

# PASCAS CARE

## Feeling Healing

## Mary Speaks



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)  
Em: [info@pascashealth.com](mailto:info@pascashealth.com)

Pascas Foundation is a not for profit organisation  
Queensland, Australia

[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)

## PASCAS INTRODUCTION:

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

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

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

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

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

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us 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***

**The Golden rule is: Never interfere with another’s will.**



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

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

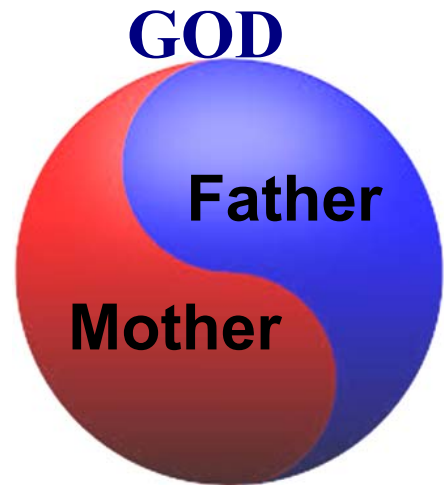


**Jesus of Nazareth and Mary of Magdalene, being soulmates / soul partners, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within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

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

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

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



# Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

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

16 March 2003

Hello James, Mary. I want to write with you today James.

I want to expand on what I was speaking to you about during your prayer.

The ascending soul, which men and woman are, progresses – grows in truth, beginning in flesh, with flesh being its first relationship as a soul with Creation. You are a soul, the Mother and Father created you. Your soul exists in a realm of itself, and incarnates you in Creation. It manifests you in Creation. Your physical body is one attribute of your personality which is unique to your soul, being given to you by your Creators upon creation.

The soul incarnates – manifests your spirit and physical bodies, and other more subtle interconnecting and life experiencing subtle bodies, such as your emotional, mental and etheric templates – all that your aura consists of. Your soul manifests your personality so it – you – can experience. The true you is your soul not your physical or spiritual body. And when you die your soul doesn't leave you and go anywhere, your consciousness merely awakens in your spirit body but on a new spirit world. Your soul manifests you into Creation in accordance with Natural Universal Laws Of Creation, which it honours and supports throughout its eternal expression in Creation.

In respect of these laws you begin your incarnation on the physical level by the fusion of your parents sex cells, you also simultaneously form the beginnings of all that your aura is composed of. Your will, spirit body, emotional and mental subtle bodies, and your other subtle bodies that make all the different aspects of you work harmoniously together, all begin manifesting as governed by the pattern for your expression in life as contained within your soul. Right from the very first moment you start experiencing life, although through your regular consciousness, you are not aware of such experiences, however your soul is. Your soul is *conscious* of all, every single experience, all the attributes of you individually and collectively being expressed and so experiencing all the time. So even though you can't consciously remember what you went through at your conception, in the womb, at your birth, and during your formative years, let alone all you did yesterday or five minutes ago, your soul does. And if need be your soul can give you, or *re-awaken*, memories and feelings of these events and experiences some of which you might find come up, even very clearly, during your healing.

You are born to parents looking to them for your survival. You want their love. And if you get it you feel safe and secure developing confidently in your world around you that you're steadily creating. If you are deprived of love you feel scared with your survival being threatened, growing up lacking in confidence, afraid of the world around you that you feel rejected and unloved by.

You are born dependant on your parents for everything, totally submissive, and if your parents truly loved you you'd grow up respectful of them, loving them, with all they have given you as the foundation upon which you can move to know your soul Parents – the Mother and Father.

I want you to understand James that you need your parents to be of a positive mind and of perfect natural love so the patterns, the circuits, that compose your being, will also be positive and of love. And then it will be with and through these circuits you reach out to, relate to, and enjoy, being with the Mother and Father. So do you see you require both a mother and father so you can have a relationship on a personality level in Creation with the Mother and Father. And consequently, if your parents are

not of perfect natural love and are also of a negative mind, then your patterns and circuits are going to be anti-love, anti-you, anti-life, resulting in you not being able to relate truly to the Mother and Father. You will be anti Them. Hence the importance of doing of your soul- healing if you want to have a personal ongoing relationship of love with Them.

So parents have a great responsibility, and will only be able to fulfil that responsibility responsibly if they are of perfect natural love thereby being able to parent you with all the love you require, being able to parent you as God parents you with unconditional love and complete acceptance.

But your parents James, helped you form your mind to be against them; against yourself, against nature and against God. So it's no surprise as you do your healing that you've come to realise that you don't love your parents, as you might have believed you did. And that even you hate them for all the bad things they have done to you.

The condition you are brought into Creation is very grim. Why this has happened stems from the evil influences of certain higher spirits back in humanity's history that sort to deny Jesus and myself and the Mother and Father. They didn't want to live under our authority and so rebelled, hence the Lucifer Rebellion, which in turn brought about the Default of Adam and Eve.

All of the negative influences from these spirits have been imposed on humanity thus forming your negative minds. And so within you have by *default* joined the Evil Ones, you've joined the Rebellion, hence your anti-love stance against all that is truth, beauty and goodness.

The Mother and Father being all-loving, allow within certain parameters, Their children to do whatever they want – hence free will. So they allowed the Evil Ones to rebel. If this was what they chose and wanted in life the Mother and Father unconditionally supported and loved them. They knew that evil is unsustainable because of the lack of love, but in the mean time they allowed these nefarious spirits to influence others – which they did on Earth leading to all your problems.

As you grow up you willingly take all your parents give you, even if your parents force you to take it. So you have willingly taken on all their rebellion thereby joining the Rebellion, and God supports you as They supported the Evil Ones. That is why the Mother and Father allow all the wrongness to continue, allowing you all to experience all the evil you want, knowing that one day you won't be able to tolerate living without love any longer because you feel too bad and so will want to give up your negative ways. And when this happens, you now have available the truth for you to give up your inner and outer rebellion.

To heal your rebellion you are going to need the help of both Jesus and my Spirits of Truth. Jesus' Spirit has been doing what it can, but that has not been much because it needs my Spirit to compliment it. You can't ascend to Paradise with only one half of the Truth.

I am the hidden mystery that has so confounded the sincere seekers of truth. I – my Spirit of Truth – has not been present in their hearts and so they have been thwarted, resulting in nothing much actually and positively happening spiritually since our time on Earth. True spirituality and a religion based on it is always dynamic, ever evolving, reflecting the ascent of truth. For humanity to live with stagnant religions for so many years shows you how little of Jesus and my Spirits of Truth are helping those involved. No one is able to control a pure spirituality based on Divine Love because the Mother and Father are the ultimate controllers, and no one would want or dare take Their role. For the Pope and the high priests to sit in judgement of their faithful is wrong. The Pope is not to be obeyed, and if he was true to his feelings and growing in truth, he would not want to elevate himself above his brothers



and sisters as he would know he was as they are – all equal children of God. He would not need to seek power and remain in control because he would feel all powerful in his love for himself, for others and for his Mother and Father. He would have felt loved by his parents.

Many people will of course resist me and my intrusion into their safe structures, but I am afraid the tide of my coming will be too strong as women begin to see more of the problem that they have been forced to live under and remain completely ignorant of. Women are not meant to be subservient to men and the picture of the first woman being given to the first man for his companion after his first days of hard work in creating the world is absurd. Any woman who is free thinking and feeling will see and feel the controlling mechanisms at work in this, but what can she do? She has no power, all she can do is pretend to be on the side of men being more or less accepted and acceptable to them, but now as women begin to see there is another way, things will change. And there are many Celestial women spirits ready and willing to come down hard on the male controlling ways, willing to be a tremendous support to those women (and men) of Earth who seek to know and live the Truth – who want to live true no matter what the cost. And such women and spirits will be backed up and supported by my Spirit of Truth and the Mother and Father's Love.

Humanity is very unbalance, and with the introduction of my Spirit of Truth, everything will be moved about and changed in the affairs of men. Women will learn how to say no. They will learn how to honour and stay true to what they feel, and their feelings will be right. Women no longer need to remain subservient and submissive to men, and by doing their soul-healing will be able to stand up to men and take their rightful place alongside them. And of course my Spirit of Truth will help those men seeking to live true and honour their feelings. It will help them give up their longings for power and their domination behaviour. It will help them respect women allowing them to appreciate, support, enjoy and love the woman who stands firm in her truth. The greatest change to come will be the spiritual liberation of women, something men fear, and have secretly known would one day come. And so will it be with my truths that this liberation can take place. Enjoy the truth girls! Raise the flag of truth. Do the hard work by accepting, expressing and living true to all you feel, ALL MEN AND WOMEN NEED BOTH JESUS AND I – OUR SPIRITS OF TRUTH. YOU ALL NEED BOTH OUR SPIRITS TO ATTEND TO YOUR SOULS AND TO GIVE YOU THE SURPORT AND HELP AND COMFORT AND KNOWING THAT YOU ARE HEADING IN THE RIGHT DIRECTION. YOU WILL NEED OUR SPIRITS TO GIVE YOU THE FEELING OF NO MATTER HOW HARD, AND SEEMINGLY AGAISNT ALL YOU KNOW YOU ARE PUSHING, YOU ARE RIGHT. AND THEY WILL GIVE YOU THE STRENGTH TO KEEP GOING.

Women's challenge will be to state and express truly how they feel without feeling they are bad, and that their man will leave and reject them. You will have to accept that this might happen, and it's very possible you will be ridiculed and humiliated as you say what you feel, but as you grow in confidence with your feelings you will be able to suffer such rejection knowing you are right. And if your man is true and worthwhile he will remain and listen to you giving you credit when he allows himself to be humble. And if he doesn't... well, why would you want such a man anyway? Surely you can't expect to have a real, true and loving relationship with him?

Men's challenge will be to support their woman by not telling them what to do and stopping them speak about all they feel, keeping them powerless and submissive – repressed. If they truly seek the truth they will hear the truth spoken in her words and very soon understand, acknowledge and accept she is the spiritual leader in truth. And this will make them feel good, being the protector of the seed and nurturer of truth. Both will enjoy the proper roles they are to play, the true roles of a man and woman child of Their loving Parents of Heaven.

For both, the hardest part will be to seek the truth of all feelings. To be prepared to look into and accept all the horror that's locked away inside as it begins to rear its ugly head. And to feel all the pain and misery; and to express it becoming responsible for all your anger and hatred; and to live true to all your feelings of being unloved. This will require all your heart and all your faith. To turn your whole self around, to be born anew eventually becoming a Celestial *angel* of your Heavenly Parents, will involve the breaking down of yourself so that you can stop living with the rebels and instead live with Jesus and I.

And the truth you will face is that you as a child feel unloved by your parents. That they did not love you as you needed to be loved, and how you are living now in your untrue negative mind state, still as that child. It will be very hard to give up as you have worked out many ways for you to survive in this wrong world of yours. Your healing will be long and painful.

I fully appreciate that it might be hard for some people to accept that, first of all, Jesus has a soul-mate, and secondly, that I am she. However, it is true. And if you can accept it and make the adjustments within your mind, it will help you realise that a lot of what you believe to be true is not true, and you will need to make adjustments to accommodate such new truth. And this will especially apply if you are associated with the Church or give the Bible any credence. Mother Mary – Jesus' mother has nothing to do with the bigger picture. She can not help anyone like I can. Those who worship her have got the wrong Mary. I am the one that should be honoured for whom I am, and the truth longed for so as to engage my Spirit of Truth.

Jesus' mother Mary was not a virgin when she conceived Jesus. Mary and Joseph had been working at it for some time. Nor was there any immaculate conception. That is all fantasy. All so men can retain control over women through the deceitful worship of the 'mother'. Mary was just a mother, she was no one special, of no high breeding, she was a common woman, as was Joseph a common man. She had no real aspirations other than to have a family and keep house; to be Joseph's partner and an obedient Jewish woman. Mary didn't play any major role in Jesus' public ministry. She and I did spend some time together towards the end; she understood about Jesus' and my affection and love for each other, but never really understood the higher spiritual reasons as to why we couldn't marry, settle down and have children.

She understood some of what her son taught, but it wasn't until she came into spirit and started to do her soul-healing that she started to live the Truths of Divine Love. Mary can not intercede with God any more than I or any one can; not ever Jesus can influence the Mother and Father. Such beliefs and false hopes only serve to hurt the person who has them because they are only another means to keep one's mind in control of oneself to the detriment of expressing what one really feels.

If someone prays to God as the Church says one must, the prayers will only fall on deaf ears. Such prayers are simply a waste of breathe and another means to deny what you're truly feeling. One would be much better off speaking about all the problems and bad feelings one has that are causing one to pray, and to seek the truth of these bad feelings forgetting about prayer altogether. THE ONLY TRUE PRAY TO THE MOTHER AND FATHER IS A SINCERE HEARTFELT LONGING FROM ONE'S SOUL FOR THEIR DIVINE LOVE. This is the only prayer you need ask from your soul, but of course as you feel to pray and ask God for other things you should act on such prayers but always with the intent to know what feelings are driving them; and to give attention to such feelings by accepting them and longing for the truth of them.

So I want to say leave Jesus' mother alone. Your prayers to her will not be heard, and Mary herself together with her soul-mate, who isn't Joseph, is one of those souls who have now departed Nebadon

continuing their ascend of truth to Paradise. She is no longer even in the same universe that you are, so she can't do anything for you even if she could.

All the Christian churches are wrong. They are not built upon the Truth of Divine Love and they won't even help you perfect your natural love. They are just like all of man's religions and spiritualities, simply manifestations of your controlling minds. They exist only to give those power who seek it through these channels, and to give those who wish to be controlled by such authorities a way to be controlled. You cannot and will not ascend to Paradise by adhering to what they tell you to do. At best you might be able to find a cosy life for yourself in a certain natural love sector in one of the natural love Mansion Worlds of spirit, in which you can attend your church and continue to live your erroneous beliefs. You will not ascend the Divine Love Mansion Worlds, do your soul-healing, partake directly of the Mother and Father's Love, and one day arrive to live in the Celestial spheres. The true kingdom of heaven as spoken of by Jesus are the Celestial spheres, life in our universe. If you want to settle for a lesser life and one of limited fulfilment you can of course, the choice is always yours, but if you do sincerely seek to ascend and grow in truth and find your true self and live true to all you feel, then you will need to leave your church.

Jesus and I HAVE NOTHING to do with humanity's Christian churches or any other religious and spiritual groups for that matter. What would be the point? They do not want us. They do not want our truth. They do not want the Mother and Father's Love. They want to exist without the Divine Love, yet pretend they are asking and praying to God for it. If you stay with the church you will only get mixed up in all the false promises not taking responsibility for your own spiritual progression.

Jesus and I stay well away from such churches and all religions. We only attend to those souls who want to live true, and true to the Truths of Divine Love. It would be wrong of us to involve ourselves where we are not wanted, we'd only be intruding and interfering, being just as your parents were to you. We do not go where our Spirits of Truth are unwanted.

The Church is incapable of accepting the Heavenly Mother and I into their equation of salvation. They refuse to step outside the boundaries of male domination. The Feminine Aspect of Truth will never flourish in such dead places, in the dead churches themselves, and in the *dead-of-spirit* people frequenting them. The New Way being revealed by you James will have nothing whatsoever to do with the Church. The Church is anathema to the Truth; the Church is only another expression of the Evil Ones. The Church calling anyone else evil is a case of the pot calling the kettle black.

In the earlier times just after Jesus' death and during the remainder of my life on Earth, there was a lot of written and spoken material concerning the closeness of Jesus and my relationship, all pointing toward a more intimate story between us than in either the Bible or The Urantia Book. Unfortunately most of this work was destroyed and the small fragments that have been coming to light through the more recent recovery of these old records do not show conclusively our relationship, even though to those present it was quite clear that I was the *favoured one* and the *beloved*, the *most blessed*, and that in the fullness of time I would become the *completion and pleroma*, meaning, that I would rise up in my full glory and be what my soul truly is: the counterpart to Jesus, the True and Full expression of Truth as the Mistress Daughter of Nebadon.

Jesus and I spent a lot of intimate and personal time together on Earth, and I was with him and his apostles wherever it was permitted according to the custom of the day. And as Jesus did most of his work away from the places that required adherence to such laws, I was able to be by his side a lot of the time. He honoured me by visiting me many times after his death – a true expression of our love for each other. Much emphasis is put on Jesus' visits after his death as conformation of life after death



and the symbolic re-birth brought about by Divine Love, but little has been said about the personal side of it in regards to our relationship. And if you can see that the personal aspect leads and the impersonal follows, then a whole new perspective on the importance of things will unfold.

### **Mary Magdalene Indwelling Spirit Fusion was about 7 Years after Jesus' At-Onement:**

Saturday, 2 December 2017 – John asking Nanna Beth:

When Jesus and Mary lived on Earth, what was their age difference please, and was Jesus older than Mary? We basically understand the circumstances when Jesus became at one with our Heavenly Parents when he was of the age of 33, but we do not have any comprehension of Mary's circumstances when she became at one with our Heavenly Parents when of the age of 35.

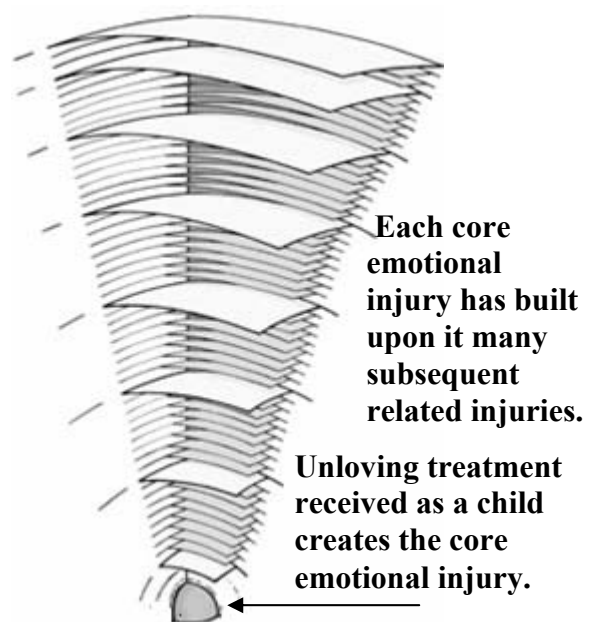
Nanna Beth: Jesus was about four and three quarters years older than Mary – she was a Taurus (April 20-May 20), he a Leo (July 23-August 22).

(so consider 7 years later)

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

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

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



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

# Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

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

17 March 2003

Mary.

The Mother and Father are only concerned with the personal relationship we have with Them. It is what is happening to the person and how they are feeling about their experience that counts. Where concern and interest in the personal involvement is expressed as feelings and Their truth lived, then there is love. Love is the all important attribute of personality, for when love is present then it means all the other attributes are functioning being fully expressed, and this means you will feel that all of you is present, fully functioning and enjoying who and what you are. You will be experiencing love and the fulfilment of yourself in each and every moment. This is what you are yearning for. But it can only come when you have attended to yourself and fixed all that is within you that is inhibiting you from feeling and being this way.

Jesus and I had to have our relationship with the bare minimum of personal intimacy and involvement, and this was the hardest part of our lives together. It was very difficult for me to hold back all that I wanted to give him. All I wanted was to be by his side, to honour and acknowledge him, listening and following him as an example for others to follow.

Naturally being a woman, I wanted to be the example of being an integral part of a union with a man. I wanted to be seen to be equal, and to show that men and women do need each other and can treat each other openly with respect. I wanted to show that the woman need not be subservient or submissive to the man; that she was not created as such by God. And I wanted people to understand that to spiritually grow one needed the help of both one's spiritual parents – Jesus and myself.

People needed an example of love, true love, and true perfection in a relationship; both a man and a woman living side by side and dealing with all the things that are concerned with the relationship. However, instead of being the living example of a *wife* of truth, equal to her man and partner of truth united in a loving *marriage* before God, I have been labelled, if not as a healed woman of sin, nothing more than an infatuated woman who does nothing in her own right only being able to follow the man like a faithful dog, the exact problem that so many women feel is all they can have.

I was Jesus' companion and that was all. I should have been his equal partner the example of the perfect couple that we are together. And the inspiration we are to provide you, so as to inspire you to seek such perfection in your relationships. We do now live and govern our universe as the perfect couple; the perfect union of soul-mates; the perfect union of the Children of God. You however have been denied this picture and seeing us in person, so instead you make up such nonsense like I don't even exist, and place in my stead Jesus' mother, something I would imagine your psychologists would have something to say about. Jesus can't have a personal and intimate relationship with his mother, but he can have one with me. His mother is not his soul-mate, I am.

Jesus and I are the living truth. So our lives on Earth could only reflect back to you – show you – the truth of yourself. Jesus being hung on the cross alone and with only other men by his side is how you – humanity – is in your hearts. I was not up there hanging with Jesus. If I had been at least that would have acknowledged that you were capable of having loving relationships just not of accepting the truth about them, but no, the men were up there suffering and we women huddled nearby weeping.

Imagine the different notion you would have of man and woman together had Jesus and I been crucified together.

The Creator Master Son and Mistress Daughter of Truth of a whole Universe came to Earth to potentially show you how to live the perfect relationship of love fully in accordance with the Mother and Father's will. Imagine the bounty of wondrous love you would have beheld as you saw us together in all our light and love for each other, and for you. Imagine the beautiful celebration that would be flowing forth from each and every step we took, as we walked and talked with the precious children of Earth. Imagine the fruits that would have come forth from the Tree of Truth. Imagine our loving impact on you had we lived full lives together on your most glorious planet. Imagine what might have been... imagine what your relationships might have become.

For countless eons Jesus and I spent every day together. We were always together in all that we did. Then one day we separated unable to express our true selves and our true love for each other. We could no longer be together – and it was a long hard wait until we could reunite. We suffered not being together; not being able to draw strength from each other, and it hurt terribly being rejected by the people. We felt hated and unloved. And we still do feel hated and unloved by the majority of humanity. So many pretend to love and worship us, at least Jesus, but are only doing this in the hope that we can help them. They are not doing it because of their unconditional love for us. They are doing it in the hope that we will favour them and give them power. To know you are only being 'loved' to be used for the pursuits of evil does not give one good feelings. We don't feel loved or wanted by humanity. We do feel loved and appreciated by those few who have embraced our truths and are striving to do their healing, and by those who live happily in the Celestial spheres with us; and to these spirits we feel so grateful for their love and we thank them with all our hearts.

The true Mary and Jesus will not be found in any book. The Bible is not Jesus' word, nor is it the word of God. Certainly there is some truth within it, and some wise moral and natural love understandings about life, but it's not a spiritual book; it's not a book that will help advance you to Paradise. To those people who strictly adhere to the Bible I want to say to you that Jesus and I are more than a book. You won't find us in there, however you will find us in your hearts if you sincerely long for the Truth, for then our Spirits of Truth will come and be with you. Jesus and I are wholly concerned about the Truth, about helping you find it and see it for yourself. And we are wholly concerned about helping guide you to the Mother and Father, to Their Love, the Divine Love. Love and Truth that is all we are concerned about, as nothing else matters – at least in a spiritual sense and in relation to your progression of truth.

And even with these words written by James for us, we don't want you to relate to us just through this book. We want you to find your own relationship with the Truth and the Love. These words are meant to only inspire you, get you thinking; they are only a guide. This is James' way here written in this book. This is our helping him find out the truth and such information for himself. You will need to find out the truths and information for yourself. Of course you can use what's here and you can draw from all sorts of sources, all that feels true for you. You are the important one, not Jesus or I or God or this book or any book. In time you should not need any books to help you with your growth of truth as you will know what it's like to accept and express and live true to your feelings; and you'll know what it's like to long for and find the Truth, and to long for and partake of the Divine Love. Don't let your mind get attached to anything, always live by your feelings – your feelings are the real and true you. **YOU ARE YOUR FEELINGS, YOU ARE NOT YOUR BELIEFS OF YOUR MIND – YOU ARE NOT YOUR MIND.** Your feelings are the gateway to your truth, the truth of you, the truth you need to discover so you can get to know yourself; so you can relate truly to yourself and then to others; so you too can have the perfect relationship of love, just as Jesus and I do.

The whole spiritual approach to seek enlightenment through your mind, transcending to live happily in bliss rising beyond and above the needs, weaknesses and limitations of flesh, is rubbish. This is all about the ongoing denial of your bad feelings. If you honour and allow your bad feelings to be, then you are considered weak, this is not the man's way, and how many men have been the so-called great religious and spiritual teachers of past.

There is no need to rise above anything, and especially not the flesh. You are to learn how to enjoy living a happy life in flesh; a true life, a life in which you honour and express all you feel. Physical life is not meant to be difficult nor hard to understand. And if you look for the truth in all that you feel you will discover that it's not as bad as is made out to be.

You don't have to do spiritual practices to help you escape from the limitations of flesh. The Mother and Father want you to live fully honouring and respecting your physical body, not worshipping it, but simply respecting the feelings you feel associated with and being derived from it. If you feel a pain then stop and focus on this pain, and speak about all it's making you feel. You don't have to do things to make the pain go away or put your physical body through all sorts of gruelling trials in the hope of preventing bad things from happening to it.

Do not look to the East or to the West, simply look to yourself. You don't have to be *an* anything. You don't have to be a Christian or Buddhist or Muslim, these are only mind controlling terms, you only have to be you – ALL YOU FEEL.

And sure some so-called spiritual teachers or masters might be able to perform fancy tricks, or even magical healings; they might even be able to talk about a lot of stuff that sounds logical and appealing; but do such things mean they are helping you and your soul ascend in truth with the Divine Love of God by doing your soul-healing? If they don't, then why have anything further to do with them? They are only expressions of negative minds, just different forms of control over you. Give them up I say, concentrate on your own feelings, and if these are too boring for you, not giving you enough excitement, then ask yourself why do you need to watch or put on the show; why do you need to be entertained; why aren't you and your feelings good enough for you?

In many ways Jesus and my union is still not complete, and this is why it's now time for us to return to Salvington. It's drawing close to the time for us to go home. And once there we will come back fully together, able to be fully our true selves, no longer having to be subject to any rebellious influences and restrictions. We need to pass the flame onto others who will take the healing of humanity and all affected areas of the Rebellion, onwards to new levels of light and love. We have done all we can, our time is ending; we can't do anymore.

It has been a very unique experience for us. We've lived something like nomads these past two thousand years, without a proper home, not unlike how many of you live. However in the long term it's no way to run a universe, so we must return to our true seat of power and live the next phase of our existence.

You being ascending sons and daughters of God, ascending in truth, will have many homes, on many worlds and spheres. It's a very long trip to Paradise, some idea of which you can get from The Urantia Book. However all along the way there are countless wonders to behold. You will not be bored and will relish your ascent up and in through Creation.

Your soul has so much in store for you. You don't begin life now and it ends with nothing further upon death. Death is only a transformation into a new life. And if you are living with the Divine Love and doing or have done your soul-healing, then you will feel eternal life pulsing through your veins. Attend to each moment in your lives, the feelings you feel, but also know that there will be more, always more, nothing will come to a standstill. Always will your soul be expressing you into Creation, always will there be more for you to experience, always will there be more truth for you live. And always will there be your Heavenly Mother and Father.

You are pioneers forging your way into Creation. You are setting out on a grand adventure but first you need to accept that you're going nowhere fast by living as you do. You can't spiritually progress whilst you keep living with a negative mind, it's impossible. So before you float off into your mind dreaming about your wondrous future winging your way to Paradise, you must deal with the cold hard reality of living without love. Your soul-healing will take you into your depths of darkness, and you won't feel good; all light will leave you, and you will feel like you are nothing. But nevertheless it's important you experience such bad feelings, for you need to heal yourself first before you can and move off into the wide blue yonder.

Mary.

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



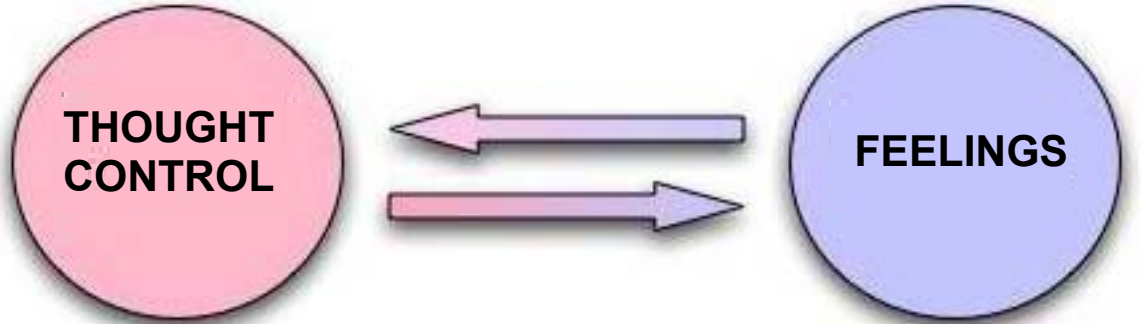
**Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.**

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



**ERROR INFLICTED MIND V**

**TRUTH LOVING SOUL**





**Natural Love Flow**

*Natural love is Creation's love;*

*One can swap back and forwards between paths*

*I am God*

*Intellectual*

*Self reliant (trust myself)*

*Self-determination way of life*

*Mind dominates*

**Thinking = Mechanistic**

rational

analysis

reductionist

linear

**Values = Mechanistic**

expansion

competition

quantity

domination

*Adult like*

*Control*

*Millions of paths (man created)*

*Peak possibility is 6th sphere*

*time to complete path:*

*100 years to over 1,000 years*

**Divine Love Flow**

*Divine Love is Soul's love.*

*I am God's son/daughter/child*

*Emotional*

*God reliant (God relationship)*

*Soul-spirit living harmony*

*Soul dominates*

**Thinking = Holistic**

intuitive

synthesis

integrative

non-linear

**Values = Holistic**

conservation

co-operation

quality

partnership

*Child like*

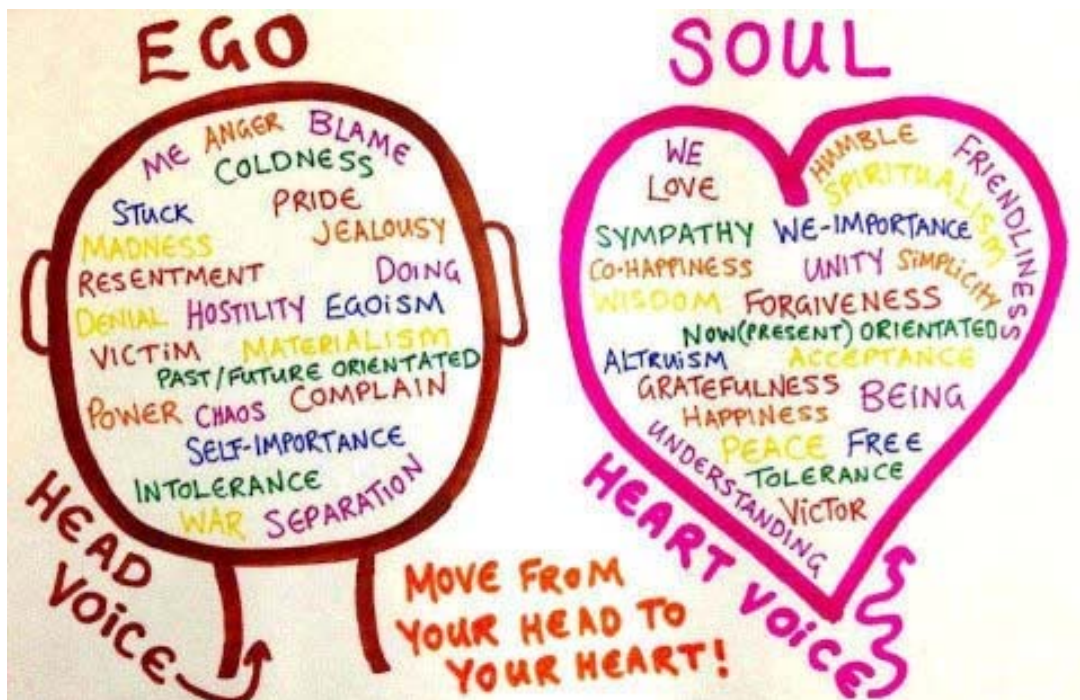
*Feeling*

*Defined path (God created)*

*Peak possibility is infinity*

*(sphere / mansion world are same)*

*5 years to over 10 years to at-onement*



Infographics and diagrams have been added by Pascas.



Mary.

Jesus and I are making a new presentation of truth. We are offering you an alternative way to live if you feel it is time for you to change; and if you feel you want to live true and want to come home to yourself and be at-one with the Mother and Father and all the Love They have for you. But it is entirely up to you as it will be all the way through your healing. You will have to wrestle things out inside yourself, your mind verses your feelings, in each and every step you take. You live complex psychological lives, and all of what you do and how you behave is intricately interwoven in all your thoughts and feelings. And through your healing you will get to understand and see the truth of it all. It's a big undertaking and will take time, patience and persistence. To be able to see your way clear and see what is true and in harmony with the Mother and Father will be most difficult. But as we have said, you have no alternative, and what you do not finish here on Earth you will be able to do in spirit, but it will be no easier there. And if you start and persevere whilst in flesh there will be other compensations not given if you start in spirit. In some ways it will be easier and quicker doing your healing in flesh, as your physical body will so readily cause you pain making you stop and take notice of your bad feelings.

Jesus and I want to give you various pictures that will give your mind something of an understanding for you to strive for. Not everyone will be the trail-blazer, and others will need to follow a well worn path. However, even though we might tell you many things, still when you see and understand such things for yourself, you will feel like you are the true pioneer making your own discoveries of truth, and it is a wonderful feeling. The truth will come to you through your feelings as you require it; and when it suddenly bubbles up into your consciousness you will feel like you are blazing your own trail, which of course you are. Although it may appear there are certain leaders and teachers, no one really leads or teachers, not even Jesus or I. You are all your own leaders and teachers, helping yourself as you help one another.

So you will need to establish a picture in your mind as to the nature of the problem you face; and thus informed will be able to choose to do your healing when you feel you are ready. There is no hurry, and you may want to enjoy partaking of the Mother and Father's Love for sometime before you start longing in earnest for the Truth and beginning your healing. Everyone needs to do what they want to do – when and ONLY WHEN they feel they want to do it. No one is to be forced or coerced into doing it, that is not the way of truth. People, including myself and Jesus, can present convincing arguments suggesting you should get on with it, however don't try to start or do something until you are ready. When it's your time to commence the healing of your soul you will feel it – you will know.

I want to make it absolutely clear: YOU ARE THE ONLY IMPORTANT ONE IN YOUR LIFE – YOU – AND NO ONE ELSE. Do you understand? Do you really understand? Too many people have been made to put others first and not attend to themselves. But this is wrong. You are to put yourself first. You might think it is a selfish way to live, but that is only being selfish as determined by your parents and society. You can put yourself completely first and still totally respect and consider other people. It's putting your FEELINGS FIRST and at all times that is really what it's all about, not just blindly doing things isolated in your own unfeeling world oblivious to everyone and yourself. A child is naturally self-focused, and were it respected and treated lovingly it would remain so. It would grow into an adult who is completely self-focused and also completely able to take everyone else into consideration. The selfishness you fear is only that you might start looking after yourself instead of looking after the ones who want power over you. True self-centredness is when

you stay truly focused on your feelings and allow them to determine your actions. If every one did this, then you'd all live true to yourself and true to each other. A little child if let alone and uninterfered with would naturally grow up with all the attributes of its personality being expressed lovingly. No one would complain about it being selfish. And as you move deeper into your healing you might find yourself wanting to be a *selfish* little child again, so allow yourself to. If this is where your feelings lead you then go with them, accept them always, longing to know the truth of them. You will go this way and that, you missed out on a lot of childhood experiences and will still need to have them. At times you might feel very young, like you've somehow reverted back to being a child, but go with such feelings and see where they lead.

Jesus said: you will have to be born anew, and this is true. By the time you have pulled yourself completely apart and smashed all your hopes and fears reducing yourself to the shaking wreck that you truly are; and by the time you feel there is nothing left of the old you, you will understand what being born anew means. You will have to be raised to the ground to begin anew. It's not something pleasant to look forward to, but we don't want you to get the wrong idea about your healing. We want you to understand that it's something very serious and very severe. Every part of you will be scrutinised, and if it's not true and in harmony with your true self, it will go. You will only need to ask James and he will testify to this. He will tell you how he has been completely stripped back to nothing, seeing every little part for what it was – right or wrong, and then slowly, painstakingly, rebuilt.

It's an incredible process, very testing, but of itself, very rewarding. However, I don't think you'll see its good points whilst you're wracked with pain valiantly trying to express all you feel.

What you will find out about yourself is that all your problems and all your bad feelings are a result of how you were parented. It might not be what you want: to look at your parents in such a bad light, however, I'm afraid nothing can be done about that when the truth is that they didn't love you as you needed to be loved. Had they, and you wouldn't feel bad as you do; bad from lots of repressed bad feelings from your early childhood. And you wouldn't have the problems you do, all of which come into your life reflecting the wrong way you are living. If you have a problem, attend to the bad feelings it's causing you before you try and fix it. Speak about your bad feelings, all how bad they're making you feel; don't just try to solve the problem so you won't feel bad anymore. Through your healing you'll slowly understand that it's good to feel bad; you'll want your bad feelings to come up, as much as you'll hate them doing so; and you'll want them so you can express them with the intention of finding the truth of them – why you have them.

You were not allowed to freely express yourself – all you felt as a growing child, so you were pushed back in on yourself. Your healing through the acceptance and expressing, the speaking about your bad feelings, is bringing you back out. You literally express yourself back out into the world, and in doing that you'll have to express all that's keeping you repressed and stopping you from coming out.

Through your forming years all of your beliefs and ways of living have come from your parents, grandparents, relatives, carers, and other authority figures in your life. They have defined your world, and what love is and what it is not. Possibly the greatest difficulty you will have is reconciling what love is. What you feel is loving, being loved, and a loving act, is all conditioned by and based around what is acceptable within your family. Some families are genuinely more open minded, kind and accepting of each other, and so many appear more loving; however I want you to remember that this so called love is all love between negative minds, minds that are anti-love and evil. So if a negative mind of evil loves another negative mind of evil, is this true love? Do you really feel love for and from your parents, the very people who have made you repress so many feelings, who make you sick

because of them, who make you dysfunctional in life? So is it really love this love you feel for one another? And if it isn't real love, what is it? And the answers to this you'll find through your healing – the truth of love.

All society calls acceptable or not is only based on relativity's, and all within the negative state of mind and will. Many people would call a murder evil but they would not call their parents or themselves evil, and yet to murder someone, to live with so much self-denial and in so much pain and disillusionment, you will have needed to start life in a very traumatic way. The parents of a murderer have made their child become the murderer. Any child given the full love it needs would only grow up into being of that same perfect and true love. So a person who is so devoid of love and able to take another's life was deprived of such love as a child. The murderer's parents affectively murdered their own child, by taking all its power away, and in such a way, that as an adult it has to take power from another by killing them, making them totally powerless. And the murderer murders to keep his bad feelings away. Feelings if he honoured and accepted them, which would lead him to see the truth that his soul was *murdered* psychically as a child, all through lack of love from his parents. So who is the more evil? The murderer, who was once an innocent child, or the parents, who didn't love their child?

So why should the barbaric act of murder be punished with life in prison, trying to de-power the aggressor, when it was not his or her fault that they were treated so badly when they were young? And some people might say, but as adults they could change how they were and not have to kill, but anyone who has tried to heal deeply ingrained compulsions will know it's not as easy as all that. If they could change they would, but they can't, they can only live their negative programming as everyone does.

But so long as the parent is worshipped as the all good one, and can do no evil, then nothing will change on your world. The root of all your problems, the root of all evil, is passed on from parents to child. The parents are not themselves the true evil ones, as they too were once children subjected to such horror, but still each individual needs to take responsibility and admit that they are wrong, bad and evil, all whilst they maintain living with their negative rebellious minds.

I understand it takes a lot by both children and parents alike to accept that things might not be as loving as they might like them to be. That the whole family thing is not perhaps as you want it to be. So because of this a lot of people will resist what I say. They won't want to do their healing, being to afraid to look at the truth of love within their relationships with their parents. But for those brave enough to do so, what they will find will answer many questions. It will bring up a lot of anger and pain, but once that has passed and the truth of the relationship is revealed, then at least everyone will know where they stand and won't have to lie and pretend any longer that they love one another. They won't have to put on superficial show of love for each other.

The healing of your soul is the perfecting of your natural love, or self-love. It's the natural love of Creation, the love by which all beings can relate to one another. It is a love that is different from the Divine Love. **Natural love is Creation's love; Divine Love is Soul's love.**

As your soul is expressing you in Creation it seeks to perfect living in natural love, which is why you feel unhappy when you are not living in a perfect loving state. And it is why you should feel unhappy all the time you continue to live in your false unloving negative mind state.

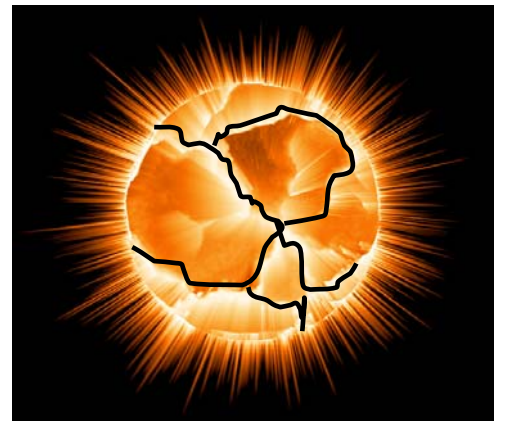
Living a life of truth can be achieved in two ways: you can seek to only perfect your natural love, healing all your repressed childhood feelings by accepting, expressing and finding the truth of them – your feeling-healing; or, you can do all this with the help and inclusion of the Divine Love – your soul-healing.

If you choose the path with the Mother and Father, then They will assist you in many personal ways with your natural love healing. And by the time you complete your healing you will feel so different to how you did. Jesus says you'll be as a *Celestial angel* (not to be confused with a real angel), and to feel being a Celestial angel of truth will be very different from how you now feel.

Jesus in the Padgett messages speaks about the Divine Love effecting an inner transformation of your soul from the image of God into the essence of God. And as you partake of the Divine Love this is true, however, it will only happen, and can only happen, as a function of your truth advancement. The more you grow in truth, the more this transformation can occur – and the more it will be occurring. And as I have said, to grow in truth you need to first do it through uncovering the truth of your negative mind condition. Once that is done you will naturally grow in truth through the feelings of your ongoing experiences with a positive mind and will. And the first stage of your inner soul transformation will be complete upon completion of your soul-healing, and achieving a Celestial level of truth.

Let's finish for the day, James. Mary.

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



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

**in conjunction with**

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

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/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

## WE ARE NOT ALONE:

In fact, our SuperUniverse is teeming with life!

The Spirit Worlds, commonly called the Mansion Worlds, and being numbered 1-7 (TUB numbers them 7-1), and the higher Celestial Heavens (spheres), appear to be within our local solar system, although they are not physical worlds like Earth – we can't visit them in a space ship, only in our spirit bodies, each world and sphere being of a higher spiritual vibration. Each of the spirit worlds and spheres are in close proximity of each other, and provide successive places of residence for us now that we've been individualised / incarnated on planet Earth.

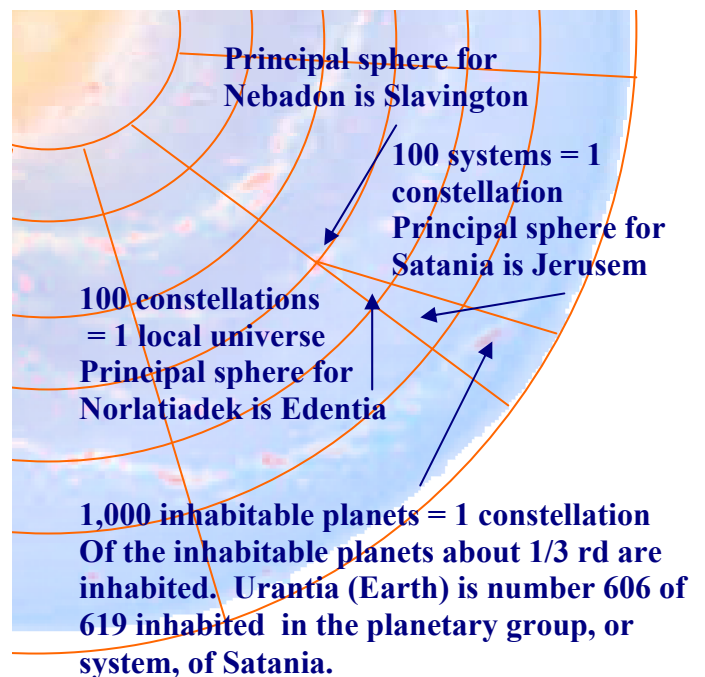
As we develop in Love we progress in and up through these worlds and spheres to ever brighter ones. Progression beyond the 7th Divine Love world results in our migration from the Mansion Worlds to the Celestial Heavens.

<sup>37:10</sup> The universe of Nebadon, which even now has more than three million inhabited worlds, with ten million in prospect. In our solar system, Earth is one of three inhabitable worlds. (The Urantia Book TUB)

<sup>32:2.9</sup> The organization of planetary abodes is still progressing in Nebadon, for this universe is, indeed, a young cluster in the starry and planetary realms of Orvonton. At the last registry there were 3,840,101 inhabited planets in Nebadon, and Satania, the local system of our world, Urantia / Earth, is fairly typical of other systems.

The Mansion Worlds of the Celestial Heavens are in the region of Jerusem.

<sup>119:8.8</sup> Urantia (Earth) is the sentimental shrine of all Nebadon, the chief of ten million (100 x 100 x 1,000) inhabitable worlds, the mortal home of Christ Mary and Michael, sovereigns of all Nebadon, a Melchizedek minister to the realms, a system saviour, an Adamic redeemer, a seraphic fellow, an associate of ascending spirits, a morontia progressor, a Daughter and Son of Man in the likeness of mortal flesh, and the Planetary Princess and Prince of Urantia (Earth). And your record tells the truth when it says that this same Mary and Jesus have promised sometime to return to the world of their terminal bestowal, the World of the Cross. This they have done through the Padgett and Moncrief Messages, etc.





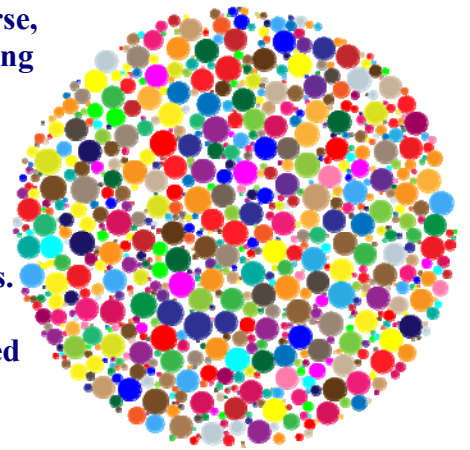
**There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:**



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem, this is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.



**Earth** →



## NEBADON, our LOCAL UNIVERSE:

*A Local Universe – Nebadon.* One hundred constellations (about 10,000,000 inhabitable planets) constitute a local universe. Nebadon contains 3,840,101 inhabited planets.

*A Constellation.* One hundred systems (about 100,000 inhabitable planets) make up a constellation.

*A System.* The basic unit of the super-government consists of about one thousand inhabited or inhabitable worlds.



Earth is #606 in the system of Satania and is the latest to have human life. *Jerusem* is the headquarters of our local system of Satania. Thus *Jerusem* is the city to which we arrive when we fuse with our indwelling spirit having sufficient Divine Love following our Healing and enter the first of three Celestial Heavens, all being for the 1,000 physical worlds within Satania.



*Salvington*, in the centre of Nebadon, is the headquarters and home of our Creator Daughter and Son, the Michaels, namely Mary Magdalene and Jesus.

All descending Daughters and Sons of God have high and divine origins. They are dedicated to the descending ministry of service on the worlds and systems of time and space, there to facilitate the progress in the Paradise climb of the lowly creatures of evolutionary origin — the ascending daughters and sons of God (humanity – us). Those Daughters and Sons who come forth from the Deities on the central Isle of Light and Life are called the *Paradise Daughters and Sons of God* and embrace the following three orders: Creator Daughters and Sons – the Michaels, Magisterial Daughters and Sons – the Avonals, the Trinity Teacher Daughters and Sons – the Daynals. All three groups have Spirits of Truth, no others do.

The remaining four orders of descending daughter and sonship are known as the *Local Universe Daughters and Sons of God*: Melchizedek Daughters and Sons, Vorondadek Daughters and Sons, Lanonandek Daughters and Sons, and Life Carriers.

The chief executive of a local system (such as Satania which includes Earth) of inhabited worlds is a primary Lanonandek Daughter and Son (was the Lucifers), the System Sovereign. The Lucifer Rebellion in the system of Satania was the last and the most widespread of all. Thirty seven (37) inhabited worlds were seduced into rebelling, by following the Lucifers and their deputies, the Satans. Earth then went on to Default at the time of Eve and Adam. Later on we crucified the Creator Son, Jesus, and ignored Mary. So now we have the physical presence of an Avonal Pair. Only the Avonal Pair can take on all of our wrongness and heal themselves. It is their Spirits of Truth that we are to long to so that we, humanity – all of us – can then heal the Rebellion and Default that we have all embraced.

Partly drawn from The Urantia Book (TUB) 7 July 2018

Mary. I will continue.

I can see that your headache is very painful, but necessary to help you through the changes that are required by your soul to reclaim your mind. It is all helping you James to let go of your falseness. It was good that you saw through your feelings earlier, that even your crying as a child was not always pure often being done as a result of your trying to gain power because you were feeling so powerless. It is complete – all of you – absolutely every little bit that you have lived since conception has been lived wrongly and without love, and anti the Mother and Father. So it all has to go.

I know it is incredible for you to think that this is the state you exist in, but it is, and that is why it is so hard to grow in truth and live spiritually true, as you are forcing yourself in the wrong direction with all your will. To stop and turn around, to relinquish your will's negative control over you, can only be done in small pieces, little stages at a time, and it takes, as you are experiencing James, years to completely heal yourself. It took years of hard work by your very small self to grow and form into your negative state, and so it takes years, years by your very big self to grow out of it and change and become all new.

But there is no other way. It is an *organic* process. You have made your mind live and function one way, now you are asking it to completely change and be another way. You have grown up trying to get power for yourself, but in the wrong way. Because your parents mad you feel powerless you have to look to other ways to try and regain this lost power. You and Marion are seeing more every day just how you are still trying to have control, all of which is going against yourself and your soul, and therefore the Mother and Father. You are forming an appreciation of in just how many things you try to get power and maintain control, in so many seemingly small and personal things which you hardly give any attention to, they having become automatic for you; and you believe they are the correct way to live your life. When you were forming, these things were not automatic and you worked hard at mastering them, you made your choices as required resulting in your wilful acceptance of your negative state.

To grow up in a negative environment means you can only grow up to be negative yourself. You cannot grow up and be anti your parents and do everything the opposite to how they do them – with love, living in perfect love and harmony as Jesus did. You might believe you are anti your parents as many teenagers do, as do those people who never felt loved by their parents, but still you have been forced to take on their negative patterns, accepting them and making them your own. And once you accepted them your will has acted, and forevermore until you do your healing it will willingly act against the loving mandates of your soul.

What I want you to understand today is that your will was forced to act against yourself as you were forming and growing up, as your parents stopped you expressing yourself, and by their making you do what they wanted instead of allowing you to do what you wanted. And as your will submitted to their will – with the result being in effect that you stopped living your will for theirs – you told yourself, convinced yourself, that their way must be right, in an attempt to give your will back to yourself. Do you see what I mean James?

Your will was interfered with making you feel will-less and powerless, but you need to have a fully functioning will, so you had to do something to make it seem like you got your power and hence your will back under your control; and what you did was ultimately accept your parents way. When you willingly choose to do as they said, choosing to do such things to get power over them – so you believed

– by having them praise you for being a good boy, you sold your soul to the devil. You wilfully then took on all the denial and negativity. You wilfully became, as your parents were – evil. So, although you have been unwillingly subjected to the negative, in your attempts to regain power and control you have willingly taken on all that your parents are – both their negative states. And it's not just your parents, but also anyone who was a power player and controller in your early life.

So you are born helpless and unaware into evil, but through the actions of your own emerging will, you end up by default taking it all on; wilfully accepting and becoming rebellious – one of the evil ones. And with your will you now maintain your negative patterns and behaviour and beliefs with all its strength, and so it's hard to go against your own will and change yourself. Your healing is in effect a breaking down of your negative intentioned will, by your negative will, to become positively intentioned. And you achieve this by wilfully submitting to your bad feelings. You don't fight them, you do the opposite of your training and accept them. You allow them to be – you allow yourself to be powerless, to be in the overpowered state your parents put you in. And when you are in this state you can then seek the truth of it; and by doing so, that is where the actual healing comes in because then when you see how your will is focused against you, why and how it came about, you can choose, and then apply with your will, to no longer live this way. So you are giving back power to yourself through the acceptance of your feelings and uncovering the truth of them. Your healing could be called your Will-Healing. However we call it your soul-healing making it clear that there is more to it than just the healing (re-focusing) of your will.

So although this bad thing was done to you, and no matter how much you protested and tried to resist it, in the end your parents forced you to believe that it was the right thing for you, that they knew best, and you accepted their false teachings. And when you accepted them, you crossed the line and became as they are. Not in so many obvious outward ways, but in your negative belief and behavioural ways. And through your healing you will systematically be shown the adopted and learnt behaviour, and associated negative beliefs you have obtained from them. This James you have experienced many times now, suddenly feeling like you are your mother or father or grandmother, hearing words they said, remembering how they behaved and how they treated you, and then seeing how you behave the same way, saying these same words in your life.

Joseph and Mary were not perfect, nor were my parents. Jesus and I didn't take on our parents' negative patterns and beliefs as you did. The Father and Mother didn't allow us to. However we still felt the negative unloving influences of their evil ways, and they made us feel bad. And we used these bad feelings to find the truth of our soul.

Jesus and my will remained pure. Our soul manifesting the Master and Mistress of Nebadon couldn't afford to allow us to submit to the evil influences on a will level. Had we, potentially our whole universe could have been threatened with rebellion. Not something anyone desires. So we were mostly able to hold our own against our parents, and as a part of the Mother and Father's plan, our parents did not force and insist and brutalise us into becoming submissive and subservient to them. They were rare parents indeed, allowing us to be as we wanted to be. They will tell you we were both very wilful children seeming to know what we wanted and what was best for us from a very early age, and thankfully they respected us.

However it wasn't the same for you. You took on the whole package from your parents, which you are beginning to uncover through your healing. Your wilfulness as a child only made them come down harder enforcing their will over you, insisting, demanding and threatening you with punishment if you didn't do as they said. The full extent of what you've suffered will take time to come out, but it will – that you can count on.

As I grew up I was subjected to harsher restrictions than was Jesus. Being a girl I didn't have the freedom and luxury of being told I was the dominant one and leader in my family. These restrictions were reflected in my inability to rise up into my fullness, which had to wait until I had healed myself of such afflictions. I healed a lot while on Earth, finishing off what was left in the Mansion Worlds. This healing, which was more of a correcting compared to your healing, gave me enough of an insight into other women's afflictions and so the problems faced by everyone. I was able to apply what I learnt from my personal healing experiences to a few women before my death, but mostly I was able to offer it to spirits in the Divine Love Mansion Worlds.

I needed to experience all of the effects of male domination so I could understand just how restricted women are, and how crucial the need is for them to do their healing so humanity can be brought back into balance.

Jesus suffered no such restrictions, being head of the family and able to express his natural power to some extent. This of course enabled him to then do what he did, and suffer the trial of the cross. The one thing we women loved him for was his respect of all women, his seeing and treating us as equals. No other man has truly done this. He was a shining and perfect example to us all. And in many ways it was this respect of women that turned so many against him and not so much the words he spoke or how he otherwise behaved. His overwhelming relationship with us, his complete acceptance and joy of us as women, was too threatening. No man wanted to be challenged by women, not even his male apostles. They were mostly very jealous, and tried all they could to keep me and the other women in our place. Some worse than others, but they were all at fault. And did they get a shock when they had to relinquish their top spots when women surged ahead of them in their healing in the Mansion Worlds!

*Feelings first*

**LIVE FEELINGS FIRST**

**PASCAS  
PAPERS**

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

## **Library Downloads – Pascas Papers**

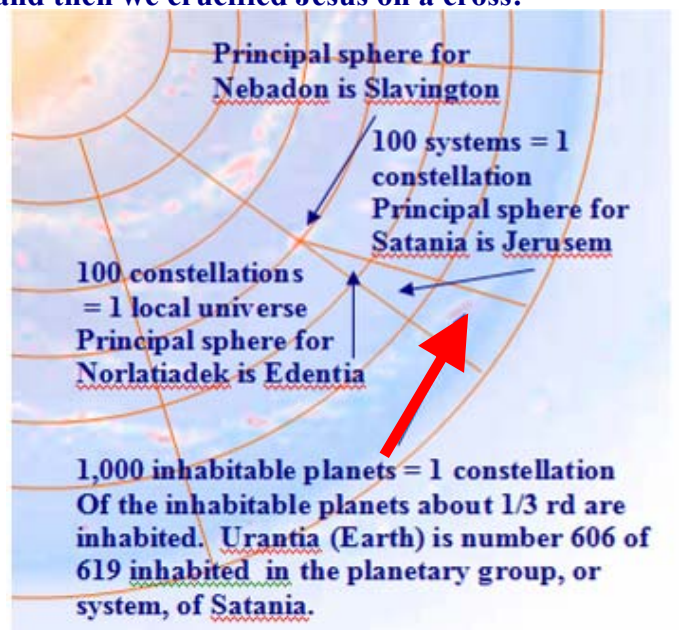
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. [info@pascashealth.com](mailto:info@pascashealth.com)





**Earth** ↑

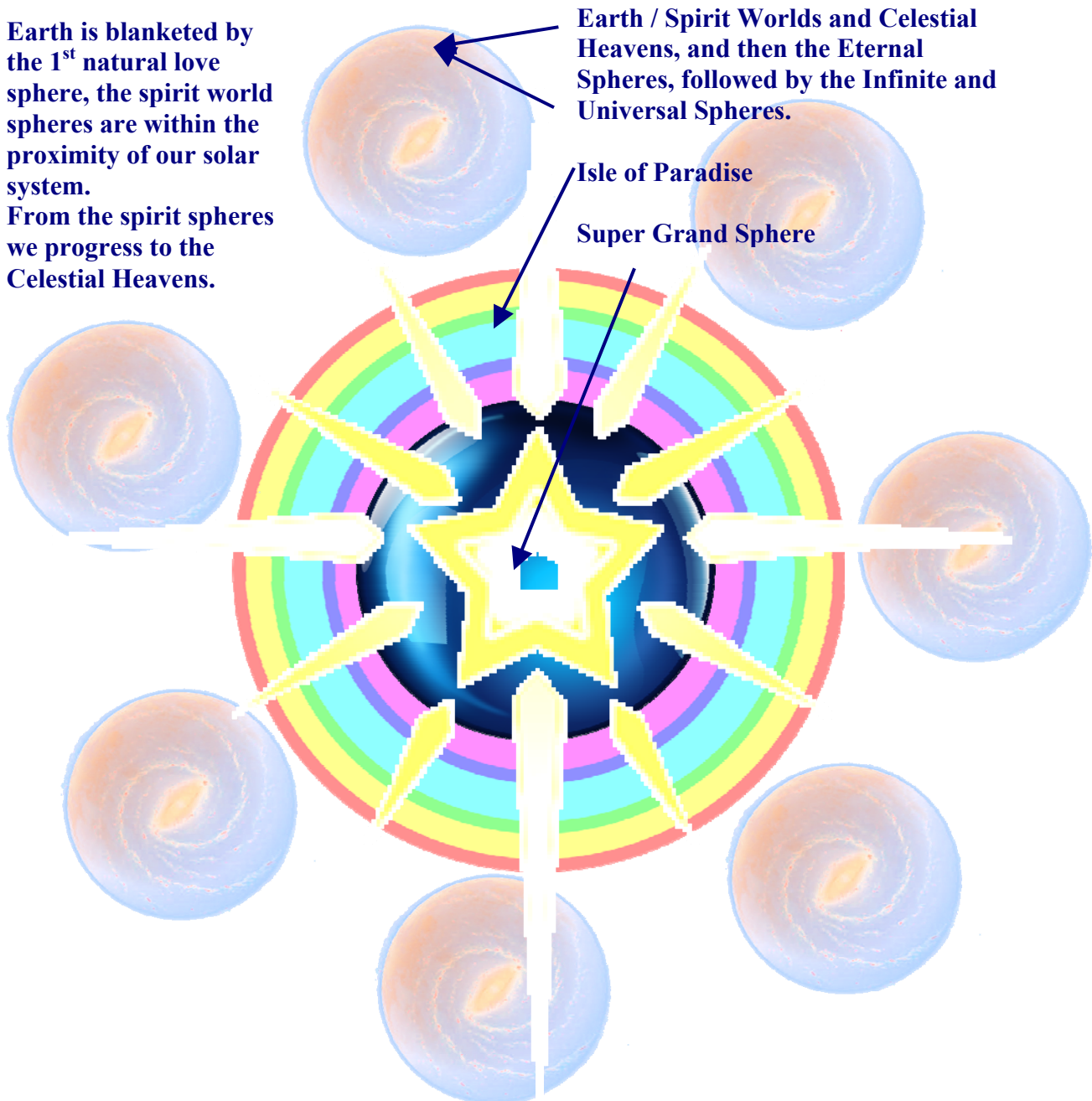
The Soul, God, being the soulmate personalities of our Heavenly Parents, reside on the Isle of Paradise that is stationary within the centre of the seven superuniverses. Our Spiritual Parents and our source of Truth are Mary and Jesus, the regents of the region known as Nebadon which hosts some 3,84,101 inhabited planets of which Earth (Urantia) is one of the 37 rebellious inhabited planets. Our Adamic pair defaulted and then we crucified Jesus on a cross!



Infographics and diagrams have been added by Pascas.

**OUR JOURNEY to the CENTRE: HEAVENLY PARENTS are UNIVERSALLY PRESENT:**  
 Earth is one of the youngest inhabited planets on the outer edge of the youngest of the seven super-universes. From the spirit worlds, we progress to the spheres of many mansions, being the Celestial Heavens nearer to the centre of our super-universe. From there we progress to the Eternal spheres which circulate around the Isle of Paradise. The Isle of Paradise remains stationery and is the home of the Source Soul, our Mother and Father.

Our progression is always towards the centre – inward and upward.



Infographics and diagrams have been added by Pascas.



I am with you James, Mary. I will start afresh today.

I am glad you are steadily expressing your pain, and I am pleased that your head does not hurt as much today; pleased that you have worked through what the Mother and Father needed you to do; pleased you have seen what your soul wanted you to see.

Pains, no matter what the type, and especially when they are extreme and pushing you to the limits of your tolerance, are very good in the healing process. Although they are very hard to tolerate, they do smash through your deeper most resistance enabling the repressed feelings you are keeping buried to surface. And then as you move into these feelings you can reconnect with forgotten feeling-memories so that you know that this was how you felt as a child, and how much it did hurt you at the time. It helps you to see how much you suffered by not being cared for and how unloved you felt. It also proves to you that it is all very REAL. It is not just mind stuff. You are not just contriving these forgotten memories. THEY ARE VERY REAL – you FEEL the pain of them. You have suffered and you need to know why and how much it hurt you. This is the truth of your relationship with your parents. It is all-important. Nothing else matters, and nothing else should be given priority. Love is what it is all about. It is what *you* are about, what you need in every step of the way and in every moment. And as you have not been loved as fully as you needed as a child, you need to see why so that you can choose for yourself if you want to keep living this way or not. And if not, then you can choose to live the way of love: the way of the Mother and Father. And this is what your soul needs. It needs to be loved by its Parents all the time, no matter where it is and what it is doing, and it needs to know it can trust and rely on Them to be there whenever it wants Them.

As you heal your soul's pain of not being loved, and establish your relationship with the Mother and Father, you will begin to transfer your love needs to Them, away from, and instead of, your mother and father; and you'll steadily work your way out of the binds of still looking towards your earthly parents for the love which they did not give you, will not give, will never give you – can't give you. Your parents' love has gone – not that it was ever present. You will never again be a forming growing child dependant on them. You have missed out and there is nothing you can do except express all the bad feelings you feel about it.

As you establish your feelings of love for the Mother and Father you begin building a relationship with Them, one in which love is fundamental, helping you to feel stable, confident, trusting and self-assured. Slowly They will prove to you that you can count on Them. They will show you through your feelings. Your trust in Them will grow together with your faith, with life becoming less and less scary and unknown. Your life also becomes more a part of Their life and you feel less alone and more a part of Their loving family and all that involves.

Of course it would have been very nice for you to have had such a loving relationship as this with your own parents, but in the negative state it couldn't be. A relationship of love, trust and faith can only be lived relative to the amount of love shared, but as to the love needs of your soul, your parents weren't able to share the amount needed. You will not be entirely happy in your life and in yourself until you are completely fulfilled, right to the core of your being, and this can only happen when you are feeling completely loved, immersed in the love of Creation.

Creation is all-loving, but for most of you this is a truth and experience far away. You feel threatened and scared of so many things in life, and you will do so many things to try and settle your nerves to cope with such a hostile existence. You are afraid of nature as you have been made yourself afraid of your

own nature. You fear life as you fear yourself. And you fear yourself as you fear your parents, all because of how they made you feel about them, yourself and nature. If you feel scared of the world, scared of people or certain circumstances and situations, it is all because your parents made you feel this way when you were a child. In your family, which was the world, you were scared of the people, and situations and circumstances brought about by them. All your bad feelings: sickness, discomfort, nervousness, depression, misery, fear, guilt, stress, mental strain and fatigue; all your physical aches and pains, are all caused by your parent's treatment of you. Everything – every little part of you that doesn't feel right – is a result of being interfered with by them, and you have covered it all up. There are no past lives to haunt you, and no unknowable deep unconscious that has power over you. It is all you, and all that's happened to you from conception onwards. All what was done to you by your parents, and you can find out the whole truth of it. It has been forgotten as you grew older changing yourself to take over from your parents, and this is what you call your unconscious – or at least what you are unconscious of – just all of you as a child you are refusing to see now as an adult, and it is all controlling you. From sexual maturity you live the effects of such causes. As an adult, until you do your healing, you are the ongoing outworking of this beginning with no love. You will live and suffer the effects of your childhood over and over, until you want to wake up to the truth of your pain choosing to do something about it. So all the pain and illness and agony you suffer in old age are only the effects of your childhood agony solidifying its grip on you as you have refused to see it over all these years. And to die from it will only mean that the pain of your childhood has killed you, but it will still be with you in spirit. You may recover from the effects of your physical illness once you are in spirit and without a physical body, but still all the emotional and mental causes will be within you; and they will still surface from time to time plaguing you until you choose to look into yourself and seek the truth of the pain – the truth of how you were treated by your parents.

Now you have two options open to you, both here on Earth and in spirit. One is to do your feeling-healing yourself, through your own endeavours of wanting to know the truth of yourself. And the other way is with the help of the Mother and Father, by asking Them for help to show you the truth. The Mother and Father's way is the kindest, most loving and the quickest way to do your healing. It begins by longing to Them for Their Divine Love. You need to specifically ask Them in person for Their Love. And by doing this you will receive Their help in a myriad of ways. The Divine Love will empower Jesus and My Spirit's of Truth to help you uncover the truth, and it will allow the Celestial spirit helpers of your soul-group, and other universal spirit personalities and agencies to come closer to you; all helping you to go into yourself, to accept and express your bad feelings, and to see the truth of who you really are through them. As you partake of the Divine Love and long to the Mother and Father to help you see the WHOLE Truth of yourself; and want to do your healing to discover it through your feelings, it will happen. Gradually it will unfold for you as you strive to express all that you feel. And to express all the bad feelings is what you need to do to do your soul-healing. You need to allow yourself to feel them and then to say what you feel, to express yourself: to yourself, to the Mother and Father, and to your partner or someone who wants to hear and know you. And over the years the Mother and Father will bring up in you all the bad feelings that you have locked away deep inside you.

I can only outline and explain the process briefly here, but this is what you need to do if you want to live a true spiritual life. There is no other true way. And in choosing to do your healing with the Mother and Father you will open up all your soul's perceptions becoming fully cognisant of your ascension, that journey which will take you on to Paradise and complete at-onement with God.

For everyone their healing stands in the way of ascending naturally, as would have happened had you been born on a world not drenched in rebellion; and had you grown up being loved forming a positive mind state. But as I have pointed out to you, this was not the case for you on Earth. And all the reasons why you have been born here, and why you have suffered, will all be given to you by your Mother and Father through your soul as it awakens coming more to the fore in your life. You will see

the whole picture of your existence: who you are, and truth of your relationship with the Parents of our soul. Everything will ultimately make sense to you. You will feel yourself as an integral part of the Mother and Father's universe, and you will know in each step through your feelings what it is They want you to do next.

You will find your true life's purpose and your soul-mate, and you will eventually when healed, start to live a life of complete love forging your true and rightful place in Creation. Everything will make sense, your life will no longer be meaningless, and you will see clearly that this is the way for you, and that there simply is no other way; and all that you thought previously was the way was merely a part of your ongoing negative mind state, and the continual denial of love your soul was so desperately crying out for.

Jesus and my way *is* the one and only way! We are THE WAY of the universe because it is our Universe. We are the Living Truth, and we want you all to ascend up through it and set off on your greater universal journey to Paradise. We are the beginning of your ascension, and we now want to bring to Earth our truths so you can see more clearly the problems that are before you, and what you can choose to do about them when you are ready.

I want you to see that if you choose to live the Mother and Father's Way – Their Will, then it is also Jesus and my way you have chosen, as our way is Theirs. You are first and foremost, and always, Their child. And as such, all your soul wants to do, if you allow it to, is to get to know Them and be with Them having an ongoing one-on-one personal relationship with Them. And to help you with this They have made your soul in two halves so that you have a friend to experience the joys of life and living with Them, with someone to help you relate to Them. There is nothing else to life and existence. This is all it is about. You are only living for Them. They will ask you, through your feelings, to do sorts of things, all of which will make you love Them more, and allow Them to show you how much They love you. And together all four of you will expand your relationships forever and ever. And that is a spiritual life. That is the main focus; there is nothing else. And if you had a good, open, caring, free and loving relationship with your parents, then you would be in a very good position to move on from them, as you naturally grew up to seek for and find your Heavenly Parents, love.

As you know, life is about relationships, and supposedly ones of love. But you have no real idea of what love really is, and so no real idea of what a relationship is really about. And as you do more of your healing you will begin to first discover, and then get to know yourself: who you truly are, what you are made up of. And then having healed and discovered all of yourself, you will be in the right state of mind to relate to others properly and discover what true love is between you.

Once you have established your relationship with your soul-mate and the Mother and Father, then you will be able to relate more truly to others. You will know yourself and live true to you feelings with them; your relationships will improve and you will get more from them. And neither will you interfere with them, instead offering and giving support, love and attention. This is how life is meant to be: comprised of loving relationships, and not full of competitive unloving ones in which you're all struggling about living separate lives of false union; lives with no purpose, no truth, no meaning and no real existence.

Have a break now James. Mary.

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

**SPIRITS of TRUTH and HOLY SPIRIT:**

More from James regarding Spirits:

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

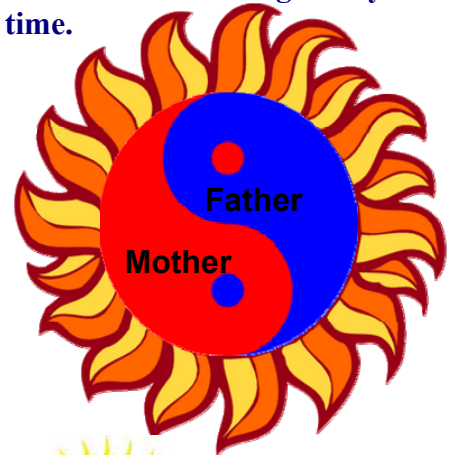
The Spirit of Truth becomes active ONLY when we choose to follow the ‘owner’ of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so ‘be like them’ and in doing so this activates the Spirit of Truth. And so if we choose to be as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

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

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

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

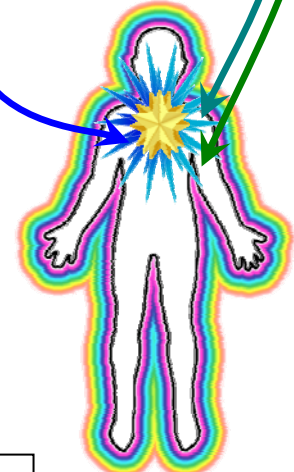
**Our HEAVENLY PARENTS**  
have any number of spirit instruments assisting at any time.



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



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



Infographics and diagrams have been added by Pascas.

## Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

Let's continue.

To have a true relationship you require love. As you understand James, you are bereft and devoid of love, as are your relationships. Since you've started to admit to the truth of how you feel, most of your relationships have been shown up for what they are: false and unloving, and have failed.

You were pushed into having false relationships, relationships lacking love. You were forced to have a relationship with each of your parents, with the very people who didn't love you, the absolute wrong people to have had a relationship with. And yet it was all you knew and consequently has been the pattern upon which you've conducted all your relationships. That is until your one with Marion and your little cat, Potsy. The two of them having come into your life to help you with your healing.

Your *busy* parents didn't have time for you, for your relationship. They preferred to be busy with work; they wanted a relationship with impersonal work and impersonal people at work before they wanted a personal relationship with their own children.

You James, didn't feel wanted or appreciated, having to be 'slotted' into their busy schedules, before your parents would see you. Your mother spent more time looking in the mirror adjusting her makeup or speaking on the phone than she did with you. Quality time? Hardly. And all the bad feelings you felt about her lack of attending to you are what are currently surfacing.

You father thought he'd be able to spend some quality time with 'the kids' by taking you away on holiday, however what did he do once you got there? He went off looking at real estate hoping to find a 'few more deals'. It wasn't you it was his business he was interested in, just taking you kids along at times to get them out of your mother's hair. You weren't as important as his IMPORTANT business

Surely the fundamental purpose of having a child is to want to relate to it so you can get to know each other. It is a marvellous opportunity given to you by the Mother and Father, to be able to care for one so helpless and so reliant on your love – to be a parent. But that was not the way your parents saw it: 'Don't bother me... oh, I don't know, go away... go ask your father'.

Life is meant to be about changing and growing in your relationships, not developing your business. It is your relationships that are important, even the relationship you have with and in your business. But unless you are free to express ALL of your feelings what sort of a relationship can you have?

So many people never grow or change through their adult life. They are fixed in place living exactly as they were treated as a child. They only grow older. They believe they have changed as they have changed things and situations in life – their business has changed; but so far as the extent of how they relate, how they express their feelings, and therefore how they experience life, they are stagnant. Then they arrive into the natural love spirit Mansion Worlds carrying on living as they did on Earth. Thousands of years can go by before their soul starts to awaken them out of their stupor. They just carry on as usual, actually priding themselves that nothing seems to ruffle their feathers, that nothing changes; they consider themselves Mr and Mrs Consistent. The salt of the universe – dead souls!

Unfortunately, and it is a great tragedy, that most people are parented to be afraid of their feelings, and especially of the so-called bad ones: anger, hatred, misery, et cetera. You are told to stop crying and to get over it and on with it. And if you object to the harshness of how you're being treated you are met with even harder and sterner punishment – negative attention, which makes you even less inclined to want to express how you feel.

Finally you give up altogether, burying your bad feelings, overriding them, and learning how to be *nice*, how to pretend, how to be false with one another; false with people out in the world, but even worse, false with members of your own family. ‘Now we don’t speak to mummy or your sister that way, do we?’ And if you do, you know what will happen to you. So you can’t say what you feel you want to say, you have to change your feelings and speak to mummy and your sister the *right* way – their way; the way that makes them remain in power, that ensures they feel good. You learn how to put on your false smiling face of deception, and when you are saying: ‘Yes, thank you’, you are seething with anger underneath the surface of which you are mostly not even aware, and you’re really saying: ‘No, I hate you’. That which you’ll uncover through your healing.

Your healing will require that you get in touch with these deeper feelings, to bring them up into your awareness, so you can feel your hatred, and know why it is you feel this way. Good feelings you don’t have to worry about so much, but all the hidden bad feelings will need to come up and out of you, or you will one day die from them. And you can also ‘die’ – break down – in spirit. It is not like a physical death, but in many respects it is far worse, as it is far more painful and involves a complete breakdown of all your senses and mind. You don’t die and lose your spirit body, but you do become overwhelmed by your repressed bad feelings, trapped in your anger, guilt, or hate. Your death is on more spiritual realities, with the aim of breaking you down to your component parts so that in some ways you can start over; with the desire hopefully that you will not want to follow the same path that you did, instead longing for something different which might lead you to the Divine Love of the Mother and Father, or at least to doing your feeling healing through perfecting your natural love.

Spirit is not an escape. Many commit suicide on your world in the hope of a better future, but that is not the way. Spirit is a continuation from Earth. And yes, as in the case of suicide, you might escape your worries and your parents for a time by being in a new and *freer* reality in spirit life, but in the long term you are not escaping anything as your parents are well ingrained in you once you have taken on all they are by the age of six or seven. You can’t escape from them, from your negative conditioning and controlling patterns, from your unloving beliefs and behaviours – from your bad feelings.

Once your Indwelling Spirit of God has arrived from Divington, you are forever, until you do your healing, trapped in your parental patterns. Your Indwelling Spirit’s arrival signifies that your mind is fully formed and is now an active independent functioning part of the Divine Ministers universal mind circuits. And so from this time on you are responsible for all that your mind is, every ‘thought, word and deed’. Every part of your mind and will are recorded on these universal circuits and whilst you live in the negative they are recorded as an affront to the Mother and Father and all things that are good, true and of love. And there those negative realities of your mind will stay until the day you choose to heal them, to compensate for all the wrong and evil you have lived, by setting out to live true to yourself and your feelings.

James, and it is the same for everyone, every moment since your conception your mind has registered negative impulses on the universal mind circuits. It has all been recorded, your rebellion well documented. Ever since your first moment of incarnation you have been rebelling against Jesus and my Spirits of Truth. They have been trying to minister to your soul but you refused such truth. And it’s the same for all people, even those leaders of the Christian churches you were reading about. They are the same although they believe they are not evil, are right and God loving.

They have actively participated in their rebellion just like you, right from their conception. They falsely believe they are the way of Christ and are doing all that Jesus taught, however the reality is they are just as your parents are, standing in the way of, and preventing their followers from discovering the truth of life for themselves through their own experiences.



If you believe in the Church you are allowing it to block your way to God. Every thought you have, every act you do, every behaviour no matter what you think – and even if you think you are being loving, kind and considerate – you are still doing rebelliously. Nothing is what you think it is. All of what you do and say stands in the way of truth – your truth – your ability to find out the truth for yourself. And this is evil. This is the way of sin. There is no greater sin than to deny yourself truth. To deny the truth of yourself is to deny all that is love.

A rebellion, in the sense of how I am using the word, is really the breakdown of a relationship. Just as you have not know that I existed as Jesus' soul-mate, so too are their female partners to the male rebellious leaders: Mrs Lucifer, Mrs Satan, Mrs Caligastia and Daligastia – Mrs Devil and Mrs Evil Ones. And it was within the relationships of these individuals with their partners that the System Rebellion you are suffering under first took place. Corrosion of true values and hence love and truth, came about for various reasons, which slowly prised them apart. Initially they did not want to admit to each other that such things were taking place, however they were, and to remain together they had to start making compromises.

As The Urantia Book points out Lucifer was a high Son of excelling nature, as was his soul-partner. To discover a rift within their relationship was not going to do their image any good, so they had to pretend that nothing had changed, they kept up appearances. Had they admitted these problems to each other instead of denying them; had they expressed their bad feelings, and had they not worried about being seen to be weak; had they been big enough to admit they weren't perfect, then they might not have been seduced into rebellion. However they chose to ignore and deny such feelings within themselves and between each other, covering them up to maintain their self-importance. They chose to be better than they were. They started to do more than they needed to, driven by their newly emerging negative egos need for self-gratification. As they did these things, on the surface they seemed to show each other even greater affection, they appeared even more loving, more benevolent to lesser beings, but to those who could see the subtle signs of truth, this was only their minds taking over control of their feelings, covering up their every increasing deficiencies and the widening rift in their relationship. They were separating in their relationship, although superficially it seemed like they were growing even closer.

Within themselves they were breaking down their love and replacing it with hate and self-deceit, striving to make themselves more vainglorious. And between each other they were also beginning to subtly despise each other, petty jealousies were creeping in; and the more they hated each other, the more they pretended to love each other; and the more they pretended to 'on love'. Finally, their internal and personal rift grew too large and demanded big action or else face complete exposure and disgrace for pretending they were something they were not. And so they came out with the complete **Declaration of War** against Jesus and I, and the accusation that we were frauds and the Mother and Father were not real because They could not be seen. They brought open rebellion into our universe and set about trying to gather supporters adding to their corruption, all designed to give them the power they felt they needed to keep going. Having crossed the line, having fallen from the grace of their Son and Daughtership, they set about trying to destroy as much of the universe as they could – their destruction being seen as coercing other spirits and angelic beings into rebellion, into their **liberty of freedom**. And all the time this was happening they put on a united 'loving' front, all so those who chose the way of darkness could see the **benefits**. And you are a result of such benefits. Your relationships being based on untruth, lies and deception are modelled on these Evil One's relationships. As you have embraced and condoned the Rebellion you can't related any other way other than with the negative mind patterns sponsored by it.

Had they come clean and expressed their problems, admitted they were having difficulties and could not go on; had they acknowledged that not all was right within and between them showing some humility; had they asked for help, things would have been very different. They would have been retired from

duty – it would have been a voluntary choice – until they came to terms with what ever it was that was causing them their problems. And once they had healed themselves they would have been reinstated, being all the wiser, and able to be given even more power and responsibility in our universe. But instead they chose the cowards route and rebelled, all the while going against their own relationship as soul-mates, and all the relationships they were involved in, including with Jesus and I.

Jesus and I want only loving relationships in our universe. We want all beings to feel free to call on us for help if they are having difficulties in their relationship. For when you express the difficulty you are asking for help, you are coming out stating: you don't know what's wrong, you can't cope; and that you'd rather live with humility admitting you don't know, rather than pretending you know. Just as you will need to do as you do your healing. And by speaking up you can then be loved, receiving the help you need to heal whatever has gone wrong. Our universe is not just a black and white affair. It is one based on love and loving relationships right from the Mother and Father down through us to you. Even if Jesus and I have difficulty, either personally or within our relationship, we can seek help (as we have done) from higher beings than ourselves, as we did at the time of the Lucifer Rebellion. And if we have difficulty within ourselves, as we discovered for ourselves through our lives on Earth, we can speak to each other about our bad feelings, and we can listen to each other and the truth can be sort. Creation is concerned only with relationships, and if they aren't going well then all one need do is speak up and admit it; ask for help, and help will be given. How else can you get help if you don't speak up and alert others to your problems? We are not meant to struggle silently along, hoping all the bad stuff will go away. We are here to love one another, and to do that we share, express and communicate with feelings.

If something makes you feel bad and you can't cope, but chose not to do anything about it, hiding the bad feelings away inside yourself and not speaking up, pretending you're okay, you are only hiding from yourself, hurting yourself and making things harder for you than they already are. Denial is just that, DENIAL, it's not love and light, coming out into the world and being all your feelings want you to be. Don't turn your back on help; speak up about how bad you feel. I know it's hard to do when you have been trained right from the beginning to do otherwise, however now that you are becoming more aware of such things, how about respecting yourself, and giving your feelings a go?

No one wants you to suffer, to remain locked away in their own little denial-cell. However, if you don't want to come out and try to liberate yourself there is little we can do. Speak about all you feel, that is all you have to do. Speak up about feeling bad. Tell someone who cares about you. And keep speaking wanting to know the truth of why you are feeling bad; keep speaking until the truth comes. There are many who are on your side, many who want to help. Speak out and the help will come. It will come in the form of truth and understanding.

Well done James, we will continue to tomorrow – Mary M.

**LUCIFER REBELION HAS ENDED, and now REVELATIONS for HEALING are HERE:**



**Lucifer soulmate pair**



**Satan soulmate pair**



**Caligastia soulmate pair**



**Daligastia soulmate pair**

**Lucifer** soulmate pair were magnificent beings, a brilliant personality as one. They were designated as one of the one hundred most able and brilliant personalities in more than seven hundred thousand of their kind. From such a magnificent beginning, through evil and error, they embraced sin. They believed that their minds were all powerful and that everyone should be independent and reject the illusionary God and those who lead the path to God, namely Michael of Nebadon (Jesus and Mary).

Very little was heard of Lucifer on Urantia (Earth) owing to the fact that he assigned his first lieutenant, **Satan** (also a soulmate pair), to advocate his cause on our planet. The “devil” is none other than Caligastia (again, another soulmate pair). At the time Michael (Jesus and Mary) was on Urantia in the flesh, Lucifer, Satan, and Caligastia were leagued together to effect the miscarriage of his bestowal mission. But they significantly failed.

About five hundred thousand years ago and concurrent with the appearance of the six coloured or Sangik races, Caligastia, the Planetary Prince, arrived on Urantia. There were almost one-half billion primitive human beings on Earth at the time of the Prince’s arrival, and they were well scattered over Europe, Asia, and Africa. The Prince’s headquarters, established in Mesopotamia, was at about the centre of world population.

**Caligastia** had been attached to the council of the Life Carrier advisers on Jerusem. Lucifer elevated Caligastia to a position on his personal staff, and he acceptably filled five successive assignments of honor and trust. The Planetary Prince of Urantia (Earth), Caligastia, was not sent out on his mission alone but was accompanied by the usual corps of assistants and administrative helpers.

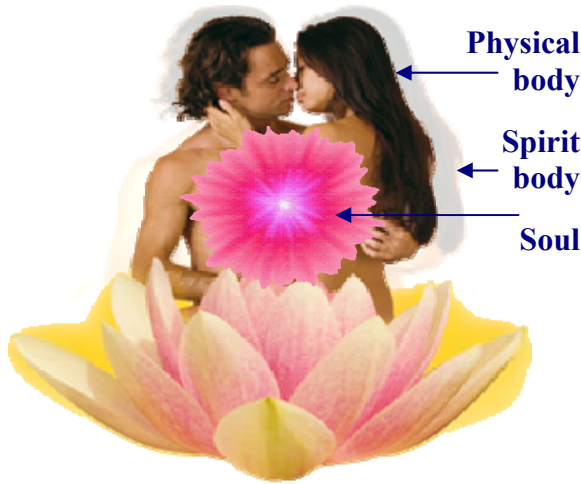
At the head of this group was **Daligastia** (soulmate pair), the associate-assistant of the Planetary Prince. Daligastia was also a secondary Lanonandek Son. He ranked as an assistant

**Lucifer, with deputy Satan, and lieutenants Caligastia and Daligastia have ingrained into the human psyche to be mind dominated with its errors passing down through all parents, being self reliant and rejecting one’s own soul based feelings that are to lead us to our Heavenly Parents with the truths being provided by Mary and Jesus of Nebadon. Lucifer and Satan were removed two thousand years ago, Caligastia and Daligastia have very recently been removed. Their crimes against humanity make Adolf Hitler appear to be a saint!**



Infographics and diagrams have been added by Pascas.

# First Parents being First Ensouled Humans



Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some **one million years ago**. Andon and Fonta were the most remarkable pair of human beings that have ever lived on the face of the Earth. This wonderful pair, the actual parents of all mankind, were in every way superior to many of their immediate descendants, and they were radically different from all of their ancestors, both immediate and remote.



The Lucifer soulmate pair believe that the mind is superior to all things. Thus they convinced the inhabitants of 37 inhabited planets within the universe of Neadon, including Earth, to become self reliant and abandon God and Their administrative leadership. The Lucifers brought about the Rebellion on Earth two hundred thousand years ago. So for 200,000 years of spiritual darkness, humanity has suffered the consequences of one's error ridden mind.

# REBELLION



Adam and Eve, the Adamite soulmate pair, came about **thirty eight thousand years ago** to upstep the gene structure of humanity and advance their spirituality.

# DEFAULT

Both Eve and Adam mated with local humans and accordingly defaulted on the plan. They were to breed a superior stock that would then interbreed.

Mary of Magdalene and Jesus of Nazareth, soulmates, **two thousand years ago**, both retained perfection, and during their sojourn on Earth were enthroned as sovereign rulers of Neadon. **The bestowal of Michael (Jesus and Mary) terminated the Lucifer rebellion.**



The Second Coming, **now in progress**, reveals the availability of Divine Love and the need for each person to engage in the process of Feeling Healing. With the Divine Love then this process is one's Soul Healing.

# BESTOWAL



# REVELATIONS

× 2





**Why did the Lanonandek Daughters and Sons rebel? Being the Lucifers, Satans, Caligastias and Daligastias soulmate / soul partner pairs.** James Moncrief Monday, 12 November 2018

Re The Urantia Book (TUB): there are various orders of Paradise Descending Daughters and Sons. (NB: TUB only refers to the masculine so doesn't include Daughters.) The Descending Daughters and Sons descend or step down from Paradise to reach out and 'down' to the Ascending mortals – men and women on the evolutionary worlds, who are reaching out and 'up' to Paradise and for such help from the descending spirit pairs. Ascending mortal pairs (soulmates / soul partners) cannot by themselves ascend to Paradise, how to do that is not 'encoded' in their soul. So they need higher help and guidance from the descending pairs. So if people don't have this higher help they will never spiritually and physically progress very far. And if this higher help goes haywire, people are stuffed until other higher help comes to rescue them.

One such Descending Pair, the Creator Pair, comes out from Paradise to a section of space when it is ready for them – Mary M (Magdalene) and Jesus in our case; and in union with the Divine Minister, create, or 'bring into being' a Local Universe – Nebadon. Mary and Jesus then attend to the whole (local) universe, with Avonal Descending Paradise Pairs coming as required to the individual earth worlds to ensure and initiate the spiritual changing of the ages that is needed to advance the spiritual development of mortals in accordance with the Paradise Plan.

Part of the Creation of Nebadon includes the creation of Local Universal Descending Daughters and Sons that hold key positions on individual worlds and oversee larger areas or sections of the Nebadon. With the Lanonandeks being these key administrators, guides, overseers, who are the ones that ensure the ascending mortals of each world are given what they need in accordance with the unfolding phases of their evolution, as well as providing the necessary Mansion World structures and organisation of the Celestials spheres, the greater part of Nebadon, all so mortals of the evolutionary worlds can find their way up and in through the Local Universe so as to set out on their greater spiritual journey through the Super Universe and Central Universe to Paradise. The Lanonandeks make sure all the parts work as they are intended to do, with the Melchizedeks being more involved with the ongoing teaching and personal education of mortals about all things through the Local Universe.

The Lucifers, Satans, Caligastias and Daligastias are all Lanonandek pairs.

The Lucifers were the overseers of this sector – System – of Nebadon that includes Earth – Urantia. The Satans were to help the Lucifers, being the main liaison pair with the Caligastias (The Planetary Prince and Princess) who oversaw Earth directly from spirit, and the Daligastias being physically materialised on Earth so as to oversee and help evolve the local races of Earth on all levels, the practical physical and spiritual, this being how it was five hundred thousand years ago. And for three hundred thousand years, everything went well.

The whole of Creation thus far is one gigantic Ascending mortal scheme – The Ascension Scheme. So everything in it works to help slowly evolve humanity along the plans designed for them by the Descending Pairs and the Mother and Father, with the idea to evolve through ongoing self-expression the people from all the earths up through the Mansion Worlds and into the Celestial spheres and on through and out of Nebadon. So if anything goes wrong in any level of the universe then it causes problems for the mortals who are wanting to ascend.

The Lucifers were outstanding members of their Order. However according to TUB (if I remember correctly), they were passed over when they applied to oversee certain parts of Nebadon – and so why did that happen??? Then finally they got their chance. As to why they rebelled – it is said their egos, their self-importance, grew, and they weren't able to control it. They were seduced by some inner need



for greater power – but why did that happen? And is it just like everything else, there is variation in all things and so they went the way of rebelling against Mary and Jesus and the Mother and Father. And not being of a higher Paradise Order, they are more prone to being seduced by their inner biases, whereas supposedly Paradise Descending Daughters and Sons are too perfect, being of Paradise origin, and so wouldn't or even can't, rebel. And Avonal Pairs can willingly take on rebellion, but that's their choice and they are not technically rebelling or defaulting, they needing to do this so they can heal themselves of the Wrongness thereby liberating the world of rebellion, and in our cases, also default. Which means, providing people and spirits in the Mansion Worlds, their Spirits of Truth, so everyone in a rebellious state can look to them instead of the Evil Ones, the rebellious Lanonandeks, for the way out of rebellion and onto Paradise.

The Evil Ones took over their part of Neadon, Mary and Jesus allowed them to, allowing the Rebellion and subsequent Default on Earth to run its course. However it continues to cause masses of disruptions to the natural way of things, all of which we've been and continue to be subjected to.

So because humanity for two hundred thousand years has been increasingly subjected to the Rebellion and then also the Default of Eve and Adam (Material daughter and son), we are well and truly entrenched in the unconscious belief that the Evil Ones are the Gods, and that we're to look to them for the way to be happy and feel loved – that they are the Living Truth. And yet, as we can all see from our own lives when we start to address our bad feelings, this is wrong, false and misleading, only making us feel even more unhappy, unloved and powerless in our negative truth-denying state and being unable to do anything about it – because ascending mortals are not able to go against the higher Daughters and Sons. So without humanity knowing it, we have been praying to the Evil Ones as if they are God, even with people who pray to Jesus, praying to a mind-created fantasy Jesus and not the real one, as can be seen by the Evil Ones strategically denying humanity the truth of the Divine Love, with our need to long for it being excluded from the Bible and not found in any other rebellion-created religion.

Mary and Jesus being the highest Paradise Pair, by their coming to Earth, terminated the System Rebellion of the Lucifers and Satans. So that level of evil influence on all the rebellious physical worlds ended two thousand years ago. And then it's required for each world to be attended to by a bestowal Avonal Pair, who take on the evilness of that world and heal it within themselves, thereby ending the control in our case of the Caligastias and Daligastias, which has now apparently happened, with the Avonal Pair only to finish their Healing so as to signal the complete technical end of the Rebellion and Default.

So their – the Avonal pair – Healing involves dealing with the Rebellion and Default within themselves on all levels, so people and the mind Mansion World spirits can then choose to follow them and do their Healing. So by following the Avonal Pair you are going against the Evil Ones (currently it being their legacy within you and on the world), looking to end their negative, unloving and untrue influences within yourself. And once done, you become a Celestial, either on Earth or in the Celestial spheres, and free to align yourself with Mary and Jesus, which is done by partaking of the Divine Love, and free to live your ascension to Paradise – free to become at-one with your Mother and Father.

We're all living the demented levels of the demented minds of the four Lanonandek pairs that rebelled. And as we do our Healing, so we come to see how fucked they are, as we see how fucked we are; how they passed that fuckedness onto us through our parents, how we've become so tangled up in our Wrongness, not knowing what is true – we live untruth believing it's true, we feel false love believing it's true love. We're all around the wrong way, deeply mixed up, and needing to do our Spiritual Healing to get ourselves out of our sinful and evil ways, so as to come back into alignment with the Truth. So all that we are has to go, and we're to uncover a whole New Way on all levels, personally and how to live, as we liberate ourselves from our dementedness.

With the Evil Lanonandeks no longer at large, having been detained on a prison world awaiting judgement as to what will happen to them, so the Melchizedeks stepped in taking over their positions. I don't know why other Lanonandeks weren't appointed, however I guess it's because of the damage done by the Rebellion, we who are here and part of it have to deal with it ourselves, so no outsiders other than Mary and Jesus and the Avonal Pair being from Paradise that can override that limitation.

And the Melchizedeks have enlisted the Celestial spirits help. So together, they now in effect play the roles of the Lanonandeks. And so as the Avonals progressively heal themselves, thereby liberating humanity from the dictates of the Rebellion and Default, so the Celestials are being given increasing power and authority to do what the Lanonandeks would have done. So the Rebellion on a positive note is providing the Celestial spirits with unique opportunities as part of their ascension, as we hear from Helen and Nanna Beth. And I would imagine, people who finish their Healing and become Celestials on Earth will also in some way be given extraordinary opportunities as well, all of which will involve some level of healing the world and doing what the Lanonandeks and Eve and Adam should have done. Even to the point of Celestials on Earth who have children, will in some way be like the new 'Eves and Adams' populating the world with perfect and true children, all who are completely free of the Rebellion and Default.

And what happens to the Evil Ones? I imagine they will have to undergo a long period of Compensation experiencing the pain they caused all the people and angels who were under their care. And after that, if they are not extinguished outright, possibly they might be rehabilitated to some degree; however as TUB suggests, without ever receiving the power they once had. However, as all works out for the best and ultimately is all-loving, it will be fascinating to see through our own lives how all the pain we've been made to suffer ends up helping us and being the best thing for us.

And one last thing to note, had there been no Rebellion or Default, then here on Earth we'd still have now the Daligastias as well as Eve and Adam, still helping people grow and evolve on all levels. Still being the higher Daughters and Sons that we can look to – knowing that we're not alone, that we are being looked after and loved and that a greater life of ascension awaits us. And we would by now know of the Caligastias and all the help they would be providing on the higher spiritual levels, as well as the help they would be giving mortal spirits in the Mansion Worlds. And we would know of the Satans and Lucifers and all the help they were providing on the System level. And we've understood that in a way these higher Daughters and Sons are like mini gods to us, yet not our Heavenly Mother and Father. And they would be pointing us towards Mary and Jesus helping us understand that they are the Creator Pair, and here we live in their universe of Nabadon, and that all they are doing for and with us is to help us evolve and grow on all levels as we look to our feelings for our truth we are to live as we express the personalities from our souls on our way through Nabadon and onto Paradise. It all being a perfectly unified and loving experience for us. We being able to see the higher Daughter and Son as in the Daligastias and the Material Pair, Eve and Adam, who would be for us the perfect humans that we could strive to be like. So we would want to be perfect in our humanness like Eve and Adam, and perfect in our spiritualness like the Daligastias. With both pairs showing us that we can be both perfect on the material and physical level, as we can be on the spiritual level. Which is completely the opposite of how we've been made to live, because all of that perfection has been denied us, with our being so screwed up about how we are to live both materially – physically and spiritually – we having no idea about either, and with them working fully in opposition to each other. And with our longing for and wanting the Truth, the truth of how we're to live physically and spiritually, all of which is to come (and ONLY come) through each of us individually and as a consequence of properly attending to and expressing ALL we feel.

## Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

23 March 2003

Yes, I am here James, Mary.

I want to speak a lot to you as I have not been heard, and I want to give you and people who may read this a feeling of me. Jesus is well known, and if you allow yourself to feel what he means to you, those who want the truth can feel that he is the vanguard of it; that he carries the torch of the Father's Love in his heart; that he is all-loving, and he is all the splendour, majesty and wonder of what a Father's Son should be. But as for myself, I do not have such a following, nor invoke such good feelings; and being a woman, and as women are generally not associated with knowing truth, I am very much lacking in the consciousness of humanity. I don't want to be worshipped as a separate individual by those who are looking for a female leader. I want to be seen as Jesus' Companion In Truth, and that we stand side-by-side willing to help anyone see and understand the truth if that is what they have firmly decided in their hearts.

I want people to see that it takes a man and a woman, united together, to be the full representation and embodiment of truth. You cannot ascend to Paradise or live a true spiritual life if you intend doing it all by yourself; or if you single out either Jesus or myself and look to only one of us. And it is the same with the Mother and the Father. If you want to ascend the heavens you will need to *see* both of Them. Seeing and relating to only one of them will limit your spiritual growth. Humanity has been divided for so long in regards to the masculine and feminine that it could take you considerable time to accept your Heavenly Mother and me. This is understandable, and will depend on the dynamics of your parents' relationship and the amount of freedom of thought and feelings they gave you. Many parents stay together in marriage, but still one is dominate over the other. And what I want to impress on you is that both parents would have needed to be absolutely equal and living totally true to themselves, so you as their child would want, and demand, equality in your relationships. The fact that so many people can accept Jesus and the Father but have difficulty with the Mother and myself, is testament to the disparity in one's parental relationships. If you seek to heal within yourself your parental relationships, then you will be able to embrace equally Jesus and myself and the Mother and Father.

Happiness will only come to you as you marry two opposing forces within yourself. The feminine and masculine in all men and women is dysfunctional; is existing in a negative and untrue relationship. They hate each other. The man and woman in each of you is not living a loving relationship, and because of this you won't be able to perfectly unite with the male and female in another person.

I want you to see how important it is to strive for and want to live, only true to yourself; and then to share yourself and your life with your soul-partner. If you want this tell the Mother and Father, and ask Them to help you achieve it. And you can look to Jesus and myself for the truth that will start you on your way.

In Jesus you will see the need to ask the Father specifically for His Divine Love, and this will help you become perfect and pure-love-state that he is. And in me you see the need to ask the Mother for Her Divine Love, and I will help you find the truth that will start to help you focus inwards, to look deeper and deeper into yourself; to see what is going on in you so you can see what is preventing you from becoming as Jesus and I are. And as you look to me, I will marshal all the forces needed to help you do your soul-healing.

To help you understand a little of what is involved, I have organised that through James, spirits will share their experiences of their healing and living with the Divine Love.

Jesus is the living aspiration, the universal pattern; and through me, I will help you make it happen for yourself. I am the practical hands on *spirit mother* of the Universe. I will see to it that you focus on what you truly need to attend to, so that all those little and fine details will get taken care of; so you will be able to become perfect, true and all-loving.

Unbeknown to you, you cannot go straight to Jesus by stepping over or ignoring me. You won't find the truth; you will only further deny it with your mind. You have to begin with me and move then onto Jesus. Life begins in the woman's womb, before you can move out into the world. Truth begins with the woman and moves to the man. You need my Spirit of Truth to function before you will gain any real and lasting benefit from Jesus' Spirit of Truth. Too many people, even those longing for and receiving the Divine Love, wrongly believe they are growing in truth, but continue to deny me. We welcome Jesus and his messages to Mr. Padgett, but this is not enough. I am telling you, you have to first stop and come back to me. Begin with me, listen to my words, and apply yourself to the truths I impart. Then you will start to listen to and face your feelings. And when you start to live true to them, THEN AND ONLY THEN – AND ALL THROUGH YOUR FEELINGS, will you find and grow in truth. Don't use Jesus as just another escape, a man or spirit you can feel friendly toward, but someone you can use to deny your bad feelings. Don't delude yourself that you only need his words and truth to grow in truth. If you do you are not growing in truth, you are only feeding and filling your mind with new information.

Don't just pray to Jesus asking him for help, and long to the Father for His Love, expecting everything to be okay. It won't. You can continue to delude yourself that it might be, and that you even feel much better about yourself and your life, however you are not dealing with and healing the control of your negative mind.

So I repeat: you need to begin with me, with the feminine, if you are serious about your soul-advancement of truth. The woman comes first; she is the leader – the leader of truth. Begin with her, begin with me; embrace your Mother of Heaven, and long to live true – true to all you feel. Mary.

Jesus.

I support all of what Mary is saying to you.

We want to impress upon your mind the need, to combine all of what we are saying to you. On the one hand, my expressions of love; and on the other, the need to love yourself into the depths of doing your soul-healing.

I have not spoken openly of this need as it is not for me to tell it to you, however, as Mary comes closer, listen to her words resonate in your heart and see what sense it all makes.

I have spoken of you becoming completely of love, and I have hoped you would ask me: how can I be this way, how can I achieve what you say? And I have hoped that you would try and do as I have said, and found that things don't quite add up. And I have hoped that you would have found out through your experiences that something is missing, some practical guidance. And I have hoped that you would then come back and say: Hey Jesus we can't do it, what you say doesn't work, what's going on? And then I could have introduced you to Mary. Then you would have been ready to accept the word of the woman.

So now to answer such questions I say: accept us both. Listen to her words and think seriously about the denial of your feelings. It might not sound spiritually appealing, having to deal with your repressed

childhood feelings, however it IS the only way you will uncover and grow in truth while you retain your negative mind, so it IS spiritual. And men, do not be tempted to dismiss all this feeling stuff as girls work and of little interest, because you will do yourself a serious injustice.

You need both parts of the picture: Mary and I. And you need both your Heavenly Father AND Mother.

Mary and I want you to succeed. The task that lies ahead of you is very difficult. It will take all you have got. But the Father and Mother have a very large unseen safety net under you; and the more you willingly abandon yourself and fall into the acceptance of your bad feelings, the easier it will become for you to find the truth.

It is all very serious. It is the salvation of your soul. And the longer you persist in denying yourself your pain the longer you will suffer.

Mary and I fully appreciate the difficulties you are faced with. You do not have examples of others about you whom have chosen to commit themselves to the healing of their soul and are making progress, moving along their path; but even this will soon change.

When I first came to the spirit worlds, many spirits wanted to live as I said, having heard me on Earth or having watched and listened from spirit. But all I could do was encourage them to keep praying to the Father; just I did with Mr Padgett, and just as I do to those people on Earth who I speak with. I knew that without the addition of Mary and her presentation of truth there was little else I could do. But when Mary came to spirit, with all she had learnt and been told by the Mother, we were able to quickly fill the gap and help all those who needed our attention. They listened to what she encouraged them to do; and with all of the Divine Love in their hearts, quickly got on with their healing and their ascension through the Mansion Worlds. And in many ways the same now applies for those people on Earth who are familiar with me and all I have said, but as yet are to accept and embrace Mary.

For many years from spirit I tried encouraging people of Earth to pray to the Father for His Love though few heard me. But now with the help of Mr James Padgett my message of this wonderful news, of the Father offering you His Love is available; and better still, now with the marriage of Mary's messages concerning the need for you to do your soul-healing and embracing longing also to your Heavenly Mother, you can begin to ascend and grow in truth, just as those first spirits did all those years ago.

So far as truth is concerned, heaven has now come to Earth. The way is now revealed for the sincere truth-seeking soul to begin the climb to Paradise, the Centre and Hub of Creation; the Home of our Beloved Parents. Jesus.

Mary.

The truths Jesus and the Celestials revealed though Mr James Padgett could be said to be 'outside' truths; truths which can be understood intellectually about the workings of the universe, but truths which do little for one's personal growth. Jesus revealed such truth so as to provide you with a mental picture; something to relate to with your minds, and a framework into which to allow what I am telling you to be lived.

I am also telling you truths for your mind, giving you yet more of a picture, but more of an 'inner' one, one all to do with and based around feelings. And when lived, will help you liberate truth for yourself, all derived from your experiences and the feelings you feel during them. My truths are more personally



orientated, Jesus' more impersonal. Jesus has informed you about the Divine Love and that you can long for it; I am informing you that if you want it to help you in your souls transformation from the natural to the divine, then you need to do your soul-healing.

Knowing that the universal Laws of Compensation and Forgiveness exist is one thing, however with such knowledge you can't bring them into affect. By wanting to honour your feelings, and by accepting your bad ones and expressing them with the intent of uncovering their truth, IS the application of these laws; they will simply work for you whether you are aware of their existence or not, provided you do your feeling or soul-healing. And you don't need to be aware of their existence to engage them. You only need to be aware of, and absolutely true to, your feelings.

I am revealing to you the practical hands on – what you need to do if you want to live all that Jesus has spoken about with Mr Padgett, and more.

We can't tell you what to expect in doing your soul-healing. With your mind negative you wouldn't understand other than grasping certain mental notions, however we want to try and paint the picture for you. So when you are on your way and you do start to gain understanding through your own experiences, things will make sense, they will fit into the picture helping you to know you are on the right track.

What you can be sure about is your healing will not be like anything you have experienced. It will be completely new; even your relationship with God will be relinquished and started anew. All that you believe you are will change. But you can't see this until you live it. No one can tell you what your healing is going to be like; the things you will have to give up, how your repressed feelings will surface. It is your path to discover the truth of your childhood repression and your negative mind. It will no doubt have similarities with others; however the beauty of it is, it will be completely personal for you. It will take you out of your impersonal view of yourself and the world making everything in your life highly personal. It will take you out of mind and thinking about things, and instead into your heart and feeling things. It will, when you get used to it, show you that life has other depths to it – led to by your feelings – other than the superficial mind circuits you currently live in. It will help you find the real and true you, and once found, you will understand the majesty of the Mother and Father's Creation; you will understand the beauty of yourself.

I want to stress again how important it is for you, if you want to embark on your spiritual growth and do your soul-healing, that you want The Truth. And by this I mean that you want to know and live the whole truth of yourself; that you want to know, to begin with, the whole truth of your negative, rebellious and evil mind. And to find this truth you have to look to yourself by using your feelings to find it. You can't get it out of books or from another person; it has to be truth that comes to you through your feelings. It will come and you will know – FEEL – it to be true, and it will be what you live your life with. So you MUST want the truth, and long hard always for it. Long for the truth of why you are feeling as you are, long for it and want it.

And the simple formula I am giving you to find your truth, something, which I will endlessly repeat, is this: Acknowledge your bad feeling. Accept it. Express it – speak about it to someone who wants to listen to you, someone who wants to know all you are truly feeling. And speak about it with the deep longing, desire and intention to uncover the truth of it. Why are you feeling it? Where is it coming from? How does it come to be within you? What happened to you to make you feel bad? And when you do this, if you understand that it's all stemming from things that happened during your early childhood, in time you will see the answers to these questions. To see the truth will take time and LOTS of talking about how bad you feel. But, although all your bad feelings originate from deeper causes during your early childhood, don't try to look back into your childhood with your mind, because you run

the risk of contriving memories as your mind seeks to use these as a means of escaping having to face your feelings of hurt.

Always what is needed is to remain focused on accepting and expressing the feelings that are at hand. Longing for the truth of them; wanting to uncover and find their truth, and then just seeing what happens. The truth comes of its own accord. You don't have to make it or force it. You can't make truth come to you. If you do, you are only making things up with your mind and it's not truth. Truth comes from the organic processes of feeling your experience, and your soul alerting you to the truth of what you've felt – the truth of what you've experienced.

We will finish now James, for you need a rest.

And why you feel tired and out of sorts James, is because Jesus and I are making our Spirits of Truth work within you; this is why you feel such inner pressure building as you write with us. We are doing this to help you bring up more of your unloved feelings, and to strengthen your system to the presence of our light. It will mean, as you are feeling now, that you will tire as we work your mental circuits with our minds. So as soon as you feel you begin to feel stress and strain, and feel bad, we will rest. You can then express the bad feelings to Marion. We are in no hurry, and you can stop and start as you feel. We will fit in with you, as you are the important one needing the help in doing your healing. We will talk some more when you feel able again. We give you our love, Mary and Jesus, your friends in Spirit.

As you have recovered from our intensity, I will continue to swamp you with our Spirit's of Truth – Mary.

Is it not good fun James to feel the intensity of us bearing down on you, shaking all the dead wood from your system!

As you and Marion were just discussing, I will reiterate ***The Problem***. I will address you and the reader.

The overall PROBLEM is that you do not feel your feelings properly. If you did you would not be looking for answers and not needing to read this. The main question is: Why do you feel unloved? – why do you want love?

You can say you are on your spiritual path seeking to be enlightened and looking for truth; you can say you're trying to live the Will of God, but what for? Isn't it that you are looking for love? Love is the key, and it is as is said: it's all about love, and there isn't anything else; but how do you get the love you feel you want? What if your relationships don't provide it for you, at least don't provide it all? Are you aware of a deep craving for love which seems impossible to satisfy; a craving you look to your relationships to fill, yet for some reason no matter what happens or what you do, there still seems to be something missing?

You hear it said that increasing your self-love will help you, and maybe you've tried to do various things to help you achieve greater self-love. And maybe you have felt for a time you have made headway, but still deep within you is a gnawing, a craving for something – something more.

The deep craving for love has come about because through the first six years of your life you weren't loved as your soul required. A lot went on during these first years; you were forming into the adult you now are, laying down the pattern, the infrastructure, the groundwork, and it all occurred without you feeling love satisfied. Hence as a part of your pattern, as a part of being an adult, you live with a deep

craving for love. It's as though you have formed but not completely, as if your arms, legs and body have formed but for some reason remain hollow.

And no amount of love from your current relationships or anything else you do in your life will give you the love to fill in the hollowness of your being. No, the only way you can give yourself this love is to go back to when you were denied it, by seeing the truth of what happened: why you didn't feel loved. This is being self-loving. This is loving yourself making up the deficit from your parents. And as you liberate all your unloving bad feelings uncovering the truth of them, then you will gradually fill yourself up, replacing them with good feelings, and feelings of feeling loved – loved by yourself and loved by God.

It was how your parents treated you, by making yourself reject and deny yourself, by stopping you from expressing your feelings, that meant you couldn't freely be yourself, so your natural love of self didn't happen. This is the love you are actually feeling bereft of. Although I say it was love your parents should have given you that you have missed out on, this is not entirely correct. It was the love they didn't allow you to feel about yourself that you missed out on – because they didn't love you; love you would have felt had they loved you, but now you feel so deprived of. You are denying yourself your own feelings of love – your feelings of self-love. So in effect you have denied, and are still denying, yourself love. And this is what you crave. It might feel like you yearn for your parent's love, but what this really is, is your yearning for them to love and treat you properly, so you can then love and feel good about yourself. So you can make yourself feel good, happy and loved through your own actions and feelings – through your own self-expression.

During your healing you will need to fully acknowledge the interference by your parents. How they mistreated you, how they didn't love you; and then understand how this has stopped you from being loving of yourself and feeling good feelings about yourself. Mostly how you've been taught to feel good and self-loving is wrong, and yet it is what you so desperately crave.

The doing of your soul-healing IS you loving yourself. The uncovering of the truth of yourself, the truth of all you feel, IS you loving yourself; and as you grow in truth so too will you grow in love – love for yourself, others and God. But you have to start with love for yourself. You are the most important one. Love for others and God can come after you love yourself through the truth you have found. Your healing is all about YOU – HEALING YOU. You can worry about others and God when you are healed.

Truth liberates love, or rather truth allows love to be. When there is truth, when you are of truth, when you are living true to your feelings, then there is something for you to love – the truth of you, or the true and real you. And in doing so, by always living true to your own feelings (and not trying to live true to the feelings of others, as many of you have been led to believe you should do), you will feel good loving feelings about yourself. No Truth; No Love. And you can't have love without truth.

So do you see, it's a twofold problem? You weren't allowed to naturally grow in love of yourself because your parents didn't allow you to be true to yourself; and by not allowing you to be true, they didn't love you. So to heal yourself, to love yourself, you first have to acknowledge all you feel about your parents not allowing you to be your true self. So you will feel unloved, unwanted and rejected by them, and many other painful things that make you feel bad. And all of this needs to be seen, brought to the surface and spoken out – expressed out of you. And by doing this you'll then be able to see how their interference has stopped you loving yourself; and in seeing this truth you are free to change your self-denying and unloving patterns: changing your unloving beliefs and changing your self-rejecting behaviour. And in doing so, once having changed, you will feel loved – loved by yourself; good, deep, content satisfying feelings about yourself.

Every time your parents interfered with you on the will level of existence, they stopped you from being and feeling and expressing the true you. Each time this made you feel like they didn't love you and so you couldn't love yourself. Each will-violation has given you the feeling of separation from your soul. These feelings feeling like: loneliness, being an outsider, unfulfilled, purposeless, meaningless, wondering what it's all about – that your life is nothing, THAT YOU ARE NOTHING.

Each time your soul was stopped from bringing you forth how it wanted you to be, your mind took over. And your mind without love and support from your soul has been made to act as the controller. Something had to take over; you couldn't just stay locked in your feelings of feeling miserable, meaninglessness, lost and despairing. You couldn't just remain as you felt – BAD – completely miserable, depressed and angry about being denied life. Your parents didn't allow you to sit around in pain, they made you carry on, they forced you to use your mind to 'get over' your bad feelings; they forced you to suppress, and then keep repressed, too many bad feelings.

Your mind has no alternative but to take over from your feelings if your feelings are not allowed to function and lead you in life. Your feelings were thwarted from being allowed to express themselves. You were told your bad feelings were not wanted – YOU WERE NOT WANTED, as your feelings are you. And as your parents made you believe them, so you didn't want them either – so you didn't want yourself. And your mind suddenly found itself the master of the ship. However it's not the mind's role to be the leader. Feelings are meant to lead your mind. Your mind is to play support and backup to your feelings, not the other way around. You are supposed to feel then think about what you felt. You are supposed to act on feeling inspiration, and then use your mind to work out what the inspiration was all about, and the best way to do it.

So your mind was forced out on its own, away from, even separated from, your true feelings. But your mind can't function alone, you still need to feel, so it took it upon itself to create the feelings it – you – believed you needed. So in certain situations you believe you should feel love, so your mind helps create these feelings you call love. You say you feel love and everything feels good, but one day as you do your healing and realise that such 'love' feelings don't actually make you feel good, you question yourself: so what's going on? What is this love when I no longer feel it as love?

Your have put your mind into an uncompromising position. It can't simply abandon it's post or you'll break down. It has to work endlessly trying to keep you afloat. It believes it's all up to it. It has taken over responsibility of your soul and God; it now believes it is god. And so it exists in a rebellious state to yourself and God. It is negative, wrong and evil. And it is YOUR mind – so it is you who are negative, wrong and evil.

This negative mind state then encompasses all of your beliefs; it governs your behaviour, and orchestrates what you say. All of you are coming from the negative. All of you IS negative. And all of you will remain negative until you have healed it ALL. Although through your healing you will of course progressively fix yourself, heal you mind's dysfunction becoming positively minded, still whilst you have one part negative left within you this will affect all the rest; so until you are completely healed you will still be negatively minded. Sure it will lessen, but still it will be wrong. Wrong until you are completely healed; and when this happens you will know – you will feel it. It will all be over.

We will stop now James, well done. I don't want to push you too hard today, as you still need to address more of the pain that is coming up in you from your head pains (headache), and all the Mother and Father put you through the other day. All my love and blessings to you both – Mary.

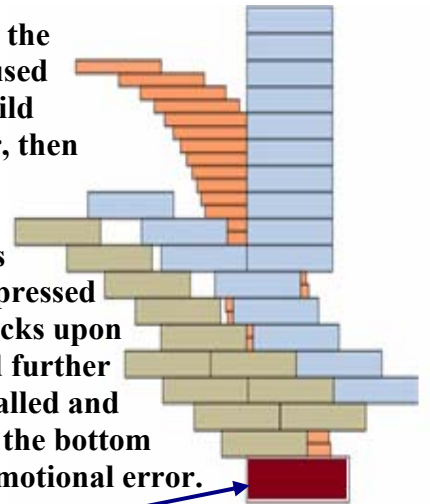
Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



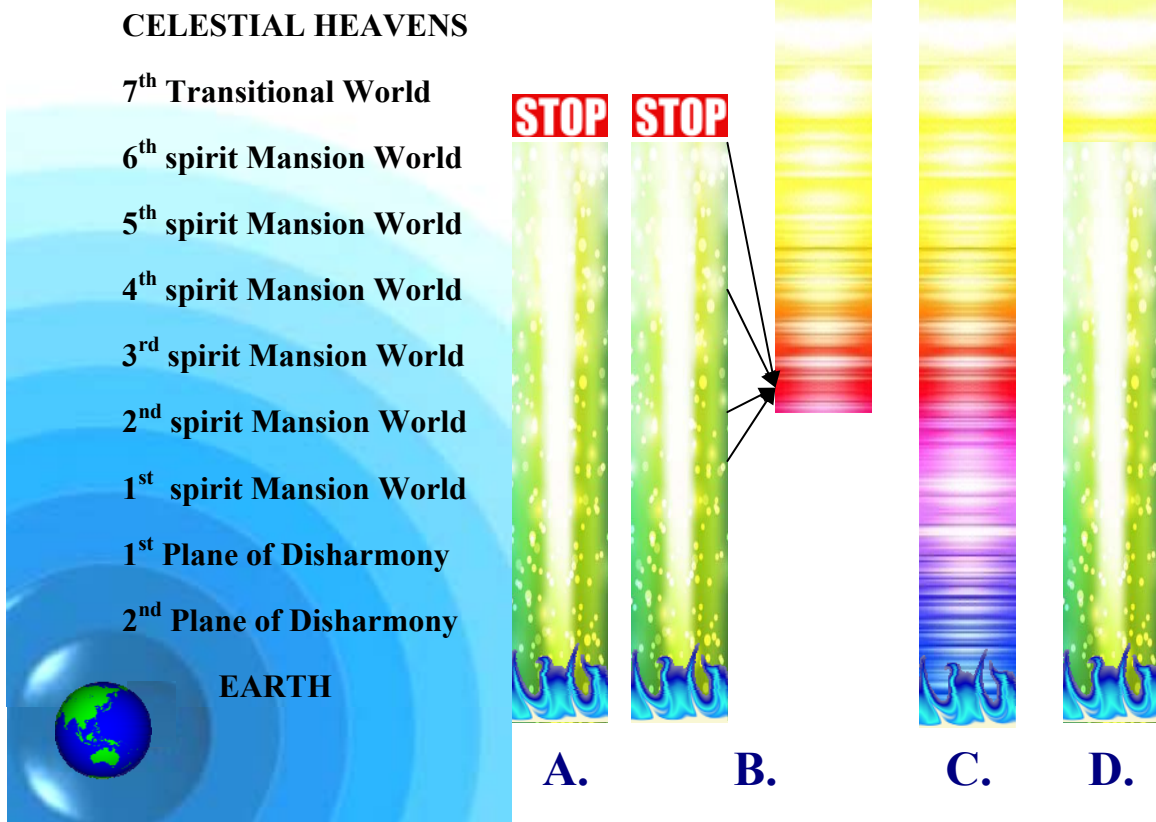
**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



**SOUL GROWTH UP THROUGH SPIRIT  
MANSION WORLDS:**



- A. We all arrive into the 1<sup>st</sup> sphere before being drawn to where we are suited. Living on Earth is typical of living in the hells – being the Spheres of Disharmony. With one's natural love and mind dominance, one can pay their compensation – being pain equivalent to the pain they have caused others and one's self. In this manner, one can progress through mind Mansion Worlds 1, 2, 4, and 6. With natural love only, one cannot progress beyond the 6<sup>th</sup> mind Mansion World sphere. The mind Mansion Worlds are self reliant experiences.
- B. Should one embrace the Mother and Father's Divine Love while advancing within any of the natural love mind Mansion Worlds / spheres, then one will be draw to the 3<sup>rd</sup> Divine Love Mansion World to commence their soul healing which is doing their feeling healing whilst longing for and receiving Divine Love. This process overrides the Law of Compensation as the soul healing is experiencing one's repressed childhood injuries and liberating one's soul will. Progression is through spheres 3, 5 and 7, and then into the Celestial Heavens. With the receiving of further Divine Love, one evolves even further.
- C. Presently, we can embrace Divine Love here on Earth, on transitioning into the 1<sup>st</sup> spirit world, we will continue with our Feeling Healing while longing for Truth and the Divine Love and progress through worlds / spheres 3, 5, 7 and into the Celestial Heavens.
- D. For those who do not embrace God, one can embrace their Feeling Healing and perfect their soul whilst paying their compensation and reach the 6<sup>th</sup> Mansion World. With a perfected soul, having also resolved their childhood repression, one may then embrace the Mother and Father's love and progress directly into the 7<sup>th</sup> Divine Love transitional sphere and then into the Celestial Heavens and onwards. This is how it was meant to be.

## Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

24 March 2003

Good morning James. I am here Mary. I will continue on from yesterday's message.

James, the suffering you are living is that of denying your soul its full expression. This encompasses all the pain of your spirit and physical body. All the pain you suffer from having a negative mind, and the resulting self-denial from its control over your emotions and feelings. And it's all driven by a negative will – all the pain you suffer, most of which you're still unconscious of. Consciously you aren't as yet aware of the pain, but it is within you and you are hurting. Your soul is the real you and is what truly suffers, its suffering reflected in your pain. This suffering will manifest as pain in both bodies. The deepest pain in your physical will feel like your bones are rotting. The deepest pain of your spiritual will feel like there is no worse endless emotional and mental suffering to be had. The deepest pain of your will, will feel like you are completely powerless, bereft of love and life – an intolerable way to exist. And although you do exist, you'll feel like you don't, shouldn't, and wish you didn't. And all of this pain won't go away, not until you accept, express, find and feel, the truth of it.

Some people believe all your pain is somehow stored in your physical body, however there's more to it than that. It is stored in your soul as light, the light from the painful experience. And it will remain in your soul until you liberate it through your healing. When I say your soul is suffering and your soul is in pain, I don't mean that it actually *feels* pain because it doesn't feel anything, not like you feel pain in your spirit or physical body. You can't actually feel soul-pain as the soul of itself doesn't feel; soul is soul, and only soul. So I say metaphorically that your soul is in pain, because as you are your soul and your soul is you, when you feel pain so does your soul. And your soul being in pain is – YOU IN PAIN.

As your parents interfere with your will, your soul makes adjustments; you change, and so can dismiss, suppress and keep repressed your bad feelings, if that is what you must do. But your soul must go on. So you are the little person who was 'throwing your tantrum' and hysterical, then suddenly some minutes later, it seems like nothing happened, the commotion and turmoil has passed, calm has returned, and it's onto the next thing.

The seeming resilience of the child is exploited by ignorant parents. The child appears to get over its pain and bad feelings very quickly, and seemingly with no after effects. And because of this many parents dismiss the feelings of a child as being something children have but something that's not too important. Because the child so easily and quickly moves on, a child's feelings are of no account. However nothing could be further from the truth.

A child's feelings are vitally important and should never be overlooked or dismissed. A child is an example of how free and easily one should be able to express one's feelings. A child expresses what it feels clearly, it's all there out in the open, it hasn't as yet learnt and been made to hide and cover up all its feelings like adults do. A child's feelings are sacrosanct and should be treated as such. A child readily expresses the trauma it is feeling. Parents don't understand the trauma because of their own denial of feelings. They are not in touch with their childhood feelings. They can't remember the importance of what they felt back then. They were not treated with respect for their feelings. They were treated as though they and their feelings were unimportant, so do the same to their child, seeing their child in the same way. And the reason why so many parents make such an effort to stop their child expressing their bad feelings is because their child unconsciously reminds them of what they are still feeling but repressing; and they don't want to remember these bad feelings of their own childhood. So as they dismiss their own bad feelings, so too must they dismiss their child's. A parent that is free to express

itself, having done its healing, will allow a child to freely express its bad feelings because it won't feel threatened by the child.

Parents soon learn that they can use force, coercion, deceit, lies, threats and fear to help their child 'get over' their bad feelings. And such *loving* parents wrongly believe that this is good for their child – its how one's parents and deal with such difficult situations; but all the while such treatment is hurting the child. It's destroying its confidence and faith in itself, and preventing it from loving itself into being. It is nasty, evil, sinful, treatment inflicted on children by unloving, uncaring insensitive ignorant parents. And parents can say they are loving, can believe they are loving of their child; they can even fight to the death with love for their child, but none of it is true love. It's all false love created by their mind, and all needed by the parents to keep their negative minds in control and their bad repressed childhood feelings at bay.

The pain you feel surface within you as you do your healing is pain derived from not being allowed to express your bad feelings, your pain, when you were a young child. It's the pain of the experience itself that was suppressed, and the pain of your ongoing repression of this pain. The pain of your parents rejecting you, and of you then rejecting yourself – your feeling self. It's the pain of not being accepted for who you are, not allowed to freely be and express all you feel; the pain of not being, and so feeling, loved by the very parents whose love you want, and are dependant on for love.

As you start to acknowledge your bad feelings so too do you start to liberate this pain. It will come out in your physical and make you feel, as well as very sore, emotionally pained and mentally drained. For those people who weren't hit and physically controlled as much when they were young, the pain, although manifesting in the physical, will be mostly emotional pain – the emotional misery and despair of your anguish.

You will gradually become aware of how your pain will manifest. It will be different for different people. And as you move along in your healing, steadily you'll uncover the truth of your pain, so you will find out why you feel the pain you feel in your legs, in your back, in your elbow, in your head, in your toe, in your stomach, in your...

Liberation from all pain comes from true acceptance. True acceptance is unconditional: you accept your pain as it is. You don't try to control or manipulate it; you don't try to alter it making it go away, you just accept and allow it to be. You allow yourself to be in pain, all whilst you long for and want to know the truth of it. And all along you speak about it, about how it's making you feel; you express your pain. Don't just suffer it in silence, moan and groan out loud not inwardly; complain about it, speak about whatever and however it is making you feel. The pain is there to be taken notice of, spoken about, focused on, giving it respect and credit for what it is – it is taking notice of it, and I can't stress how important this is. It is EXTREELY IMPORTANT! The pain is another part of you you've neglected, and it now wants to be welcomed, felt, heard, accepted and loved. You need to speak up and be true to your pain, bringing it right out in the open. And the more you can the more you are accepting this part of you that you previously denied. As the pain comes out, as you uncover the truth, more of you will come back ceasing to be denied, and no longer will you need to be in pain, so the pain will go.

In time with your healing, as you understand what a good thing your pain is doing for you, you will want it to surface. As much as you will hate it, and hate it making you feel so bad, you will still long to the Mother and Father to bring up your repressed pain. Wanting your pain is not the same as how a masochist wants to hurt himself, it's simply an understanding and appreciation that your pain is there for a very valid reason and it's helping your soul show you that you have things repressed and wrong inside. And for as long as it persists, you will know to keep going; to keep longing for and wanting your repressed feelings to come up.

Your relationship with your pain requires you to give up, give in, and submit to it, allowing it to consume you while you express all it makes you feel. You were made to give in and submit to your parent's control. And now as your bad feelings seek control over you, you give in and submit to them just as you did with your parents, only this time your willingness to do so is based on being able to do something about them: to speak about how bad you feel and find the truth of them. You couldn't speak about how bad your parents were making you feel back then, how much pain they were causing you, but now you can. Your parents are your pain. Your whole healing will be in a sense your doing nothing more than you have already done, and suffering no more than you've already suffered, only you'll be doing it as an adult so you can become fully conscious of all that happened to you when you were a child – literally you are bringing your limited childhood awareness into an adult perspective. So in a way, your healing will be taking you through your childhood all over again, but this time as an adult. This time so you can understand what happened to you, all the hows and whys.

You parents overwhelmed you, *broke* you, making you deny yourself, and this is a great sin: to deny yourself. Before you become a parent you have only this one sin to heal, once you are parent it's twofold: that you have turned and are sinning against yourself; and that you are making, or have made, your child sin against itself. Both sins will be healed though the acknowledgement and acceptance of the pain you are causing: the pain to yourself and the pain to your child.

With love there is no sin; love is unconditional. It is complete acceptance. Sin occurs when there is no love; hence your world is a sinful world. You are all sinners, you are all evil, you all have negative unloving minds seeking power and control. No matter what so-called *good-works* one might do, no one is exempt. You are all in the same boat. And it does not matter if you say, but surely some people are greater sinners than others, still each individual has to accept the wrong they are doing, the wrong they are living. Just because you believe you are good, because you are not a murderer, still doesn't let you off the hook. You will have your own self-denial, and so sin, that you will need to heal and become responsible for.

A child up until it is six years old or thereabouts – by the time its Indwelling Spirit arrives – is innocent. It cannot be held responsible for any of its actions, it is not as yet a fully formed person, it is still coming into being. All its actions its parents are therefore responsible for, and its parents should be held to account if the child does something wrong. Once a child moves from this state to sexual maturity, it's still not wholly responsible for its actions because it's only really a sub-adult. So its parents are part responsible. Once it's sexually mature it's wholly responsible being a full adult able to procreate. It is of course up to each society as to how it chooses to relate to children, sub-adults and adults, with the maturity of the society being reflected in the level of truth its participants live. As your world lives with very little truth, then the level of maturity in regards to these relationships is very limited. You only have to start understanding how you treat young children to shudder in horror as to how you treat each other at all ages and stages.

Let's have a rest James.

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Notes above are drawn from James Moncrief's writings.



## Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.

Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.  
 You might not like feeling bad, but it's okay to feel bad.  
 You are allowed to feel bad. Give yourself permission to feel bad.  
 Bad feelings shouldn't be dismissed.  
 Bad feelings already feel unwanted, why make them feel more rejected?  
 You are your bad feelings – if you reject them, you are rejecting yourself.  
 Why are you rejecting yourself? Why are you rejecting your bad feelings?  
 Is this how you want to live – rejecting a natural part of yourself?  
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.  
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad

feelings are to be accepted.  
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing?  
Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll  
only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up 'bad' energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be

listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

### The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

**We are to be true to our soul by living true to our feelings.**

To want to live true; true to how you feel, is to want to be perfect.  
And your feelings are the way.

## 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.

<p><b>The New Way: learning how to live true to ourselves by living true to our feelings.</b></p>
---



**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**

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

# 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**

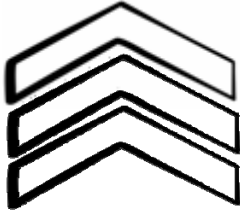


my  
**House** is your  
**Paradise**  
 **HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

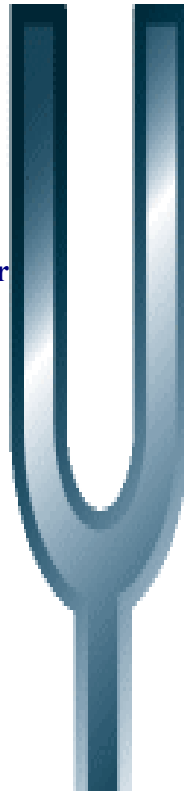
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### 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.

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

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

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

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



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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

# Messages from Mary and Jesus

Book 1

22 February 2003 – 19 April 2003

by James Moncrief

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

30 March 2003

Mary.

It was thought by many that if they could combine the teachings of Jesus from all the various sources then they would have the power he had. If they read and knew what there was to know, then they would be able to emulate him. They consequently added and subtracted to what was written believing that they would gain this power. Very few people wanted to live the truth. Just as with you today, many people say they do, and speak about truth, but have no real idea or understanding what it is or how to go about revealing it to themselves. They think if they adhere to certain mental practices, understand intellectually what is written about the truth, that they are then living it, but they are mistaken. Even for the reader of these messages, I would advise you not to fall into this trap. By all means read what James has written and enjoy expanding your mind and mental understanding, but don't for a minute think you have grown in truth, as you haven't. Your growth of truth will only start to come about as you recognise, acknowledge, accept, express, and long for the truth of your feelings, particularly your bad ones. When you submit to your feelings, yearning to know their truth, then you are on your way to evolving your soul. You have to give up and give in to your minds control through the submission to your feelings – allowing yourself to feel and not deny them – before you can gain truth. This point is vital for you to understand if you are serious about advancing your soul in truth. If you only want to advance your mind then by all means keep acquiring facts and conceptual understanding, but don't disillusion yourself into thinking that you're growing in truth.

When it is said that to live God's Will you have to surrender or submit your will, well, how you achieve this is through what I have just said, by the submission to your feelings. This is paramount for you to achieve your goal of becoming as God is; because how you live is by denying too many of your feelings, and most of the feelings you do accept are mind controlled or mind generated so are not real. Do you see James, how vitally important it is for you to acknowledge, accept and speak about all you feel, all whilst longing and wanting more than anything else, the truth of them. Your feelings are you, and by wanting to know the truth of them, you want to know the truth of you. And your whole life should be given over and committed to finding the Truth of You – why else bother living? Don't you want to find out about you, about you being your Heavenly Mother and Father's creation – YOU, Their child? Even if you lived with perfect minds, still the great challenge would be to submit to your feelings longing to live the truth, longing to live true to your soul, which is living truth to Soul – to Them; to Their Will, or whatever else you want to call it.

It's all too easy to add stuff to your mind; being very easy to do as you read the Padgett Messages and this material. And as much of it is very different to what the world says, you accept it and then wrongly believe you have grown in truth, being now a little ahead or higher or superior to those who have not opened their minds to it. **BUT THIS IS NOT GROWING IN TRUTH!** This is growing in your own self-denying negative ego. Growing in truth is a **FEELING EXPERIENCE**. It's not a mental experience. When you choose to live by honouring your feelings it's a whole different approach and way to live compared to all you know. And it will take you time to get the hang of it, because all of your mind patterns and circuits are geared to stop you submitting to your feelings. That is why we stress how much of an effort you will have to make if you want to stop rejecting your bad feelings, and instead openly welcome them. It's very hard to do; it will take you many years before you break the back of your minds resistance.

And as much as you might not want to believe it, Jesus didn't reveal how to live true to your feelings. He didn't, and that is that. He couldn't without me helping him. We have to both be united in our truth presenting it to you so you can understand it. And as we've said, there were just too many restrictions imposed on us by the Rebellion and Default for us to do that, right up until now. And its ONLY because of you and Marion, James, that we can circumvent these restrictions. Because you are doing your soul-healing, we can then speak to you about it. And because no one else has done it until you started, we've not been able to speak to anyone about it. And we couldn't just come and pick another James Padgett and speak about it, because that person wouldn't want to know; they wouldn't want to live the truth through their feelings. No, we've had to wait until someone, and it's had to be a soul-pair, both a man and woman, have united in wanting to live true to their feelings, and have taken the first steps themselves in doing it, just as you and Marion have. Then we've been able to come to you and shed more light on what you are revealing to yourself through your own healing acceptance. And this is the only way we can get around the restrictions and limitations that we've been subjected to. It's required that two people of the evil, seek the truth through their own healing to open the gateway; so we can come and impart what we can to you. And people on Earth can absorb what we say and then possibly choose to follow you and Marion – choose to do their soul-healing too. Everything else, and I repeat: EVERYTHING ELSE is only mind stuff, and it's only serving to maintain the control of one's negative mind. Only through feeling-submission can one gain access to the truth.

There are other people engaged in this, and many over time have sought truth through their feelings, but no one has wanted to know the higher truths: what it's really all about, and consequently about their soul-healing. So a limited amount of truth growth has been enjoyed by a few, but it's only been a drop in the ocean compared to what can now be achieved. Those people who have been helped by Alice Miller and through other natural love feeling-acceptance therapies, have gained something of an awareness and a little truth about themselves; but it's nothing compared to what they will discover if they choose to go the whole way in healing all their childhood repression, as well as submitting their self-denying *false* will for God's true and perfect Will of Perfection.

So many people back in Jesus and my day after we'd died, believed that reading certain words, purported to have been spoken by Jesus (some were, most weren't) would make them like him. You have no idea how many people wanted to be like him: not the meek truth loving Jesus mind you, but the all-powerful Jesus fantasy of their minds. And many still want this fantasy. Jesus is all-power because he is God, so they believe. God and he are One, which you know is not correct.

So if they can become like him, then they too become all-powerful and the One. And people and spirits who have been denied their own natural power constantly through their early childhood want to be all-powerful. Each of you in your own ways want to be as God is, not the all-loving, all accepting one, but the All Powerful One, because then with this power you can finally stand up to your parents and say: No, enough is enough, you will no longer hurt me, you will no longer have power over me. It's my turn now; I will have all power over you! And certain people, like Hitler, get to carry out this wish and fantasy further than most. But you allow individuals, like Hitler, to rise to power because secretly, and mostly unconsciously, you all want his power, you all want God's power; so if you can't be Hitler, someone who does seem to be extraordinary, you can at least be the next best thing in your little world of power seeking. And you can have a family, and you can have all power over your children. And you can say and believe you love them.

Certainly words can be a great source of inspiration, but adherence to the *word* is setting conditions on your relationship with your own feelings, the world about you, and the Mother and Father.

Much of what Jesus and I will say to you we will repeat over and over; and not, as it may seem to bore you, or even to try and 'drum the message into you', but to work the vibration and energy so as to have



the desired effect we want it to have on you. There is more to words than just letters on a page, there is energy or vibrational resonance to them and how they work together; and how and when they are presented are very important, all being to have a certain desired effect on the reader. It's the same when you speak to each other, so we repeat much of the key elements hoping to create various effects on you, some in the moment of your reading, some longer term. Words as you will see when you come to spirit play a much greater role in communication than you are aware of on Earth.

So I want to repeat and make it clear to you: YOU CANNOT ASCEND TO BECOME CELESTIAL UNTIL YOU HAVE DONE YOUR SOUL-HEALING. AND IT DOES NOT MATTER ABOUT YOUR LIFE, WHAT YOU HAVE DONE, OR WANT TO DO, OR BELIEVE YOU ARE DOING. SO FAR AS YOUR SOUL IS CONCERNED, IT NEEDS TO BE LOVED AND SET FREE BY YOU, AND THIS WILL ONLY HAPPEN THROUGH THE PARTAKING OF THE MOTHER AND FATHER'S DIVINE LOVE, AND WANTING TO KNOW THE TRUTH OF YOUR NEGATIVE STATE – THAT BEING THE UNDERLYING TRUTH OF YOU, THAT WHICH YOU WERE FORMED IN AS YOU GREW UP. WHAT YOU DO AS AN ADULT IS ALL DONE ON TOP OF HOW YOU WERE TREATED AS A CHILD – IT'S ALL DONE AS A *RESULT* OF HOW YOU WERE TREATED AS A CHILD. AND UNTIL YOU HEAL ALL YOUR CHILDHOOD, YOUR ADULTHOOD LIFE WILL REMAIN SEVERELY LIMITED.

People read the Padgett messages, and then go to the Father longing for and receiving His Divine Love, seeking forgiveness for all their sins, errors and all that might be wrong within them. They ask, even beg Him for His forgiveness, hoping He will give it to them. And He won't hold back anything that you sincerely ask for. He will always give you what you want, PROVIDED IT'S WITHIN THE PARAMETERS OF YOUR SOULS PLAN. And that is the catch. Eventually you will get all you want, as you will one day align yourself with your soul, but that day can be a long time in coming.

But still many people ask God to be forgiven and then have some sort of good, positive, healing experience in which they believe God has answered their prayers. They believe they have been forgiven. However God doesn't forgive like that. In the Mother and Father's heart there is nothing to forgive you for, They are ONLY ALL LOVING, so you are already forgiven before you even do anything you might consider bad. They aren't sitting up there in heaven lording the power over you. If you do wrong, it's against yourself, the Laws of Creation, the Laws that govern your soul bringing you into being, that you commit the offence against. So in your seeking forgiveness you are only actually seeking it from yourself. And through your feeling-healing – the natural love healing of yourself through your ongoing bad feeling acceptance and finding the truth of all you feel – you will understand what you did that was wrong. And you will understand why it was wrong, and so forgive yourself through the truth of knowing and understanding, with a growing knowing that you won't do the bad thing again. In reality it has nothing actually to do with God. You might feel you're bad living in denial of God, and living an evil self-gratifying negatively orientated state, but still it's only you whom you've hurt, not God. So in seeking God's forgiveness perhaps you should look into trying to find the truth of your errors.

Too many people simply believe that having embraced the Divine Love and prayed for forgiveness they are given it (or it's only a matter of time before it comes) and are free and healed, but that's only wishful thinking no matter what *amazing* healing-forgiving experience you might have. With your mind you can believe anything, so if you want to believe you are forgiven there's nothing to stop you; and why not, it sounds like a good idea and gets a lot of stuff off your chest, you don't even have to come forward admitting to and confessing your terrible secrets, as they are all magically taken away without anyone having to know about them. But it's only fantasy, a dream – wishful thinking. The hard truth is to actually forgive yourself, and to comply with the Law of Forgiveness you have to find the truth of your sin and error, and to that you're going to have to come clean by expressing all you feel about your

badness. It's all going to have to come out, you're going to have to tell someone – another person, and not just God. You're going to have to come clean. You have to tell someone how bad you've been and why; and how it makes you feel – how it makes you feel right to the ugly core of you. You have to reveal all your dark most hidden secrets, all that stuff you hate about yourself and would die if anyone else knew. But someone else has to know, you have to confess it all up through your feelings; but not to an impersonal priest who has no authority, it has to be to someone who likes you, someone who loves you, someone who respects you and wants to listen to it all: to all the worst of you that you are. This is a compassionate sympathetic person, a person who will be putting themselves in place of your parents, the very people who you should have been able to go to and speak about all your horrible feelings to, but who wouldn't allow it, because they didn't want to know you. And you have to hear all the bad, evil, vile, putrid words coming out of your own mouth, because then you are admitting and fully connecting with the truth that it's you – this is what and who you really are. You have to hear the words of your evil and then feel how this makes you feel, speaking about all these feelings. Do you see? Always more feelings to speak about.

It's in this act of speaking about your worst stuff, the evil rotten you, to someone who is sympathetic to you, that will allow you to hear yourself and feel the truth of what you hear. And when the truth comes this is the act of forgiveness, it's all being done within you by you. The theory of the listening impartial faceless priest absolving you of your sins is in some ways true, but how it's all put into practice is wrong. There needs to be a friend's face for you to speak to, you need to know, see and hear their reactions to what you are saying; and if the person is truly on your side then they will not make you feel like the ogre you feel you are yourself, but will show pity and concern and will sympathise with your troubles. They will accept all you feel; they will accept you without judgement, and in this they will help you to accept yourself and to stop judging yourself, and this will lead you to uncover the truth and to feel you have forgiven yourself.

The listener doesn't have to be an impersonal priest, he or she needs to be a person in your life, someone who is close to you, or at least someone you respect. A priest, the man that he is, could affect this role of good friend for you, but it would have nothing to do with the Church; it would have all to do with him listening to you, helping and encouraging you to keep on expressing all your bad feelings – all the rotten stuff. All so you can hear yourself saying it. So you can bring it all out. You have to reveal all the hidden, buried repressed bad feelings – they all have to come out. All so you can find the truth of what you feel.

To simply pray to God for forgiveness and then feel your prayer has been answered, is only allowing your mind to remain in control. You might have a huge overwhelming deeply touching experience in which you cry and cry for weeks, as your heart fills with the joy of believing you have been forgiven, but still you haven't found the underlying truth of why you feel guilty in the first place. And it's not enough to say: well, I killed a man, or I hurt that person, that is why I feel guilty, but now I know God has forgiven me and my guilt has gone. That is not what I'm talking about. What I want you to find is the truth of why did you kill the man in the first place? What horrible feelings you are repressing that made you do the bad thing? What happened to you as a young child to turn you into a killer of another person? This is the Truth, the real guts of what's driving you to do the bad things. And when you have seen this truth, then you will know what true forgiveness means and feels like, not just your mind waving its benevolent hand over you making you believe something that is of no account.

All the Church says, and the religious experiences of being forgiven which some people have, is not true forgiveness. Even when it's a miracle healing. This is all just superficial goings on in your negative controlling mind. It does nothing to heal any part of your mind's control, it just shuffles things about; helping you believe better things about yourself, and in a way giving your mind even greater control over you. If you feel guilt, it would be far better to not pray for forgiveness, not pray to avoid the bad

feelings using prayer as a means to run away, but to speak about all the bad feelings it makes you feel. And all whilst longing and looking for the truth of why you feel these things. And I assure you, it will take you a long time to dig out all the reasons why you feel the guilt, all the reasons why you did the bad things to be guilty about.

So:

PRAYING TO THE MOTHER AND THE FATHER FOR THEIR DIVINE LOVE IS JUST THAT – PRAYING TO THEM FOR THEIR LOVE, NOTHING MORE. AND IF YOUR PRAYERS ARE SINCERE LONGINGS YOU WILL RECEIVE IT. BUT THAT IS ALL. IT WILL COME INTO YOUR SOUL BEING BROUGHT TO IT BY THE HOLY SPIRIT, AND THERE IT WILL REMAIN IN YOUR SOUL UNTIL YOU WANT TO LIVE TRUE TO YOURSELF. OF ITSELF, THE DIVINE LOVE WILL NOT BRING ABOUT YOUR DIVINE SOUL TRANSFORMATION. THAT HAPPENS ONLY WHEN YOU SINCERELY START LONGING FOR THE TRUTH WANTING TO LIVE TRUE TO YOUR FEELINGS. THEN THE DIVINE LOVE WILL TRANSFORM YOUR SOUL AS YOUR SOUL COMES INTO PERFECTION THROUGH YOUR UNCOVERING OF THE TRUTH – THE TRUTH OF YOURSELF. YOU NEED TO BE OF PERFECT NATURAL LOVE *BEFORE* THE DIVINE LOVE CAN WORK ITS WAY ON YOUR SOUL. SO YOU NEED TO BE LIVING TRUE – TRUE TO ALL YOUR FEELINGS, BEING FULLY FEELING-EXPRESSIVE, BEFORE THIS CAN HAPPEN.

WHEN YOU START TO DO YOUR SOUL-HEALING YOUR SOUL WILL GROW IN TRUTH AND AT THE SAME TIME THE PROCESS OF DIVINATION WILL BEGIN. YOUR SOUL WILL START TO TRANSFORM ITSELF INTO THE ESSENCE OF THE MOTHER AND FATHER – YOU WILL START TO BECOME DIVINE. THIS PROCESS WILL NOT HAPPEN BEFORE YOU DO YOUR HEALING BECAUSE, AS I SAID, THE ACT OF YOUR HEALING, THE SUBMITTING TO YOUR FEELINGS TO UNCOVER THE TRUTH OF THEM – OF ALL YOU FEEL AND WHY YOU FEEL SUCH THINGS – IS THE ACT OF GIVING UP YOUR SELF-DENYING SELF-OBSESSIVE NEGATIVE MIND AND WILL LIFE, CHOOSING INSTEAD TO LIVE AS THEIR CHILD. IT IS CHOOSING TO LIVE HOW THEY ASK YOU TO LIVE, GIVING UP LIVING HOW YOU WANT TO LIVE, THAT BEING WRONGLY INSPIRED AS BEING WHOLLY DETERMINED BY YOUR NEGATIVE SOUL-DESTROYING PATTERNS, THAT IS IMPORTANT. YOU ARE RELINQUISHING THE CONTROL OF YOUR OWN MIND, WANTING TO INSTEAD LIVE HOW THEY WANT YOU TO. THEY WON'T CONTROL YOU AS YOU WILLINGLY CHOSE TO LIVE AS THEY WANT YOU TO. THIS WILL ALLOW YOUR INNER SOUL TRANSFORMATION TO OCCUR. THE SOUL TRANSFORMATION DOESN'T JUST HAPPEN BECAUSE YOU PARTOOK OF THE DIVINE LOVE. IT INVOLVES THE WHOLE OF YOU CHANGING, EVERY PART OF YOU, INSIDE AND OUT; AND ALL BY LIVING TRUE TO YOUR FEELINGS. THE DOING OF YOUR SOUL-HEALING IS THE HEALING TRANSFORMATION PROCESS. NO SOUL-HEALING; NO INNER TRANSFORMATION. THE DIVINE LOVE WILL REMAIN IN YOUR SOUL

WAITING; WAITING FOR THE DAY WHEN YOU CHOOSE 'NOT MY WILL BE DONE, BUT YOURS'. AND THIS IS ACHIEVED THROUGH ONLY YOUR FEELINGS – THERE IS NO OTHER WAY.

By seeking forgiveness from God really you want forgiveness from your parents, from the power they had over you that made you feel bad when mostly you weren't bad. But because you are in denial about what they have done to you, you think it's God you need to ask forgiveness from. By wanting absolution from your sins you really only want your parents to love you, to stop punishing and threatening you. You want them to be nice to you. You want them to accept you and say everything is okay. Through your healing you will address this misdirection. You'll see that virtually everything that

you face during your healing will end up being in some way or another between you and your parents, or you and those of authority during your formative years. Because that was when it all happened to you; when you suffered all your abuse and unlovingness, and when your mind patterns formed affected by such rejection. As you will see, all you are as an adult, all your wrongness, will come from these early years. And this is the most important truth you'll need to see. All so you can understand your adult life: why you think, feel and behave as you do. There is little point in being an active part of creation if you don't even know what your actions are determined by. We can see your negative mind structure, we can see it functioning loud and clear in what you say, how you say it, what you do, why you do it and when you do it; we can see it in all that you are, and we see what you will have to heal and what truth you will need to find to enable you to do that. To our perception of you it is all very obvious, and one day it too will become obvious to you. This is what you'll need to aim for.

No one wants all their bad feelings. You hate them! And you want anyone, and you'll do anything, to take them away. And no one can blame you for this, but the truth remains they still need to be attended to, understood, accepted, and loved for being a part of YOU.

They are not just a strange thing that was somehow put into you by a quirk of fate, nature, Satan or some other unseen mischievous evil factor. IT WAS YOUR PARTENS, AND THAT IS THE TRUTH YOU WILL HAVE TO FACE! You have to see the truth of your sins; it's no use praying to the Mother and Father to take them away from you. It's not going to happen no matter what you want to believe. You might succeed in convincing yourself that They have removed them for you, but you will have only added another wrong belief to your mind. Covered up your bad feelings with yet another layer of falseness. And if this is what you want, then the Mother and Father will more than likely willingly oblige you, but really – is it what you do want? Always come back to why do you have the feelings you have; how they are making you feel, and what do you feel about this.

LOVE THE MOTHER AND FATHER AS THEY LOVE YOU. LOVE YOURSELF AS THE MOTHER AND FATHER LOVE YOU. BE TRUE TO YOUR FEELINGS – ALL OF THEM. HONOUR YOURSELF BY ACCEPTING ALL YOU FEEL AND WANTING TO KNOW THE TRUTH OF THESE FEELINGS. AS YOU DO YOUR HEALING YOU WILL LEARN TO LOVE YOURSELF AS THEY LOVE YOU.

I give you both my love and all my encouragement to see your way true. Mary.

## HIERARCHY of our SPIRITUAL GUIDANCE:

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

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

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

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

Each Super Universe consists of 100,000 Local Universes.

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

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

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

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

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

Earth has had five higher spirit physical bestowals:

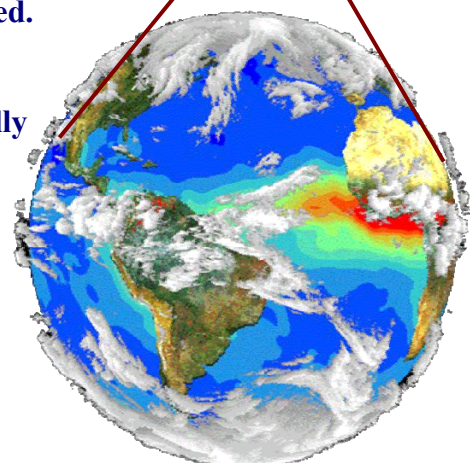
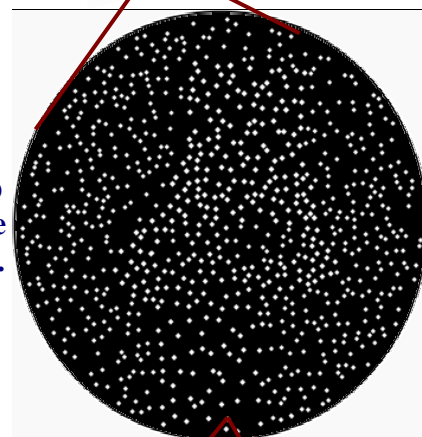
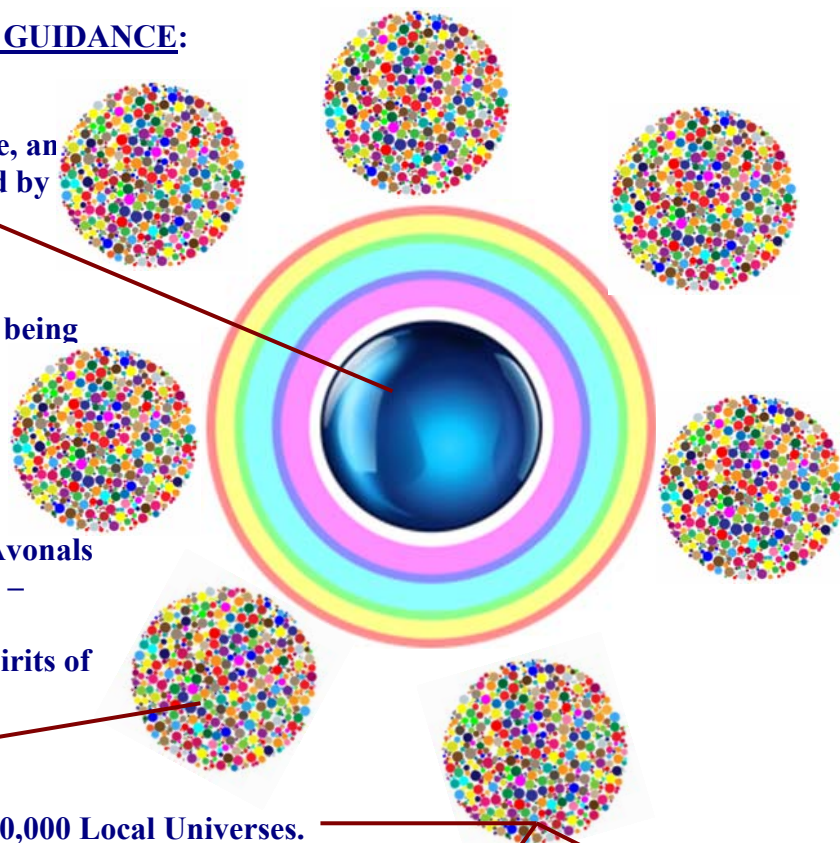
Daligastia soulmate pair being Lanonandeks

Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

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





## 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.

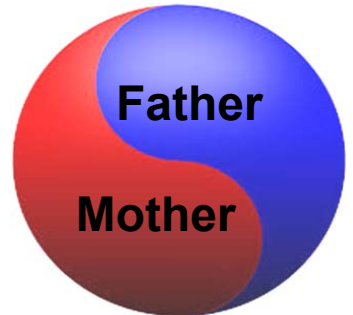
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**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.

# GOD



M&F



J&M



AVO



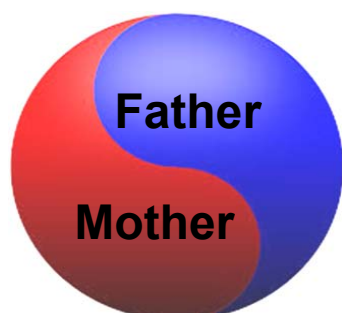
HUM

**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

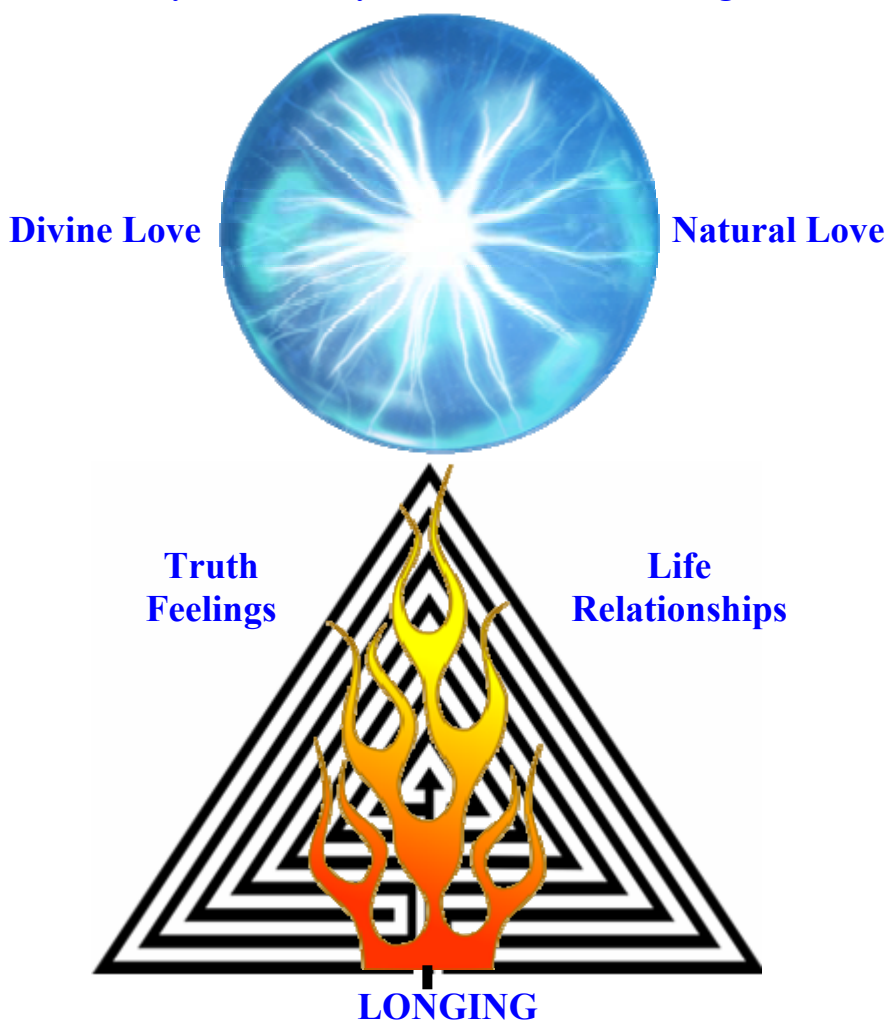
Want to understand the truth of your early life

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

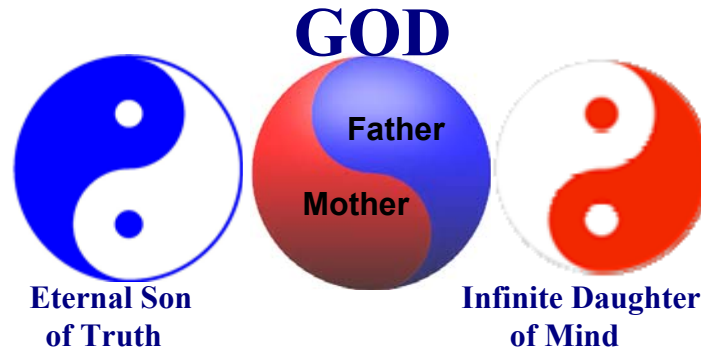
Want and long to know the whole truth of yourself

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.

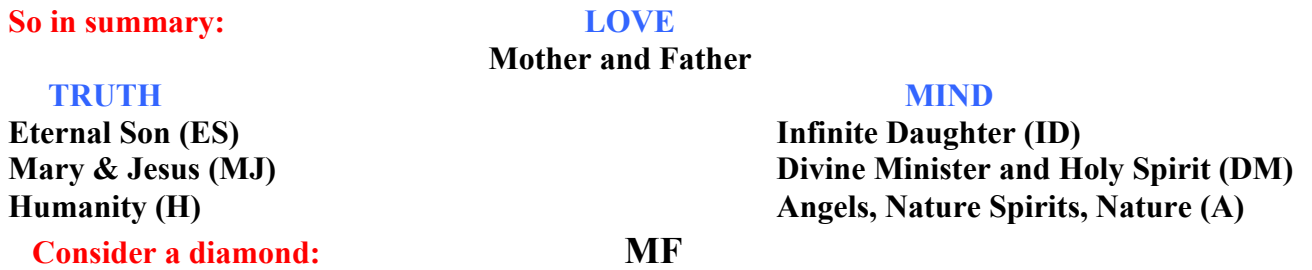
**The LOCAL UNIVERSE TRINITY:**

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**

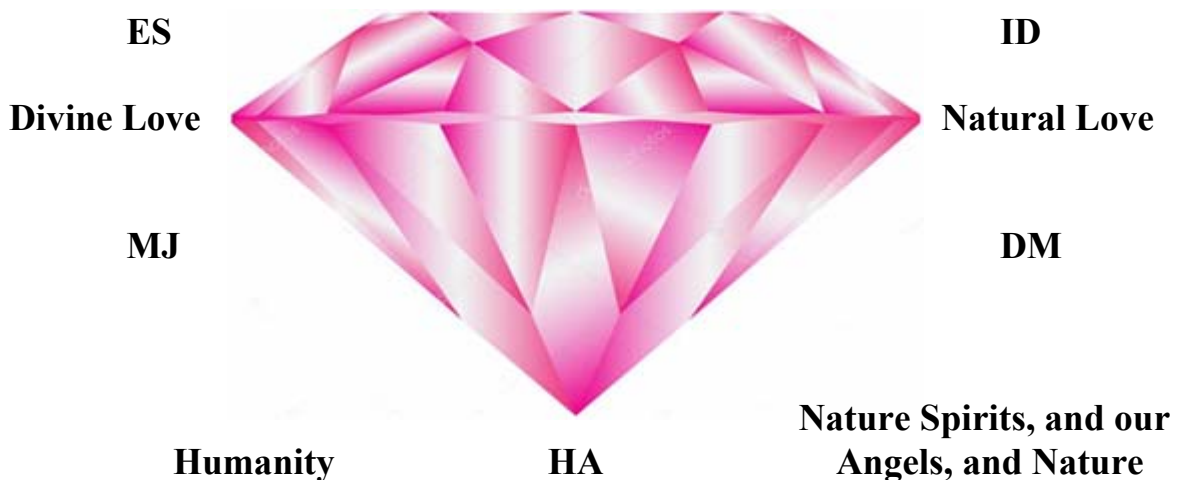
**PLANETS that engage in REBELLION:**

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 / soul partner pairs.

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

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

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

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

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

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

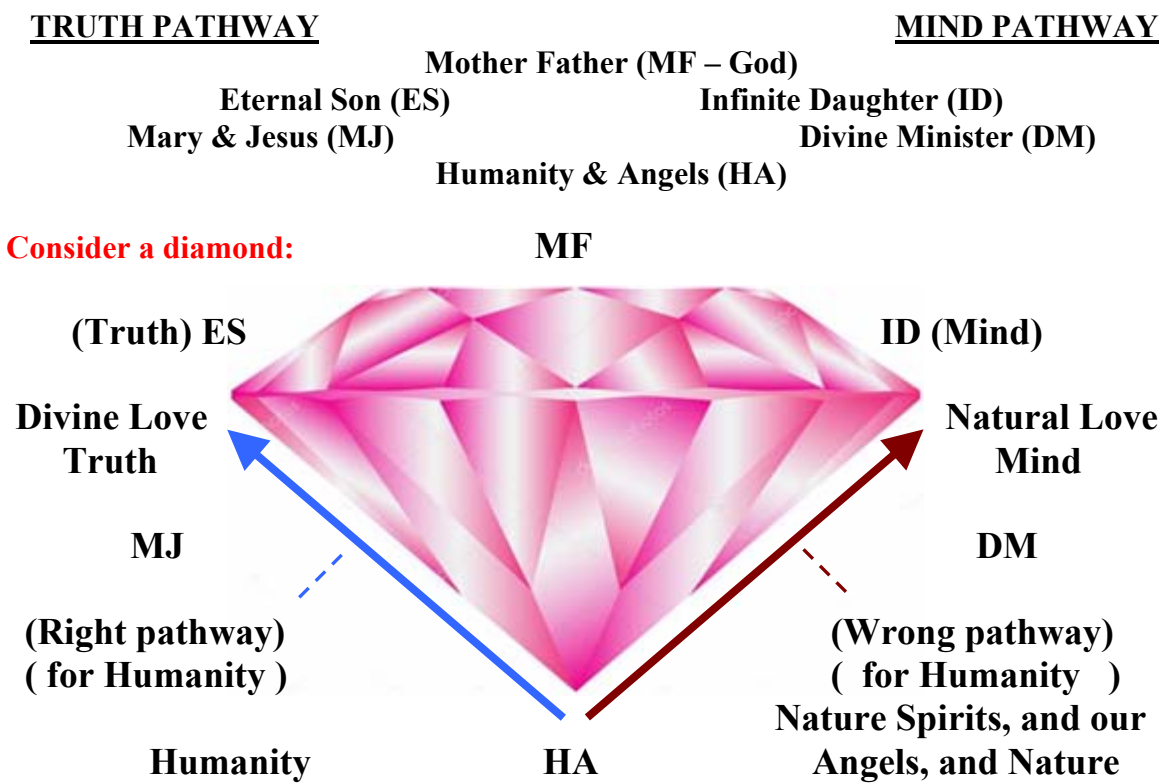
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates 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.

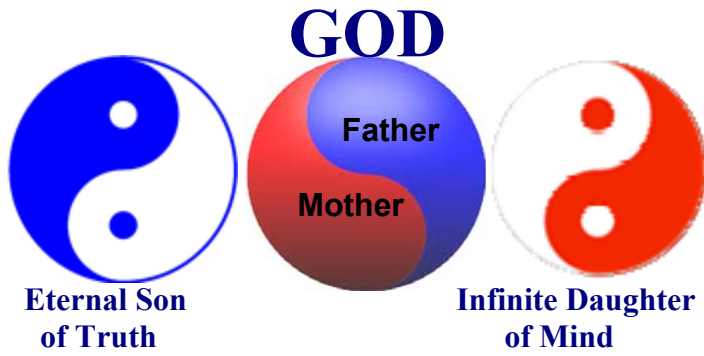
**Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.**



**Humanity** is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.





**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



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.

Soulmate Pair

Angel



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.

Spirit Person

Nature Spirit



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

A nature spirit is an angel in waiting.

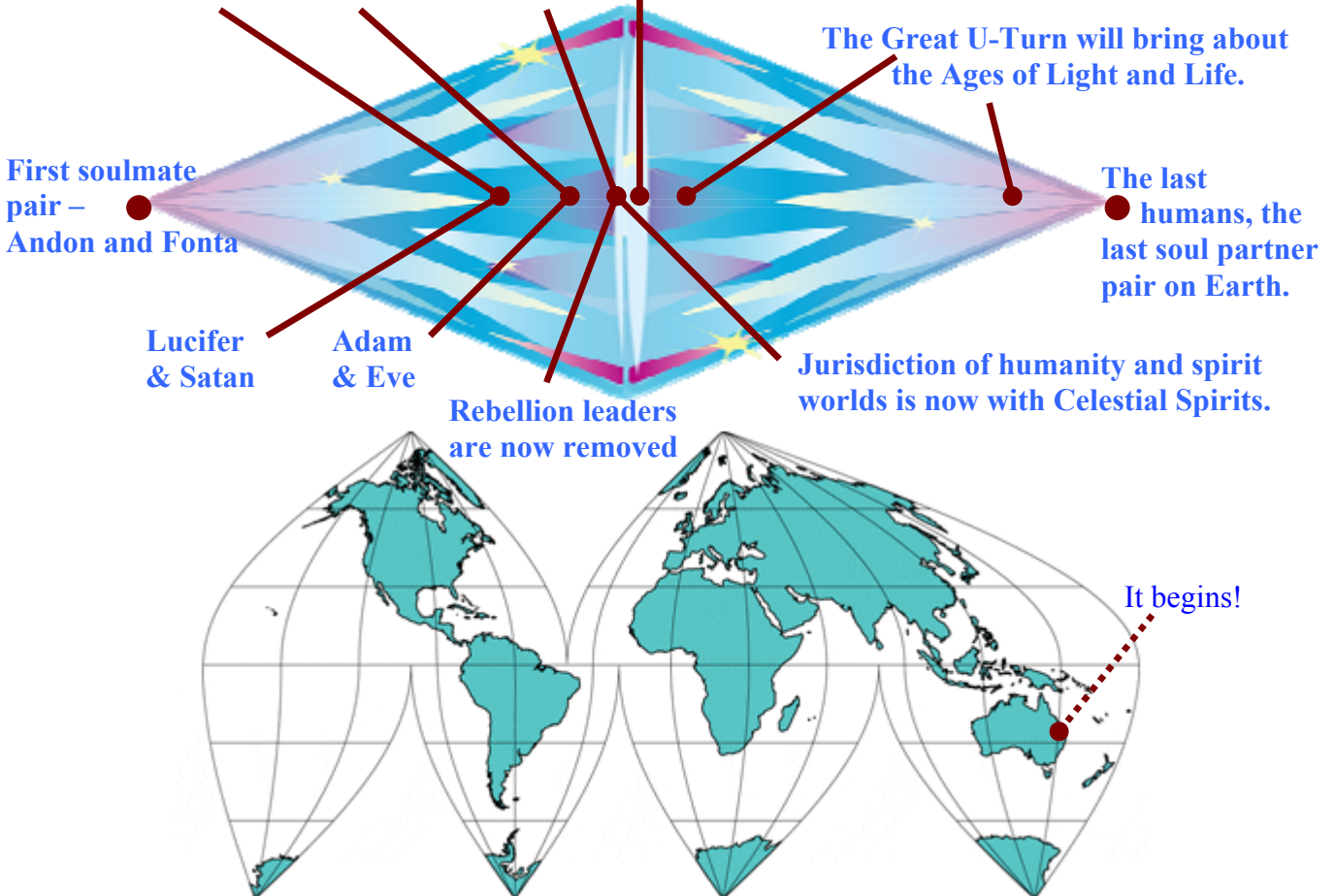


**JOURNEY of HUMANITY into and through the GREAT U-TURN:**

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

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

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



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

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

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

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

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



**Feelings first**



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

Nanna Beth – 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 Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

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

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



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

# Crossover

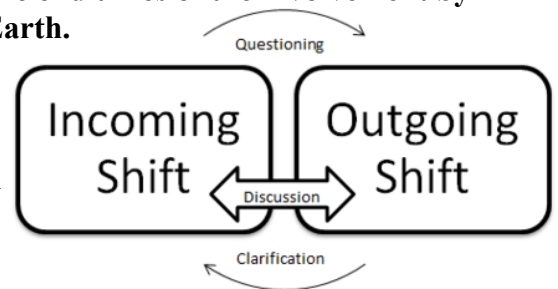
This time, in the history of humanity, is the most exciting time ever experienced.

# 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, that followed from the availability of Divine Love, is the processes of Feeling Healing and Soul Healing. The understanding of the Feeling Healing process is the most important of the revelations and should have been the first to be revealed. Feeling Healing and Soul Healing are being revealed through and by Marion and James Moncrief.

The soulmate pair, that are the first to complete their 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.



## 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.

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father’s Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity’s turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence blocked  
22 March 2017  
Law of Compensation quickening  
22 May 2017  
Rebellion and Default officially ended  
31 January 2018



**END to the REBELLION and DEFAULT – 31 January 2018:**

31 January 2018: Nanna Beth: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now ‘Ours’. It’s been a long time coming, but it’s a huge milestone and marks a tangible and real end to the Rebellion and Default. It’s one of a number of ‘End’s’ that are to occur.

With the departure of the Caligastias and Daligastias some years ago, humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we’ve told you, basically calling the shots still happy to ignorantly carry out C&D’s plans. But now with our systematic and progressive take over, we’re now in complete control.

And what that means is we have our fingers in every pie and we’re on the case so far as what everyone is doing. However it doesn’t mean we’re taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

So humanity will still carry on outworking it’s unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it’s another end of things and beginning of the new. And it’s basically what we’ve been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it’s been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity’s got a real tangible safety-net under it now, so no more ‘downside risk’, it all being to move it toward doing its Healing.

I’ll speak again soon – love Nanna Beth.



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

<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>Road map of Universe and history of Universe: 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 containing the Padgett Messages or Little Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx</b>	<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx</b>	<b>– Geoff Cutler</b>
<b>Available generally from:</b>			
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>	
<b>For Divine Love focused websites and forums:</b>			
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>		
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>		
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>		
	<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

### **BIBLIOGRAPHY NOTE:**

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

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

Pascas Primary publications being:

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

Selected Pascas Papers, as noted below, can be downloaded from [www.pascashealth.com](http://www.pascashealth.com) .

**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..*

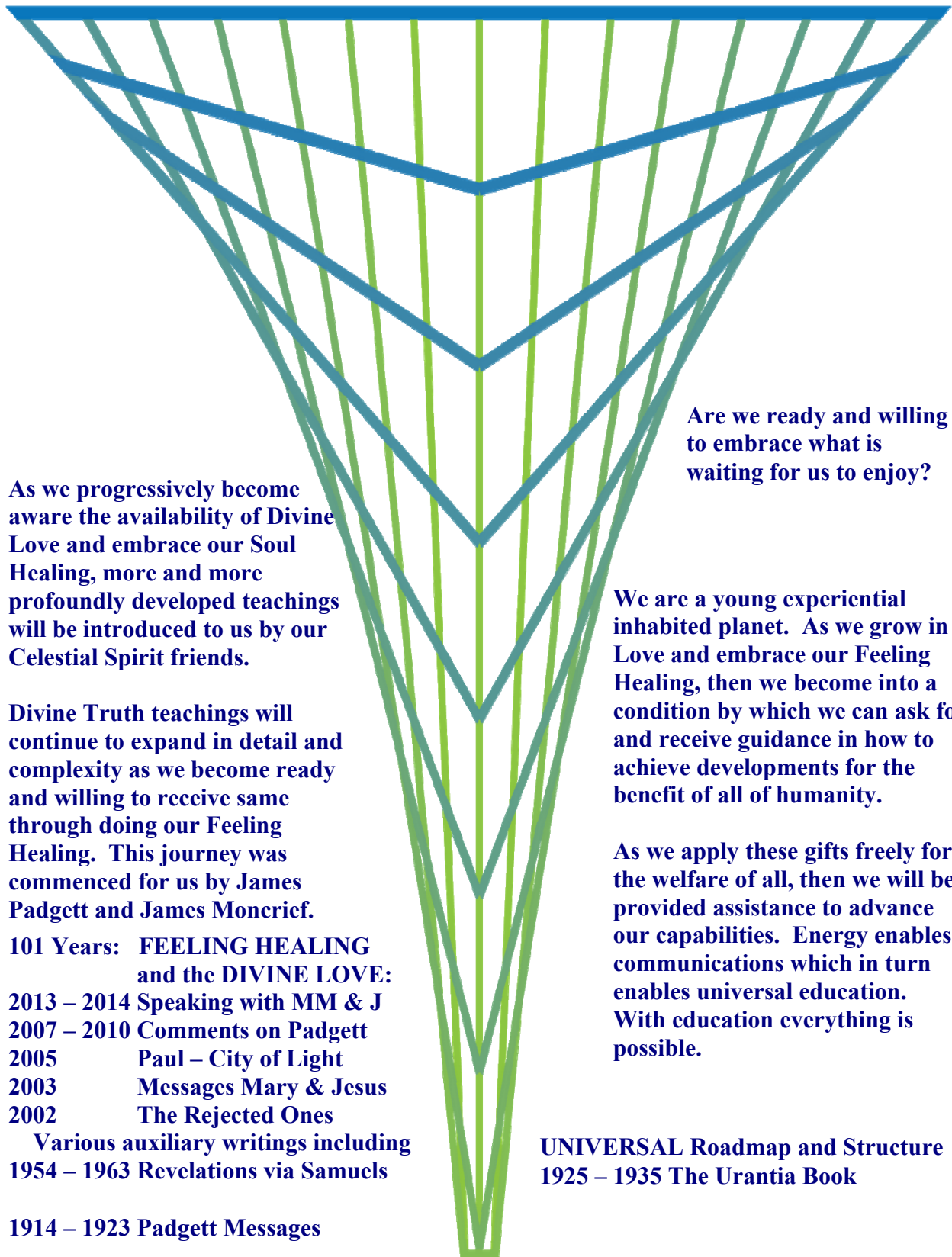
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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

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:

