

PASCAS CARE

Feeling Healing

Being Unloved



“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 BEING UNLOVED:

Because we are not allowed to grow up being full personalities in our own right; because we are made to lose ourselves, becoming as it were those influential adults in our life, then when we have our own children, it's very easy to see them as yourself, to make them be you, to be your little child self all over again through them. You don't, as a parent, relate truly to them because you are untrue, unable to truly relate to yourself and express all you feel. So all the things that parents do to their children they are in a way doing to themselves, for such things were in a way done to them. And not literally, but in a feeling sense. We can only do what was done to us, and so we do to our children what was done to us. However it gets very complicated, and because being children we end up being a complex of our parents, grandparents, aunts, uncles and any other influential carer, there is a huge complex of potential that we can manifest. Past experiences do not create clear patterns. For example, a father, who was dropped on his head as a young child and nearly died, might come together with a woman who also suffered some severe near death trauma around the same age when young, but neither of them lose one of their children to cot death, or other mishap, and all because of other determining factors, those determined by other people involved during their early lives.



As a forming child, our personality given to us by our Heavenly Parents is tugged, pushed, pulled and manipulated by those around us, all mostly endeavouring to impose their own perception and will upon the all trusting you, the child.

We, as a child, accept and trust our parents as being God. How could we know otherwise?

Then all those adult personalities come to impress us and our confusion and suppression of our own expression just gets greater and greater, so much so that our own will is forfeited and our personality is bent into tiny bits of traumatic chaos.



We become a robotic suppressed impersonation of a personality impersonating those around us who have previously succumbed to the oppression imposed upon them by their own upbringing. No wonder we end up, during our adult lives, been neurotic, unhealthy, addicted to everything, and burdens on society. So what does society do? It rights more rules and laws to compound the situation instead of addressing the issue at the core. The core being that parents do not know how to love their children. Nor do they know, accordingly, how to bring up a child because they do not know love as they in turn have never been loved.

It is this lack of love within all of us that brings upon the emerging child all the illnesses and deformities that society puts aside as genetic mishaps. It is not. We, as parents, cause the deformities, the illnesses, the cot deaths, the traumatic issues and personality issues within our children, simply because we do not know how to love them because we were not loved during our own childhood.

The EXPERIENCE of LIFE by the BABY in the WOMB:

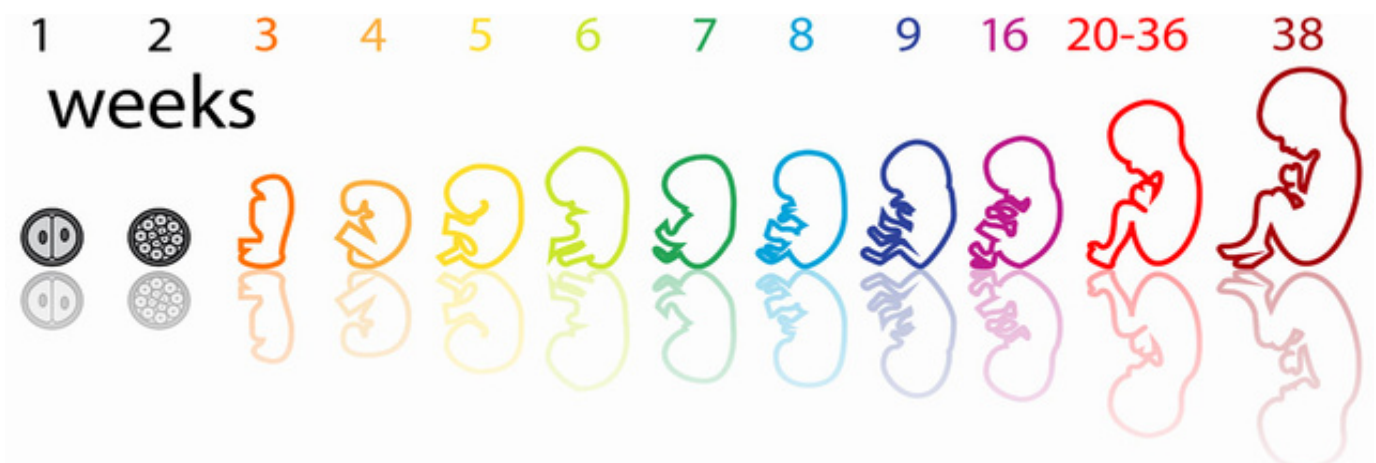
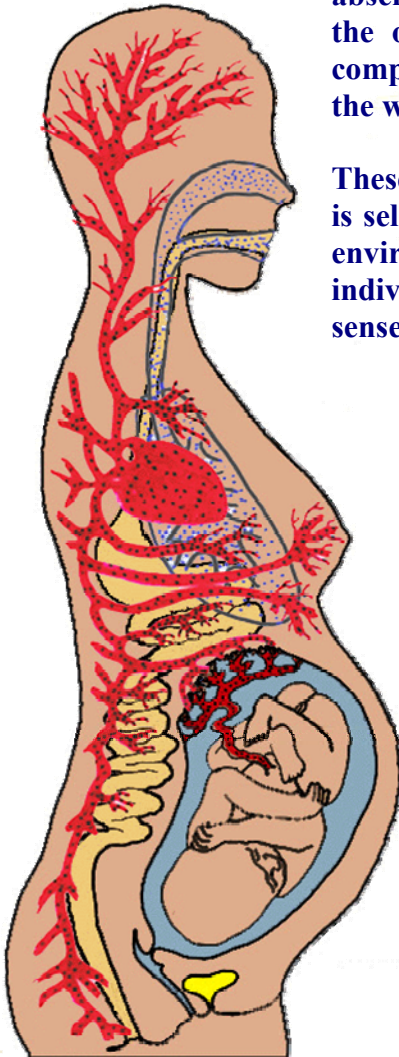
From the time of conception an infant is sensitive to the presence or absence of love as feelings of comfort or discomfort. One feels good and the other doesn't. This child has no idea how to seek love as it is completely subject to its environment and knows only how to respond to the way that it feels.

These early experiences of love have a great impact on a child as the child is self-focussed and has no concept of others outside itself. Its immediate environment is its world in which it has begun its process of individualisation and development of its personality qualities. The prime sense to which it responds is its sense of the presence or otherwise of love.

This is very basic but remains the most important sense for a human throughout its life. This may seem strange until you really think about it.

All of the most important responses a human makes are based of feelings and the most important feelings are those related to love because these are totally basic. Whatever supposedly sophisticated devices of discernment are overlaid on this, the basis remains the sensitivity to love.

You begin your life with natural love and it is in the context of this love that you live most of your life. In effect it is the main environment in which you live and function and your awareness of it depends on the love that you feel within you and which you express rather than the love expressed by others. You appreciate the love of others to the degree that you allow yourself to receive it. If you are closed to the love of others you will not attract it. Giving and receiving are inextricably entwined and can never be separated.



As the interaction between mother and baby is the most frequent, it is the mother's emotional makeup that is the dominant infusion into the baby's own emotional makeup.



Between the father and the mother, the infusion of emotional makeup into that of the baby commences at the moment of conception and is generally complete by the time the child reaches around the age of seven or so.



The cocktail of emotions within a child is further complicated and developed by the influence of its grandparents as well as those of its siblings.



Now we have the complete environmental picture, the personality and emotional make up of a child is not only influenced by its parents, grandparents, siblings, close relatives, friends, but also by its teachers and all those who come in contact with the child in a meaningful way.



A LETTER:**To Three Daughters and an Unborn Son from their Dad**

Never in my wildest imaginations did I ever anticipate that I got it so wrong.

First came my son, and then my three daughters arrived successfully. Here is the first error; ‘my’ as if they are trophies that I am to cherish and show off as prizes from some gallant endeavour.

From the very beginning of their presence (conception) I felt that I could mould them, develop them into something, a personality, that was ‘appropriate’, like – as if I really knew what was best for them.

Here is the error. I thought I knew how they should live. I thought I could love them and teach them how they were to be. This is the major error. I endeavoured to control them. That is, I believed I knew what they had to know and learn. Like, really, I took control!

When we incarnate / individualise, we are self contained fully gifted personalities that are to live according to our feelings, the feelings that our Heavenly Parents endow upon each soul.

So, what did I do? I passively shut down, slowly but consistently, their self expression, their soul based loving and true feelings, their real selves. They were wonderful children, they did all that we expected of them, that is, their mother and father were gifted with loving obedient intelligent children.

Oh what a cluster stuff up! They became imprisoned in their controlling minds fully responding to the belief that, if they did what we wanted then we would love them. By us imposing upon their will, we see the first apparent truth – the fact that we did not know how to love them. All we were doing was reflecting and repeating the unloving controlling impositions of our own parents. We continued the error of generations of parents. Now they will do the same.

To live true to the will of our Heavenly Parents is to live true to our soul based feelings. Our soul based feelings are the gift from our Heavenly Parents. We physical parents shut this way of living down. The stress that comes upon the child from conforming to our dictates, is the foundation and cause of all their discomforts, pains, illnesses, errors and life dramas that come about.

Yes, we did not know that we were evil in our ways of bringing up our children, but now we do. We now know because our great spiritual teachers have now spelt this, ever so obvious, truth out to us and here we now have the opportunity to bring about the great turn around, the great uplifting in the way humanity can now, for the first time in its history, evolve into a way of life, of peace and harmony.

I, as a father, failed in how a child is to be nurtured. My own personal emotional injuries were imposed upon the child, even when it was a foetus, thus this is most likely why our unborn son did not achieve birth. This is a reality that we can now address and that is what this era is about. We can all now, and will, achieve a wondrous way of life as we shed the injuries and erroneous beliefs that our parents unknowingly imposed upon our mind and soul, bringing about a harmonious way of life.

This changing of the guard is the turning point for humanity. Consider the possibilities.

John, a father of three daughters and an unborn son.
A Father of Wrongness

5 May 2017

We are to Find the Truth of our Childhood.

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly

untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

How is it for you if you are Truly Honest with Yourself?



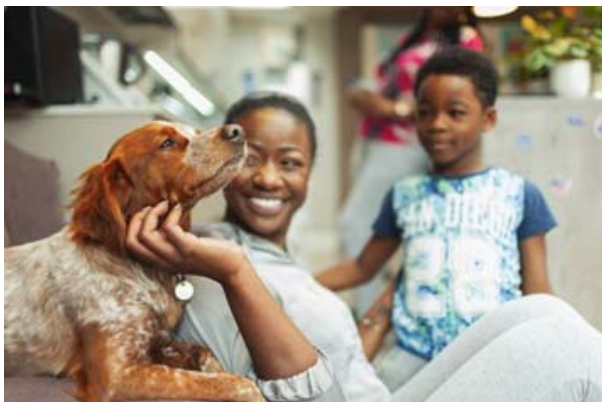
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



~~~~~  
♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

**OUR SOUL is WHO WE ARE:**

**We are the personality of our soul. We never lose our personality.**



**We are a reflection of our parents' personalities. We wilfully embrace our parents' character traits and way of living and beliefs.**

**Our heritage is an outcome only of who we incarnate / individualise via.**



**All humans are descendant from Aman and Amon (Andon and Fonta), who lived about one million years ago. Not Adam and Eve who arrived about forty thousand years ago. We all have the same colour skin pigmentation, just different amounts of it. It is our soul based personality that is who we are! Our nationality and racial background is imposed upon us at birth.**

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

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

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



## WE are SOUL!

The soul is perfect when it incarnates into a human! Most assuredly the soul is perfect! The prior existence of the soul is perfect, residing in God's soul-kingdom or realm. When it incarnates and individualises into a human, it is perfect. Further, one's personality is soul based.



The soul incarnates and begins its individualization as a human in a state or condition of imperfection and corruption. The transition of a soul from a place of pure light and love into a place of darkness is a comparison where words fail us to describe.



Two states or conditions: The first of Light and Love, and the other, earth, of darkness and imperfection. In this process of change, the soul is immediately damaged. This damage is not mere encrustments on the outside of the soul, where, somehow the interior part of the soul remains pure and pristine. The soul, the complete soul, suffers harm and damage.



For those who **lived** on earth for a brief period of time, say, for only **one short day**, nonetheless, will have suffered damage, hurt, and injury. The damage being so deep, that the little human physical body may only live on earth for as little as one day. At birth we arrive damaged. The spirit-body, after the earth vessel is dropped, will continue to live and thrive in a nursery in the spirit-world.

In the spirit world nursery, one is encouraged to freely express their souls. They are not hindered or disciplined in anyway as we on earth experience from our first days and years of life. They are not seen as most children are viewed on earth, as wild animals that require training and rigid discipline. All are happy and able to express themselves freely.

The damage that is infused into the soul of babies emanates from its parents and those in close relationship. The soul damage becomes visibly seen as one matures into adulthood. Should we feel and express our childhood repression then our liberated soul and personality will express itself in the manner of the girl on the bottom right hand side, otherwise our appearance and health degrades as seen of those above.

### UNCRUSTING ONE'S SOUL:

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

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

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

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

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

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





**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.





**BENJAMIN VISITS:**

Thursday, 18 May 2017

This morning I woke suspecting that the beautiful light energy I felt last evening was our unborn son, Benjamin John. Was that so?

I am Benjamin, John, although that is not the name my spirit parents gave me. And it was myself coming to you as you have had me on your mind from time to time. I am not part of what is going on with you John, I have my own very separate life to you, however I am a Celestial and Beth and I have occasion to speak together through work that we do. (At twelve weeks into term, Benjamin, as we grew to call him, miscarried, being around April 1975.)

I came to you, as I have come periodically to you and Carolyn, more of out of curiosity as to what my life might have been like had things been different and were I to be one of your Earth children.

As it was, I had a very happy upbringing with my spirit parents, we lived on the first Mansion World in one of the big cities and I had four brothers and two sisters and was very artistic going to what would be the equivalent of art college where I developed my artistic skills to quite a high degree.

And that was all before I was introduced to the Divine Love, which I did through you, following it up with Beth as she came to me when I expressed interest in it, which just so happened to be coincidental on one of my periodic visits to you. You were very taken with the Padgett Messages and were involved with AJ (Miller) and Mary Luck (that was from July 2009 until November 2011), and I spent some time with you and them and the other people and spirits involved with them, as there were quite a gathering of spirits who attended all they were doing.

Beth soon put me straight about the Divine Love and the Healing, and then I embarked upon it having to do it like we all do, coming to understand that my upbringing was not so different from many on Earth, and possibly even so had I been your flesh child. My art I put on hold as I worked continuously on myself, meeting my soulmate (soul partner), and now we are living in the Second Celestial sphere.

And from here, we intend moving on, we have no feeling for having anything to do with the physical Earth and all the changes that are soon to take place which Beth and yourself, John, are involved in, no, that's not for us, as my soulmate was also 'Spirit Born', as we call ourselves and those of us who never got born on Earth, as we want to ascend on our journey to Paradise.

I will come and meet you when you come over and we'll spend time getting to know each other, there will be, no doubt, many questions you will want to ask me about how my life has been and how I've turned out, and I will be more than happy to answer them, but then I will leave you, as it will be for me to move on, as you are to remain – so I understand from Beth – for a time working still with Earth.

I came to you now for you to know that I am okay, very well in fact, fully in love with my life and my beautiful partner, and that I have no hard feelings about you or Carolyn, or about anything I might have missed out on, now having worked through all such issues through my Healing.

You might be interested to know that I got 'married' as some of us spirits do, and we adopted children of our own, however the relationship failed as I wanted to move on into the Divine Love, and we've all

gone our separate ways. All of which again I have healed and worked through, not unlike how it is for many people on Earth.

And really I came to say goodbye rather than hello, for I am leaving Earth as you might say, wishing to, as I said, move higher into the Celestial spheres of Neadon. There are a lot of spirits like myself and my partner who are wanting to move higher to Paradise, we feel a strong pull within us to do so, as you too will feel when your time comes to leave the lower Celestial spheres and start on our spiritual ascent in earnest.

However as I said, I will descend to spend time with you when you need it, and then our true separation will come, and we'll see what our Mother and Father has in store for us.

I will not be coming back to you now that we've made contact this way through James, you can think to me and I will acknowledge such thoughts and respond accordingly, but as I said, Satia and myself, Nariko (that's a good enough approximation James) are, together with our soulgroup, heading Paradiseward. (We each have been named by our Heavenly Parents, these soul names we adopt when we advance through the Celestial Heavens. These names were given by their spirit parents.)

I am looking forward to our time together John, when your time comes and you are ready for my visit, and until then I wish you all the best with your endeavours. You are, as you know, in very good hands with Nanna Beth, as you like to call her, and so I will say goodbye and thank you for your time John. Thank you James.

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

**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.**

## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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



# DEVOLUTION

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

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

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

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

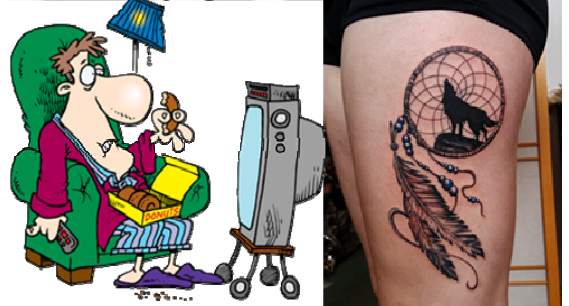
**Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.**

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

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

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

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



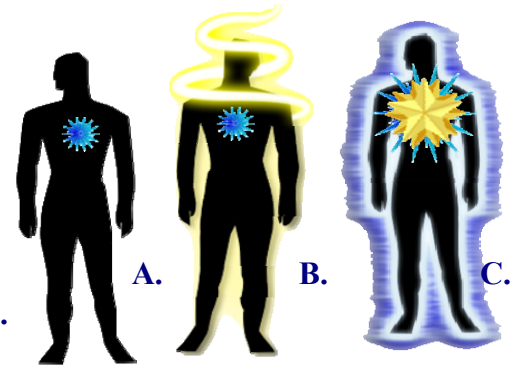
# EVOLUTION

Longing for and receiving Divine Love:

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

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

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



## FEELING HEALING + SOUL HEALING

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

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

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



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



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

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



## Spirits and their Childhood Repression Healing

by James Moncrief

27 July 2010

### An interview. Third Mansion World. Jenny is interviewing Don.

Jenny: Don this is new for me, and for James, so would you mind me asking you some personal questions?

Don: No, go right ahead.

Jenny: You were born spastic on Earth?

Don: Yes, in Australia, early last century.

Jenny: And how long did you live for?

Don: Thirty-five years. I had a brain defect, so I have discovered since coming to the spirit worlds, and it affected my whole being. I had to be looked after continually, and my parents were in a position financially to pay for such help. I was nursed every day of my life. I wasn't violent, although I did have certain fits whereby I was all but uncontrollable. Mostly I was strapped down during these, otherwise I lay on a bed or was propped up with cushions. Sometimes I was strapped to a chair. But none of this I have any real memory of. It's what I've since been told by my mother and father.

Jenny: And how did your parents feel about having you.

Don: They mostly felt sorry for me and did all they could to give me something of a reasonable life. They didn't institutionalise me, because as I said they had the means to keep me at home, however I was mostly relegated to a separate part of the house, I was not one for visitors to see.

I have talked only a little with them about it all. They said they were embarrassed in the beginning to have me, I was their first child. They thought it was something of a black mark against the family, however they had five other children all who were okay, so I was pushed further into the back of their minds. I was something they couldn't relate to, no one could, I was something that had to be constantly hand-fed and cleaned not being able to do anything for myself. I couldn't speak. I made grunting noises, I had little control of my arms and legs, I was rather hideous to look at. I don't think they loved me. I think it was impossible for them to. I don't know if I was loveable.

Jenny: How does that make you feel?

Don: I can understand it from their point of view, however it's making me more angry of late.

The further I progress with the Divine Love and understanding about my negative state of mind and will, and the more I yearn to begin my soul-healing, the more anger about their not loving me I feel. I haven't as yet started to openly express it all, however I am aware that it's building within me. And actually I quite like the feeling. I think that I should be angry, very angry with them, angry that they made me be how I was, for that is what I now know. It wasn't just a problem in the womb, or a genetic one, it was all because they didn't love me that I was spastic. I have talked with a few other spastics, that are spirits who were like me on Earth, but who have all done their healing with the Divine Love and are now living as Celestial spirits. And I long to be one of them. And they all said that it was their parents, the influences of their parents unloving and negative will upon them from conception, that made them become spastic. It has been my life path to manifest my parents lack of love for me by living as a



spastic during my flesh life, just as it is for you Jenny to live the life you had that was to show you how your parents didn't love you.

Jenny: I wasn't like you, I had a perfectly functioning body.

Don: I know. I can tell, I can see it in how you are. I can recognise fellow spirits who were disabled in one way or another on Earth. I couldn't tell you how I know them, what I recognise, I guess it's a light, a light of understanding and common acknowledgement, a familiarity, or something like that, but I can tell. And so I can tell you were normal, normal compared to the likes of me anyway.

Jenny: So what happened when you died, you're not spastic now, you're normal, very normal from what I can see?

Don: Yes I am, and that is how it is for all of us who were retarded or deformed in some way on Earth. When we die we become normal, however it's not as easy as that.

I woke up in what I came to understand is a special sector of the first Mansion World provided for people like me. I was cared for by volunteer spirits, they acting as surrogate mothers and fathers.

You see being so retarded I was not of a fully developed or formed mind, will or emotional system, and so had in a way to go back and start over. I was still a spirit as big and old as I was, however I was nurtured and once again nursed as if I was a young baby newly born. Again I wasn't aware of this, but I then grew up being fostered out as a baby and young child but being in an adult body. However over time I grew up and into, if I can put it like that, my body. And my awareness and consciousness grew until I was like a normal spirit of my age able to live a normal life. I grew up with the spirits as my 'carer parents', as we called them, living as a baby, toddler, young child, young adolescent, young adult, adult would do. I imagine it was something of a very different experience for my surrogate parents to nurture me like this, but they said they loved me and loved the whole experience.

So you see, we who are not right aren't so much deprived in the end. We can make up what we lost on Earth in spirit, albeit different experiences to what we would have had in flesh had we been normal.

Jenny: And it's the same for everyone who is 'special', as they are called now?

Don: Yes. It has always been. We do not remain handicapped for all eternity, only for our physical life. Spirit isn't filled up with millions of cripples and retarded spirits for whom masses of other spirits have to look after. Everyone becomes able to function as themselves, free to express their personality.

Jenny: And so presumably a lot of what you'll be healing as your negative state, you will have experienced and taken on during this rehabilitation phase in your spirit life?

Don: Yes. My spirit substitute parents were of the mind Mansion Worlds, they were not perfect as in having done their healing. So they negatively influenced me, not unlike how my real parents would have, had I been born normal to them. This I have been able to see through contact with some of my brothers and sister. I spent some time with them before I came across the Divine Love, they openly welcomed me into their lives as their long-lost brother.

Jenny: And what about your original parents, how receptive were they of you when you had become a normal functioning spirit?

Don: They had moved on in their spirit lives wishing to have nothing further to do with their family, relations, or children. We met, they were happy for me, they understood that such things happened for such handicapped people when they became spirits, but didn't open their hearts and welcome me into the bosom of them. In fact they weren't together anymore, both with new partners. My mother even had three foster children with her new husband they were rearing. And of course they weren't interested in or living with the Divine Love.

Jenny: So Don, do you have any memories or feelings about your life on Earth?

Don: I have what you might call vague sensations. But really I'd have to say no. My memories really start when I was about five years old in spirit, and I feel like if it hadn't been made known to me about the fact that I lived for thirty-five years as a spastic to the family I did, with the parents I had, I'd be none the wiser. I do feel like something happened, but I can't clearly remember what it was. And I don't feel like I've suffering from amnesia being just on the verge of recovering my memories at any moment. And I've observed other spastics via the Earth planes, people who are like me; I was even observing one such child the other day seeing if I felt anything further about my life, but I didn't. No, it's not even as if I were asleep and now I have woken up out of some dream or anything like that. There is a blank and also there is something, but I couldn't say what it is. It's hard to describe for you, and I don't even know for myself, however the Celestials I have spoken with say that more will come back to me as I work through my healing. Not so much as clear picture memories, but through my bad feelings I'll be able to know how mum and dad treated me, what made me be spastic – how it was for them that made me be how I was. I'll be able to use my growing up and forming experiences with my foster parents to extrapolate back to how it was with mum and dad and the rest of my family. I don't know how I will do this mind you, but I'm told it will naturally unfold, just as all the truth of our childhood repression does, as we do our healing.

Jenny: So you see your spastic condition as a part of your childhood repression?

Don: Yes. My spastic condition *is* my childhood repression. I took it all on, as we all do at conception, from my parents and their unloving states of being. I expressed part of it as a spastic and the rest with my foster parents. So I believe that by the time I have completed the healing of my childhood repression, I will be able to feel my whole spastic condition, I will know what it was all about: why God gave me that life, how my parents did as God asked, and how it was for me, how it has affected me making me be the person I am.

Jenny: Do you feel special in any way?

Don: I wouldn't say special, as in better than you or someone who had a more normal life. But in a way I do feel different from the norm – how could I not! I look at life from a different perspective, but don't ask me to try to describe that for you, I don't think I could. But what I feel is my potential is different perhaps than say what yours is. You are still to do your healing, you're living here with me on the same Mansion World, and I can sense that our potentials are different. Of course we all have different potentials, but somehow my 'light' will be slightly different from yours, and all other spirits who grew up relatively normal, when we're of a Celestial level. Do you understand what I mean?

Jenny: I do, because I have talked to some Celestial spirits who were like you on Earth, and there is something 'different' about them. An extra light. I thought it might be something that you gain as a sort of compensation for the shit life you had on Earth, but I don't know.

Don: No, I don't know either. Of course I have thought about that too, but then again I don't know.

And what does it matter, as I can't remember my life – how bad it was for me – anyway. I too have asked the Celestials, about this however they are all tight-lipped about it, they have all said the same thing: wait and see, you'll find out for yourself. They weren't going to tell me as they didn't want to interfere with my growth of truth and healing, which I thank them for, for respecting me so much.

Jenny: I have also spoken with other Celestials who had terrible lives of intense suffering. Compared to you and them, my life was a dream, and they all said what your Celestials said: that they wouldn't talk about such things as it would detract from the healing by such spirits as yourself were you to understand such things. So I guess we'll find out when we get there: you'll be it, and I'll understand intellectually.

Don: I guess so.

Jenny: Don, have you prepared yourself in any way for your healing? Have you looked into the sorts of bad feelings you might uncover about yourself?

Don: I have, to some degree. I'm still doing it. I don't want to begin my healing just yet. I'm enjoying this phase of investigation, understanding something of what I might be in for so to speak.

I know that like us all, my spastic condition was a result of mum and dad not loving me. However how this equates to my condition I have no idea. I will have to wait and see for that.

And as to how I feel feeling so unloved by them as to make me, my soul, manifest such unlovingness as seen by my spastic condition, I don't as yet know. As I said, I am beginning to feel even more angry about it. And my big issue at the moment is why *didn't* they love me. Didn't they want me, was that it, and yet if they didn't to such a degree as making me spastic, then surely I would have died. So there is something else about it I don't understand. My parents wanted me enough to keep me alive, but not enough for me to be born normal. They heavily interfered with me during my formation in the womb (unconsciously I would imagine on their part), but as to how they did, I don't as yet understand. I haven't broached such subjects with the higher spirits about this yet, and I don't think I will, I'm beginning to be more inclined to want to find out for myself. To not know about such things ahead of time. To see what my feelings reveal to me through my healing.

I have been able to deduce that my parents were 'spastic' within themselves, deep within themselves, for them to 'produce' me. And then once having made me, perhaps in a way with me carrying the burden of their inner torment, they were free to have other normal children. But I don't really know yet.

Jenny: So that is what you think, that you are in some way carrying some sort of burden for your family? And what's led you to think this?

Don: Nothing concrete that I could tell you has produced such thoughts in me, and I don't want to jump to this conclusion completely just yet. There's been a bit here and a bit there and it's just something that's been forming in my mind. I feel like I am an expression of something of theirs, something they didn't want to know about within themselves, as if a hidden secret, and a very bad one at that. Perhaps it is guilt of some sort, something from their early childhood's they have heavily repressed with it manifesting in me. I don't know. I'm only speculating. I did read an account of a higher spirits healing and he said similar things, and it got me to thinking about it along these lines, but it's still early days.

Jenny: Do you think that possibly it's the same for us all? That we all, in some way, are the manifestation of our parents shit.



Don: I don't see why not, they are our parents after all. I don't think, outwardly at least, my parents would admit to their causing my spasticity, I think they'd hide behind what science says, that it wasn't their faults, only bad luck. But I think inwardly they know they are the cause, that I reflect them, how they are, in some way, yet it's too bad, too horrendous for them to look in the mirror seeing the reflection of themselves as they look at me. They are definitely not ready to accept that level of truth, they are still wanting to further deny themselves in the mind Mansion Worlds, they are not ready to do their healing.

Jenny: Yes, I see what you mean, it would be a lot to accept. If I were a parent, I don't know that I'd want to accept that I was the cause of my child being so deformed, that my child was a manifestation of me or some aspect of me. It would be hard to know that being a parent, looking at your child knowing it was reflecting you back at yourself.

Don: And yet that is what it is for all parents. That's what I think they don't openly accept their child is. They aren't seeing the child for what it really is, a separate person to them, they are seeing it as themselves, or as you said, some part of themselves – albeit mostly unconsciously. And so when they don't like what they see, and try to change their child, really they are trying to change themselves, they are trying to stop themselves from being bad. And thinking about it that way doesn't make you feel very good, does it. To think that your own mother and father never saw you for who you really were, they were only ever looking at themselves as they looked to you. And so when they 'loved' you, it was only themselves they were loving or feeling good about, just as when they didn't love you, it was themselves they hated. It makes me feel lost: where am I in it all, I ask myself. And in my case, that being so extreme, they didn't want to look at me and see themselves even though that is what they were doing every time they looked at me. So it was much easier for them to get rid of me, to hide me away, and to get someone else to look after me. I had one main nurse, my nanny, so she was called taking after the English, and I have spoken with her and she is so happy for me, so happy that I am now as I am. She thinks it's a miracle, and perhaps it is, or perhaps it is just as the Mother and Father want it to be.

Jenny: So did you get the feeling your parents didn't want to have anything to do with you now, because you'd only remind them of how you were on Earth – all they couldn't face?

Don: Yes, exactly, that was my feeling and conclusion. And I don't blame them. I know I was a great burden on them. And I know they felt they were better than most by not institutionalising me. But still they are both much happier having finally got rid of me, and then to come into spirit and find out that they really had got rid of me, that I wasn't going to a burden to them for the rest of eternity. . . I think it was with the relief of this, they embraced their new lives in spirit.

Jenny: And that's adding to your anger?

Don: Yes, very much so. I can feel it as rage, steadily building up in me, and our speaking now about it all like this is making it come up even more.

Jenny: Would you rather we stopped?

Don: No, I'd rather we keep going. I want it to come up, and it's going to be sooner or later, and you're being here now speaking with me about it all is taking me a step closer. No. I understand about having to accept my bad feelings, and I'm trying to do that. I don't as yet have anyone in my life I can speak to about such feelings, but I don't feel I need to have anyone yet. And when I do I will ask for help if no one has come along naturally by then. I feel I need this time alone, it's been a big change in my life to be here now. I had a lot of life I needed to live in the mind Mansion Worlds, to catch up you might say,

and now to want to give all of that up, to change my orientation in life, to even start to think about living with the Divine Love and doing my healing, is a lot for me, and I've only come to it all recently.

Jenny: You seem to have a good grasp of it all so far. And you know Don, if you like, I'd like to come and be your friend, if you want to speak more about your anger.

Don: Thank you Jenny, and I might take you up on your offer. I have enjoyed our conversation and you seem to want to know me. But we haven't spoken about you.

Jenny: No, and there's plenty of time for that. Today I'm here for you to speak about yourself, and it's been very interesting. What say I come back tomorrow and we can talk more, perhaps we can go for a walk along the river.

Don: Yes, I'd like that.

Jenny: All right then, I'll go now and see you tomorrow. It's been nice meeting you Don.

Don: Nice to meet you too, Jenny.

Jenny: See you then, tomorrow.

Don: Yes, see you, bye. I feel rather strange. I'll go and have a lie down, I need to think about it all. I'll see you tomorrow – anytime.

So Joaline, as Don said, that's what happens for all those people who have such disabilities?

Joaline: Yes James, whether they live a short or full life as in the number of Earth years, or die in the womb deformed, they all wake up in a special sector in the first Mansion World and then grow up living the experiences they were deprived of because of their disability. So they end up like us all, full of the negative, then to some time do their feeling-healing or soul-healing. They don't as such miss out on anything, even though as you might well imagine they all have huge issues about missing out, on missing out on a 'normal' flesh life.

Which presumably so too do people who die in the womb or during their early life, but not deformed.

Joaline: They do, some with more issues of missing out than others. However having a 'normal' life, even if it's only a very short flesh one, is still nothing to how it feels like having a long Earth life, but one in which you are fully or partly disabled. For as Don will discover as he awakens such hidden feeling-memories, he did live a life in flesh, albeit one that wasn't right, not even by the wrong standards of the negative condition, so he will feel very angry about having missed out. And he will be very angry with his parents and with the Mother and Father.

We all will be angry with God, won't we?

Joaline: Yes, as it is all ultimately caused by the Them. The Mother and Father have made us suffer, They put us in our negative states and kept us going in them. They gave us the parents we needed to be fucked up by – as They wanted us to be. It all comes back to Them, and if you feel angry at Them, or have any other bad feelings to do with God, then of course you have to accept, express and seek the truth of them. Just as you and Marion are doing.

Marion tends to blame the Mother and Father far more than I do. I see it more as They have told me: that They want me to experience such shit for reasons I am coming to see, so as bad as I feel about it, I accept this.

Joaline: Marion's parents treated her more openly with hate than yours did. Yours, as you know, hid their hatred, not even being aware of it, deluding themselves and convincing you they loved you. Marion's didn't work such deception on her. So she can be more straightforward in her feelings of hate for her parents and for the Mother and Father than you can.

Joaline, is there anything further you want to tell me about such people as Don. How it is for them?

Joaline: Do *you* have any further questions about them?

Most of them Don has answered. I'll have to think about it.

Joaline: Okay James. I'm going now. I'll speak with you next time.

Yeah okay. Thank you Joaline, and can you thank all the spirits who've been involved so far.

Joaline: Will do James.

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

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



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

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





## **EXPRESSING ONE'S FEELINGS is the LIBERATION of ONE'S PAIN:**

Our negative childhood repressed events, hurtful experiences, dramas and harming influences, are like festering cocktails of noxious energetic misery and pain?

That's right. It's as though something was put into you that's not meant to be there, it's making you be imperfect, and so it all has to come out, which you do by expressing all your feelings. And when all the bad feelings have come out, then you'll be left with the true and perfect you, that you which would have come naturally into being had it not been interfered with.

So you want to be true. And you ask God, your Mother and Father, to help you express all your bad feelings and to see the truth They want you to see. And then you just focus on expressing your feelings however you can; so to someone if you have someone who wants to listen to all you want to say, all the bad, yuk, stuff; or you write and say to yourself how you feel, and of course tell God all you feel.

So you stay focused on your feelings, you keep expressing all they are making you feel, and you long for the truth of them, and that's all. You don't have to make yourself go deeper into them, that will naturally happen, and you don't have to do anything with your mind. You just keep trying to articulate all you feel, accepting those feelings, feeling how bad or good they make you feel, express all the emotions associated with them, and long for the truth they are to show you.

And in doing that, all the bad or wrong parts will slowly come out of you; and by liberating them, so too are you setting yourself free of them. Your soul then effects the necessary changes when all the pain has come out and the truth of it has been seen, and that is your Healing. And slowly you will perfect yourself, become true, start having good, loving, open, honest and truthful relationships, with your partner, if they are also doing their Healing, and then with everyone else. And most importantly, with yourself.

We are to grow in truth through our feelings, which is why our feelings are needed.



Extract from 'Sage – and the Healing Angels of Light' by James Moncrief

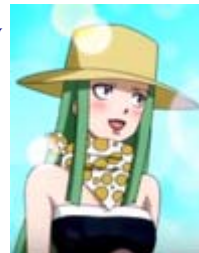


**WE ARE NEVER MEANT TO BE ALONE!      SOULMATES become SOUL-GROUPS!**

Our soul individualises into two personalities, as a male and female always. The two soul halves are soulmates. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express throughout our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate.



Soulmates form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate / soul partner and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.

**Justine. Fifth Mansion World.**

Justine: I am an alcoholic. For a long time, I refused to admit it. I now about Alcoholics Anonymous, we have them too over here in spirit, and I went along to them, but still even though with them I did also admit to being a drunk, it was all, as now I can see, just with my mind. Now I know, it with my heart. Now I know it with and through my feelings, and there is no avoiding it – it's true. I am. I am a drunkard, a drunken rotten bum. And I have been for a very long time.

My drinking began at home, mummy and daddy would go out leaving me alone, and so I'd help myself to the drink. At little at first when I was twelve, I couldn't handle the hard stuff then, by gradually I progressed. By the time I left home to get married I was an alcoholic, but a secret one, however I think my family knew by then that I had a drinking problem, but I mostly disguised it by being a 'legitimate drunk'. I went to a lot of parties, we held a lot, my husband and I, and he liked a drink too. It was alright for me to drink, it was acceptable for women to do so in my society, but all so long as they could 'manage' it, which I'd learnt to be very good at.

I managed my drinking for most of my physical life, only I died from cirrhosis of the liver. My husband died when I was still relatively young, fifty-five, and my children all had good lives of their own, and so I took to drinking more by myself. I was in the position of some means to enable me to drink, as much as I liked, without comment. But still I managed it well, managing to hide it from myself: the truth that I was nothing more than a drunk – and always had been.

Upon my arrival in spirit I still drank, and although as you know as spirits we no longer have physical bodies, still we can drink. We go through the motions of our habits and addictions for they are after all, our habits and addictions. If you believe, being so afflicted, that entry into your new life in heaven will cleanse or wash away or purge you of such self-hating habits or addictions, then you'll be forced to re-consider such beliefs when your time comes.

I drank in spirit just as heavily as I did when on Earth. I frequented many bars and pubs being far more open about needing a drink and my drinking. I was no longer with my husband, he had re-married in spirit, and didn't want a bar – ha! ha! – of me, so I was alone, my family also rejecting me because I didn't want to join them in the Church. They'd all 'found' religion, as they kept telling me, once having come to spirit, but that wasn't for me. They assured me that if I too 'found the Lord', that if only I were to 'believe in Jesus' then he would save me from such a debauched life, but my way of life suited me well. It was all I knew. To break the need of something you have done since you were twelve is very difficult, and I couldn't see that Jesus was going to fix me. Which is kind of ironic, because as it's turned out, it is Jesus and Mary who are providing me with the truth to heal my obsession.

I boozed myself senseless in my early years in spirit. It's quite easy to do, much easier than you can do on Earth. In the physical body there are, as you know, certain limitations to how much you can drink. Money wasn't one of them for me as it was for others, so I was never reduced to the streets and the cheap stuff, it was first class whisky and bourbon for me, but my brain couldn't handle too much. I was always pissed, but if I went too far I threw up, so by the time of my husband's death I was well acquainted with my daily limit. And I used to get sick and tired of having to go to the wretched toilet. But none of that bothered me in spirit.

How it works is you draw upon your Earth memories, so I'd sit at the bar and start, and the first drink was always the same, absolutely blissful, just as I remembered it from all my first drinks. And then I'd



keep going with all my Earthly memories providing me with something of a ‘real’ experience. But it was all contrived by my mind, all made up and based on my memories. Not a real drop of alcohol passed through my lips, nor was contained within the glass as it didn’t exist in reality, it was all mind derived. Everything is in the Mansion Worlds, all made up based on we humans’ minds, as it’s all for us, so in the mind Mansion Worlds we can have it all as we want it. And I wanted a bar, and so there was a bar. And I wanted to go in and order a drink, and so there was the bar tender, a spirit who wanted to play the role of a bartender, and there were many, providing me with an imaginary drink. And so I opened my mouth and down it went and all those lovely feelings came rushing back up in me. And I would drink and drink until my eyes hurts, were blurred, and I could all but stagger. But it was all my minds doing based on memories, I wasn’t actually drunk, but in those lower worlds, not knowing what I know now, for all intents and purposes, I drank until I was rotten.

And many a night I would stagger home with some other bar-fly, we’d fuck, as sex like drinking was all done through memory, something I didn’t do that much of on Earth, being mostly faithful to my husband and family.

I hardly spoke to these men, we’d ‘sleep it off’, then part company, and back to the bar I would go to start all over again. And we slept it off because that too was what we did during our Earth lives. And I might meet the man at the bar, and still we wouldn’t talk, I never talked, not about anything sensible or to do with feelings, it was only just the usual bar talk. And this went on for years, about ten in all.

Can you believe it, that I did the same thing over and over, every day, like a broken record for ten years, and there are some spirits who’ve been there more years than they can remember. And this shows you the extent of your addiction. When you don’t have to worry about family, or work to earn money to live; when you can just freely indulge yourself without anyone saying you can’t, then you do, what’s stopping you. And it’s not as if anything else in life ever made you feel as good, so you keep on going, abusing yourself, with drugs, sex or alcohol, whatever is ‘your thing’.

I don’t know why I stopped doing it, only to say that my soul said it was time, and so engineered situations to make me come out of the pattern. I met another girl, not unlike myself, also from money, and we decided to try to do something about our miserable conditions. We went to AA and did the program, and believed in the end that we were free of the addiction, but it was only our minds that we used with a lot of help from more powerful spirits, to believe we’d given up our habits. And we then toured the first Mansion World without drinking, it was the first time in my life that I got a taste, so you could say, of what normal life was like. Life that wasn’t blurry and floating along in a sea of drink and blissful inebriated feelings.

After about a year of this, we both slowly succumbed to the drink again. So much for AA. Unless you kept applying your mind with all your will, with all your strength, you were open to the same old patterns reasserting themselves because you hadn’t done any effective healing, you’d only managed to supplant to some degree that which was within you with new beliefs. If you say to yourself: I am no longer addicted to alcohol, I am no longer a drunk, I am free of my addiction, enough times, you can start to make yourself believe it – just adding more negative or false programming to control yourself. And my friend and I weren’t very good at sticking with the ‘program’.

However we were lucky in some ways, that’s what you could say, but of course there is no luck in it, it’s just what the Mother and Father want you to experience, and we met a man who was interested in spiritual things. We weren’t, but it was good to listen to him, and he did say some things that made sense.

One day he found us and told us of a new way to live, and that it was the Only True Way, and all the rest, all the other stuff he'd previously told us, was shit, and he was sorry he'd bothered us with it. It hadn't bothered us, and we listened to his latest spiritual interest, this time being the Divine Love.

It was what he said about Mary Magdalene that did it for me. To hear she was Jesus soul-mate and not some whore, and she was the Mistress of the universe, and that we could actually meet her if we wanted to, made me make my mind up to go with him and see what this Divine Love was all about.

And here I am now, and yes, I have met Mary, in fact I speak often with her, and I love her, and she has helped me no end, and I am in the fifth Mansion World progressing in healing my soul. And as you would expect, at the seat of my problem is my addiction, all being brought about because of feeling so unloved by my parents.

It's been terribly difficult for me to dig down into my bad feelings and see the truth of them. Not so much dig, but to allow them to come up in me of their own accord showing me what they want me to see, because, like us all, I haven't wanted to see the truth. No one wants to see how much they weren't loved by their parents, how unloved they did feel as a little child, and how much they still feel unloved. But it's all there, all contained within us, all the truth of all our pain, and the truth of my addiction to the bottle.

And therein is how so far I have seen it begin in a physical way. My mother used to put a drop of alcohol on the end of my bottle teat to help me go to sleep, all under the direction of her doctor. So not only was I feeding from an artificial breast, but it was spiked – not a good start. But that part of it was only a minor thing, as many children no doubt have had the same doctored bottle beginning, yet have failed to take to it as I did. **And the reason for the difference between such people – spirits – and myself, are many. It's all extremely complex and you can't point your finger at any one thing, like we're so inclined to do, and say, that's the reason, because you'll be doing yourself a disservice.**

**My addiction is really being addicted to no love, this being what we're all suffering from, and my alcoholic problem is only one small part of the expression of this. I was forced to live a life of no love, no love from my parents, or at best, very little love, and well short of what I needed to feel completely loved by them. And it's the same for us all, only as my healing is showing me, I used the bottle as the means to escape, to literally drown the pain, to block it out, this being what we all know about alcoholics. And yet to really know about it, to go down into yourself and bring up all the repressed feelings that say it's true, is very different from simply understanding it with your mind.**

I have a hole in me, it's deep in me, and it goes right to the core of me, as it began right at the moment of my conception. I live in this hole, it's all-consuming, and it's full of awfully bad feelings. It contains massive amounts of misery, anger, frustration, and feelings of feeling unwanted, uncared about, and most of all – unloved.

And feeling unloved is the worst feeling you can feel because it includes all the others, and so to get to the bottom of my feeling unloved will take me all of my healing, so I understand I have still a long way to go and so a lot more to see.

We all have within us a deep soul-pain, a soul-hurt if you like. It's very real but very hard to put your finger on. It is there, and it's very real, but it's comprised of many aspects of your self-denial, all giving rise to your feeling unloved. And so far from what I can gather about it from asking various Celestial spirits who have healed this pain, it's something that you can't uncover about yourself until you have

healed all the aspects that comprise it. And even though it will end with the Great Truth: that you weren't loved; still, you have to get there and be living this truth, feeling it right through you and knowing why you feel it, before it will go. And it's the truth of our negative state, because our negative state is a state of being that's been brought about because we weren't loved by our parents. And as your patterns show you also the state of being of your parents, you can see that they too don't feel loved, and so you stood no chance of it ever happening from them. And I can't tell you how angry this will make you feel. I know how angry it already makes me feel, and I'm only half the way through my healing, so far as my working my way up the Mansion Worlds shows me.

I have had a lot of anger about not being fed by the breast. To me, as I fed my children with my breasts, it symbolises the whole trauma I have suffered at the hands of my parents. My mother didn't love me enough to feed me with herself. She used something that was not her, not of her flesh and blood, and not coming from, being made by – her. She wasn't feeding me her life force, her life, her blood as it were, she didn't love me enough to do that. And I have from speaking with her about it, found out that it was just what was done in her day, it wasn't considered healthy to feed by the breast, many illness and diseases were believed to come from it, but that doesn't matter to me, conventions and beliefs are irrelevant, because I don't feel loved by her or my father, and that was just another of the things that shows me it's true.

And it is true, for I know as I have felt it, and continue to feel it, that right from my first moment at conception she has neglected me in some way, and refused to give me what I needed. I have been starved of spiritual food, of emotional sustenance, of mental input, all amounting to love. She deprived me all the way along, and it wasn't just her, it was my father also. They are both in it together, they are both to blame, and I hate them for it. But what can I do, and this is the most difficult part. I can't just see it and say, oh, now I understand, I was deprived love and that explains it all, and now I can get on with my life feeling all good and happy and loved. That is not going to happen. It can't happen because I have formed on this malnourishment. I am a weakened person – spirit, I am not a full person, not feeling good and happy and loved within myself – I never have, never, right from the very first moment. And So I have lived feeling deprived, deficient in some way, and I sought the bottle to help stop me feeling these terribly bad feelings, as they are too unbearable.

I wanted to obliterate them, and so did, but gradually with my healing and all the help I am receiving from other spirits, I am bringing up my pain, fear and sorrow, and I am able to stand some of these bad feelings. I am able to accept them, and even speak about them, about how bad I am feeling. And I am able to long for the truth of them, and it comes. And that is all I can do, and do in small bits and pieces. I couldn't do it all at once as the pain and heartache and hurt of all those early years would amount to too much, I'd explode in one tremendous bad feeling, and I don't want to do that.

I'm scared of my bad feelings, scared of feeling so much pain, and this too I'm getting better at admitting and speaking about. So much fear, always more fear, endless fear, and it's all going on within me swirling around. And at times I can sense it, but mostly I'm dead to it, I'm shut off to it because from the age of twelve I took it into my own hands to do something about it – to keep it as far away from myself as I could.

I disassociated myself from my pain. I didn't want to know about it. I didn't want to have anything to do with it – I didn't want to feel bad. I never wanted to feel bad, and as soon as a bad feeling started to creep in, I reached for the bottle. And worst of all, I never really understood this. I wasn't even aware of my bad feelings – of feeling bad. They were all going on unconsciously within me, yet they were there – they still are. And when the time in accordance with my pattern came around, for when I would feel the pain; when my parents would do or say something to me that did hurt me and made me feel bad,



then up within me the pain would come all through my life, only I did all I could to stop it hitting the surface – I drank and pretended I was all right. But I wasn't. Far from it. I was very *not* all right. I was in a very bad way, only I would never admit it to myself.

Once, our family doctor who was a good friend of ours, suggested I should go easy on my drinking, but I laughed at him saying I didn't drink much, so he had nothing to worry about. I was a mess, only on the surface I was upholding my part in the play of life, the bullshit life of my living in my well-to-do house leading my lavish bullshit social life. All false, all one big piss-up, all one big party. I had to live a continual party because I couldn't face the rotten reality of my life – the truth, the truth I was hiding from myself.

And in our own little ways we're all the same. You may not drink, you may not have some addiction you are aware of, but we're all addicted to our feeling-denying states, all living denying as many bad feelings as we can, all because to face them, to allow them to be, is too unbearable. But one day you have to face them, you have to allow them to be, you have to see what they are all about and why you are feeling them – but one day. And I doubt you'll probably volunteer to begin your healing, but one day your soul will make you start it whether you feel up to it or not.

When I feel my hole in me, my hole in which love should be, the place that my parents neglected to fill with their love, I am at a loss as to what to do about it. I can't of myself summon up the love to fill it. And no amount of Divine Love will fill it because it's natural love that I've missed on. The Divine Love goes into my soul, into another place in me and does other things, mostly dependent on my natural love, however not having any natural love within me, there's not much the Divine Love can do.

I want love, but I can't get it from those who should have given it to me. That time is long gone. I tried to get the love from my husband, my children, our dogs, and the bottle. But none of these things gave it to me. And that's what they were in the end, I can see a little of that truth, as much as I don't want to admit it, but I used my husband, children and pets trying to make myself feel better. **I didn't give them what they needed, how could I when I didn't have it in me to give. I needed it, I wanted them to give it to me, and yet neither did they have it.**

**We all want something that we don't have – love, and we all try to get it from each other, but it's no use because no one has it to give. So we all put on this show of it, of being loving and feeling loved, and yet it's only a lie. We can't feel loved living in a state of self-denial. Love and self-denial are mutually exclusive. And it's because of no love that we are in this state. So to try to get such love from other people or spirits who are in the same state, is a meaningless thing to try to do.**

**We are all using and abusing each other, all so desperately needing and demanding love from each other, and yet love we can't get because we don't have to give.**

**And yet understanding this is no big deal, it's not hard, but to feel it, to feel the truth of it and to live such truth – that is hard. However it's no harder than how it's already been, how it's always been, only we didn't understand that then. But now we can. Now I am, and you will in your time and in your way, and this is my way.**

**I understand that I don't feel loved, have never felt loved, even though I believed I did and was loved. And I can't go to my parents and demand they love me, and even if they were Celestial spirits filled with such perfect natural love, still they couldn't give it to me, because I'd reject it, I wouldn't know what to do with it, it would have no place in my anti-love life.**

So it's all back to myself, I only have myself. I have David my current partner, who looks like he might be rather more permanent than those before him, but I can't expect and demand he loves me, because I know he's like me, and doesn't have any love to give. We are two loveless people living sharing the same house working away on ourselves trying to uncover the truth of our unloving states. And the truth is coming, yes, thankfully it is coming.

And slowly we are seeing that it's only up to ourselves, we have to take responsibility for our negative state, we have to love ourselves back into feeling loved – loved by ourselves in replacement of our parents, by living true to our feelings. By doing our soul-healing. And so we can help each other in a friendship, we speak to each other about how bad we're feeling, and this helps. We need someone to speak to, to express and voice all our bad feelings to, it's not good talking to the walls, and our friend can help us see other things about ourself, all that helps us make progress.

We all want to feel completely loved. I do. I don't want to feel loved by a bottle. A bottle of amber fire-water can't make me feel really loved. It only deadens the pain by adjusting my mind, my taking my mind off it. But this is running away, this is not facing up to the pain that's within me, it's not taking responsibility for it. Whereas doing my healing is. It's the only thing I can do for myself. And I have to work away trying to accept my feelings as they come up in me.

By the end of my healing I will know all about why I took to the drink and how I used it to nullify my feeling bad. It's still some time away, and I'm in no rush. I have nothing else to do in life other than do my healing, because I understand now, that doing anything else is just the same as drinking. And as I spent those ten years doing nothing else other than drinking, I know that even if I were to do something else, something meaningful, or what other mind spirits were to consider meaningful and important, like my family and 'saving souls', it's still all only being done to avoid feeling bad, and done all with one's mind in the misguided belief that it is making one feel good.

All of our negative lives from the point of feelings, love and truth, are meaningless, however they are all full of meaning if we are to understand what it feels like to live without love and truth and denying feelings. And so in this regard they are full of value, value being gained from a valueless life. Which is not bad really, and I guess something only someone as clever as the Mother and Father would be able to do. And we being Their children, are doing it for Them.

And that is all I want to say. I have told you something of my little story, and no doubt you are well on your way into uncovering the truth of your own life. I wish you well. I hope you heal yourself of feeling so unloved. And if you do, and we meet in the Celestial heavens, then at least we'll be able to share this little bit of life with each other, this little bit of truth. For we will know what it feels like to live feeling unloved. And then we will know what it feels like to heal feeling so unloved. And then we'll be setting out feeling what it feels like to feel love. That being something I am looking forward to. To finally put the bottle behind me, to no longer need a substitute parent to make me feel nice. To live feeling totally loved and self-loving – that is what I want.

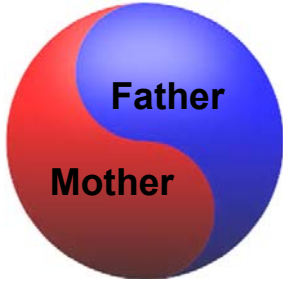
*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

AVONAL PAIR to be RESPONSIBLE for SPIRITUAL WELLBEING of EARTH:

Heavenly Parents



The Paradise Pairs, children of God, are all only concerned with the spiritual wellbeing and upliftment of the planets and local universe. Creator Son and Daughter, Mary and Jesus, are focused upon the spiritual wellbeing and upliftment of the whole of Nebadon which involves Earth, one of 3.8 million planets.



**AVONAL PAIR**

The Spirits of Truth of the Avonal Pair are to join with the Spirits of Truth of Mary and Jesus.

**Soulmates**



**COUNCIL OF ELDERS**



The Council of Elders, 12 Celestial soulmate pairs, being a Soul Group, guide to Founder of the Global Humanitarian Fund that is to disseminate Feeling Healing and Soul Healing guidance.

**Soulmate PAIR** while living in the physical of earth, are to complete their Feeling Healing whilst embracing Divine Love, thus completing their Soul Healing. Being the first humans to do so, they will subsequently, upon their physical deaths, release their Spirits of Truth so that the whole of humanity, for the next 1,000 years, can embrace and progress in their soul development through Feeling Healing.



**GLOBAL HUMANITARIAN FUND**

Through the Global Humanitarian Fund, humanity is to be introduced to the processes of Feeling Healing and Soul Healing. Further, they will also become aware that our Spiritual Teachers of Truth for the next 1,000 years will be the Avonal Pair who will be handed this task from Jesus and Mary, and much, much more.





## 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**

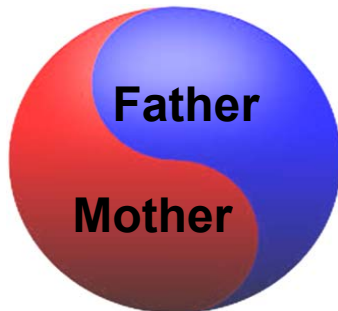


**HUM**

**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.

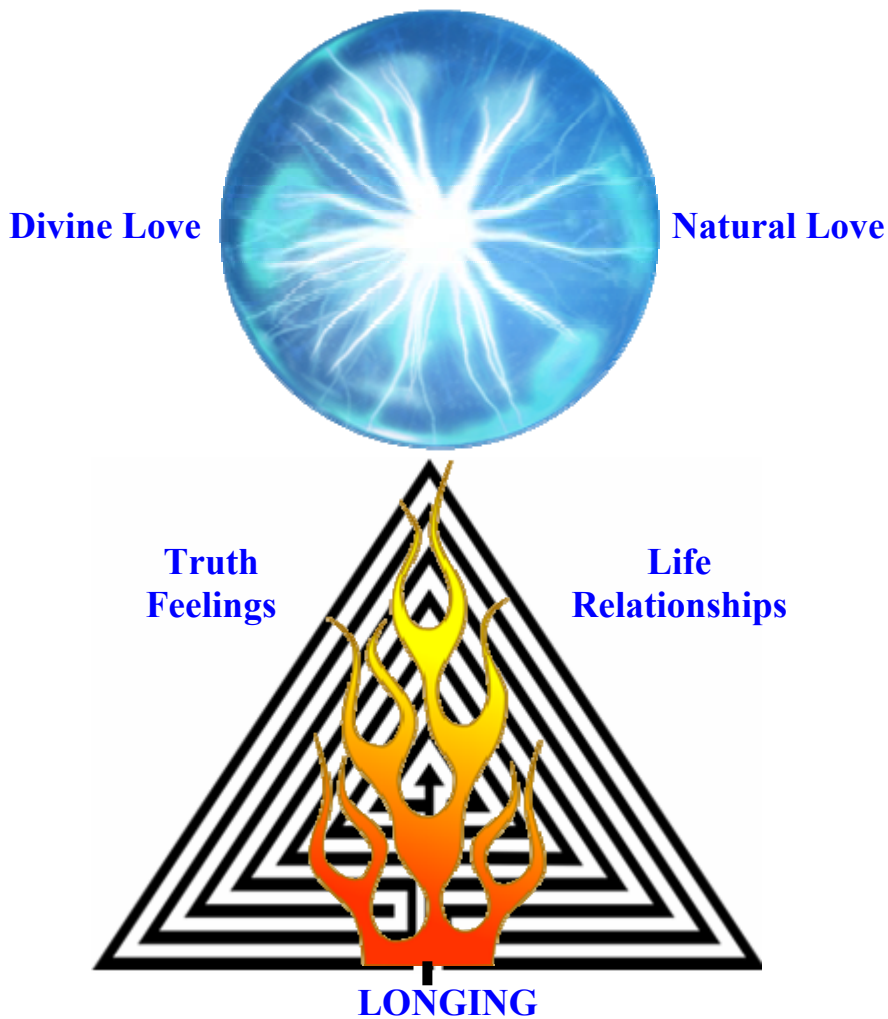
**WE ARE Children of God**

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.

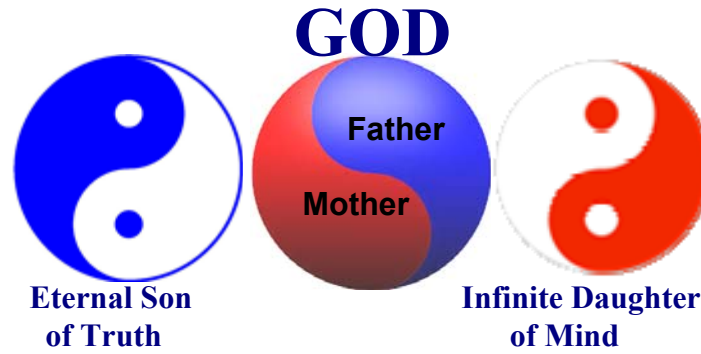
**HOW TO GET TO PARADISE:**

- 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.



**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 / Soul Partners)
  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.

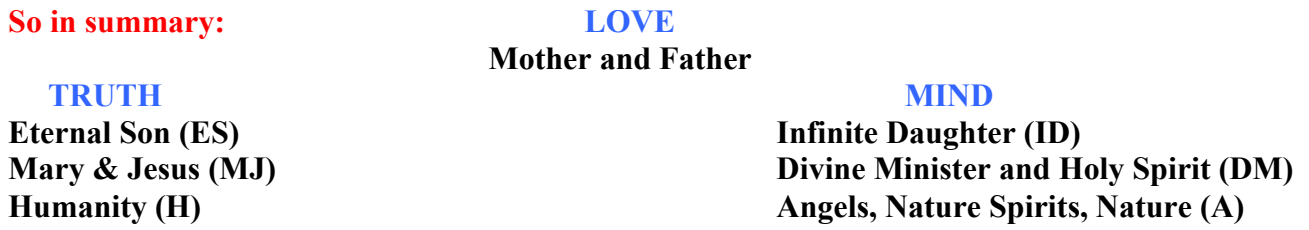
**The LOCAL UNIVERSE TRINITY:**

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

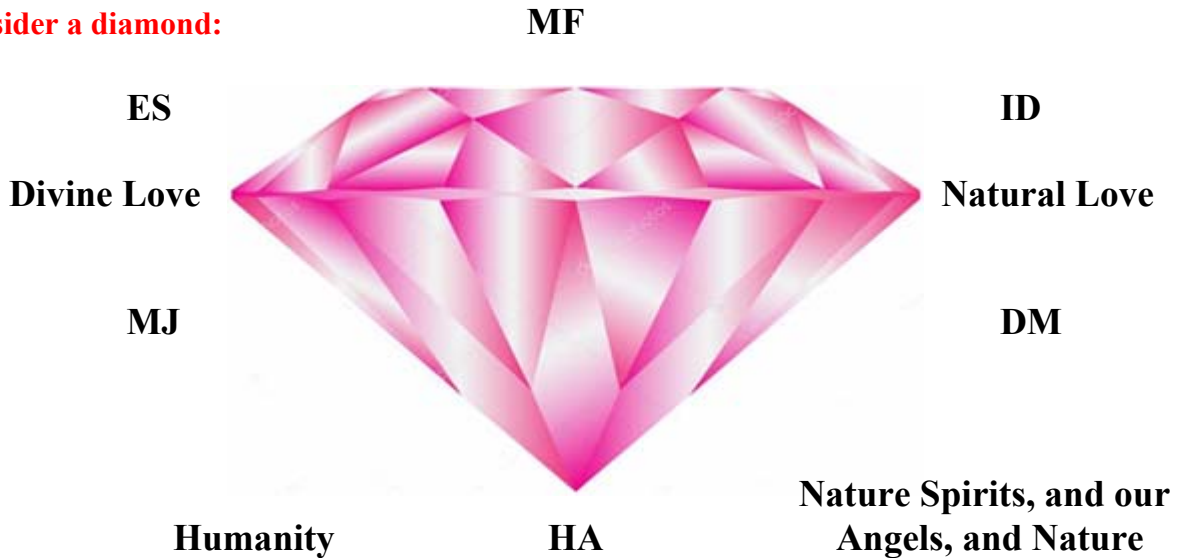
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**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 / soul partners.

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.

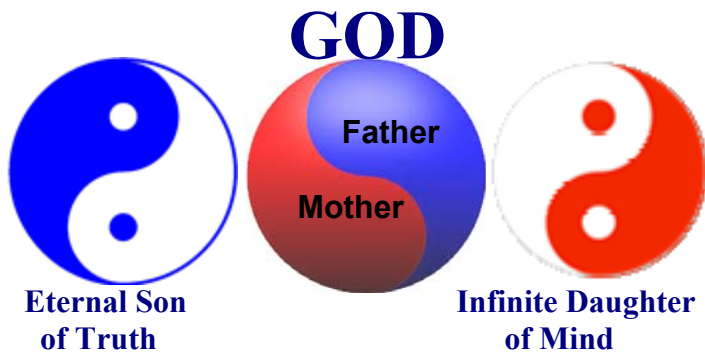
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

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





**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.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

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

A nature spirit is an angel in waiting.

## 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

Present Day

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.

The Great U-Turn will bring about the Ages of Light and Life.

First soulmate pair – Andon and Fonta

The last humans, last soul partner pair on Earth.

Lucifer & Satan

Adam & Eve

Rebellion leaders are now removed

Jurisdiction of humanity and spirit worlds is now with Celestial Spirits.



**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)



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

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

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

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

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

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



**Feelings first**



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

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: 25 December 2018



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

### **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 Neadon, 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 Neadon, our Local Universe. The regents of Neadon 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.



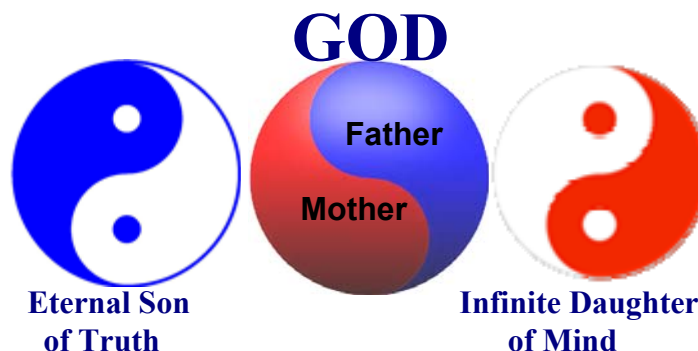
Important recommended reading is:

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>





We souls are existential, our souls have it all within us, it's a done deal, we are just unfolding in Creation through our personality expression. So our evolution is our growing in truth, the truth already within our soul, with it continually being brought out through our feelings as we live our experiences, thereby 'growing in truth' as we ascend, as we live that truth.

Whereas the angels are experiential, and their soul starts evolving or developing upon their creation. It all being done through their evolving minds. They don't grow in truth like we do, they just grow or evolve in mind. And as they do, the experiences they have individually and then as a created pair, cause the soul of their mind to grow and evolve.

However, those people adhering to the 'Mind Way', as presented by TUB (The Urantia Book), the New Age, and all our religions, is really the angels' way and not ours. So perhaps, that is why TUB has 'mucked it up' because it has to adhere to the Rebellion, which is making us look to the God the Mind, the Infinite Daughter, as the Way to God, when we're to look to God the Truth, the Eternal Son, as the Way to God.



We can't attain Paradise and be with our Heavenly Parents unless we first go through the Eternal Son. We can't do it through and with our minds. That's for the angels to do. So the mind spirits (like most people on Earth and spirit Mansion Worlds), unbeknownst to them, are trying to live like angels, trying to evolve their soul through and with their mind, which can't happen. And if we are like angels going first through the Infinite Daughter on the way to the Mother and Father, then we fall short, never attaining the Son. However as we know, we are so wrong by looking only to our minds, that we can't even get out of the Mansion Worlds, let alone get anywhere near the Infinite Daughter on Paradise.

So our Healing is getting ourselves out of the mind, letting that way go, and coming back to our true selves, which is through our feelings, the truth we are to live from our soul. And once we do that through our Feeling Healing and divine our soul with the Divine Love, then we are free to move to Paradise, up via the Infinite Daughter (with Her and the Divine Minister (and Holy Spirit), nature, nature spirits and the angels' help – all the creations of the Mind), to the Eternal Son and onwards to the Mother and Father. With the Higher descending Paradise Daughters and Sons (Mary and Jesus, Avonal pairs, Trinity Teacher pairs), and local universal descending Daughters and Sons (Lanonandeks, Melchizedeks, etc.), together with our ascending mortal spirit friends (daughters and sons – each other, Nanna Beth, Kevin, etc.), helping us on the feelings and truth side of things.

Note from James Moncrief 4 November 2017

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



**to enter the  
Celestial Heavens.**



## Spirits and their Childhood Repression Healing

by James Moncrief

4 August 2010

### Mike. Fifth Mansion World.

I didn't spend enough time with my children, I can see this now. I had to work, but also I can see that is no excuse. I didn't have to work as much as I did, that I can also see now. I can see a lot about myself now, how I was. And I don't like any of what I see.

I was selfish, but really I was scared. I would never have admitted it before, especially back then: that I was scared of a lot of things about life.

I worked, I was a lawyer, to get away from my bad feelings – I was scared of feeling bad, and work provided me with an acceptable excuse, and yet how wrong I was to take this option.

Not only did I not spend enough time with my children, but neither did I spend enough time with my wife. Our relationship 'worked' but that was about all it was. It wasn't very loving, I can see that now too, although we both thought it was better than most, because we didn't get divorced.

I have a lot of regrets, and they keep piling up the further I progress in my healing. At the moment it's my children that pains me the most, the truth that I neglected them.

I loved them, more than anything in the world, and yet I chose to give more time to my work than to them, so what does that say about my love.

I not happy about any of it now, and even though my children all got married and had children and good lives of their own, still I'm not proud of my achievement.

When I look back at all my work cases, I am left with a few memories, but mostly they amount to nothing. So what that I saved a few people from the gallows, they might be happy about that, but did it really do anything for me, and now I am coming to understand the truth – that it didn't.

What would have been better, what could have filled me with good memories and feelings, would be had I spent more loving time with my children.

I had two beautiful girls and three boys, and yet my memories with them all and with them individually are confined to only a few. I look back over my Earth life with them and there are just too many blanks, and those blanks are being filled in with regrets.

I regret that I didn't see how important they were to me. I regret that I didn't do more to ensure that as a family we were close and did lots of things together and communicated all we thought and felt. I regret that we didn't get to know each other as members of a primitive tribe would know each other, spending so much time together. I regret that I weren't just with them, there with them and doing nothing else other than just enjoying us all being together. I was hardly home, I was nothing more than a visitor to my own home. My salary provided a good standard of living and yet that too I have come to see as meaning nothing. Poorer people than I with nothing but each other have more memories of each other than I have with my family. And it's all over. I lost a valuable chance of experiencing the most primary of experiences: being close to your own children and spouse. What else is life on Earth about, and yet I squandered it. I chose to read my cases, hours and hours of being in my study; and at work, hours and hours of not wanting to be interrupted and disturbed by my own children, all of whom I provided false parents – nannies and teachers – for. "Father is not to be disturbed, he will see you at tea." What a

waste, what a bad father I was.

I have a growing pain within me. It's deep in me and it's the pain of regret. I can't describe it properly to you, however it is very real and it hurts a lot. It eats away at me, just as my cancer ate away at me taking me from physical life to that of spirit, and so now I am uncovering the truth of such pain: regret.

I look back over my past life lamenting what it might have been. The more I become aware of the truth of **relationships**, how they are the most important aspect of one's life, and first the relationships with those people, the most closest to you, the more I lament what my life might have been. What joy and happiness I might have got from it. And yet I chose to have brief impersonal relationships with a continual stream of people, neglecting to have relationships with those who were the most personal in my life. I had it all around the wrong way.

And even though I am understanding how I was being a product of my impersonal upbringing, still that is no excuse for the damage I have done.

And it is real damage, that too I can see now. I damaged not only my children and wife, but myself. I damaged us all, and I feel very sad about that.

And with each passing day I fall deeper into such sadness, dwelling and lamenting on my regrets, long since trying to stop myself from feeling so bad.

My work enabled me as I said to escape from feeling bad, and yet under my untruth and falseness, there was no escape. Now I am trying not to run. I am trying to stay with my bad feelings as they surface within me. I am trying to allow myself to drown in my misery, to wallow in it, to allow it all to come up consuming me, I no longer want to do anything to stop myself feeling bad.

And this way of life is the opposite to what I lived: to avoid feeling bad at all costs. It is what a lot of people and spirits think is the wrong thing to do – that if you allow yourself to be consumed by your sadness, misery and self-pity, then there will be no end to it, that you will be miserable for the rest of your days. However we spirits of the healing Mansion Worlds know this is not so, for as bad as we feel, the compensation is truth: we see the truth of all we feel, because we now want to know it. And with the truth you know that all is not lost, that there is meaning and reason to why you are feeling bad, this helping you to keep going when things are very bad, when you feel at your end.

And as to: how long will I regret that which could have been? As long as it takes for me to uncover the truth of all such feelings.

*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

# Crossover

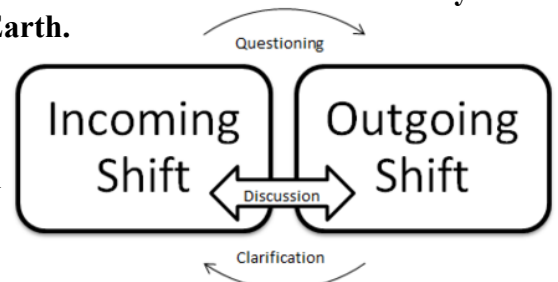
This time, in the history of humanity, is the most exciting time ever experienced.

# the Handover

This is the time that man is now able to evolve in its spiritual development. Man has endured 200,000 years of Rebellion and compounded this with the Default of some 38,000 years, now it has been provided with the guidance to put aside the negativities of the Rebellion and Default.

With the guidance that was provided through James Padgett (1914 through to 1923), man became again aware of the availability of Divine Love from our Heavenly Parents. This also heralded the handover. That is, the commencement of the end times of the involvement by Mary and Jesus in the spiritual affairs of humanity on Earth.

Soul groups that have been in place during Mary and Jesus' 2,000 year involvement with Earth have progressively handed over to soul groups that have been forming since 100 years ago. The older soul groups have mostly progressed on further towards Paradise.



The second revelation to follow from the availability of Divine Love is the processes of Feeling Healing and Soul Healing. These are being revealed through and by Marion and James Moncrief. Upon their completion of Soul Healing and upon their deaths they will release their Spirits of Truth which will unify with the Spirits of Truths of Mary and Jesus so that humanity, in whole, will have access to these knowings and guidance for the next 1,000 years.

Mary and Jesus, being responsible for the spiritual wellbeing and upliftment of the whole of Nebadon, are to withdraw from their direct involvement with Earth and hand over the responsibilities to an Avonal Pair who take individual responsibility for the spiritual wellbeing and upliftment of individual planets and their associated mansion worlds, in this case, Earth exclusively.

## COUNCIL *of* ELDERS

For the next 1,000 years, via the Avonal Pair and the newly forming Soul Groups, Earth will be able to evolve through embracing Feeling Healing, and with Divine Love, one's Soul Healing. These newly formed Soul Groups are effectively 'Council of Elders' to assist humans living in the physical on Earth to enable all to be aware of the way to evolve.

With the absolute end of the Rebellion, this is the first time in 200,000 years that mankind, humanity, can take control of his and her destiny and evolve in love and truth for all eternity!

Throughout this coming era, our spiritual leaders will be an Avonal Pair, yet to be identified.

**Kay. Fifth Mansion World.**

I feel so sorry, so sorry for what I did to my children. I was a terrible mother. I was. Very bad. So bad. I had no idea. I believed I loved my children, I believed we had a loving family, but now I can see I was wrong. I was very wrong. (Crying)

I keep seeing little David wanting to speak to me, but I wasn't interested in him, in what he had to say. I saw it yesterday by the lake, a mother doing the same thing to her child, and that's what has brought this up in me.

I didn't like how she was treating him. Why wouldn't she speak to him, he was about four and talking away, but I realised that he wasn't talking to anyone, not to her. And yet I could sense how much he wanted to talk to her. He was chatting away to himself, about whatever it was on his mind, and his mother just sat and read, occasionally looking up to see if he was all right, if he wasn't about to fall in the lake, she didn't converse with him.

At the time I was just observing, and didn't think that much about it, but later when I came back it started to play on my mind: Why didn't she speak to him? And then I thought about how I was with my children, and David stuck out; and then I could see I had treated him in the same way as this mother, I could even remember sitting myself reading while he was pottering about. And I thought that so long as he was chatting away, he was okay, he wasn't feeling bad, he wasn't crying, he wasn't asking me to do anything, so I could sit and read – blocking him out.

And then I wondered why I had to read anyway, why did I want to shut him out, why wasn't I there with him in his life, in our life, he being my child. And then the bad feelings started. Then I started to feel very bad, so sad and sorry for him (crying again), he there all alone, he there with his mother, but with his mother who didn't want to know him, who didn't care about him.

And this was my 'great love' for him expressing itself. It wasn't love, I didn't want David to bother me. I was so selfish, only caring about myself, using the time with him to read a book. A book! And what in the world could a book have done for me? What could it have given me that David wouldn't give me? And it's all about me. It's not about David.

Oh I wish I could go back and love him, converse with him, take the time being with him and enjoying us being together, not taking the opportunity – whilst doing my duty of being a 'loving mother' – of taking him to the lake to read a book.

And what was he to do at the lake without my involvement. Walking up and down picking up sticks and little stones and throwing them into the water. And all the time talking to himself, talking to himself because his mother was too selfish to talk with him. And talk with him during this very important time in his life developing his communication.

**(Crying again) I can see how I retarded him, stopped him from expressing himself, and how crucial that is, which I know because of my healing. It was the only thing that truly mattered in my life back then, that David was allowed to freely express himself to me, with my welcoming him into his life. And yet I denied us both the loving experience of it.**

I was a horrible mother, a really bad mother. I used to think I was a good mother, but I wasn't. I was all



concerned with myself, not my children. It's hard to accept, but it's true, my feelings are showing me – telling me. And I can't deny them. I have to accept them, and I feel so bad.

Oh every time I look back and see him wanting me, wanting me to pay attention to him and my ignoring or diverting him onto something else, I get a terrible pain deep inside me. And I cry. I want to cry and cry and go to him and say I'm sorry, I'm terribly sorry for all the bad things I did to you. I'm so sorry David, please forgive me. I had no idea what I was doing, I wasn't fit to be a mother, I thought I was, but I was wrong, terribly wrong.

But I can't go to him as he won't have anything to do with me. He's higher up than me in the seventh world, and he refused to speak with me saying that he feels too hurt and still has too much pain to deal with himself. He told me that he hates me and never wants to see me again, and I don't blame him. I understand a little more why he feels that way. I don't blame him and I want to say so. I want to go to him and hug him and hold him and make up for the bad things I did to him – I want to love him... but it's all too late. All too late for any of that.

(Still crying) What a rotten, despicable, evil mother I was, corrupting my child, stopping him from being himself, making him become false, like I was, making him talk to no one, when all he wanted to do was to speak to me. What were we doing at the lake anyway, what did he think in his little child mind it was all about. 'Go to the lake and watch mummy read her book', was that what his life consisted of.

I hate myself, I was so bad treating him so unlovingly. I had no idea, but that doesn't matter, it doesn't do anything to take these bad feelings away.

Bad, I am bad, I am a horrible spirit, I was a horrible mother, I shouldn't have had children when I couldn't give them all the love they needed. I reneged on the contract, I destroyed their truth and faith in me, their innocence I abused, I turned them against themselves – against me, for now he won't even speak to me.

He never had children of his own, how could he with a mother like me. And so he's so angry with me, and so he should be. It's so awful all that has happened, and I thought I loved him, loved him as much as any mother loved her child. But I didn't (crying again), I didn't. I want to cry forever, cry with the pain of not loving my child – guilty, that is what I am, that is what I plead. Lock me away, torture me, punish me, I have committed the greatest sin there is, done so much damage to one soul, it's unpardonable. I should not be allowed to live. I should perish, I am not worthy of life, I am foul, the most vile creature. I am very bad, and I will never feel better. And why should I, I should always suffer like I made him suffer. And I can see how he suffered, I couldn't see it before, I didn't relate personally to his life, his life was what he made it, it all being up to him, but now I can see that's not true, I can see it in my own life, in my own relationship with my parents.

I made his life be what it was, me and his father, we are the culprits, and we should pay the price of his pain, we should be made to suffer all he suffered by living the deprived life he lived.

And all because I wouldn't communicate with him, but it's more than that. I wouldn't give myself openly and freely to him, I wasn't there for him – with him, I was just a nothing thing, a thing reading a book, not a mother.

Argh, it's too much. Too much pain. But it's right, I should feel this way, worse, this is only the beginning of my accepting how badly I treated him and my other children. I'm only waking up to this truth now and only now are such feelings surfacing and being liberated within me.

How bad is it going to get, how much pain will I suffer... I can't go on, so much crying already, so much heartache, it was all such a waste, such a lonely time for him. His brother and sister weren't old enough to be his friends, and his father was always away working, and I was always too busy for him, what with all the housework, being pregnant most of the time, it was so hard on him, and me with a new baby, having to do it all by myself, it was all so wrong. How we did it all was all so wrong. Not like the natives who lived in communities all helping each other and having simpler lives, not all the meaninglessness we had in ours.

It was all so pointless, that I can see more clearly now. And we thought we were so important, and our children so special, and they *were* special, only we didn't relate to them with truth. We used them for our own selfish ends, we abused them, I was terrible to them.

Oh I feel so ashamed, so, so, bad. I can't believe I didn't see it, that I didn't wake up to myself. I was so blind, so shut-off to my real and true feelings. I was removed from myself, from all my children. I was so consumed with my own self-importance, always thinking about everything other than being with my children.

And I was *with* my children, all the time, but I wasn't *truly* with them, I wasn't giving my whole person to them, I was only part with them, and that part was mostly false. They didn't get to know me as I didn't get to know them, and yet I believed I knew them, but how little I did. It was such a surprise and such a shock when David said he didn't want to see me again. I didn't know what to do, what to say, I was dumbstruck. And all those horrible things he said to me, I'd thought he'd lost his mind, I didn't even take them seriously or personally to begin with. But now, now having to start to uncover the truth for myself, now I can start to understand. And I'm so sorry David for being such an arrogant prick. I was such a bitch, so arrogant, so full of myself, so unloving. He was right, all those things he said, they are true and I'm beginning to see why.

Oh I do wish I could go and see him and tell him how I'm changing, and how much I now think he is right. But I can't go up to the seventh, I have to wait until he comes to me. . . but will he, will he know that I'm no longer that evil monster called: his mother.

And we mother's think we're so great. We think that without us the whole world would grind to a halt. And yet look how we are, look what we do, we being the ones closer to our children. I carried David inside me, and yet I treated him as I did by the lake all the way through his life. I can remember, I had an easy pregnancy, I hardly even thought of the baby growing inside me. It didn't bother me, so I just got on as normal, hardly sparing a thought for David. I just thought I'd wait and see what comes out of me, a little baby who I can cuddle, love and adore. And I did, but all on my terms, all when it suited me, that I can remember.

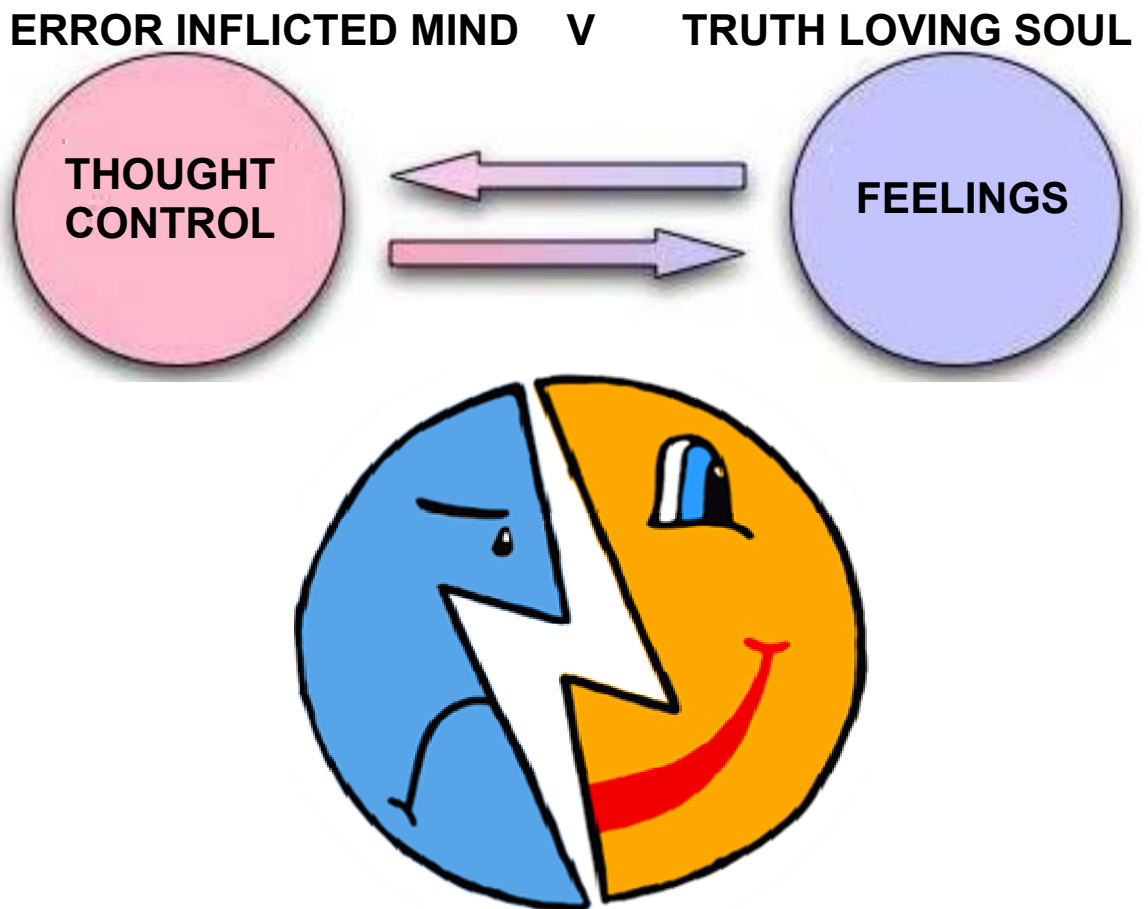
Argh what a bitch I was, such an uncaring person. I didn't deserve him – any of them, and they got me, someone who really didn't want them. And it's true. I have to admit it, own up to it, bring it all out. I didn't want my children, I didn't. It was what you did: get married and have children. And you loved them as you looked after and cared for them, that was it, that was all, everything and everyone taking care of themselves.

I sure did miss the point. I missed out on so much. They had so much love to give, and what did I do with it – rejected it. “Don't do that, don't touch that, don't say that – behave!” On and on I went, hurling endless ‘don'ts’ at them. No wonder he hates me now. I can't blame him, I deserve it. I need to be rejected. If I were him, I'd reject me.

Oh it's so bad. Everything is so bad – I feel so bad. I can't bear it. I hate it. I don't want to face all these bad feelings, I don't want to see the truth of them. I don't. I don't. I wish I could run away.

“Please forgive me David, my love, my child, my son. I am so sorry how I treated you. And I can't say I didn't mean it, because I did. I meant every bit of it, and I'm so terribly sorry”.

Argh, the pain is so great. I wish it would destroy me, that I didn't exist. That is all I deserve. I was such a bad, unloving, uncaring mother – I was!



**A VISIT from MUM:**

Tuesday, 2 May 2017

James: And Beth, was I right in feeling John's mother, Marie, wanted to speak with him, he says he doesn't feel any connection with her currently? (Marie Josephine Doel – passed over on 26 September 1971 and is currently within the 5<sup>th</sup> Divine Love Mansion World.)

Yes, she does James, so if you wouldn't mind, I'll give over to her, she will explain how things are to you both...

Marie: Oh Yes, yes, dear John, my dear Johnnie, I am so sorry, I truly am, I have been hoping that I would be given this chance to speak with you, I really am sorry for the neglect, my heart breaks when I think of how unlovingly I treated you. I have wept for what seems like eternity over all the bad things I did to you, all I made you suffer, all I put you through, and I am so sorry. I am, and I can't convey how deeply sad I am for all the pain I have caused you. I am working my way through the agony I have suffered at the hands of my own parents, only to realise and see the pain I made you suffer, and I am deeply and truly sorry, sorry to the core of my being. And I know I can't make it all right, I can't put right the wrong I have done, however I am paying for my wrongness in pain, the emotions of which keep coming up in me as I connect with my own suffering and the suffering I have inflicted upon you.



So although I can only speak briefly and in this limited way with you, I do want to apologise with all my heart for all the grief I have caused you, and much of which you are yet to fully understand and feel. But when your time comes to do your Healing, I will be in a better state and position to help you with it. We will be friends, and its right that you reject and hate me now, but that will come to pass once we've all been through the fires of hell that is our pain and suffering because of our wrongness.

And because of my need to work on myself, I am still rejecting you in so much as I can't be with you and help you in your work now, however others like Nanna Beth are so very capable, and far more advanced than I, so I will remain in the background. But I just want you to know, that yes, I was a horrible unloving and uncaring mother to you, although we did have some nice loving times together, but still that doesn't compensate for the bad times, which I am deeply ashamed of having and subjecting you to. But as you understand, none of us had any idea, and then being all so caught up in our own trauma and the drama of our unexpressed childhood feelings, oh it's all too much and I am sorry, sorry, sorry, sorry.

Beth is saying that is all I can say now, so I will end by wishing you good luck in the fulfilment of your life, and I will see you when you are willing to see me when you come over, and we will talk if that's what you want to do. So until then my dear son, I will continue to work on myself, I am slowly moving through the fifth world, but I have more to see about myself, strong controlling beliefs I have to understand and release, and much, so much buried and unexpressed pain still to express.

Goodbye now my dear, your mother – Marie. Thank you James.

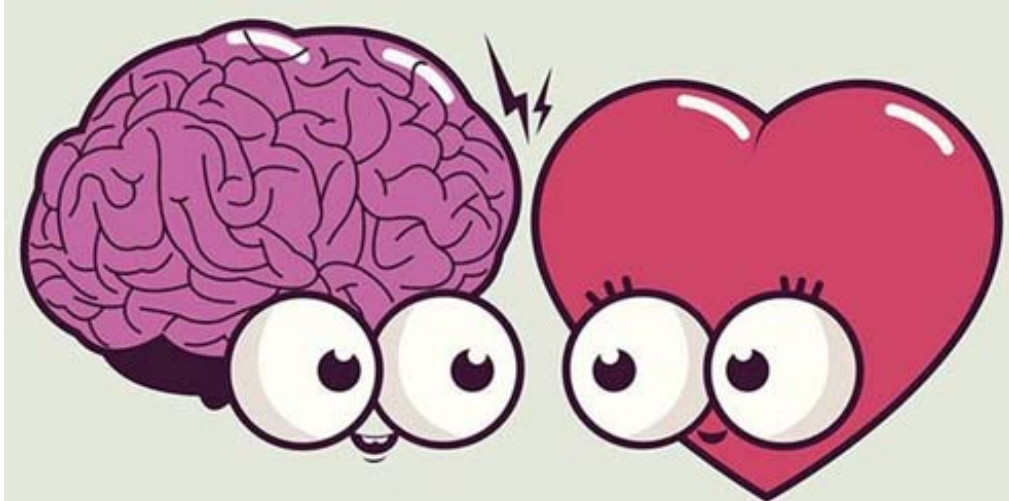
James: Thank you Beth for that experience.

Hard work James?

James: Yes, it was, I could feel Marie's tension, a sense of how much she is having to deal with, it all coming to light, it all being new and horrible for her, and so many confused and conflicting feelings – not in a stable state of mind... She reminded me a lot of times through my Healing.



Yes, she is getting serious about it, working her way deeper into herself. She's at the stage where she is able to start taking full responsibility for herself in her Healing, as in needing less and less of our help. Which is always a good sign, because then she'll be able to move deeper into herself all through her own doing.



**Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.**

**Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living is living true to God. Express all your feelings and long for the truth of them.**

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**Seventh Mansion World.****Geoff. Seventh Mansion World.**

I'm missing myself. That's how I feel. I can only vaguely perceive it, but my healing has led me over all these years to see that about myself now.

And what I mean by it is that I am not a full person, in all my interactions I am not really present. I only exist through another person, by projecting onto them. I become them as it were, and then they lead and I follow. They are the one, the true one, the full one, I am the nothing one, not me, not myself. I have no self to speak – express. I can speak to other spirits if I feel I have something to say and that I think they would be interested in, something about the world for example, however I can't just speak about myself – about my feelings. I can't say how I'm feeling about the little things in life, whether I even feel good or bad, because I don't feel or believe there is anyone there – me – saying such things. It's like I don't really exist. And I don't believe anyone wants to listen to me anyway. My healing has shown me how much my parents and grandparents – how no one in my young life, wanted to listen to me, and wanted to *really* listen, wanted to know me. They wanted me to listen to them, but they didn't want to listen to me.

I was always nothing more than their audience, listen and watching them as they put on their show. Their life was a show, and provided I was captivated by them, or at least pretended to be, I was okay, they were happy with my being with them, even wanting me to be with them. But as soon as I said something that was about me, about how I was feeling, and especially if it was a bad feeling, they didn't want to know about me, they quickly shut me up, diverted my attention away from myself or simply made me stop whilst they got on with their show.

It was all, always all, for them, nothing for me. And so to sort of become someone, I had to sort of become them. I had to use them as they used me. I had to pretend they were me, or I were them, and so I have absorbed them becoming all they are, without having any of my true self present. I have put myself aside and become false, a false replica of them – and all of them rolled into one. And this has confused me, because being a compilation of them, I thought I was different to them, I thought I was real and true, and it's taken all these years to sort out this confusion only to discover that I am not a real and true person in my own right, but only one that exists because of them.

So I am bound to them. I can't give them up because I need them, I need them so I can exist. Without them I am nothing, I have no existence, I am a no one. So I can't leave them, I am not free of them and never will be, which gives me very bad feelings. To never be able to leave my mother and father, to never be a separate person in my own right. And even after all these years of working on myself, all these years of uncovering the truth of my false self, here I am, finally slowly beginning to get something of a feeling for not being a real person and being only them.

When I speak to my partner really I'm not speaking to her at all. Really I'm not actually speaking to anyone. I'm speaking to myself. It's as if I am my mother or father or one of my grandparents speaking to me, the young me, the little me who was their captive audience, and captive not by my own choosing.

I am not reaching out in my communication to her, wanting her to listen to me, wanting her to connect with me. I am not engaging her, making her answer me and listening for what I think should be

something like her correct response; and if it's not, then asking why not, and wanting to sort out any miscommunication.

I want to be equal with her, but really I want her, expect her, demand her, need her, to be the boss, the leader, the adult person in my life as it always was. I want her to take over, I might start off saying something, but I want her to quickly step in and take over finishing off what I was going to say, just as they always did. It was always so easy that way, I got used to it, I didn't have to do much, I became lazy, I stopped trying to think things through and articulate all I thought and felt. There wasn't any point to it, what was the use when all I said was quickly taken by them and used so they could move onto the next part of their act.

I feel so disconnected from life, so much on the outer, like I can't get in, and everyone else is always having a good time of it, but I can't fathom what it is they enjoy so much and what it is that makes them feel good.

My partner says it's just their being together with each other, all respecting each other and connecting, sharing their feelings and thoughts and listening to each other, being genuinely interested in each other, and that is what makes life good and interesting and makes one feel happy.

But I don't get it. I don't feel happy, and for years now I've been expressing all the repressed misery and anger within me. But still I don't get it, still I don't feel loved or happy, or even good much. I feel a lot better than I used to mind you, but still not as good as some of the other spirits. And I don't want to feel bad anymore. I don't want to feel alone, so shut out and outside normal life. I want to have a true and proper relationship with my partner, let alone with everyone else.

I want to be able to connect with her, not have her there for company and because I need her to be my mother and grandmother substitute. I don't want to keep living all those negative unloving-of-myself patterns. I want to not feel so alone, I don't want to be speaking to walls.

I want to think that all I feel and say is worthwhile and that someone wants to hear it all, someone wants to know me, and wants me to fully express all that I am. I don't want to feel shut away in my separate cupboard. I want to feel out in life, in full. I don't want to be this half or bit person, as if only half of me is functioning, is there. I want to be my whole self, not requiring the other person or spirit to make up the other half. I don't want to be so dependent on another spirit. I don't want to feel alive because they exist, I want to feel alive because I exist. And I want to feel all of myself and be able to express all of myself to another individual.

I want to be the true and whole me – me – nothing or no one else, just me. Is that too much to ask?

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

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

**TRUTH is the FOUNDATION:**

We're told that love cures all, and it does, but only if truth is present. If there's no truth then there is nowhere for the love to register or act upon. So it's all but useless. Even if you had a huge hit of love it would possibly make you feel good for a while, just like your drugs, but then it would fade and you'd want another hit.

**TRUTH  
& LOVE**

**But with the truth, it's not like that. The truth stays, it's real, concrete, it's: THE TRUTH. It never goes, so once it's within you, that's it, it stays for ever-more.** And so you live it, you become the living-truth that you are. So as we grow in truth we move up higher in the spirit worlds ever closer to Paradise the well-spring of all truth – the Eternal Son. But without the truth we have no depth, no solidity, we've still got that hopeless feeling of floating around adrift at sea, that feeling of feeling lost and without direction, and all the rest of it, that which we've felt most of our lives.

**And gradually as the love has come based on our truth, so we've felt better and better about ourselves – better about ourselves from the inside, and not needing anything like we did from the outside. We've felt more independent and not needing to be loved by anyone other than by ourselves and each other.** We've stopped needing our parents to give us that big hit, or any hit; we've stopped needing them, because we've been able to express our feelings for ourselves uncovering the truth of ourselves through them. And that's what it's about I say, we're not meant to be dependant forever on our parents, and had they loved us truly then we would have grown naturally in truth through our life experiences, weaning ourselves from them, and not needing them in the negative dependent ways they made us need them.

So it's the truth, always coming back to the truth, all because we are truth-loving souls, that's what we as ascending mortal souls are, the truth and the mind and love, but we need the truth to make the mind have something to base itself on, and we need the truth so we can feel loved and so we too can love. No truth, and whole thing – us – doesn't work, and that's what we've been coming to terms with through our negative truth-less life: that it doesn't work. And we know it doesn't work because it didn't make us feel good. We felt shit, and that's all because we weren't allowed to be our true selves, and because of that we weren't allowed to be true and so grow in truth. And had we, everything would have been right and felt good, and we'd be overflowing with love and the happiness and joy of life that truth brings. That being what we will be when we've finally healed it all.

**Spirits and their Childhood Repression Healing by James Moncrief 10 August 2010**

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**ZETA explains how UNBORN EARTH BABIES are CARED FOR in the SPIRIT WORLD:**

The scene was that of a large type of hospital. As the picture panned around inside the wards, Paul could see rows of small babies lying in their cots being attended to by nurses.

Zeta explained, ‘These are the new infant arrivals. Each sector has its own special infant-receiving wards. These baby spirits are cared for by adult spirits from varying levels of truth and mind advancement. From here they are fostered out as many spirits choose to have children. This gives spirits who on Earth did not have the experience of parenting, the opportunity to have it. Even pregnancies are adopted and taken on by recipient mothers from those Earth mothers who are unable to or choose not to parent. All of the infants are well cared for.

‘How does that happen, how do the spirits receive ones not even born?’

‘The receiving mother adopts a foetus or soon to be born baby into her spirit womb. She then carries the baby to the end of its term and delivers it experiencing many of the sensations of giving birth in flesh. Usually there’s not much pain, however if the mother believes there should be lots of pain then she will manifest it for herself, and there is of course no blood.

‘When the mother is advised, everything having been decided on previously, the parents to be or even many single women, are taken into a special receiving room into which the new arrival soul-personality comes being deposited, so to speak, into her spirit womb. She can then stay in the hospital awaiting the growth and then birth of her child or go home and carry on with her life until term.

**‘Once a foetus has its first physical heart beat on Earth, then the soul is committed to incarnation. From then on if the foetus or baby dies in the womb it is transferred to spirit to be born into this world and then to grow up as a child living in spirit. It will never again be born or have a flesh experience.**

‘Arr... but don’t they miss out on some sort of life experience, I mean, not ever living in flesh, surely you’d need that life experience to be able to grow and develop and do everything you’ve been telling me about?’

‘No, not at all. Many spirits here and all through the spirit worlds have never had an experience of flesh (other than their brief moment before such an early death), the closest they get to it is being by visiting one of the two Earth planes, but it doesn’t matter as it doesn’t interfere with their soul.

Paul – City of Lights by James Moncrief August 2005

**Rejection of the child as it grows older is obvious compared to it being adored as a young infant, but what is not so obvious is right from conception, a moments rejection can effect the forming embryo; a moments rejection during pregnancy can effect that moments development of the foetus, and this rejection can have severe results. It can seriously retard the development of the newly forming person; it can lay down the foundations of rejection and self-denial patterns – it is the beginning of the negative mind being formed. Deformities: physical, mental and emotional, can occur, all of which reflect the state of the parents relationship with their child. All deformities and illnesses and problems that arise in pregnancy to affect the newly born child, come from its moment-to-moment relationship with its parents from conception onwards. As to why not all children are born retarded or deformed because of the impact of the parents negative condition is determined by the needs of the soul, what the soul of that child / person requires to experience from the negative condition – to begin life with.**

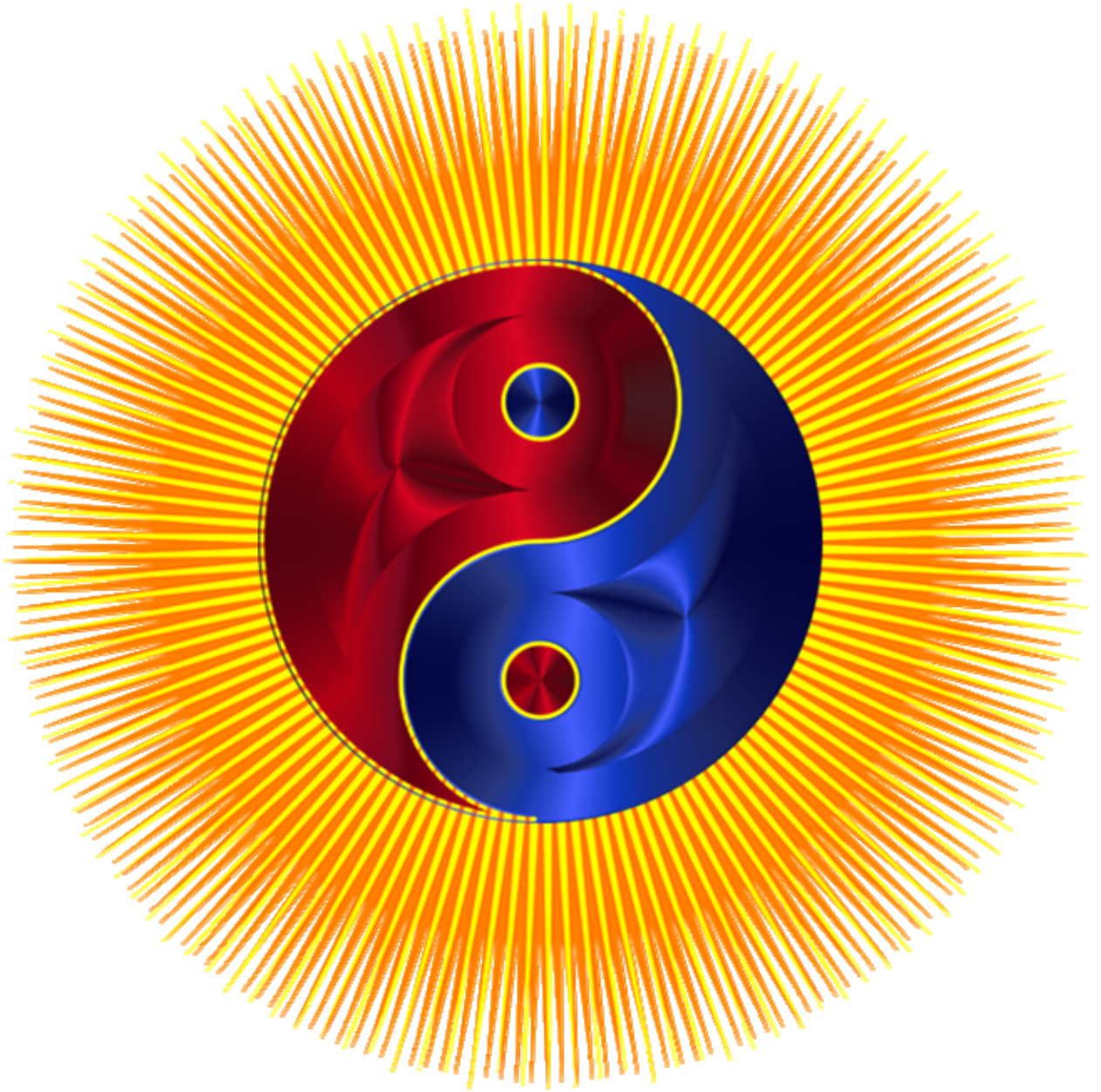
Messages from Mary and Jesus book 2 by James Moncrief 18 May 2003

**The Heart commences to Beat as early as Day 16 after Conception:**

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception.**

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcbac072c1>

# Our Heavenly Mother and Father



**GOD is FATHER and MOTHER:***A Message received by Joseph Babinsky*

17 December 2016

**Joseph, I am here your friend, Martin -***This is Martin Luther*

I received your call to me to write a message. I am aware of your questions about the Personality of God. You frequently ponder why God is most often referred to only as “Father”, and ask whether God may likewise be addressed as “Mother”.

Is there a “feminine” aspect to God? Your friend recently said that “God is without gender.” Who is God, really? Is God only pure energy?

Joseph, you are asking interesting and important questions. I myself will not write a message on this subject. I will defer to your own sister, Ana, who is of course female. I do this because it is important to see how and in what way the female population of humanity has been and continues to be denied their full participation and expression of the female side of life.

**Dearest Joseph, my dear brother, I am here, Ana, your sister -***Ana died after one day*

As you know, I was on Earth but a very short time. Thus, I cannot personally write about my experience while living on Earth. This is important to as you begin your investigations of the full identity or Personality of God that you have been taught to call our Heavenly Father.

A friend has suggested to you that God has no gender, and that God in His Essential Reality is neither male nor female.

I would suggest that you do not engage in argument. But I do suggest that you consider the reality of life as you experience it on Earth. Be willing to listen as well as to explore and investigate.

I begin with a question: How is human life experienced?

Life, human life, is expressed in two forms—the male and female. It is expressed in the condition, presently experienced, in an imperfect form. Frailty is experienced, weakness, sickness, abnormality, deterioration, and death.

Do these same conditions exist in spirit? To an extent, yes, for it is the condition that humans bring with them when they arrive here from their experience on Earth. The predominate experience in spirit is that of change, growth, and progress. So, for example, the condition one brings with it to spirit from Earth, does not remain long, and in no way is it a permanent condition.

My personal experience is that when I arrived here as an infant—barely one day old in Earth time, I did not remain an infant. I grew, matured, and changed continually, and even now, as a Celestial Spirit, I continue to change, develop, and progress.

It is important to understand what I am telling you, Joseph. On Earth, I was born a female. I did not change in the expression and reality of my life-identity as a female. In this I remained the same condition of my birth: I remained a female in my life as a spirit. However, I was incomplete in this expression. There remained for me to experience my completeness – which came when I grew in awareness of my femaleness, and that there existed my counterpart in the male expression. This maleness did not emerge from within me. I did not discover that I was both female and male. And I did not become aware that I

was without gender—neither female nor male.

As I grew and developed here in the spirit-world, I became aware that I was with a feeling, a longing for something that I was not: I discovered that I was incomplete. I became restless to know what this feeling of incompleteness meant. I desired to know why I had such a feeling. What was the nature of this feeling of restlessness? Why was I feeling incomplete? I saw other spirits that were not the same as me. I learned that these spirits had a different expression than mine. I discovered maleness, not within me, but in the other. Upon investigation I learned that there was not just any male spirit that would complete my expression. I learned that there was one particular spirit, a male spirit, that would heal or complete my own expression – yes, a soul-spirit who had the expression of the male. Yes, this male spirit was my other half—my soulmate (soul partner), if you please.

When I discovered this male-soul expression, which, by the way, happened when I transitioned to the Celestial Heaven, I immediately recognized that we needed to bond, mate, if you will. And we did, and we are forever together. We are male- female, two aspects of one soul, expressed individually as male and female. I am the female expression, he the male expression. We are one soul, and two individual personalities.

Now, then, this is a finite expression that I am sharing with you, Joseph. God is the same, yet not finite. God is the greater expression of Life and Reality.

And, yes, God is of the same Essence and Expression. God is both Male and Female. Yes, God is Mother: God is Father—One Soul. This One Soul is God, expressed in Two Personalities, and expressed as male and female in lower life-forms.

I hope my short discussion has helped you in your investigation of this subject. It is very simple and uncomplicated. It is only the human mind that loves to make it complicated.

I love you, my brother. I am your loving sister, Ana.





**Ana: “My experience and family information”**

30 December 2014

My dearest brother, Joseph, I am your sister Ana –

Yes, I see that you are surprised and happy, and that you have tears in your eyes. I am also, and the tears we have are of happiness and joy.

I wanted to write “Joey” but refrained. Though I did not have the pleasure and joy of meeting you on Earth, I want to say that I was always nearby, not just when you were born, but at the birth and lives of all the younger ones in the family – Dorothy and Margie, and the boys, Bundy and Ted. But you were the last born and so of special interest to me. You were born during a very difficult time in the family (two years after Joseph’s birth they moved to an orphanage). And in your nation there were beginnings of war. I say this so that you may know of the care and guidance that surrounds each child of the Father in human life. We, the angels in spirit, are the Father’s helpers.

When you were young I was developing rapidly. In your Earth measurement of time I was not yet eleven years old. My care-givers and teachers here were kind and very gentle, leading us to the awareness of the Father’s Love, but never forceful and demanding. I was a happy child and explored everything around us without fear. We were safe in our environment. I learned quickly. We do not have the impediments and hindrances that you do in your Earth life. As your mother informed you, she and I had a continuing connection after I passed as a baby. She visited regularly, even when I was but an infant. So from the beginning of my growth from a baby to the development of my self-awareness, with the help of the nurse-maids and teachers I learned that I was a child of a very large Earth family. I was introduced to know each one of you, as well as my own location in the family. I grew to become more aware of each of you than any of you were of me.

By the time members of the family began to arrive in the spirit-world, I had advanced in my development to the first Celestial Heaven (8<sup>th</sup> sphere). I was young according to Earth measurements of time – eighteen years of age.

You have been asking questions, and I will try to answer. You asked how it was that I became aware of the Divine Love. The simple and plain truth is that I was nursed and raised by individuals who know this information and experienced the Divine Love as a soul-changing ingredient freely available to all that desire it. They did not force this awareness upon me or any other child. But it was the environment of our experience. We still needed to make the choice for this Love, but the choice was really easy.

We lived and grew in this atmosphere of loving souls. I wanted to live as they lived, and was instructed how this was possible. We were never taught error. Thus as we grew we had no need to unlearn what we were taught as individuals born and raised in the Earth environment must do when they arrive here. This is the grace and beauty of our Heavenly Father’s Love. Our growth and development in this Great Love has few encumbrances and hindrances.

Later, as you are able to receive my messages, I will share more about how this all plays out and how we may quickly pass through the various realms of spirit to enter the Celestial Heaven. What I have shared with you today is a brief introduction to my life here.

Comment from Joseph: “I may never tire of the realisation that I am actually reading a letter from a sister that I never met. The afterlife is – as many others have before stated – a land of many surprises.”

**Ana: “Progress and development”**

19 January 2015

I am here, your sister –

I have already written you about my experience. A child, especially an infant, has few or no injuries in her precious soul.

What small amount of flaw there is exists as the result of absorbing the condition of the parents. It does not belong to the child and quickly disappears in the loving environment in which they are cared for.

Love works amazing things in our life here. This is particularly true when the Divine Love is present in the lives of the care-givers and healers on little children. Love – the Divine Love – is of such a nature that precious little children feel and readily respond to it. So, yes, there is some residue in a child’s soul. It is addressed quickly and easily in our homes for children. It is not a complicated matter, but rather simple.

In your readings of this subject in various books about life here in the spirit-world, in messages to humans from spirits, especially in the foundation messages received by James Padgett, you have learned that humans, soon after they arrive in this world of spirit, settle in a location fitting the condition of their soul. Some may remain in a certain location for many years until such time as they have an awakening and progress to a different and higher place. This you know as the Law of Progress.

The various locations are not places of torment and punishment created by our loving Heavenly Father. Instead, these locations may be understood as homes of rescue and healing, and no person is ever held in these places against their will. They may leave and go to a better place any time they choose and desire to change.

As you have recited many times from the prayer that Jesus gave to humanity, “*only we ourselves can prevent love making the great change in our life.*” Love is always waiting for the person to make the change and progress to a higher and more beautiful and happier place.

For example, you have read the stories told to James Padgett of the progress of such souls as Julius Caesar and Nero, and how they suffered for hundreds of years and, yet, when they finally opened to the possibility of change and progress, they responded, and change for them happened rather rapidly. There are examples of thousands upon thousands of people who have similar stories; their stories remain untold and unknown. God’s Great Love has no limits, for it extends to each and all people everywhere.

We showed your brother’s situation, but we have not told you each and every details of his development. Again, the process is not complicated, but very simple. Life in the spirit-world is open and clearly visible, and help is everywhere to be seen and experienced. From the smallest blade of grass, to the beautiful range of flowers and trees and landscape: everything tells the glory and benefit of love and harmony.

We learn just by being here in such a lovely and pure environment of love. And then, when you consider the presence of teachers everywhere, the opportunities for growth and progress abound.

Note: Emperor Nero progressed out of the low hells to Celestial Heaven by receiving Divine Love. Emperor Julius Caesar moved from the hells to 3<sup>rd</sup> sphere within 19 months from receiving the Love, from the 3<sup>rd</sup> sphere he would then have commenced his Feeling Healing.

## The Prayer for Divine Love:

(as given within the first century)

2 December 1916

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

I am here, Jesus

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

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

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

**We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.**

**Amen**

**MoC**



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

## Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,



when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

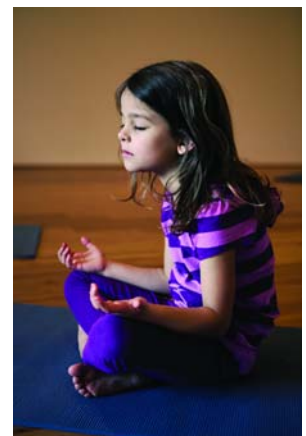
Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief

**Feelings!**  
*first*



## 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.



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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.**



**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.

# 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



## 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

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



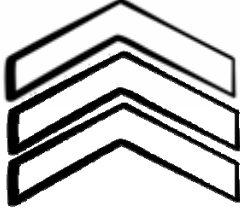
my  
**House** is your  
**Paradise**  

**HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

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



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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



|                                                                                      |                                                                                                  |            |                            |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------|----------------------------|
| <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>      |

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

**Spiritual Development:** <http://new-birth.net/spiritual-subjects/>

**Padgett Books:** <http://new-birth.net/padgetts-messages/>

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

#### **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..*

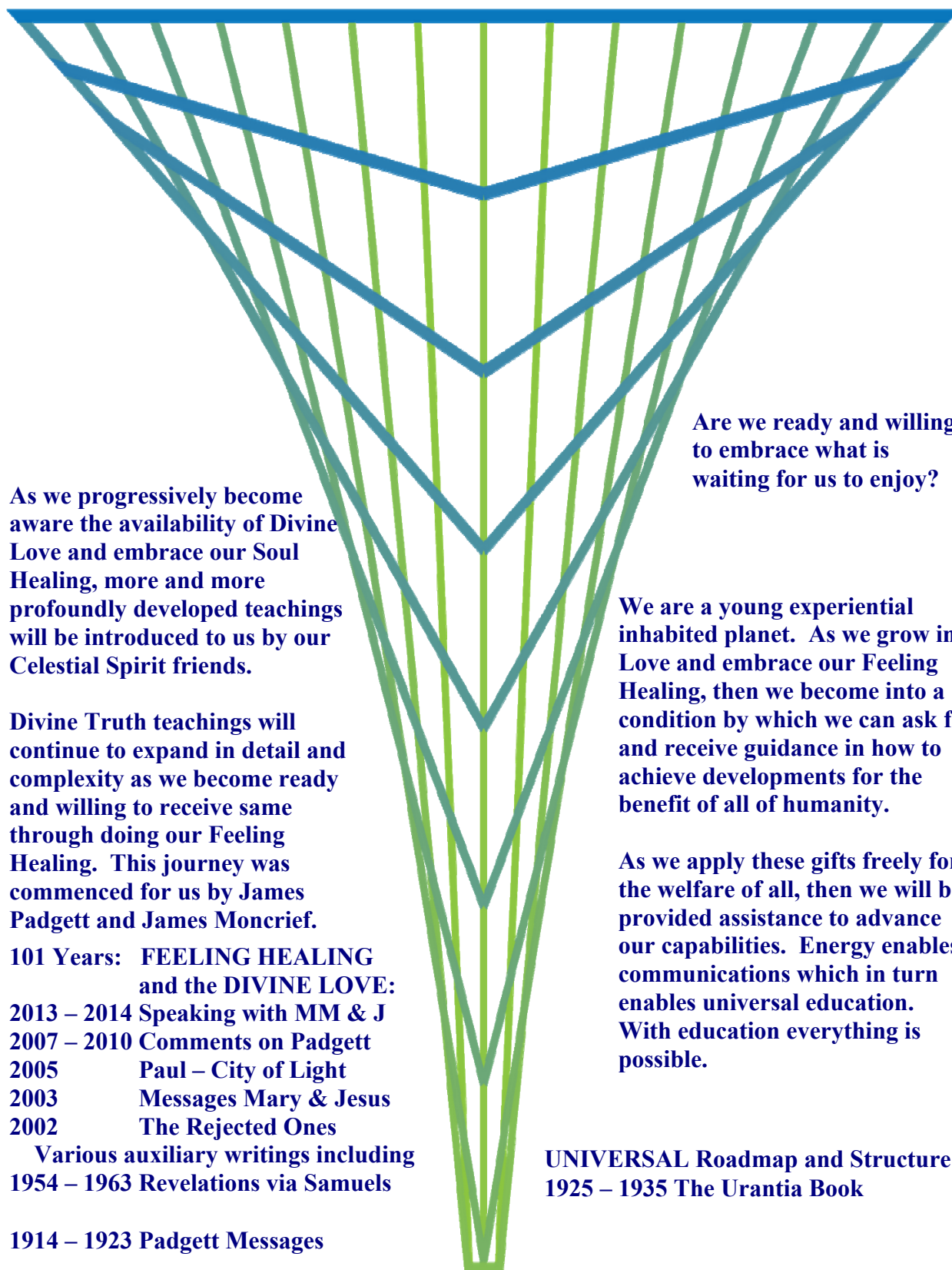
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**





**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:

