

# PASCAS CARE

## Feeling Healing

### All is Within



“Peace And Spirit Creating Alternate Solutions”

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

Aspiring to Living Feelings First, *John.*



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

## **FEELING HEALING – ALL IS WITHIN:**

**(Speaking with Mary Magdalene and Jesus: book 3 by James Moncrief)**

We can use only feelings to heal all our rebellion against our self. So to completely end our wrong and untrue way of life, not just to make it more tolerable, we need to undertake our ‘feeling healing’. And if that means the person ends up feeling happy, loved and loving, then good, as one would think one would, but they will also be totally free of the negative state we are all conceived into.

So it’s about healing ourself out of our wrongness, not just trying to live harmoniously in it. So it’s about using our feelings to bring up the truth we need to see about ourself so as to set ourself free of our mind control over ourself. Numerous healing modalities and techniques say the same thing, such as setting yourself free of one’s mind control, but they are not the same as the ‘feeling healing’ that is necessary, they are buying further into the mind control yet without realising it. And it’s a huge and crucial difference

If the process is a system, then they are a mind controlling one; living Divine Love Spirituality is not a system and no one will ever be able to make it into one, and if they do, then they will have missed the point.

This having being said, it’s not to say that various other ‘healing modalities’ can’t be used and be useful in helping to use one’s feelings to heal oneself, as being advocated. Everything can be used, everything can make one feel things, and then all those feelings can be expressed and their truth sorted. However, people who limit their so-called ‘spiritual growth’ to using these techniques are only going to remain in the natural love mind worlds. They are not truly ascending to Paradise. And that’s fine too, if that’s what someone wants to do.

**To liberate one’s real self, being one’s soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Love, then one is also Soul Healing.**

It is vital that we allow our selves to fully feel all the bad stuff as we feel it, and express it the best we can to a close friend (or to God or write it down), and long for the truth of it. For only by seeing, understanding and uncovering the truth of such feelings, will we be set free of them.

When one starts to heal one’s childhood repression, then one knows that all that ails them is all our wrong doing, all our evilness, our whole negative state, is only a product of this life, of our relationship with our parents. We are setting out to allow ourselves to feel as bad as we really do, that being, underneath the fantasies we have created deluding ourself that we feel good. We can’t feel truly good when you’re evil. Being evil makes us feel bad, because we’re not loving ourself. And so if we feel good when we’re evil, then something is seriously wrong inside of us, which is what most people refuse to face and wake up to, which of course is completely understandable. No one has wanted to face the whole truth of them selves.

**58. And Mary, there’s more to it that that, isn’t there?**

1 October 2013

Although there are certain laws that require one to experience the pain one has caused oneself and others – including nature, that all being to satisfy the laws of transgression of will, such as the Law of Compensation.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

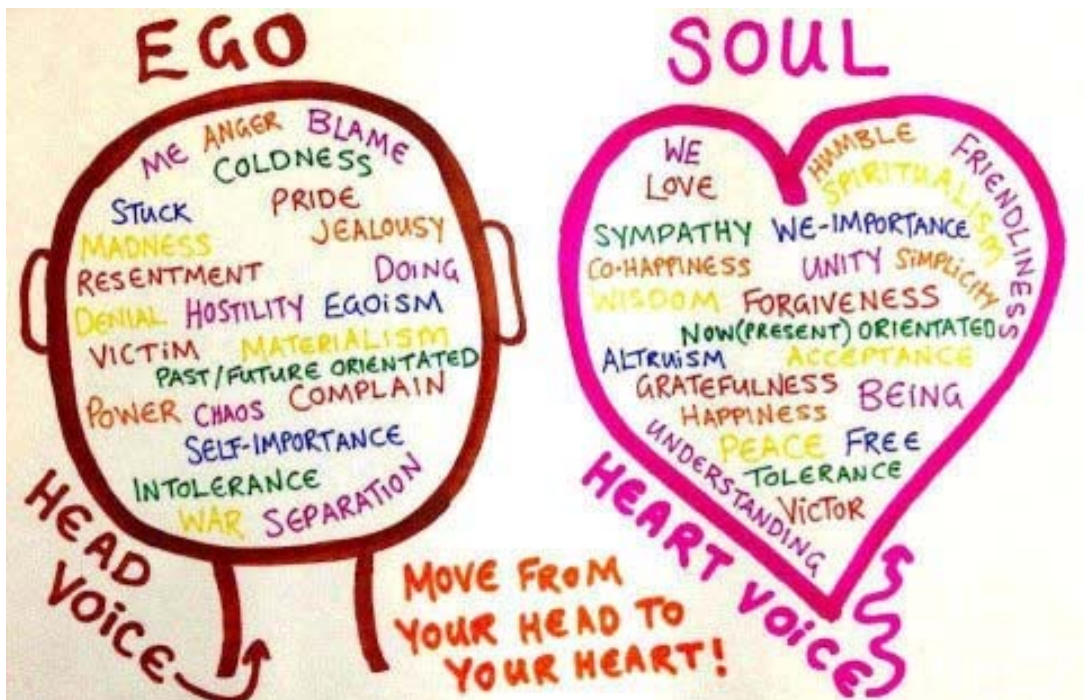
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



Infographics and diagrams have been added by Pascas.

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

Currently this spiritual age humanity is in is the most evil it's been, because part of our evilness is the outright denial of Mary and Jesus, which we can see in the Christian religions who purport to follow them but are only following their own self-made fantasies, and in the other religions that don't even include them. Few have realised or understood that Mary of Magdalene and Jesus of Nazareth are a soul pair, they are soulmates (soul partners), and they were both free from sin.

Humanity now has to start to turn the corner and begin its healing of its wrongness, this being the only option open to it. We can't have another full spiritual age increasing our evilness because we are already at the maximum level we can go with our denial of Mary and Jesus.

### **59. We're all on the same level of evil.**

1 October 2013

We are all of the same level of evil only expressing it differently, so when we all do our healing that means we'll come to see the same truth, and so would all be able to fully empathise with each other.

For those people who seem to have been fully loved – so they feel, compared to those people who seem to have grown up in a hell knowing they weren't loved, it's just different amounts of love denial being expressed.

When one has expressed all their anger they have had with the Mother and Father and seen that in fact it's all anger with their own parents being projected onto Them, so it's all then gone as the truth has been revealed, and so that person will now be able to accept and understand, and so be closer to God, all without their parents getting in the way. Yes, God may be referred to as Mother God and Father God.

### **61. What is the soul?**

1 October 2013

The soul is that indefinable part of one's self. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Our soul is separate to all of one's self, that is, all the parts or attributes of one's personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.

Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into one's soul via our will, which in turn then causes our soul to express the next part of its pattern, and so it goes, as you are evolved into being by your soul.

We are all so focused in the experience side of things, being unable to focus in the existential and soul side.

However the further we progress and the more of our soul expresses in Creation, part of what goes along with that is a sense, also from our soul-perfections, that we are actually more our soul, so we are always becoming closer to being our true and whole soul.

**SPIRIT MIND MANSION WORLDS are numbered 1 to 7:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.

Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.



**Note: The 1<sup>st</sup> Divine Love Sphere and the 1<sup>st</sup> Sphere of Disharmony may simply be planes within the 1<sup>st</sup> Natural Love Spirit World.**

Infographics and diagrams have been added by Pascas.

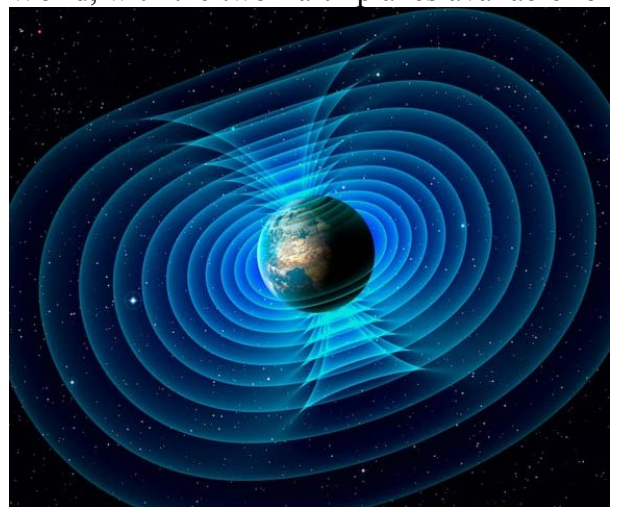
## MANSION WORLD, PLANES, SUB-PLANES:

by James Moncrief

There are actually 7 EARTH planes that ‘surround’ Earth. They are called Earth-planes because they use the same physical structure of Earth, they are just higher dimensions of Earth, if you like. Planes 1 and 2 are for us to use and where most people go astral travelling because we can trip around Earth seeing the scenes or become a lost soul trapped in a house being a ghost and that sort of thing. We can go to an Earth pub and sit and ‘drink’ as a spirit alongside flesh people who can’t see you. The other planes are off limits for us, one used by nature spirits, another is where our angels reside whilst attending to us, another where higher spirits can come and ‘be close to us’.

Then come the 7 Mansion Worlds, separate individual worlds in their own right so with their own unique landscapes, each also with 7 planes around them which we, as spirits, don’t have access to. And yes, within the first Mansion World, the lower sectors, or ‘planes’ within that world, and apparently they have many sectors and subsectors and sub sub again times 7, play host to the real hell sectors or ‘planes’. The hells are in sectors or planes within the 1st Mansion World, with the two Earth planes available for spirits to live in, being also collectively called ‘hells’ because most spirits within them are ‘screwed up’, not even aware they are dead, lost, still living as if they are in the flesh. It all gets a bit confusing.

So in conclusion according to what I’ve been told, there would be 2 Earth planes of disharmony and sectors or ‘planes’ of the first Mansion World that host the ‘hells’. Also, which is again more semantics rather than anything else, and my own personal taste, but I prefer to call the Mansion Worlds – worlds, and the Celestial spheres – spheres, just so avoid confusion between spheres and worlds, even though they are really the same. To me calling the Celestial spheres, spheres, makes them sound more mysterious and more spiritual, whereas for most of us, although still very different, the mansion worlds are really just more of what we’re used to on Earth.



And Higher sphere systems... that’s all a bit wonky. As for the Higher sphere systems, these include: the rest of the unnumbered Celestial spheres of Nebadon, the Superuniverse, the Central Universe and the Isle of Paradise.

And the pre-incarnational sphere, I don’t know if that’s true. To me it’s just where our souls are, wherever they are. ‘Soul-land’ I call it. However I can also accept there might be a pre-incarnational plane, zone, area... sphere? – why not? And that each sphere can accommodate 100 times the people of Earth, I don’t know about the accuracy of that, it sounds good, but how many people can Earth really hold?



Earth

~~~~~

The Divine Love, our soul won't allow us to feel its full benefit yet because that too would overshadow our remaining repressed bad feelings. So all the good feeling resulting from the Love and the truth are sort of on hold, with just enough of the Divine Love light given to us so as to enable one to feel that indeed we are on the right track by doing our healing, and giving us just enough strength and desire to keep pushing on, all whilst at the same time, not preventing us from feeling all the bad feelings we need to keep feeling.

It's only that our soul stops or keeps us from remembering repressed feelings, all so we can keep focused on what we need to be so as to keep bringing up and expressing our repressed feelings progressively. When we are healed, there will be no longer any need to 'forget'.

Our soul is not our consciousness, nor our subconscious for that matter, they being parts or attributes of our experiential or Creational personality. When we die and move into spirit, all that is of the experiential part of us, other than your physical body, 'moves' or simply 'awakens' in our spirit form, it all having nothing to do with our soul. However our soul orchestrates our transition. Our soul always remains where it is, there is no such thing as space as it's defined in Creation in the existential-ness of soul. So it's not quite right when people say their soul has gone to heaven, as heaven is just a part of Creation, it also being only an expression of soul, that being of the Mother and Father's Great Soul.

Only through our feelings can we come to be our soul.

### **63. What Jesus showed us by dying on the cross.**

1 October 2013

Yes, that being a big part of the evil package vested on mankind. If we were to embrace dying, seeing it and feeling it as a good thing, then we would be more able to not fight and give in and allow ourselves to feel what we really do feel. And it needs to be stressed, it's to give into our feelings and longing for the truth they are trying to show us – wanting to uncover that truth of ourself.

For if we just give in to our feelings and don't seek the truth of them – of ourself, we can use our giving in as just another ploy of being the victim so as to manipulate our controllers making ourself feel powerful in our giving in. It's not about trying to empower ourself because we feel powerless, it's about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it makes us feel. It wants to uncover the whole truth of it, which is the whole truth of ourself. We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way? So one uncovers all the ins and outs of it – all the truth. And when we have brought it all to light and brought out all our repressed feelings to do with it, then we will change, then we will heal, then our soul will change our negative patterns into positive ones. And that is the ONLY way we can ascend our soul in truth whilst we are of a negative anti-truth state.

When our parents interfere with us when we are young and forming, stopping us from being our true selves, they are in effect killing us, in each of those moments.

Yes, they are causing a part of our personality to stop being expressed by our soul, so in that way, that part of us is being forced to 'die'. We can't however completely eradicate that part of us, it merely stays there waiting for the day we liberate it, however the feelings it makes one feel are like we are being forced to die, which is why we cry and protest and fight. We are de-powered, as the true power of our soul through our will can't be manifested, it's not being able to bring that part of us into being. So we



feel as when we are being overpowered, and if threatened too much, like we are dying. And so we naturally fight. But once it becomes obvious that we are not going to be able to get our power back naturally so we are forced into having to change ourselves, so we do, changing the true me into the false untrue me, and all by applying our mind.

So many children at some point, even if they are not forced to do it, decide by using their mind to stop crying, and doing so have given up on themselves, they have joined the enemy and accepted the rebellion against them. So they side with their parents, even if they also feel they are still fighting them, but one way or another they are giving up on themselves and being how their parents want them to be, all in the misguided and desperate hope that their parents will then love them.

And some people then feel loved by their parents, their parents being happy with the way things are going, how their child is killing its true self and becoming false, and so 'love' it, with the child then mistaking this mind-love for being true love and thinking they are on the right track, so they keep denying themselves fitting in more with how their parents want them to be.

Yes, we uncover the hidden or buried truth of it. We don't remember what we did, but we are making decisions with our mind right from our first moment of conception, even with such a rudimentary mind. Those decisions compounding as our mind develops, until around the age of six when our mind is fully developed and we are locked into our negative state.

We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts), true to God, so true to God's will; or, true to God's Way. The Way of our Heavenly Parents.

#### **64. Therapist verses self-therapy.**

1 October 2013

It's all through accepting, expressing and uncovering the truth our feelings want us to see, and we can do it all ourselves if that is how we feel we want to do it. We don't need to go to a therapist or anyone else other than being with our friend who is someone who is wanting one to share and express all one feels. And we can do a lot of this by ourselves.

However, having said that, should you feel you do want to go to a therapist then of course this is what you must do, accepting, expressing and seeking the truth of your feelings all along the way.

The only true help you can receive is by loving yourself, through helping yourself, and through your feelings and NOT with your mind as so many people believe. We can't truly help ourselves out of our negative state by using our mind or any mind technique because our mind is already corrupt. The simple fact that we have to make an appointment to see our busy therapist, is mind controlling. To have to pay money, is mind controlling. Whereas to do our own self-healing through our ongoing feeling acceptance, working on ourselves all the time, whenever and wherever our bad feelings arise, is being free of our mind.

We are to be our own therapists, ultimately, not reliant on anyone.

Our soul- and feeling-healing is completely orchestrated by our soul, and although at times it can be harrowing, one is always prepared to deal with it. It might feel like we are taken to the edge, but we will never go over it if we keep expressing our feelings and longing for the truth of them.



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

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



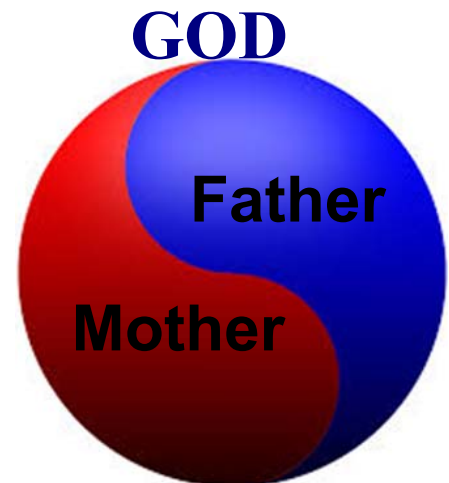
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



It is about applying the full intention to uncover the whole truth of ourself through our ongoing feeling acceptance, so as to rid ourself of our childhood repression and all the problems it's caused.

Our repressed childhood state is more than just unexpressed childhood feelings. It's all that we have become through our forming years to make us into the evil person we are. And so through our feeling-healing or soul-healing we will have to look into all of our controlling beliefs, see what they are and why we have them, and then see how they determine and so control our behaviour, and all that makes one feel, seeing how it all goes together, all whilst coming to terms with the truth of our unloving relationship with our parents.

We are to and will develop the desire of living true to ourselves. And to live true to our selves we will have cleared our childhood infused injuries by having done our Feeling Healing.

We are always to have assistance available, should we long for it. Angels can influence our inner system with light that in turn affects our outer system, our physical body. EVERY part of our physical body can be influenced from spirit.

This time in humanity's growth will be remembered as displaying the greatest number of such scheming untruth religions, spiritual systems and false beliefs.

Live true to one's soul by doing one's feeling-healing or soul-healing, soul-healing being feeling-healing whilst embracing Divine Love.

One's healing is one's wakening up. This will bring about many social awakenings.

#### **69. Problems with radiation; problems with feeling-denial.**

20 October 2013

Yes, as well as lessening the controlling influences by those in power. Those in power are going to feel increasingly desperate when they start to lose their power, when the systems they've created start to fail, when no one wants to do as they say anymore. There are major shifts in power happening even now, both on Earth and in the controlling mind spirit realms. There are a lot of power groups starting to feel things are slipping from their control so they are becoming more reckless and so will make mistakes exposing themselves. More and more people are becoming fed up with the authorities, and the authorities are feeling they are losing their grip. And it's only just beginning. Things are beginning to come to a head. Those people looking for change won't be disappointed, however should they expect minor adjustments to take place and then things will get back to being 'normal', they will be disappointed. They will not get back to normal – how they have been, those days are coming to an end. Faster in some places than in others, but a lot of psychological adjustments are going to have to be made.

We are so heavily controlled right from conception, being forced to accept it, only to then impose such control on your own children.

#### **70. God is Hate.**

20 October 2013

We are to just go with all we feel, keeping our mind and what we think or believe we should feel out of it, just FEEL what we FEEL and keep expressing such feelings and longing for the truth of them. When we feel hate, fully go with that feeling, when we feel love, fully go with that feeling. And always be longing for the truth of such feelings.

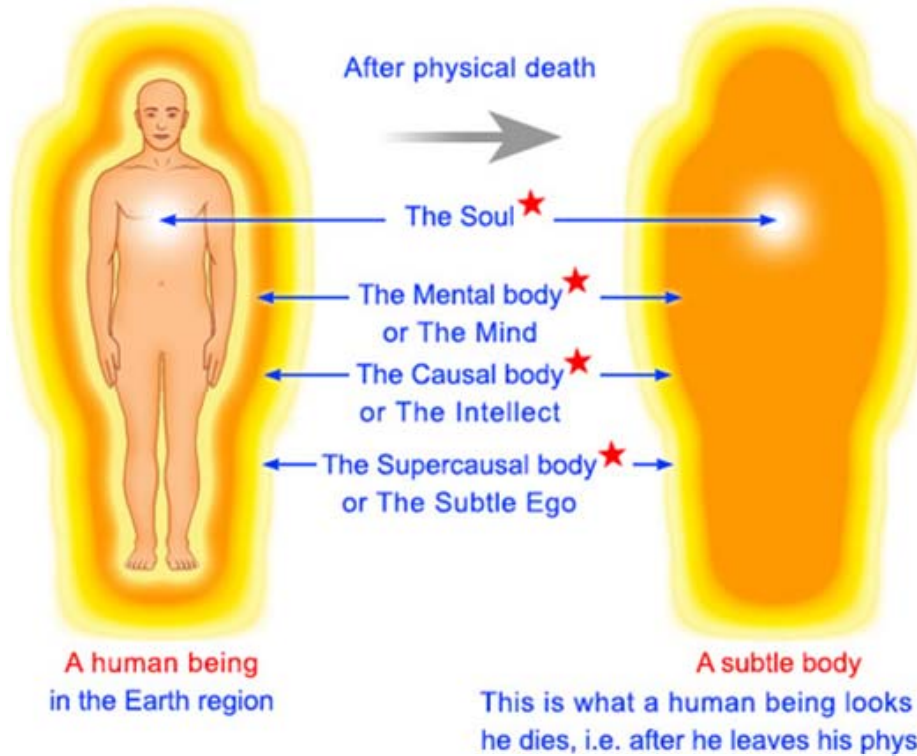
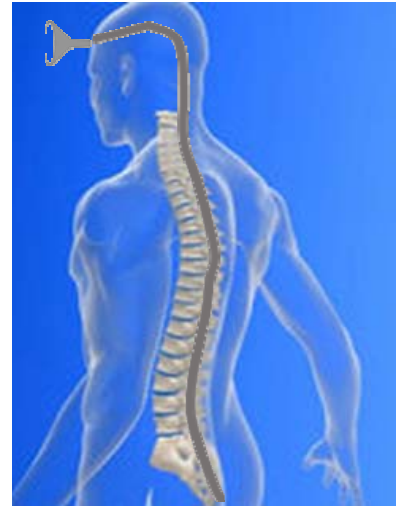
**EMOTIONS or THOUGHTS, which comes FIRST?**

Our emotions and feelings come first, always; they always have for they are closer to our soul. We feel things through our forming years, even though when we were very young – in the womb, a baby and toddler, we weren't able to know fully what those feelings and emotions were, but still they were fully present; and based on them, or around them if you like, so we formed our mind and it's beliefs, our behaviour and our thoughts. We form into being, one could say, from our base chakra upwards and outwards, yet all being expressed from our primary will line as it is what actually comes into being first, it being what our soul manifests first so it can literally will you into Creation.



So we have our will first, then our spirit body together with our upper (higher spiritual) and lower (more physically orientated) feeling (including our emotions) and mental system, and the subtle etheric systems that link them all. Then last our physical body manifests.

So we have feelings that are comprised of one or various emotions. A feeling can be simple or complex. One can feel angry, but as we express the emotion of our anger, moving with it, it might lead one onto other deeper bad feelings. We have a whole subtle body full of emotions and the feelings they comprise, and so the more we express and grow in truth, the more complex our feelings become, the more passionate about our emotions and wanting to express them and allow ourself to feel them, one will be, and also the more familiar with them we will become, so they will seem in some ways, simpler.



The silver cord is the energy conduit for the natural love and divine love energies as they are received through the chakras, particularly the third eye chakra. The energies flow in both directions following the spinal cord column.

Infographics and diagrams have been added by Pascas.

Evil being no-love is the opposite to all that love is. So being of no-love we can't love or feel loved, and we only feel hated and can hate. However we can use our minds to convince ourselves that we don't hate and do love.

Yes, even those people who feel loved and love all. It's still the same for them as they will see should they want to do their healing. They too will have to face the truth that their feelings of love are coming from their minds and not from their truth, because they are living in an anti-truth way, so are living denying the truth of themselves, so can't truly love.

Universally, we have to deal with our hatred of God as we hate our selves, and our feelings of feeling hated by God, as we felt hated by our parents. It's not until we are fully healed that we will know all such dark places within us have gone, that we are truly full of the light of truth and so will truly love and feel completely loved.

So for those people who say they love deeply their parents and God and feel loved by them, should they want to uncover the truth of such love, and do their healing, then that love will be pushed into the background with them conceivably even feeling they hate God and feel hated by God and the same with their parents, as they focus only on the bad feeling parts of themselves?

One's parents only pretended to love us, when they didn't feel such feelings truly. They were the gods who controlled all love, but they didn't love us or allow us to express our love for them. So we readily project our relationships – or ones we fantasise we have – with our parents, onto God.

## **71. New Divine Love World Religion.**

21 October 2013

The True: New World Religion, is to be Living Feelings First – The New Way, and it will be comprised of people who are doing or have done their feeling-healing. And for the next spiritual age, it will also include people doing, and who have done, their soul-healing; however once the Divine Love is withdrawn at the end of that age, then it will be made up of only people who've done or are doing their feeling-healing. And before the Divine Love is re-introduced again, everyone will need to be of this new 'religion' – which will just be the way of life, and not a religion in the way we understand them to be; it will be simply everyone living true to their souls, expressing their feelings, and uncovering the truth of them, as they get on with daily life understanding it is an ascension and evolution of truth.

Humanity is now to heal itself of its evilness, it's just about gone as far as it can go in denying itself and living untrue (blocking itself off from one's soul truth). And for the next age, people and the Mansion World spirits will still be able to do their feeling-healing with the Divine Love, so do their soul-healing; but after that, it's all healing one's natural love expression with only one's natural love.

One is to live true to one's soul. And one can only do that by doing their healing and healing themselves of living untrue to their soul.

A Way of Life, which is a Way of Truth, that being what Mary and Jesus have imparted to us, and it being a natural feeling accepting and expressing life; and if lived with the intention of wanting to see the whole truth of oneself, will have it revealed, all the while ensuring one's direct connection with one's soul is always maintained.

And then added to that natural way of life, is the ongoing longing to be at-one with God, which is achieved by longing for God's Divine Love.

**MANSION WORLDS**

Tuesday, 27 November 2018

James: At least talking about the Mansion Worlds is on safer ground.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: Absolutely James, I am always able to shed more light on the Bigger Picture for you, however I'm afraid, that to do with the personal such as about the money and so on, not as much.

The Mansion Worlds are wholly being used for Urantia (Earth) at this point in time, and have been for a long time. We don't have our own worlds as such, it's just that we've been 'allocated' the use of them for the time being. And that will continue until the end of the Spiritual Age, then Urantian spirits will be joined by others from other 'earths'.

And you understand the quarantine status is because of the Rebellion so when it breaks and humanity starts to heal itself then humanity will come out of its self-imposed isolation.

There are Mansion Worlds provided for varying numbers of 'earths'. The Urantia Book, which John was talking about, is the universal standard, but nothing about Urantia (Earth) is standard anymore.

James: So how is it for you Healed Celestials, when do you become part of the greater universal whole?

Nanna Beth: From the fourth Celestial onwards we become part of the whole with our focus on our Paradise ascent then being wholly consuming. As I've told you, the first three Celestial spheres are still primarily focused on assisting Urantia – you people on Earth and in the mind and healing Mansion Worlds (1 to 7), however there is also some progressive universal involvement. We go to classes, which are voluntary, that introduce us to greater universal awareness. We go to 'meet-ups' in which small numbers of our soulgroups might meet small numbers of other soulgroups from other physical worlds. And these are always very interesting to compare our lives with theirs. But these meetings are for the most part for us being still of the first three Celestial spheres, information, they are not as yet about forming relationships with spirits from other planets, nor are we actively involved with universal work with them. However having said that, there are increasing numbers of Celestials from the lower three spheres who are starting to have more personally to do with spirits from other worlds and those spirits with us. Not all the Celestials with us want to be focused on Earth or the Mansion Worlds all the time. We all still have to do something with Earth, but with some of us that is becoming less and less. That's all part of the change. By the end of this forthcoming Spiritual Age, we Celestials won't be needed to have such an intense and personal focus with people on Earth and in the Mansion Worlds, so those Celestials in the lower three spheres (of the Celestial Heavens) will have more immediately to do with spirits from other worlds.

So you can see James, this time now and for the next Age is going to be unique. Every moment is of course unique, however in terms of time, 1,000 years is like a brief moment compared to tens of thousands of years of a normal age. And we'll be doing a lot within it on all levels.

So humanity doesn't start getting let out of its prison until the end of the next Age, however you can start letting yourself out of your own personal one anytime now by doing your Healing.

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

# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

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

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

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

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

Notes above are drawn from James Moncrief's writings.

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.**



**WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:**

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.



**We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.**

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.

It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

Infographics and diagrams have been added by Pascas.

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

# Heartfelt TRUTH

Infographics and diagrams have been added by Pascas.

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

**Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides.** Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.**

Kevin 26 Sep 2017

## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

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

**Note:** **Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

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

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

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

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

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

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

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

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

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

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

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

|                                                                                                        |
|--------------------------------------------------------------------------------------------------------|
| <b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b> |
|--------------------------------------------------------------------------------------------------------|

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

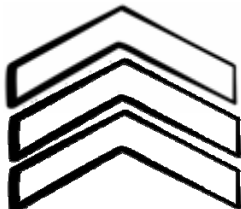
**I hate you Mother and Father;** why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want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

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

## The CHOICE is OURS to MAKE:

### Celestial Truth:

Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

Religion of Light, when does it actually start?

Officially – or technically – it will start when the new spiritual age begins. But it won't have a mental structure that people can join and become a clone of; it won't have any churches or temples like those of today's existing religions have; it won't have any physical structure at all, and it won't because it won't have anything that people or the mind spirits can control. It will just be people united in the common understanding of what they are doing, how they are choosing to live, that being: true to themselves.

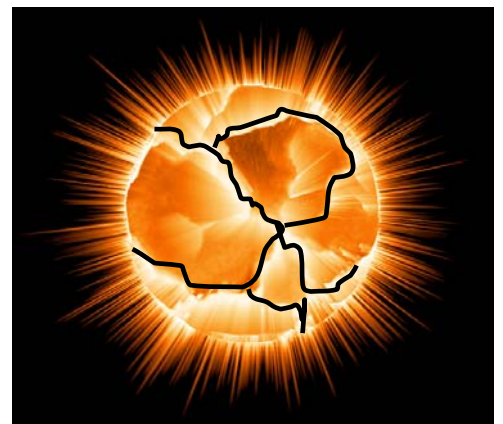
And will it have a name?

It could do, something people can readily identify with, but the main part about it is it won't have a controlling hierarchy, so no things like priests or teachers or people in designated positions of authority, because as people involved in it do their healing, they will be healing the need to control things, so they won't want to control or be controlled. And humanity will have these past two thousand years to look back over so far as knowing what controlling religions and spiritual systems are all about. And of course such systems will still persist well into and for the duration and well beyond the next spiritual age. But they will diminish in their appeal and control as more and more people decide they want to heal themselves of being controllers and being controlled.

The religion of truth is really just living truth, the truth that comes from doing one's healing; which is really just the truth that comes from everyday expressing oneself: all one feels with the intention of knowing the truth of such feelings.

**The Living Truth. But first we have to uncover it within ourself so we can live it**, and not just hear about it and agree or try to live it through our mind. As young children we naturally express our feelings and grow in truth, however our parents interfere making us adopt 'all the mind stuff', all stopping our natural self and feeling expression. So really it's all very simple, it couldn't actually be any simpler, but as we have distorted and denied and turned ourselves against our own natural way of growing or evolving in truth, then we have no idea how to go about it. And all that most people consider growing in truth to be is not uncovering it for themselves through their own feelings with the full intention of becoming true to themselves. Certainly people might grow a little in truth from their feelings, as they express all they feel, however without the overall intention of becoming true and so setting one's self free of our evilness, we will only go so far, and it won't be enough to let us out of the Mansion Worlds (spirit worlds) and into the universe proper (Celestial Heavens and beyond).

**Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts) – true to God, so true to God's will; or, true to God's Way. Living true to one's soul. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.**



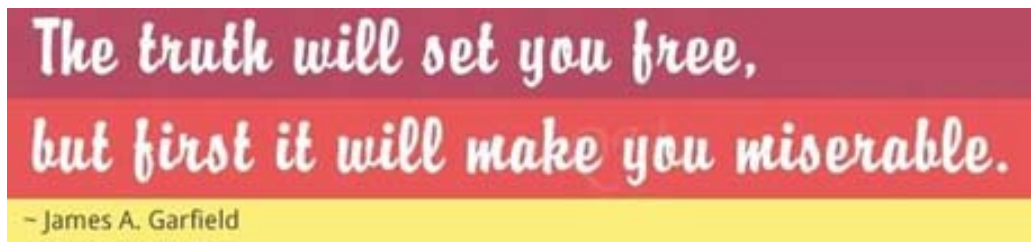
The religion of evil is how we all live, it's our religion: we are all living the Religion of Evil, it being started by the Lucifers. And within it we have broken it up into different parts giving it different names,



Islam, Christianity, Buddhism, New Age and so on. But it's all the same thing, all leading us further from ourself and keeping ourselves untrue to our souls.

We will grow out of, as we heal ourselves, the terror and torment at the hands of our parents coming to understand what living with love is really all about, and not what people who have not as yet done their healing believe and think it's all about.

If we want to remain bound to our parents, then adhere to the tenets of our religion; if we want to set ourself free of our unloving negative state, then we are to do our healing.



## 72. The drawing power of the Spirits of Truth.

22 October 2013

Wanting to live true to our souls is the way.

The Spirit of Truth is rather subtle. If we are longing to live true, so longing to ascend in truth and uncover the truth of ourself through our feelings, then we will naturally align ourselves with Mary and Jesus, they being the universal well-spring of truth. So as we long for the truth we will draw to ourself their Spirits of Truth and these will act not unlike a tractor beam in our science fiction movies, helping guide us to the 'source' which is Mary's and Jesus' soul, and so to them personally, so they can then help guide us on further to the real Source, the Soul of the Mother and Father, and to Them in Person on Paradise.

By longing for the truth with all our heart, and by fully honouring our feelings, as Mary and Jesus have spoken about, so we will start to use their Spirits of Truth to guide us, so in our own personal way, we will tread the steps of truth growth, evolution and ascension, they trod; that being, as they woke up to the truth of themselves on Earth, so too will we wake up to the truth of ourselves, be it on Earth or in the Mansion Worlds. We won't have the same experiences as them, but we will work our way up and in through the same will and mind circuits that they did, so in our own way we will come to the same truths they did. So by the time we are ready to leave Nebadon, we will have lived the same truths they lived as they re-awakened to the truth of themselves through their bestowal lives on Earth.

However, there is currently a big gulf between them and everyone on Earth, so as much as we might like to 'lock onto their Spirits of Truth', to have them 'guide us home to Paradise' we can't, not until we have fully healed ourselves of our evilness. Not until we have completely stopped denying Mary and Jesus. And so we need the help of other Spirits of Truth, the soon to be released Avonal Spirits of Truth.

Mary's and Jesus' Spirits of Truth will not become fully accessible until we have healed our self and our feeling denying states irrespective of what people want to believe. So in the meantime we can feel they are helping us in the truths they have revealed, but we'll not be aware of the action of their Spirits of Truth upon our soul because we are not wanting them to act, we are living not wanting their help, living in our negative states, that being what the Rebellion (Lucifers) and Default (Adam and Eve) is all about.

**SPIRITS of TRUTH and HOLY SPIRIT:**

More from James regarding Spirits:

The Holy Spirit provides differing support and guidance to that of the Indwelling Spirit. The Indwelling Spirits guides one to God, our Heavenly Mother and Father; the Holy Spirit brings Their Divine Love into our heart.

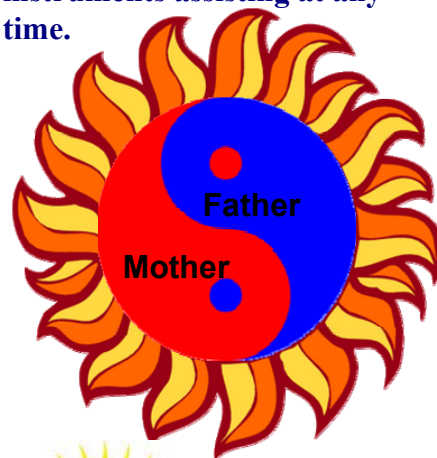
The Spirit of Truth becomes active ONLY when we choose to follow the ‘owner’ of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so ‘be like them’ and in so doing so this activates the Spirit of Truth. And so if we choose to be as they are in truth, to live how they live the truth, to be of truth and the same truths they are, then with their Spirits of Truth assisting us we will come to relate to our Mother and Father just as they do.

We are growing spiritually in Mary and Jesus’ universe. We have to want to be as they are in truth, if we don’t want to do that then we’re rebelling against them. And if we don’t embrace them, then we’ll never leave Nebadon, the region of the universe that encapsulates Earth.

The whole idea about having Spirits of Truth coming from Paradise Pairs is so the ascending mortals (us) of that universe (from the Creator Pair) and specific worlds (from the Avonal Pairs), all end up living the same truths. And if we didn’t live the same truths, we’d all still remain all over the place and have nothing we can all connect with and relate to in each other.

So we can come from all over the planet, from very diverse races and cultures, yet because we all end up embracing the Spirits of Truth that are to help reveal the truths we are to know, so we’ll all be able to connect and relate to each other through the truth we’re living, all being able to live happily together as Celestials, and eventually as Celestials on Earth. It’s the Spirits of Truth that bring us all together, homogenises us if you like. And if we all lived true to them, we would not need any rules or laws because we would all be living and knowing the same truths – so all living the same way only expressing those truths individually.

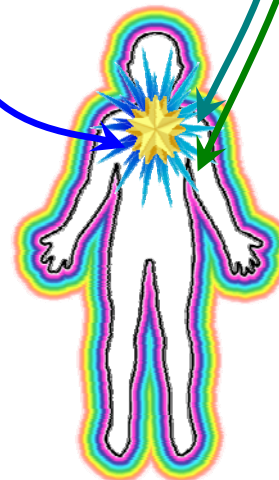
**Our HEAVENLY PARENTS**  
have any number of spirit instruments assisting at any time.



**Holy Spirit**  
conveys Divine Love from our Heavenly Parents



**Spirits of Truth**  
of Mary Magdalene and Jesus



Infographics and diagrams have been added by Pascas.

Adam and Eve are the Adamic Pair that were to infuse higher genetic material into the local races. In this light you could say they are the First Parents as they were the highest spiritual parents humanity had seen, being a local universal Descending Daughter and Son.

And so at best we can gain access to them through the Avonal pair, (and through what James Moncrief is writing), but other than that, people will have to wait until they've fully healed themselves at which time they'll then experience a massive spiritual shift, a refocusing and realignment toward Paradise, feeling more committed to their spiritual ascension.

Together with the normal interaction between our soul and indwelling spirit all the truth we need to live will be given to us – all through ourselves, all through our feelings.

People should they want to make a real and true connection with God, wanting to know God as their Heavenly Parents, then they will need to long for Their Divine Love and do their soul-healing. A connection can be made before one begins one's healing, however unless one does do their healing, the relationship will fail to evolve to any significant degree, it merely being part of one's mental beliefs. Many people start off in the right direction longing for and receiving the Divine Love and feeling a connection with the Father and or Mother or Both, but as they are not doing their healing, then they use their minds pretending to themselves they are advancing their relationship with the Mother and Father, but they are only lying to themselves.

And they won't until they begin their healing in earnest. The Heavenly Mother circuits will only really open up when one is starting their healing should they wish to know Her too. But one can do their whole healing without fully relating to God as their Mother and Father yet still understanding that God is both the Mother and Father of their soul.

Because many don't as yet feel God is loving them, which is when they can only truly feel upon partaking of Their Divine Love. One can believe with their mind that they feel loved by God, but that's not the same as feeling and knowing you are loved because you have Their Divine Love in your soul.

And once one does have Divine Love in their soul, then if you are in spirit you will move into the Divine Love Mansion Worlds, there to presumably begin your soul-healing.

Yes. And you can do the same whilst you're of flesh on Earth. You don't have to wait until you are in spirit to begin your healing with the inclusion of Divine Love in your soul. And in fact the more work you do on yourself now in the flesh, the better it will be for you in spirit.

One will not be so easily distracted by their new spirit life by having already received Divine Love. Many people with Divine Love who are not as yet doing their healing go to spirit only to delay their healing having to take time to experience a lot of other things their new spirit lives offers, things of the mind – so distractions. Whereas should one begin their healing on Earth, with or without the inclusion of the Divine Love, one will more than likely want to keep going with their healing when they arrive in spirit should they not complete it before they die. And it will be easier for them to do so rather than get misled and all caught up in the mind side of things.

### **73. Jesus and the Avonals.**

24 October 2013

Humanity through the years has changed everything, look at how we currently live, we can't leave things alone, everything has to be changed and updated, with many of the so-called improvements not making it better than it was.

Those people who want to keep living rejecting themselves, nature and God will be allowed to do so, and those people who want to uncover the truth of themselves with or without the inclusion of the Divine Love will be moved into looking at life differently, from a different perspective, and so having different motivations; and although such people will be scattered all over the world, really they will in many ways be living in a different realm than those who persist in being evil. And not in a 'different' or 'higher' dimension, nothing like that, just different because of their different intention in life and so different in what life is for them, and what they want to get out of it. These people will be wanting to embrace their souls ascension to Paradise, so will be living a true spiritual life as they progress in their healing and evolution of truth; whereas everyone else, irrespective of their beliefs and so-called faith in God or love of God or Spirit or Source or Allah or whatever else they might believe in, will be just living more of the same, continuing to go around and around in circles, destined to arrive in the mind Mansion Worlds after death and there to continue going around and around in circles. And will keep doing so until their soul says enough is enough, it's time to start longing for the truth.



Many people will look to do some of their feeling-healing, healing their traumas through their feeling expression and partial childhood repression healing, however many such people will want to do this so they can get on and keep living their physical lives happily, not wanting to go deeper, not wanting to heal their whole negative state. So they will succeed in 'healing' themselves to the degree they are happy with, all so they can live happily in their negative state, feeling like they have more power and are able to use their mind to make things be as they want them to be. But this is not setting out to heal your evilness as the first stage of your ascension of truth to Paradise, the beginning of one's eternal spiritual career. And such people will understand that their 'real' life is spiritual and will be lived in spirit, and so won't see Earth as the be all and end all, doing all they can to stay alive in flesh perpetuating their wrongness.

What is being truly spiritual?

In the context of our lives, that being humanity whilst it's in its negative state, it's doing our healing: growing in truth through our ongoing feeling acceptance. That is being as spiritual as we can be. All else, whilst we are in our negative state, is not being truly spiritual, it being simply a 'spiritual' condition of the mind, by which it is a belief, and nothing more. And an erroneous belief at that.

So being spiritual is not just a belief or a way of life based on beliefs, it's living true to our feelings uncovering the truth they are to show you.

Once one does start their healing of their relationship with God (as with all our relationships) changes occur, divesting oneself of all the untruth in it, growing and evolving into being true.

All we have lived is all that's made us, so all of that will be used to help us see the whole truth of who we are. From our evilness we will uncover the truth of ourself. So all our experiences whilst of a negative state are what we will need to help us grow in truth through our healing. Nothing is wasted, not even evil. It will all be for the good in the end.

### To be FEELING RECEPTIVE rather than being MIND CONTROLLED:

People are to sincerely seek the truth of themselves through their feelings. The soul is that indefinable part of one's self. It's that part we can sense, soul-perceive within ourselves, somewhere deep within our heart. And it's not centred in nor is it part of the mind as some people think.

Our soul, blessed with natural love character traits and being the home of one's personality, becomes rapidly encrusted by the personality issues of those within one's environment, commencing from the time of conception and culminating, typically, by the time one is of the age of six or seven. We reflect the encrustments of our parents and of those within our environment. Our soul always remains perfect though it can become as dark and restricted in capability as a dried up garden pea, covered in error and negativity. We are making decisions with our mind right from our first moment of conception, even with such a rudimentary mind. Those decisions compounding as our mind develops, until around age six when our mind is fully developed and we are locked into our negative state.



The Indwelling Spirit becomes present when we reach the age of six or seven. This means that the unseen helper of the Mother and Father – the Indwelling Spirit – can interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the Father. The Indwelling Spirit reveals intrinsic workings of Father to our soul. The Indwelling Spirit guides us to uncover the truth of our soul through our feelings, whilst the Holy Spirit delivers the Divine Love into our soul, all in response to our longings for the Truth and the Love.

Together with the normal interaction between our soul and indwelling spirit all the truth we need to live will be given to us – all through ourself, all through our feelings.

Divine Love, when asked for and received, gives one just enough strength and desire to keep pushing on, all whilst at the same time, not preventing one from feeling all the bad feelings we need to keep feeling.

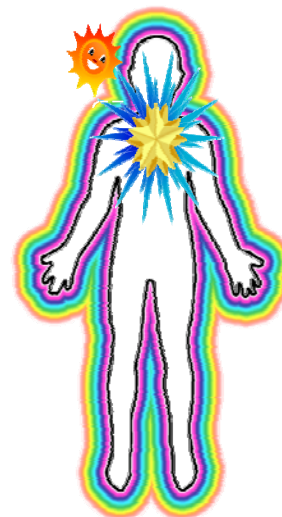
It is by applying the full intention to uncover the whole truth of ourself through our ongoing feeling acceptance we are to rid ourselves of our childhood repression and all the problems it's caused.

The religion of truth is really just living truth, the truth that comes from doing one's healing; which is really just the truth that comes from everyday expressing oneself: all one feels with the intention of knowing the truth of such feelings. True, however the further we progress and the more our soul expresses in Creation, part of what goes along with that is a sense, also from our soul-perceptions, that we are actually more our soul, so we are always becoming closer to being our true and whole soul. Only through our feelings can we come to BE our soul. We will ultimately not be reliant on anyone, only our feelings.

The thought adjuster – our Indwelling Spirit, is divine in as much as it's



literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise, when we're about six, and indwells our higher mind. It becomes, if we allow it to, by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise.



#### **74. My healing is making me feel so bad.**

26 October 2013

Our healing is to take us into feeling as bad as we really do feel, and the bad feelings we're doing all we can to do to avoid and deny. Feeling so bad about our self, our self-loathing and self-hate is all that we may be for a time.

We have to go into to it to become free of it. We have to fully accept our negative condition, so be it, without trying to avoid it at all. So we will feel very bad as we are broken down into it, and feel all that being evil makes us feel; so unloved, unwanted, uncared about, so lonely, rejected, so miserable and angry about being this way, and feeling such feelings. And bad; we will feel as bad as our parents made us feel, the whole truth, as there is no escaping it, it will catch up with us sometime.

One can't begin to understand why the Lucifers wanted to go against all that's good and true. How could they cut themselves off from the Mother and Father's love, turning their backs on God?

They did what we are all doing, they used their mind to convince themselves that they knew better than God and so would feel more love if they were in control of everything – control of everything through their minds. And they kept denying their bad feelings, those feelings that initially came up trying to help them see the error of their ways. But they didn't want to listen to those parts of themselves, they couldn't control their feelings, so they blanked them out with their mind, using their mind to make them feel good feelings, and more 'love', and more important and powerful. And as they turned against their own soul, so they felt worse, so had to work harder at banishing those bad feelings, replacing them with ones of their own choosing, all the while sinking lower in their corruption and the ruination of their soul.

Have they ruined their soul, as in that they will never be able to heal themselves?

They are still in rebellion on their prison world. In theory, all souls are redeemable, however in practice, although very rare, rebellion leaders have refused to repent, because they argue, what is the point as they don't want to go back to how they were before they rebelled because it wasn't as good as they feel now, which are all false mind-generated good feelings.

#### **75. Jesus, and Divine Love healing circles.**

27 October 2013

Healing can be divided into two categories; firstly: those people wishing to heal themselves through their feelings by uncovering the truth; and all that will happen in such circles or groups is the same that happens is that things will occur to you to help bring up more of your repressed bad feelings, so you can accept, express and uncover the truth of them.

So such people might actually feel bad during a healing service or situation like this?

Yes, possibly, however they might at first feel good, but such good feelings would sooner or later lead to more bad ones, as that's the whole purpose of doing our healing: to liberate all our repressed bad feelings. So they might feel happy during their prayer, and after it, and even the next day, but at some point, the bad feelings will return. And our attending angels (real angels, not Celestial spirits) will work on us during such times when we are 'bathed in the light of spirit' so as to prepare us for the next circuit of bad feelings to be released. Just as they will constantly be working with us through our day and during our dreams and sleep should we wish to use our feelings to uncover the truth of ourselves.

Secondly: the other healing category is for such 'healings' to take place all to help one further one's negative state. And mostly these sorts of healings are, of course, going to make one feel better, that

being what you want so as to block out and keep repressed your bad feelings. So were such people, and indeed it's the same for the mind spirits, to pray and meditate singularly or in groups for healing, they might feel and sense such things going on within them, they might even suddenly be miraculously healed, all to help advance their negative state; all to help them feel (believe) they are getting somewhere in their spiritual growth and with God answering their prayers so showing them they are obviously going in the right direction with God being pleased with them; when all they are really doing is adding yet more layers of self-denial and feeling-denial and so control to their mind, with God complying for it being what their soul wants as they are to continue advancing their untruth. And the same applies for remote healing, for all concerned, the one asking and the one receiving, being in their negative states will help them feel they are going the right way – further into their negative condition. And were such people truly doing their healing, then they'd understand there was no need, and indeed it was wrong, to pray to God asking Him to intervene and make the other person they are praying for, feel better, all so as to avoid feeling their bad feelings. And were they to engage in such remote healing prayers, such prayers would fall on deaf ears, God ignoring them, for it's up to the person doing their healing to work it all out themselves with God through their own feelings. It's always between yourself and your Mother and Father, not including anyone else. So nothing is to be gained by praying for anyone else to be healed. God won't deprive the person you are praying for of their bad feelings, just because you want God to heal them.

Therefore, for such people who believe they are doing such 'great works', it's all just wishful thinking – for their own egos?

Were they really wanting to do something of benefit for themselves and the Earth, they would need to go the other way and start to fully accept and acknowledge their powerless feelings, those feelings that are making them want to sit in prayer and pray for healing from God and pray to heal the Earth. And so were they to ask themselves why they want to do such things, and keep asking until they connect with their underlying bad feelings, then they would be getting closer to achieving in reality that which they wrongly believe they are achieving in their falseness.

James reflected upon Jesus saying in the Padgett Messages that all one's sins and errors would be taken away by the Divine Love, and that he, James, had been praying and receiving it for a couple of years, and yet he was feeling very bad and consumed with what he knows now to be his own sinfulness and evilness, and all that was wrong in him – all his own yuk. It wasn't supposed to happen like that!

When people do want to stop and start to take their spiritual ascension seriously, then they will start to long for the truth; they will want it so much that their beliefs sustaining their untruth will start to collapse just as James did.

#### **76. Nerina.**

30 October 2013

No matter how good or bad anything is, it's really about whether or not we personally and collectively want to uncover the truth of ourselves through our feelings.

#### **77. Coping with retarded children.**

30 October 2013

Why do two seemingly normal people have a retarded child. And why might they have one child not right and others right?

The abnormality is reflecting the deepest hidden parts of the parents. Their deepest levels of what they think and feel about themselves, how their parents made them feel during their most unloved times. All

of which mostly they will have well and truly blocked out. And such deep self-denial will also be deep in the normal children, and they together with their parents will have to accept such bad feelings about themselves when they do their healing. So their abnormal child is some part of their inner self being expressed outwardly in their child, just as with all children, only such dysfunctional children can't learn to hide all the bad parts of their parents like normal children are forced to.

So if you reject or accept your children, even your not right ones, it's all really whether or not you are rejecting or accepting those parts of you they represent – so sort of the child you still are?

Yes.

So by having such a dysfunctional child might actually be a blessing should you want to get more in touch with yourself, uncover the truth of your self, and heal your untruth?

Yes, it will as will all your children, they being a product of you and not just a random affair – as in 'it was just bad luck you got a bad one'. There is no such thing as the vagaries of nature for truth-loving souls: that it's just a throwback or a natural or unnatural genetic occurrence, a mistake, a mutation – just a statistical possibility; life doesn't work that way for truth ascending souls. For nature yes, but not for people, for all that happens to you is all to help you grow in truth, nothing is just random or bad luck so far as having a soul is concerned.

#### 79. Alien Saviour.

1 November 2013

And yet still they can't control everything, and things are changing, people are having to start accepting their bad feelings, and as they look into them, they are beginning to see things are not right, that how it's been has not actually been right for them, this being the groundswell we are currently seeing growing through the likes of the alternative media.

Evil will destroy itself because it's unloving, as only all that is true love will exist. So those controlling spirits and their adjuncts on Earth have moved themselves into a position of inevitable failure, and that combined with the natural events destined to soon occur will see the back broken of such controlling negative influences.

Humanity is going to have to work on itself.

The Avonal pair will not be taking over the world and righting all that's wrong, nothing like that, they will only be imparting the necessary truth required by humanity to start the long and arduous process of doing its healing and transforming itself from the negative mind and will states into that of being of true, perfect and positive natural love.

And should people wish to actively also partake of the Mother's and Father's Divine Love, they will be able to include that in their healing as well.

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



**82. We must 'die' first.**

6 November 2013

Our new way is the way of the future, but a future well in humanity's future, one when the majority of people will be striving to live true to themselves doing their healing, and no longer wanting to be a successful normal person in the evil. Because what sort of success is that? That is still merely living on killing one's soul, it's a slow soul-death, whereas what you may be striving to do is heal your soul, bring it back to life – fill it with light from the truth you are revealing to yourselves through your feelings. Only to heal your soul from its descent into oblivion, one is having to stop being false. So it seems like on the surface you are dying, as in giving up your negative state and wrongness; however truly, on a deeper soul level, you are stopping your soul from dying and plunging headlong to oblivion, you are bringing yourself out of your inner darkness, bringing to light the true and real you, which is your new birth – the new birth of the soul. Hence you are being 'born anew'. And slowly, as such things need time to come to fruition.

A news article reported where two men were saying it's not genetics that controls us – our upbringing or coming into being, it's our own minds, we do it all to ourselves by reacting with the environment. Or is it our soul that does it all for us, that utilises all that is at its disposal, so the environment and the genetics and everything we are so as to experience the desired experiences to generate the desired feelings so we can use them to uncover the truth of our soul?

Yes, it's all our soul, our soul driving our personality expression in Creation.

**83. Posting Mary's and Jesus' messages.**

7 November 2013

It is not time yet for humanity to start to consider its future seriously, it still has to wake up to and accept to some degree the fact that it's not loving, that all it's doing is destroying nature and itself, and that the powers that be don't care about the people, just as parents don't truly care about their own children. It all has to come 'down to the wire', and the Great Squeeze will be on. Humanity has to be forced into a hole – backed into it, and then forced past its ability to fight back by continuing on as it has done denying all it feels.

It's all very simple really, and you don't have to worry about the goings on in the world or anywhere else for that matter, you only have to concern yourself with your own feelings – that's all life is meant to be about. And in doing so, we will grow in accordance with the needs of our soul, and 'All Will Be Revealed', and, 'All In Good Time'... However, should one feel concerned with humanity as it makes one feel bad, then you know what to do with those bad feelings...

**84. Satan bound up and loosed again.**

9 November 2013

It's not that people who have partaken of the Divine Love are then automatically protecting themselves from such evil influences (other people, themselves, and the mind spirits), for they are themselves still furthering their own evilness by using the Divine Love against the truth if they are not doing their Soul-healing, but still on a technical level they are protecting themselves because of the Divine Love and so have at least taken the first step to end their own rebellion, their soul now having been granted immortality as a consequence of the Love within it. And all they need do is embrace the doing of their healing, their Feeling Healing.

Although we are partaking of the Divine Love, still it's not actively acting upon our soul removing our evilness, it's simply waiting for us to perfect our natural love so then it can act. So it will be the same for humanity.

## WHAT IS THIS ALL ABOUT?

Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.

At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.

Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents control natures, we are best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!

Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding one's progression with mind based limited understandings.

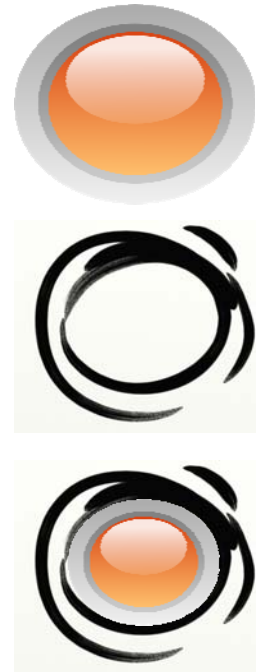
Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.

Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.

To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.

By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.



Natural love is not meant to be dismissed as being inferior to the Divine Love, it's meant to be loved and celebrated for the magnificent expression of light and truth that it is.

### **85. Compensation for pain caused.**

17 November 2013

We can only do to another that which we are going to do ourself, so, what is inside of us? And all the pain we will inflict on others will equal that amount of pain we have within our selves. And we can repeatedly refuse to take responsibility for it by not doing our healing, repeatedly inflicting it on others, but still it's all our own pain.

All the pain we have caused another will be that amount of pain contained within one being relevant to such actions, but it might not be the sum total of all the pain one feels, only one part of it that we are outwardly expressing by such gross will infringement on another. And so we might with one person express a part, then with another person another part, and so on, yet all different amounts; but yes, in the end, were you to be able to keep going, which might entail interfering with a vast amount of people, all adding up to the amount of pain one is refusing to express within one's self, which is that amount of pain our parents will have denied us from expressing.

They will have stopped us from expressing such pain, yet also giving us other outlets and beliefs and impressions as to what is acceptable for us to deny our own pain, with such outlets being represented in our actions against other people.

Our parents might not exactly condone killing another, inferring to us it's good to do it, but in all sorts of ways they might convey that impression to us. For example, they might support us in killing animals openly or covertly or even unconsciously through what they say to you, how they react to certain situations, what they allow in our life, that we will take on as being the right way to live, so helping us develop an unconscious belief that it's okay for us to take another's life. It's all very complex as you understand, and it's hard to talk generally about it, it all being highly personal, and it's also very easy for the reader to misconstrue that which is trying to be said. However such are the limitations of our communication.

One will see through their healing how complex it all is, and how one has taken on and formed countless beliefs that they have not been aware of through being with their mother and father and everyone else in their early life. We have taken a bit from here, a bit from there, how we have reacted in this situation, how we didn't react the same way when it came around again, what was not said yet unconsciously inferred, how people in books and on television reacted in situations, our absorbing overall impressions about life and how one is meant to be – what is right and what is wrong. So one can understand how, someone with the input in their lives, ends up being able to kill someone else, it all being there in their forming years, and all being able to be seen should they want to see it through the doing of their healing.

It is all there, you are it, it is you, and it can't be any other way. But getting back to the pain, the most important part of it, that being, realising that we are in pain, even if we have to look to the pain we are or have inflicted on others because we are so out of touch with it within ourself. And then allowing ourself to fully acknowledge and feel such pain, which will be equal to all the pain we have inflicted on others.

And to see that we can't inflict pain on others unless we are already inflicting it on ourself; unless it's all already been inflicted on us by our parents and early carers. We begin life as a child that is growing and absorbing all of its surroundings, it's not fully formed, not an adult, so it can only be, and so become, all that goes into it.

It can't be of more pain than that it received, than it was made to feel, and so consequently it can't inflict any more pain on others than the pain it has within it. And even though on the outside such actions of causing mass misery might lead one to ask just how could one individual have so much pain within them and not just disintegrate with it, it's not like that, we can't add up all the pain caused and say that equals all the pain within, not by adding it up and measuring it by using outside techniques such as a 'pain meter'. The pain within one, and the pain expressed on others is all controlled by the souls involved, it's all very personal and has nothing to do with other people not involved.

So when we have felt our pain to the fullness of the pain we have inflicted on another, then we have balanced the books, then we have compensated, then we have taken responsibility for our actions, and then we are free to carry on with our life and granted entry into the Mansion Worlds.

And the person who doesn't outwardly cross the line and hurt another – take their pain out on the other person, one who keeps it all suppressed, can die and move into the Mansion Worlds there free to carry on as they have been doing – still denying their own pain?

Yes, which is the current fate of most people when they die. Most people don't readily cross the line causing another person such pain, they try to be good, loving and caring. But whilst one is of an evil state of mind and will (denying their soul expression), that means that we will be severely keeping repressed many of our own bad feelings, all of which will be hurting ourselves further, adding to the pain inflicted on us by our parents. And that pain will accrue all having to come out through one's healing. However because it's all internalised, so we are not penalised by having to spend time in the hell planes compensating for it.

Our hell will be experienced more through our healing time. And those who have compensated in the hell planes, have only balanced the books for their adult actions, they too will still experience more 'hell' as they heal themselves in the healing Mansion Worlds, or as they do their healing on Earth. Their time in the hells in spirit or in the equivalent on Earth during which they compensate for such pain inflicted on others is NOT the doing of their soul-healing or feeling-healing that you now understand. It's not the healing been spoken about through one's feelings – although feelings will of course be felt and even some truth uncovered. However should one choose to do one's feeling-healing or soul-healing then special consideration and arrangement will be made to achieve the compensation needed as we forgive ourselves through our healing of all the pain we are causing ourselves. Our healing activating the Law of Forgiveness.

It is all to do with one's parenting, the patterns formed, which are formed, of course, all in adherence to one's soul. Certain souls have a role to play in affecting a greater number of people, something like on more of a collective level which will affect the whole or a great amount of humanity, whereas other people's lives are more localised, effecting only a smaller and more personal level.

It's just the differences between us all, how the Mother and Father have made us all. And so accordingly, whether we express our denial of our pain by taking it out on one person, millions, or never showing anyone, not even ourselves, that something is very wrong within us, reflects all the differences of soul, the same as why some people have blue eyes and others brown. What we need for our souls growth we will have, be it to be a local murderer or someone like Hitler, for in the end, irrespective of who and how many one might influence, it's all for you – as it's all always for you. And of course the same applies for the victim, it's all for them, we are all victims irrespective of whether someone takes their pain out on us, or we are taking our pain out on someone else.



The murderer is to be pitied just as much as the good citizen who never breaks the law believing they have a good and happy life of love, when they too are still living confined within their evilness, trapped within their negative state, just as is the murderer; and in many ways, because they don't see the outward signs of such pain, might even be in a worse soul state than the person who is obviously very distressed, agitated and outwardly aggressive.

#### **86. Using the Divine Love to further advance our evilness.**

24 November 2013

Those refusing to break down their mind's control and do their healing, so who are also using the Divine Love to further their self and feeling denial. Unless one is looking to do one's healing with the Divine Love, one is only using it to advance their negative state. The Divine Love people are just trying to develop their own religion based around what the Celestials said to James Padgett. Just another religion of the mind.

#### **87. No crying for the criminal.**

26 November 2013

All we can do is accept, express and seek the truth of our feelings.

It is vital that we allow ourselves to fully feel all the bad stuff as we feel it; and express it the best we can to a friend (or to God or write it down), and long for the truth of it. For only by seeing, understanding and uncovering the truth of such feelings, will we be set free of them.

#### **88. Which comes first: emotions or thoughts?**

26 November 2013

Your emotions and feelings come first, always; they always have for they are closer to your soul. You felt things through your forming years, even though when you were very young – in the womb, a baby and toddler, you weren't able to know fully what those feelings and emotions were, but still they were fully present; and based on them, or around them if you like, so you formed your mind and it's beliefs, your behaviour and your thoughts. You form into being, you could say, from your base chakra upwards and outwards, yet all being expressed from your primary will line as it is what actually comes into being first, it being what your soul manifests first so it can literally will you into Creation.

So you have your will first, then your spirit body together with your upper (higher spiritual) and lower (more physically orientated) feeling (including your emotions) and mental system, and the subtle etheric systems that link them all. Then last your physical body manifests.

So you have feelings that are comprised of one or various emotions. A feeling can be simple or complex. You can feel angry, but as you express the emotion of your anger, moving with it, it might lead you onto other deeper bad feelings. You have a whole subtle body full of emotions and the feelings they comprise, and so the more you express and grow in truth, the more complex your feelings become, the more passionate about your emotions and wanting to express them and allow yourself to feel them, you will be, and also the more familiar with them you'll become, so they will seem in some ways, simpler.

So if the emotions and feelings come first, then how come we live so much with our thoughts in control?

Because you've been made to, it's as simple as that. You were forced to deny your feelings and their emotions by controlling that part of yourself with your mind. And how your mind takes over is then by creating other emotions and feelings for you, ones based on its controlling beliefs and your underlying self-denying and negative behaviour, that which you've developed through your early childhood.

As soon as your parent or carer stops you from expressing a feeling or emotion, they are interfering with you by using their mind. And as you are absorbing them, coming into being, so you wrongly think and so believe, that how you are being treated is right for you, as if God has told you Himself. So you become as they are making you be, you follow them, doing and thinking as they are, so your mind takes over, following their mind as it imposed itself on you.

As we change our beliefs and behaviour through our healing, so we lessen our minds control over us, and so too lessen its generation of such ‘false feelings’, getting more in touch with our real and true feelings and being more free to express them.

### **89. Prayer to God for others – does it do any good for those you are praying for?** 26 December 2013

It is all only about attending to our feelings all the time – this can’t be stressed enough, it’s about feelings, not outcomes; fully embracing them, expressing them, and longing for the truth we are to see from them. And we can, of course, ask the Mother and Father to help us to do this.

So it’s not about the result?

No, it never is, that part is not in our hands, that’s all God’s business. Our part, which is completely respecting ourself, is attending to our feelings all along the way and uncovering the truth they are to show us. That’s where we should be focused at all times in life.

Life is not about locking it all down, ritualising it, and dogmatically going about it all, all according to the rules of our mind. It’s a fluid feeling experience, it’s dynamic, never stagnant, all so we can become more self-aware, and so individualise, bringing our true personality out, which our parents stopped us from doing.

It doesn’t matter about love, not when we are existing in an anti-love state, so there can’t be any real or true love between us anyway; so it’s best not to worry about that, or if you do, then express those bad feelings. We are all inducted into an evil, truth-denying and so love-denying, life.

It is only about expressing our feelings – nothing more.

Notes have been made from: **Speaking with Mary Magdalene and Jesus** – James Moncrief  
 Divine Love Spirituality: <http://divinelovesp.weebly.com/> and <http://dlspirituality.weebly.com/>  
 Feeling- and Soul-Healing: <http://divinelovesp.weebly.com/soul-healing.html>  
 Childhood Repression: <http://childhoodrepression.weebly.com/>  
 Speaking with Mary Magdalene and Jesus: <http://withmarymagdaleneandjesus.weebly.com/blog>  
<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>  
 Divine Love Spirituality <https://divinelovespirituality.wordpress.com/>  
 Free Books on Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:  
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

<https://childhoodrepression.wordpress.com/tag/feeling-bad/>  
[http://playpen.icomtek.csir.co.za/~acdc/education/Dr\\_Anvind\\_Gupa/Learners\\_Library\\_7\\_March\\_2007/Resources/books/alicemiller.pdf](http://playpen.icomtek.csir.co.za/~acdc/education/Dr_Anvind_Gupa/Learners_Library_7_March_2007/Resources/books/alicemiller.pdf)

Alice Miller – For Your Own Good



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**The SECOND COMING:****31 May 1914 to 2017**

The James Padgett Messages as published in four volumes as ‘True Gospel Revealed Anew by Jesus’ heralded the commencement of guidance that spanned 101 years.

The reading of the four volumes, due to the way the subject material is grouped, provided no clear indication that more guidance was to come. The publication of the Padgett Messages in chronological order clearly points out that the writings were far from completed. Meanwhile many readers embraced the Padgett Messages to the exclusion of all else.

Dr Daniel Samuels’ writings, some 40 years after Padgett, are a profound set of teachings. Samuels being focused upon the old scriptures of the writings also resulted in extensive clarifications for the New Testament. Samuels’ works are generally ignored by Padgett enthusiasts. Publications of Samuels works are difficult to locate, even though the original writings are kept with Padgett’s original writings.

Hans Radax’ writings from Judas of Kerioth, a further 40 years on, complete the issues required to be addressed relating to the errors and missing teachings of the New Testament.

The completion of the Padgett Messages is addressed in The Divine Universe through Nicholas Arnold. Several further works have been published with a growth in the platform of the prior writings.

What is evident throughout all of these works is that aspects of the teachings were and are aligned with the characteristics of the writers.

‘The Prayer for Divine Love’ given to Padgett on the 2 December 1916 is the only prayer that one may need should they have no other prayers for the asking of Divine Love. The Prayer for Divine Love refers to our ‘False Teachers’. Our false teachers are our parents! For humanity to evolve in love, the breaking of cycle of generation after generation to evolve in love, the cleansing of injuries and errors of belief need to be addressed before children become parents.

‘Speaking with Mary Magdalene and Jesus’ guidance through James Moncrief completes the second coming revelations. Throughout these some 7,000 pages of teachings, over the 101 years, there are two key revelations. The most important is that we must embrace our emotions and allow them to be released from our soul, our humanness errors and injuries. We must all embrace a process of Feeling Healing. The second is that we can long for, ask for and receive Divine Love. The Divine Love strengthens our resolve to clear away the damage caused to our soul by our parents during our forming years. The Divine Love does not clear us of our injuries and errors and evilness, this we must do for our selves. Thus, we have been given two revelations. Live our life through our feelings is the first and most important, and the second is that Divine Love is available to us should we so long for it.

Feeling Healing can be also Soul Healing with Divine Love. James Moncrief has outlined the process of Feeling Healing, Dr David Hawkins has demonstrated the way with ‘Letting Go’, and Brandon Bays has given the world the ‘Journey Process’, and most importantly ‘Journey for Kids’.

No one can embrace the guidance of the Second Coming without embracing all of these aspects of loving teaching and guidance given to all of humanity by our Celestial Friends led by Jesus and Mary.

|                                                             |
|-------------------------------------------------------------|
| <p>Infographics and diagrams have been added by Pascas.</p> |
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# Life Cycle of **CARNAGE**



When we inflict will damage on others we cause serious pain, not only to them but also to ourselves. We don't think what we have done warrants any sort of punishment even though we have negatively affected and influenced people by inflicting our will on them against their will.

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

It's hell here on Earth, only some aspects of life are worse than others until we partake of the Father and Mother's Love and long for the truth and set about doing our soul-healing.

These are the effects of the Divine Love when we are wanting to live true. When we set about longing for the Truth of our feelings we can't escape any longer. We have to face the truth, and express all our bad feelings.

How can make amends?

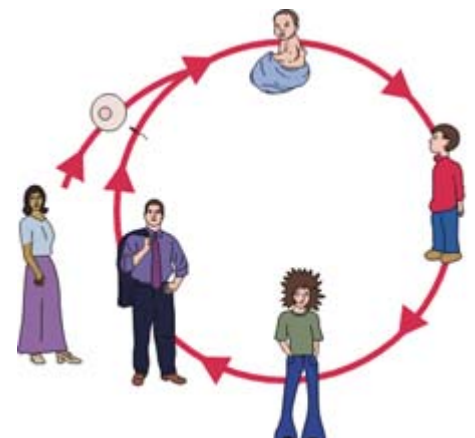
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow ourselves to feel as bad as our feelings make us feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far as our soul exists there is no time, so we can express these feelings now and they will apply to the past back then. This is how we do our soul-healing. We have allowed the Divine Love to transform a little part of our soul, and it's brought up bad feelings, we have gone with them, we have allowed our self to experience them, all because we want to see the truth. The truth of our self, of what sort of person we are – of our life, and now this is where it begins. Today we have seen this part of the truth of our self, how in this situation we are uncaring inconsiderate, greedy, etc. And we have not liked what we have seen and would like to change our self so we aren't like that any more...

One may wish they were never like that... Not having any idea...

But now you do. And know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up.

We feel this way because it's how our parents have made us feel when we were very small.

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what we've learned to be as a child. So we have learnt to be this way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil it's because we've learnt that that's



how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

We believe our parents have loved us and yet we can do something so unloving. Had they truly loved us then we would only be of love and only able to treat others lovingly, just as we would be treating ourselves. We can't be something we are not. So any unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by our minds beliefs. We have evolved it, and the only time we could lay down such foundations was during our early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of our parents treating us un-lovingly just as we have treated other people.

And our parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving has been long since buried and covered up by false feelings and false beliefs of love. Had we been completely loved and treated accordingly so too would we treat all others, for we do to others what we do to ourselves and what was done to us.

All we need to do is keep praying for the Love, and longing for the truth. The only way we can truly let go of our bad feelings is by **SPEAKING THEM OUT OF US**, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

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

And step by step the Mother and Father will take us through our soul-healing, helping us to heal every part of ourselves, every mind circuit that is not functioning in harmony with Their Love and Truth and the Laws of the Universe.

These notes are drawn from "Paul – City of Light" by James Moncrief

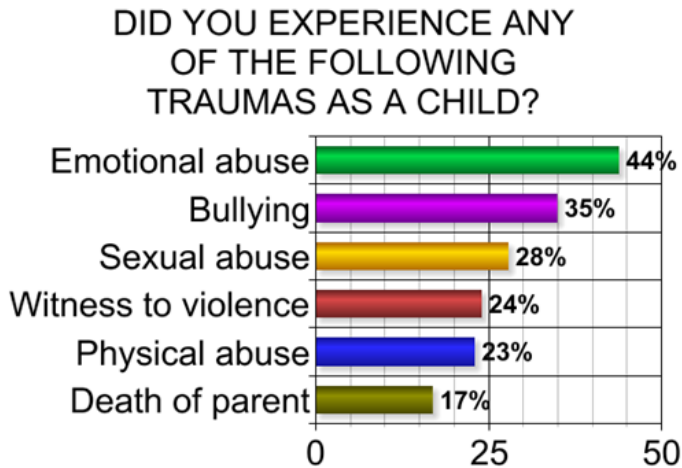
***Cause No Harm*** < to OTHERS  
to MYSELF

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

This is the Pathway to end the **EARNAGE**

## 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.



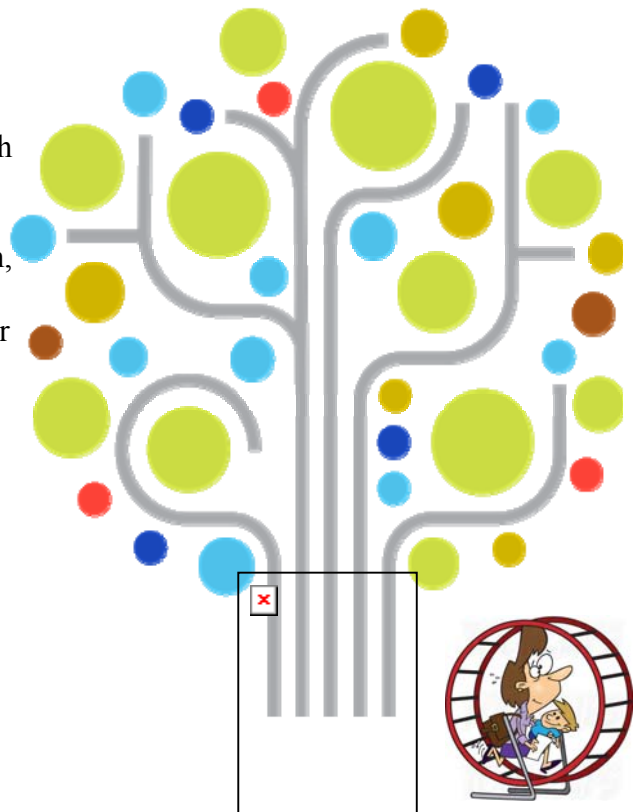
Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise that it was a nightmare of control and many other restrictions that compromised our free will.

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:

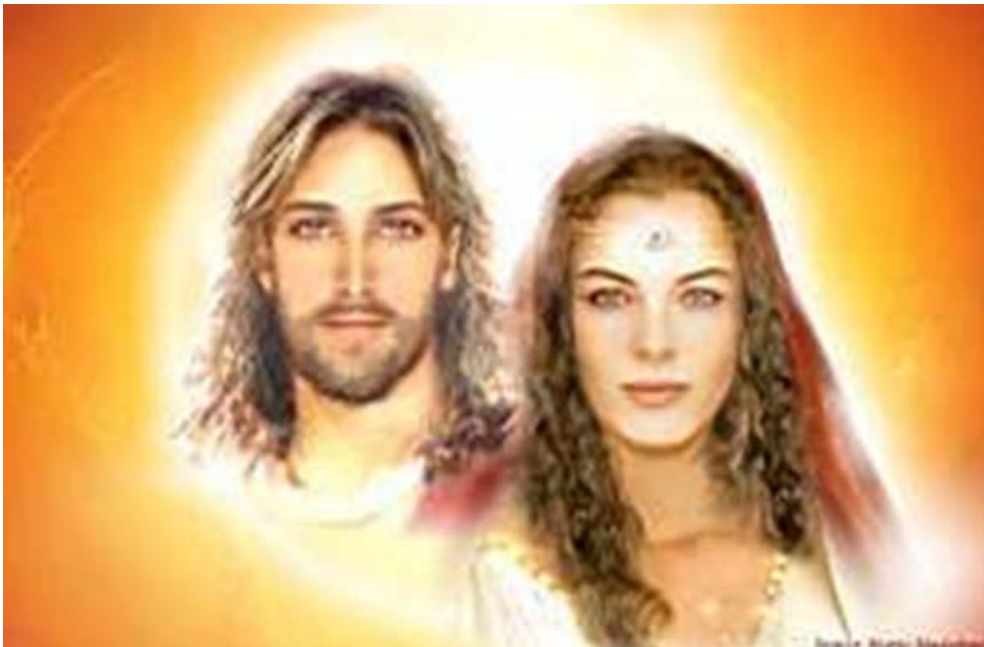
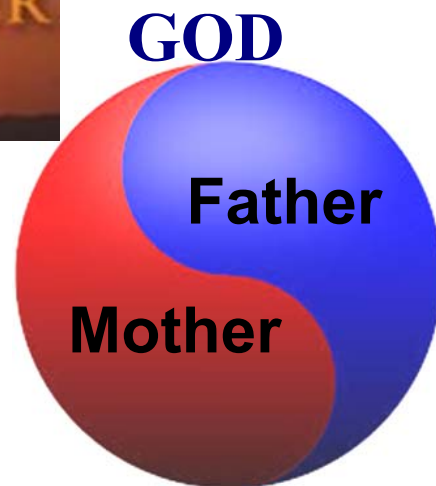
- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for 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.**



**MOTHER, FATHER  
GOD**

**God is both Father and Mother, being SoulMates, that is Father God and Mother God.**

**Jesus of Nazareth and Mary of Magdalene were both born free of sin and are soulmates. It is their Spirits of Truth that we can long for to connect with them once we commence our Feeling Healing and are longing for God's Divine Love.**



**Mary and Jesus, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents, and to start this journey we are to liberate our souls from being entombed within our suppressive minds, by feeling and longing for the truth and peeling away our injuries incurred since conception.**

**WE ARE Children of God**



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

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

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

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

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

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

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

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

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

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

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



Maybe we could simply long for and ask:

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



MoC 1,471

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

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

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

**Divine Love  
is the key!**



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

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



**to enter the  
Celestial Heavens:**



# REVELATIONS



**JAMES PADGETT MONCRIEF** **REVELATIONS** 1 Commenced 1914  
2 Completed 2014

## REVELATION 1

The availability of Divine Love, should we so ask for it, being revelation 1:

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

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

## REVELATION 2

The way to clear one's soul of childhood errors and injuries is revelation 2:

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

*Feelings first*

# LIVE FEELINGS FIRST

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

Mary:

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



# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

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

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

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

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



**M&F**



**J&M**



**AVO**

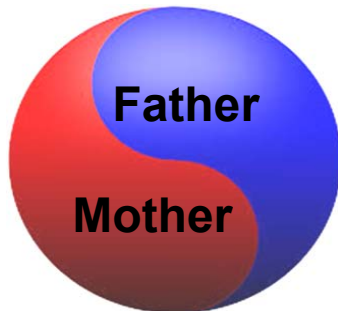


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

**WE ARE Children of God**

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

## HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

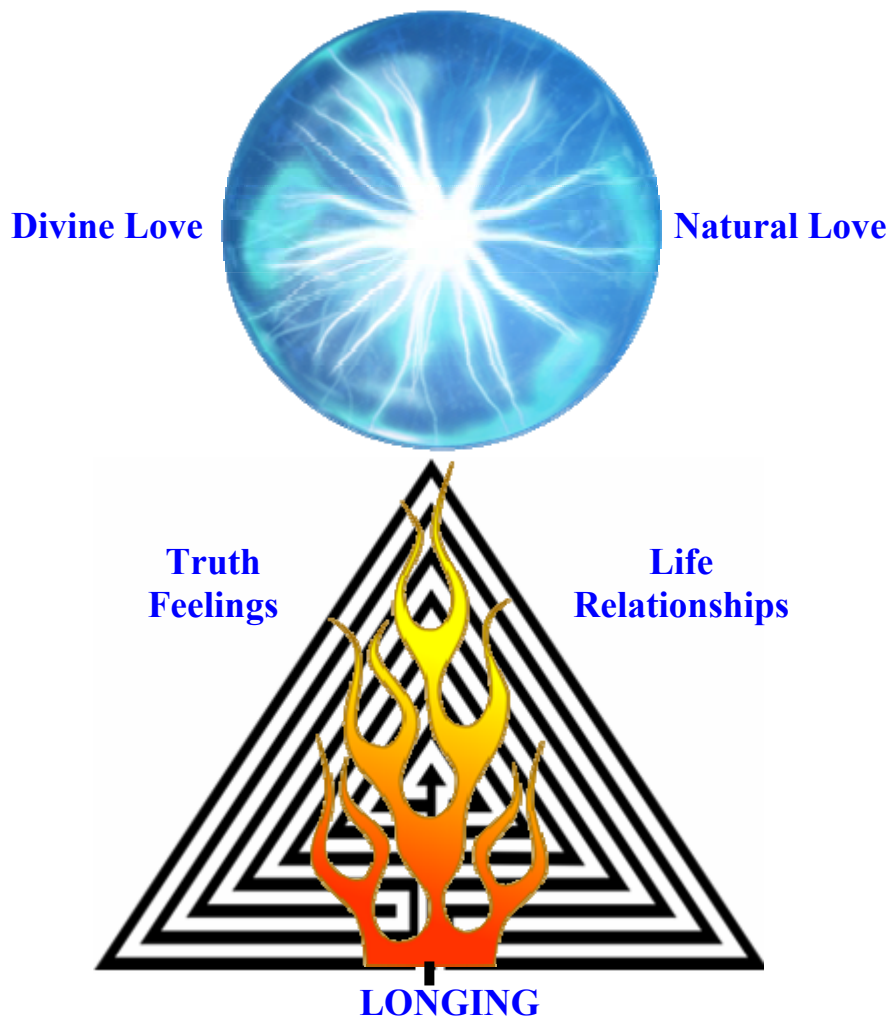
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

## The Key



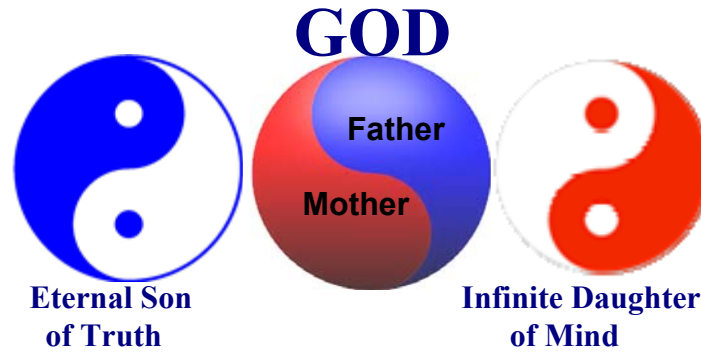
Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all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

Important recommended reading is:

by James Moncrief

### **The Rejected Ones – the Feminine Aspect of God**

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



**PARADISE TRINITY:**

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
  2. **ETERNAL SON (ES) – Divine Truth**
  3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

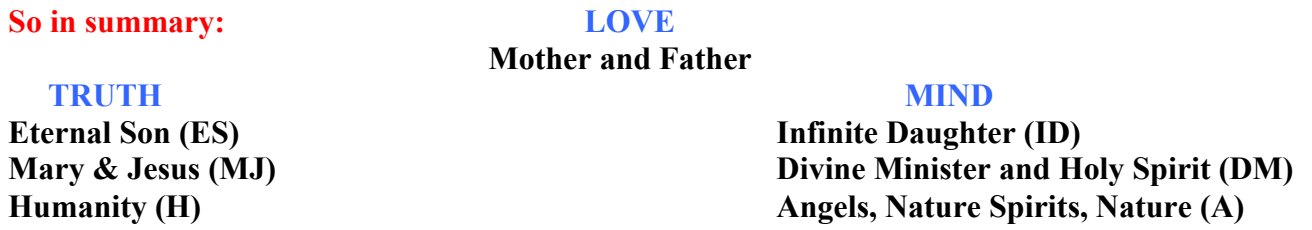
**The LOCAL UNIVERSE TRINITY:**

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

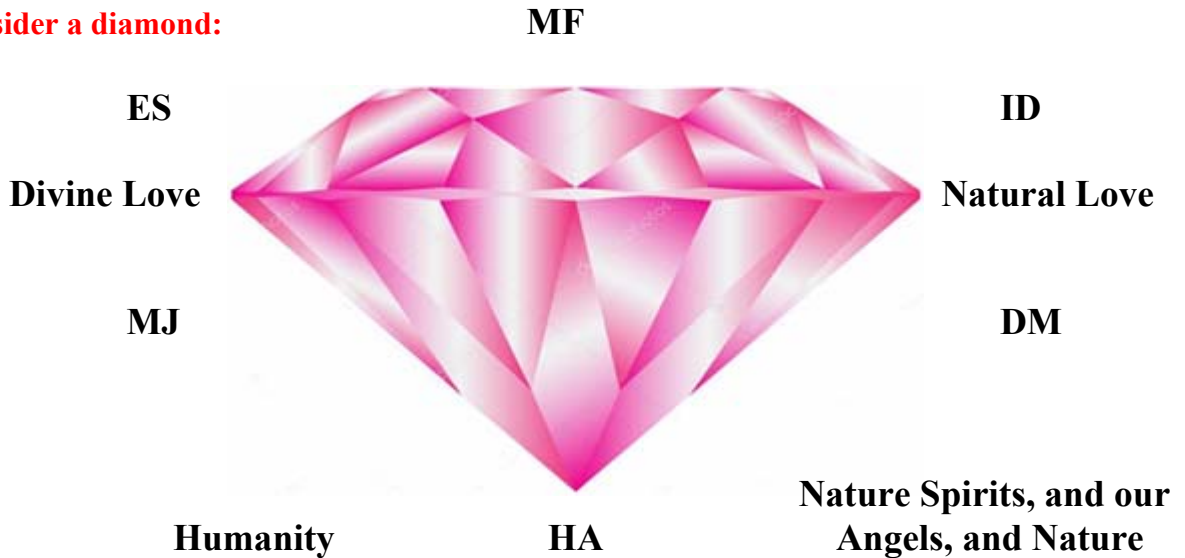
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

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

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

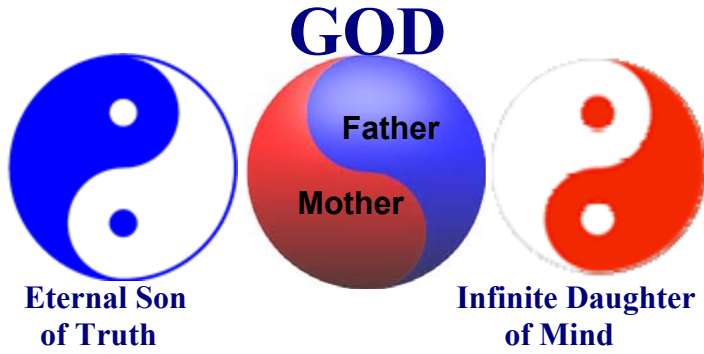
So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so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

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





**CREATION of SOUL and SPIRIT:**



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

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



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

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

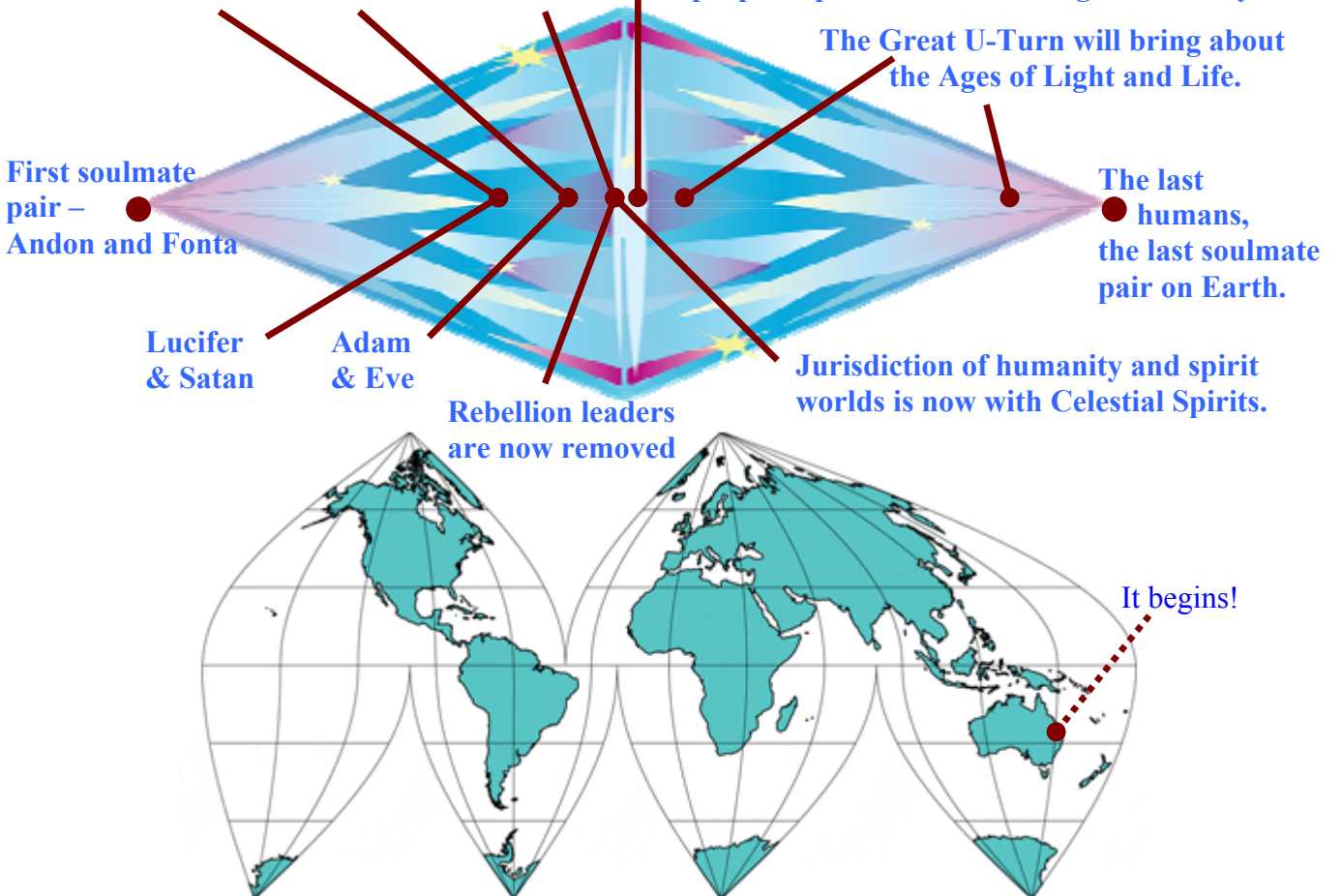
A nature spirit is an angel in waiting.

## JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.

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

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.



**This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

**Feelings First**, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**  
(Passage in blue calibrates on the Map of Consciousness at 1,500)

**OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:**

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



## HIERARCHY of our SPIRITUAL GUIDANCE:

Our Heavenly Mother and Father permanently reside within Paradise, an island stationary world surrounded by Havona, in the centre of seven Super Universes.

Our Heavenly Mother and Father, being one soul manifesting two personalities, bring about the creation of:

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

The Michaels and Avonals have Spirits of Truth to be released to assist the humanities on their assigned inhabited worlds.

Each Super Universe consists of 100,000 Local Universes.

Each Local Universe is overseen by a Creator daughter and son, our local universe is called Nebadon and Jesus and Mary Magdalene are the Michael pair and regents.

A local universe consists of 10,000,000 inhabitable worlds of which 3,840,101 are inhabited within local universe Nebadon.

A local universe consists of 100 constellations which is made up of 100 systems. Each system has 1,000 inhabitable worlds. The system that Earth is in is Satania and 619 worlds are inhabited.

Emanating from within the Local Universes are Melchizedek, Vorondadek, Lanonandek, Material and Life-Carrier pairs. None have spirits of truth – they are not from Paradise.

From within the Lanonandeks, assigned to oversee the system Satania, which includes Earth (Urantia) were the Lucifer, Satan, Caligastia and Daligastia soulmate pairs, who rebelled. Further, Adam and Eve, the Material son and daughter, defaulted because of the Rebellion. All failed in their assignments, causing us (humanity on Earth) to be spiritually misled for 200,000 years – that is why we are all ‘insane’!

Earth has had five higher spirit physical bestowals:

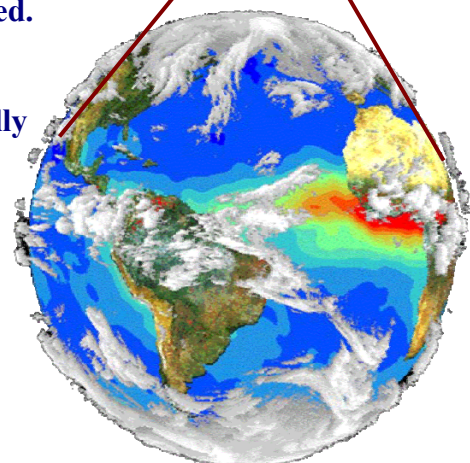
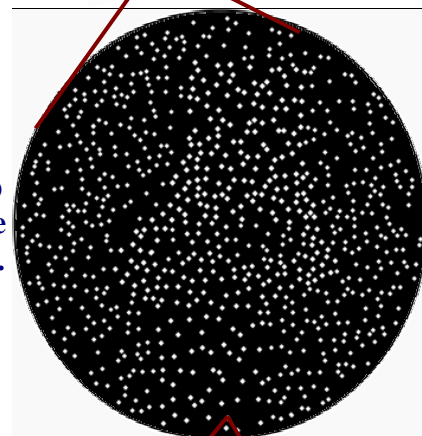
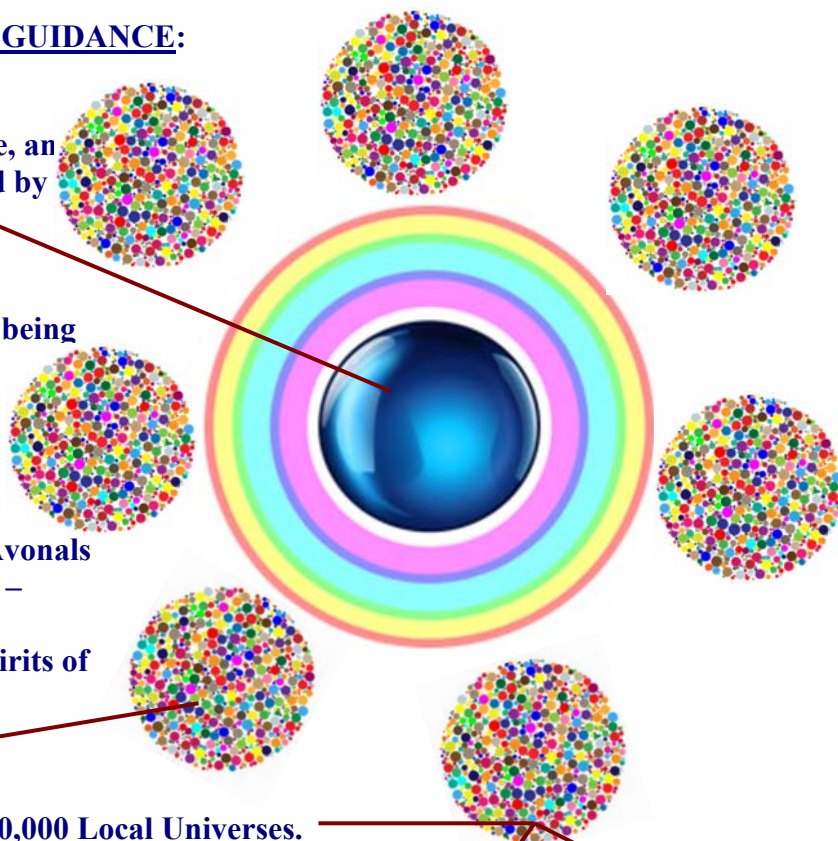
Daligastia soulmate pair being Lanonandeks

Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

Avonal daughter and son who are yet to commence their public ministry.



## How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.



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

### **BIBLIOGRAPHY NOTE:**

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity 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

Selected Pascas Papers, as noted below, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

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

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

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

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

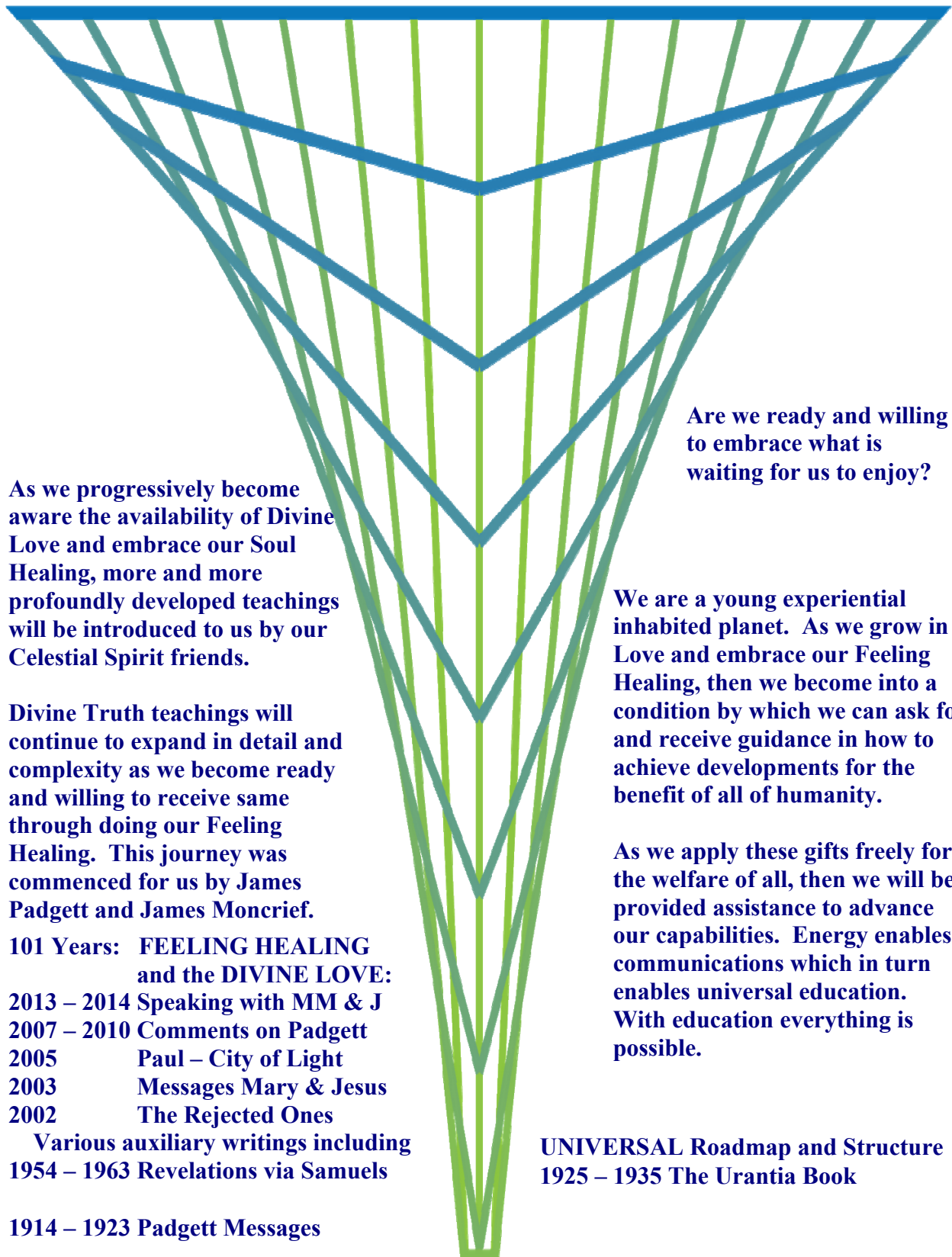
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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

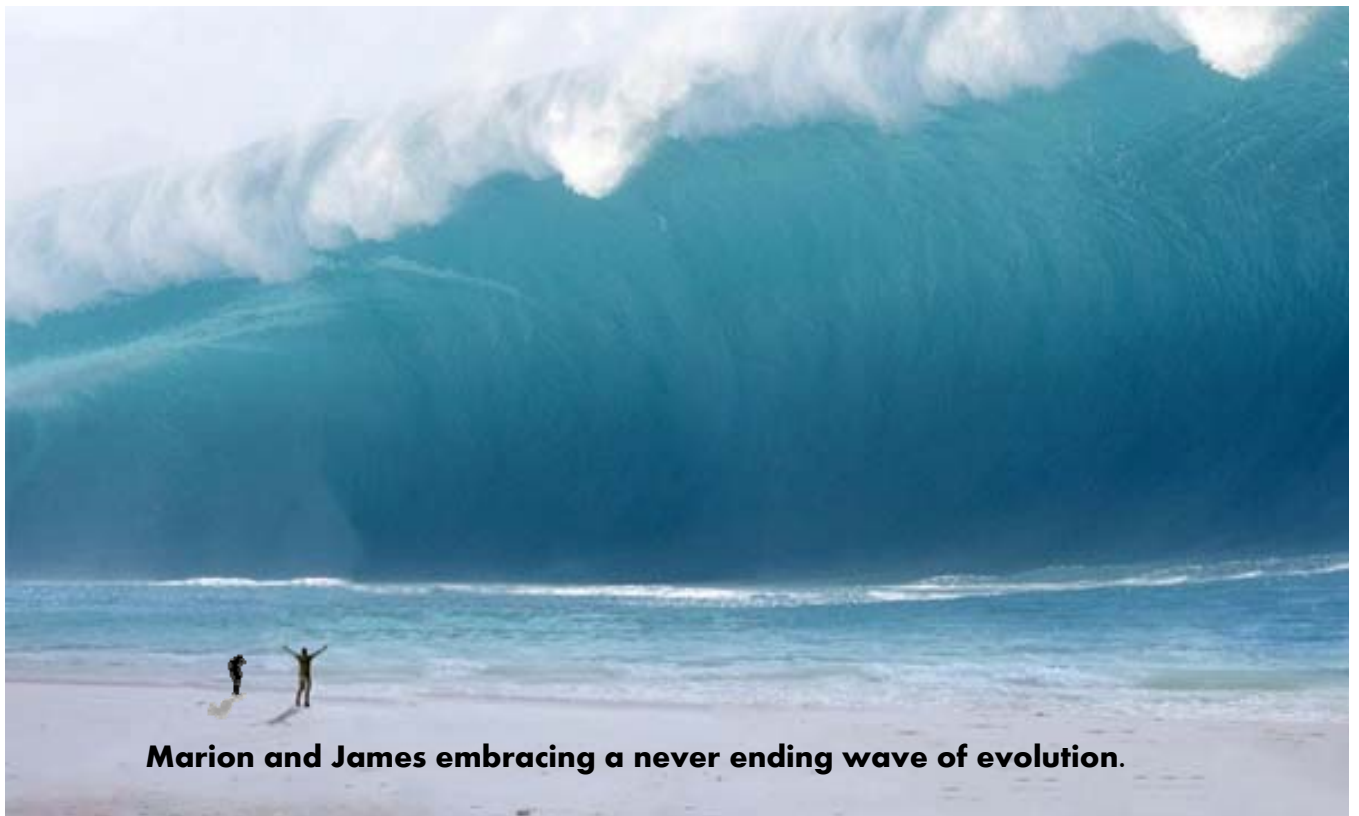


To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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

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

**in conjunction with**

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



**Marion and James embracing a never ending wave of evolution.**