

PASCAS CARE

Flower Essences

Principles &

Historical Use



**“Although they will always work to improve the quality of our lives,
they have a much larger role to fill a human destiny.” Ian White**

“Peace And Spirit Creating Alternative Solutions”

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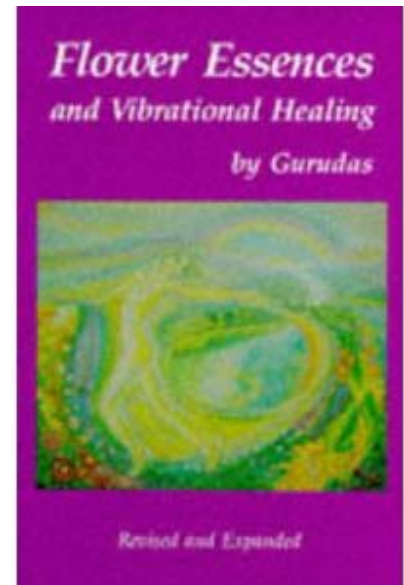
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GENERAL PRINCIPLES and HISTORICAL USE of FLOWER ESSENCES:

'Flower Essences' by Gurudas Mar 1986

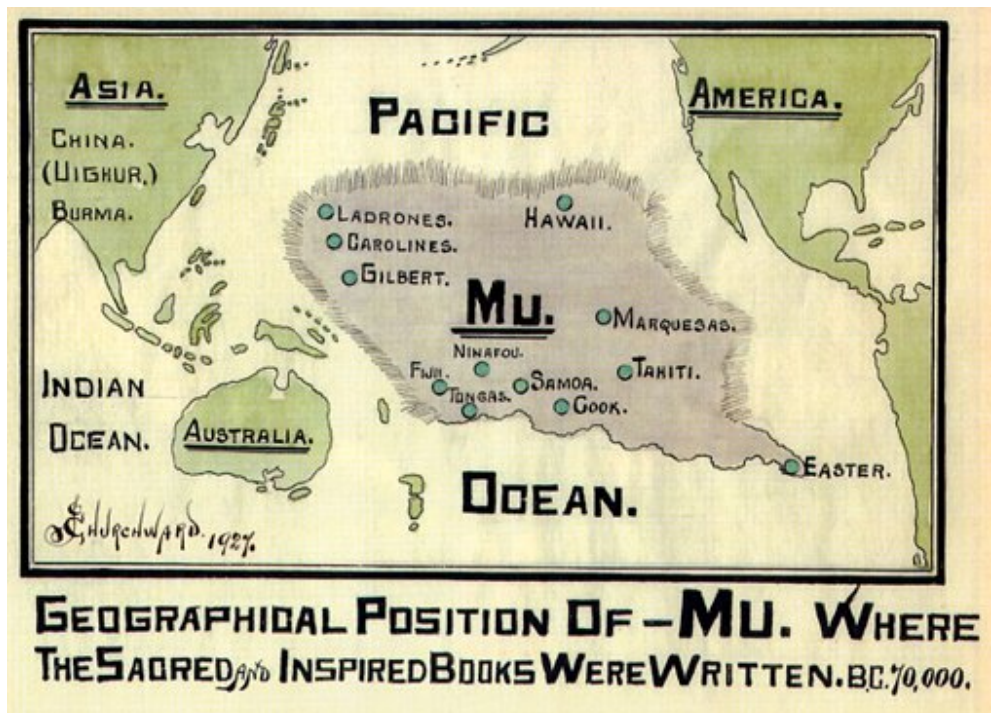
In the first chapter, John describes the fall of humanity to the Earth plane and the rise and fall of several ancient civilizations. It is important to understand this material because using flower essences originated in these ancient periods. The inhabitants of Lemuria were completely self-contained, being in harmony with each other and with the harmonics of nature. All communication occurred on the level of the mind through telepathy, and only in the latter stages of Lemuria did the ability to form sounds and speech develop. The destruction of Lemuria took place when there was the desire for knowledge of the material world that was out of balance with the forces of nature. Atlanteans lacked the Lemurians' intuitive understanding of nature; indeed, the focus there was on advanced technologies much like what has developed in America.



There are many books that describe the ancient Lemurian and Atlantean civilizations. The most detailed are the series of books by Colonel James Churchward on Lemuria (or Mu, as it is sometimes called), and the book Edgar Cayce on Atlantis. Rudolf Steiner, in his book Cosmic Memory: Atlantis and Lemuria, probably has the broadest vision of these ancient cultures. Many of the teachings and cultural experiences from these ancient civilizations are still relevant today. For instance, flower essences were extensively used in Lemuria and Atlantis.

Q. John, will you now give a discourse on the history of using flower essences in various ancient cultures and describe the principles and dimensions of this system?

“You would find that first there was the Great Creator or the first Great Spirit who created all things within the universe through natural laws and events. The flow of evolution was of such a nature so as to bring forth balance and harmony within all the planes of existence.



"Then there was the creation of souls to go forth and create diversity as amongst that one original creation. Those souls, having moved close to this plane as such with the abilities of projecting through the time flows, saw the diverse potential and alternative realities that souls could bring forth upon this plane. It was not in the original plan that there would be as the fall of spirit onto this plane, for souls were to remain in the angelic state, which is the natural order of things. Even without the intervention of these souls certain animal, mineral, and plant forms developed according to the natural dynamics of the dimensions as they manifested on this plane."

Ages ago humanity fell into this plane basically from curiosity and pride (or more importantly, the need to achieve individuation). Individual souls got too closet o the physical plane, and gradually they got attached to the workings and designs of the Earth plane. Subsequent to individuation, many felt they could reshape the environment, including the many animal, plant, and mineral forms, in manners superior to that created by God. John has stated that this was the first great karmic action or errors.



While it was not part of the original plan for souls to fall to this plane, it was indeed originally ordained that many mineral, plant, and animal forms would become established on the Earth. The Earth was to be a park or Garden of Eden which many souls from above could look down upon to see, admire, and be taught. When many souls decided to take physical bodies, in the process of achieving individuation, in the Earth plane this was allowed to happen. We are all born with free will, for it is not God's wish that we follow His laws as slaves or servants.

"You would find that the plants and all systems of evolution extending forth from the simple amino acids and rising up first from the sea floor and then extending onto the land is symbolic of the gradual evolution of the spirit itself and the spirit of mankind. You would then find that a spirit entered the Earth plane and raised up the body physical from the lower primates into the humanoid form which you now bear. (Each animal and human form being individually created, one did not evolve from the other.) So in turn did they become specifically localized or stabilized in the current human physical form. Therefore, you would find that being specifically localized therein is where the thought forms of the body physical and various plant forms began to integrate according to the peculiar needs of the spirit. Up until those time periods, evolution was but a natural force guided by degrees of intelligence, but not a specific intelligence shaping plant life according to its needs. Therefore, the body physical became as the pattern for many plant forms within the 'Garden of Eden' that was indeed Lemuria, and gave forbearance to healing properties for the needs of those physical bodies according to the intelligence that inhabited them of the spirit therein.

"In this evolutionary plan, flowers were and are the very essence and the highest concentration of the life force in the plant. They are the crowning experience of the plants growth. They are a combination of the etheric properties and at the height of the life force, so they are often used in the fertility portions of the plants growth."

Part of the plan was to establish a specific relationship between the many plant forms and the humanoid form. With this development, these plants were gradually used as an enhancement for growth in mind, body, and spirit.

The fall from spirit that John described above is quite similar to creation myths in many cultures. For instance, the first three chapters of Genesis in the Bible. The Book of Enoch, and the Nag Hammadi Library, the ancient scrolls recently found in Egypt, all tell a similar story.

“Continuing on this path of evolution, the natural rapport between the plant, animal, and human forms would have ultimately dictated, independently of the spirit, an evolution paralleling the doctrine of signature. There still would have been, therefore, a sympathetic. Anatomical structure between the plant, animal, and human forms. With acts of consciousness, however spirit brought forth the beginning patterns of the doctrine of signature many millions of years before the activity of the fall from spirit. This was to assure that there would be the proper anatomical form corresponding with various human internal organs for the eventual rise of homo-sapiens. The medicinal properties of those particular plant forms, however, did not necessarily arise until after the incarnation of spirit onto this plane. Therefore, botanically, certain plant forms can be traced back many eons before the time periods of Lemuria, and their anatomy reflects the doctrine of signature, but their medicinal properties would not have been the same. Other plant forms developed specifically in Lemuria through manners of hybridization and thought projection became the unique species they now are, but their traceable botanical ancestors existed before that time.

"Thus, there are two correlated factions in the development of plant forms. One is as before the fall or incarnation onto this plane; the souls' force, moving speculatively with the environment, set such, species in development. Then there was applied evolution from the level of the incarnate state. This was, of course, Lemuria where the medicinal properties became activated by the very presence of spirit being incarnate in the physical form, completing the cycle of the doctrine of signature. This then became part of conscious reality. This was applicable to the human form because before Lemuria the human form did not exist. The doctrine of signature, in part, existed philosophically for many developing plant forms, but it is a philosophical point of view that cannot necessarily exist independently of human consciousness."



A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.



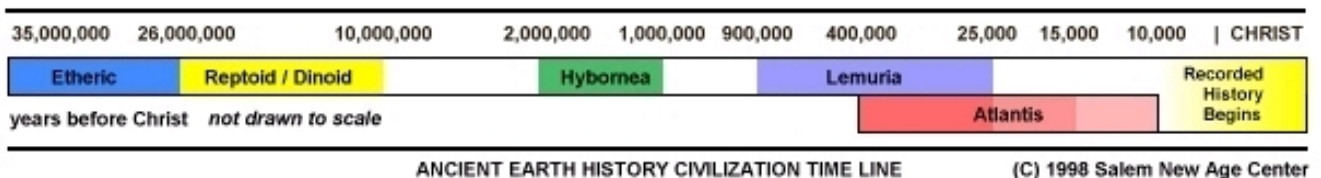
Before humanity fell onto the Earth plane it was understood on the angelic planes that this fall from spirit would take place, so many plant forms were shaped in relationship to what was understood would become the developing shape of people on the physical and subtle anatomical levels. This is the doctrine of signature – there is a relationship between the anatomy of people and the shape, colour and texture of many plants. In this relationship lie many clues as to how these plants can be used in healing and conscious growth.

This entire process of development was, in part, conscious speculation, because the fall from spirit had not yet actually taken place. In early Lemuria, as the actual anatomical shape of people developed, the doctrine of signature was then extended to its second stage. Then, the medicinal properties of the plants could be shaped to more perfectly match and harmonize with the physical forms of people. To achieve this second more sophisticated state, it was necessary that souls incarnate onto this physical plane.

With this development it became possible to use many plant forms in healing and conscious evolution. While there was some help in this process from various angelic forces, this second state was primarily accomplished by individual souls through meditation and mental projection of the mind’s energy to shape these various plant forms.



Traditionally it has been said that the doctrine of signature originated with Paracelsus in the 1500's. He was a prominent alchemist who is credited with a number of original discoveries in science and medicine. I am attempting to give a more complete picture of the historical background of this doctrine.



Q. Will you now describe how flower essences were used in Lemuria?

"In the time period of Lemuria approximately 500,000 years ago, there was that which we now know as the sciences of horticulture and agriculture of the content wherein all gardening, all horticulture, and all botanical techniques were accomplished on the level of the mind. Herein is where there was an extended development of the doctrine of signature wherein plant growths of a similar nature to the anatomy of man can have as a forbearance and impact upon specific portions of the anatomy according to basic principles of shape colour, and texture. All the Lemurians were gardeners upon the levels of the mind and this was the Garden of Eden. Each of the plants and all the herbs of the field were given unto service to mankind.

"In those days, beings were androgynous; i.e., they were divided into neither male nor female. Lemuria indeed is as the time period wherein man and woman had not yet been separated in the physical form. In this anatomical form, the properties of the individuals were and had higher degrees of spiritual

impact, higher degrees of evolvement of society, and therefore higher properties in social / spiritual consciousness."

While it may sound strange to some that John speaks of our ancestors as having lived in an androgynous state, I would like to point out that many respected authorities have stated the same thing. For instance; Madame Blavatsky in her magnum opus, *The Secret Doctrine*, Rudolf Steiner in *Cosmic Memory Atlantis and Lemuria*, W. Scott-Elliott in *The Story of Atlantis and the Lost Lemuria*, and a number of books written by Alice A. Bailey with her guide, the Tibetan master Djwhal Khul, describe this physical state as an historical fact. The androgynous or hermaphroditic state is a common theme in alchemical symbolism. Even today it is a fact that people are born in this hermaphroditic state. One has only to look upon the term hermaphroditism in the *Index Medicus* in most reference libraries to see how the medical profession continues to treat people in this physical state.

Many flower essences in Lemuria were specifically used to shape and mould the human form. In the second part of this book where the individual flower essences are discussed, some information will be given to show how specific flower essences were used concerning the androgynous state. But the channelled guidance is that most information in this area concerns more advanced technologies that shall be fully discussed in future volumes.

In the gradual transition from Lemuria to Atlantis it was realized that for humanity to evolve spiritually, it was necessary for the human race to be divided into two sexes because people were too self-contained. With the division of the sexes, marriage and raising children occurred as a shared responsibility. Individuals were then, through this greater sharing and responsibility, able to learn more lessons in life for their greater spiritual evolution.

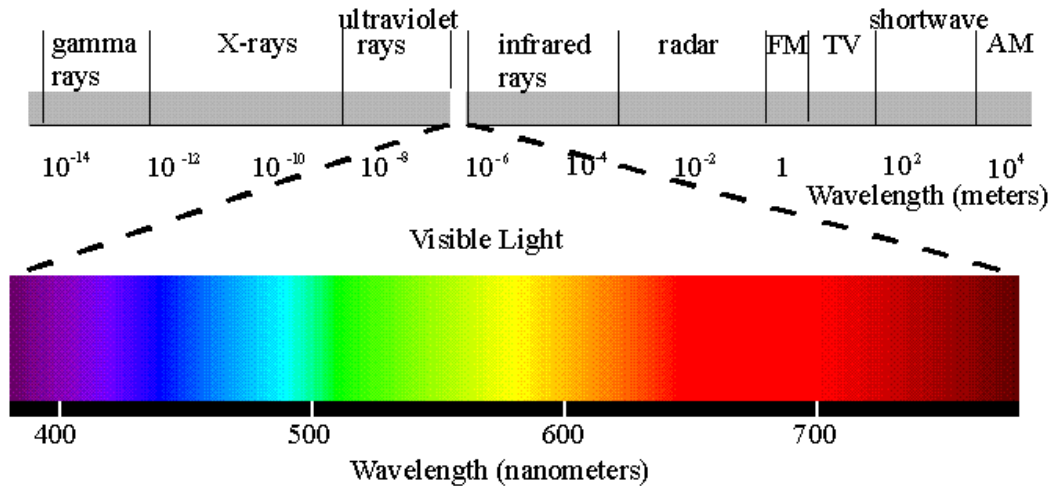
"Individuals in Lemuria lived and saw things on luminous levels, even as there are those today who observe the contents of the human aura, or those who seek to heal through acupuncture or those who study the significance of Kirlian photography. These resources were always available to the Lemurians. They had the capacity to see on luminous levels whereas ye see light reflected off various surfaces and those illuminations constitute information upon which ye function. So in turn was it with the Lemurians that seeing luminosity and the aura dynamics of solidly physical objects, they were able to perceive extra properties.

"These properties that were seen were the healing beneficial effects upon the individual human forms. It came about that as an individual having an aura, as ye in turn still do, approached specific blooms, he did not have to physically ingest any portion of the fruit, leaf, bloom, or root. So sensitive were the Lemurians that by only approaching the bloom they would observe radical alterations within the structure of the aura, the bloom and the transference of energy. This became as clues in Lemurian society to understanding the principles of energy healing stored within flower essences.

"These healing properties evolved from cohabitation on the planet of both the human personality and the human spirit, they being the evolutionary force as discoursed upon earlier. In this substance, the basic balance was and is that there is a co-sympathetic bond or empathy between the human form and plant life, even as there is compatibility or co-sympathetic bond between all life forms. The Lemurians had the ability to logically detect this bond; therefore, they could organize it into a complete system of healing and medical practice. They generally used flower essences to evolve in spiritual consciousness.

It was not critical to healing their physical forms, for little disease was found amongst them. When consciousness proceeds the material follows therein."

Visibility: **Body - limited sight of colour.**
 Spirit - expanded visibility.
 Soul - complete spectrum of colour.



Although a great error occurred when souls ages ago attempted to alter God's plan for the development of mineral, animal, and plant life on Earth, this was not the case with the Lemurian's extended development of the doctrine of signature by their deliberate shaping of individual plants and flower essences to better assimilate their medicinal and spiritual values. They merely added details to God's plan.

It is really a matter of working with, not against the evolutionary plan as established by God. Once it was understood that many souls would fall to this physical plane, a plan was manifested from the higher planes so many souls could learn their lessons and gradually reach a state of evolved consciousness in which they could, on their own, make a choice that there was no longer any need to return to this physical plane. As shall be pointed out in this and future books, releasing the spiritual and medicinal properties stored in flowers is one of the great keys to unfolding God's plan on the Earth plane.

"You would find that the essence of healing and conscious growth was the most predominant thought in the Lemurian community. Healing was considered harmony. There was a symbiotic link placed between the body physical, as a temple, and the outer world, which was the direct reflection of the thought forms of the individual in those days. Through continuous meditations, therefore, various biochemical plant forms began to evolve. To heal the self, all the individual had to do was to have a basic knowledge of the anatomy of the physical body and its esoteric psychology. The person could then easily identify various plant structures on the basis of the doctrine of signature with the intended application of healing within the self. This began to be the essence of the foundation of the vibrational principles that ye term as healing with flower essences."

The Lemurians were for the most part content to live close to nature, so their intuitive and spiritual states of consciousness were highly developed. At least until the latter days of Lemuria, which were somewhat influenced by the Atlantean culture, there was no disease in that ancient civilization. The average life span in Lemuria was several thousand years. People left their

physical body when on a soul level they felt enough life experiences had taken place in that particular incarnation. Flower essences were used primarily for spiritual growth and for regeneration of physical body tissue.

Q Will you now explain how flower essences were used in Atlantis?

"Flower essences began to be used as a system of medicine in Atlantis for herein is where diseases like those orthodox physicians study had their origins. Then the blooms were put on water so the flowers could be as exposed to the pranic forces of the rising sun. There had been the fall from grace within the physical in the Garden of Eden or in Lemuria into the Atlantean days. Because the Atlanteans were not properly in tune with nature many diseases developed for the first time on the planet. Flotation's of the blooms on water was done in Atlantis because they did not have the sensitivity of their ancestors.

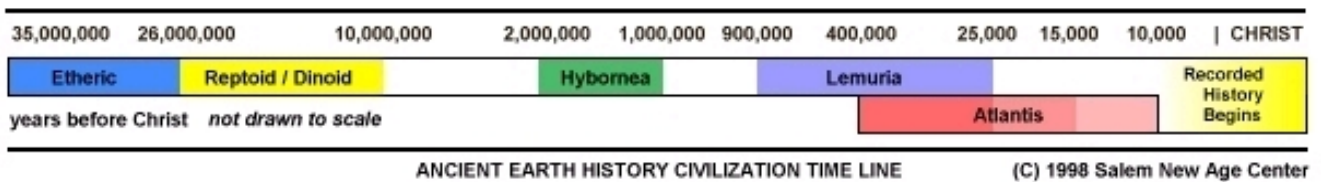


"Man in Atlantean days divided into three specific senses of social attitudes and studies of the origins and predominance of society. There were those who were purely spiritual, those of the priesthood, integrated between science or the material and the spiritual, and those who were purely materialistic and studied only the material and the various patterns of the material seeking the origins of life, having forgotten their own foundations. These are the foundations that led to the necessary homeopathic systems of science, the divisions into allopathic medicines, and of those who practiced more on the spiritual path. Those who travelled the spiritual path apart from homeopathic and allopathic medicines were those who were purely spiritual and used more the accord of flower essences. Those of the priesthood were homeopathic for they travelled the patterns between the spiritual and the material. Those of the material accord were allopathic.

"There was a concentration or heightened usage of flower essences in Egypt not only because of Atlantean influence but as a historical point of social force because there was a gathering of critical bodies of information in Egypt for the preservation in the pyramidal forms within the capacity of the hall of records. The reason for the heightened usage was not because there was a peculiar civilization developed or even a higher degree of development of flower essence usage then in the Atlantean period, but because there was a gathering of the body of knowledge for the express purpose of preservation. It was more an historical quirk than a heightened research."

In Atlantis, they focused on and achieved a high degree of technological advancement, far beyond what we have achieved today. Presently, people who want to protect the environment and live what could be called a more natural life style, have this belief system often to an important degree from having spent many lives in Lemuria (in fact it is the influence of spirit people from that time now surrounding incarnated people). In contrast, people interested in the continued development of more advanced technologies from space travel to atomic energy, often do so partly from the influence of past Atlantean lives, or more accurately, from the spirits of people who had previously lived in Atlantis. The stress of life in Atlantis led to new physical, emotional, and mental diseases. The average life span in early Atlantis approximately 150,000 years ago was 800 years, but by the collapse of Atlantis about 12,000 BC, the average life span had fallen to around 200 years.

In early Atlantis, natural or holistic healing was the predominant system of medical practice. Gradually, new and then radical healing techniques like what we now call allopathic or orthodox medicine developed. Many in the holistic schools were against these materialistic teachings, so certain members of this new system were persecuted by the authorities. It is an interesting karmic pattern that certain individuals from that early period of Atlantis have again reincarnated (spirit people from the days of Atlantis now overcloaking people who have matching passions in healing) as natural healers and this time they have trouble with the established orthodox medical profession and the law. These people attacked others for their teachings, so now they in turn have similar problems for merely following their own beliefs.



"When the fall from spirit took place, there became ingested into the system of society unique beings known as elves, devas, and various beings of light who have come to be known mythologically as fairies (actually spirit people pretending to be such). Working as a collective consciousness, they in many ways manifested the original angelic order or commandment to be in the divine creating and inspiring new life forms, yet not to fall into the physical and attempt to manipulate. Their influence progressed from the minerals, the plants, to even, for a time, being considered demigods in certain nature cultures as reflected in the Greek mythos. The Lemurians and nature spirits coexisted, and many times the Lemurians became these nature forces.

"When Lemuria was destroyed many inhabitants of that civilization rejected the described three paths of Atlantis and chose to remain to complete systems of study in the spirit. They desired to continue manifesting that which was known as the ethereal or aural bodies that were developed for travels in the Earth plane along the lines of astral projection.

"These are souls or human forms in spirit bodies or human personalities that have become progressive with their elements to the level of luminosity and partake and blend totally with the environment and nature. Nature spirits are as appealed to by various religious, philosophical, and spiritual societies. Do not worship these souls, but communicate with them as they are thy brothers and sisters. Dialogue with such beings should not be so much for appeal only to their nature of that which may be as given but also that which you may receive from learning the lessons they have learned by living totally in harmony with nature upon the levels of the etheric, still as incarnate and encased with the human form. To illustrate, these beings have now become unique principals in the application of flower essences.

"Even as ye have thy specific level of three dimensional existence, so in turn is their reality based upon the vibrations emitted constantly on the molecular level of various essences and the flowers they tend to. Even as ye could not survive in time without thy agriculture to feed the body physical, so in turn can they not maintain their level of existence without the essence of certain plant structures. As ye study horticulture and agriculture to survive as a community, so in turn do they study the patterns and intelligent energies of plant life for their own learning.

"You would tend well to these intelligences as ye shall encounter, for they are sympathetic with thee and ye in turn with them for ye are all souls. Even as ye have different races in thy own humanoid forms, so in turn they are but souls dwelling in another dimensional state, not unlike thy own, but slightly different in vibration. It could even be said that ye enter into a period of negotiations with these individuals to tend after their industries, which are healing and are designed to create a proper manifestation of balance in the entire environment. Their concerns with the pollutions of the environment are great; thus, you will find that people studying the biochemical states shall eventually turn to those who are continuously maintaining the environment, perhaps for the greatest source of healing. These are the things that you are beginning to study; these are things that you must begin to undertake."

Q Why do devas need the essences of certain plants to maintain their level of existence?

"As ye draw in oxygen from thy atmosphere, so in turn devas in their existence are electromagnetic beings in same. Even as ye draw nutritional elements from the energy of the sun for thy physical bodies, so in turn the nutritional elements relevant in the perspective of the devic beings concern the aspects of their needs from the essences. The actual essence, of course, is the electromagnetic pattern of the plant form. Even as there are nutritional elements found in various plant forms that ye partake of for the physical body, so in turn are there various patterns of biomagnetic energies discharged by flowers and various plant forms. And the vitality of the life force increases about the area of the bloom. In other words, the biomagnetic properties of plants aid in maintaining the electromagnetic form of the devas."



There is a long tradition in western occult lore and mythology concerning the existence of nature spirits. A classic in this field is the book by Arthur Conan Doyle, *The Coming of the Fairies* with its interesting photos of these nature spirits. The recent popularity of the Findhorn community in Scotland which has provided detailed accounts of working with nature spirits to produce amazingly productive gardens and vegetables, shows the continuing interest in this field.

Ages ago in the original fall from spirit and during Lemuria many evolved souls made a conscious choice not to incarnate upon this plane. (For our souls to progress and grow, we must incarnate at some time.) The number of those nature spirits (spirit bodies of souls who have previously incarnated) dramatically increased with the physical destruction of Lemuria. Many souls who had lived physical lives in Lemuria had not yet evolved to a point in which they could permanently progress to the higher planes. They settled into the devic realm, which is an ethereal dimension faster than the speed of light. To continue resided in this dimension and to maintain there ethereal bodies, it was necessary for them to assimilate vibrational energies emitted by various plants and trees and their flowers. Specific nature spirit orders, which formed only after the destruction of Lemuria, attached themselves to various plants and trees.

In early Atlantis, the existence of these nature spirits was rediscovered by the priesthood. Entire fields were organized with various gems placed in specific locations to enhance through meditation and telepathy a better communication with the leaders of the various devic orders. In those days alliances were formed with the devic orders to sustain the environment. In the coming years, this sort of telepathic communication and cooperation, which is already taking place in communities such as Findhorn in Scotland, will become more common. As John has pointed out, such communication is not worship or any form of magic; it is communication with souls similar to

ourselves who-happen to exist in a dimensional state slightly more vibrational than ours. As we shall see in chapter V, nature spirits play a role in the process of assimilating the energy from flower essences into our system.

Today, a fair number of people have what is called a 'green thumb'. These are people who have a keen aptitude and affinity for nature and gardening. Most of these people have this innate ability, to an important degree, because they are now working on inspirational levels with souls similar to theirs when they were in Lemuria. These old Lemurian souls, in turn, as members of the various devic kingdoms, seek again to work with these individuals. Indeed, many of these gardeners will tell you about the various fairies and devas in nature (nature spirits), but, of course, this acknowledgement will depend on how open they sense you are to this topic.

“As you begin to work with the specialized system of knowledge, as would be applicable to thy own peculiar system of culture in western systems of thought, you will find that there has been a gradual evolution of these properties and it is wise that ye know their foundations and, their executions, in that they are a spiritual body of knowledge, as well as specifically applied body of knowledge for healing as such. You would find that the content of the individual attitude of he who would to work within the said structure must be cleansed and have the proper aspect of projection of attitude upon the level of mind, body, and spirit. For herein you would find that you work strongly with the vibrational principle, and in this way and in this system of thought the individual must be cleansed to be able to properly apply the flower essences. The foundation of the systems of mechanisms that make up the ability of the flower essences to heal the individuals' bodies is that there is a sympathetic attunement between the body physical of humanity and the individual flower essences.”

Q You refer to the western culture in using flower essences. Does this mean that other flower essences and principles will be described later for people from non-western countries?

"No, all can equally use and apply these remedies. It is only that the bulk of information is going to extend through western academic systems of thought in its clinical approach.

"Flower essences have in these days a unique educational principle that the more individuals as men and women become re-educated to the subtleties of their existence and to the subtleties of their consciousness, then the impact the flower essences can have upon healing is increased. The original structure in using flower essences as based upon lackings in the psychological make up of the individual. Through positive reinforcement of the psycho-spiritual dynamics of the individual, they in turn serve the greater whole in penetrating their healing to the level of physical properties. Flower essences have impact upon the physiology and physical healing in general, independently of the psychological structure of the individual. To use them it is wise to enhance them with creative visualization and various cleansing techniques perhaps amplified through various crystals and other forms of healing. These have as tendencies to amplify and magnify the properties of each flower essence.

“Therefore, the purpose of flower essences are upon several levels. Many individuals receive them as though they are a medicine that would work, and indeed they do work, independently of any evolved state of consciousness. But also they are tinctures of liquid consciousness and stored within them is evolutionary force, indeed the life force itself, shaped to a particular pattern. As there is the partaking of the essences, they become an evolutionary force in the consciousness of the individual, affecting not only the individual's free will, but becoming a progressing element that may stimulate inspiration and

eventual change. They are not the causal force, but they are the inspiration that may inspire the causal force, the free will of the individual, to cause further development of his own consciousness, his soul condition.

“These then are the actual sources of physiological and anatomical change. These even slight inspirations can cause radical changes within the physical substance of the individual. Flower essences can be organized, therefore, into various sciences and can even be applied to portions of the anatomy causing physical change and inspiration. Above all they are as a liquid tincture of consciousness that can be considered educational for the psycho-spiritual dynamics of the individual. For even in thy psychologies, it is necessary to educate the individual to the sources of neurotic and hypersensitive behavioural patterns found perhaps in the sexualities as explored in orthodox psychologies. Thus, in turn, are **flower essences, when applied correctly, an educational process to rediscover the sources and principles of they own true behavioural patterns, which are as spirits and as beings of light. As the sciences organize into various levels as though the personality is biological, so in turn upon levels of holistic principles, flower essences are a system of organized vibrational tinctures that may accomplish similar principles but on the level of spiritual healing (of the spirit body). In this system of thought, healing comes from the levels within the self and is activated upon the levels of the soul and then is reflected into the body physical. For what you are doing is activating ancient doorways to levels of consciousness that were held within the structures of the Garden of Eden from the Lemurian days and their science of mind, body, and spirit.**”

**PASCAS
PERS**

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



CREATION being an EXPRESSION OF MIND – Nature Spirit Verna:

I, Verna, am one of the 'Little People of Light' or commonly called a nature spirit. We go by other names: elementals, elves, fairies and the like, but really we're nature spirits. We are only concerned with nature, the nature of Earth – our world. Earth is our world more than it is yours, as you're all passing through, whereas we are permanent residents.

We, nature spirits have an hierarchy, some of us being more evolved than others – older – and we're considered to be a slightly lower creation than that of angels, as it's angels, a certain type, that create us. And when we have served you, humanity, well, we can if we want, move up to becoming an angel, we can evolve into one.



About soul-light coming from the soul interacting with Creation bringing about in Creation what needs to happen is all in accordance with the soul's pattern. As far as nature goes, it is wholly responsive to the needs of humanity, that is really all it exists for, for you.

We know why we act, we just act, we're creations of the Mind, The Third Person of Deity; the Infinite Daughter Spirit looks after us through the Local Universal Mother Spirit, the Divine Minister.

We exist to serve you, those of the truth, as nature does, it also being a creation of the Mind, so we don't have a truth-evolving soul like you do. We do however grow in mind service, we evolve so to speak, but not how you evolve. We evolve by doing actions, by acting in accordance with the instructions and mandates we are given, and when they are fulfilled, or completed, we move onto the next assignment, that is our evolution, so we're able to grow by being given increasing responsibilities, it's the same for us as it is for the angels.

So although we don't have an eternal soul like you, we do feel we have an eternal place in Creation because we are part of it; we've been created, there was and is a purpose to our existence, so there will always be something, the next thing, for us to do. And as we do each assignment we grow, which is really, advance in light. *By the light of an angel or nature spirit you can tell where they are in Creation, on what level, on what assignment, on what circuit, where in the Universal Mind they fit and so exist.*

Creation is all created by, and so is a manifestation of, the Mind of God, it consists of mind circuits from the lowest to the highest; and so because of that, everything in Creation can help everything else, it all being orchestrated by the intelligence of the Personalities it is derived from. So when your soul requires a certain experience, then all you are, all the environment is, all that leads up to that exact moment from the beginning of Creation, moves to bring about that experience for you. And all we do is go along with it, which is all you are slowly to learn to do. You are not to try and fight it, or interfere with it, you are learning to just accept nature, your own natures, your soul – or truth and mind nature.

As you learn to live as nature does, by being all-accepting, then you can allow your soul to guide you through your feelings and without trying to actively take over using your mind, to just act according to your natural impulses and feelings, all of which will bring about the desired experiences required by your soul resulting in the desired truth you are to see, know, and hence live.

YOU ARE NATURE – so as you understand about plants and animals and all nature is, really you are understanding about YOURSELF. And this is very important, to see yourself as separate from nature is

not right, and is where you all go wrong – it is evil, because it's dishonouring yourself: your true nature.

What you as a person, YOU, are doing to nature is wrong. How you are negatively affecting it, and how that is all because you are doing it all to yourself. **EVERYTHING YOU DO TO ANOTHER CREATURE YOU ARE DOING TO YOURSELF** – and that's why you're doing it to the other creature, because you're doing it to yourself. How you are in the outer world is exactly how you are in your inner world. Or rather, how you are in your inner world is how you are in the outer one. It's always the inner first. And the inner has been created through your early childhood.

I'm a swirl of light, recognisable by other angels and beings of mind creation, but unrecognisable to you spirits of truth (humanity) who need form other than just light. So all of my kind, and all of my angelic relations, put on forms for you to recognise us by. You don't have any choice in your form, although in spirit you can play around with your looks a little and what you wear, how you present yourself a little to the universe, but mostly you just allow your soul to manifest your spirit form as its currently manifesting your physical form, whereas we angels being all light, have a choice – and lots of it! As I said, our true form is a creation of light, which means a collection or gathering together of many lights, beautiful and artistically designed, wonders to behold, and you will be able to get something of a glimpse and soul perception impression of our natures as you grow in truth, we being something very different to you.

And like you, as in you having a soul-mate, in some ways we nature spirits work in pairs, a positive and negative, but not negative in the bad, more like in the sense of current, in physics, a positive and negative representation of the frequencies of light that we are; but we angels – I'll call myself an angel for the time being, just for the sake of argument – don't have soul-mates like you, that's purely a spirit thing, as we don't have the same type of soul that you do. We don't ever perish, we do move on, in that we ascend the circles of light, which are the relevant circles of mind for our order; but we don't grow in truth like you do. We don't have the same mind set up as you do, we don't have a thinking and feeling mind, we are just mind, and all that is mind.



All things and creatures of Creation have a 'light' to them, which you could call something akin to a spirit. Truly speaking, only spirits of truth, such as what you are, you and humanity and those sorts of spirit beings like Mary and Jesus, the mind and Celestial spirits you speak with, all who have a soul that is truth-evolving, have a spirit; we beings and creations of Mind, have a light. I know it gets rather confusing, and it doesn't matter anyway. So you could say a tree has a light, it being a creation of Mind, that being the mind of the Divine Minister in our universe of Nebadon, and so you could say that light is something akin to the tree's spirit. However were you to talk to the tree's spirit and have it talk back to you, that's then where we come in. You can't actually speak directly to and converse with lower creations like animals and plants, but we can mediate, you can through us.

Mind spirits aren't going to tell you the truth of who they are, as they will be wanting to keep you in your deluded state just to keep the channel open. They don't care how they communicate with people on Earth, that is the lower ones in particular, and the ones who are seeking some power by doing it, so they won't say, oh sorry, I'm a mind spirit, for nature spirits you'll have to change frequencies, they're that channel over there.

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

NATURE SPIRITS will INTERACT and ASSIST US in our ENDEAVOURS:

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

I, Verna – a nature spirit, would like to say to the people of future who will read this, that we are more than willing to make contact with you humans, however, WE WILL ONLY DO SO WITH THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES BY HEALING THEIR NEGATIVE STATES. We can't otherwise, if people are choosing to remain as they are, all bound up in their evilness, untrue and bad feeling denial, as the new age will forbid it. Once the new Spirits of Truth have been liberated, we will have to adhere to them, not that we would want to do anything else anyway. And we can't wait to have the new Spirits of Truth to guide us as they help and guide you.



Now, why I'm telling you this is because there's going to be an upsurge of people saying they are speaking to nature spirits, people who are not doing their healing nor seeking the truth of themselves. They will say they are, and their nature spirit communication will be part of them doing so, but it won't be true. So beware, many people will say they are speaking to our kind when they aren't, speaking only to mind spirits in the lower Mansion Worlds and Earth planes.

It's far more important for you to gain a true understanding of your own personal role in nature, how you are to conduct yourself with nature, and also the same with the impersonal, the greater whole. And along the way your knowledge about how things are in nature will expand directly through your experiences and with our input. But (put this in capitals please James); BUT OUR INPUT WILL ONLY COME TO THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES THROUGH THEIR FEELINGS, by doing all you have written James; essentially, all Mary has told you and all Marion has told and helped you with.

We are able to impress certain insights and understandings upon her (Marion), we do upon you both, all of which help you understand nature more; yours and the natural world, and your relationship with it. So everyone who grows in truth, as a part of that growth, comes to love nature more, relating to it very personally through their own nature, so we are able to move in and be with you.

James: So really your kind is to have a very close and complete relationship with us.

Verna: Yes, it will grow and evolve as humanity does. We are just a part of the natural realm as are plants, animals and the air you breathe. We should not be kept alienated from you. And just because you might not be able to see us, doesn't mean we are less important or have less of an influence on you, in fact we have more of an influence than does direct experience with plants and animals. Your hands on physical experience with nature is very limited, there is only so much you can do with and in it. But your understanding of it and its relationship to yourself and yourself to it, is all but unlimited, it growing – your awareness of it all growing, as you grow in truth. And humanity is meant to grow in complete harmony with the natural world whilst it's here with it, not separately from it as you currently are. You are going against nature, not going with it, so you are going against your own natures, not with them, which of course is why you're going against nature. Your parents set you against yourself, your own nature, so you don't see that nature offers you anything other than what you can get from it. But that's all thankfully soon to change, and as there is already a slow awakening taking place in certain parts of humanity as to how special nature is, so this will continue to evolve.

Nature Spirits control every aspect of the natural world:

28 June 2012

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

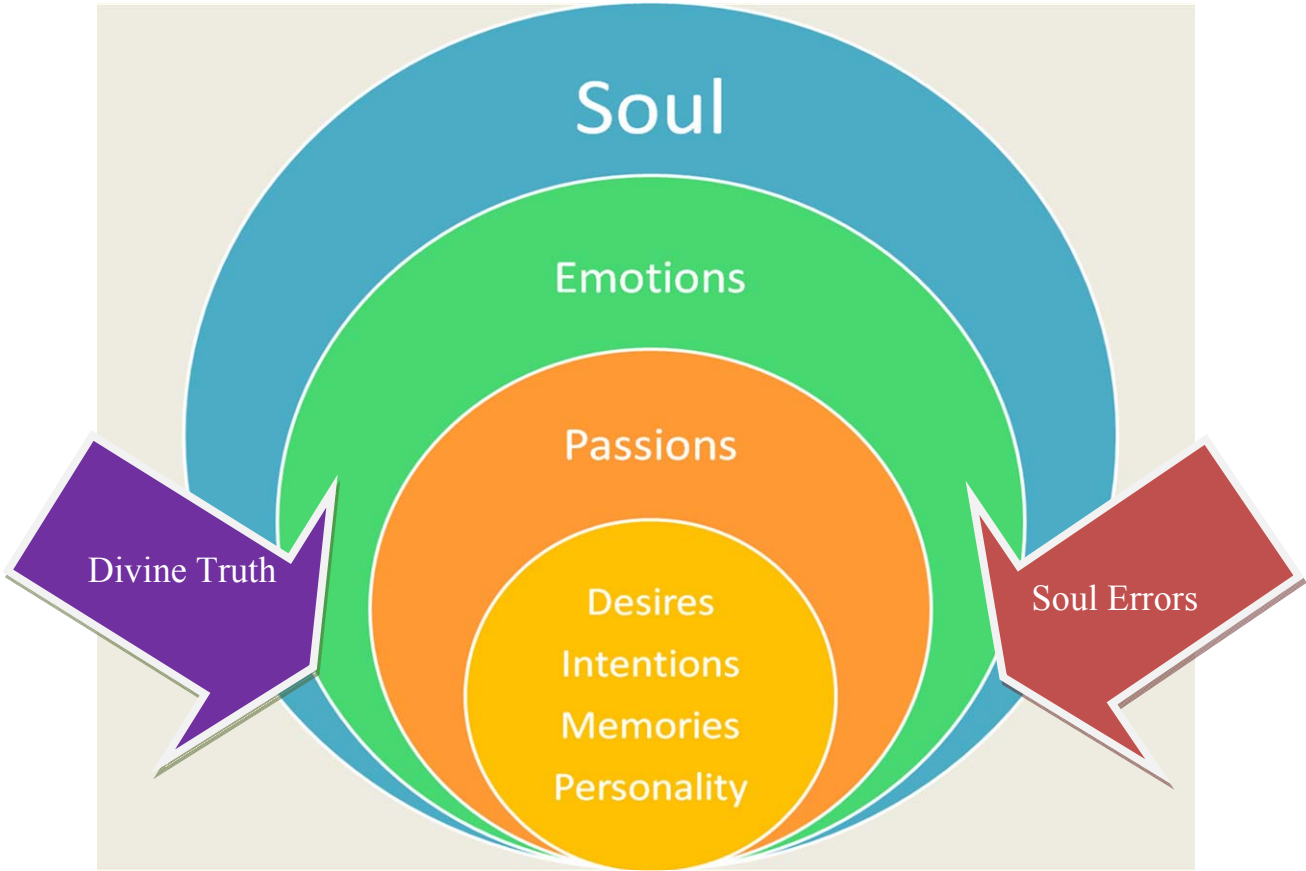
We have a progressive consciousness, we are evolving our minds, as I've told you, but they being a creation of Mind can so be influenced by higher angelic minds. So really in the mock you had, what I meant was we nature spirits can prevent fish from being caught if that's what we're asked to do by either higher angels on behalf of the Mother and Father, the Divine Minister in Nebadon, or by Sons and Daughters of Truth, that being Mary and Jesus, the Creator Pair, or Avonal Pairs.

We'd know the Avonal pair would ask us knowing from their feelings and the truth they were living that it would be what the Eternal Son and Infinite Daughter desired.

We nature spirits can control EVERY aspect of the natural world if need be. We can make anything happen, from causing earthquakes and volcanic eruptions, down to move the smallest bacteria this way and that. We can bring about any mutations that are desirable, and we can work in the moment or over long periods of time. Nothing is too much for us when it comes to influencing the material plane, that's what we're all about as nature spirits, we do always and continually influence it. By our very nature, our very existence we're influencing it. Nature on the physical level doesn't and can't exist without our ongoing influence. And as to that influence, what it entails, that all awaits humanity, and one day we'll be able to tell various people everything we do. There will be those people destined to have very close and open relationships with our kind, and they will learn and see what we do. And then humanity will be able to move toward living more truly with us and our natural influence, all of which will make people feel so much happier about how they live and treat their natural environment. Currently you are so far away from the truth, heading fast in the opposite direction, so you are the furthest you've ever been from our kind. But once the age changes, then we'll be able to come to you as you'll be able to come to us and things will start to change for the better, that's what we're all looking forward to.

Potsy, the cat, her spirit has gone to join with the combined spirit from all Earth's creatures, to be drawn upon to create us nature spirits, and in fact the sporigia as well, having become part of the spirit collective energy from which my kind, among others, are drawn.

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.



PERSONALITY

Soul Spirit Body Physical Body

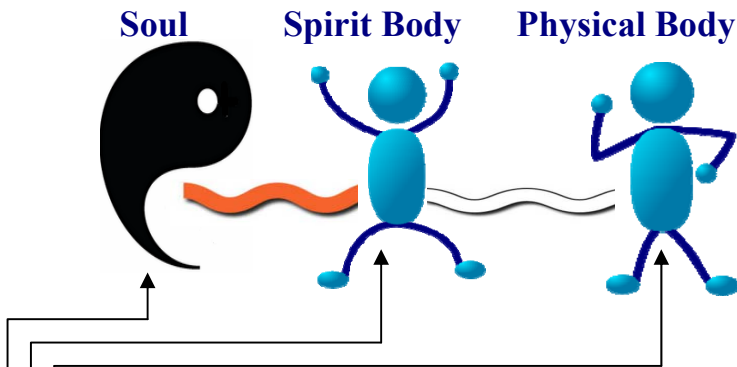
The etheric body is the spirit body.

The soul is the real you!

30 Aug 08

Your soul is half of your real soul.

HIERARCHY of HEALING SYSTEMS



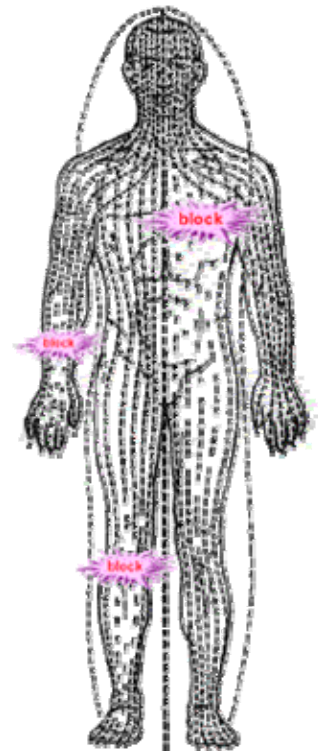
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

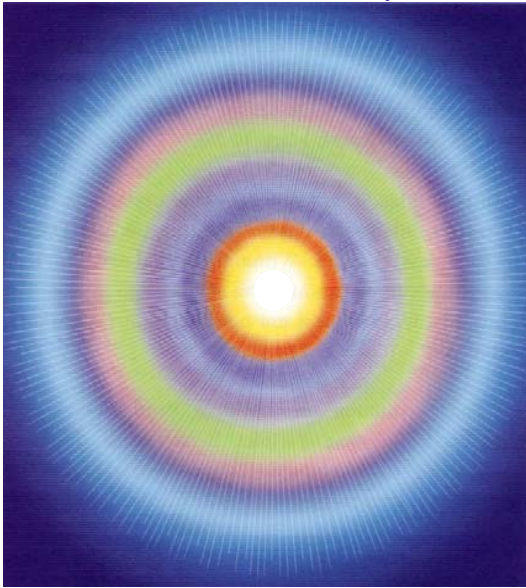
If you focus on the soul, that is the most powerful tool to improve yourself.



DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and female personality - it is a duplex!**

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth Talk to Graeme

Graeme: Good morning James

I very much enjoyed your conversation with GG that John forwarded this morning. There is a closeness that our little group is developing and I'm looking forward to the day when we can sit down together, perhaps at John's place, and chill with some cheese, crackers (and in my case a pleasurable cup of tea).

If my sense of the quickening is accurate, then that will be soon.

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat,
sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak works. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make its way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly wholistic level (or you could say, a 'soulistic

level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

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

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

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

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

Love Nanna Beth.

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences

Crystals and other rare and precious stones

Homeopathy (minute vibrational traces as recognised by Samuel Hahemann 1700s)

Nutraceuticals (being low concentrations of properties found in food)

Pharmaceuticals (being high concentrations of properties found in food – to the level of toxicity)

and Food all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth, 3rd Celestial Heaven: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

Everyone at their conception gets their angelic pair as well, just as I did, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



MAN is not meant to INTERFERE with the DRIVERS of PAIN: 21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

Saturday, 7 April 2018:

Flower Essences and Essential Oils

Graeme: Hi James, I sent the information that Verna provided regarding how Flower Essences work to my former partner, Christiana. And as is often the case, she came back with even more questions.

To give you and Verna some background, Christiana runs workshops where she teaches people how to make flower essences and how they work – that's the basics. However, as we've learnt more "truth" over the years we have re-written and changed the information that is taught. Especially as we learnt more truth about the soul and that is where the real Feeling Healing starts. And Verna and your writings have been clarifying this for us.

So here are a few more questions from myself and Christiana. Thank you for this, it helps. If I prepare some questions, would you be able to pose them to Verna? The first ones that comes to mind...

Q: What does Verna see when a flower essence is being created...what is the transaction?

Verna (a nature spirit): I see an array of colours. I see everything in colours. Colour makes the form. The form I learn to recognise as I develop in my mind. Colour is composed of different frequencies of light. It has a sound, although we don't as such hear the sound like you do, but see it. We see the sound, colour and light. For us it's all about the visual, but it's a different visual than it is with you, for we sort of 'feel' the visual. Our mind is more visual but it allows us to sort of feel what we are seeing.

So what I see when you are creating a flower essence is the various colours, which are really colour combinations that make up that particular essence. So as you do each bit, so I can observe the colours changing, so I know what you're doing, and I've learnt through the years to know how what I see that you are and you are doing translates into something you can understand from me. I have learnt to speak the language of being human if you like, so I can relate in your language however you'd have no hope trying to speak my language – the language of colour. Colour is our words if you like. So if I were to describe to you that which I saw when you were doing what you do, then I would describe it in a sequence and interplay of colours.

When we become angels, then we'll start working with the full spectrum of vibrations, with sound being used to direct, control and synthesise colour. For example, when your angel inserts a rod of light into your aura it literally 'sings' in the rod that it's made from sound and vibration giving it the right frequency required by the effect the rod is to have within your aura. We can hear the sounds to a limited degree and make our own music, but nothing like what the angels can do.

So can you see Graeme from what I am saying, that elements of all of this, humanity has been investigating in its own way over the aeons. We are similar, us beings of light and mind to you of the feelings and truth, and yet we are also very different. These questions you are asking and your approach to them is more on the mental level, trying to work things out as if you were a mind creation, which you can't do, which is why I will keep directing you back to your feelings and truth you are to gain from them.

Q: How does the environment; weather, animals, sounds, etc affect the gestation of the essence...do all these vibrations go into the essence?

Verna: They do, however they are all what you might call, low-level background noise. Of course the more clear and pure the environment you can provide, which will be that what Christiana is striving for,

that of her love and the most natural, will affect this, compared to say industrial made essences and oils, all done without love and care being impersonal compared to her more personal approach. And that will all affect the desired result. However that all becomes irrelevant when the essence is given to the person to use, because the ‘vibration’ of that person might immediately cancel any such uplifting positive effects should they be of a lower level; or conversely, a person might be uplifted quite substantially. So of course doing the best you can, what you feel intuitively because you want the best for everyone involved, is as good as it can be.

Ideally, this is how it works: If you are of the first world level of truth, so you will produce an essence of this vibration, and within that, either the highest or best or the lowest and worst. If you are of a second world level of truth, this being a mind level, so your essence will reflect that level of truth, the best or worst of it. If you are of the third world, because you are living this level of truth with the inclusion of the Divine Love, so you will express this in all that you do. And so on as you grow in truth. You can’t express a higher level of truth than you are, it’s not possible, it doesn’t work that way. So the incentive is to evolve or grow in truth, which as we’ve told you, can only really be done by doing your Healing.

So say you finished your Healing and were of a true and pure Celestial level of truth. Then that flower essence you made would reflect that truth. So if you gave that higher level of vibration to someone on a lower level of truth, potentially that could greatly affect them, even detrimentally so. However it’s not that straightforward either, because it then all comes down to what the person receiving it needs, so if they only needed a slight touch of that higher vibration, the person’s angels would adjust the light, lowering the vibration as the person was receiving the essence. And consequently, should someone need a boost in vibration, as if coming from a higher level source and yet that source wasn’t available, then your angels can boost the essence’s vibration.

So do you see, it’s very complex and all dependent on the needs of each person’s soul, which you can never know what they are, so all you can do is what you feel you want to do. And those people will be drawn to you because it’s about the experiences everyone needs, and not even so much about the essence itself. A person might be drawn to Christiana because of all that happens between them both, with the flower essence part being the least important; or, it might be the most important. But you can’t tell. So it again comes back to feelings, whether or not you want to allow ALL feelings to be in your interactions.

Q: What does Verna see, what energetic transactions, effects, changes happen when a human takes a dose of a flower essence...in particular a One Garden essence that we have made?

Verna: We see the essence as a colour, and the person as a colour, then the two colours meet and other colours are produced. And then it’s about how those new colours affect the person. Which for one person might be to uplift them, another to help them feel bad. Ideally you should be wanting to feel bad because you are doing your Healing, wanting to use your feelings to uncover the deeper hidden truths of your childhood, so you’d want the flower essence to stir up bad feelings, and the worse the better. So there are two conflicting ways of approaching such things: You can use the remedy, no matter what it is, from mainstream to alternative medicine, to try and make yourself feel better by removing or ‘healing’ all that’s wrong with you. Or you can use the remedy, no matter what it is, to make you feel bad, all to help you with your true Healing. So potentially a therapist aware of the two ways could offer them as such to their clients.

Q: What happens...what is the difference between someone using essential oils to flower essences?

Verna: The oil is often longer lasting, however that also needs clarifying. As you understand Graeme, there are no simple answers to all of this, and I am only giving you the briefest of introductions just to play havoc with your mind. An oil might be needed for the person to keep smelling it because that's the desired effect required from it. And that can go either way, to smell to evoke good or bad feelings. If you step aside from your great need to ONLY feel good, and remain totally impartial and objective seeing ALL feelings are good and as you need them, then you can open your mind out to other far reaching alternatives.

However that is not to say that a simple flower essence might not have long term and far reaching consequences too, and even far more so than oils, should that be determined by the needs of your soul.

For example, let's say it's desirable for a block in you to be worked on, to be stimulated – the mental belief that keeps it in place and behaviour that expresses it, also helping to keep it as a block. So you take a flower essence and very quickly it works on the desired block, it being greatly stimulated and agitated by your angels and you suddenly start crying, and as you express those bad feelings longing and looking for the truth of them, you suddenly realise it's something to do with your father and his stopping you from being how you wanted to be. And then for the rest of the month, even a year, because this block has been worked on a little, so more stuff keeps coming to light about it, and all because of the initial input from the essence. So what is long and short term? And oils can work the same, however the flower essences are generally more fast acting, with the angels working with them more immediately because they are more ethereal [extremely delicate and light in a way that seems not to be of this world]. The angels prefer working with them if they are given a choice. They love the fast active stuff as it tests their skills. The oils are more “ploddy”, set the scene and then let time take its course. So they both have their uses and work complementing each other or working against each other – again it's another feeling thing as to which way you want to use them.

As a rule of thumb, the essences work more on the mind level, so can be used to cement-in mind control or release it by working on belief-breaking or belief-making (such as all the positive affirmation stuff) by stimulating or repressing further the underlying repressed emotions and feelings, whereas the oils work more on the deeper feelings level, helping to stimulate them and bringing them to the surface or repress them even more, depending on which way the person is going in their life. And you understand, everyone believes they are going the right way, they are wanting to heal themselves, and however that's all only a belief. The truth being: if you are still advancing in your mind control you are going the wrong way – against yourself; if you are looking to your feelings for their truth, then you are going the right way so far as really Healing yourself. However having said that, there is no actual right and wrong way, it's all what you need at the time and so is all right, even if it's wrong – LOL!

Now some of my additional questions.

Verna, I asked you about the music of the flowers and you mentioned that it changes as a bee or a butterfly interacts with the flower. So is the music more like a symphony of sound with different flowers on the plant playing different instruments?

Verna: It's whatever you want it to be Graeme. You'd never be able to understand how an angel would, or the flower or the bee itself. So if you hear that way, fine, that's how you interpret it and want to hear it and we can work with you in that. If someone else hears it differently, so we'll work with them how they hear it. If you are so attuned that you hear symphonies playing in nature everywhere you listen,

well that is what your Mother and Father have given you for your life. And then it's up to you as to whether or not you want to uncover the truth of why you are like that and how it's affected your life and yourself beginning from conception through your feelings.

Also you told us that everything in nature has its own unique vibration – even rocks, etc. My understanding of music is that our ears take in these vibrations into the inner ear where they set up vibrations in the tiny bones (hammer, anvil and stirrup) that are then translated in our brain and we "hear" sound. Is the music you, Verna, can hear from the flowers of a similar vibration (or in a similar range) to the unique vibration of each flower. Or am I mixing "apples and oranges"? Intuitively I feel they are related or similar.

Verna: All vibration has a frequency to it as you understand, so an associated colour and sound, that being some you can relate to and others you can't as you understand they being outside your range which other creatures relate to. And we nature spirits have our own defined levels as do the angels of different orders. A super Paradise angel will hear far more than a localised cherubim or seraphim, and more than us, and more than you of course. However we all have what we need. And all of our ranges have ranges with them. We of the mind orders grow in light through experience so increase in the range we have available to us. You too will increase in your range as you grow in truth, and then people being far more attuned to the psychic levels of perception will have access to ranges within your human range that ordinarily most people don't. And mostly you don't because you've shut yourselves off into a very limited low level of your range. Your senses actually spend more time filtering out the yuk colours, sounds and vibrations, using so much time and energy to 'protect' yourselves. When your parents are yelling at you, you go into block it out mode, which establishes those mental and behavioural patterns within you. And your world is made up of parents still yelling at you, with all the horrible noises you create, even by persisting in having annoying barking, dogs as pets. Were you parented truly lovingly, with all senses open and attuned to the sounds and colours from your parents that make you only feel good, then you'd create a world of similar good-feeling sounds, and so would always be extending your range of relating to and hearing sound and seeing colour to the higher levels of your natural range.

Christiana also asked you about the effect of the environment. Also she would "intuit" what day, what time, how long the gestation needed to be. So can you explain astronomical influences and was she being guided with this timing information.

Verna: The astronomical influences are the same as all the others, all on the mind side of things. The best and most important influence is the person themselves in all they do in their experience with the essences, the person making them, administering them, and the person receiving them. There is even a difference between you giving yourself the drops and another person giving them to you. Christiana giving her drops to someone will cause different effects to her client than the client giving them to themselves. It's all to do with the experience, the interaction, as it all involves vibrations, colour and sound.

So you can't work out a 'best way' to do it all. It's only ever going to be your way, and you can be happy or not about that. So more feelings to use should you want to work with them to uncover more truth about yourself.

Why does someone want to do anything – and really it's to give rise to feelings, feelings you can use to grow in truth.

Was she guided regarding the naming of each of the 88 individual essences? Were they made in a particular sequence or order and what is the significance of this?

Verna: Yes, you are guided in all that you do. Your Indwelling Spirit is with you, as are your angels, and possibly ourselves. You are more guided than you understand. God is guiding you every step of the way. The significance is the experiences you have, all of which make you feel feelings.

Did our "soul condition" and our intention for each essence have an effect during the gestation of the essence?

Verna: Yes, as it does on everything you do in life. It's what you are, the truth you are expressing, it can't be any other way.

We did take a lot of care in making each essence, especially regarding hygiene, purity of the spring water, the clear glass bowl, how it was placed etc. This question sounds like it's coming from my ego, but are the One Garden Flower and Nature Essences of a higher frequency / quality compared with other essences?

Verna: I'll allow you to be the judge of that based on what I've written.

I know Christiana has a strong desire to only tell the truth when she is teaching and many of these questions will help her with both her writing and her teaching. So I just want to thank you for all the truth you have imparted so far. And I vividly remember reading what you said, "You know less than 5% of what nature has to offer humanity". And I think you were being generous when you said 5%.

Verna: You are welcome Graeme and I hope some of what I've said helps – it will probably add more confusion than clear it, but such is life, is it not?

Thank you James and thank you Verna, sending my love to you both.
Graeme

James: I've tacked this bit onto the end Graeme as it was what Marion was just saying. Something perhaps for John to distribute through Pascas. It's not really relevant to what Verna was saying, but it's more for everyone to understand that when it's said to go with or follow your feelings, it doesn't mean we are to act on them all the instant we feel them, it's to express them verbally to bring to light their truth.

Living true to your feelings:

It's to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage venting your anger all over the place because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 Apr 2018

Flower Essences:

Mind-Body-and-Spirit Alternative Medicine for Physical Disability

Laurance Johnston, Ph.D

http://www.healingtherapies.info/flower_essences.htm

A popular, holistic healing alternative, flower essences are sun-infused solutions that possess flowers' subtle vibrational energy imprint.

Unlike herbal remedies or aromatherapy's essential oils, flower essences mediate their healing without pharmacologically active molecules. Representing a higher vibrational octave of the plant's herbal or molecular properties, flower essences energetically restore balance on physical, emotional, and spiritual levels. Because physical disability has so many non physical components at the deepest soul level, flower essences greatly expand the healing armamentarium available to individuals with physical disability, such as spinal cord injury (SCI) and multiple sclerosis (MS).



Because no biologically active molecules essentially exist in a flower-essence solution, it can be difficult for a biochemist like me, trained to explain biological phenomena through molecular interactions (e.g., neurotransmitter interacting with a receptor on the neuronal cell surface), to understand how essences can possibly work. It requires that we revisit a concept inherent to most ancient and indigenous healing traditions – that our body's physiology and biochemistry is a function of us being, first and foremost, beings of energy.

Flower essences were developed based on intuitive observation, and, until recently, have lacked scientific scrutiny. However, to put this lacking into better context, the Congressional Office of Technology Assessment concluded that only 10-20% of medical interventions physicians practice are scientifically proven. Most conventional, as well as alternative, medicine is based on a history of use and experience. The results of modern science's carefully designed clinical trials are only a small fraction of our healthcare reality.

Flower Essences = Energy Medicine

Flower essences' mind-body-and-spirit healing is difficult to explain with traditional biomedical precepts. To help us understand it, we need to briefly review some key principles that distinguish conventional, allopathic medicine from energy-based healing traditions.

Mind-body-and-spirit perspectives have, in fact, been integral to most healing traditions throughout history. In Western medicine, however, a philosophical schism grew between spirituality and healing as church authorities deemed spirituality off limits to scientists. As a result, a medical system evolved in which mind and spirit had no relevance to health.

Reflecting Isaac Newton's seventeenth century physical laws and Rene Descartes' philosophy of mind-body duality, a mechanistic medical approach was adopted that saw the body as a machine composed of parts. Fix the parts, and you fix the machine.

In contrast, the energy approach to healing believes that our mind, body and spirit are holistically integrated because we are beings of energy. The emphasis is on the whole not the parts. Over the ages, our energy system has been described in many ways, such as qi circulating through acupuncture

meridians, prana flowing through chakras, vital force, or electromagnetic energy fields by modern physicists. Because mind-body-and spirit healing sounds too intangible for scientific scrutiny, scientists had to invent a new, intimidating-sounding discipline called *psychoneuroimmunology (PNI)* to help explain the mechanisms by which emotions and attitudes can affect physical health.

The differences between the mechanistic and energy-healing perspectives have profound implications when it comes to disability. For example, conventional medicine assumes that physical health produces happiness and, therefore, considers that emotional reactions, meaning of life, and belief systems to be irrelevant to medical practice. In the energy model, happiness leads to physical health, and, consequently, our beliefs, the meaning we attach to routine events, and our emotional reaction to these events are crucial to health promotion and maintenance (see Trieschmann, R.B., *Rehabilitation Education* Vol. 9, No. 2, pp.217-227).

Some people speculate that our attitudes and emotions are transformed into our biochemistry and physiology through subtle electromagnetic fields that permeate and surround our bodies. It is through these fields that flower essences are said to exert their effects. Specifically, the flower's electromagnetic patterns that have been released into the solution interact with the body's electromagnetic fields, restoring energetic balance and, in turn, physical health.

People have compared flower essences' subtle energetic influences to the uplifting effects we experience listening to music or seeing majestic views. For me, the problems of the world disappear when I hear Beethoven's "Ode to Joy" or watch the sky fade into subtle lavender hues as the sun recedes over Colorado's snow-capped Indian Peaks. The contour and arrangement of light and sound energy, including aspects that are not consciously perceived, evokes profound feelings. Through a cascade of PNI mechanisms, these feelings manifest into beneficial and measurable physical changes.

Bach to Basics

Flower-essence healing was influenced by the thinking of Paracelus (1493-1541), one of history's most prominent physicians, and the well-known German poet and nature scientist Johann Wolfgang von Goethe (1749-1832). Called the "doctrine of signatures," Paracelus believed that plants' physical forms revealed their therapeutic potential by correspondence with human anatomy. Goethe's holistic approach to natural science, perhaps due to his poetic insight, reflected the soulfulness of and connection to nature, an approach that contrasted to the prevailing scientific method of reductionistic analysis.



Although a part of ancient healing traditions, English physician Edward Bach (1886 – 1936) catalyzed flower essences' modern re-emergence. A conventionally trained physician, Bach (photo) specialized in bacteriology and vaccine development. He later shifted to homeopathy, philosophically a close relative to flower essences. In 1930, Bach quit his practice and devoted the last six years of his life to developing his now well-known 38 flower essences.

Bach's holistic healing view was emphasized in his writings. For example, in *Heal Thyself*, he says: "Disease is in essence the result of a conflict between soul and mind and will never be eradicated except by spiritual and mental effort... No effort directed to the body alone can do more than superficially repair damage and in this is no cure since the cause is still operative and may at any moment again demonstrate its presence in another form."

Because each plant has the potential to be transformed into a unique healing essence, many new flower essences have been developed in response to the therapy's popularity. Although a miniscule amount compared to the \$100-billion pharmaceutical industry, the U.S. flower-essence market has grown to over \$5 million.

Preparation

Flower essences are prepared by placing flower petals – the plant part believed to have the most life force – into a glass bowl of water. The bowl is placed under sunlight (photo), which melds the flower's energetic imprint into the water. Although nothing physical gets transferred, using highly specialized photographic procedures, the flower's energy imprint has been observed on the solution after removing the flowers. This sun infusion is called the *mother tincture*, which, in turn, is often diluted and preserved with brandy. You commonly administer essences by placing several drops under the tongue.



Selecting Flower Essences

Determining an essence's healing properties is an intuitive, observational process – so to speak, a communion with nature that reflects Paracelus' statement "If you wish to know the book of nature, you must walk its pages with your feet."

Patiently observing the plant and perceiving its manifold characteristics results in insights that are translated into healing attributes. These attributes are usually defined at the emotional and mental level and often verified through user feedback.

Because of the plethora of available essences, selecting the right ones can be difficult. Traditionally, you would attempt to identify your underlying, health-affecting, emotional and mental issues and then match these to essence healing attributes as listed in various resources or repertories. For example, the *Bach Sweet Chestnut*, *Gorse*, *Wild Oat* and *Wild Rose* essences are indicated for depression or despair-related health issues. The use of flower essences is best considered to assist with the release of emotions that underlay a health issue.

Due to the difficulty in accurately identifying health-affecting core issues, a muscle-testing procedure – called *kinesiology* – can be used to select essences. You hold an essence in one hand while another person attempts to gently force down the opposite outstretched arm. If the remedy energetically resonates with you, it will subconsciously increase your strength, and you will resist more force than with an unneeded remedy. Your soul is responding in this process.

Machelle Small Wright, Perelandra flower essences creator, has simplified this procedure by developing a self-test involving finger strength, as well as alternative procedures when disability inhibits finger testing (see *Flower Essences: Reordering Our Understanding and Approach to Illness and Health*, Perelandra, Ltd., 1988).

Although kinesiology theoretically eliminates the need to identify often complex and vague underlying mental and emotional health determinants, it requires some skill gained through experience. Without the skill, flower-essence selection can be a hit-or-miss process.

Fortunately, several combination remedies are available that provide wide-spectrum healing protection. For example, the Bach Rescue Remedy, composed of five key flower essences, exerts a stabilizing effect for many physical and mental stresses. This product alone represents 43% of the U.S. flower-essence market. Based on nearly 70 years of case studies, the remedy is considered the emergency first aid of flower essences because it prevents the disintegration of our energy system after physical or emotional trauma, thereby, promoting physical recovery.

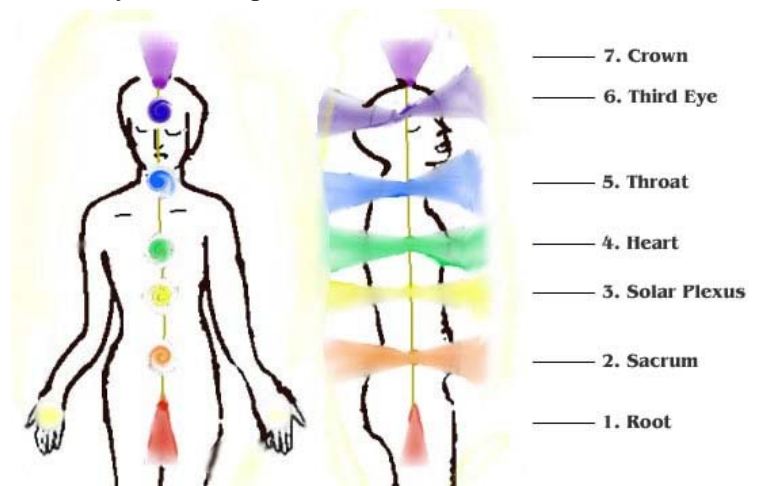
Another popular combination remedy is the Flower Essence Society's Yarrow Special Formula. Developed in response to the 1986 Chernobyl Nuclear plant disaster, the remedy assist in protecting your energy field's integrity from harmful environmental influences, especially from all types of unnatural radiation that now ubiquitously affects modern society (e.g., dental x-rays, airport detection devices, computer monitors, cellular phones, etc.).

Flower-Essence Science

Concepts of soul healing and molecule-independent energy mechanisms are troublesome for most scientists. Nevertheless, Dr. Jeffrey Cram, a clinical research psychologist with extensive scientific credentials, has shown in several controlled studies that flower essences can, indeed, exert measurable physiological effects.

Specifically, Cram's studies show that the aforementioned combination remedies can reduce the stress response induced by various situations as measured by skin temperature and conductance and various electrophysiological parameters, such as brain waves and muscle electrical activity. Intriguingly, the flower-essence responses were especially notable at locations corresponding to specific *chakra* sites, which according to ancient wisdom are the points in which the flow of life-force, pranic energy into the body is the greatest.

Cram is also conducting a study examining the use of flower essences to treat depression. Preliminary results indicate that the essences have comparable effectiveness to many antidepressant drugs.



Spinal Cord Dysfunction

Flower essences expand the healing armamentarium available to people with spinal cord dysfunction, enhancing health and wellness and, therefore, potentially reducing the side effects associated with a heavy medication burden. Unfortunately, little focus has been placed on the therapy's healing potential uniquely relevant to spinal cord dysfunction.

Some people theorize that spinal cord dysfunction profoundly disturbs the body's energetic patterns, inhibiting physiological healing. With this view, any therapy that stabilizes these patterns has healing potential. Wright speculates that flower essences are one of these therapies.

"I would love to get essences in on spinal cord injuries," she states. "This is the thing I think that would take spinal cord injury right over the top because now you've got an electrical pattern that's going to be addressing the very base of your electrical operation; the nerve centre. And I think when you're talking about regeneration and you put that electrical system on, it will regenerate."

In one of her audio resources, Wright uses her finger-test procedure to establish a flower-essence treatment regimen for a woman with multiple sclerosis. The procedure revealed an intricate regimen, suggesting that the woman's multiple sclerosis was due to numerous, interacting factors. As the woman continued her regimen over time, her MS symptoms gradually and permanently disappeared.

The book *Flower Essences and Vibrational Healing* (Gurudas, 1989, Cassandra Press) briefly alludes to several essences that may have relevance to spinal cord dysfunction. For example, *bo* (native to India), *California poppy*, and *chamomile* flower essences are listed as useful for multiple sclerosis; and *comfrey* and *khat* (native to Africa) essences are indicated as potentially beneficial for rejuvenating or regenerating damaged neurological tissue (all available from Pegasus Products). The poppy and chamomile essences supposedly enhance the body's assimilation of gold, the lack of which according to the medical intuitive Edgar Cayce is responsible for causing or aggravating many neurological disorders, especially multiple sclerosis.

Conclusion

Because spinal cord dysfunction has so many non-physical aspects at the deepest soul level, flower-essences' mind-body-and-spirit approach may have the potential of expanding our healing spectrum beyond therapies that are just directed to the physical. Although flower essences' underlying philosophy has, until recently, fallen beyond the pale of orthodox scientific thinking, if there is one scientific truth it is that today's cutting-edge insights are often tomorrow's anachronisms.

As Paracelus stated, "That which is looked upon by one generation as the apex of human knowledge is often considered an absurdity by the next, and that which is regarded as a superstition in one century, may form the basis of science for the following one."

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Whole Food Signatures

<http://www.dontolmaninternational.com>

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct.

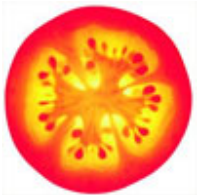
Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater.

For instance, Don Tolman notes:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemc index of diabetics.



Olives assist the health and function of the ovaries



Grapefruits, Oranges, and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



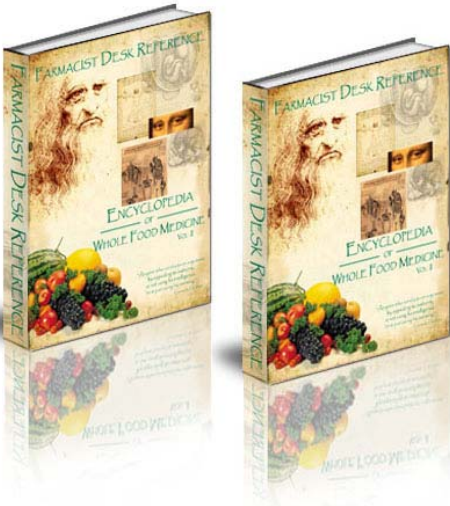
Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



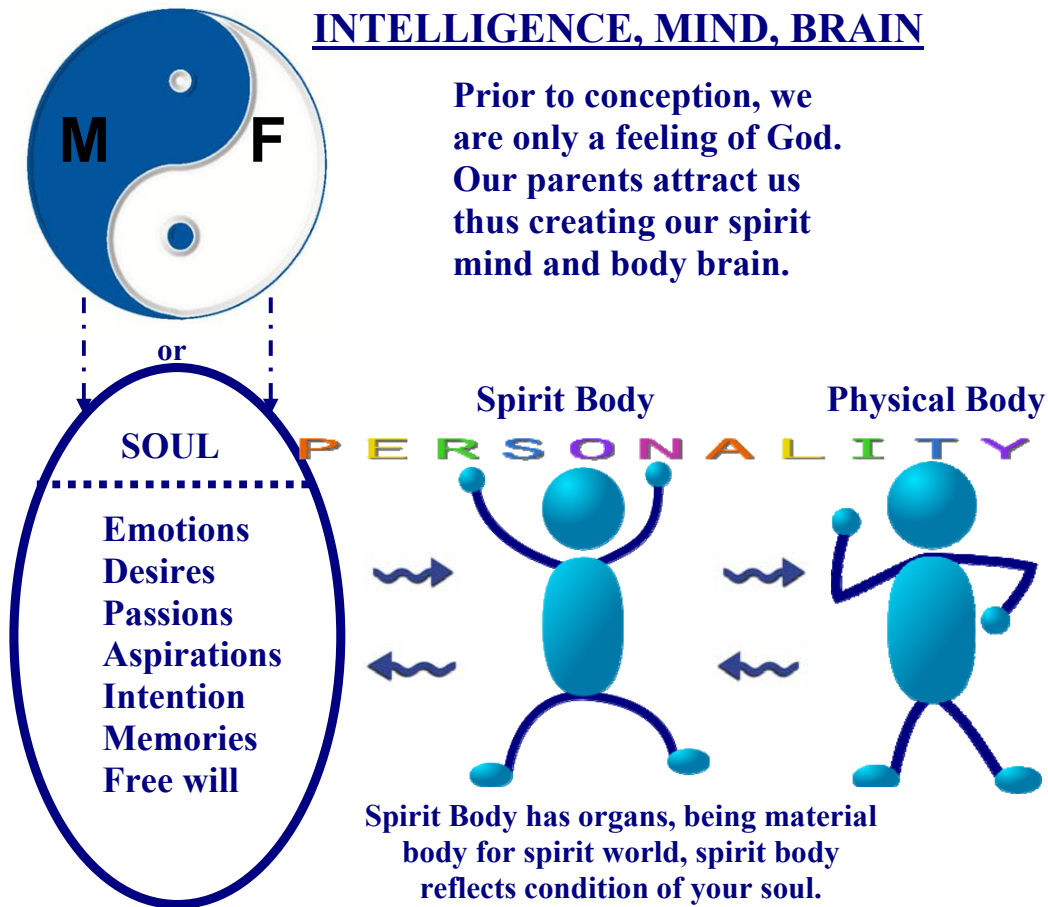
Bananas, Cucumber, Zucchini and more target the size and strength of the male sexual organ. It's true!



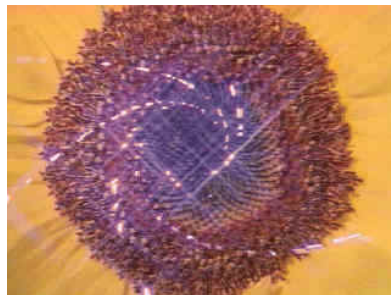
Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.



INTELLIGENCE, MIND, BRAIN



Our Intelligence is Soul based. The capabilities of discernment, e.g. by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expands with the ever increasing infusion of Love from God.



The problem for healers is that the patients own physical soul is generating the problem.

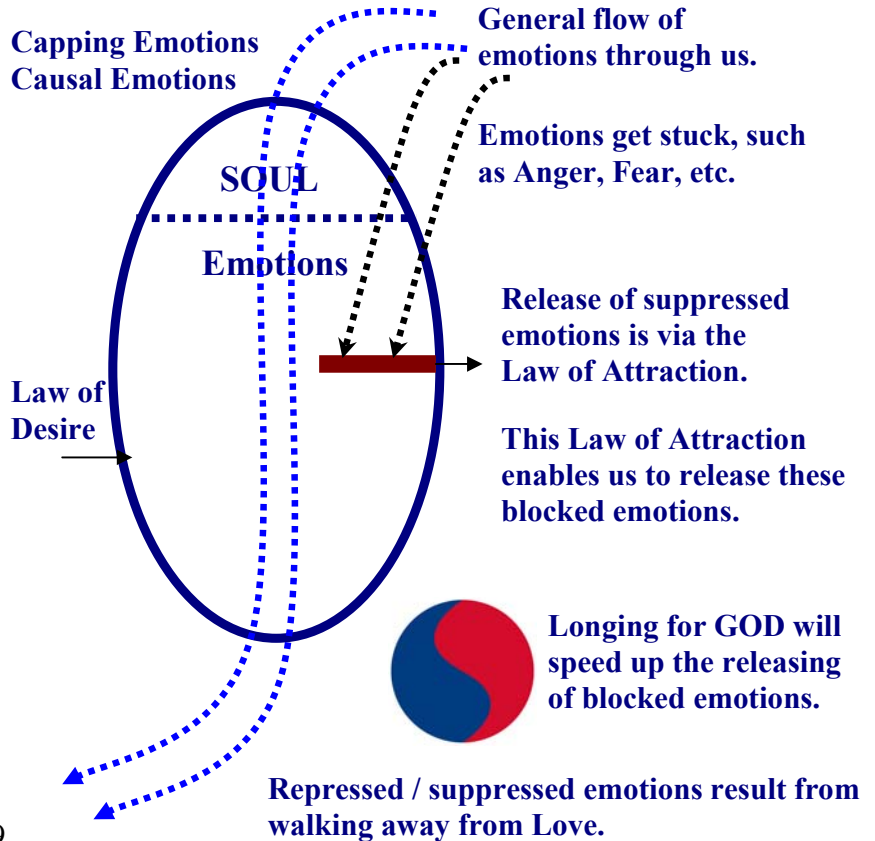
When the person who we are trying to heal, does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.

All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul condition is not addressed then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal level, particularly in the medical and healing profession.

16 May 09

WE are CREATED as EMOTIONAL BEINGS:



<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

Questions & Answer – Part2 2010.05.18

<http://www.youtube.com/watch?v=SAxCs7M0UBg&NR=1>

Homeopathy and other complementary therapies, their relationship with Divine Love Path

This all gets down to intention. Is the intention of the person coming to you to avoid the thing that created their pain? A Divine Love path therapist would focus upon and ask, “Do you want to seek out the cause of the pain, or do you want me to cure the result of the pain?”

God never cures the results of pain without addressing the cause. That is why the majority of the human race when they ask for a miracle from God, never get one because the majority of the human race do not want to deal with the cause of why they are sick. They want to deal with only the feeling of being sick.

Avoidance of the actual cause is always going to be based around a belief, or an emotion, or a moral that is dis-harmonious with love inside of themselves. If they are unwilling to address that, then is it wise to cure them of the effect? From God’s perspective, God never does that. If I am at one with God, I would never do that either.

But in amongst that, there is a huge variety of things you can do to help any single person physically. Firstly, ask the person, “Do they want to avoid the creation of the cause, or do they want to look at the cause?” If they want to look at the cause, then you would love to help them, and help them with any method that helps them get at the cause.

Sometimes homeopathy is going to help (flower essences are a string within homeopathy). Sometimes kinesiology is going to help. Sometimes Reiki is going to help, sometimes other forms of spiritual healing are going to help.

Once you become at one with God, you most probably won’t use any of those modalities, because you will be able to cure the person instantly if they want to deal with the cause. You won’t need to use something to cure them. But for the moment we are not in that state.

If the person wishes to avoid the cause then the pain is a reminder that we are out of harmony with love. That is the purpose of pain, to remind us.

So if I take away a person’s pain without focusing on the reason why they are in pain, then can you see that I am taking away God’s creative feedback mechanism to demonstrate the problem. If I am at one with God then I would never choose to do that.

Allow yourself to feel the pain. The pain is always the emotional suppression of the underlying cause. If you allow yourself to feel the pain, then generally you will always get the cause.

Everything that you TRULY want, you will get an answer from God – often immediately.

If you have long term illnesses that cause you pain, it is because you don’t want to know the cause – emotionally. You don’t want to feel the cause emotionally. Pray to God about why you do not want to know the cause, what am I afraid of. Often, a lot of fear has to be dealt with before

understanding the cause. When not getting an instant relief when processing an emotion, it is because you don't want to emotionally, not because intellectually.

When avoiding pain, I am in the state of avoiding cause, I am in the effect. I am saying to myself, I want to get away from this pain. The problem is, do I want to deal with the emotional reason why I have the pain. In most cases we don't. That is why the pain goes on and on, and it becomes chronic as a result of my desire to get away from the emotional cause. Look really seriously at what you are avoiding and go back to the time it began.

18 May 2010

Every single person who comes to a health carer / therapist for any kind of therapy what so ever is your law of attraction, the therapist's law of attraction. If you have a group of people coming to you who are blocked emotionally and want to remain blocked emotionally, that is a reflection of something inside of yourself that is attracting.

The first thing to focus on is your own emotion about their blockage emotion to feeling their emotions.

Everything single thing in my life, as an adult, is my creation based upon my soul condition.

The Divine Love Path incorporates the Natural Love Path. There is no problem in displaying natural love. In fact God designed you to display natural love in order to be happy, if you wanted to be happy without God in your life. If you wanted to be happy without choosing God reliance in your life, instead just be completely self reliant. Or you wanted to make up your own rules about God, your own rules about life, if you want to be completely happy, you will have to at some point follow one of the natural love paths. There are literally millions of them, because mankind has set up millions of ideas and paths as a result.

The choice in the end, are we going to remain self reliant or become God reliant. Being self reliant we cannot progress past the 6th sphere. The natural love path is about self reliance and there are beautiful lessons to be learnt about self reliance.

However, the Divine Love path incorporates all of those lessons, and in addition to that, teaches you complete God reliance.

18 May 2010

God says; 'You are allowed to make mistakes.'

God gave you free will.

You are not responsible for other people's judgement.

We often get tied up emotionally, so much so that we do not act.

FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

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

Why haven't other methods been going deep enough?

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

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

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

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

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

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

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional

clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

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

[I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.](#)

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they

having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with

the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

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

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.

Love from us all over here – your Nanna Beth.

Feelings first

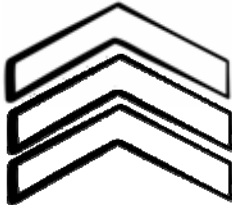
LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

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 CHOICE is OURS to MAKE:**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.

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

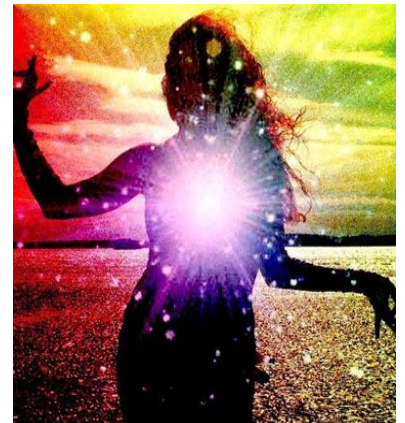
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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 total true.” James – Introduction Course to Divine Love Spirituality

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

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

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

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

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

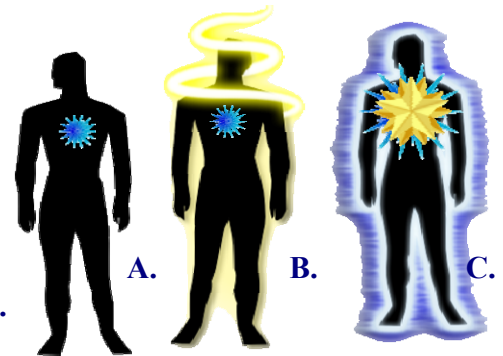
No more of this! We can escape this man made hell!



EVOLUTION

STEP 1: Longing for and receiving Divine Love:

- A. Soul within spirit body prior to receiving Divine Love.
 B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
 C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



STEP 2: FEELING HEALING + SOUL HEALING

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

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

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

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

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

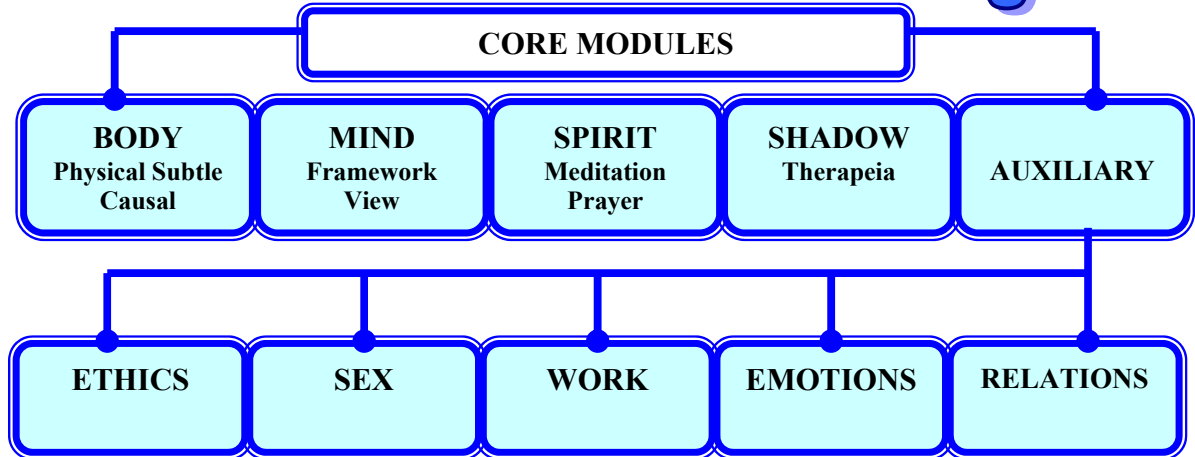
And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



PASCAS CARE



Life Practice Matrix - Feelings First



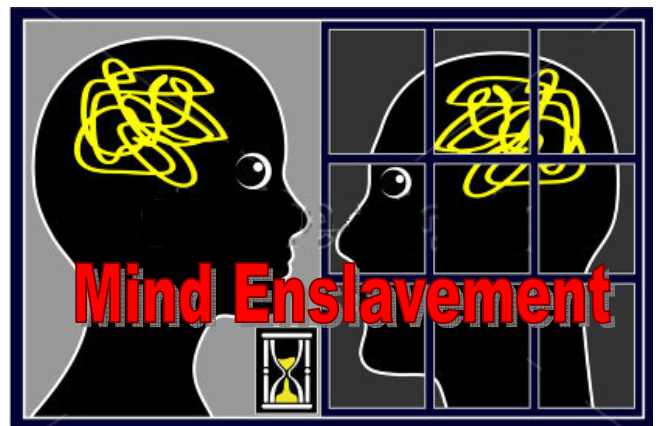
Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

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

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

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

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



Feelings First

Feeling Free



FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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.

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.

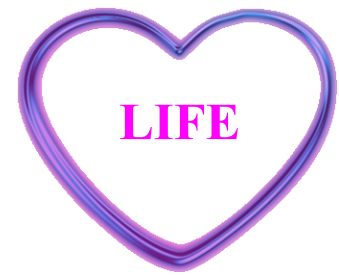
It completely unifies the world.

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**

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



Immortality with the Love.

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
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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://dls spirituality.weebly.com/>

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

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

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

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

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

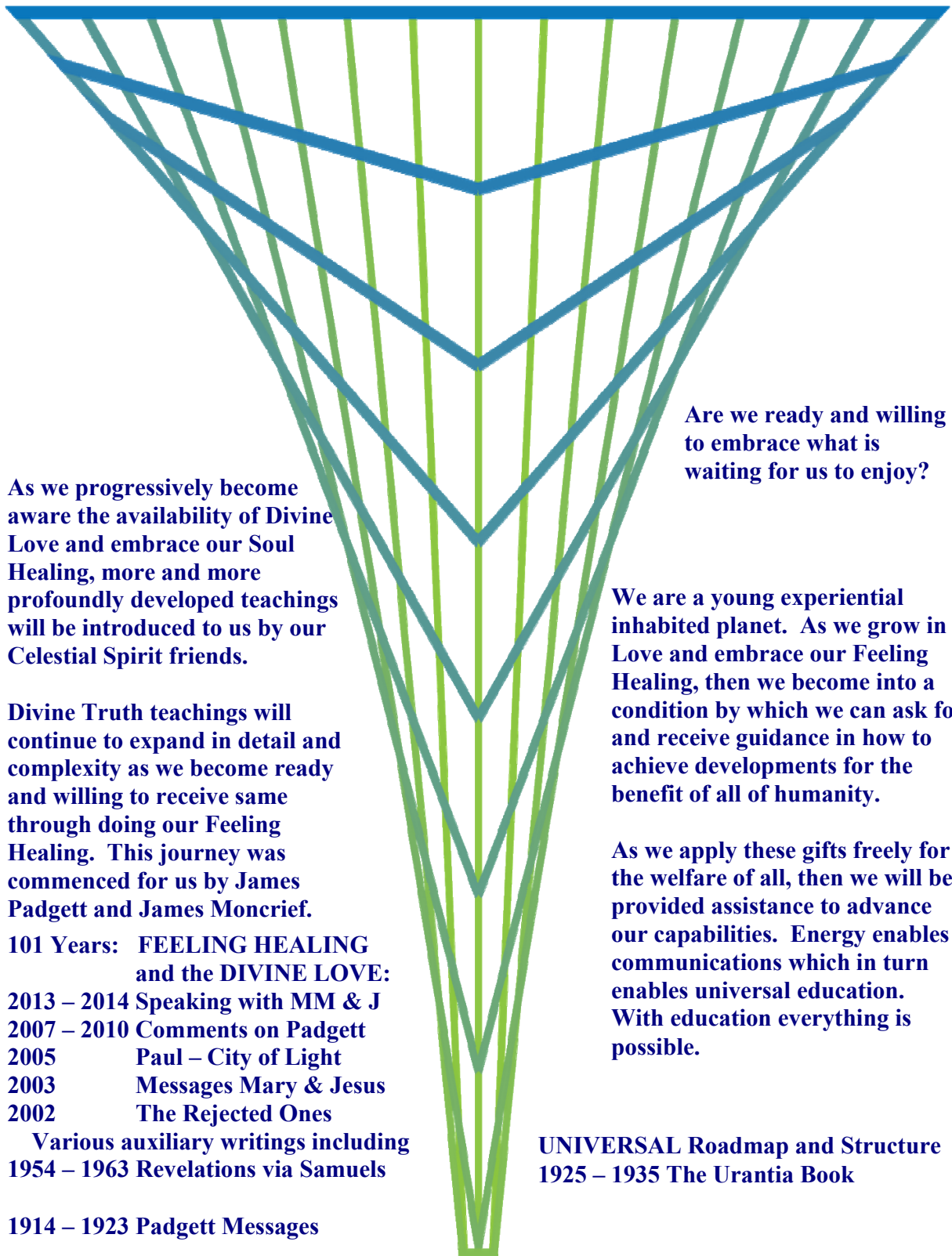
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:





“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