's journey, either in the physical or in spirit, we will all engage in our Feeling Healing as that is how we are to evolve up through the Mansion Worlds, then to the Celestial Heavens and onwards to Paradise.

Thus one could say that when you embrace Feeling Healing, even if it is only an awareness, then your home is now a Paradise Home. Should all that you then do is share your understandings of what has become known to you of Feeling Healing then your home is a Paradise Home that is open to others.



When schools are the primary pathway then such participating schools may have an average of 1,000 students, these schools might be clusters of six with five such clusters being supported by a Pascas Care Centre – similar to a holistic medical centre with a Paradise Room and psychologists or other health carers supporting those with their healing. Such schooling structures would represent a population of 100,000, with one Pascas Care Centre per 100,000 population.

A region with 500,000 to 1,000,000 may find the need for a Paradise Village that may accommodate 1,000 people, being men, women and children, focused upon living true to their feelings. This is yet to evolve and is conceptual. It will all truly start from individual engagement that will potentially evolve into family engagement, thus creating the first Paradise Homes. Then communities may become engaged through participating schools, however few or many will be according to circumstances and embracing Feeling Healing.



Chaldi College is conceptually aligned to Living Feelings First. That is; the participating students and academic staff recognise that students and staff are to live through following their feelings. That is, control of others is avoided.

CHALDI COLLEGE

<http://www.stlukesmarsdenpark.catholic.edu.au/> St Luke's Catholic College, Marsden Park, western Sydney, Australia:

"St Luke's is a Catholic learning community establishing the 'new normal' for preschool to post school learning within an extended school day, 6:30am-6pm, Monday to Friday. In a place where Learning = Infinite Possibilities, St Luke's provides each student with inquiry experiences which are relevant to their real world. By providing a flexible and diverse curriculum, learning experiences are progressively self-directed and increasingly personalised, preparing students to be responsible global citizens. We invite you to explore our website to find out what makes a St Luke's education the best choice for your child."

Chaldi College is non-denominational. That is, it is not aligned with any faith or religion. Further, Living Feelings First is not a religion, it is a spiritual way of life.

Within communities of 100,000 people, it is envisaged that a Pascas Care Centre would be established to support those who are aware of Feeling Healing and looking to embrace further, as well as the whole community. A Pascas Care Centre is a holistic health care centre that is very wide in its services and capabilities.

Pascas Care Centre

As people engage in their Feeling Healing, then the need for full support may best be provided through a Paradise Village which may accommodate up to 1,000 women, men and children. This may be appropriate for one such village community per million people or so.

Paradise VILLAGE

Though all the components of Pascas WorldCare are to eventually become autonomous and self supporting, they are to look to Pascas for assistance and innovations. Pascas is to explore avenues that will resolve issues, enhance capabilities and improve the potential for employment and quality of life. That is why the 'help office' is just that, it is there to help you!



Aspiring to Living Feelings First

Graham Golding, Helen Adam, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

We have been driven, generation after generation, to embrace our minds to the point that we blindly worship our minds, due to the fact that high level spirit controllers considered we would fall to to their coercion.

Our minds are addicted to:

Control over others;

Control over our environment.

That males are now addicted to having females subservient to their control.

That our minds cannot differentiate Truth from Falsehood.

That our minds are addicted to untruth and that 'fake news' and propaganda will be believed by a gullible, subservient audience.

That consequently, the sheeple will march to war without questioning.

So, financial gain for the few hidden controllers is the trigger for never ending wars, if they cannot enslave nations through debt by other means!

We, here on Earth, live in a physical HELL!

Living Feelings First is to replace Mind Centricity

A hidden very few controllers have orchestrated every system and way of living for humanity to be mind centred. While we live through our minds WE CANNOT EVOLVE!!! Our minds are wonderful but they are, in themselves, addicted to control over the environment, over others and ourselves, and our minds are addicted to untruth, they cannot discern truth from falsehood. We have been screwed for the past 200,000 years through these hidden controls.



Firstly, all the emotional injury that we take on, that we are infused with, commencing at the moment of conception, is what limits our capabilities throughout lives. It is these same emotional injuries, mostly infused upon us by our physical parents, which set in place our health throughout our lives, our social issues, our quality of life and our prosperity. However, through mind centricity we remain stagnant.

What we take on emotionally must be released emotionally. We must talk it out of us emotionally. The pain will be no greater than the pain that was felt when we were infused or repressed throughout our childhood forming years. But this is the one and only pathway to heal and evolve beyond the zombiism that we see around us. We are all functioning in a stupor due to the limitations of mind centricity.

Our feelings are always in truth, they are our truth. With truth we have freedom and prosperity – yet we will need little – as our fears and addictions will be put aside. The connectivity with the spirit worlds will also open up to those who heal through their Feeling Healing.

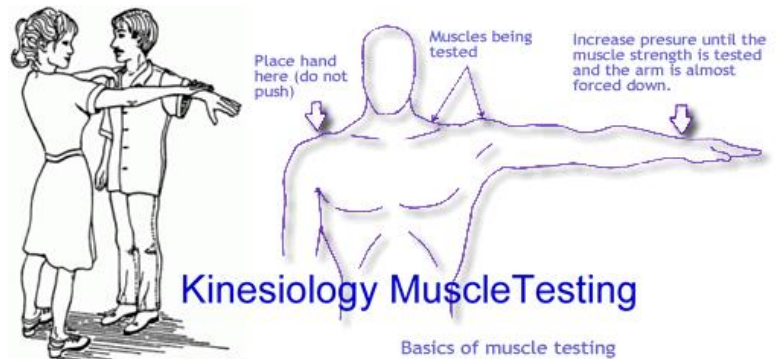
WHOLE DIFFERENT Way of Life.



Living Feelings First

For the past 1,800 years, the evolutionary development of humanity has stagnated at 190 on Dr David R Hawkins' Map of Consciousness (MoC). This of a consequence of humanity remaining mind centric and adhering strictly to the suppression imposed by wayward high level spirits who have now all been incarcerated and their puppets blocked from furthering their agendas.

Applying kinesiology muscle testing in conjunction with the Map of Consciousness (MoC) table, the inadequacies of those in leadership roles is readily discernable. Those in leadership roles throughout all of society can be recognised as to their capabilities, or lack thereof, instantly. Those who have not developed or evolved their consciousness to appropriate levels can now be dropped from positions of authority. Most will fail. The dearth of appropriate leadership will put a greater



focus upon the inadequacies of the education systems worldwide and the inabilities of institutions, such as health, to provide the services required of them. Governments and their structures fail miserably.

A Council of Elders may now begin to be formed. Initially, these are people who have significantly advanced through their personal Feeling Healing. The entry level for a council member may be considered to be as low as 700 on the Map of Consciousness (MoC). These are extraordinary people.

Through Feeling Healing, what unfolds is spontaneity and intuitiveness, versus the zombiism and stupor that presently prevails throughout mind centric humanity.

High level leadership roles are to be filled with those calibrating 470 or higher, their deputies to calibrate 440 or higher, and support leadership functions to be filled by those calibrating over 410. Health services personnel to calibrate over 500.

Everything is about to change. Living through our feelings is our pathway in growth with humanities evolution in spirituality is about to become dynamic.

Council of Elders

Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

Foresightful

Wisdom & Truth

FREEDOM

EQUALITY

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

Feelings First Spirituality – The New Way

(Adults)

Feelings First

You are your feelings. Your feelings are very important.

You are to respect and honour yourself, by respecting and honouring your feelings.

If you disrespect and dishonour yourself, you are hurting yourself.

If you disrespect and dishonour your feelings, you are also hurting yourself.

If you reject any feelings, you are rejecting yourself.

If you are not fully accepting and acknowledging all your feelings, you are not being loving to yourself.

To be fully self-loving, means to fully accept ALL your feelings.

If you want to love yourself, then it begins by loving all your feelings.

If you reject one feeling, if you block it out or stop yourself feeling it, you are not fully loving yourself.

You can love yourself by accepting all of yourself, so all of your feelings.

And you accept your feelings by feeling them, and not by doing anything with your mind.

Feeling denial

You have grown up being made to deny certain feelings. You feel they are bad, they cause you too much pain and grief. They are not wanted. You have learnt to push them aside, banish them, block them out. They are interfering with your good feelings. You do all you can to keep making sure you only feel good.

However this is not loving yourself. This is treating yourself in a very unloving way. It's even hating yourself. As you hate these parts of yourself, these bad feelings and their associated emotions, so you are hating yourself. By you not wanting to feel a bad feeling is the same as not wanting yourself. Do you want to keep denying and not loving yourself this way? Is this how you want to be?

Yet to stop yourself denying some of your feelings is very difficult to do. It is set within you as part of your pattern of how to live and how to treat yourself, that you push aside, block and use your mind to try and stop yourself feeling bad. You feel bad so you take a pill to make the bad feeling go away. You feel a pain or you get sick, so you go to the doctor for help to take it away. You feel depressed, miserable, full of grief so you go to a therapist to help you feel better. You feel angry but that's not a good way to be, so you bury your anger, be nice, pretend that everything is okay – 'forgive and forget'. You believe you should 'rise above it', 'get over it', 'turn the other cheek', not say what you're really feeling because you might hurt the other person's feelings, so you chastise, admonish, ridicule, tell yourself off for feeling that way. All of which is self-hating behaviour. Hating your bad feelings is hating yourself.

Your mind can be very powerful as you use it to stop yourself feeling bad. And this is hurting yourself, dishonouring yourself, being mean to yourself, being unloving to yourself. And often you don't even know that you are hurting yourself using your mind to stop yourself feeling bad.

Feeling Bad

No one wants to feel bad. It feels bad feeling bad. However that's the whole point of your bad feelings. You have them because they are to show you something within you is not right, or that something outside of you is hurting you – something you are doing to yourself or that is being done to you is unloving. So if you deny your bad feelings then you're stopping yourself from knowing something is wrong. So your bad feelings are really incredibly important. And you have them to show you those aspects or parts of yourself that are not right. So you can work with your bad feelings (and

your good ones too) to help you find out what's wrong, why you are in pain, why you are being unloving to yourself or why you feel unloved by others.

Feelings and the Truth

You can use your feelings to help you uncover the truth of yourself. Your bad feelings will help you uncover the truth of why you are feeling bad; your good feelings will help you uncover the truth of why you're feeling good. And it's up to each of us to choose to use our feelings this way, to work with them so they can help us, rather than work against them, blocking them out as we block ourselves out.

Living True to Yourself

You can live true to yourself by living true to your feelings. And you can ONLY live true to yourself by living true to your feelings. You can't live true to yourself through or with your mind. Many people believe they are living true to themselves by following or acknowledging their feelings, however many of those feelings are being interfered with or even generated by their mind. If as a young child you felt bad, and then your parents or you yourself used your mind to make you feel good, then still as an adult, that's what you'll do, your mind still carrying out its unloving feeling-denying pattern. So your mind can work against you. It can lead you astray. It can lead you away from your true deeper real feelings that will connect you to the truth of yourself. It can help you live by being untrue to yourself and false.

Being False

If you deny one of your feelings you are untrue and false, and are causing yourself many problems. All physical illness, all your physical aches and pains, all emotional problems, all spiritual problems, anything that's wrong with you is caused by your refusal to accept your bad feelings. We only get sick because we're denying feelings. And consequently, if you go the other way and strive to accept all your feelings, then all such problems will no longer remain. However going the other way and stopping your feeling-denial and allowing yourself to feel as bad as you will, can be very difficult, very stressful in itself, and not what a lot of people want to do.

Healing Yourself

If you do want to heal yourself, which means, end your feeling-denial, then you will have to work at embracing and allowing yourself to feel all your feelings; and most importantly, all your bad ones. Mostly we enjoy feeling good (although some of us have been made to feel bad when we feel good or if we feel good too much), so the hard work comes trying to embrace the bad feelings we don't want. However, if you want to be true and well, then all your bad feelings must be fully acknowledged and then expressed.

Because of how we've all been parented, many of our bad feelings we've not been allowed to express. You will have lots of unexpressed bad feelings locked and hidden away inside you waiting for you to express them out of you. When as a child you hurt yourself or felt hurt by someone's unloving treatment of you, then naturally you'd have wanted to cry out the pain, and to feel comforted as you did, loved and supported as you emotionally expressed how hurt you felt. However if you were not fully loved and supported, were not cared about and fully respected for feeling bad, and if you weren't allowed to express out of you all the pain and say all the bad things your feelings were making you feel, then all those things you wanted to say and all that emotional pain is still inside you waiting to come out, waiting until you reconnect with it and bring it out.

So you can do what's called your **Feeling Healing**, which involves deciding that you are going to allow yourself to feel all your bad feelings and the bad emotions of them. Then you are going to express, emote, talk, cry, yell them out of you as you feel them. And all with the intention of wanting to

understand why you are feeling so bad. You decide you want to know the truth of why you are feeling the bad feeling.

And you understand that the bad feeling you are feeling now as an adult is the same bad feeling you felt as a child. That the things that are happening to you in your life now that are making you feel bad, are doing so because you have within you the patterns from your childhood that resulted from feeling bad back then. So by allowing yourself to feel bad now as an adult, by expressing those emotions and bad feelings as best you can; by longing for and really wanting to uncover within yourself the truth and deep reasons why you are feeling bad, you can through your current adult feelings reconnect with yourself when you were a child and felt those same bad feelings. And you don't have to do anything to reconnect. If you stay true to your current bad feeling, keeping expressing it, keep longing for and really wanting with all your heart to understand why you have it, then naturally you'll go back to yourself when you were young reconnecting with and seeing what was happening to you back then that made you feel the same bad feelings that you are currently feeling.

And this is uncovering the truth of yourself through your feelings. This is doing your Feeling Healing. It's understanding that you can find out the whole truth of yourself through your feelings. So you can know everything about yourself: all about why you are the way you are; why you feel what you do; why you think the thoughts you do; why you imagine what you do; why you live the way you do, why you have the loving and unloving patterns of behaviour that you do – how it all came about through your childhood. And you can understand through your feelings if you want to uncover the whole truth of yourself by using them, all about your early relationships, so with your parents, brothers and sisters, grandparents, other important and influential people in your early life; and did they treat you well, with respect and lovingly; or did they treat you badly, being unloving and disrespectful. Did they love you or hurt you in every situation you lived with them. Did they make you feel good or bad – and why did they make you feel that way. And your feelings will even take you right back to your first moment of conception so you can connect with yourself and what you were feeling back then, together with the truth of whether or not you felt good or bad, and whether your mother and father felt good or bad about themselves, being with each other, and what they felt about you. And you can even uncover the truth of yourself and how you felt and why that was good or bad: through the womb, at your birth, as a baby, a toddler, a young child, and right the way through your childhood as you grew up becoming the adult you now are.

All of that truth, all of who you are and why you are as you are, is all within you waiting for you to discover. And to discover through your feelings. All the mixed up conflicting patterns of self-expression and behaviour you might have, all the good attributes of yourself you might be happy with, all the erroneous beliefs that continue causing you so many of the problems you have, can all be seen as the truth comes to light through your feelings. So your feelings are the key to understanding the truth of yourself. However, if you deny yourself one feeling, then you'll be denying yourself that bit of truth that feeling will help you see about yourself.

So do you see: if you want to get to know yourself as thoroughly as you can, to see all of why you are the way you are; why you think, feel and behave as you do, then your feelings can show you. The Truth is all there waiting for yourself to discover through your feelings.

And you can't do it through your mind. Many people try to use their mind to understand themselves. They use religion, spiritual philosophies, meditation, therapy – mainstream or alternative – self help, all the different approaches of trying to connect with and understand the truth of themselves, and yet if any of those ways include using the mind to block out any feelings, then that truth will continue to elude them. And you may be such a person, having done a lot of work on yourself by using such mind ways

to help answer those questions you have about yourself, life and ‘the Universe’ or God, to make yourself feel better and to end or lessen the pain, and yet it might not have been helping you as you have believed or hoped it would. It all might have actually been helping you further deny your bad feelings so helping to keep the real truth hidden further from you.

Many people working on themselves using whatever therapy or technique they believe will help them, do work with many of their bad feelings and do emote and express some of their repressed bad feelings, and many people do uncover some truth about themselves; however mostly they do so, so they can quickly patch themselves back up, so they can quickly find the cause of their problem, and once they’ve found it, get back to living their old feeling-denying ways. They might have grown and changed a little within themselves, however they’ll still be full of other parts of themselves and other negative and unloving patterns of behaviour that are denying other feelings, and so other and deeper truth about themselves.

We ‘heal’ ourselves through feeling acceptance. We are not actually to try and change ourselves as such, we are to simply allow ourselves to be all we feel. When we try and change ourselves we do that by using our mind, which is still using our mind to dominate and control our true feelings. So we want to change, however understand that we are to only and specifically keep attending to our feelings, expressing and longing for the truth of them. And if any change is to happen, it will do so naturally because of that. So we are to keep our mind out of it. We are to express all those feelings as they come up; and to long for and want to find the truth of them. So we don’t try to do anything to make them go away, we don’t try and change ourselves into being a ‘better person’ or doing what we think we should do to help ourselves or others, we stop and don’t do anything (unless our feelings drive us to); and we stay with them, feeling as bad (or good) as they are making us feel, allowing them to be, allowing ourselves to have them, all as we want to know what they are all about. You are to just accept yourself wholly as you are, all the good and bad you. And although naturally you’ll want to change the bad aspects of yourself, you understand that such change will happen once you’ve seen the whole truth of being as you are, as shown to you through your feelings. So you feel bad, and you work to accept that you are this way by fully honouring, expressing and wanting the truth of those feelings. And you don’t do anything else. And when you see the whole truth of your unloving state, then you will change, then you will naturally move on becoming your true self. Then you’ll naturally change from being unloving of yourself and others, to being loving. Our Feeling Healing is all done through self-acceptance – through feeling acceptance. By arriving at a level of truth within yourself whereby you unconditionally accept yourself just as you are, all the good, and most importantly, all the bad. Understanding that how you are IS as you are meant to be, it’s what your soul and God want you to be. God wants you to be as you are in your unloving state, the truth of which you are to see through your feelings. And once you see it all, God will change your soul and transform you into being a wholly loving person.

However having said that, through your Healing as the truth comes to light, you will change. With every feeling you express out of you, you are changing, only what might not change will be some of your compulsive addictive behaviour as you require such things to keep helping you feel bad so you keep bringing out more bad feelings and uncovering the truth of them. These ‘bad’ parts of yourself and ‘bad’ behaviours might remain with you right the way through until the end. I bite my nails because of the deep trauma of being unlovingly treated by my parents. They disrespected me treating me like I was an impersonal border staying at their house. We had no real personal connection, the trauma and anxiety of which led me to bite my nails to express and even hide my pain and bad feelings that I wasn’t allowed to say to them. And I can’t stop myself doing it. I have tried and been successful for a time but then started doing it again. So it’s to be with me right to the end of my Healing as I need it to keep showing me that there still is something wrong in me, something that is causing me to feel bad, something more about myself I need to see the truth of. So all your ‘bad’ things might not go away,

some will, others might remain and even get worse. And they are not bad as such, only things that reflect the inner disturbance and denial you're in. They are good things really, things we need to be and do that help show us where our problems are by making us feel bad about them and ourselves. All of which is to help us see the truth of ourselves, the truth of why we are the way we are.

So we don't go to the doctor the moment we feel bad, we don't reach for and take that pill to block out the pain, we try and accept that we're feeling bad, staying with the bad feelings as we long for the truth of why we're feeling them. And then if the pain gets too bad and you have to give in and take the pill or go to the doctor, that's okay, only as you take it or as you go to the doctor, keep expressing all you are thinking and feeling, and keep longing for the truth.

So Feeling Healing is a way, and a **New Way** for people to work with their feelings allowing their feelings to show them the whole truth of themselves. And some of that truth is going to be very hard and hurtful to face. You might not want to discover and connect with all those terrible feelings you felt as a young child; all that terrible anguish, confusion and feeling so upset and demented because your parent or parents were mean and unloving to you; to relive any abuse you experienced, any rejection and feeling unwanted and uncared about, any nasty stuff that went on, because of all the pain that comes with it. However until you do go right back into it all, connecting back fully with it and bringing it all out and seeing the truth of what it was all about and how it made you feel and made you be the person you are, it will stay within you festering away, poisoning you, making you sick, crying out for you to pay attention to it, for you to stop denying those bad feelings and to instead go with and into those shut off traumatic parts of yourself that you fear and dread.

And it might help you to know, that although you might dread the agony of reconnecting with such horrible bad feelings from your past, the worst is already over, you've felt the worst during your childhood. As an adult, you can't feel any worse than you felt as a child. The pattern is set within you from your childhood, so all you can do is re-live it, re-feeling it to the degree you'll need to so as to see the whole truth of what happened to you to make you feel so bad. And the pain of that awful trauma as it comes to light through your Feeling Healing might be spread out over years of your Healing, so you might not have to feel it as excruciatingly as you did as a child. However you will feel it enough, all so you know how bad it was for you back then. So even though horrendous things might cause you agonising pain during your adult life, on a feelings level, as a child you've already felt and experienced that pain. However as most of the intensity and pain of being unlovingly parented as a child you will have blocked out and forgotten, so it can come as a shock, re-awakening and re-experiencing those buried feelings so you can bring them out uncovering the truth of why you had them.

So Feeling Healing is NOT about using your feelings and expressing your emotions to connect with the bad trauma of your early life, to clear or emotionally cleanse it away; then once that's done, once you've used your mind to falsely forgive the person or persons who hurt you, then it's all over and you can get on with the rest of your life believing you have successfully healed yourself.

Feeling Healing is about wanting to see the WHOLE TRUTH of yourself. It's about bringing all of yourself out. And particularly all the bad stuff. It's about wanting to see every aspect of yourself, your whole personality, and why any parts of you are not right; what happened to make you live against and so untrue to yourself. It's about wanting to understand and getting to know all that you are and why you are the way you are: what happened to you during each step and phase in your early development as a child, even during each experience, and how it's all come together making you the adult that you are.

It's about wanting to use your feelings to show you the whole truth of yourself. To see it, feel it all, connect with it, understand it, yet not try and do anything else. So it's not about using your feelings to

further deny yourself in other ways, it's to allow yourself to feel all your pain, to bring it all out so you can see what it's all about, and then to just fully acknowledge that you are the way you are – the truth of yourself.

So it's not about actually trying to change yourself as such, it's about just allowing yourself to be as you are but to work with your feelings to uncover the truth and reasons why you are that way. And when you have brought to light all the truth of yourself and expressed out of you all the pain and repressed childhood emotions and feelings, then you will change.

And the change happens naturally, organically; it happens as a consequence of you seeing the truth of yourself. So when you've seen the truth of all the parts of yourself that are unloving, then you will change and become loving. And it has nothing to do with your mind. Your mind and its controlling ways, all the patterns in place within you that it keeps going to stop you feeling and connecting with your feelings; all it's doing to keep you denying and being unloving to yourself, is progressively broken down to the point of it ending having such control over you. And part of your growth and increasing awareness of truth will be seeing how controlling your mind is. And then once that control has gone, your mind will fall into its rightful place of supporting you living a feeling-led life.

Living with your Feelings

We are to live life through and with our feelings. And with our mind in support of them. Mostly we are taught, and many people believe, the mind is god and using it to control and have power of our feelings is the right way to live. But it's not, that's very unloving and going the wrong way. Mind led and dominating people are very destructive – of themselves and other people. We are to live fully honouring and being true to our feelings, first; then with our mind helping us understand the truth our feelings bring to light, it helping us put all the pieces together of our early life that have contributed to us being the adults we are. We didn't have a mind when we were very young that was able to do that, and as we denied our feelings we used our developing mind to take over relying on it to make us feel good. So as we break down that control, we'll feel very bad, but those are all good bad feelings because we can use them to show us the truth of why we had to use our mind to take over.

We are to live fully embracing, honouring and accepting ourselves through our feelings, by fully embracing, expressing and accepting them. And this is being as loving to ourselves, and everyone else, as we can be. Love your feelings and you are loving yourself. Trying to love yourself using your mind is actually hating yourself. Many so-called self-love practices that teach mind techniques to increase your self love and to help you be more 'loving', are actually anti love. It's all mental love, using your mind to love, using it to make you feel loving because you believe you are, it all being round the wrong way. You will feel naturally loving when you feel naturally loving, you don't have to do anything and shouldn't do anything by using your mind to try and increase or awaken that love. If you don't feel love and don't feel you are loving, then that's the truth of yourself, so accept it, and start from there honouring those bad feelings, wanting to know with all your heart why you are not loving and why you don't feel loved. And when one day you've brought to light within yourself the whole truth of why you are unloving and feel unloved, when you've expressed all the pain and all the bad feelings you feel because of it, then you will become loving based on the truth of real self-acceptance. Something that's very different from a contrived and false mind acceptance.

We are to 'go with our feelings', however that doesn't necessarily mean acting on every feeling we have, good or bad. The action is to keep allowing yourself to feel what you are feeling, and mostly you don't have to do anything more. **You feel your feelings; and if you can, you speak them out loud – express them. And long for their truth.** We are not meant to live by merely doing what we feel to do all the time; we are meant to embrace our feelings, expressing (so mostly talking about) what we feel; and

even what our feelings make us feel like doing, all the while longing for the truth of them. It's a subtle process of ongoing feeling acceptance and the expression of them as we want to uncover the truth they are to show about ourselves.

You might feel like killing your mother because she makes you feel so bad, however you don't act on those feelings and kill her. Instead you allow yourself to feel fully how bad you feel, how much you want to kill her; you express your rage to yourself, a friend, to God, even to your mother if she is willing to listen. And you emote all your hurt and pain, you rage and cry and feel as miserable, upset, disregarded, hurt as you feel; you bring to light (you bring out of you), all the pain of how bad you are feeling that is making you want to kill her; and all the way along, you long and really want to know the whole truth of why you're feeling like that. And you'll find as you express it all, you'll go this way and that, you'll move into as yet unexpressed and hidden parts of yourself, and you might feel bad for an instant, a day, weeks, months or a year and more. You might cycle around again and again feeling like killing your mother because she makes you feel so bad, yet you don't kill her, you just keep working to express all the bad feelings and emotion as you long for the truth of why you have these feelings. And you'll see, gradually a picture about yourself and your relationship with her will evolve, understanding will come – the truth; and your relationship with her will change to reflect the increasing truth that's growing inside you. All as your feelings lead the way.

And you don't use your mind to try and forgive the person who's causing you to feel bad, to try and override your pain and anguish by making excuses for them and blaming yourself for being bad or wrong; you simply stay with your bad feelings, expressing them and longing for their truth, until you no longer feel bad anymore. And it can take a very long time, many years, but one day there will be no more bad feelings to express out of you, as they will have all come out. And in the truth of yourself you will then be living natural understanding, forgiveness (should it need to be there), faith and acceptance, and best of all: love.

Spiritual Life

And this can be your spiritual life. Living true to yourself and your feelings by expressing all you feel and wanting the truth of them. And the truth as it evolves and grows within you will guide you deeper into yourself, closer to the truth of your soul, helping you understand the fullness of your personality, and also closer to God. It's how to live a true spiritual life. One from your feelings and not one with your mind.

If you want a close and personal relationship with God; if you already have one and yet want it to grow even more, then as you grow in truth through your feelings, that will naturally happen.

The Divine Love

And at any time you can long to God for Divine Love; just as you can long for the truth of your feelings. You can ask God to help you uncover the truth of your feelings; to help you feel all you need to feel so as to see all the truth God wants you to see about yourself.

You can relate to God as your true Spiritual Mother and Father.

And you can talk to Them as you would your parents or anyone else.

Be yourself with Them, love Them and hate Them, if that's how you feel. Rage at Them at the injustice you feel because They have given you such a shit life and keep making you feel bad. Express all your pain to Them. Relate to Them through your feelings. Express all your bad and good emotions to Them. Tell Them everything.

And keep always longing for the Truth.

And long to Them, your Mother and Father, to fill your heart and soul with Their Divine Love.

Want to be loved by Them; tell Them you want to feel Them loving you; ask Them to show you through your feelings why you don't feel love and why you're not loving, if that's how you feel about yourself. Ask Them to show you the truth of yourself through your feelings. And ask Them to help you express your feelings, to stay true to them, to bring them all up within you.

Your feelings and your life

Your feelings can be your whole life. They will lead you in life through the truth that comes from them. It can be a spiritual life, a life of ever growing truth, understanding and awareness, all from loving your feelings. To be able to love yourself including your bad feelings. To understand they are vital to your well being even though they make you feel bad. And to understand that you won't have to always feel bad or be subjected to your bad feelings, that they will one day no longer be there once you no longer need them to show you anymore truth about that part of yourself – that they will leave you once you've expressed them all out of yourself. Once your feelings show you the truth, then they are no longer needed. So you move onto other feelings to help you reveal more truth about yourself.

And one day you will finish your Feeling Healing, either whilst on Earth or when you die and move into spirit. In your spirit life you will still have all your feelings and feeling-denying mind patterns, so you can still work on yourself to heal yourself of that unloving way of life.

When you are fully true to yourself in how you are now, that being truly accepting and understanding of how and why you feel bad in all the ways that you do, then you'll be ready for your soul and God to transform you into a fully loving life, one in which you'll feel good, fully self-accepting, all-loving and true.

And you will have grown (or ascended in truth) to a level that is equivalent to that of the Celestial spheres. So you will have moved through the lower levels that are all part of one's feeling-denial, and into the higher feeling-accepting levels.

Currently (2019) there is no one on Earth living a Celestial level of Truth having completed their Feeling Healing, and Soul Healing with the Divine Love. The truth of how to live true to your feelings and long for their truth is only now being revealed and made available to people to help heal themselves. So should you want to live this way you will certainly be a feeling-pioneer. And as to how much you want to work with your feelings is entirely up to you. Some people are currently content to learn about it and yet not work actively on themselves with their feelings, feeling when they move into spirit they might start their Feeling Healing. It might not be appropriate for you to devote yourself to such a feeling-led life. Or you might begin, progressively moving deeper into it as you feel to. There is no right or wrong way to do it, no easy 'ten steps' to follow, it is for you to work out for yourself through your feelings how your feelings will lead you to the truth of yourself.

People can now look to their feelings for the truth of themselves, as they willingly choose to live **Feelings First Spirituality – The New Way**. And perhaps it might be you ending your feeling-denial and living the whole truth of yourself.

Feelings First Spirituality – The New Way

(Children)

Feelings

Your feelings are very important. They are you – you are your feelings.

When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.

But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.

And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting

to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.

If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

God will show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time. Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.

And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.

Feelings First Spirituality – The New Way

The Bigger Picture

We all grow up denying many aspects of our self. So, many of our bad feelings.

Our feeling-denial is passed onto us by our parents.

Generation after generation passes on its feeling-denial.

And it's been going on for two hundred thousand years. That's a long time and much denial, which is why our negative and unloving psychological and behavioural patterns are so ingrained and complex.

So humanity had been denying itself the truth it would have found through its feelings all this time. And yet that is now all changing. The denial of truth is ending. You can end it within yourself by doing your Feeling Healing; or your Soul Healing with the Divine Love.

All those years ago higher spirits that were meant to look after and guide humanity through its evolution and growth of Truth through its feelings, turned against God saying God didn't exist and that they knew better. So began the Rebellion against Truth on Earth. It all being expressed by making the mind take over from feelings. The rebellious anti truth way is the mind way, and it's unloving; the true and loving way is through feelings.

Then to cause us even more problems, other higher spirits that were to come to Earth and also help us spiritually grow, Defaulted, further adding to and complicating our self- and feeling-denial and our denial of truth and denial of God.

Then two thousand years ago Mary Magdalene and Jesus came to Earth ending the Rebellion in spirit. However it kept going on Earth along with the problems of the Default. We took all Jesus revealed and added it to our rebellion against the truth, and against him and Mary, and against God. We contrived anti-truth, unloving, feeling-rejecting religions in his name, all furthering our feeling-denial.

Now other events have taken place finally bringing about the end of the Rebellion and the Default; the Evil Ones, the bad spirits and their associated fallen angels, are no longer negatively influencing humanity. We are finally being left alone so we can get on and heal within ourselves the consequences of the Rebellion and Default we've been subjected to. So heal our personal rebellion against the truth of ourselves by ending our feeling-denial.

Doing our Spiritual Healing by looking to our feelings for the truth they are to show us, is the way we can fully heal ourselves of all the pain and suffering we're in, ending our feeling and truth denial. Slowly coming to love ourselves truly, rather than being untrue and hating ourselves, as we pretend we love ourselves.

Every 12 - 13,000 years the physical Earth goes through a big change. The last time this happened it killed most of the mega fauna and many other species along with most of humanity. So through each of these successive phases the Evil Spirits overseeing the Rebellion and Default have brought about new ways for people to experience living untrue to themselves. And during this current phase we're in, a phase that of itself is soon going to end, humanity under the influence of the Evil Spirits, brought into being all the religions and spiritual philosophies we know today. And all of these religions and Old and New Age spiritual philosophies, are helping those people who follow them to further their feeling and truth denial. All we do, all we believe, all we think is helping us, has all come about during this phase still within the Rebellion and Default. So most of what we do and how we are is wrong, it's not actually helping us or truly making us feel good. We are all living within the greatest conspiracy ever to befall humankind, and mostly we don't have a clue about it.

So as this current phase ends, so too is new truth, insight, understanding and revelation being given to humanity. That which is called: **The New Way**. And with this new way, people will be able to choose to look to their feelings uncovering the truth of them, finally being able to set themselves free of their rebellion-by-default against themselves (their own soul), against the Truth, and against God. By default we find ourselves unwittingly inducted into the Rebellion, and now we can knowingly get ourselves out of it.

Humanity is now able to enter the next Earth and spiritual phase understanding how it can become truly loving, ending all its pain and suffering. How people can live happily together without the negative and unloving controlling influences of the mind that have so heavily dominated us all, through all the various power structures we've created.

People are now being given the way to fully heal themselves and become of a Celestial level of Truth whilst living on Earth. And when people who've fully completed their Soul Healing with the Divine Love have children, then Earth will see the first true children being parented by the first true (Rebellion free) parents for two hundred thousand years.

If you feel bad, you can now use those bad feelings to find out why. You can use your feelings to uncover the truth of all your pain and to see why you have all the problems you have. You can use your feelings to uncover the truth of all your relationships, the ones from your early life and with your mother and father, and all the current ones in your life. You can use your feelings to understand why your relationships fail if they do, why you get sick, why bad things happen to you, how all such things have come about from things that happened to you during your early life and formative years, all resulting from the unloving patterns established during your childhood. You can use your feelings to uncover the whole truth of yourself. To end your feeling-denial; to live true to yourself.

However doing your Feeling Healing or Feeling-Healing with the Divine Love (Soul-Healing), is long and hard. We all have masses of unexpressed feelings, awful feelings, buried in our soul, all of which have to come out. And although bringing them out is liberating and healing as you see the truth, it is still very difficult to do as you have to confront and break through all your unloving negative mind controlling patterns that are keeping you firmly locked and trapped within in your feeling and truth denial.

But you can start by wanting to accept that you feel bad, staying with the bad feelings when you feel them, trying to speak and express them to yourself, God, your partner or friend, and wanting to know the truth of them. You can begin your Feeling Healing now and slowly work your way into it, completing that which you don't do during your Earth life when you are in spirit; or you can throw yourself into it, making it be your whole life as you work towards uncovering the whole truth of your self-denial and rebellious ways; as you advance towards becoming of a Celestial level of truth and fully healed living true to yourself, true to your feelings, and true to God.

We do our Healing to uncover the whole Truth of our self through our feelings. We don't try to change ourselves, although of course we want to change being bad and all our feeling-denial ways. Yet like all our feelings, we express that desire to change, however we restrain from using our mind to change ourselves, because ultimately, it doesn't work. We allow ourselves to feel all our feelings looking for the truth of them, and as we grow in truth and liberate by expressing all our feelings, all our pain, we one day will get to the end of seeing the whole truth of our rebellious unloving state, and then it will be over, it will end, we'll be set free of it. God through our soul will change us, and we'll become wholly self-loving, a fully loving person, no longer denying any part of ourselves. We will be Free of our torment, pain and suffering.

To conclude: Living True To Your Feelings

Possibly most people won't want to do their Feeling Healing because they feel relatively good about themselves and their lives. And they can deal with a few bad feelings every now and again, however it's not a big deal. And they might not feel bad about their early life, having enjoyed it and felt wanted and loved.

And that Feeling Healing is really to appeal to the person who doesn't feel good, has never felt good, or feels very bad and wants to know why. And wants to know why all the way back to their very beginning, back through all the stages of their childhood seeing what happened to lead to feeling so bad.

Every aspect of your life will benefit from living true to your feelings. If you want the most out of life and the most out of your relationships that make life the joy it can be, then expressing all your feelings, including all the bad ones you might be inclined to deny, will add to its fullness.

Denying your self by denying any feelings will only cause you problems, difficulties and more suffering in the end.

If you are happy you'll probably not want to do your Feeling Healing – looking hard into your bad feelings to uncover their truth. You'll more than likely not feel that bad or not even bad at all, and so just living by expressing all your feelings the best you can will enhance that happiness.

For people who've 'come to the end of the line', who don't feel happy or loved because they feel too bad, then working deeper into your feelings by doing your Feeling Healing, wanting to use them to find the reasons and truth of why you're not feeling good, might be all you've got left to do. And should you commit yourself wholly to your Feeling Healing, as hard as it might be to do, it won't let you down.

Accepting and expressing ALL your feelings will help you in life.

And should you want to go deeper into yourself, wanting to know the whole truth of why you are the way you are in each aspect of yourself, then your Feeling Healing will be worth doing.

And should you want to end it all – all your pain and suffering, all your feeling bad, all your rebellion against the truth of yourself, all your unlovingness and being untrue, then doing your Feeling Healing is the only thing you can do. And it's going to take time and a lot of feeling bad for a long time as it comes up to be expressed out of you. But one day it will be gone, it will all be over, and you'll be happy, loving and true.

FEELING HEALING – SUMMATION:

Living with the Divine Love and doing your soul-healing, is choosing to live true to your feelings and to end your mind's control over you.

The great difficulty we all face is that we are not free to speak what we feel, with so many of us shut off from our true feelings, feeling unable to speak about such things. So all the anger and wrestling and arguing that has to go on, is what is needed to break down the barriers and bring to light the blocks, all so they too can be talked about.

As we move into deeper parts of ourselves through one's feeling healing, being gradually led into it, so even deeper parts can come up, we being able to deal with them with the experience already gained.

We are not just thrown in at the deep end and all our hellish traumatic bad feelings come racing up only to annihilate us, for there would be no purpose to that as we wouldn't be in a state or condition to see any truth; and seeing the truth, the whole truth of our unloving negative state, is what it's all about. The truth comes first, and we will only experience all we need to, so as to liberate it.

The pioneers of Feeling Healing – Marion and James:

Marion wasn't actually forced to change herself to effectively become 'another person' by her parents, they just came down hard on her stopping her being her natural and true self. And her healing with therapists, and now in what we are doing together, is taking off those clamps and restraints and letting her out of her cage, so increasingly as she is regaining her true self, she is able to say all she wanted to say when she was little. Whereas for myself, James, I was made to become effectively someone else, to be so shut-off from my natural self so as to not feel any direct connection with my feelings, and being all but totally unable to express them. So for Marion, expressing her feelings and feeling when things are not right in our relationship, comes relatively easily, whereas for me, I don't have a clue most of the time.

Marion and James are on the extremes and coming at their relationship from two opposite ends. Other people will be like they both are, and even with the roles reversed; and then most other people will be a mixture of, and somewhere in between, them both. Generally speaking, James is more like so many men, totally alienated from his feelings – but not all men, as some men are very free with their feeling-expression; and Marion is more like most women who are closer to and more aware of their feelings, only never feeling free to really express them. And there will also be a lot of women who have had to change themselves so much so that they will feel more like James does, that being as if you're another person with very little connection with your true self.

Notes from 'Spirits and their Childhood Repression Healing' by James Moncrief

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EMOTION UNBLOCKER

Friday, 14 June 2019

James: Graham, I really like what you've written and want to use it to point out the main things that come up regarding the differences as I see them from what you've written, having had no personal experience with any kind of organised therapy. The only 'therapy' I've been 'subjected to' is from Marion, which was up until only recently, almost relentless, involving her commenting on, pushing me, guiding me to stay focused on all feelings, bringing all I felt out and endlessly discussing my childhood as the understanding and memories awakened within me. As far as doing 'sessions' with a 'practitioner' I have no idea, however I'm eagerly waiting to see what John has come up with so far as 'adapting' the Journey Process to what he understands Feeling-Healing to be.

The other thing is, I have thought over the years about trying to formalise a 'Process' that would help introduce and help people do their Healing. However nothing has felt right, and if anything, I want to go the other way and not try and fix anything down, the less control the better. However I also understand I've had the 'luxury' of Marion being constantly in attendance and on my case, making me feel like and getting really pissed off with her at times that I am in constant therapy with my therapist, whereas of course that won't be the same for other people. Marion is completely responsive in the moment with her own and dealing with my feelings. When we first started she worked with about half a dozen people who were attending my Divine Love meditation group, seeing them each week for a year or more in some cases as they wanted to go further into their feelings and do their Healing. And one person really benefited from her, she could go deep into herself and was amazed at the truth that came out, however ended up being able to only go so far. The others had a little success, however they all ended it when it became apparent that to go any further would possibly mean either fully doing it with their partner or separating from them, one whom had children, and it was just too hard. It then ending up being too hard on them and too hard on Marion.

Looking back I think the pace she was working with them possibly Sam (Samantha in England) would be able to take it, with her life being fully ready and she wanting nothing more than to completely commit herself to her Healing, whereas for these other people I think they would have needed a much longer, gradual getting used to it and slowly understanding what it was all about and what they were setting out to do and being able to consider the consequences of it more as to the ramifications it was likely to have on themselves and their families. These other people would be if anything, 'part timers' or dabbling in it enough to give them a small yet significant understanding that there was a hell of a lot of deeply buried yuk repressed and festering away within them, there to one day possibly be tackled, that even being in spirit.

yuk

So bearing that in mind, what I think John wants to do is perhaps introduce a simple awareness about it which people can work more intensely on should they want to go further and their life supports them in that way. Together with perhaps a simple spiritual philosophy that will also take them further should they wish to grow in truth.

Recap from Wednesday, 12 June 2019:

Graham: It is quite some time since I read The Journey and have had sessions performed on me or by me. Therefore my understanding of the full process is a little scratchy.

My understanding of Feeling Healing is also less than perfect.

However, from the very beginning of being introduced to Feeling Healing, I have felt there are many similarities between the two which can be beneficial.

As I recall, the Journey process starts with the “patient” in a semi meditative state. They are asked to describe the issue that is affecting them the most by the “practitioner”. The practitioner then asks the patient to describe the feeling that comes up. Once done, the patient is then guided to experience the feeling, and then look deep into that feeling to identify what feeling is “underneath”.

James: Possibly this would help people move deeper and connect more with their feelings, I don’t know, however it also wrecks of control, the fact that it’s a patient – friend / doctor – practitioner relationship, when ideally it should be two equal people expressing themselves together, even if one is more experienced, wise and connected to their feelings than the other. Going to see your teacher / therapist is what I’d ideally like to avoid, however I don’t see how it can be done. Not unless the people wanting to do their Healing and help others do it, are all already living together, so don’t have to make formal appointments, it all happening as a natural part of life.

However, having said that and accepting the reality that some people might want and benefit from a more structured patient – friend / therapist – confidant approach, particularly in the beginning as they need help to stay focused on their feelings, a gentle approach like this might be okay.

The other part I have wondered about, and I certainly couldn’t do nor would I want to put myself in the position of thinking I can, whereas other people might relish doing it, is if one is really intent and prepared to go all the way, then a lot of very heavy painful hurt, misery, sadness, depression, rage is going to come out, so the practitioner would have to be very skilful in knowing how to deal with all of that, knowing how to keep encouraging the person to keep bringing it all out no matter how bad it got and NEVER doing anything to interfere or try to lessen it or try to block it and reject it themselves or make their patient / friend block or reject it. Just as the person bringing out such buried pain would have to understand they were not to dump it all on their therapist – confidant or demand their companion – therapist to help them in unreasonable ways. What happens when the bad feelings are so intense and so deep and go on and on, when the can of worms is starting to open fully, the patient / friend is feeling suicidal and it’s in the middle of the night, do they call their therapist for help? And should the therapist make themselves available to ‘take on’ someone so fully? I don’t know the answers to these things however they have made me conclude that I don’t want to be involved with people’s deep shit like that, I can’t do it, so I can’t take on that responsibility. I don’t even know how to do my own Healing myself, still needing Marion’s attention, so I’m a real case of ‘Do as I say, yet not as I do’, as I’m not good at doing my own Healing, and in fact I’d have to say I’m a failure at it. Which is great, the so-called Avonal who’s here to teach and show the way of how to get out of the Rebellion and Default by doing one’s Healing can’t even do it himself! It couldn’t be, and I couldn’t be, more fucked.



John, you have just volunteered!



Graham: This process will continue until the patient / friend can find no further supporting / hidden feelings, and then their thoughts will typically be directed to a specific childhood event.

At this point the practitioner will organise a “camp fire”. This is where the patient / friend will take themselves to that childhood scene, expressing the age of the child at the time of the event, and “invite” other personalities who were there at the time to the camp fire.

Each person attending the camp fire will be asked, through the patient’s consciousness, their perspective of the event.

For me, the result was an understanding of the event from several different perspectives. This was helpful because it took away some of the emotional charge I had to that event.

James: And this is exactly as you’re saying Graham where it starts to fall down, because it’s all too mind controlled with the purpose to alleviate, lessen and even further deny the pain and all those terrible bad feelings that are waiting on deeper levels to be brought out.

Graham: The goal was to clear the event of all negative connotations, thereby removing any further influence it has on you for the rest of your life. And therefore any disrupted psychic or energetic patterns that are resulting in disease.

James: The theory of which sounds fine and yet it’s bullshit. It’s true if you do your Healing the right way through honouring all your feelings.

Graham: The problem for me was, at times when I was explaining how The Journey had worked for me to other people, my feelings would go back to that event and I would become very emotional about the situation again. It is almost as if The Journey is attempting to “transcend” all feelings associated with that event but failed.

James: Which is perfectly what you should feel Graham, showing you are still in contact and connected to those feelings within yourself, because you’ve not brought them out yet. And it being good and actually working in your favour that the Journey Process in that respect failed with you – that you’re a failure at it. Sitting around a nice warm friendly camp fire discussing and sorting out and supposedly coming to terms with the damage done to you, is not quite the same as raging a blind killing fury out at the very fuckers who’ve caused all the damage in you, the very people who should have never hurt you like that, the very people who you trusted with your whole heart and soul to love you, and yet who reneged and screwed you up no end – your own fucking parents! If anything, you need to bring the perpetrators of your pain to the camp fire so you can let them have it all guns blazing. And fuck them and what they think and feel, those feelings are for them to blaze out at their own camp fire with their parents. And to have as many camp fires blazing out those same feelings as necessary, which might be thousands of them over the years as you work your way deeper into your pain and anguish. The nice friendly Journey Process camp fires of patching over the bad stuff by making you feel artificially the powerful one, being able to hear your parents’ position and feeling sorry for them and then moving on for you to magnanimously and graciously feel you forgive them, and let’s all be friends and get over it



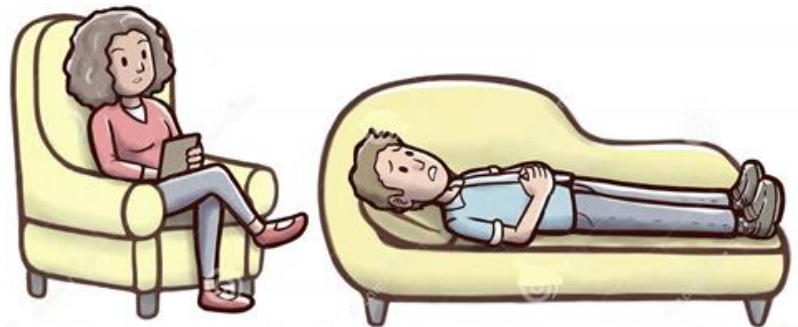
all now that we understand what it was all about for each of us, so bury those deeper feelings even deeper and the pain continues only to erupt out of you at another time.

And why some people seem to even be miraculously healed by such ‘modalities’, by anything that involves yet more mind control, is because that system fits perfectly in with that person’s patterns, they are able to use the camp fire process to move on, to fix themselves, to release and clear all that unwanted emotion, to have all those wonderful insights and revelations of truth, never to be plagued again by those horrid feelings, to live happily ever after all because that’s how they were treated when they were young. So they are open to that, it makes them feel great, it makes them feel like they are healed or making good healing progress, when unbeknown to them it’s just slotting in with their existing negative deeper feeling denial patterns.



So the Journey Process, like all such ‘processes’, is yet another perfect process to progress one further along in one’s rebellious truth-denying state. And the trick is, which took me ages to understand, that because some emotions are released and some truth seen, people believe they are making good progress so the process works, that they are moving along on their correct spiritual path as they heal themselves.

And that little bit of truth does make them feel better about themselves, and that little bit of expressed yuk does make them feel clearer, however because they are not completely orientated in wanting the **WHOLE** truth of themselves, they quickly move up a side track which eventually peters out as their mind reasserts its control over them in its new way, so including that little bit of truth, all of which makes them think they don’t have to do their real Healing, because they are healed as they further delude themselves.



"You're not fooling anybody but yourself."

"So? — I'm the one who *counts!*"

From my small experience it seems like most people quickly come up against some of their major barriers when they start any sort of therapy, with very few being willing to push through them. So the Journey Process, even though I’ve had no personal experience with it, seems like it might take you to the edge or boundary of some of those initial barriers, and there you meet with the people in your life who’ve caused you the problem, sorting out some of the drama with them, patching things up, doing some emotional clearing, seeing a bit of truth and gaining more mental understanding about themselves, all of which is very good, mind you; however, really I would say, okay, now let’s take it down a few levels to another camp fire that’s more in the hell of your shit and see what deep, dark feelings you have lurking down there. And to do that, you might need to either push yourself hard, or be crunched into it, smashing past those barriers, opening up the raw wounds, feeling like you’re losing it and going mad, wanting to end it all, all of which can be of itself too traumatic causing you even more damage should you be forced into it ahead of time by an over zealous practitioner / companion. And should people want to



go deeper, how can you train practitioners / companions to cope with all of that, and unless they are well advanced in their own Healing or have completed it, I think it's very dodgy ground.

So yes, I sound very negative about it all, and really for the life of me I can't see how anyone can do their Healing. Sam perplexes me everyday, that she can and all by herself, and that she keeps going and hasn't found it too much for herself even though she's been pushed to her limit countless times. I couldn't do it like she can, which I've had to understand and accept, I need Marion's constant help because I've been closed off to my feelings so don't know where to start with them.

So can someone introduce the Feeling Healing to people enabling them to do it? And I don't know.

Graham: With Feeling Healing, the process is similar to begin with. Look to the feelings you are experiencing at a particular time, go deep into that feeling experiencing it intensely, and then look to the underlying feeling held within the first feeling. You cascade down to the bottom until you come to a specific event in life. Much as the Journey.

From here, instead of organising a camp fire and inviting different personalities, you long for the Truth from The Heavenly Mother and Father.

James: Or you just long for the Truth from God, whatever and whomever god is for you. Or you just long for the Truth. Or you long for the Divine Love and the Truth from your Heavenly Parents.

Graham: The Truth forthcoming, in my limited experience, seems to be much more about how and why that feeling experience came to be. And how it is affecting your life patterns.

So for me, the processes are similar except, The Journey wants to erase any negative reactions associated with the childhood event, where Feeling Healing wants to uncover the Truth of that event and how it has, and will continue to affect your life.

James: Yes, that's exactly right. We are to uncover the whole TRUTH of ourselves, and that truth is complex, we are very complex personalities that have lived in our short lives a mass of complex experiences, the truth of which all needs to come to light. Our purpose in life is to be ourselves, as Marion says: The purpose is to be You. And not to deny any part of you. And as we're all full of such denial, to slowly end it by liberating all our repressed feelings we have keeping it in place, all so we can bring to light all the different aspects of ourselves – the whole truth. We are as you say Graham, to feel it all, and not try to get rid of it, just to allow ourselves to fully be it; so whilst we're in our unloving states, to allow ourselves to be it, to feel all the pain and bad feelings, not doing anything to stop them. To keep expressing and trying to bring them out so we can see what they are showing us about ourselves; and to keep longing for the truth, wanting to see and know it all, all how we're feeling, and that's all. And God will take care of the rest, whether we look to Them for Their help and Love or not. If we want the Truth of ourselves, and then allow ourselves to feel fully all our feelings, the truth will come from them. And as that happens, we are growing in truth, we are embracing our Ascension of Truth, we're on our way to Paradise. However as I've only recently come to understand and accept myself, our Healing is about fully allowing ourselves to be as fucked as we are, and not trying to do all the learnt and conditioned things we've done to pretend we're not fucked. So to carry on with our compulsions expressing all the bad feelings to do with them, yet understanding they are what we are in our negative unloved fucked state, and THIS IS US NOW, it being exactly as God wants us to be. And when we've seen and lived the truth of all we need to in our negative state, then our soul will move us

**the
whole
truth**

into our positive state because ultimately we are to become in harmony with a perfect Creation, yet only once we've uncovered the whole truth of our imperfection and rebellious state.

Graham: Feeling Healing recognises that a single childhood event may hold many, many emotional threads and may trigger many different habitual patterns on many different levels. Each to be dealt with to understand the Truth of who you are.

James: That's right, and so complex and intertwined, all of which constitute you as the person you are, all of which have to come to light so you can see how all the facets of yourself work together, so you can completely get to know yourself and know how and why you are as fucked as you are, all those bits none of us want to acknowledge and admit about ourselves.

Graham: In my experience, The Journey has not "cleared" me of emotions attached to a particular event because I have gone back to that event from differing life patterns.

Feeling Healing does not purport to "clear" you of feelings or emotions associated with a childhood experience. How can it? We are a personality, with everything we experience for eternity, creating the experiential being we are. Nothing can be "erased".

James: It does definitely clear you of your repressed emotions and yuk, as I am feeling that now more so each day. I feel free of them, as in they are simply not there. Marion maintains we are to bring them out; and personally I hate how the word 'clear' is used in the connotation like we just have to find some method of sweeping them under the mat or clearing them away from or out of ourselves. We are expressing them out of us, which really means, we are simply expressing them, now, as they weren't allowed to be expressed back then when we initially felt them. However as that part of our self-expression was stopped and effectively put on hold, really we've been like a stuck record, going over and over knocking on the door hoping someone will hear us and open it so finally we can move through it and have the experience we should have had. So we hear our bad feelings, we feel them, we 'hear' them screaming at us to be heard. We go to them, like the little baby or child, we 'pick them up', embrace and fully accept and acknowledge we are them, we don't push them away, we don't banish and reject them like we were banished, and we let them have their say. And we let them say all they want and we go with all the emotion and express it all, as we want to know what they are all about – what we are all about, what they were and still are to show us about ourselves and our life – the truth.

yuk



And when that denied experienced has been completed, fulfilled, then there is no need to keep expressing them, the patterns that caused them won't be there, the beliefs controlling them will have gone, and so you simply don't feel them anymore. And this you could say is that you've expressed them all out of you. But really you've connected back with that lost, hurt, abandoned, shut out part of yourself, you've stopped, turned back to embrace your hurt, reject and unloved self, saying to the world and yourself (your parents) all you needed to say; and it's over, you can finally move on, that part of your self-denial and retardation is over.

Graham: The process for both The Journey and Feeling Healing are very similar in the early "discovery" phase.

Express the feeling immediately affecting you at the time.

James: This is good.

Graham: Go deep into that feeling experiencing what it is like.

James: Yes, this is the aim, however it's not to force it. It's to stay with the bad feelings expressing them and longing for the truth of them, and then naturally allowing yourself to move deeper if that's what happens. It's to keep your mind out of it, you can't use it to 'go fishing' in your past and early life trying to 'make a connection'. It's to stay true to and with the feelings at all times.

However having said that, for some people they might instantly go deeper connecting with deeper childhood stuff. Whereas for other people, they might need more hands on help to push and direct them deeper.

Talk it Out

Overall, the more aware and connected with your childhood you become, the more you find you are always tuned into it, and the feelings as you feel them immediately make you feel you are also feeling what you felt as a child, that there is no time separation, you are still that child going through that shit, just as you are now the adult child still going through that shit, just as you've always been going through it, only have refused to see that you are.

TUNED IN

Graham: Ask what that feeling "feels like".

James: And ask how does feeling this feeling make you feel?

Graham: Go deep into the newly uncovered feeling and experience it.

James: The more you can bring it out with the full emotion of it, simply being it, the more you'll be connecting and experiencing it.

Graham: Continue to drill down until you come to a childhood event.

James: Again the 'drilling down' is fine so long as you know you're not forcing or contriving it with your mind. It has to be your feelings naturally taking you deeper. And in fact, we don't actually 'go down deeper into our feelings' even though that's what it feels like, it's that our deeper feelings come up in us so as adults we can feel them with greater understanding and feeling awareness which we didn't have when we were very young.



Graham: Go deep into that event and experience it over again.

James: Which will happen naturally, however speaking about it, emoting it as much as you can, whilst longing for the truth, is what moves the energy through you. It's about speaking / expressing as much as you can. You don't act on your feelings unless you can't stop yourself, instead you just keep saying all you feel you want to do, all that your feelings are making you feel. It's all about speaking it out so you can hear yourself saying it all, all of which helps you connect with it, so with yourself, with all that you are – all that you're feeling.

Graham: From there, the camp fire should be dropped completely and in its place, the patient / friend should seek the truth from God.

James: Yes, ideally. You long whenever you can. Sometimes you can't when you're deep in the throws of expressing your pain and you shouldn't stop the flow of feeling / emotion expression. Other times it's good to actually stop, cut the flow, take a moment and long, then keep going. Eventually all of this just happens naturally, your whole state and desire is one of longing and wanting to know the truth of yourself through your feelings. Still, when you feel to long, you long. In the beginning you might have to work hard to remind yourself, and that's good too. And you can long for the Divine Love too.



Graham: For me, the benefit of associating with The Journey is that the practitioners / companions / mentors will already possess many skills required to help the patient / friend discover the Truth for themselves. And there are many Journey Practitioners.

James: However they have also been trained into unwittingly perpetuating the problem by working to help you enlist your mind to maintain your control.

Graham: However, a Journey practitioner needs to overcome the belief that they are "treating" someone, or "healing" someone. They are merely being supportive guides.

James: Yes, just being a Friend; and helping someone find the truth of themselves through their feelings; and helping their friend express all those unwanted parts (feelings) of themselves that their parents and the world didn't want. Helping their friend to uncover the truth of their rebelliousness against themselves – by denying so many feelings; and against God by denying the Truth.

Graham: And this brings me to the last point I would like to make. Is "Feeling Healing" the correct term we should be using?

Feeling Healing is not healing anything. And most definitely not resolving or eradicating feelings or lifelong habits. We have learnt this from James more recently.

James: Marion says it's just what she does, what and who she is, it's how her life is, how she lives it, and so you can't define that with a term. And I agree. However as we're all so programmed to terms, so I felt the term Feeling-Healing was appropriate so far as possibly heading someone in the right direction. We are 'healing' ourselves of the Rebellion by uncovering the truth of it through our feelings. We are 'healing' ourselves by growing in Truth. Marion doesn't feel like she is healing herself, she is just experiencing what God wants for her. She doesn't feel like the Rebellion or Default was imposed on her and she has to work at removing it, whereas I do. I was made to believe I was okay and so get this shit off or out of me; Marion just is the shit and wants to bring out all the feelings of it so she can understand herself.

Graham: What has been termed Feeling Healing is in fact, Ascension to (or of) Truth.

James: Yes Graham, that's exactly what it is, and Ascension of Truth. We ascend in truth, or loosely: with truth. As we grow in truth, as we become of more truth, we are ascending up and in through the levels toward the Highest or Fountain of Truth – Paradise and the Deities that live on it and are The Truth.

However such terms might be hard for people to accept in the beginning. Sure, if someone is spiritually inclined and well on their path or really intent on setting out on it, such words or terms might appeal; and technically that's what I'd like, how I'd like to phrase it, yet whenever I use such terms with people they stare blankly at me, it already being too much. But perhaps I'm not the one to use them.

I've been thinking more lately that I see myself working alongside John like this so far as trying to introduce the concepts of it all in a simple way. Then for those people who do want to commit wholly to a full-on spiritual life, for me to work more closely and personally with them.

Graham: A continuation of the Feeling Healing terminology may set false expectations and understanding of what it is we are trying to achieve.

James: It will be the end of John if he has to go back through all his Papers and change Feeling Healing!

Graham: Please consider "The New Way" – Ascension to Truth.

The New Way, Ascension of Truth

James: It's: The New Way – Ascension of Truth. We are ascending in truth. We are not specifically going to it; however that could be debated as we are ascending and even physically moving closer toward the Eternal Son of Truth who's on Paradise. We are ascending daughters and sons of God. It's all about Truth. We are soul personalities who are to experience interacting primarily with other soul personalities and then also with other personalities in Creation; with those interactions giving rise to feelings that lead us to the truth of ourselves, the truth of our own soul. And the truth of ALL THERE IS. The truth of God's Soul. And the truth of God's Personality, as we interact with and experience our Mother and Father loving us, being with us, and filling our soul with Their Divine Love.

Our Healing is really about getting rid of everything that is blocking the truth of ourselves, that which we've been refusing to see. So in one sense we won't change as such, we'll just unblock ourselves; and yet in another sense, because we have unblocked ourselves, we'll feel vastly different in many ways, as if we have greatly changed. Another paradox to wrestle with.

GG

Thursday, 13 June 2019

Graham: It came to me this afternoon, while talking to John about engaging Journey practitioners to roll out Feeling Healing, that the practitioners will need to uncover for themselves, their relationship with God.

The Journey uses. "Camp fire" setting as a final phase for their Healing, however, we are going to suggest they need to guide the Patient / Friend to "long to God (The Heavenly Mother and Father)" for the Truth.

Unblock



As with most new age / complementary healers and followers, Journey practitioners and other teachers may have rejected God. I went through that phase also. The use of word God to describe the supreme being conjured up feelings of disgust due to associations with conventional religion. So New Agers used euphemisms like The Creator, The Higher Power, Source, etc.

All that is OK, but if they are to long to God for the truth, they will need to create some association, or at the very least, explore their feelings towards God early in their training.

James has written the info below in his Religion of Feelings book.

James, me: You can just long for the Truth, without God being involved, as we can long for anything. And the truth should come, I don't know to be sure as I've only ever done it with God involved, however that's the theory anyway, we'd have to test it on someone. Plenty of people work on themselves, naturally or in therapy and want the truth, only they want it so as to take the bad feeling and pain away, then all the mind control asserts itself again, they don't want it as part of wanting to uncover the WHOLE truth of themselves, so including all the yuk stuff to do with their parents, their children, themselves – all their relationships. As you said Graham, to want the truth of your feelings to find out why you are feeling all that you are and how it makes you feel is really what I've coined as the Feeling Healing. By bringing God into it then that involves the Divine Love – Soul Healing. However that's not also to say that one could possibly do one's Feeling Healing with God in a Natural love sense too.

yuk

For the time being I'd be happy to support it without God directly involved if that makes it easier, knowing that one day as you uncover the truth of yourself, it will lead you into a deeper and personal relationship with God.

Or, do we just include God and even the Divine Love up front, and if people can't deal with that, then that's part of their Healing?

I intend writing more about what you said (I've now done this above in reply to what Graham first said) Graham about the Journey Process and what John is conjuring up, however it will have to wait until tomorrow, should I feel able to do it then.

me again: I've been thinking about it more in light of the little John has told me so far as possibly introducing what he's writing for school children in India. And the little I know about Indian's, and what I know about myself and most other people, the real guts of our problem is that we've been made personally, in a family, and in society, to consider the expressing of certain feelings, mostly bad ones, is bad, is wrong, is not allowed and is even punishable. So to introduce the idea that we are feelings, and so to fully love ourselves we can start by accepting ALL our feelings, so even all those bad ones we're working so hard to deny. That there's actually nothing wrong with bad feelings, other than them making us feel bad. And that if they are fully accepted and expressed, they can lead one into living a balanced truth-orientated life, as truth, the truth of what is the right way to live, will naturally evolve and come up in you. However that truth might then confront the existing untruth, within yourself, your family and society, which is okay, and can be worked with, as yet more feelings are expressed and truth comes to light.

And then added to simply living true yourself by living true to your feelings, this being also how you live true to God and your own soul; and as you grow in truth you are living a spiritual life, one which

will advance you toward completely accepting yourself as you are and wanting to get to know personally your true Parents, God, who is your Heavenly Mother and Father.

And then the Divine Love can be added should one want to become at-one with Them and be able to fully 'Heal' themselves and become of a Celestial level of Truth on Earth. A level that is true and perfect, so should you have children having fully healed yourself of the Rebellion and Default, you will parent them perfectly lovingly and without subjecting them to any of the horror you were subjected to.

But as I said, really I have no idea how to go about taking any of it into the world. If indeed that is where it is to go.



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

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

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

What is Child Abuse?



Ridiculing a child



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



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



Hitting and humiliating a child

**CHILDHOOD
TRAUMA**



DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complemented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!



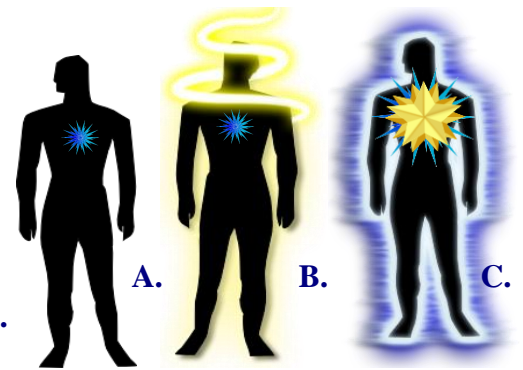
EVOLUTION

STEP 1: Longing for and receiving Divine Love:

A. Soul prior to receiving Divine Love.

B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.

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



STEP 2: **FEELING HEALING + SOUL HEALING**

It is the Divine Love that strengthens one's resolve to persevere in embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.



It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.



But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

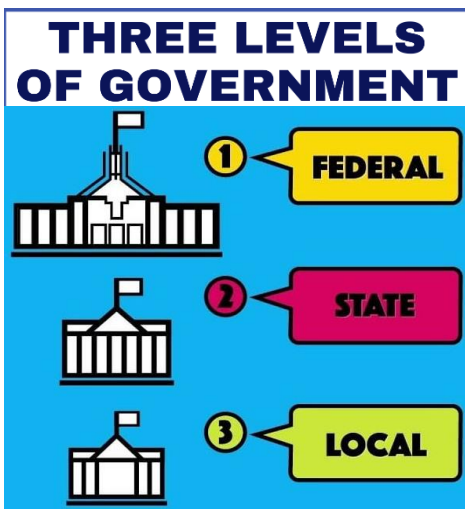
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

BUT THERE ARE FURTHER LAYERS OF CONTROL!



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

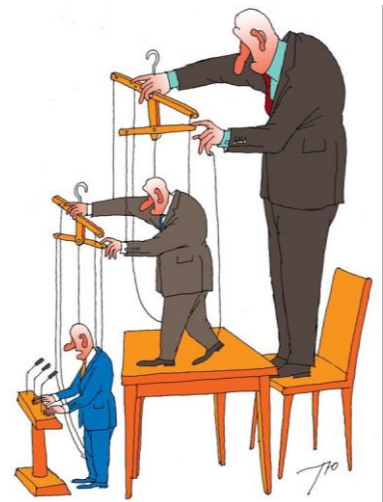
GOVERNMENT
 Derived from the Latin verb **Guverno, Governare** meaning **"To Control"** & the Latin noun **Mens, Mentis** meaning **"Mind"**
To Control The Mind

HIDDEN CONTROLLERS



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term),

who are in turn are manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.



CONTROL DISRUPT
celestial Friends

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

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



Rebellion and Default officially ended
31 January 2018
Great U-Turn now ready for mobilisation
22 July 2023

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

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



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

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

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

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



Feelings first



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

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

SPIRIT AND MATTER

Each phase of our progression in our personal discovery of truth will open further avenues to truth of an ever increasing and expansive nature. This is our destiny throughout our journey to Paradise, the home of our Heavenly Mother and Father.



Few are able to see clairvoyantly the spirit bodies of spirit personalities, and even then, this capability is when higher level spirit personalities 'turn down' their brilliance essence so as to make themselves visible – making themselves come closer to the density essence in which the viewer is presently experiencing.

Thus, when it is understood that we have a pair of nature spirits, a pair of spirit personality guides and a pair of angels with us at all times, we cannot see any of them. Yet they all can see us. However, the nature spirits may not be able to see the spirit guides but may see some angels, and the spirit guides may not see the angels. Should the spirit guides be Celestial, then they may also see the angels.

Angels do not have wings, and there are many classes and levels of angels. If the angels are from Paradise, then they would not be typically visible to celestial spirits of the three celestial heavens aligned to Earth's humanity. However, the angels that attended to Earth's humanity typically become visible to the spirit personality upon that person completing their Feeling Healing with Divine Love and progresses from the 7th Mansion World into the 1st Celestial Heaven.

A spirit in a higher plane of Earth cannot be seen by a personality within any of the lower planes. This is the same for each progression to a higher Mansion World, then Celestial Heavens and all the way through to Paradise. A higher level entity needs to detune and allow him or herself to be seen in any lower world and consequently each sphere thereof.

Thus, a Bestowal Pair from Paradise would bring with them Angels to assist them and these Angels of such high elevation would go about unseen, fulfilling their tasks, without any other entity being aware of them due to their ultra fineness of energy and elevation in capabilities – unless they allow themselves to be observed!



The PHENOMENON of VISIBILITY:



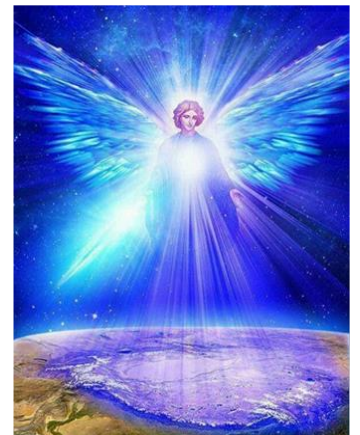
Firstly, animals do not have a spirit life. Should we need to interact with a deceased pet animal, then a particular class of angel will present as your pet. The life force of all of nature pools their life experience to subsequently become Nature Spirits who evolve to being angels.

Each higher progression of a human mortal consequently becomes invisible to those remaining at the lower level, as it is with angels, though those of the lower level remain visible to the progressing ascending mortal.

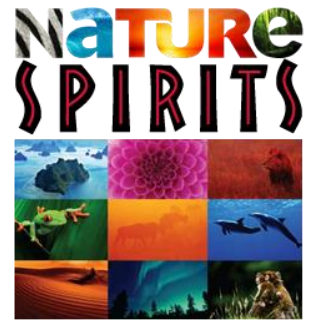
In reverse, those spirit personalities descending from Paradise, the home of our Heavenly Mother and Father, need to detune themselves so as to become visible to those in our local universe of Nebadon.

Those on Earth and throughout the seven earth planes have the same visibility progression. Earth, being the densest, is visible to all. But each plane, starting at 1, becomes progressively finer, with each plane above the last invisible to the lower. The same applies throughout the 7 spirit Mansion Worlds that we progress through to enter the first of the Celestial Heavens.

Higher levels can always make themselves visible should they wish to. Spirits and ascending mortals of lower levels may not be aware of higher levels until they evolve and progress.



NATURE SPIRITS



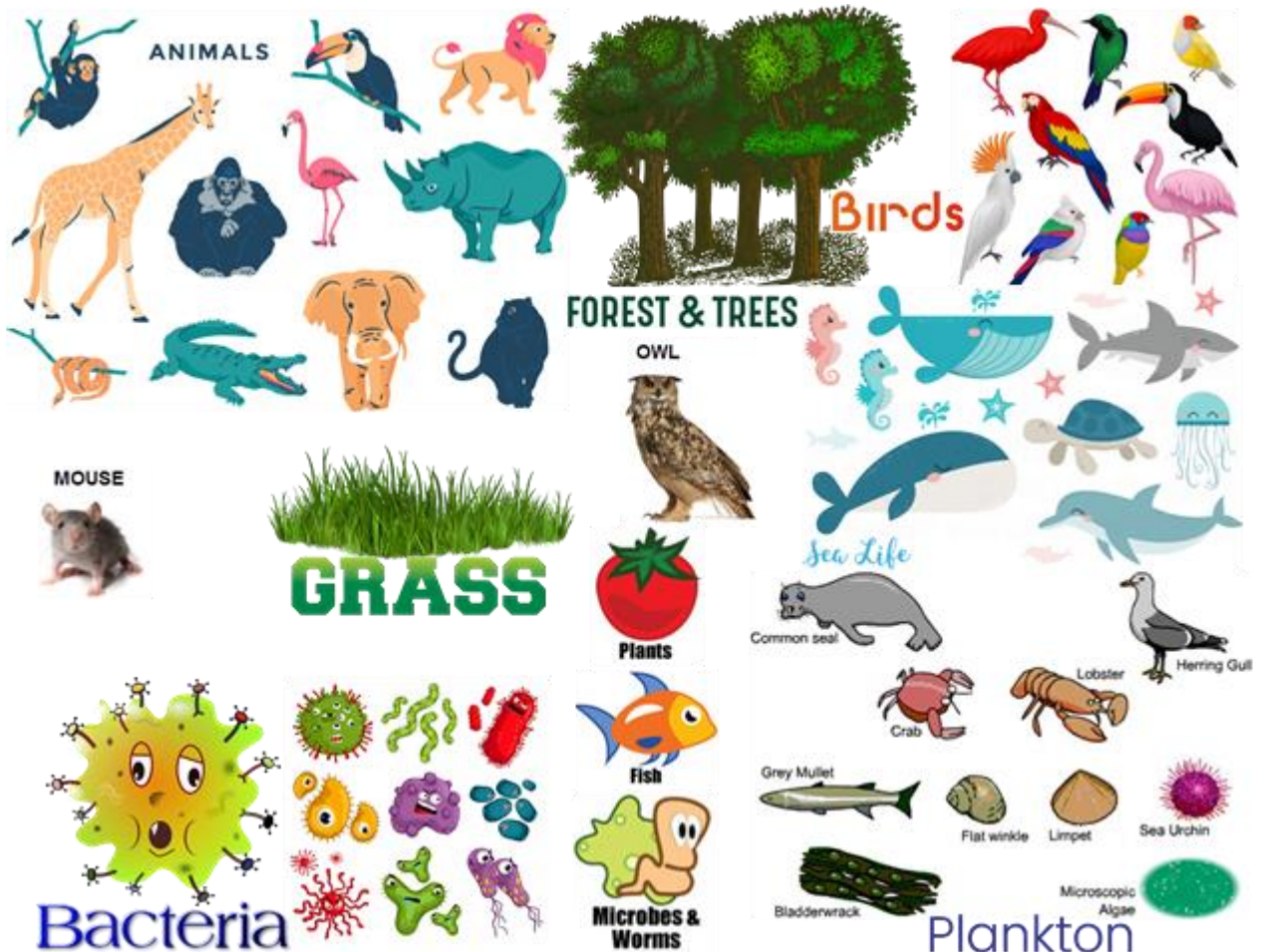
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

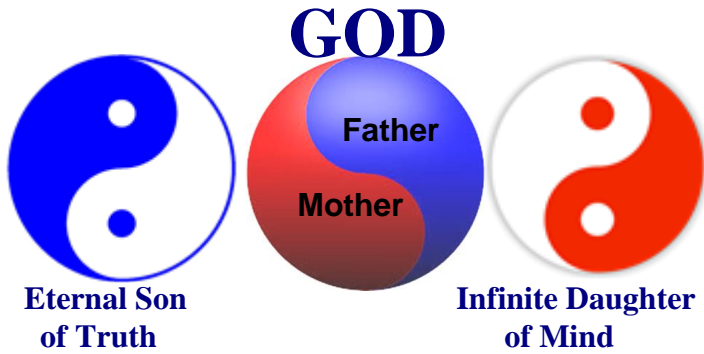
Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’: “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”



“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.





CREATION of SOUL and SPIRIT:

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

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

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

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

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

A nature spirit is an angel in waiting.



Feeling Pathway

Mind Pathway



Soulmate Pair



Angel



Spirit Person



Nature Spirit



Soul–Healing: What is it?

Our soul-healing is the expressing of every part of us we have denied. What this means is that as we've grown through our early development, starting at conception, if any part of us has been stopped from freely and truly expressing itself then it exists within us in a denial or negative state. And essentially that part of us is still waiting to be expressed. And our healing is the liberating of all these parts.

Our soul has a very specific life programmed within it. As I've said it's called (well anyway, it's what I call it) our Soul Light Print of Destiny. It has been created by the Mother and Father to bring itself – to express itself, you, into being, in Creation. The Mother and Father have given us all a unique personality. Our personality is the part of us that separates us from one another in Creation. And our soul is trying to express its personality in Creation. With every experience you have, no matter how small it is, in each moment, your soul is literally expressing more of you, the whole personality you are – all your parts – in Creation. With each heart beat, each breath, more of you is being expressed, more of you is living, more of you experiencing, and so more of you is in effect here, existing in Creation. And so there's continually more of you, you can get to know.

We can't fathom the depths of our soul. But one of the goals of our existence is that the Mother and Father want us to fully express all of our soul in Creation. This will take the whole of eternity to do, but what a great adventure it will be. Look how it is already starting off for you, living fully entrenched in an evil state of mind!

When we start our incarnation, the first objective of our soul is to get us up and running, expressing all the vital parts (attributes) of us (our personality) that will allow us to maximise learning and growing in truth from our experiences. As we experience and grow in the truth of that experience (as we're experiencing it), the experience generates a *light*, which goes back into our soul telling it that we are ready for the next part of our life – our next experience – and so it brings about our next moment. This feedback loop is continually bringing us into being. Our whole life is orchestrated by our soul, from within – even what seems to happen to us out of the blue and from outside of us is all occurring in answer to our soul's inherent patterns.

It is crucial in our formative years that we receive all the love, care and acceptance our soul – us – needs, so we can be welcomed into life allowing all of our emerging personality attributes to be freely expressed. If something makes us feel bad we need to be allowed to express that pain. We need to be allowed to cry and speak out about it as we grow – as our mind forms. We need to be able to say everything we feel we want to say. We want to grow into adults being freely able to express all our good and bad feelings. Because then we are whole and real people and will know how to live our lives in accordance with the needs of our soul and not being controlled by our minds. We will feel what we want to do, what our life is about, and do it believing and knowing that we can do anything we feel – anything that makes us feel good.

Life must be how you want it, and only you, not how someone else wants it. However, this is not how we've been parented. We've been made to suit what our parent's want thereby denying large parts of our own self-expression. To stop being how you want to be, and instead to make yourself be how your parents want you to be in any given situation, is major denial and has had serious traumatic effects on you.

We have been made to grow into adults with many aspects of our personality being denied. We have not been allowed to live our life the way our soul wants to. We've been forced to go against ourselves in many experiences. We've been forced to deny ourselves (many of our feelings), thereby also denying

the truth of these experiences resulting in us not growing true to our feelings and instead becoming more reliant on our minds to tell us what to do.

When you feel: out of touch with your feelings, looking for answers, unfulfilled, unhappy; not happy about your life or yourself in any way, you are sensing and feeling these denied aspects of yourself. Your soul is crying out to you that things are not right and you need to do something about it. And that something is to choose to live and honour it and end the negative control your mind now has over you, thereby giving you back to yourself.

Why your soul simply doesn't step in and fix you is because once it begins to incarnate you, your personality in Creation is then beholden to exist within the Laws of Creation – these being the **Laws of Will**. What this means is once your will starts to manifest, right from the first moment, your soul has to do what it (your will) wants. So if your will is negatively influenced, if you are made to turn your will against yourself, then that is what your soul has to honour. (Of course your soul has all of this, your induction into your negative state, within its plan, but effectively on the will level this is what it's like.) And this is what has happened to us all. Our parents have negatively influenced our wills and we have grown up mistakenly believing (and unconscious of these beliefs) that we have to live this way using our wills to keep our negative mind state in control of us. And so to reverse this situation (and become conscious of what's really going on), and to bring our wills back into positivity, helping us grow and express ourselves in Creation, we need to do our healing. We need to identify all the dysfunctional parts of our will. We need to see how these aspects of us are denying ourselves; how we are living against and untrue to ourselves, and we need to see how this all happened in the first place; what happened to us: to our wills, to screw us up. This is seeing the whole truth of yourself, the truth of all your self-denial, the truth of your repressed childhood. And as we see the truth then we can bring these denied aspects of ourselves out into the open, and in doing so can decide if we still want to live with them going against us or not. And in our moment of deciding that we don't want to deny and hurt ourselves, knowing and seeing the whole of truth of why we are, we are healed. We are literally making our will come back and be loving of us and on our side; working with us, rather than against us.

Our **will-healing** is inclusive of our soul-healing. We are setting out to rectify everything within us that is wrong: everything that exists out of harmony and is in rebellion against God's Universal Laws of Love. And to do this we begin by acknowledging our bad feelings. When you feel bad your bad feeling is the signal that something within is wrong and needs attention. By honouring these bad feelings, accepting rather than ignoring them or pretending they are not there because we don't want them and don't want to feel bad, we are using them to lead us into the truth of where they are coming from and why. By expressing our bad feelings and longing to see the truth of them, they can lead us back into our early childhood, so we can see what happened between our parents and us that caused our self-denial. And gradually as we focus on and express all our bad feelings, we will see the whole truth of what's caused them and how we're using our will to keep the denial going. And we'll eventually see the whole truth of ourselves, all we've been made to deny during our childhood, and how we've been made to suppress our feeling-denial keeping it all repressed within us.

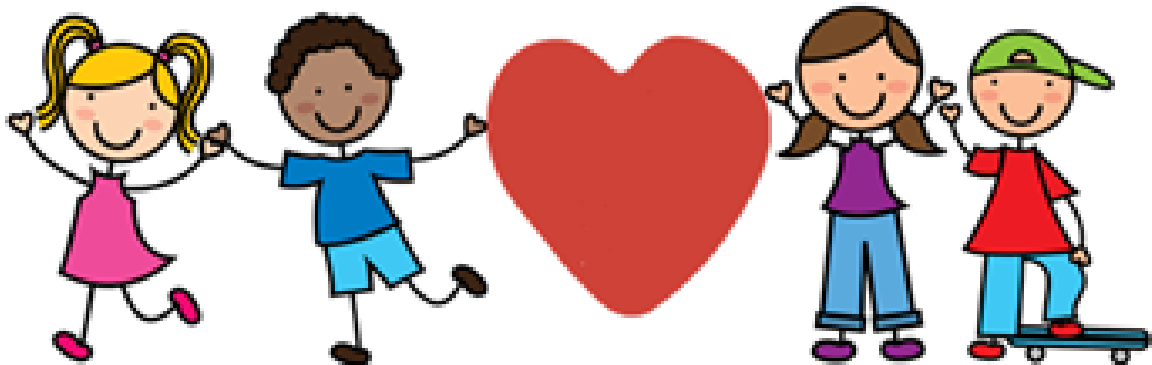
So, our soul-healing is the healing of our childhood repression by seeing the truth of it though the honouring and expressing of all our bad feelings. And this is why our bad feelings are so important. It's why I've been focusing on them during this course: to get you used to the idea that they are vital and need to be accepted and not dismissed. Any bad feeling you: reject, push away, dismiss, don't want to know about, is your mind's learnt pattern of self-denial. To deny any bad feeling is to keep yourself trapped within your negative mind state. So when you say, 'it doesn't matter', or 'I'll get over it', or 'don't speak to me about those bad things', or 'I only want to feel good and be positive', and so on, you are keeping yourself locked up within your denial mind and associated negative behavioural patterns.

And as you will discover, if you want to do your soul-healing, there will be many things you are doing to yourself (most of them unconsciously) that are keeping your whole negative mind state in control of you. To break down these controlling mental belief patterns and their associated negative behaviour is very difficult and requires a lot of will and longing-for-the-truth to do it, but it can be done. You created your negative patterns and set them in motion to begin with, so you can undo, break apart, and heal them.

EVERYTHING that is wrong with you in anyway is because of what you've been made to suffer and repress since your early childhood – EVERYTHING! And it all needs to be healed one day, either on Earth or in spirit. One day your soul will begin to pressurise you into addressing these inner problems. This usually is shown by things not happening in your life how you want them to. This is your soul trying to send you messages telling you that you are going the wrong way. It is trying to make you feel bad, so you will eventually have to face your bad feelings. So you will have to stop what you are doing and pay attention to your feelings. If you keep running away from feeling bad then you will only make things harder for yourself, and you'll feel worse. I'm sure you've experienced: feeling bad about something, being all knotted up about it, then speaking up and expressing all your bad feelings, to suddenly feel good, relieved and lighter, even declaring: 'What was so bad about it anyway' – this is an example of expressing your bad feelings. And can you see how much better it makes you feel?

Introduction Course to Divine Love Spirituality by James Moncrief

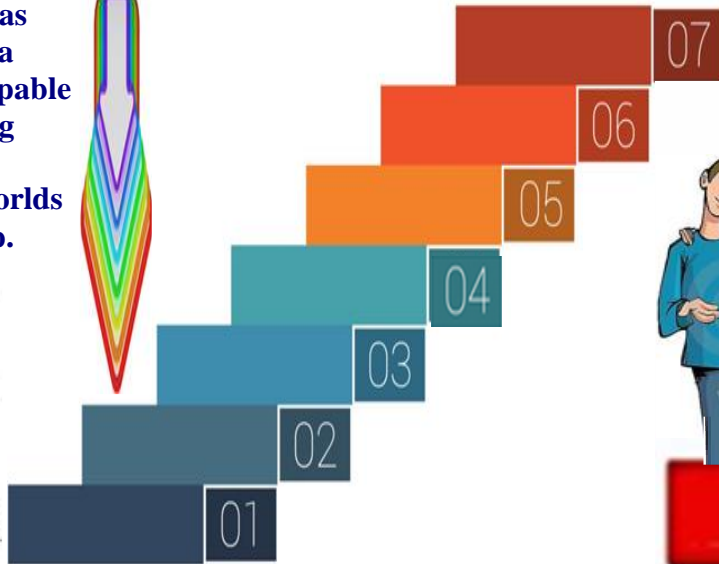
WE ARE GOD'S CHILDREN



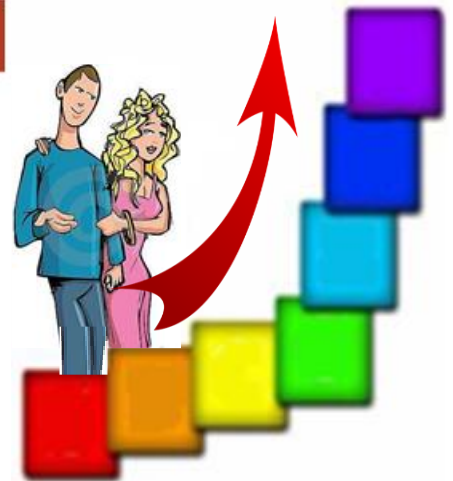
PASCAPERS

Humanity's UPSIDE OF DOWN

Humanity has devolved to a stupor, incapable of recovering through the Mansion Worlds without help.



Celestial Soul Condition



Humanity is now to embrace the Great U-Turn and retrace its steps back through all seven Mansion Worlds, including all their sub, and sub-sub planes, as people do their Feeling Healing. And then with Divine Love, when we finish our Healing, our soul fuses with our indwelling spirit, and in so doing, as one soul manifests two personalities, we arrive in the first Celestial Heaven condition to join our soulmate and then soulgroup.



FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:

Through our Healing we work our way up to a Celestial Soul Condition whilst retaining all our erroneous patterns. We express out of us all our repressed emotions and blocked feelings showing us the truth of why we have them, we change and feel much better about ourselves, becoming more self-aware and self-accepting. Then when we've uncovered the whole truth of unloving state, our Healing is completed as our erroneous patterns leave us.



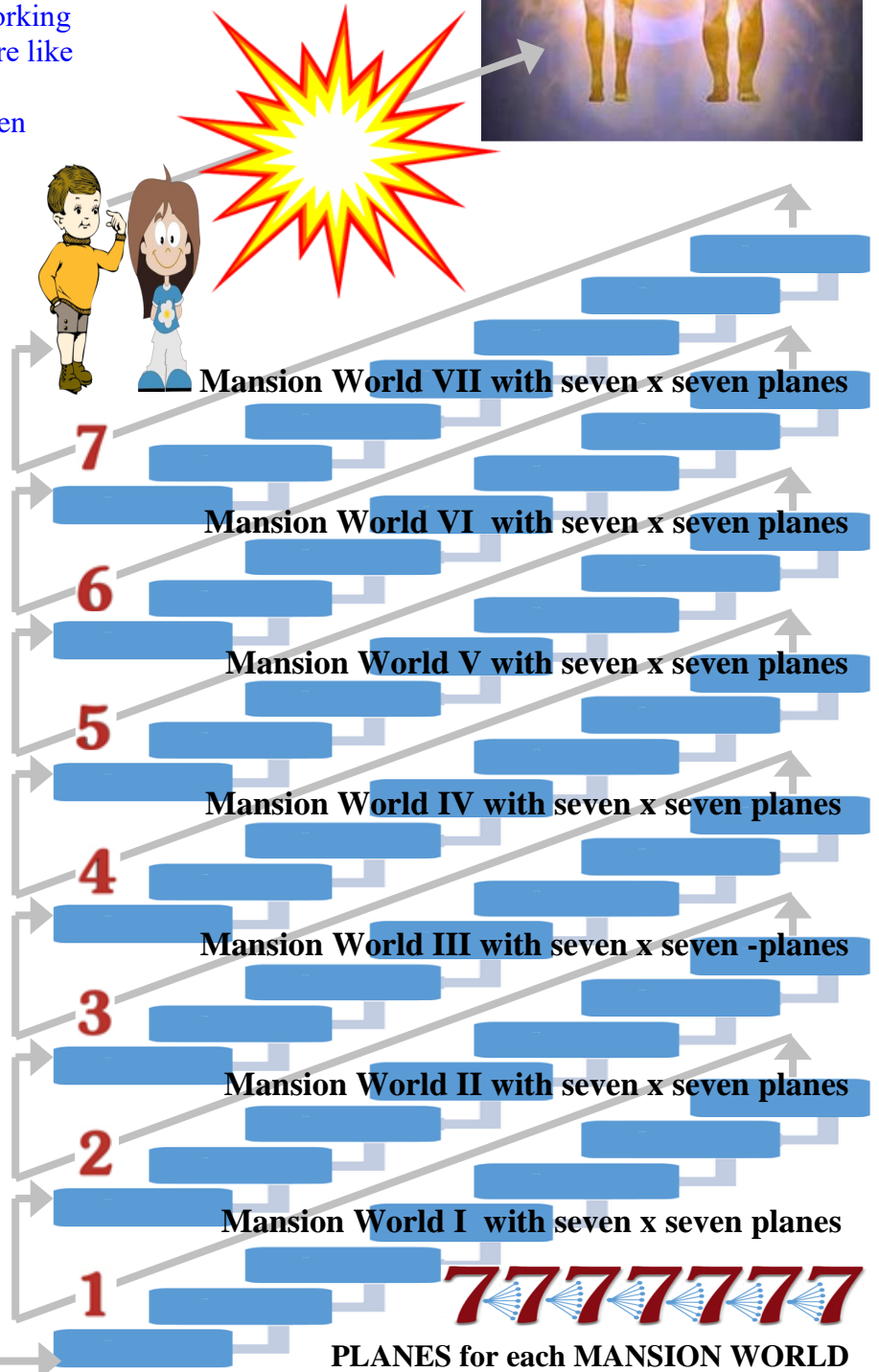
So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

And by the time we get to the top, we're fully cognisant of our 'sins and errors' and why we've felt all the bad feelings we had and how our negative beliefs kept us strapped within our truth-denying state.

Our Healing is our seeing the whole truth of our distorted way of being. And once we've seen it, then our soul transforms us out of our negative truth-denying state into a positive truth-loving one. We are still the same personality, only we're now living happily with ourselves rather than unhappily against ourselves.

Our final transition from being of a rebellious condition of mind to a Celestial Soul Condition of feelings, is glorious.

**Mind
Worshipping
Zombies in
a Stupor**



FEELING HEALING:

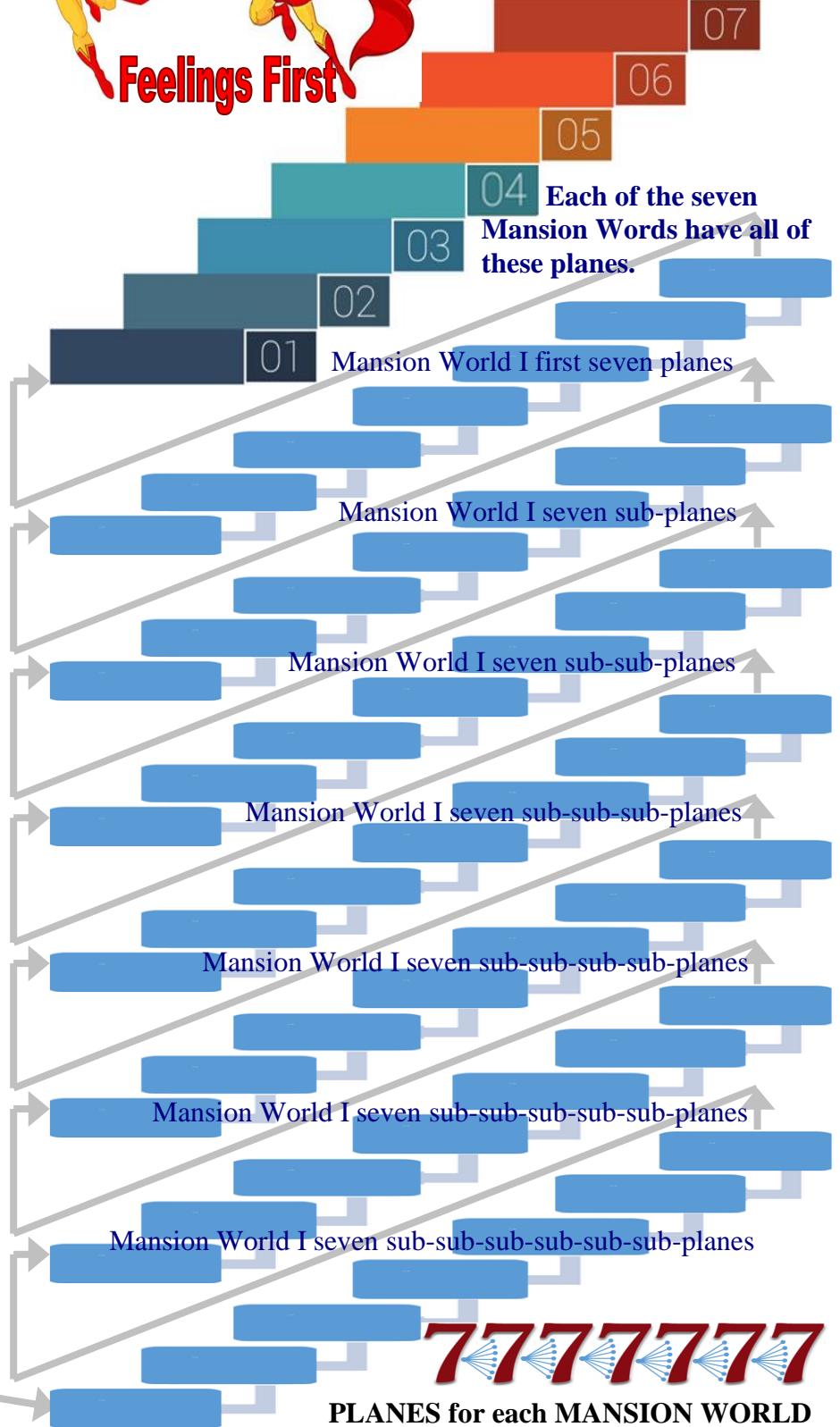
Childhood repression and suppression, from conception through to around the age of 6 years, is the underlying cause of all ailments that arise throughout one's life.

Our parents pass onto us, their children, all that is erroneously infused into them by their parents, as generations before did.

It is only through longing for the truth of one's feelings, both good and bad, and expressing what comes up that we can work through the many layers of infused mind addictions and heal our erroneous beliefs and harm that we have endured.

Should our parents engage in their Feeling Healing then their children will mirror much of the healing that their parents achieve, thus physically and emotionally benefit in a similar way.

Healing can bring us into Celestial Soul Condition while living on Earth.



WE EACH HAVE UNIQUE ISSUES TO HEAL THROUGH OUR ASCENSION, THROUGH EACH OF THE SEVEN MANSION WORLDS!



Happy Parents and Unhappy Parents are all born into the Rebellion and Default. The children all absorb the errors and emotional issues of their parents tailored to suit their personality which is unique to their soul. Our issues are unique and no healing is the same as for any other person.



Feelings First

Each of the seven Mansion Worlds have all of these planes.

Mansion World 1 of 7



**Both Mind
Worshipping
in a stupor**



PLANES for each MANSION WORLD, we have seven Mansion Worlds to work progressively up through to heal ourselves of the Rebellion and Default.

WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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

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

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



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

Mind Mansion Worlds of Natural Love

Mansion World One: We ALL arrive into mind spirit Mansion World One upon the death of our physical body. Just the general confusion of spirits living their wrongness the best they can, trying to not be bad, trying not to hurt others, thereby staying out of the hells and lower Earth planes. The Law of Compensation ‘persuades’ you not to even think about harming another person.

Mansion World Two: Starting to work more with one’s controlling mind, with the focus being on Service, you are to use your mind to be more loving, to help selflessly others, to put others before yourself, to not want for yourself, only wanting the good and betterment of others. And to have loving thoughts, to not think badly of anyone, to keep ‘being good’ in your mind at all times. To think positively, to use your mind to control your feelings so as to make yourself be happy, to bring your full success out, to celebrate your god-given gifts, all for the good and benefit of all.

Mansion World Four: This being where ‘self help’ approaches fit in. It being where you’ve had enough of being of Service, giving yourself to everyone else, and decide that you have to start looking more after yourself. So you look to working more closely on yourself, you still have bad feelings so you set about working to resolve the emotional issues through whatever means you can. And they involve emotional releasing / clearing through some level of feeling-acceptance, as you can’t get rid of them that easily, yet overall you’re working to bury them once and for all, so deal with all your memory processing, deal with your traumas, do all your massive forgiving, which sets you up in a power position because you are the great one forgiving everyone – those people who did wrong by you, so you feel more in control, freeing yourself from your controllers, telling them – you are forgiven, giving them your blessing, feeling you no longer need to be bound into those patterns, and feeling like you’ve found and are bringing out more your True Self, your true self which I reckon is more of the spirit you that’s deeper in your mind control.

Mansion World Six: This is where you put it all together, you’ve achieved mind ‘ascendancy’, the perfection of your negative mind-controlling state, specialising in your area of interest, being in bliss and true love and happiness – all mind derived, all of which is resulting from your mind saying you are at-one with Source, God, Soul, whatever the term, which is just your own controlling mind. Your mind is god, and it’s calling the shots, keeping all your repressed feelings away, without you having to address any personality imperfection resulting from your bad parenting. Because you believe you’ve fixed all of that, you no longer have bad feelings within you, you’ve forgiven the evil ones in your life, you’re now wholly in control making your reality be as you want it to be through your mind.

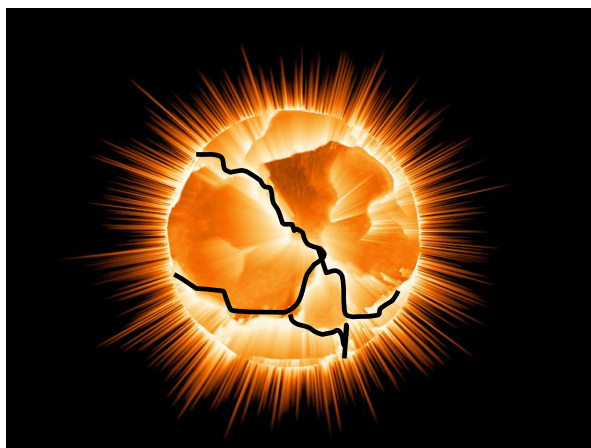
Part by James – 19 August 2018





SOUL  SPIRIT BODY  PHYSICAL BODY

Our soul is the most complex creation that God has ever created. When you look at other creations that God has made, you will get an idea of how complicated our own soul is, inside of itself, in terms of the mechanisms involved. And then we screw it up with our yuk!



David, 3rd Celestial Heaven – 16 June 2019: It's one thing to contact the mind of someone on Earth and give it some business guidance (or other) on a mental level, it's another to get more involved with and to become attuned to you constantly, your mind and all that's going on within your emotions and feelings **because of the continual flow of psychic disturbance being brought about through your Healing as your feelings rupture the control of your mind** (should you be engaged in your Feeling Healing).

OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018

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



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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

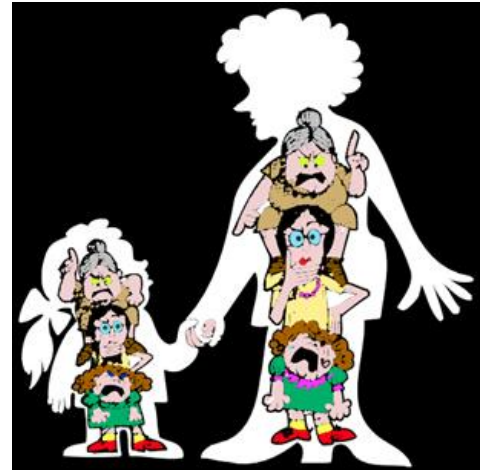
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including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



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

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

James Moncrief 9 May 2018



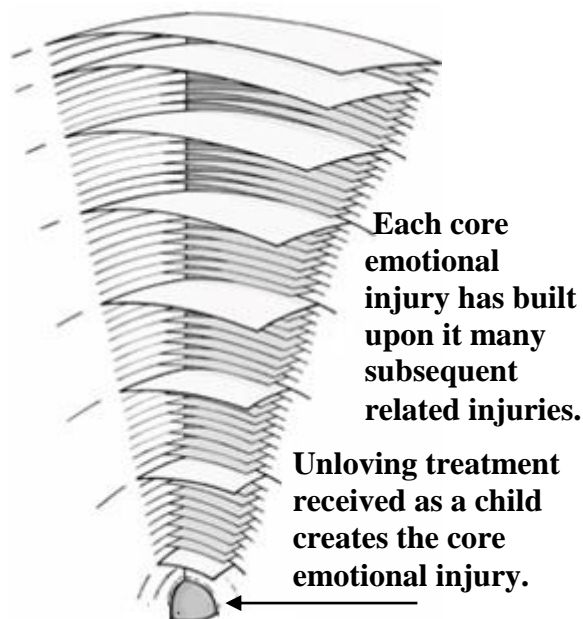
THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.



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

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

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



Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

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



Rebellion and Default
officially ended
31 January 2018
Now ready for Mobilisation
22 July 2023

FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth – 3rd Celestial Heaven, John's grandmother: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one that initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our

pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

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



BREAKING the BARRIER of the MIND – ENGAGING the SOUL!



DYNAMIC personality

Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with your soul and enables you to live a Celestial Soul Condition while you live on Earth.

Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.



ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.

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

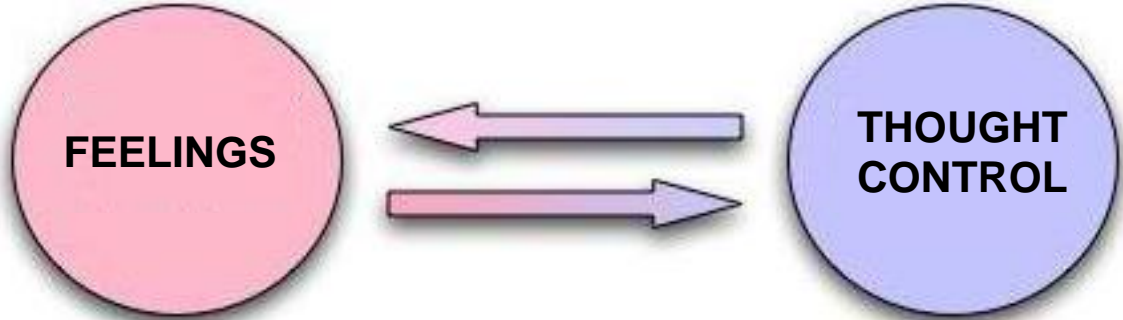


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

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



TRUTH LOVING SOUL V ERROR INFLICTED MIND





WE ARE GOD'S CHILDREN



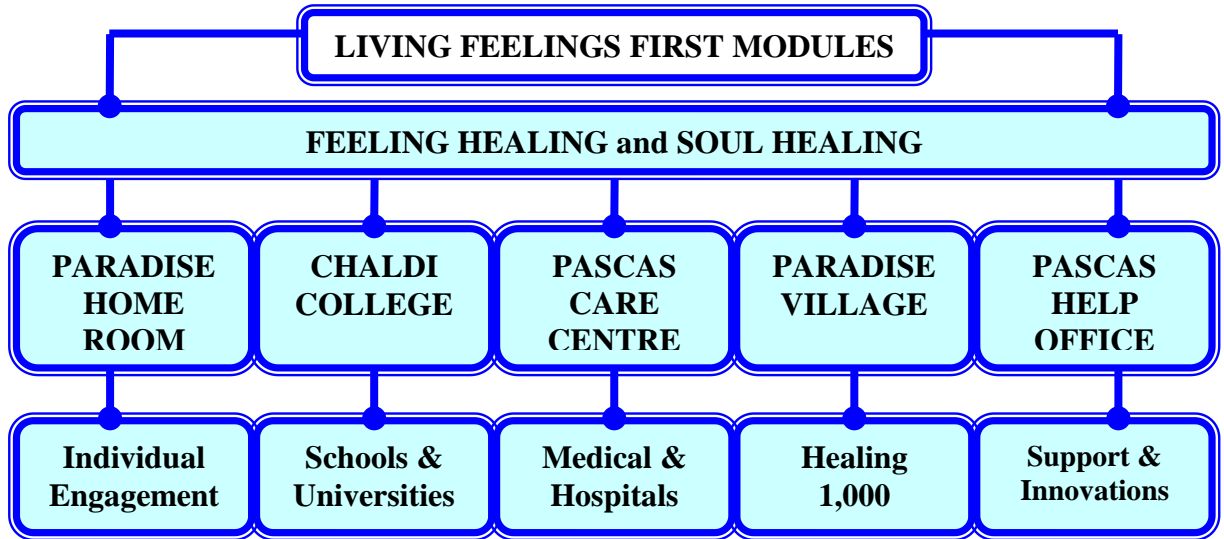
THE GREATEST
THREAT
TO
HUMANITY



PASCAS CARE



Life Practice Matrix - Feelings First



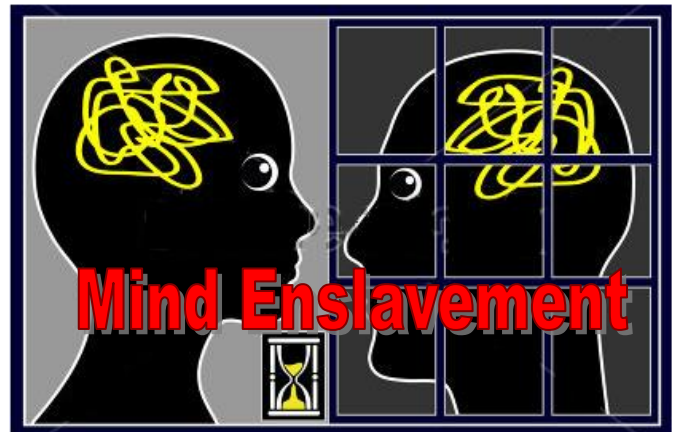
Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

Humanity has universally adopted its mind as the pinnacle of one’s intellect. In doing so, it has looked to its ego and arrogance to reveal the way to live one’s life. Humanity has conjured up endless modalities enabling one’s mind to suppress, albeit temporarily, discomforts, pains and illness through countless ineffective mind controlling systems, and has even categorised them into modalities of many different kinds.

Humankind has enslaved themselves to their mind, depowering them by ignoring their feelings. One’s soul based feelings are always in truth and love – interconnecting with all aspects of life.

For those who have discovered and embraced their feelings, longed for the truth that one’s feelings can reveal about their feelings, both good and bad, a great sense of freedom has emerged.

By living through **Feelings First**, and then having one’s mind assist with the implementation of what one’s feelings are conveying, we are then living true to one’s self, and consequently true to our Heavenly Parents, our Mother and Father.



Feelings First

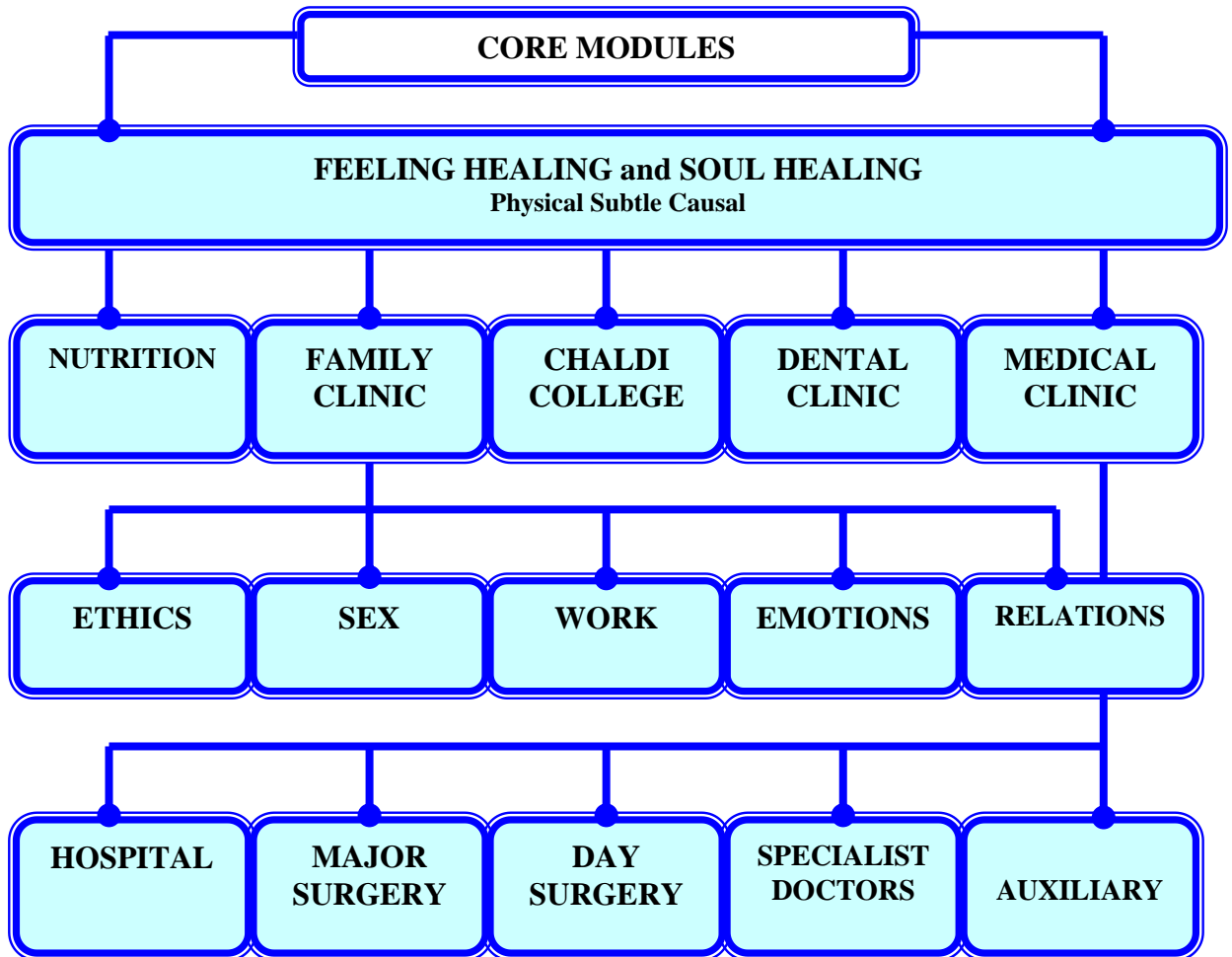
Feeling Free



PASCAS CARE



Life Practice Matrix - Feelings First



In this series:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

PASCAS
PAPERS

PARADISE HOUSE

What is it?

Monday, 27 May 2019

I, James, see it as a place where people are doing their Healing. Any place where people are wanting to learn about their Healing and all that's involved with The New Way.

It can be one person's private house to a place in which groups of any size meet to pray for the Divine Love; long for the Truth and come to understand all that the Avonal Revelation is about. Including, should people be able to do it, rooms set aside for personal or group counselling focused on Feelings First, helping each other to do their Feeling- and Soul-Healing.

Paradise is the Heart of Creation, the home of our Heavenly Mother and Father, the wellspring of all Love and Truth.

So is our own heart, the 'heart and soul' of our creation, the home of our Love and Truth, it being the full personal expression of the personality of our soul that we are. Our body, as so many people see it, being the 'house', so the Paradise House, of our soul.

So to put people within the material structure, I wanted to call those places [Paradise Houses](#), people's homes or places where we can share our feelings as we long to ascend in Truth to Paradise.

So within one's Paradise House, the physical structure, one can express one's own 'paradise house' – one's own heart, wanting to be with the Mother and Father on Paradise and connected to Their Heart – Their Paradise House.

I dislike these words (I don't hate the words themselves) because of all the connotations they stand for in our distorted truth-denying ways: Church, Temple, Holy Shrine, Mosque, etc. So I wanted another way to express the love of longing for Paradise that we all have innately within our own hearts coming from our soul. Paradise House is really a place of living with and receiving the Divine Love; a place of worshipping and loving our Heavenly Parents; a place of expressing the Truth one is evolving and growing into; a place to long for the Truth whilst expressing one's feelings – a place in which to do one's Healing.

So we all have our own personal and private paradise house – our physical body and spirit body, just as we can build and create outside of us, Paradise Houses, as in our own home or larger structures where groups of people meet.

It's just a name I came up with that I would like to call such a place that I loved to go to being with other people who are living The New Way and doing their Healing. A place, perhaps, where ultimately people doing their Healing can gather living within a Sanctuary. A place in which Celestials can call their home. A place that ultimately is the forerunner of the Morontia Temple. The Morontia Temple being the ultimate Paradise House on Earth. (The Morontia Temple, according to The Urantia Book, is to descend from the first Celestial sphere onto Earth far in the future in the first age of Light and Life.)

I see a Sanctuary as being overall a 'Paradise House', as well as possibly within a Sanctuary there being a specific Paradise House; or it's just the heart of the Sanctuary, like the common living area where most people gather a lot of the time; or a specific room where people can go to pray for the Divine Love, like a meditation / prayer room.

It's not a strict thing, it's just something I like to imagine; and I thought if one needed a name to call one's 'church' or 'house of prayer' then Paradise House might suffice.

my
House is your
Paradise
HOME



THE
VILLAGE
PARADISE



Paradise VILLAGE



Paradise VILLAGE



Paradise Village walkable



Placing the residents, visitors and pedestrians
– not the car – at the centre of the facilities.



TALKING
WALKING



ECOVILLAGE

A Sustainable Solution for Poverty and Destitution .







PARADISE ROOM





Paradise
ROOM

Paradise
ROOM



PARADISE
ROOM





CHALDI COLLEGE



CHALDI COLLEGE





my
House is your
Paradise
HOME

A small icon of a house with a chimney and a window, positioned to the left of the word "HOME".

WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRIVING TOWARDS "NATURAL SELF EXPRESSION"!



Pascas Care Centre



PASCAS CARE CENTRE – THREE UNITS IN ONE:

| | |
|--------------------------------------------------------------|----------------------------------------------------------|
| <p>PASCAS</p> <p>CARE</p> <p>CENTRE</p> | <p>Pascas Cafe with Raw Power!</p> |
| | <p>CHALDI</p> <p>COLLEGE</p> |

Medical Clinic

Consultations

Day Care

Treatment



Average number of employees per clinic including medicos: 25
 day care treatment facility: 20
 nutrition café and community services: 15
 Total: 60



PASCAS REGIONAL CENTRES:

UNIVERSITY



SCHOOL



TECHNICAL
TAFE

Graft Creations

MOVIE STUDIOS

Journey of Humanity



Community

THE
**VILLAGE
PARADISE**



AFFORDABLE HOUSING

Homelessness

SOCIAL HOUSING



Centre

Early Learning Centre



NEW BIOSPHERE AGRICULTURE

Innovations
and much more!



Diagnostics Centre



MEDICAL CENTRE



OPERATION
THEATRE



PASCAS UNIVERSITY

HIGHER EDUCATION SUBJECT GROUPINGS:



**ANIMALS AND
LAND**



**ARCHITECTURE,
BUILDING AND
CONSTRUCTION**



**ARTS,
HUMANITIES
AND LANGUAGES**



**CREATIVE ARTS,
DESIGN AND
MEDIA**



**ECONOMICS,
COMMERCE,
BUSINESS AND
MANAGEMENT**



**EDUCATION AND
TEACHING**



ENGINEERING



**HEALTH
SCIENCES
(ACADEMIC)**



**HEALTH
SCIENCES
(PROFESSIONAL)**



**HOSPITALITY,
TOURISM AND
EVENT
MANAGEMENT**



**INFORMATION
TECHNOLOGY
AND COMPUTER
SCIENCE**



**INTERNATIONAL
RELATIONS AND
DEVELOPMENT
STUDIES**



**LAW AND
CRIMINOLOGY**



**MARINE,
ENVIRONMENT
AND RENEWABLE
ENERGY**



MEDICINE



**MULTIMEDIA
MOVIES AND
MUSIC**



**NURSING,
MIDWIFERY AND
PARAMEDICINE**



PSYCHOLOGY



SCIENCE



**SOCIAL WORK
AND
COUNSELLING**



**SPORTS AND
EXERCISE
SCIENCE**



PASCAS UNIVERSITY



TAFE



Technical And Further Education Graft Creations Family Shed

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KINDERGARTEN PRESCHOOL



CHALDI TAFE COLLEGE

Technical and Further Education



Building and construction



Child care



Sports and fitness



Technology, information and networking



Nursing and health



Creative



Agriculture and horticulture



Automotive



Business, justice and management



Community services



Hospitality and cookery



Beauty and hairdressing



By location



Online courses



Apprenticeships



TAFE at School

Craft Creations



Fiber art



Oil painting



Magic



Papermaking



Patchwork



Taxidermy



Creative writing



Metalworking



Web design



Cardmaking



Needlework



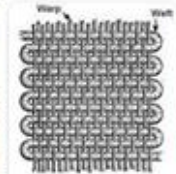
Quilting



Wood carving



Pyrography



Weaving



Upcycling



Photography



Calligraphy



Woodworking



Gardening



Watercolor painting



Toy



Quilling



Sewing



Knitting



Painting



Embroidery



Crochet



Handicraft



Drawing



Book Binding



Glassblowing



Brewing



Pottery



Scrapbooking



Origami



Cross-stitch



Floral design



Macramé



Pressed flower craft



Decoupage



Whittling



Leather crafting



Digital art



Needlepoint



Knife making



Tatting



Carpenter



Doodle



Digital photography







































Beadwork

Pascas Care Hospital



Pascas Care Medical Clinic

Medical Specialties

- | | | | | | |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|  Geriatrics |  Obstetrics |  Postnatal Care |  pregnancy |  Cardiology |  Fetus |
|  Rhinology |  Pulmonology |  Dental Care |  Facial Plastic Surgery |  Gynecology |  Dermatology |
|  Otology |  Gastroenterology |  Hepatology |  Psychiatry |  Plastic Surgery |  Symptom Checker |
|  Human Brain |  Pelvic Bone |  Neurosurgery |  Chiropractic |  Hematology |  Osteology |
|  Breast Augmentation |  Breast Reduction |  Optometry |  Naturopathy |  Newborn |  Herbal Medicine |
|  Ear examination |  Eye Specialties |  Dermatology |  Neurology |  Orthopedics |  Pulmonology |

Pascas Care MEDICAL CENTRE



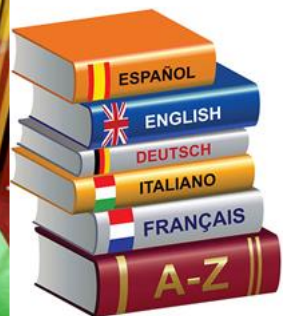
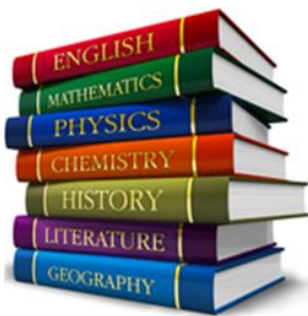
CHALDI COLLEGE

Primary thru to High

"Feelings First"



Children Tutoring Each Other!





CRAFT CREATIONS

Shop front – retail and ordering facility. The administration and support for the complete Craft Creations Centre.

PASCAS CAFÉ

Being part of Craft Creations, it is a catering, nutrition cooking facility that functions also as a Pascas Café. Food and nutrition are the premiers of all crafts.

HOME CRAFTS

CRAFT CREATIONS is generally focused towards skills embraced by women in their practical attention to the needs of the family. That said, there are no boundaries. At all times, the opportunity to introduce and enable children of all ages to become proficient is supported. Those within the community are to be supported in their sharing of their unique skills with others.

STRUCTURAL CRAFTS

CRAFT CREATIONS embraces word working, metallurgy and mechanical repairs. This could be said to be the domain of a Men's Shed, however, the whole family is welcome. These specialised skills need to be shared as much as every other craft.

CRAFT CREATIONS is to enable anyone to be autonomous and self sufficient in their endeavours.

MEETING HOUSE

Discussion pods for around 12 people as meetup rooms.

FAMILY SHELTER

Modules of 10. Studio rooms to accommodate a parent and two children, or there a bouts.

Chaldi Child Care Centre & Kindergarten

WELCOME!



SAFE SANCTUARIES

It takes a Community to Protect a Child



PASCAS FOUNDATION (Aust) Ltd

We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

FURTHER READING:

Free downloads are from www.pascashealth.com in the Library Download page, scroll down for PDFs:

PASCAS CARE PARENTING

| | | |
|--------------------------------------------|-----------|------------------|
| Sam's Book – Parenting and Feeling Healing | Book I | Experience |
| Sam's Book – Parenting and Feeling Healing | Book II | Conception |
| Sam's Book – Parenting and Feeling Healing | Book III | Magic |
| Sam's Book – Parenting and Feeling Healing | Book IV | Nothingness |
| Sam's Book – Parenting and Feeling Healing | Book V | Setting Free |
| Sam's Book – Parenting and Feeling Healing | Book VI | Pain and Rage |
| Sam's Book – Parenting and Feeling Healing | Book VII | Vision |
| Sam's Book – Parenting and Feeling Healing | Book VIII | Childhood |
| Sam's Book – Parenting and Feeling Healing | Book IX | Self-Acceptance |
| Sam's Book – Parenting and Feeling Healing | Book X | Physical Illness |

Pascas Care – Parenting Awareness
 Pascas Care – Parenting Eureka Moment
 Pascas Care – Parenting Feelings Supreme Guides
 Pascas Care – Parenting Health Generation
 Pascas Care – Parenting into the Abyss
 Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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



Mind Centric Way

Feelings First Freedom

Kindly consider reading:www.pascashealth.com

then proceed to Library Download :



Pascas Care Letters – Family Shelters Abuse & Remedial
 Pascas Care Letters – Family Shelters Overview
 Pascas Care Letters – Family Shelters Per Capita Inequality
 Pascas Care Letters – Family Shelters Protection
 Pascas Care Letters – Family Shelters Social Housing
 Pascas Care Letters – Family Shelters Support Centre
 Pascas Care Letters – Family Shelters towards Liberation
 Pascas Care Letters – Root Cause now to Pathway Forward
 Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively

Chaldi College Free to Learn Pathway

Pascas Care Letters – Back to Basics
 Pascas Care Letters – Change
 Pascas Care Letters – Finaliters our Destiny
 Pascas Care Letters – Humanity is Addicted to Untruth
 Pascas Care Letters – Journey of Earth's Humanity
 Pascas Care Letters – Life is a Highway
 Pascas Care Letters – Live True to How You Truly Are
 Pascas Care Letters – Moving out of Healing
 Pascas Care Letters – My Customs Heritage and Nationality
 Pascas Care Letters – One Soul Two Personalities
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Care Letters – Spirit Evolution and Environmental Changes
 Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Living Feelings First Adults
 Pascas Care Living Feelings First Children
 Pascas Care Living Feelings First Children Annexures
 Pascas Care Living Feelings First Children Discussions
 Pascas Care Living Feelings First Children Graphics
 Pascas Care Living Feelings First Drilling Deeper
 Pascas Care Living Feelings First Drilling Deeper Structures
 Pascas Care Living Feelings First Reference Centre

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

| | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------|
| Primary recommended reading: | consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light | | |
| The Rejected Ones | 2002 – 2003 | xxx | – James Moncrief |
| Messages from Mary & Jesus | 2003 | xxx | – James Moncrief |
| Paul – City of Light | 2005 | xxx | – James Moncrief |
| Feeling Healing | 2017 | | – James Moncrief |
| Religion of Feelings | 2017 | | – James Moncrief |
| Mary Magdalene and Jesus' comments on the Padgett Messages | 2007 – 2010 | xxx | – James Moncrief |
| Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light | 2013 – 2014 | xxx | – James Moncrief |
| Road map of Universe and history of Universe: | | | |
| The Urantia Book | 1925 – 1935 | | xxx as primary reading |
| Divine Love supporting reading: | | | |
| Revelations | 1954 – 1963 | | – Dr Daniel Samuels |
| Judas of Kerioth | 2001 – 2003 | | – Geoff Cutler |
| The Book of Truths containing the Padgett Messages or Little Book of Truths | 1914 – 1923 | xxx | – Joseph Babinsky |
| True Gospel Revealed anew by Jesus Vol I, II, III, IV | | xxx | – Geoff Cutler |
| Available generally from: | | | |
| www.lulu.com | www.amazon.com | www.bookdepository.com | |
| For Divine Love focused websites and forums: | | | |
| Pascas Health: | http://www.pascashealth.com/index.php/library.html | | |
| Spiritual Development: | http://new-birth.net/spiritual-subjects/ | | |
| Padgett Books: | http://new-birth.net/padgetts-messages/ | | |
| http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm | | | |

BIBLIOGRAPHY NOTE:

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

Pascas has 600+ supportive 'Pascas Papers' accessible in Library Download at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity simple is what Life is meant to be
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com from within the Library Download page.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

| | MoC | | |
|---------------------------------------------------------------------|------------------------|---------------------------|-------|
| The Rejected Ones – the Feminine Aspect of God | 1,490 | Nov 2002 – Jan 2003 | 228 |
| Messages from Mary and Jesus book 1 | 1,485 | Feb – Apr 2003 | 189 |
| Messages from Mary and Jesus book 2 | 1,485 | Apr – Oct 2003 | 170 |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 | | Aug 2007 | 164 |
| Messages from 31 May 1914 – 12 January 1915 | 1,495 | | |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 | | Sep 2010 | 177 |
| Messages from 13 January 1915 – 29 August 1915 | 1,494 | | |
| Speaking with Mary Magdalene and Jesus blog – book 1 | 1,490 | Jan – Apr 2013 | 206 |
| Speaking with Mary Magdalene and Jesus blog – book 2 | 1,489 | Apr – May 2013 | 229 |
| Speaking with Mary Magdalene and Jesus blog – book 3 | 1,490 | Oct – Jan 2014 | 187 |
| Speaking with Mary Magdalene and Jesus blog – book 4 | 1,491 | Jan – May 2014 | 191 |
| Mary Magdalene comments on Revelation from the Bible KJV | 1,485 | Dec 2013 – Jan 2014 | 84 |
| | | This group being pages of | 1,825 |
| Paul – City of Light | 1,488.5 | 2005 | 149 |
| Ann and Terry | | 2013 | 235 |
| Feeling bad? Bad Feelings are GOOD! | feeling-healing book 1 | 2006 | 179 |
| Feeling bad will make you feel BETTER – Eventually! | feeling-healing book 2 | 2006 | 159 |
| Breaking the Golden Rule. | feeling-healing book 3 | 2006 | 168 |
| Feeling-Healing exercises, and other healing points to consider. | | 2009 | 175 |
| Cathy and Mark – a novel introducing Feeling-Healing. | | 2010 | 151 |
| Introduction course to Divine Love Spirituality | | 2006 | 139 |
| Speaking with the Dead, Death and Dying | | 2009 | 173 |
| Spirits and their Childhood Repression Healing | | 2010 | 179 |
| With Verna – a nature spirit | | 2008 | 279 |
| Communication with spirits – meet a spirit friend | | 2010 | 37 |
| Introduction to Divine Love Spirituality website | | | 362 |
| Sage – and the Healing Angels of Light | | 2017 | 260 |
| Divine Love Spirituality | 1,500 | 2017 | 201 |
| Feeling Healing – you can heal yourself through your feelings | | 2017 | 153 |
| Religion of Feelings | 1,500 | 2017 | 47 |
| | | This group being pages of | 3,046 |

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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



in conjunction with



Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

[PASCAS – document schedule.pdf](#) downloadable index to all Pascas Papers.

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

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

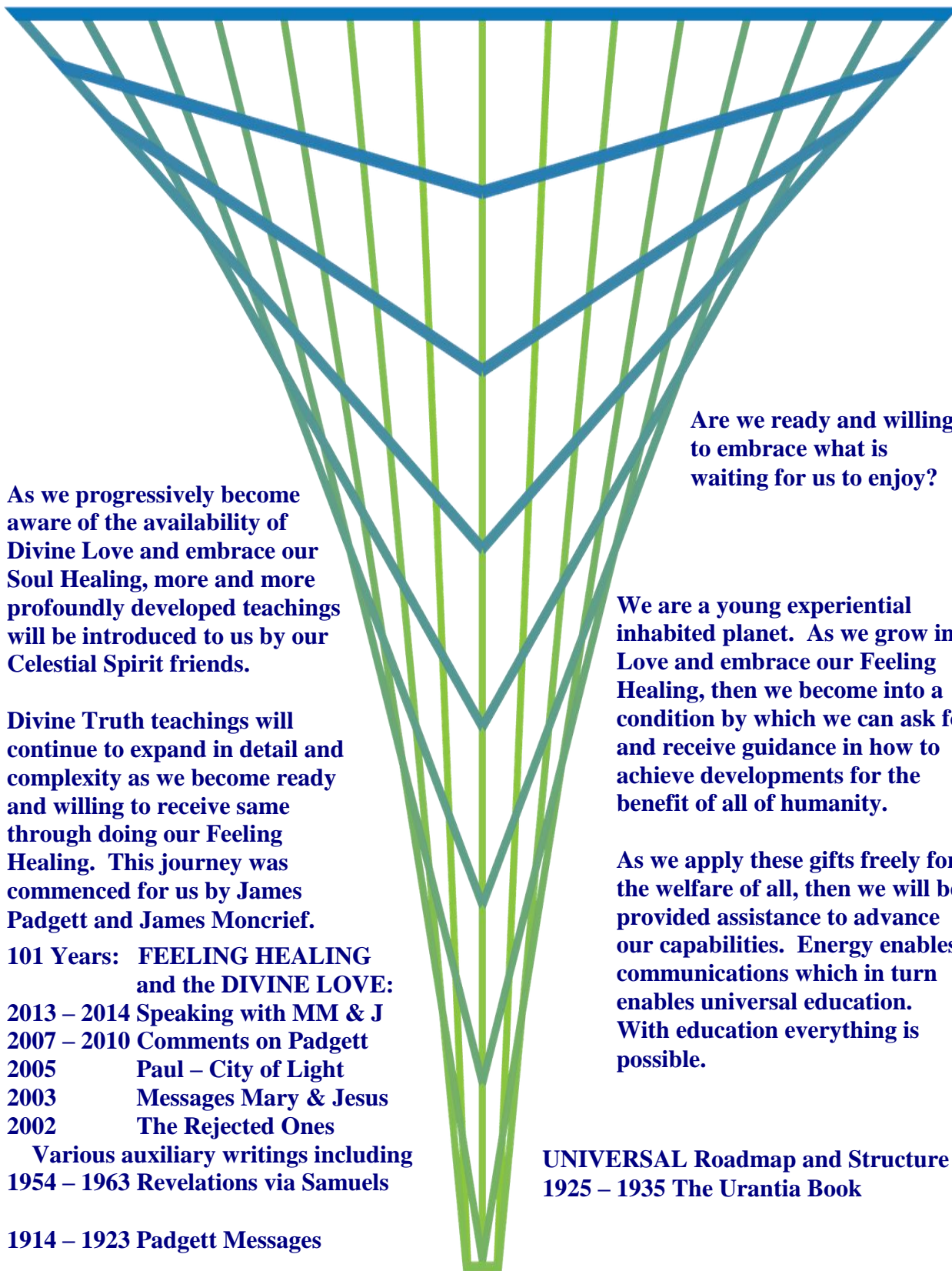
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



As we progressively become aware of the availability of Divine Love and embrace our Soul Healing, more and more profoundly developed teachings will be introduced to us by our Celestial Spirit friends.

Divine Truth teachings will continue to expand in detail and complexity as we become ready and willing to receive same through doing our Feeling Healing. This journey was commenced for us by James Padgett and James Moncrief.

- 101 Years: **FEELING HEALING** and the **DIVINE LOVE:**
- 2013 – 2014 Speaking with MM & J
- 2007 – 2010 Comments on Padgett
- 2005 Paul – City of Light
- 2003 Messages Mary & Jesus
- 2002 The Rejected Ones
- Various auxiliary writings including
- 1954 – 1963 Revelations via Samuels
- 1914 – 1923 Padgett Messages

Are we ready and willing to embrace what is waiting for us to enjoy?

We are a young experiential inhabited planet. As we grow in Love and embrace our Feeling Healing, then we become into a condition by which we can ask for and receive guidance in how to achieve developments for the benefit of all of humanity.

As we apply these gifts freely for the welfare of all, then we will be provided assistance to advance our capabilities. Energy enables communications which in turn enables universal education. With education everything is possible.

UNIVERSAL Roadmap and Structure
1925 – 1935 The Urantia Book

Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

foresightful

Wisdom & Truth

FREEDOM

EQUALITY

Healed potential



Insightful Genius

Brilliance!

DYNAMIC

vibrant