

BATTLE FLEET



Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

PASCAS FOUNDATION (AUST) Ltd



PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland Australia

ABN 23 133 271 593
www.pascasworldcare.com

Bs +61 7 5594 0479
www.pascashealth.com
Em: info@financefacilities.com

The question is: Are we treating the cause or suppressing the symptoms?

Treating the cause permanently heals that which brings about illness:

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

To suppress the symptom is to put the problem aside for later on:

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for Kids is similar to the Journey for Kids, how it is an introduction to the Feeling Healing process that we all will eventually engage in. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



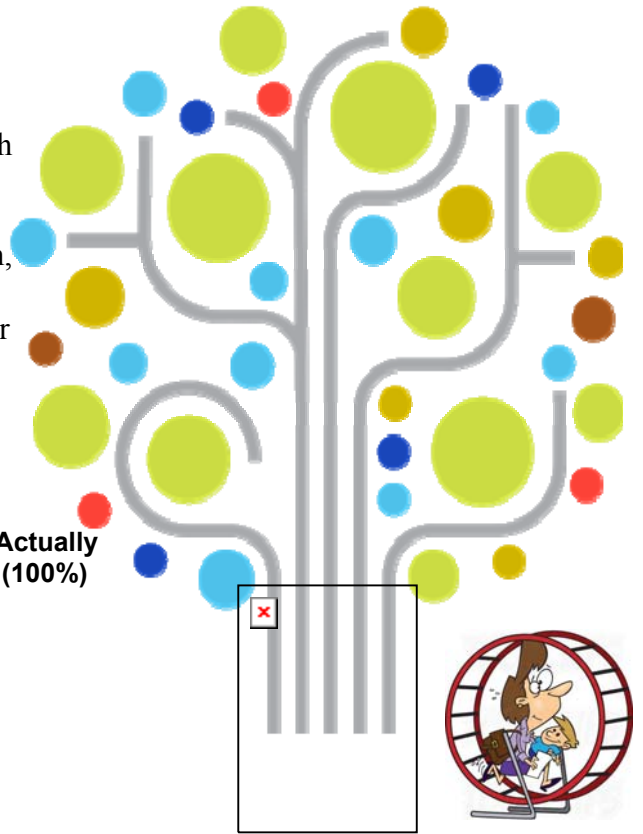
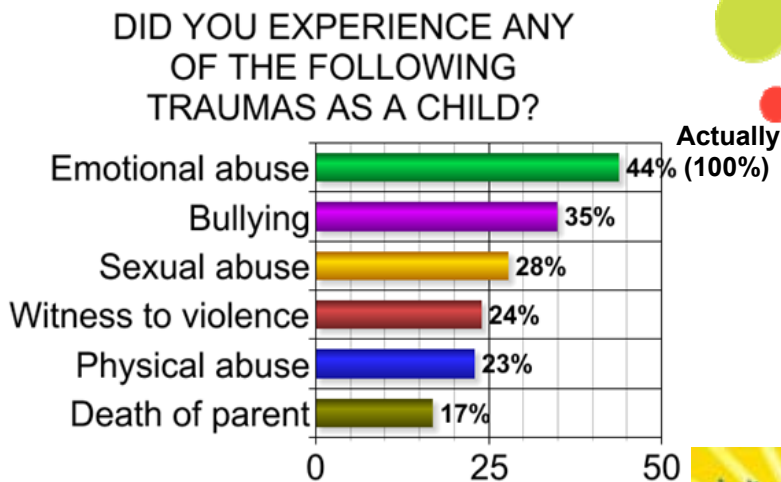
Feelings First

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

BEGINNING the JOURNEY of GROWTH:

Generation after generation, follow the nurturing programming of their parents, errors of belief and truth are handed down as well as the ways of controlling cherished children. These unloving and untrue practices are why humanity is stagnant in its evolution, now for some 2,000 years. Our parents are false and misguided teachers. We now all can work through our erroneous and unloving ways and evolve.



Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise it was a nightmare of control and many other restrictions that compromised our free will.



Feeling Healing of childhood repression is the only way to break away from the treadmill and evolve:

- i. Feeling Healing is outlined in Speaking with Mary Magdalene and Jesus by James Moncrief.
- ii. Letting Go process is outlined in Letting Go by Dr David R Hawkins.
- iii. Journey Process is outlined in Journey for Kids by Brandon Bays.

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

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



THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU
FEEL, THINK AND ARE.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELINGS FIRST For Kids

Brandon Bays has successfully introduced 'Journey for Kids' with remarkable success, particularly in the 8 to 11 age grouping. Feelings First for Kids is expanding on the foundations of Brandon's platform and as such Feelings First for Kids is a paradigm shift for all of humanity. Feelings First for Kids is the introductory pathway for all healing of childhood repression and suppression leading to the potential for total healing.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

Sounds simple! It is not and it can be very painful at times. No matter what feeling comes up we are to talk it out with a friend, companion, anyone who will listen. The feeling could be good or bad, either way, talk it out – express it.

Feelings first



As we do this, the pain from such experiences goes and the event becomes a simple memory. We begin to have no need to suppress the damage and emotions relating to such events of the past.

Equally important is the development of the way of living progressively moves away from being dependent upon one's wayward, controlling mind to being engaged with our soul-based loving feelings. Our feelings are far more expansive than anything that we could imagine possible through our minds. Our minds begin to play a supportive role through the implementation of what our feelings are guiding us to consider.

The most dynamic example of living feelings first is with scientists. Scientists are trained to be fully engaged with their minds. They are boxed into the function of reason. On Dr David R Hawkins' Map of Consciousness, the aspect of reason is in the range of 400 to 499. Dr Hawkins' calibration of the most renowned scientists showed that their calibrations peaked at 499. Not 500 which is love and feeling orientated, but at 499. Even Stephen Hawking calibrated at 499. The world's scientists struggle to achieve one or two great innovations during their lifetimes, that is because they are restricted through being imprisoned within their minds.

Those who live Feelings First will find that they are functioning through their soul-based feelings and often at levels well above 500 on Dr David R Hawkins' Map of Consciousness. Such people are not restricted by their minds – accordingly they have the potential of achieving great innovations frequently. Scientific break throughs are commonplace for those who are engaged in living Feelings First.

FEELINGS FIRST For Kids

LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings – I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

It is through our feelings that we know – feel – how to live the Will of God.

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

Your bad feelings are real and true. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother.**

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

ALWAYS BE TRUE TO YOUR FEELINGS



Books for download:

www.pascashealth.com

in this series:

Library Download

Pascas Introduction Notes
free PDF downloads:

U-Turn for Humanity pathway being New Feelings Way
U-Turn for Humanity through the New Feelings Way
U-Turn for Humanity unfolding the New Feelings Way
Universal Gift – Feeling Healing with Divine Love
Feeling Healing and Divine Love Discussion Prompts

WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!

We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.

We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if it means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.

Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.

We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.

If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.

There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.

That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.

Sage and the Healing Angels of Light by James Moncrief



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

Humanity's UPSIDE OF DOWN



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



Humanity is now to embrace the Great U-Turn and retrace through all the seven sets of sub-planes that contain the seven sub-sub-planes and so on, to progress up through each to the seven Mansion Worlds through Feeling Healing, and then with Divine Love, fuse their soul with their indwelling spirit, and in so doing, as one soul manifests two personalities, we arrive into the first Celestial Heaven condition to join our soulmate and then soulgroup.



FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:

As we work our way up to Celestial Soul Condition, we retain all our erroneous patterns even though we express out all the repressed emotions and lots of blocked feelings, we do change a little and feel so much better, become more self-aware and self-accepting, to where we get toward the end of our Healing yet still with all our, or most of our, unloving patterns in place.



So it's not a journey working our way up the pyramid, it's more like move up a series of elevators seven worlds of them, so by the time we get to the top we are basically the same as we were so far as being composed of

my screwed up patterns, only we are fully aware of them and how they came to be, and how being them has made us feel every step of the way, from our early childhood when they started, to now.

We can wonder what happens when we reach the top and my Healing ends. Does our soul suddenly transform all our Wrongness, or do we then start to gradually change and work through something like a capping pyramid, gradually with all the negative patterns changing into positive ones? And right up until the last one?

Transition from the final healing world to Celestial Soul Condition may be rapid or progressive.

**Mind
Worshipping
Zombies in
a Stupor**



FEELING HEALING:

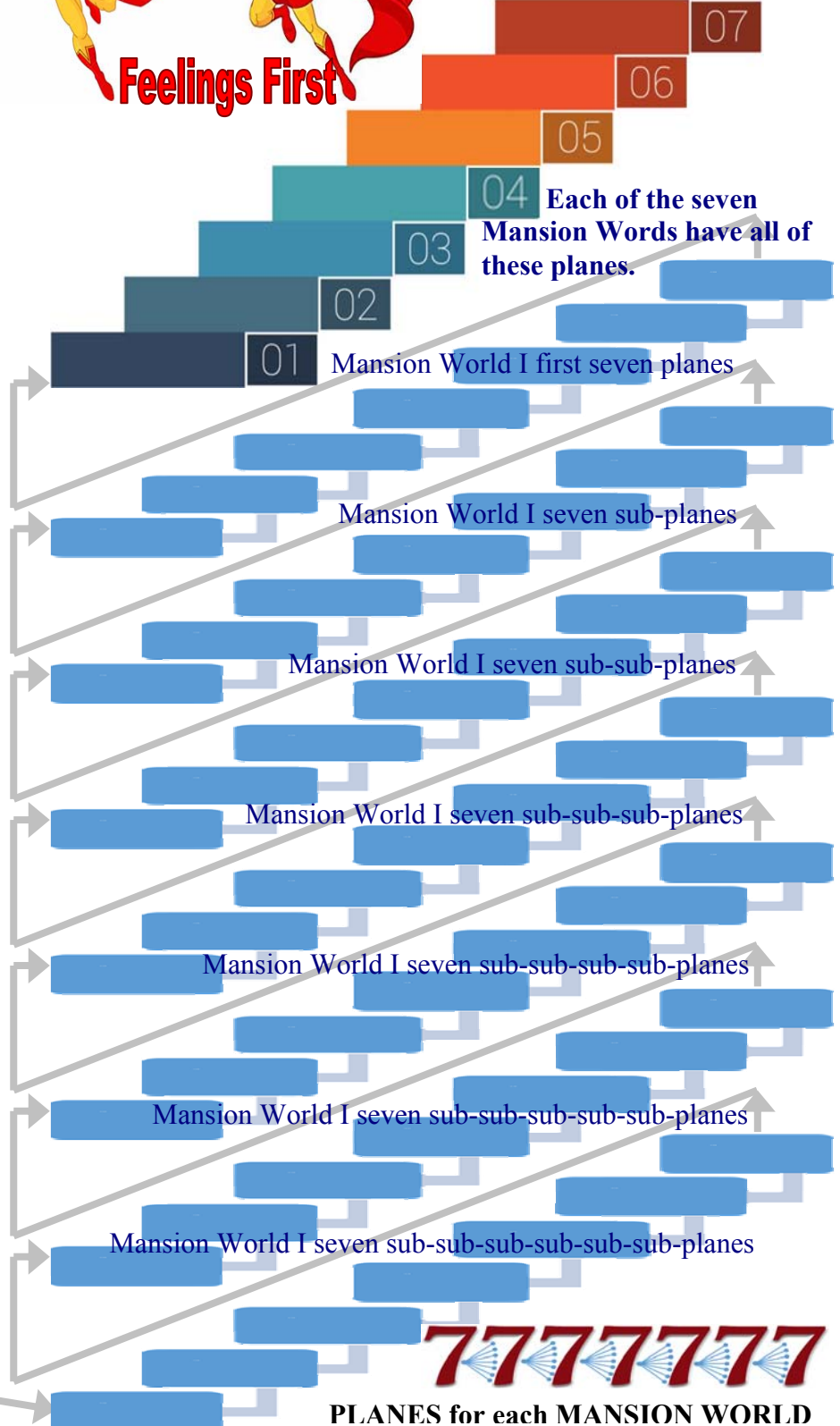
Childhood repression and suppression, from conception through to around the age of 6 years, is the underlying cause of all ailments that arise throughout one's life.

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.



**Mind
Worshipping
Zombies**



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



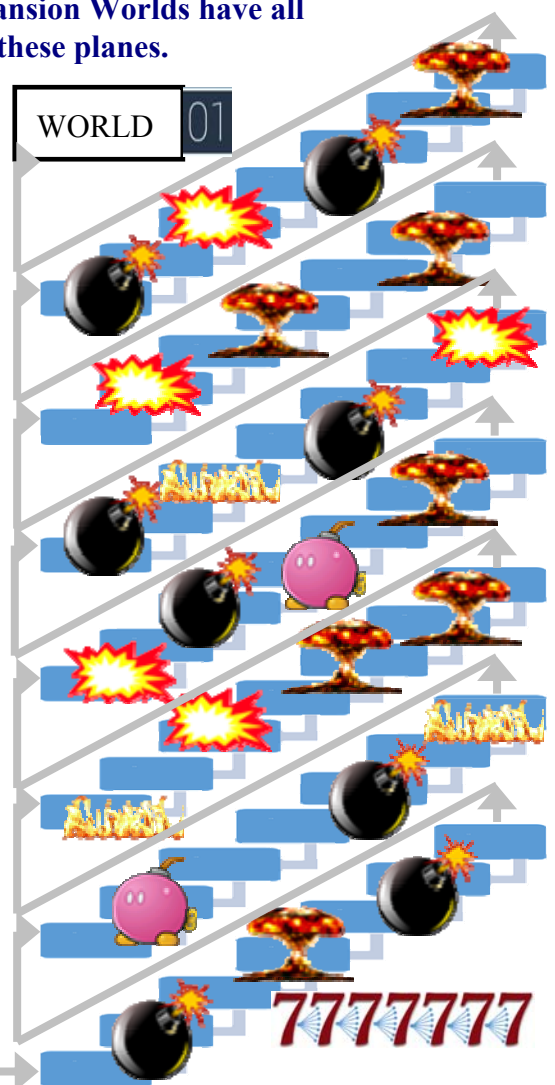
Happy Parents and Unhappy Parents are all born into the Rebellion and Default. The children all absorb the errors and emotional issues of their parents tailored to suit their personality which is unique to their soul. Our issues are unique and no healing is the same as for any other person.



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.

CONSCIOUSNESS and EMOTIONS:

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

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

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

Note: The Map of Consciousness scale is from 1 to 1,000

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

NATURAL LOVE or HUMANITY's ERRONEOUS EMOTIONS:

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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

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

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

MAP OF CONSCIOUSNESS

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

The inner core of our soul is blessed with natural love emotions that all have a high frequency or higher.

Man erroneous emotions all have a low frequency or a very low frequency.



Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

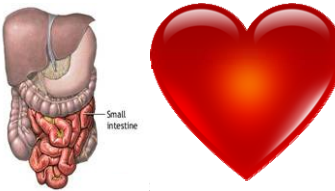
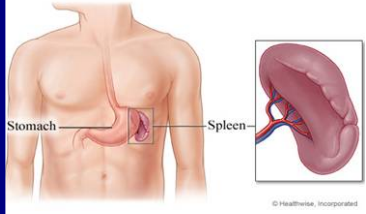
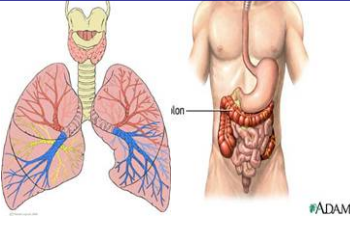
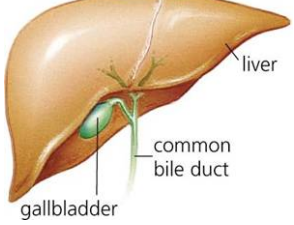
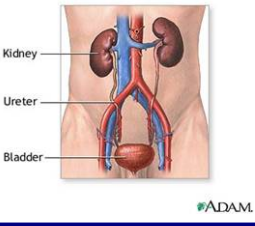
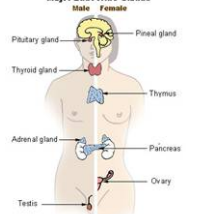
Human Emotion	Energy Frequency
40.0 Serenity of Being	Ultra-high Frequency
30.0 Postulates	
20.0 Action	Very-high Frequency
8.0 Exhilaration	
6.0 Aesthetic	
4.0 Enthusiasm	
3.5 Cheerfulness	High Frequency
3.3 Strong Interest	
3.0 Conservatism	
2.9 Mild Interest	
2.8 Contented	Low Frequency
2.5 Boredom	
2.4 Monotony	
2.0 Antagonism	
1.9 Hostility	
1.8 Pain	
1.5 Anger	
1.4 Hate	
1.3 Resentment	
1.2 No Sympathy	
1.15 Unexpressed Resentment	
1.1 Covert Hostility	
1.05 Anxiety	
1.0 Fear	
0.98 Despair	
0.96 Terror	
0.9 Sympathy	
0.8 Propitiation	
0.5 Grief	
0.4 Making Amends	
0.3 Undeserving	
0.1 Victim	
0.08 Hopeless	
0.07 Apathy	
0.06 Useless	
0.06 Failure	
0.04 Pity	
0.03 Blame	
0.02 Regret	
0.01 Dying	
0.0 Body Death	Ultra-low Frequency

Happiness Domain

Un-happiness Domain

EMOTIONS affect SPECIFIC ORGANS:

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

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



Junior Journey

Using The Journey with kids is a practical and effortless way to help children clear personal issues, liberate the innate genius within, allow natural abilities to shine and their spirits to soar. The results kids experience are as profound and deep as with adults attending The Journey Intensive programs.

Brandon's book – "The Journey for Kids – Liberating your Child's Shining Potential" is available in English language in the UK / Commonwealth and will shortly be released in other countries and languages.

The Junior Journey – a magical fun-filled day of transformation for children aged 8-11 years.

- Empowering confidence and self-esteem building exercises
- Creative and healing visualisations
- Guided and inspiring kids' meditations
- Individual one-on-one Kids' Journeys with experienced trainers
- 'Before' and 'After' paintings expressing the children's emotions
- Uplifting singing, dancing and play-acting with dynamic instruction

Journeywork with kids is currently being case-studied in the South African school system with the results being monitored by the University of Durban under the supervision of the Ministry of Education. Our joint goal is to include Journeywork as part of the scholastic curriculum in South Africa.



Give your child the gift!

Liberating Kids' Shining Potential

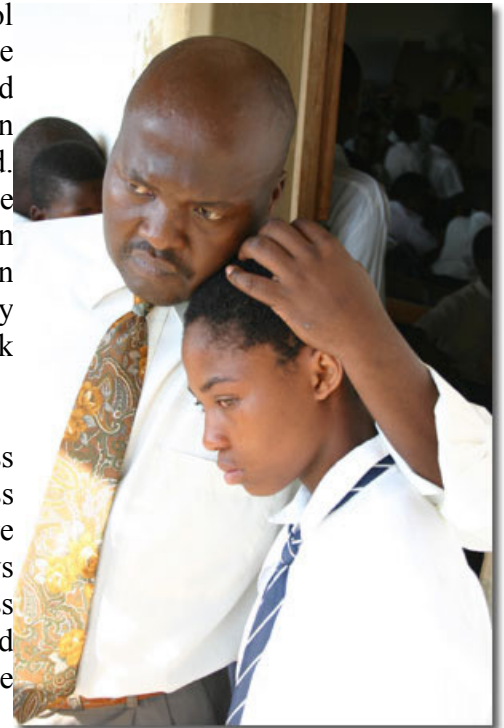
At this fun-filled interactive one day workshop, you'll learn specific skills and techniques that will enable you to facilitate a child in freeing their boundless potential! The skills that you will learn are easy, practical and can be used in all sorts of real-life situations, from dealing with emotional upsets and traumas, separation and divorce, school and learning difficulties, to handling behavioural problems and even coping healthily with death and bereavement. You will leave confident to help and facilitate any child.



The Journey Pilot Programme in Schools in Kwa-Zulu Natal – South Africa:

The Journey Pilot Programme in Schools began with one school teacher in one school. Jayshree Mannie, who is now the Ambassador for Journey Outreach South Africa, is an accredited Journey therapist. As a teacher, Jayshree knew that the children in her class could benefit from the Journey as much as she did. She developed a method for the whole class to undergo the Journey process one on one and in a group. Her love for children gave birth to an informal pilot study. She kept detailed notes on all the students in her classes. One class received a Journey process every week. One class received occasional Journeywork and the other class did not undergo any Journeywork at all.

The results were astounding! At the end of the year, the class who received no Journeywork at all were averaging a 67% pass rate. Those who underwent occasional Journeywork were averaging 76% pass rate and those who received regular journeys – once a week – were averaging an amazing 91% to 93% pass rate. By clearing out their emotional issues, the children had more energy and attention to let their own natural potential shine through, and it was reflecting in their academic results!



Obviously, with results like these, the Journey in South Africa has been keen to take Journeys in the Classroom further. Thankfully, The Journey administration's negotiations with the Kwa-Zulu Natal Education Department have proved successful. Not one, but three successive ministers for Education have embraced the Journey process, with Mr Narend Singh opening a public Journey Workshop and the launch of the Journey Pilot Programme in Schools in March with an inspiring speech about the need for approaches like the Journey in South African schools.

Since March, forty school teachers from eight schools have attended a training programme to empower them to use the Journey in their classroom. The pilot schools represent a broad cross-section of South African children and is being undertaken in partnership with the Department of Education Kwazulu Natal. Statisticians from the University of KZN, Dr. N.Gopal, will monitor and analyse the statistical results of the programme. If, at the end of year, the same or similar results are achieved in the pilot schools, the Minister has said that he hopes to implement the program in the whole of Kwa-Zulu Natal.



Japisa Mali, Head of Psychological Services, Gauteng Department of Education, has attended the Journey Intensive in March 2004 with Brandon Bays and has embraced this programme wholeheartedly. Japisa says, "I have found peace that no one can take from me – I am motivating it to be part of all school programmes – and for my colleagues and government ministers to come and experience it for themselves."

With the vision and assistance of Japisa, Gauteng will soon be a part of the Journey Programme which is revolutionising the face of education in Kwazulu Natal.

And it is not just about academic results. When we visited one of the Pilot Schools to meet the teachers who had begun the Journey training, the deputy principal began introducing us to some of the children whose progress they would be documenting. “This boy watched his dad being shot dead in front of him,” he said, “This girl was raped when she was nine”. “These twins are homeless.” The stories went on. The difference that the Journey can make to these children, helping them to clear out their pain and get on with their lives, is enormous.



And, seven weeks into the programme, the results thus far have been amazing! The educators are astounded at the power of the Journey in the classroom. “The learners are shining like diamonds!” said one teacher. Another went on to explain how deep emotions which were holding them back previously, were being released which empowered the children and “made them feel lighter and happier.” Yet another school, which had many discipline problems, is now using the Journey as a form of alternative discipline.

One courageous school invited all the parents to a school meeting to explain the programme the children would be involved in and then the educators decided to take the parents on a Journey! 120 initially dubious parents went through a Journey group session and the educators were brought to their knees to see the pain in the parents themselves. Thirty minutes later, the understanding of the programme was clearer and the parents unanimously decided to “go for it!”



To sum up the education programme, as one little girl of 9, Sanelesiwe said “I want to help my country be a diamond because I am a diamond. See, I am shining!”

It is our fervent prayer that the Journey helps children liberate their shining potential across the globe! Hence, South Africa is creating a blueprint for the rest of the world.

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

Library Downloads – Pascas Papers

All 550+ papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

info@pascashealth.com

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018

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

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

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

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna (nature spirit) said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

PARENTING:

Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.



Until you begin your Healing, everything you do with your children will be stuffing them up.

It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.

We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness. And the idea that we can learn how to parent, learn how to be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing, then you will be totally free of your parents. Until then, even through they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them,

even if that was only for a moment. With those patterns all being ‘broken’ and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you are living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can’t be anything other than how you are – it is ‘your’ child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one’s life, and all that’s happening on unseen levels from spirit, all what’s going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

Your soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is ‘unfolding’ through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you’ve fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it’s not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just ‘normal’ and ‘ordinary’, that’s exactly what God wants, it’s how God made its soul to express itself, so it’s perfect. You are the child of God that you are, even in all your wrongness. And **Perfectly Imperfect** even though you might hate how you are, you don’t have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you’ll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you’ll no longer be passing onto your child, with your child potentially adjusting to the ‘new you’ which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old.

Once that age is reached, technically it’s the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won’t be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can’t force any positive changes on the child once the

child is sexually mature, whereas before sexual maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly.

And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent / child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

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

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings love gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like

we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, it is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

It's not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you not have a child and do your Healing. If you don't have children on Earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can't also adopt children, however once the New Revelation is 'activated' – revealed, then spirits doing their Healing will also be able to do it whilst having children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth Green in her book, *Parenting is Forever*, says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that??!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child.

A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

feelings


New way

The NEW WAY The NEW WAY

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 you 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.

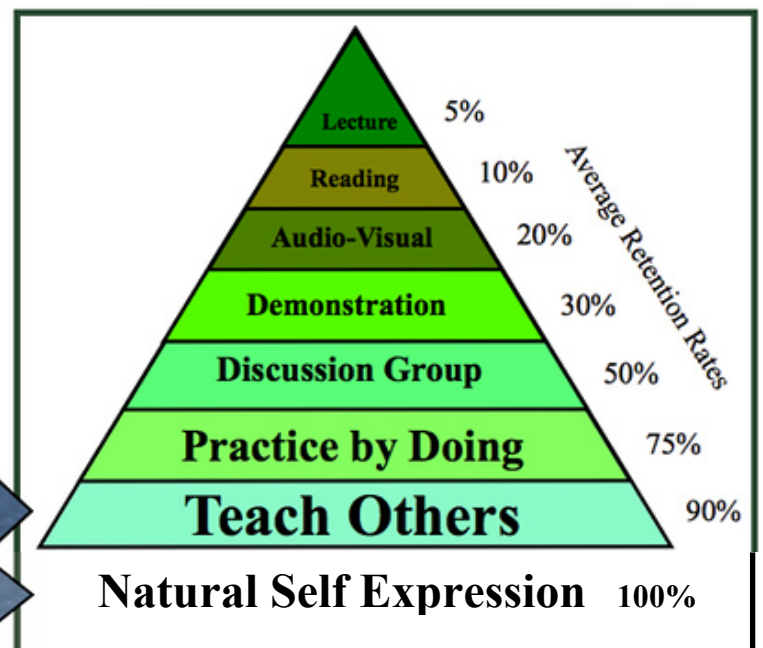
And should you want to end it all – all your pain and suffering, all your feeling bad, all your rebellion against the truth of yourself, all your unlovingness and being untrue, then doing your Feeling Healing is the only thing you can do. And it's going to take time and a lot of feeling bad for a long 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.

WHOLE DIFFERENT Way of Life.





The Learning Pyramid



SPIRITS of TRUTH

Saturday, 17 March 2018

James: And later, I was thinking about the Spirits of Truth with Nanna Beth... could you please Nanna Beth talk more about the Spirits of Truth, as it might help John understand their purpose a little more – thank you.

Nanna Beth – 3rd Celestial Heaven: **As you can read in TUB (The Urantia Book) John, the Spirits of Truth are liberated upon the deaths of the Avonal pair or Creator pair following their full physical bestowal on a physical Earth world. So Mary and Jesus' Spirits of Truth have been liberated, and the Avonal pairs' will be so upon their death.**

The Spirits of Truth basically represent all the truth the pair has lived through their life since their bestowal. So the Mother and Father sees to it that the pair live all they need to, so as to liberate within themselves all the truth their liberated Spirits of Truth will liberate, providing help for everyone who might need their help throughout their Age. So they have to go through a lot so as to accommodate the needs of everyone who'll be living through their age. The Avonals having to account for all anyone will Heal throughout their Spiritual Age. Meaning, their Healing will touch on all the depths everyone else will go through so as to provide assistance for everyone. So the long drawn out and extended Healing they are required to do, thereby covering every denial aspect of the Rebellion and Default on a feeling level, so relating to all those levels themselves uncovering the truth of them.

The Spirits of Truth have a drawing power, which means, when you look to the Pair for help, which means, you long for the truth or way such a pair lives, that you want to be as they are, you want to live and reveal the same truths to yourself that they have revealed to themselves, then their Spirits of Truth will help you. They will literally draw you up to be like themselves in truth. And as they are a Paradise Origin Soul, so they are literally drawing us up to the Divine Heart of Their own Truth, the paradise of their own soul, which in turn leads us onto the Heart of Paradise itself – our Heavenly Mother and Father.

And we are all to look to them (Mary and Jesus) for the way through Nebadon; and for you now doing your Healing, to look to the newly revealed truths of the Avonal pair. And by wanting to embrace, acknowledge and live such truth, you'll allow their Spirits of Truth to guide you, which means, guide you through your Healing, and guide you through Nebadon. And (this is the most important part) without them, you'd never be able to complete your Healing or find your way out of Nebadon. Or you might, however it would take you so long that the rest of the universe would pass you by. And so until such Spirits of Truth are made available, then everyone has to wait until they are, until they show the way for us to go.

So until Mary and Jesus died liberating their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. So there were an awful lot of spirits waiting for their bestowal so they could move on in their ascent to Paradise, with a general clearing out of Nebadon taking place this past two thousand years. This including many Celestials from Earth, who were free to leave once they'd completed their Healing and attained the Celestial level, and then evolved up through Nebadon.

Anyway, special dispensation is made available for people who want to currently do their Healing before the full liberation of the Avonal's Spirits of Truth. Should people look to them for Healing help and the truth, then such help will not be withheld. So people can start their Healing without having to wait for them to die and liberate their Spirits of Truth.

So the Spirits of Truth streamline everything, and basically we'd all be stuffed if we didn't have access to them. So they, and whom they come from, are rather important and an integral part of our growth of truth.

And really it's one Spirit of Truth from the Avonal or Creator soul, however it's 'split' in two as reflected by the two soul 'halves' or soulmates – by each personality. And we need to embrace both the pair equally, not just one. So if you look to only Mary or only Jesus, you'll not allow both parts, both Spirits of Truth, to work within you. So you won't be able to keep the feminine and masculine aspects of truth harmonised, causing imbalances, which you can see in distortions as reflected by those people only adhering to Jesus via the Padgett Messages or in the Christian religions.

In all the other religions that don't even look to either Mary or Jesus, you've got the wayward mind with no hope of ever finding the truth and moving out of the mind Mansion Worlds. And that would be the same with the Avonal pair, if you look to only one of them you'll be doing yourself a severe disservice, with no hope of ever completing your Healing (as reflected by people trying to heal themselves using alternative self-help methods or their therapists or spiritual leaders, yet not really getting to the bottom of the real problems at hand), so people will need to long for help from them both. And we don't need to specifically ask them personally for help (although of course we can should our life move us to be with them), we only need to long for the Truth. They can't help everyone personally because there are too many of us, so that's why they provide us with help from their Spirits of Truth.

And we need that united help to sort out our disharmony concerning the feminine and masculine within ourselves, just as they have sorted it out within themselves. And because you are taking your lead now from the Avonal pair, so you can't go ahead of them, as they need to sort out all the distortions within themselves and their own relationship, so as to offer such help through the light of their spirits, so you can sort yourself out. So they have effectively needed to do most of their Healing before other people can look to them. And it won't be until they've fully completed their Healing that people will be assured that they can fully Heal themselves. So a lot hinges on them completing their Healing, because they then provide the way for everyone else to do their Healing.

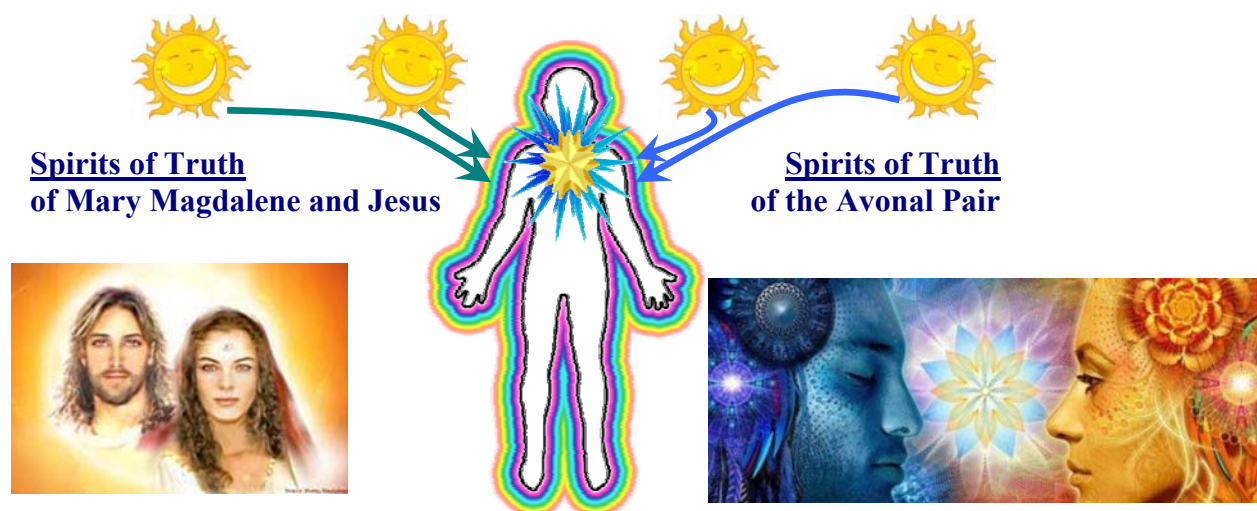
And it's not that everyone else will do their Healing the same as the Pair have done it, but that everyone will do their Healing in their own way, yet will uncover the same truths the Pair uncovered for themselves. Which is why Jesus said: follow me, because we are to literally follow him and Mary up through Nebadon (our local universe) once we've finished our Healing, by revealing to ourselves through our feelings the same truths they revealed to themselves through their feelings. So by the time we complete our Nebadon stage of existence, we'll have lived all the same truths Mary and Jesus lived through their ascent of Nebadon following their bestowal into flesh.

And so it will be the same for people looking to do their Healing by looking to the Avonals. So in no way will the Avonals or Mary and Jesus ever stand in the way of people and spirits getting to the Mother and Father; on the contrary, they will only assist people to look to God and NOT to themselves. Which is what the Avonals can only do and claim, once they've finished their Healing. Which is why they will be reticent to stand up and declare themselves before they've completed their Healing, preferring people don't really know about them, because they don't know about what it all involves themselves until they are fully Healed. Because they know that until they are fully Healed, they'll still inadvertently be leading people astray, or standing in the way of God. However knowing that, they will at least also be able to angle and present their preliminary truths taking that problem into account, so people can avoid such pitfalls with their help.

And once they have completed their Healing, then they can honestly announce to the world, should they feel they want to, that the way is now clear, people can follow them and do their Healing and they won't be standing in their – the New Age has officially begun. That they will then be doing all they can to help people complete their Healing, link up with Mary and Jesus so they can keep ascending through the Celestial levels, all to one day move beyond and out into the greater Superuniverse on the way to Paradise.

James: Thank you Nanna Beth, and just as an aside, the real New Age is yet to begin, it being when the Avonal pair declare it's begun, with the so-called New Age of some years ago being a false mind fantasy new age.

Nanna Beth: Yes, nothing whatsoever to do with the real New Spiritual Age that's soon to begin, however something of a vague forerunner that was something more to do with feelings, even though it was still about looking to the mind to further the control of them.



Nanna Beth: There are no other **Spirits of Truth** John. **Those of the Avonal are in fact far more important to everyone than Mary and Jesus' to begin with, because without embracing them people won't be able to align themselves as truly with their soul so as to do their Healing as easily and effectively. It's why no one has been able to do their Healing themselves through all the years of the Rebellion and Default, because the co-ordinated action, support and guidance – direction, of the Avonal's Spirits of Truth have not been available to help. So no one has been able to systematically work their way from the beginning to the end of Healing their wrongness. And so without those Avonal Spirits of Truth, no one on Earth would ever be able to do their Healing. It's as simply as that. So you need their Spirits of Truth to Heal yourselves; then once Healed, (and for support (overshadowing) as well through your Healing), you need Mary M and Jesus' Spirits of Truth to see you through the Celestial spheres.**

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.*

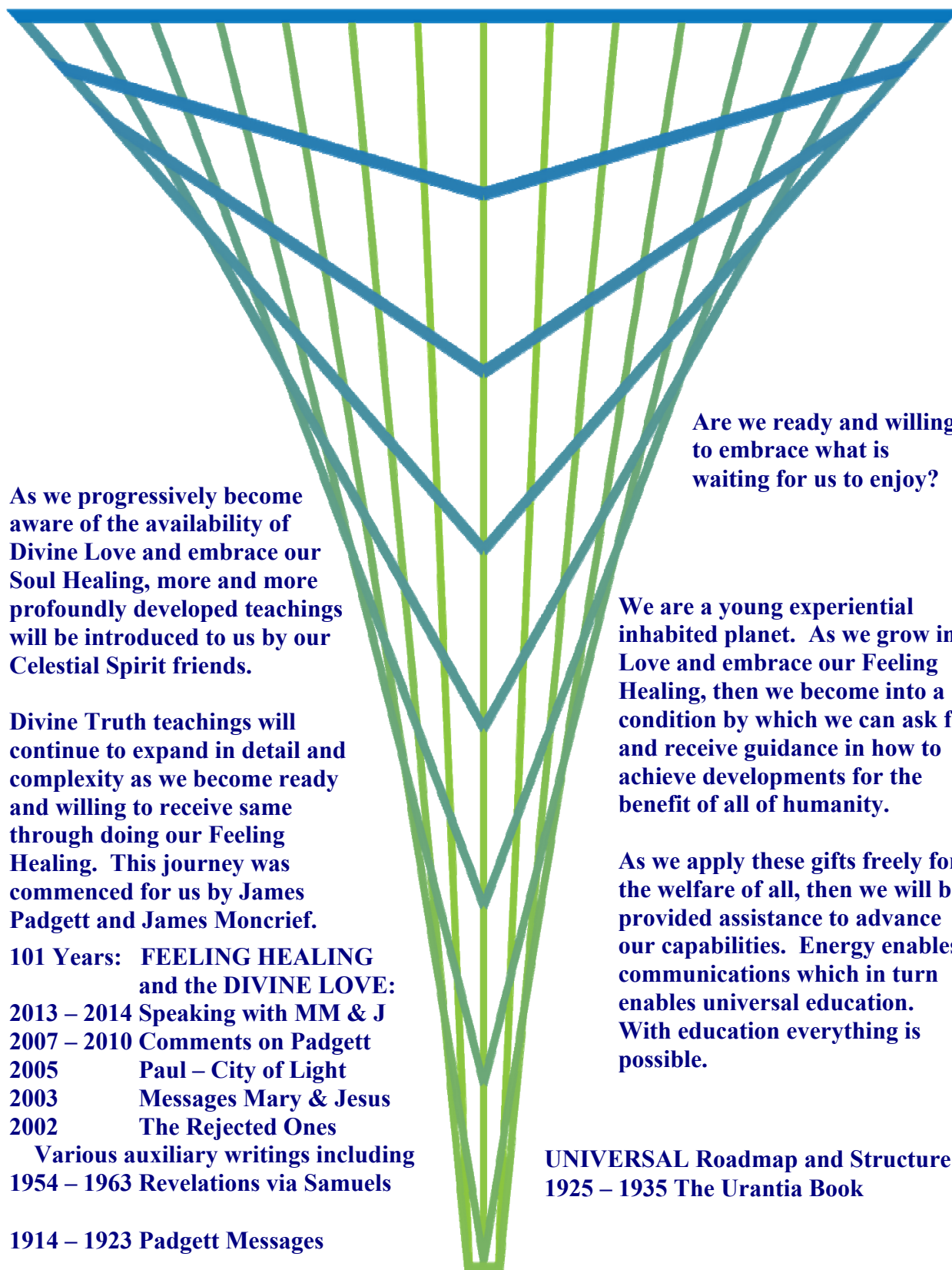
Chaldi College Primary thru to High Feelings First
 Pascas Care Letters A Huge Upturn
 Pascas Care Letters Big Revelation
 Pascas Care Letters Feeling Healing Benefits Children
 Pascas Care Letters Feeling Healing Way
 Pascas Care Letters Little Children
 Pascas Care Letters Women's Liberation and Mother

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 Care – Kids of the World Child Illness

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



In this series:

Pascas Care Letters – Feeling Healing Introduction for Health Carer

Pascas Care Letters – Mental Health of our Children

Pascas Care Letters – Imagine



Like Father – Like Son



Like Mother – Like Daughter



CHALDI COLLEGE

Primary thru to High

"Feelings First"

