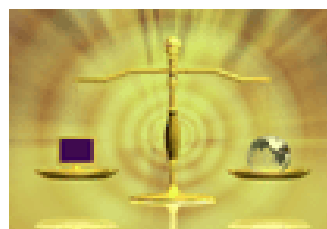
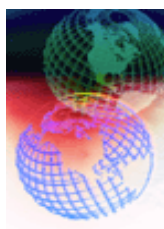
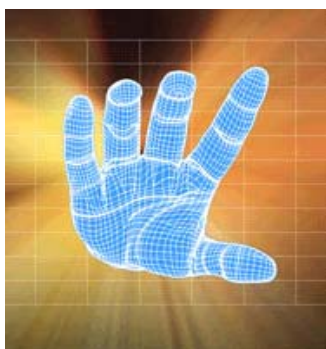


# PASCAS CARE

The JOURNEY  
Complementary  
Therapy  
via Brandon Bays



**“Peace And Spirit Creating Alternative Solutions”**

**PASCAS FOUNDATION (Aust) Ltd**  
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**Pascas Foundation is a not for profit organisation**

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## PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*



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

**JOURNEY PROCESS:**

<http://radicalhealingjourney.com/brandon-bays-training/>

Consider viewing the video:

## How You can Create Radical Healing in Every Area of Your Life

**How to address the issues that came up in your health test and make radical changes by accessing the infinite intelligence of your own body**



**PASCAS  
HEALTH**



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



## ***Welcome to The Journey***

**The Journey is about Freedom . . .**

**Freedom to live your life as you've always dreamed it could be.**

<http://www.thejourney.com/>

The Journey is now recognized internationally as one of the most powerful healing processes available, accessing the body's own healing wisdom at the deepest level of 'source' or the soul.



Brandon Bays is one of the most dynamic and profoundly innovative teachers in the field of mind-body healing today. She is known for her warmth, caring, and spontaneous humor. Over the last 30 years Brandon has become highly trained in all types of personal development, and remains at the cutting edge of mind-body healing. Her work is inspirational. It has been enthusiastically endorsed by Dr. Deepak Chopra, Dr. Candace Pert, John Grey, Wayne Dyer, Jane Seymour, Anthony Robbins, and many others.

Part of the extraordinary gift of Brandon's own healing journey was to discover and pioneer a simple, yet powerful, step-by-step means to get direct access to the infinite wisdom inside, a wisdom that can reveal old emotional patterns and memories stored in your cells, and a healing energy that is capable of resolving and clearing those old issues so completely the body and the being can go about the process of healing naturally.

Ordinary people are getting extraordinary results. It seems that no matter what your background is, how old you are, what your culture or upbringing has been, everyone knows there is a huge untapped presence inside, and we all secretly long to experience it. This presence is awake while you're asleep at night, making your heart beat, cells replicate and hair grow.

Since that remarkable journey begun in 1992, it's been extraordinarily moving and inspiring to watch Journeywork catch fire in every country in which it is offered. Across the globe, tens of thousands of people use Journeywork to discover true freedom in their lives. They're discovering their own answers and uncovering their own deepest truth. They are clearing out past emotional blocks and physical challenges that have held them back. And they are finally healing on all levels of their being.

### **What is a Journey Process ?**

A Journey process is a guided introspection designed to address your specific issues, uncover the root cause of whatever needs addressing, and help you to a complete resolution. It will take you deep within, to a place where you will be guided by your own body's wisdom. When you have recovered the memory that is the key to your issue, you are then able to empty out all the associated emotion contained within it and open into a deep forgiveness. Once completely free from this memory, healing at a cellular level can take place.

### **How do I get started ?**

We recommend that you begin by reading the book, [The Journey by Brandon Bays](#), to see if this type of work calls you at some level to pursue this further. You can also visit the [Our Programs](#) Section of this website to see if there is an introductory evening talk organized by Brandon or a group of Accredited Practitioners in your area. During those informal evenings, Brandon or those trained directly by her, talk about their experiences and give you an opportunity to have any questions you may have answered. If you feel further called, we would love to see you at one of our Journey Intensive Workshops around the world where you experience Journeywork firsthand. During the course of that weekend you will be guided by Brandon through the Emotional Journey Process and the Physical Journey Process and then experience it yourself working with another delegate.

### **How does cellular healing work ?**

Brandon Bays acknowledges the work of Dr Deepak Chopra who made a life study of successful survivors of illness. He found they had two things in common. 1. they were able to access something beyond the mind to stimulate healing. 2. they were able to let go of memories stored at a cellular level. Cells in the body regenerate at different speeds. In the eye they take only 48 hours, whereas cells in the liver take 6 weeks to regenerate. The question is what stops these cells from regenerating healthily? Dr. Chopra postulated that memories can be stored in the cells and can cause degenerative disease patterns to be passed on, preventing healthy new cell replication. Dr. Candace Pert went further in her book 'Molecules of Emotion' which describes her Nobel Prize nominated research on how emotions affect our bodies at the cellular level. If trauma and negative emotions are not resolved, they become physically stored as a cellular memory, preventing those cells involved from playing their part in the constant chemical communication taking place within the body. These memories not only 'switch off' these cells, but they then lead to emotional and physical disease years after the events originally occurred. Journey processes can enable one to let go of these memories, 'switching on' your cells, and enabling them to once again regenerate perfectly.

### **Who can benefit from Journeywork ?**

Anyone with an emotional or physical issue they wish to be cleared of or freed from. This may range from chronic illness to a desire to find out the truth that lies beneath emotional issues. It is for people who no longer want to be a victim, to remain in the quagmire of pain and instead want to break through into the freedom of exploring their highest potential, living life as a full expression of their truest self. The only thing one needs is the desire to be free.

### **What conditions can The Journey process help?**

Many who have come to The Journey with a fierce willingness and strong desire to heal have dived deeply into the core of their issues and had success with many physical illnesses and emotional issues. People suffering with everything from a variety of diseases, behavioural problems and general emotional issues such as Low Self Esteem, Stress, Anger, Guilt, Grief, Depression, Panic Attacks, Anger, Phobias, Anxiety, Allergies, Pain, Lack of Confidence, and many others have found relief from getting to the core of and fully releasing the issues surrounding these ailments. Please read our [disclaimer](#) about these and any issue.

### **What if during the Emotional Journey I get stuck, what happen?**

Know that 99% of the thousands of participants in a Journey Intensive Weekend experience dropping through to the perfect emotion for their issue. For the rest, we provide a broad cradle of support at every event with Journey Practitioners accredited by Brandon, others just completing the training program and volunteers who have been through the weekend all return as our guests to support you in having a similar experience to their own the first time through the program.

### **How big is the group during an Intensive Weekend?**

While attendance does vary, we average between 250-400 people at a typical weekend program. In that number are a sizeable number of trainers (mentioned above) who are there to provide you with a cradle of support and also ensure that the meeting rooms are in pristine condition, the location of different rooms, the additional support materials available at each event for you to take home and they explain the more advanced retreat programs that for many are their next step in their own healing Journey. Every 4-6 delegates at every weekend has a trainer to provide them with personal support if needed.

### **Local Accredited Practitioners:**

Every person listed here has been through an extensive program involving 7-teaching modules and have completed 35-40 case studies. To maintain their accreditation they must re-sit key parts of the Accreditation program every three years and complete additional case studies to maintain The Journey's high standard of excellence.

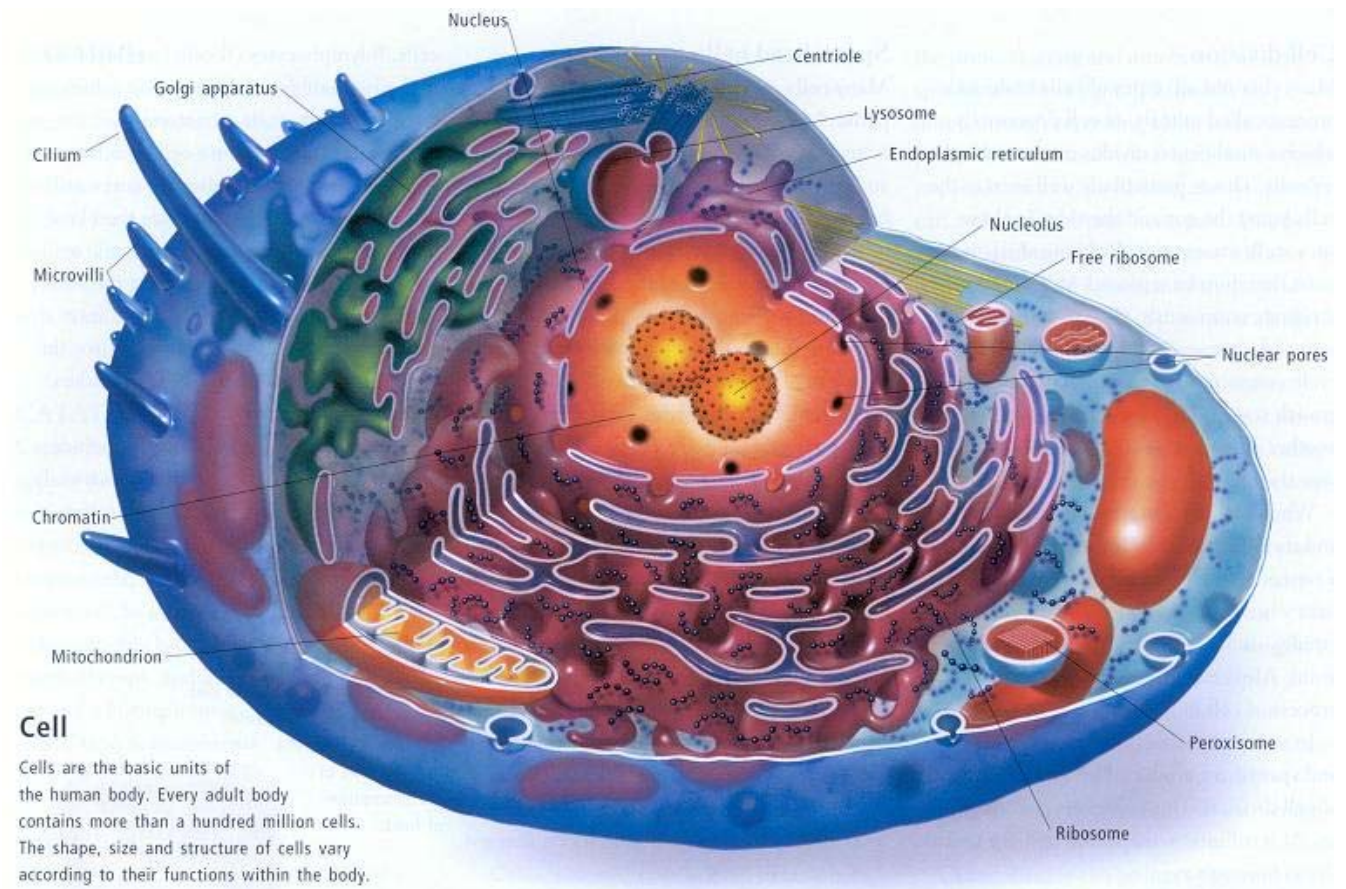
With nearly 500 practitioners around the Globe and another 300 graduating this year from programs in Australia, South Africa and Europe, you can now find a Journey practitioners in many countries around the Globe. The Journey book is currently published in 11 countries and 6 languages and that number is set to grow exponentially as more people ask for access to this work in their native language. With each new publication, more people in these new countries join our ranks of accredited practitioners.

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

**PASCAS  
PAPERS**

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

## CELL MEMORY:



“The molecules of emotion run every system in our body, and this communication system is in effect a demonstration of the bodymind’s intelligence, an intelligence wise enough to seek wellness, and one that can potentially keep us healthy and disease-free without the modern high-tech medical intervention we now rely on.”

## *Molecules of Emotion* by Candace Pert, PhD.

### Quotes:

Emotions are trapped in the physical body and can...be released physically, through loud, emotive expressions. The result (is) a freer, more abundantly flowing sense of energy.

We are all aware of the bias built into the Western idea that the mind is totally in the head, a function of the brain. But your body is not there just to carry around your head.

We know that the immune system, like the central nervous system, has memory and the capacity to learn. Thus, it could be said that intelligence is located not only in the brain but in cells that are distributed throughout the body, and that the traditional separation of mental processes, including emotions, from the body is no longer valid.

Both kinds of user—the one who gets the drugs from a doctor and the one who buys them from a dealer—are doing the same thing: altering their chemistry with an exogenous substance that has widespread effects, many of which are not fully understood, in order to change feelings they don't want to have.

When emotions are expressed...all systems are united and made whole. When emotions are repressed, denied, not allowed to be whatever they may be, our network pathways get blocked, stopping the flow of the vital feel-good, unifying chemicals that run both our biology and our behaviour.

### **Repressed Memory Cells**

We experience that emotional illness is, in fact, a symptom – an expression – of all the unresolved hurts we have accumulated. Over time, the hurts that our systems could not withstand, assimilate, or release gather more and more "weight." This pile of "unfinished history" is the illness.

Single-celled microorganisms in a toxic environment often survive by absorbing – yet containing – the toxic materials within "bubbles" called vacuoles. To regain health, they release the toxic contents of the vacuoles when they are in a less toxic environment. As multi-cellular creatures, we follow the same principle with emotional illness and healing. Our entire history of toxic hurts are stored as imprinted patterns in our bodies and brains. To heal we need to revisit these trapped memories and release them – through expression of feeling – into a safe environment.

When people allow full expression of their painful feelings, they release the untouched emotional content of hurtful situations within their normal memory recall – and beyond. Sometimes the traumatic memories were imprinted in infancy, birth, and even in the womb. Many people who have experienced these early feelings have had their memories independently corroborated by medical records and eyewitness reports. Everything has a history, and our cells store the memory of that history.

Although this essential, common-sense theory was created and proven through the experience of thousands, mainstream medicine and psychology are still in denial. In spite of recent research to the contrary, medical science still says that early memory is impossible. Since the causes of emotional illness are deemed inaccessible, most modern "health" practitioners limit themselves to manipulating symptoms with drugs and behavioural engineering. Unfortunately, symptom "treatment" is only symptom treatment. It is no different than painting withered leaves green – or white roses red!

The "limited memory" argument states that the nervous system and brain are the only organs that can record information and recall it (memory). Neurons (brain cells) cannot code memory until they are fully protected by a myelin sheath. The process of myelination begins on the spinal cord during the second trimester of pregnancy and continues up into the brain until the age of twenty. Since most of the brain is not myelinated at birth and early infancy, scientists conclude that early memory recall is impossible.



Essentially, mainstream science is saying, "If you can't prove something by our methods, it doesn't exist". This is virtually the definition of the word denial. Instead of this scientific irrationality, the logical approach would be to look for clues to another memory system in addition to the myelinated neuron. If the neuron is a cell, and it can record memory, it is reasonable to assume that other cells may be able to imprint experience as well. And if groups of neurons (intrabrain organs) can record complex patterns of information, maybe other organs also have this capability. After all, even a single-celled organism will experience a stimulus, register it, and base future actions on that experience, which is a rudimentary form of memory and learning.

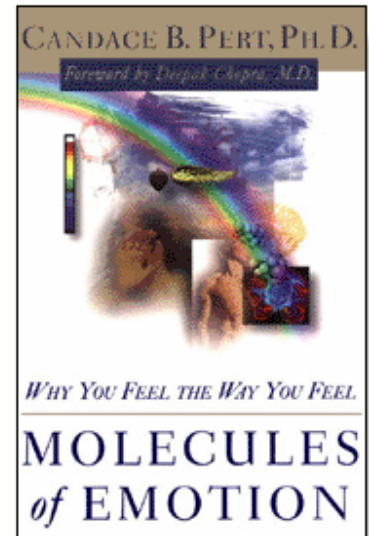
In the book "Molecules of Emotion," neuroscientist Candace Pert explains her pioneering efforts in the discovery of cell receptors. The theory is that all cells receive and pass on information via cell receptors in the same fundamental way, regardless of whether they are neurons or heart cells.

## Molecules of Emotion

Candace B Pert Ph.D.

### Why You Feel The Way You Feel

**ISBN: 0684846349**



Receptors are molecular "key holes" on the cell surface that play a similar role as sensory organs of the body. Light is admitted by the eyes, after which the visual brain centres respond in various ways. Similarly, cell receptors allow various molecular substances (information) access to the cell which responds with a cascade of intercellular activity. Cells have thousands of receptors that can only be "opened" by molecules (called "ligands") that match them, like keys in a lock. Information that can affect or imprint a cell can be regulated by the receptor. When we feel pain, we are experiencing the actions of a multitude of cells and the molecular traffic between them. This experience passes through the cell receptors and is coded on a molecular level. Overload can be blocked at the cellular level by a closure or blocking of cell receptors. Therefore, **both memory imprinting and memory repression can be blocked by any cell and organ.** Our entire body – from conception on – is the living story of our experience, our history. The storybook can be written, it can be locked away – and it can be unlocked and reread.

Since the history of our illness is accessible, then the path to healing is also accessible. If the cause of our illness is repressed pain, then the path to healing is to revisit it, feel it, and release it. Our history is here with us, in every cell, waiting to be experienced and worked through.

This is both common sense – and ancient wisdom.

### **The JOURNEY by Brandon Bays:**

Once you learn what the disease or physical block has to teach you and you finally let go of the emotional issues stored in the cells, them and *only* then, can real healing begin on all levels – emotional, spiritual and physical. Only then does the body go about the process of healing itself naturally.

We need to find out what past unresolved emotional memories and patterns are residing in the cells, learn whatever lessons are there, and finally resolve and release them.

Emotional memories are stored in the cells of the body, and get passed on from one cell generation to the next, and that real healing begins when you let go of these cellular memories.

The fact that your emotional stuff has manifested at the physical level must mean that *you're finally ready to face it and let it go*.

It seems at though we literally put painful memories into a package, and put a lid on them. Then the cells grow and grow to keep the old memory encapsulated, protecting you from having to face them over the years.

People aren't just bodies. We have bodies, minds and emotions, but most importantly what we are is soul – something that can't be touched, tested or surgically removed.

Spiritual transformation is an inner journey – it's the soul's personal path of learning and letting go, and it's something that must be experienced on your own.

The same part you responsible for creating the disease (tumour, etc) is the same part that will un-create it.

Each person must undergo their own healing journey themselves. No one else can do it for you – it must be a personal journey of discovery, unique to each of us.

Dr Deepak Chopra has been saying it is possible to interrupt the memories stored in degenerative cells, and once the pattern is interrupted, that new healthy cells can replace them.

Deepak Chopra, having made a life's study of the successful 'survivors', he found they have two things in common. One – they are able to get into the 'gap', get in touch with the silence of being, the infinite intelligence, the wisdom beyond the mind. Two – they are able to let go of memories stored at a cellular level.

Deepak Chopra speaks of the story of one woman who had been given a heart-lung transplant, and how she'd actually 'inherited' the cell memories of the man who donated his organs. Upon waking up from the transplant operation, she found she had a strong craving for 'Chicken McNuggets' and fries – even though she didn't like them! Further investigation revealed that the donor had been on his way to McDonald's to have 'Chicken McNuggets' and fries, and had died suddenly in a motor accident.

Deepak Chopra explains that these 'phantom memories' get passed on from one cell generation to the next. He says that the cells in the various organs of the body regenerate at different speeds. The liver

cells take six weeks to regenerate, whereas the skin cells take only three to four weeks. A whole new stomach lining in only four days, and more amazing that that, all your eye cells completely replicate every two days.

Stored inside our cells are old memories – ‘phantom memories’. These old memories can eventually cause degenerative disease patterns within the cells. And before a diseased cell dies, it passes its memory onto the next cell being born. So the disease pattern continues.

He likens the human body to a computer, saying it is possible to interrupt the ‘programming’, and that once the programming is interrupted, the possibility for healing exists. He intimates that in order to interrupt the programming, and uncover the cell memories and let them go, you need to get in touch with the same part of you that has created the programming in the first place – the infinite intelligence, the body wisdom. He suggests that those people who know how to get in touch with this body wisdom – to get into ‘the Gap’, ‘the quantum soup’ etc. – these are the successful survivors of disease.

It is his observation that everyone got to it in their own way – some spontaneously, some by choice – and he suggests that the possibility exists for everyone – that is part of the quantum mechanics of the way the body heals.



The soul has chosen such times to reveal its boundless expansion, but how to tap into that by choice, and then how to help someone else remain in a sustained experience of it long enough to be able to go through a healing process? This is The Journey process that Brandon Bays has delivered.

Real healing starts at the soul level – at the level of essential awareness – and reflects back through the emotional level to the physical level.

As Brand developed her process, to a person, everyone dropped through the layers successfully, and then were dumbfounded that old wounds were the cause of their current pain. She then developed another process to help people discover and resolve the emotional issues with the people at their ‘camp fire’. The process includes a fireside chat, a complete forgiveness process, and yet another one for the ‘future integration’ – so that they can see how things will be different in the future. This is followed by a letter from the ‘future’ them to the present them.

The prayer is that the highest and deepest healing takes place on every level of your being – emotionally, physically and spiritually.

**“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”**

**Jesus 11 May 2016**

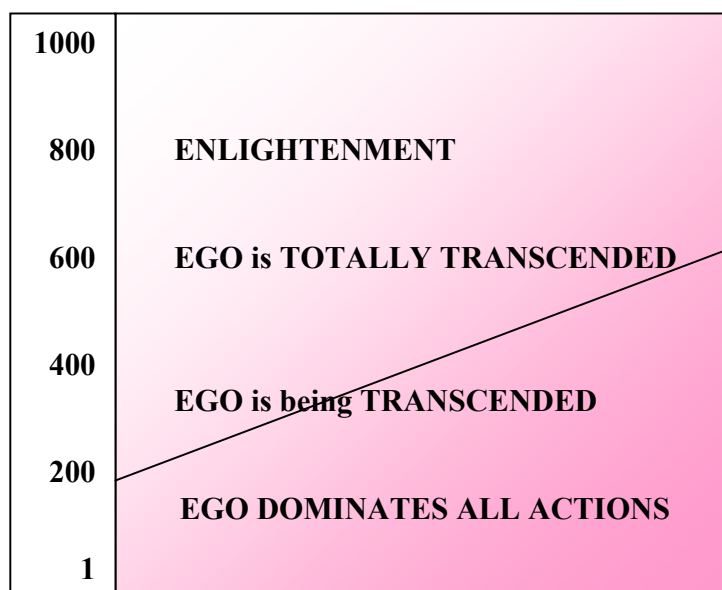
### **OBSERVATIONS:**

The Journey work process takes us past our noisy chatting minds that reside within the ‘mental body’ being our third auric level to the ‘ketheric template body’ being our seventh auric level and then beyond to our core. This is achieved more readily by lowering the activity of the mind from Beta to Theta – from 14-28 cycles per second (Hz) to 4-7 cycles per second (Hz).

The process transcends the ego which resides within the mental body. The ego cannot communicate with higher levels nor can it recognise higher levels.

In this state, we are able to employ our ‘third eye’ which enables us to visit internally the locations within our body where past memories are the issues that are manifesting disease within the physical body.

As all healing is a result of some form of forgiveness, then the issues are confronted and can be successfully put to rest. Once the issues are resolved then the body can then proceed to heal.



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

**PHYSICIAN, HEAL THYSELF:**

The basic principles that facilitate the process of self-healing.

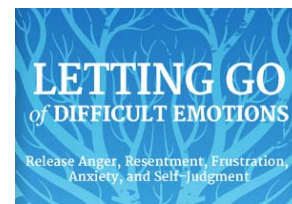
- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. **We cannot feel a disease.** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
  - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
  - Am I interested in hearing about the diseases of famous people?
  - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
  - Do I believe that certain diseases “run in our family”?
  - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
  - Do I like hospital TV programs?
  - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
  - Am I a guilt-ridden person?
  - Am I holding a lot of anger?
  - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
  - Do I hold resentments and grudges?
  - Do I feel trapped and hopeless?
  - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
  - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
  - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

## **LETTING GO with The LOVE:**

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling.** Focus quietly on the feeling. Breathe into the sensations and allow them to be.

**Step 2: Ask yourself one of the following three questions:**

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

**Step 4: Ask yourself this simpler question: When?** This is an invitation to just let it go NOW.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

**The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...**

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

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

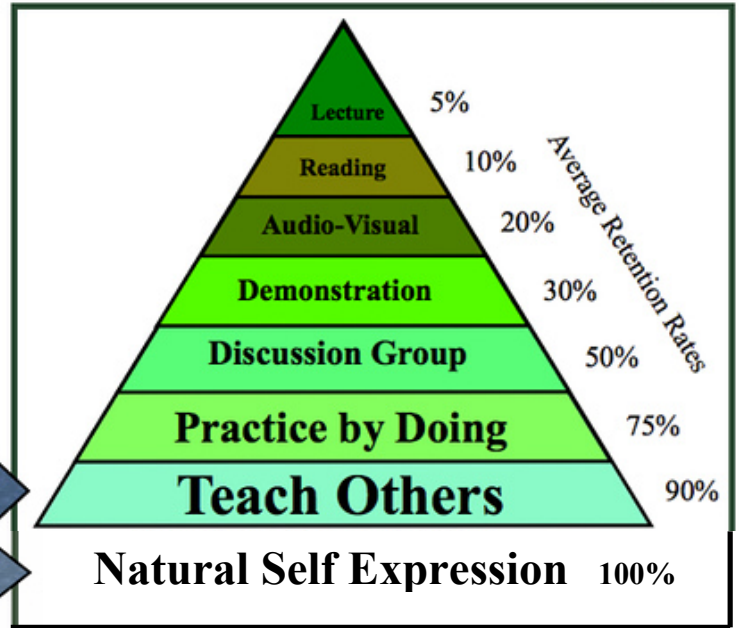
This process is ever so freeing and uplifting, though sometimes difficult.

Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins





### The Learning Pyramid



**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**The LOVE that brings about FORGIVENESS:**

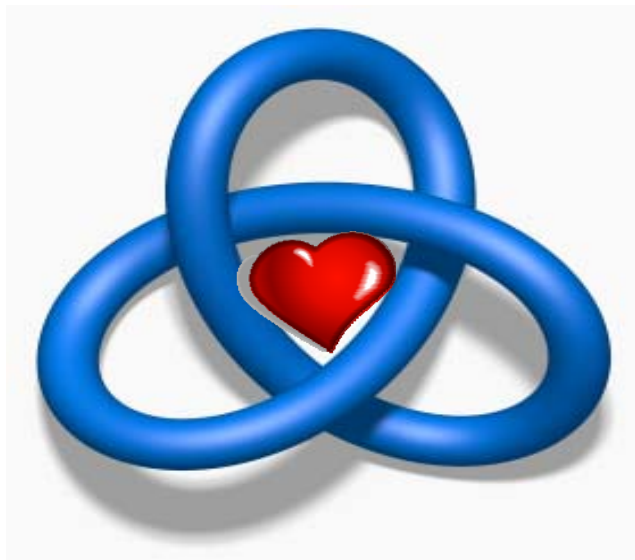
This Divine Love, and by this I mean the only way through which salvation can be obtained, can enter and fill the soul through the sincere longing of the soul to assuage the thirst for at-onement with our Mother and Father through prayer. Revelation 17 – November 12th, 1960 – Jesus

**The only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.** Revelation 50 – October 18th, 1954 – Jesus

Divine Love fits a personality to enter the Celestial Heavens, way above the 6<sup>th</sup> Sphere. Without this Love, man cannot enter the Heavens. It is this Divine Love that brings about immortality for man.

This great Love of our Mother and Father was created or rather has always been, for the redemption of the vilest sinner who seeks and believes. March 24<sup>th</sup>, 1915 – Ann Rollins

Only the Divine Love can give man of a Divine Nature, and that no self development or cultivation of the Natural Love to the greatest and most sublime extent are sufficient to make man at one with our Mother and Father in the divine sense and which makes the spirit a partaker of this Divine Essence of our Parents. One needs to come to understand the difference between the two loves and what the New Birth means. March 24<sup>th</sup>, 1915 – Jesus

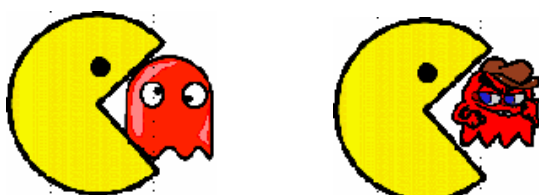
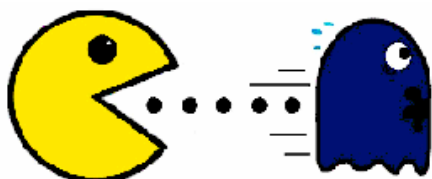


**Immortality with the Love.**

PROCESS of FORGIVENESS is also the PROCESS of REMOVING HARMFUL EMOTIONS  
PROCESS of FORGIVENESS is also the PROCESS of HEALING BODIES Physical Spiritual  
PROCESS of FORGIVENESS is also the PROCESS of SOUL GROWTH with the LOVE  
PROCESS of FORGIVENESS is also the PROCESS of CLEANSING the SOUL



Our Heavenly Parents send the Holy Spirit, the Spirit, to those who long for and ask for Their Love and assistance. All you need do is ASK!



“The New Birth is the flowing of the Spirit of God into your soul and the disappearing of all that tends to turn your heart from the truth and Love of God in conjunction to doing one’s Feeling Healing.”

“The Holy Spirit is God's messenger or instrument that carries into the soul the Divine Love that is bestowed on the truly penitent man.”

“The Holy Spirit when the penitent prays for the Love the Holy Spirit will respond and fulfil the work that the Mother and Father has provided it to do.”

“The only thing that saves a man from their sins / errors and reconciles them to the Mother and Father is that they must become conscious of God’s Truths and receive the Holy Spirit into their souls.”

Continuing with one’s longing for Truth and asking for our Parents’ Love enables progressive removal of emotional errors and injuries that then lead to the removal of core emotional damage, and then, subsequently, the progressive filling and expansion of one’s own soul. Removal of these soul injuries through Feeling Healing also leads to the removal of damage to one’s spirit body and the restoration of one’s health.

It is only by the infusion of this Love while longing for Truth within one’s soul in sufficient quantities does one become fitted to enter the Celestial Heavens.

Soul development, with the Love, can take a soul from being a dried up garden pea to that of a simple candle, and then onto that of a blazing sun!



**One's soul is connected to one's spirit body in the region of the physical heart. The spirit body is the template of the physical body. Our mind is within the spirit body as are all of our senses that our physical body responds to. Our memory and personality are soul based. Upon shedding of the physical body we lose nothing, in fact we become more alive than ever. The Love of our Heavenly Parents, when embraced, is infused through our spirit body and into our soul bringing great freedom, love and joy.**



**The natural love is the energy substance that is one's unique soul. Each personality is unique and that is achieved through the natural love energy substance at the time of its creation by our Heavenly Parents. The natural love has a finite development potential towards its own perfection.**

**Divine Love is uniform and changeless. The Divine Love energy, being light golden blue, perfects the natural love energy without changing the personality created by Mother and Father. With the Love, one can grow beyond perfection and become fitted to live with in the Celestial Heavens and beyond.**

**The Love itself is not 'spirit'; it is a substance of Energy that is harmonious with spirit. There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live with our Parents in their at-onement in the Celestial Heaven and to progress beyond these glorious realms.**

**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve.

Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller



## OUR INDIVIDUAL STRUCTURE:

Our base and focus is our physical body:

**Ketheric Template Body – Causal Body – Divine Knowing – Spiritual Body (soul, senses and memory)**



**Celestial Body – Divine Loving**



**Etheric Template Body – Divine Will**



**Astral Body – Loving**



**Mental Body (very active mind, consciousness and domain of the ego)**



**Emotional Body – Real Feeling**



**Etheric Body (incorporates Chakras) – I Exist**



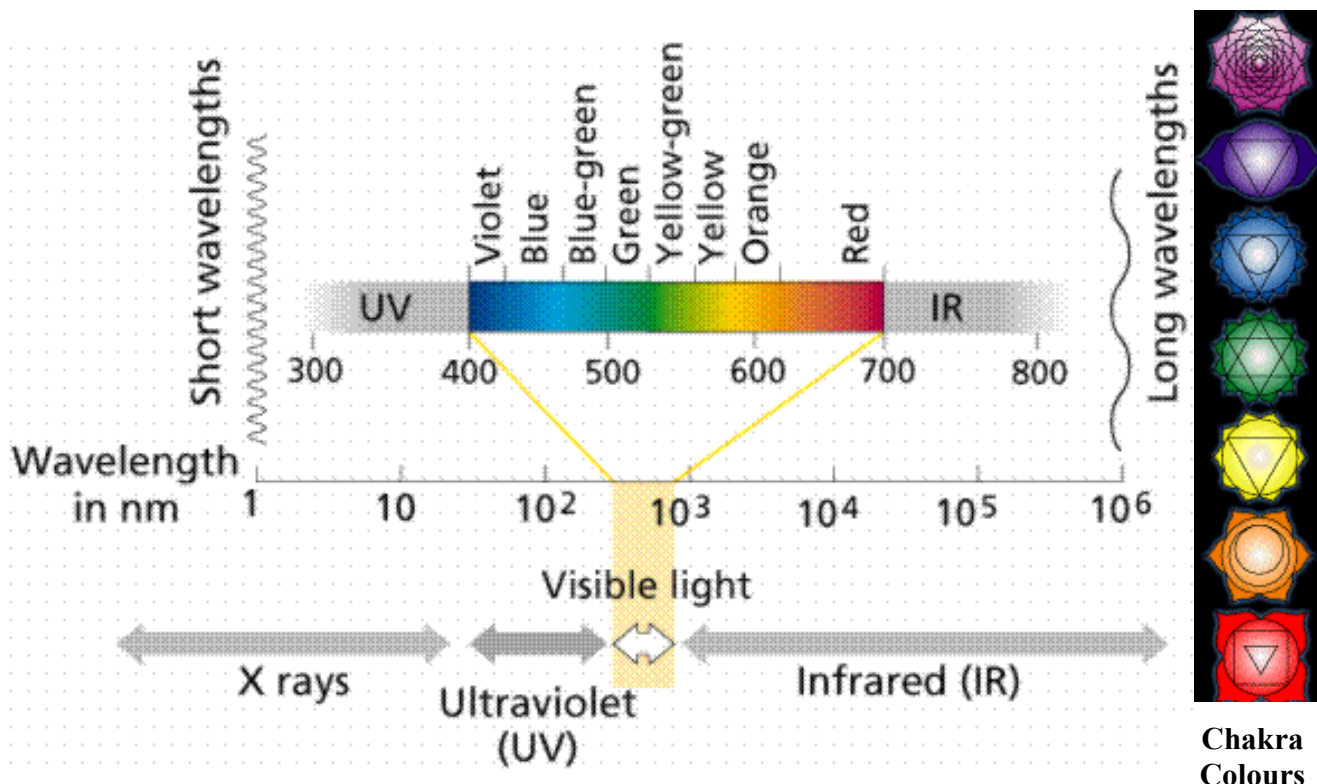
**Physical Body (including the brain) – Beingness**



**“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”**



## VIEWING Visual Range



### Photoreceptors Detect Vision and Light Sensitivity

The human eye can detect light in the 400-700 nanometre (nm) range, a small portion of the electromagnetic spectrum, the visible light spectrum. Light with wavelengths shorter than 400 nm is termed ultraviolet (UV) light. Light with wavelengths longer than 700 nm is termed infrared (IR) light.

### Eye

In the eye, two types of photoreceptor cells are clustered on the retina, or back portion of the eye. These receptors, rods and cones, apparently evolved from hair cells. Rods detect differences in light intensity; cones detect colour. Rods are more common in a circular zone near the edge of the eye. Cones occur in the centre (or fovea centralis) of the retina.

Light reaching a photoreceptor causes the breakdown of the chemical rhodopsin, which in turn causes a membrane potential that is transmitted to an action potential. The action potential transfers to synapsed neurons that connect to the optic nerve. The optic nerve connects to the occipital lobe of the brain.

Humans have three types of cones, each sensitive to a different colour of light: red, blue and green. Opsins are chemicals that bind to cone cells and make those cells sensitive to light of a particular wavelength (or colour). Humans have three different form of opsins coded for by three genes on the X chromosome. Defects in one or more of these opsin genes can cause colour blindness, usually in males.

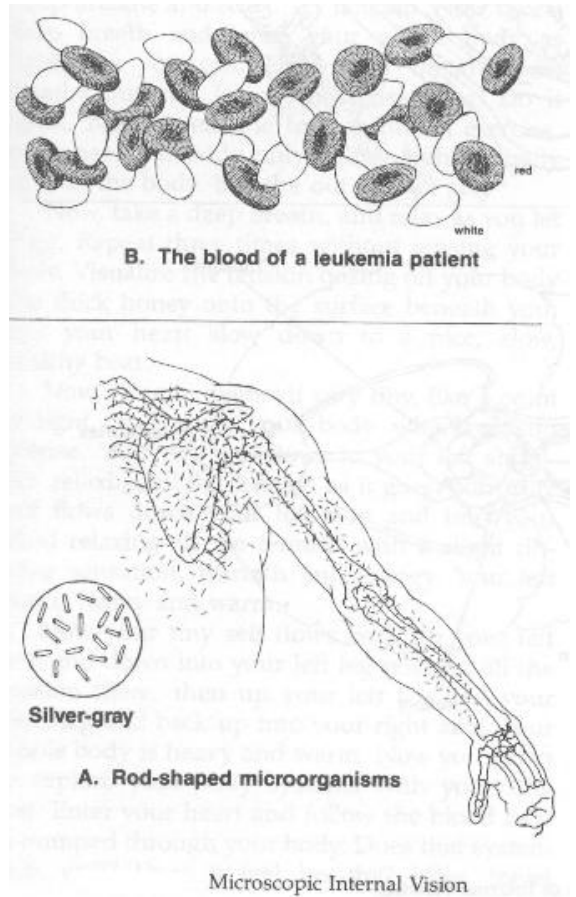
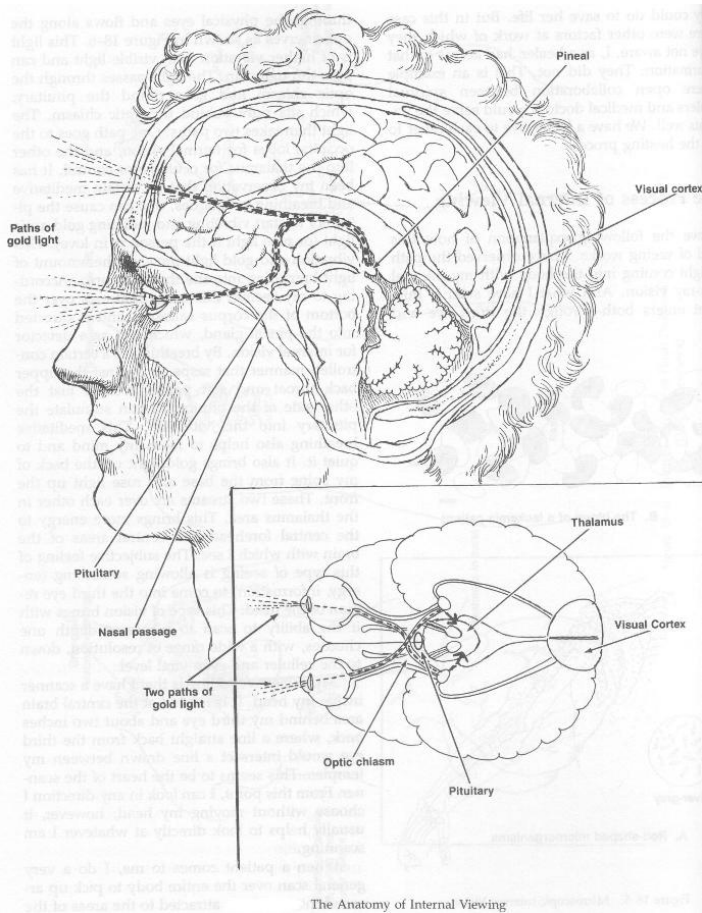
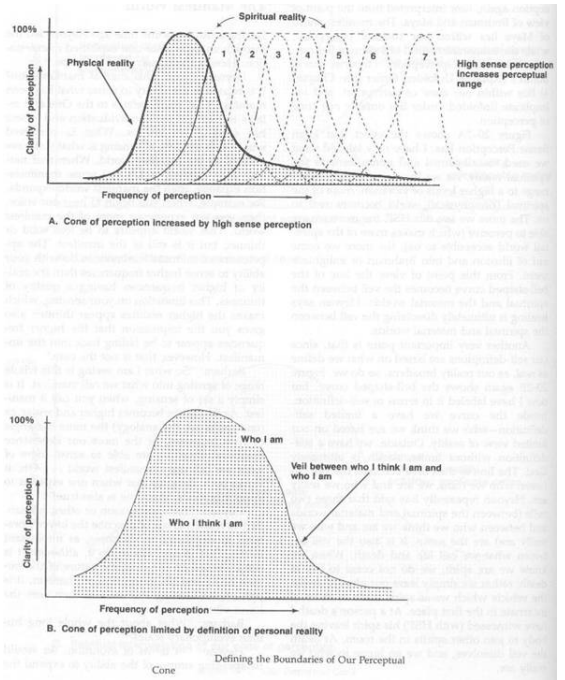
**INTERNAL VIEWING     Third Eye**

As you expand your cone of vision, you can progress to a level that enables Internal Vision.

The auric fields firstly become observable and further development achieves internal visions capabilities.

It is though you have a scanner inside your head. It is located at the central brain area behind your third eye and about two inches back, where in a line straight back from the third eye would intersect a line drawn between your temples.

Chapter 18, Hands of Light – Barbara A Brennan (calibration 710)





## The FOUR FREQUENCIES of the BRAIN

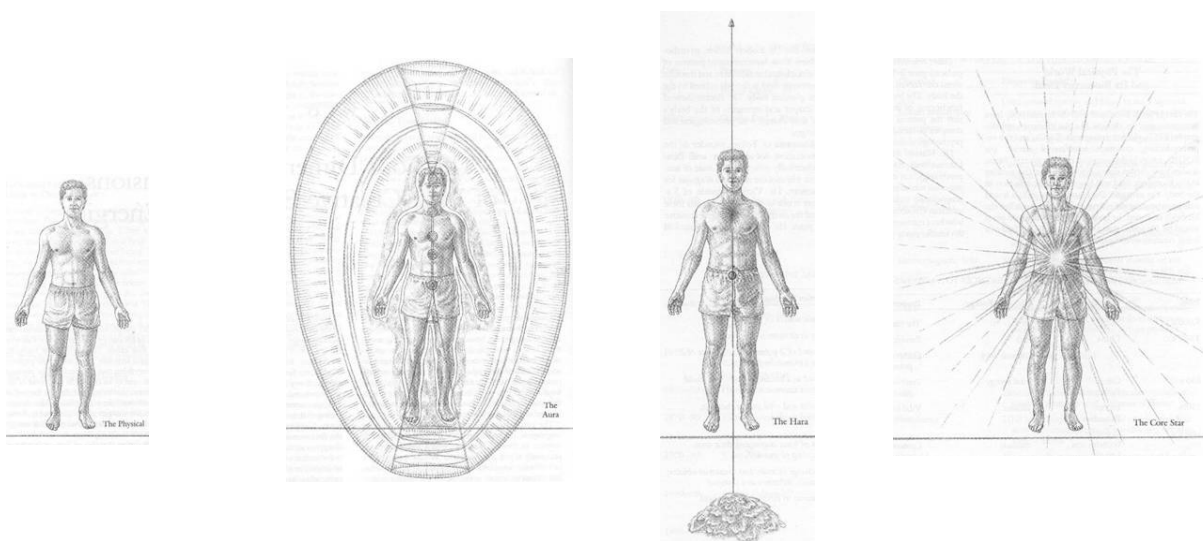
Normal thinking and communication is at the Beta wave frequency of 14-28 cycles.

In an Alpha state your brain waves are moving at a frequency of between 7-14 cycles per second. The Alpha frequency is likened to a very relaxed, meditative state of mind. Reiki practitioners utilise the high Alpha brain wave. Alpha waves “take out” so much pain and relax the body.

A Theta state is a very deep state of relaxation; the state used in hypnosis. The brain waves are slowed to a frequency of 4-7 cycles per second. In fact, Sages meditate for hours and hours to reach this state. In this state they are able to access absolute, perfect calmness. Theta brain waves can be thought of as the subconscious. They govern that part of our mind that is layered between the conscious and the unconscious. They hold memories and sensations. They also govern your attitudes, your beliefs and your behaviours. Theta brain waves are always creative, inspirational, and characterised by very spiritual sensations.

In a Delta state the brain waves are slowed to a frequency of 0-4 cycles per second. It is also this brain wave that is utilised when the phone rings and you know whom it is that is calling. The brain is constantly producing brain waves in all frequencies. When you are active and alert, the brain waves are in Beta.

## The FOUR DIMENSIONS of HUMANKIND:



**The Physical → The Aura → The Hara → The Core Star**

**Each level is a quantum leap over the prior.**

**The Core Star is said to be the 26<sup>th</sup> level of the Auric field OR is it the sum or all levels?**

### EXPERIENCING RECEIVING DIVINE LOVE:

**Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.**

**You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.**

**Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.**

**Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.**

#### **The Voice of Divine Love**

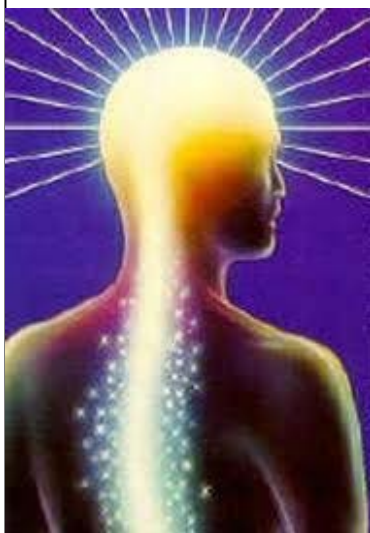
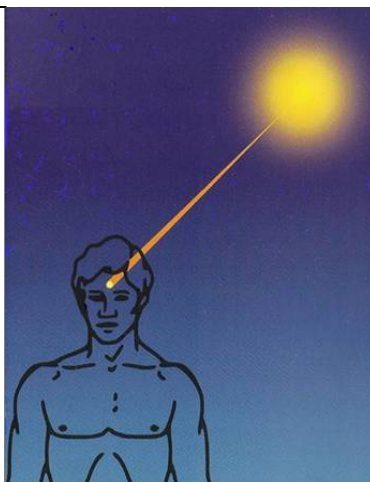
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Parents to us all.

MoC 1,500



## **The JOURNEY process for KIDS:**

### ***Junior Journey***

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



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

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

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

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



Give your child the gift!

### ***Liberating Kids' Shining Potential***

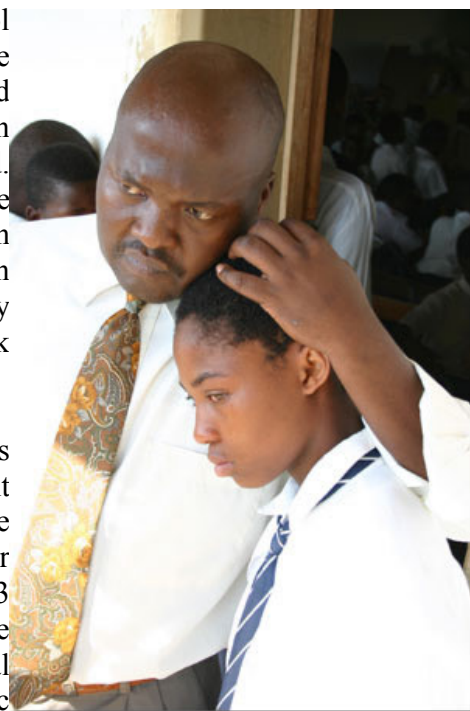
At this fun-filled interactive one day workshop, you'll learn specific skills and techniques that will enable you to facilitate a child in freeing their boundless potential! The skills that you will learn are easy, practical and can be used in all sorts of real-life situations, from dealing with emotional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



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

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

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



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

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



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

programmes – and for my colleagues and government ministers to come and experience it for themselves.”

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

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



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

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



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

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

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

## Library Downloads – Pascas Papers

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

**WHO ARE YOU?****An exercise for all of us.**

One extremely powerful process is so simple that people are constantly amazed at how profound their experience of Source is, especially as this process is so very easy to do. It is an ancient process of self-inquiry that's been practised for thousands of years in many Vedantan and Tibetan Buddhist monasteries. If you'd like, you can try it at home right now. It's best done with a partner.



Once again, set aside about one hour of private, quiet, uninterrupted time. Ask a friend – preferably one who has also read 'The Journey' book – to sit down beside you. When you are both comfortable and ready you can close your eyes. Your friend will be asking a very simple question, and you are simply going to be relaxed and open like a child, really longing to know the answer – trusting that the answer may come in words, or as a wordless response.

It's best if your friend really rivets their full attention to you, listening to you as if listening to the words of God. In this way, they are fully 'present' to your experience, and they create a 'sacred space' for you to begin your process.

Your friend will keep their eyes open, while yours are closed. They will begin by quietly asking, 'Who are you?' With your eyes closed, resting in your own awareness, just 'tune in' and allow the answer to 'bubble up' from inside, without censoring anything that arises. Then, give your response out loud.

Your partner will then say, 'Thank you', and ask you again, 'Who are you?' Once again, just being relaxed, paying close attention to what's arising inside, respond out loud. Your partner will say, 'Thank you', and ask, 'Who are you?' once again.

And so you will continue in just this way.

Very often, at first, we may start by naming our surface roles: 'I'm a teacher, mother, businessman, etc.', but if there is real openness and longing to know who you really are, then usually during the process, your deeper self will begin to reveal itself.

It may happen that at some point you feel yourself to be so vast, expansive and silent when "Who are you?" is asked, no actual words arise from within. If this happens, just be true to your experience, and be still.

Your partner will still say, 'Thank you' to your non-verbal response, and, once again ask, 'Who are you?'

Your partner continues asking the question, waiting for your verbal or non-verbal reply and saying 'Thank you' until the process is finished – in approximately 15 to 20 minutes.

Then you can stop, thank your partner, and switch roles.

The Journey by Brandon Bays  
www.thejourney.com

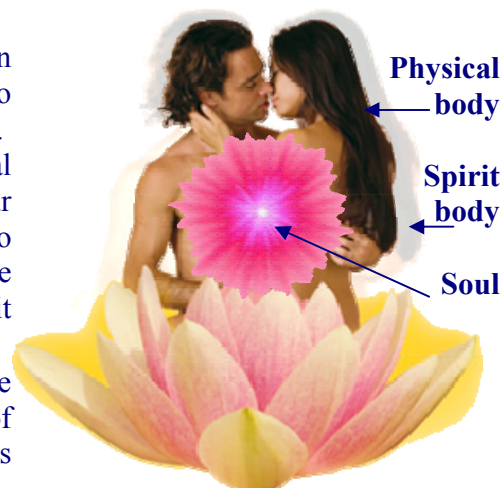
ISBN 0 7225 3829 1

The Journey for Kids by Brandon Bays  
www.thejourney.com

ISBN 0 00 715526 3

### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. 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.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

**FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE'S OWN PAIN:**

**You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don't remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.**

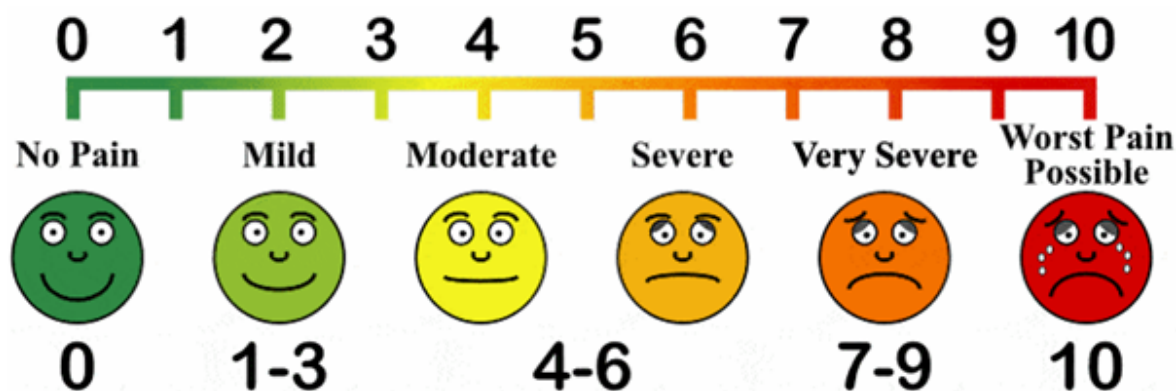
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don't feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. **THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD.** For without wanting to know why – what's the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don't want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to **SHOW YOU THE TRUTH THROUGH YOUR FEELINGS**, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003





### **CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:**

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.

Sage and the Healing Angels of Light by James Moncrief



**PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:**

**The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.**

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false god's caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

**Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.**

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

**If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of**

self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2      Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

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

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

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

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

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

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

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

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

**Sage and the Healing Angels of Light by James Moncrief**



**ADULTS ARE CHILDREN!** Notes from Sage – and the Healing Angels of Light by James Moncrief

*We as adults are really just the same children we were?*

Yes, only because you've grown up into an adult and mostly have forgotten what you were like as a child, so you wrongly believe you are something different to how you were as a child. And being an adult, as you attend properly to your feelings, your feelings will connect you back with yourself as the child, all so you can see, as an adult, that which you couldn't see as a child, all that happened to you to make you be as you are.

*That's quite incredible.*

Yes, amazingly so; and it's the only way people can truly help themselves, all the rest is just moving stuff around within your already fixed childhood nature. So all the so-called self-help instructions and advice, and all the therapy people undergo, which does help people become more aware of certain aspects of themselves, is still really only working within the wrongness, it's trying to make the wrongness suit you better so you can feel happier in it; however it's not being completely determined to look at ALL your wrongness and doing whatever it takes to accept all the bad feelings to do with it.

**GOLDEN RULE PERTAINING to CHILDREN:**

Messages from Mary and Jesus – Jesus 6 April 2003

We cannot under any circumstances break the Golden Rule: **we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child.** We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

**As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face.** The Church and all such systems – our whole world – is for adults, not for children; our world is anti- children, most of what we do is anti-children, even when we believe we are doing it for their good and doing it lovingly. It is not a loving system and it can't be. It can only do what was done to us, and as we weren't loved truly by our parents, then that is the world we know and the world we will create and the world we will choose to live in. The delusion is that we have been led to believe that the world is good and right and true, at least the world we are participating in, but it's not, and this is what our healing will make us see.

### ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst your of and in the negative because the child will not be asking truly from and with a positive mind.

### OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to the God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



**TO SAY NO!**

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings dishonouring and disrespecting yourself.

**EVERYTHING is WITHIN OUR SOUL:**

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

**The CHILD is to FREELY EXPRESS ITSELF:**

Messages from Mary and Jesus 13 May 2003

Mary:

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

**FEELINGS FIRST For Kids**

## **LIVING TRUE IS HEALING ONE'S SELF OF CHILDHOOD INJURIES:**

Messages from Mary and Jesus – Mary 10 April 2003

As we are all of the Mother and Father, if we do anything that goes against Truth or Spirit or Mind or Will, or Their Laws of Love, then we are going against all of our self – our own soul, and the whole of Creation. And if we want to live true – true to the Truth, true to our soul, and true to God, then we have to rectify this at some time. In going against Truth we bring about pain – penalty – in ourselves, as this is to show us that we are doing the wrong thing – going the wrong way. And when we come back into harmony with the Laws the pain goes – the penalty has been paid.

Currently in the negative mind state humanity does not want to live true to God's Laws, so man's laws are different to God's. So all that you do is against the Mother and Fathers Laws of Creation and Existence. And this is what then causes all the pain in your soul, as you live each day refusing to honour the Truth of God. And no matter what you believe about how good you may be, if you are not living true to your soul and God's Laws then you are hurting yourself.

The Mother and Father say individually: Love Me as I love you; and together: Love us, as We love you. You come into the world asking your parents to love you as you love them. But they in their negative state do not honour this truth, so every little bit of them that does not love you, you feel hurt by. As they dishonour you so you dishonour yourself, for in your love for them, you are accepting that they are right and true, as you do not know anything else. You then take it on, all how they treat you, and do what they have told and made you do to yourself and others; you become as they are – negative. And so you live dishonouring yourself and the Mother and Father's Soul Laws. You cause great pain within yourself on all levels, not just in the physical. All pain you ever experience is saying to you: you are wrong in how you are being, and so you need to look to find the truth of why this is so.

When you want to know the truth of your pain, you will want to see the truth of where you are dishonouring yourself and the Mother and Father; then when you do see what you have done, you will feel bad about this, and then seek forgiveness, being healed and forgiven when you see the truth, and your pain all goes. You can go to Them and ask Them to forgive you, but as They are love and already do, you are really allowing yourself to forgive yourself, for it is you that does not love yourself, as seen by the act of dishonouring yourself. Then as you turn around and willingly want to live true, the Mother and Father remove the pain you have been suffering and fix that which within you has become dysfunctional as a result of your transgression. Then you are healed, so far as this part of truth has been honoured, and that part of dysfunctional you is living true to the Laws of Love, living true to your soul and to Them.

As you do your healing you are actually forgiving yourself. By wanting to see the truth and asking the Father and Mother to help bring up the unexpressed pain and feelings that are within you, that will show you where you are going wrong. You will be able to see the problem and then want to fix it and seek forgiveness of yourself (and from Them if you feel the need); and you will be loving yourself and Them instead of rejecting yourself and Them.

Gradually through your healing, you will work your way back through all the levels of truth within you that you have dishonoured since conception; with all the pain surfacing, and all the causes being seen that made you rebel against yourself. And with each step you will be forgiving and increasingly loving



yourself. Your healing is you loving yourself back into perfection. And the longing to the Mother and Father for Their Love is the way to fuel this by becoming a divine soul.

When you love yourself truly, then you will love your neighbour and every aspect of Creation, as you love yourself. This will be your state of being – just like the Mother and Father, and you'll naturally be honouring all Their Laws of Truth. And you will live free in Creation without any pain, worries or problems; eternally happy, as you long to be.

By praying to the Father to forgive you, you are not taking responsibility for your own actions; you are not seeking the truth of your evil causes. Forgiveness comes when you admit and accept your wrongness; when you uncover the truth of why you are it, or doing it, all through the expression of all that has made you feel bad. Through full self-feeling-acceptance you can free yourself from your negative condition. The Truth will set you free! The truth you uncover as you accept and express your bad feelings.

And as you do this God will change into the loving Mother and Father. You will come out of the old beliefs and ways of seeing things, entering into a new way of living and seeing how everything truly is.

When you were a young child you were the closet to your soul and to God. Up until you fully took on all the negative mind circuits you were still more pure and true to Their image. And you loved more as They love. A child loves freely and unconditionally. It loves without judgement or criticism. Look to the child to show you God, this will help you see more truth than looking out into the adult world as it now exists. And then look how the parent changes its child, from being pure and true, into another untrue adult. Look how you make your child turn against itself and live untrue to God. Look how the parent makes it live true to the wants, likes and dislikes of itself. Your child will help you see how wrong you are. It will show you if you allow it to; it will show you through your feelings.

**Your soul-healing is concerned totally with you finding the truth of all you are; all you feel, and all through your feelings.**

Messages from Mary and Jesus      Mary 14 April 2003

**The feeling controlling mind is nothing more than your parents control over you encapsulated in your mind.**

Messages from Mary and Jesus      Mary 15 April 2003

**During your childhood you were made to change from being naturally good to being bad, and it hurt. Now you are being asked to change back to good from bad, and it hurts just the same.**

Messages from Mary and Jesus      Jesus 14 April 2003

**You are completely self-contained.** You will blame your parents for what they did to you through your healing, but when you are healed, you will be able to see how you took it all on wilfully from them; and so wilfully you have to choose to divest yourself of it and set yourself free. And this can only happen with love – your own natural love, through acceptance of all your badness and bad feelings, together with the help of the Mother and Father's Divine Love. And so it is entirely true that love is the cure-all, and that love will heal you, your love, and the Mother and Father's

Messages from Mary and Jesus      Jesus 14 April 2003

**SOUL:**

Messages from Mary and Jesus – Jesus 11 April 2003

Your soul, James, as I just read your thought wanting me to write about it, is not in your head, it is in your heart. It is not in your physical heart, and not even in your spirit heart, but is in the heart of your personality. It exists outside of Creation. It exists as the Mother and Father do in Existential reality. It just IS. It is not a part of Creation and so does not evolve according to the Laws of Creation, but it does *progress* or *evolve* in light-of-experience, and the love-light that comes from the Divine Love of the Father and Mother. And I will not go any further in this James, as you are to reveal more about the soul with the help of other friends of yours here in spirit (not that you know them yet) who are patiently waiting their turn to write of such things to you in the days to come.

The soul is not in the mind. The mind and brain are merely attributes of it. They are parts of you, your soul has brought into Creation, so that you as a personality can experience love. Those in the natural love spirit worlds do not know of the soul and its true nature, because they are not partaking of the Divine Love thereby becoming soul-conscious. They continue to believe it does exist, because others and I have said it does, so they have woven beliefs around what they believe it to be. And as I said, they will get a great shock when their soul begins to wake them up wanting the love of its Parents, for they will realise how much time they have spent denying themselves, when they could have been actively praying each day to the Mother and Father for Their Love.

**The CHILD is INNOCENT:**

Messages from Mary and Jesus

Jesus 14 April 2003

The child is the innocent, primitive, a newly emerging person, that needs to be respected and allowed to fully express itself and grow up freely, choosing for itself how he live as an adult. It doesn't need or want its parents imposing by force or threat their way on it, all to its own creative detriment. It wants to be free to choose its parents way, but only if that way makes it feel good. And if its parents do make it feel good, then of course it will copy and absorb all that they are, able in turn to make others feel good. And it will do the same if its parents force it to follow them making it become unloving like them, making other people feel bad.

No one really wants to wreck another person's life, not even parents. They don't want to impose evil on their own children, but in their ignorance, do all day long. It's a shocking thing to wake up to and face when you start seeing the truth – for both parent and child. You believed you were so well meaning, when all you have done is the complete opposite. It is completely shattering to see how misguided you were, but it's understandable, you knew nothing else, and forgiveness can be found within yourself as you progress in doing your healing. All is not lost; it's only just a beginning to start to come clean. All will work out in the end, even for those you have hurt. For as you will see: truth will heal all.

Truth revelation is reserved for the Daughters and Sons of Truth.

**All you need to do is offer God your love. You simply love Them, and long to Them for Their Divine Love, then strive to live true to your feelings. Nothing else is required or asked of you by Them.**

Messages from Mary and Jesus

Mary 13 April 2003

## 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.

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



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



# 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.**

## 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.

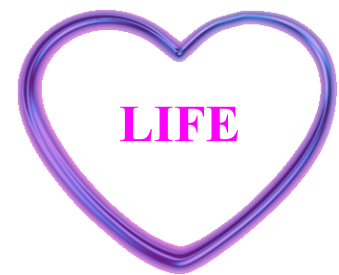


Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

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.



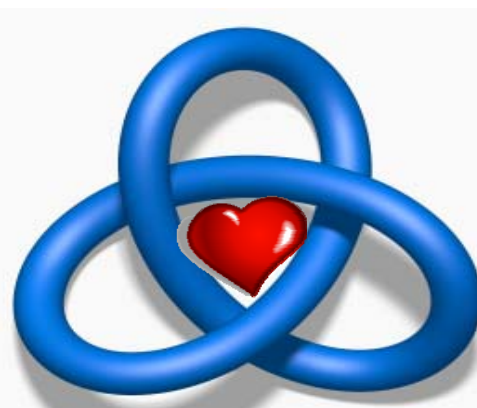
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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.**

## 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



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

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



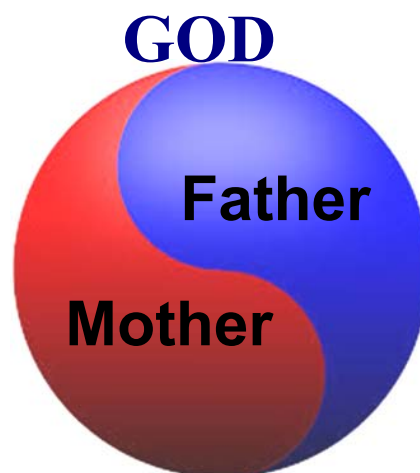
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

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

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

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

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

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

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

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

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

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

"Please Father and Mother, may I receive Your LOVE."



Maybe we could simply long for and ask:

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



MoC 1,471

**To find our way home, we must remember who and what we are!  
The real you is your soul.**



**SOUL**  **SPIRIT BODY**  **PHYSICAL BODY**  
**P E R S O N A L I T Y**

Prayer: is emotional exchange with God.

**Journey Work, as a modality, on the Map of Consciousness, calibrates over 600**

**MoC 880**