

PASCAS CARE

Clearing Emotions - Why?



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

Em: info@pascasworldcare.com

Em: info@pascashealth.com

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

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



The POWER of EMOTIONS

<http://groups.yahoo.com/group/DivineLovePath/files>

Ever since we were babies we have been taught not to show emotion. In this e-book I am going to teach you the opposite of what you have been taught by your parents and society.

By holding onto emotions we sabotage our lives in so many ways that we are not consciously aware of. It is so damaging to us and the main cause of all mental and physical conditions that we now experience here on Earth that we do not need to experience if we learnt how to deal with our emotions properly from birth.

You will learn that everything that you attract into your lives at every second of the day is a direct result of the emotion that you are currently experiencing and it is attracted to you simply to expose that emotion and help you to release it. Unfortunately instead of expressing or releasing our emotions we project it onto others or suppress it so we don't feel it because it is too painful.

There is so much anger and fear in the world today and it is all a result of man not knowing how to express emotion properly. Instead of dealing with the emotion within us in a responsible way, we blame others for making us feel something that we don't want to feel. We have bottled up a lifetime of feelings and just simply don't know what to do with them. When we project it onto others (get mad at others... meaning we blame the other person for making us feel angry) it temporarily makes us feel better because we don't have to take personal responsibility for our own anger.

The truth is if we did not have anger within ourselves we would never be able to be triggered by others in the first instance. So instead of blaming others for making us angry we need to understand that it is our anger we are feeling and take personal responsibility for that anger. No one can make you angry if you do not hold anger within...it is impossible.

Think about the last time you blamed someone for making you angry. The main reason you get mad in the first place is because that person makes you feel something you do not want to feel. Anger is an emotion that is **always** used as a defence system so you can avoid the underlying feeling. The truth is if you just felt the underlying feeling and expressed it correctly (eg...cried if it makes you feel sad) once you release that feeling completely you will never experience that emotion again.

Try an experiment. Next time you are speaking with someone and you start to feel anger rising within, walk away and sit in it without expressing anger onto the person who triggered it, and feel what the underlying feeling really is.

Did you feel unworthy, unloved, stupid, afraid, embarrassed, annoyed...these are just a few possible feelings. Try and feel what emotion it was that was underneath that the anger was trying to cover up so that you did not feel the real emotion. Once you can identify the emotion then it is important to go into that emotion and feel unworthy, unloved, stupid, afraid or whatever the feeling is. You may need to cry or scream (but not directed towards others...alone in your room or in your car with the windows up...whatever works). I have a boxing bag with a baseball bat and when I feel anger emerging I beat the bag with the bat. When I say beat it...I mean beat it until I have released all the anger and I end up crying most of the time. If I am in the car alone and I feel anger I just scream at the top of my lungs to

release it and nearly always underneath I feel sad and end up crying. I may cry for 1, 5, 10, 40 minutes whatever it takes to get that feeling out and once I do I don't feel angry anymore.

Sometimes I feel like a weight has been lifted off my shoulders. I feel light and happy. Other times I feel like I have been hit by a bus because the feelings were so deep and so painful. Everybody feels differently, so it is important not to expect to feel the same way as I do. I have many friends working through their emotions who all have completely different experiences. No two people are alike and therefore everyone will have their own unique journeys. This is so powerful and so much more loving than projecting anger onto others in an attempt to make them feel bad for making you angry so 'you' don't feel bad...it's very unloving when you think about it.

Think about how unloving it is for a child to have an adult project anger onto them, particularly if it's their parents who are supposed to love and comfort them. They do not deserve to be screamed at for something that is not their fault. Let's face it most of the things we are angry at with our children is something we have taught them. Children don't know how to manipulate...we teach them. They learn at a very early age that if they have a tantrum...mum will give in to them. They are only products of what we have taught them because of our emotional fears.

Why do we give in to them when we are in a public place? Because we don't want to be judged by others... instead of feeling that judgment and going through the emotion of being judged, we quickly give our child what they want to quiet them down so nobody judges US. We have just suppressed another emotion...that is, we have just enabled an emotion to be exposed from within that needs to be released. Remember this emotion was taught to us by our parents. **Children will always expose an emotion we have within us that needs to be released. So they are a great tool at looking at what emotion we are currently feeling.**

The truth is had we not given into our child and felt the feelings of being judged by others and allowed ourselves to truly feel deep down how that feels and allow our child to feel the feelings of not getting what they wanted it would be more loving to both ourselves and our child. By giving into them we are transferring that same emotion of fear of being judged onto our children...who will do the same to their children when they are older until such time as someone, either us or our child acknowledges that feeling and releases it.

If we never had a fear of being judged within us, we would never worry about what other people thought of us anyway. They could look scornfully at us and it would not bother us. And another truth is that if we did not have that emotion within us, our children would not behave that way. **They are just exposing the emotion within us...if it's not there...there is nothing to expose...it is that simple.**

The truth is that God created all his children perfect and every child is incarnated perfect. From the moment of incarnation the child absorbs all of his parents' emotions at that time of incarnation and while he/she is in the mothers' womb and will continue to feel his/her parents emotions until such time as he/she is old enough to exercise his/her own free will.

When a baby is growing within the mother he/she feels everything the mother feels the instant the mother feels it. So if the mother finds out she is pregnant and is disappointed because she did not want a child, the baby will instantly feel the feeling of being unwanted and will carry that emotion with him/her

until such time as he/she acknowledges that emotion and releases that emotion from within. So he/she will attract events throughout their lives to expose that emotion constantly until they release that emotion. For example...they may attract a partner that can control them because of their underlying feelings of being unwanted he/she will constantly want to please their partner so they feel wanted and loved even though it is unloving to themselves to be controlled by anyone. Until he/she has a realization of their underlying emotion and releases that emotion he/she will continue to allow people to control him/her.

Another example is if the baby is born a boy and the mother and father or just one of the parents wanted a girl, the baby will instantly feel that disappointment and at a soul level know that he is not good enough. Imagine how traumatic that is for us to feel. All we want is to be loved and feel secure. We are totally dependant on our parents to care for us and teach us about love and our emotions. If they are totally disconnected from their emotions and have never felt love from their parents...how can they possibly love us. How then do we love and teach our children about love, so you can see where the problem lies. We have had multiple generations of parents having children who have no idea how to love them properly.

At a deep soul level...that's all we want...is to be loved!

The world is full of people just wanting to be loved. We (mankind) are so desperate to feel loved that we will do anything to prevent feeling unloved. In other words we try to deny the feeling of being unloved because it is too painful for us to feel. Without love in our lives how can we be truly happy...the truth is we cannot. We as a human race are all deep down grieving the lack of love and we so desperately want to feel it. We use all types of tools to deny this feeling such as alcohol, drugs, sex, cigarettes, food, etc...in other words we look for external stimulants to make us feel better or suppress our feelings of being unloved and unhappy. We are also constantly blaming others for our own misery instead of looking within ourselves and exposing the truth.

The truth will set you free. Once we acknowledge that we are the only ones responsible for our freedom and our happiness and it comes from within us...not from outside of us...we will then begin to work on our own personal freedom. We are such powerful beings and we do **not** know it. Happiness comes from within ourselves not outside of ourselves. We cannot buy love, we cannot kill for it...it is a feeling that comes from within. We cannot force people to love us and we also cannot expect people to love us if we do not love ourselves. **In order to feel loved we need to love ourselves.** Think about it...if the world was full of loving people who truly loved themselves, there would be no war, no alcoholism, no drug addicts, or sex addicts, no food related disorders. People would stop abusing themselves and others...they would stop using these denial tools because they would not need them.

*The truth will
set you free*

If everyone stopped using these tools and truly felt the real feelings underneath that they are running away from eg. fear, feeling unloved, unwanted, loneliness, rejected, sad, ashamed, guilty, angry...whatever they are running away from and actually tried feeling the emotion and released that emotion they would never drink, do drugs, overeat, smoke, etc, again.

I used to use alcohol to cover up my true feelings. I was a big drinker ever since I was a very young age. I never knew when to stop and would literally stop when there was nothing else to drink regardless of the condition I was in. I was not an alcoholic (thank God) but I had a serious alcohol problem, I would have **at least** one or two glasses of wine every night to avoid my feelings of loneliness and my fears of unworthiness and literally two and sometimes more bottles of champagne if I attended a party or had friends over for a drink...too much! It was affecting my life and inevitably my health had I kept going. I never really realized it until I started working through my emotions and now I hardly drink at all and when I do I know when to stop. I can now attend parties and only drink water which was something I would NEVER EVER consider doing. I don't need to hide behind alcohol anymore and I still have a great time!

The world is full of people like me. Why don't we love ourselves enough to stop abusing ourselves. It is almost like we are choosing death over life...slow suicide. It may not be alcohol you use as a denial to feel your emotions but I guarantee you have some other tool that you use. It could be gambling, compulsive cleaning, cooking, computer, shopping, watching excessive TV, over exercising, constantly socializing (never allowing your self to be alone) there are unlimited ways and of course the obvious ones already mentioned previously, alcohol, drugs, cigarettes, sex, over/under eating.

The trick is to feel what the intention is behind the action. If you are shopping to make yourself feel better then it is a denial. Try not going shopping and just feel bad. Sit in it until you feel so bad you want to cry or scream...whatever you feel like doing. Gambling is another denial of course. Why would we choose to risk losing everything on a bet? Why would we ever put ourselves in that situation if we loved ourselves? We wouldn't! So instead of going to the races or the casino...don't and feel what it feels like inside instead. A simple gesture like watching TV can be a denial. It all depends on the motive. If we are using it to tune out of our feelings...then YES it is a denial. Same with socializing...going to visit friends can be used to avoid being by yourself. Ask yourself...why don't you want to be by yourself? What scares you about being alone? When in your childhood did you feel alone? What does it feel like to be there all by your self? Just go into the feelings instead of avoiding them. Yes it is hard...of course its going to be...but once you work through those feelings of loneliness, sadness and rejection you will never be afraid to be alone again. Isn't it worth trying?

This process is going to take HUGE Courage there is no denying that...but it is so worth it. You may speak with your family and friends and ask for support...but the truth is you are the only one who can do this as you are the only one who knows how you feel inside (apart from our creator, God)...no one else ever on this planet has the same feelings as you. You are unique and your journey is unique and yours only, so ultimately you and you alone can do this. **It is a very personal journey.**

It is truly wonderful to have a group of friends who want to go through this process at the same time. I have a group of very dear friends, who by the way I only knew one personally at the beginning but now there is many of us that get together regularly and share our experiences. Quite often we find that we all have very similar upbringings or events that we can talk about that helps trigger each others emotions which is very powerful. But again remember every ones experiences **ARE DIFFERENT** and are **never the same** so it is impossible to completely experience the same thing...just similar.

It is also wonderful to be able to talk about emotions openly amongst like minded people because most people in the world today are doing everything they can to avoid feeling theirs so when you start talking

about emotions to them they will instantly shut you down. But that's okay...we all have choices...that is the beauty of **Free Will**.

OUR SOUL

We were all created the same, with a soul, which is our true self. The soul is our emotions, our desires, our passions, our intentions, our personality, our memories, our longings, etc.

Unfortunately since incarnation our loving emotions have been tainted if you will...with negative unloving emotions which we believe to be our true feelings. As a result of our unloving, hurtful feelings inside of our soul we respond to situations in an unloving way instead of coming from pure love which is what God intended us to do.

I liken our soul to a bottle full of dirty water with a cap on it. The dirty water is symbolic of our hurtful emotions and the cap is our blocks we use to deny ourselves from feeling these hurtful emotions. In order for us to feel good...truly good inside and love ourselves we need to empty the dirty water completely to allow love and happiness (good clean water) to fill our souls. The only way we can do this is by pouring the water out...bit by bit. But first we need to take the cap off...that is what we are all so scared to do. We do not want to feel these emotions so we are constantly tightening the cap to keep them bottled up. But what is happening is the feelings are always there and either we release them and feel love and joy or we bottle them up and get sick and die. There are only two choices really. If the feelings can't come out naturally they will manifest within our bodies and create illnesses such as cancer, heart disease, liver disease, depression, Alzheimer, Multiple Sclerosis...just to name a few. This is why these diseases are so prevalent in society today...everyone is bottling up their emotions. No one has been taught how to feel. We have always been taught **not to feel**...to think...use our minds.

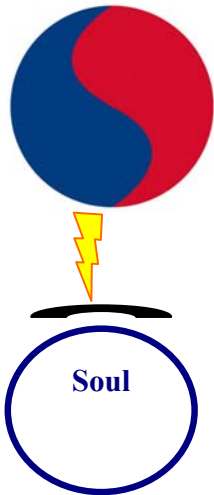
Remember back when you were a child and hurt yourself. Instead of allowing you to cry at that time because you felt pain (which by the way you attracted in order to feel that emotion) we are straight away shut down so we don't feel it. **"There, there....your a big brave boy...you'll be alright...stop crying...good boy!"** What are those words telling us? They are telling us that if we stop crying or be brave and not cry at all we are being good...so in essence when we cry we are being bad. Another beauty is **"Big boys don't cry."** No wonder males have such a difficult time feeling their emotions. And this happens a lot to girls. I know myself when ever my daughter would cry if we were in the car I would sing to her constantly to keep her happy. The truth is it was to keep me from feeling sad myself and feeling like a bad mother. So all I did was shut her down from feeling what she was feeling.

We could all learn from children...in fact we need to become more childlike to connect to our emotions. Look at children...they cry whenever they feel sad or if they are angry they express it. They are just feeling what ever the feeling is inside the instant they feel the feeling...does that make sense. We don't...we go down the path of avoiding it until it is too unbearable that we can't help but feel it. But if we took a leaf out of the children's book and just expressed the emotion the instant we felt it we would not be in the emotional turmoil we are in today and we would be attracting love and joy into our lives.

Why do we want to suicide when we can choose to live? Wouldn't you choose to live a loving and healthy life if you knew how? The way you can is to be honest with yourself and start taking personal responsibility for **all** your emotions...and that goes way back to childhood because that's where they

ALL began. We need to **take off** the cap (remove the blocks) and start emptying this dirty water (anger and sadness, etc) from our souls and start letting the love and joy and passions back into our souls.

My direct connection God is dependent upon me longing for God's love from my heart.



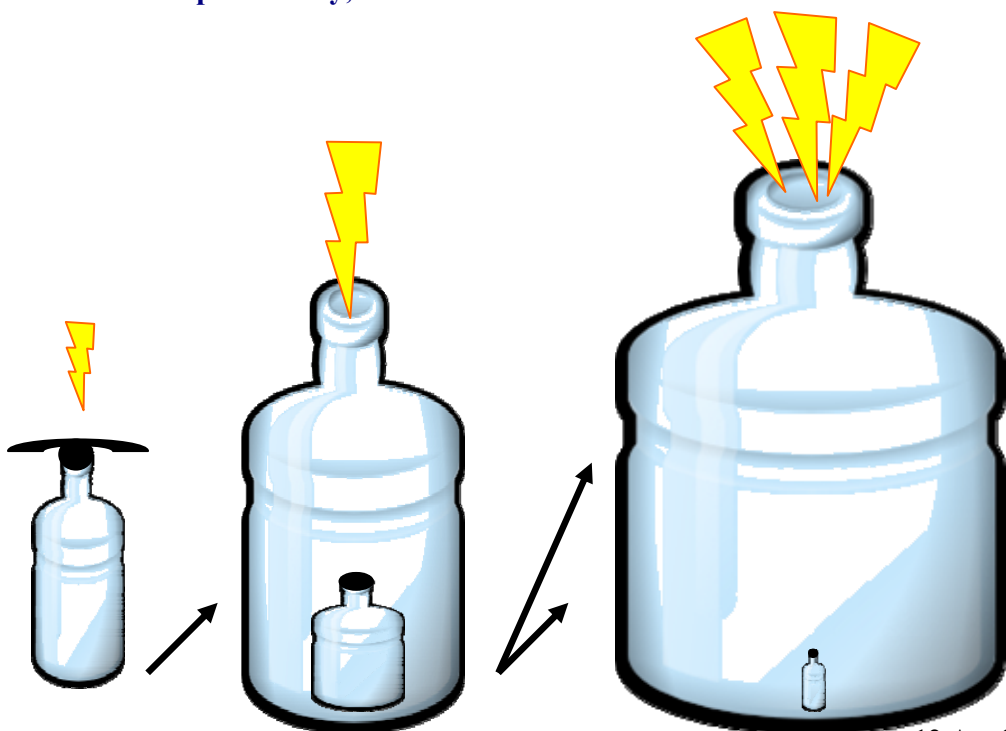
GOD

God's love is waiting to enter you at every moment.

What opens the barrier is a pure desire (longing) for God's love.

With this barrier / lid off, God's love flows in, growing the soul exponentially, more and more and more.

The soul can be likened to an ever expanding bottle, with the lid on and blocked, it does not grow, when lid is off, it expands.....



12 Apr 2010

When we get angry we are just taking the cap off and letting a little steam out...so before we replace the cap again we need to keep the cap off and feel what the feeling is inside and work through some of that dirty water so we can empty it to allow room in our souls for love and joy. It is no good just taking the cap off and letting off steam and then putting it straight back on (which is what we all generally do) because we will have to do that over and over and over again until we take personal responsibility and go into the causal emotion as to why we are angry in the first place. We have all experienced a moment when we just lose the plot over something so trivial that would other times not even affect us. That is because we have an underlying emotion that wants to be expressed. What is the feeling under the anger that we do not want to feel because it is too painful. We need to be brave and allow ourselves to feel that feeling and express it which ever way feels right.

I recently watched the 2008 Australian Biggest Loser competition and was happy to see that they were talking about their emotions throughout the series. Several of the contestants began their eating disorder after a tragic loss of a parent and were never taught how to deal with their feelings of grief so they just suppressed it and used food to make them feel better and push the emotion down further. People think by avoiding talking about loss of a love one will avoid the feeling of sadness, but it doesn't. It's so much more healthy for everyone to be open and be honest about their feelings and not bottle them up inside. **Expression rather than suppression which just leads to 'Depression'.**

It's just a disaster waiting to happen. Those feelings will always be in there trying to come out in some way and the longer we hold them in the more we will become depressed. Depression is our souls way of letting us know that our soul is full of dirty water and if we don't take that cap off and let some dirty water out the cap will explode regardless and we will have a breakdown. The trouble is most people who suffer depression are prescribed medication which just suppresses the emotions further. It stops us from feeling anything at all which can be even more harmful to ourselves. Once we come off that medication, the feelings are still there...they haven't gone anywhere...surprise, surprise. So all we have done is postponed the inevitable which is either feel the feelings and release them and feel some joy in your life or have a major breakdown and end up back on medication for life or simply just stay medicated for life which is not much fun! I know what my choice would be...in fact to me there is no choice! Its simple...just feel!

It's so much more loving to your body to release these hurtful feelings than hold onto them and self medicate so you can function 'normally' everyday. What sounds better?

THE LAW OF ATTRACTION

The Law of Attraction works so perfectly in every moment of every day to expose our emotions yet we are so unaware of it that it just keeps coming back time after time until we take responsibility for the emotion and express it.

A personal example of this is...when I was married my husband and I had a successful fast food business. We ran it for three years and we were able to travel and enjoy things we had never done before. I wanted to start a family so we sold that business and invested in a business we could run from home. Unfortunately our intentions were driven by fears and as a result our fear came round and bit us in the butt. Within twelve months we declared bankruptcy. The shame was too much after awhile so we ran away from our emotions and moved to Canada to spend time with his family. The trouble was that the emotion was still within me and no matter where I went it was there. I did not realize that at all. The marriage fell apart and I moved back home to Australia with my daughter. Years later I had an opportunity to buy a franchise by myself. One that I could run from home and still be available for my daughter. I thought this would be the answer to all my problems. I would create my own wealth and we would be happy....wrong!

Because I never dealt with my emotions the first time I went bankrupt, I attracted the same situation again and after three years of struggling and borrowing money constantly to survive I finally conceded and declared bankruptcy for the second time. If I had seriously looked at why my business had failed the first time and worked through the underlying emotions...I would never had attracted the second

experience. The truth is if I don't work through the emotions this time....it will more than likely happen again.

Every situation we experience in our lives is no one else's fault and believe me I went down that path of blaming my husband the first time....but he wasn't there the second time...it was only me. So you see the common denominator here is **me!** I can see that now...what a shame I did not see that then. This happens a lot too in marriages. People want to blame the other person for the failure and quite often have several failed marriages but are not open enough to take personal responsibility for any of it. The truth is we attract these situations into our lives to expose an emotion within our souls that needs to be released. **Once released we will never attract that experience again.**

The underlying emotion in my case was a fear of lack. I was so terrified to have nothing that I attracted it into my life so I could experience that feeling and express the fear. Now during this time of having no money and in financial stress...did it stop me from spoiling my only daughter rotten at Christmas time and on her birthday...NO of course not. So I put myself in more financial stress to prevent myself from feeling like a failure as a mother even though I did not have the money to do so. This also was driven by my guilt for divorcing her father and rocking her world. I had an emotion in me that made me feel that if I gave her everything she wanted she would feel better which in turn removed any guilt I may be feeling. Do you see how this works? The truth is she is always going to feel the loss of her father even with all the clothes and toys in the world. Nothing or no one can remove that feeling from her...only herself. By me doing what I did...I actually added more dirty water to her soul to clean out. I wasn't helping her at all...I actually harmed her.

Now here is a smart child who knows I have all this guilt about leaving her father and also knows that she can manipulate me to get what she wants. Why wouldn't she? I taught her myself. The only way I can help her now is by me working through my emotions of feeling like a bad mother, removing all the guilt I have inside of me and going to the causal emotion that attracted the whole incident in the first place. Once I remove these emotions, she can no longer play me nor will she want to. She is just a trigger to expose the emotions I have. In other words she is a perfect reflection of my dirty water. Once I empty that emotion from my soul, she will no longer trigger it...there is nothing to trigger.

All these things I have spoke about, eg., bankruptcy, divorce and guilt are all effects that have resulted from an emotion **I have** within me. I can't blame anyone for them. Pretty confronting hey? But it is all true. If I never had an emotion of unworthiness and a feeling of lack (being lack of love), in other words an emptiness in my soul, I would never had attracted all these events into my life to expose these feelings. No feelings...no triggers! It's that simple!

So the secret is...we are all in control of our own destiny and it is all to do with emotions! Not thoughts like a lot of people will have you believe. Thoughts are controlled by our feelings...not the other around.

Think about it realistically. When we wake up in the morning feeling pretty yuk the day seems to all be yuk doesn't it. We attract negative things all day that keep us feeling yuk. Sometimes if we are in touch with our emotions we will go home and sit and have a good cry about the day and that makes us feel better. But the majority of the time we will go visit a friend and dump that emotion onto them, or watch TV and forget about our day, or have a glass of wine just to make ourselves feel better. Unfortunately it

is only temporary, because the Law of Attraction will always bring another event into our lives to expose that emotion anyway. So you are not out of the woodwork....shucks!

EXAMPLES OF TRIGGERS

I thought I would share some triggers for you to perhaps pay attention to. Triggers can be obscure such as a bill that you are not expecting, a storey on TV that makes you feel bad inside, seeing a baby may trigger some emotion, an unexpected phone call, not getting a job you went for, not getting paid the right amount of money in your paycheck, an email that has been forwarded onto you, a pet getting sick, a child not showing respect or not doing as you have told them. There are so many possibilities and they are constant all day. If you were to look seriously at every single thing that is happening to you right now...even you reading this e-book you have attracted because of an emotion within you. **The secret is simple....just feel everything all the time.** Feel the frustration, the anger, the sadness, the disappointment, the fear, the pain, the annoyance, the confusion, the vulnerability, the guilt and of course feel the joy as well.

Anything that makes you feel any feeling is a trigger. It can be a place, a person, an expression, a song, a sound, a smell, a flower, an animal, a commercial, a message anything and everything are here to trigger our emotions. It's truly beautiful how it all works. It's then our free will if we choose to feel them or not to feel them and its okay either way. However....the only way we are going to be truly happy is if we love ourselves enough to experience every emotion that is **not in harmony with love** (that is anger, fear, guilt, shame, sadness...anything that negatively affects our experience) and release it from our soul.

Many people around the world are processing their emotions in this way and are becoming much more loving and living far happier lives as a result. You will find working through your emotions you will have a profound effect not only on your life but on others around you. This process is so powerful even without communication the souls interact and transfer feelings to one another without us being consciously aware of it.

This process can change the consciousness of man on Earth today and have a ripple effect throughout the planet which in turn not only helps man become more loving towards each other but to the planet itself.

Remember the Earth is a living, breathing organism and as man mistreats the planet; it too has emotions to work through which is why we are seeing so many more catastrophic events around the globe today. So by man becoming more conscious about the way we treat ourselves and one another we will also treat the planet and all God's creatures on it more lovingly... and the world will be a more loving and harmonious place.

I wish you love and joy.
TANIA SOUL



FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

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

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

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

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

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

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

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

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

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

Why haven't other methods been going deep enough?

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

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

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

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

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

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

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

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

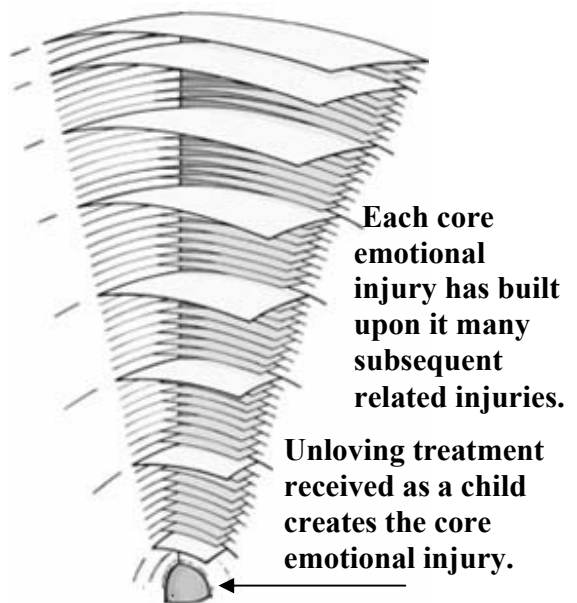
So to summarise: We all have to see the truth of our unlovingness. We can’t avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative,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

Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing. Secondly, consider longing for our Heavenly Parents’ Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

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

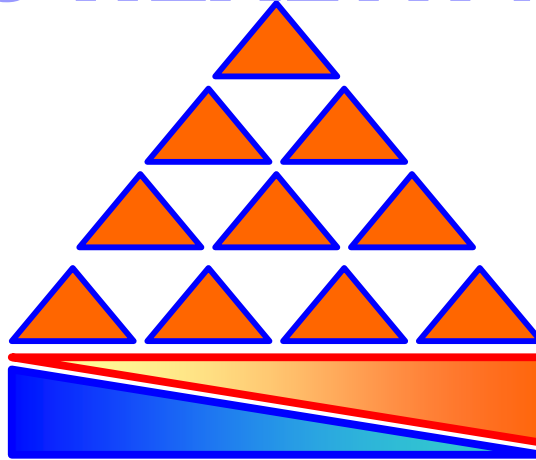
All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying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

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



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

PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

PROFESSIONAL MEDICAL TEAMS

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

COMPLEMENTARY THERAPY FIELDS

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI
Pathology
Streamer – Case Manager**

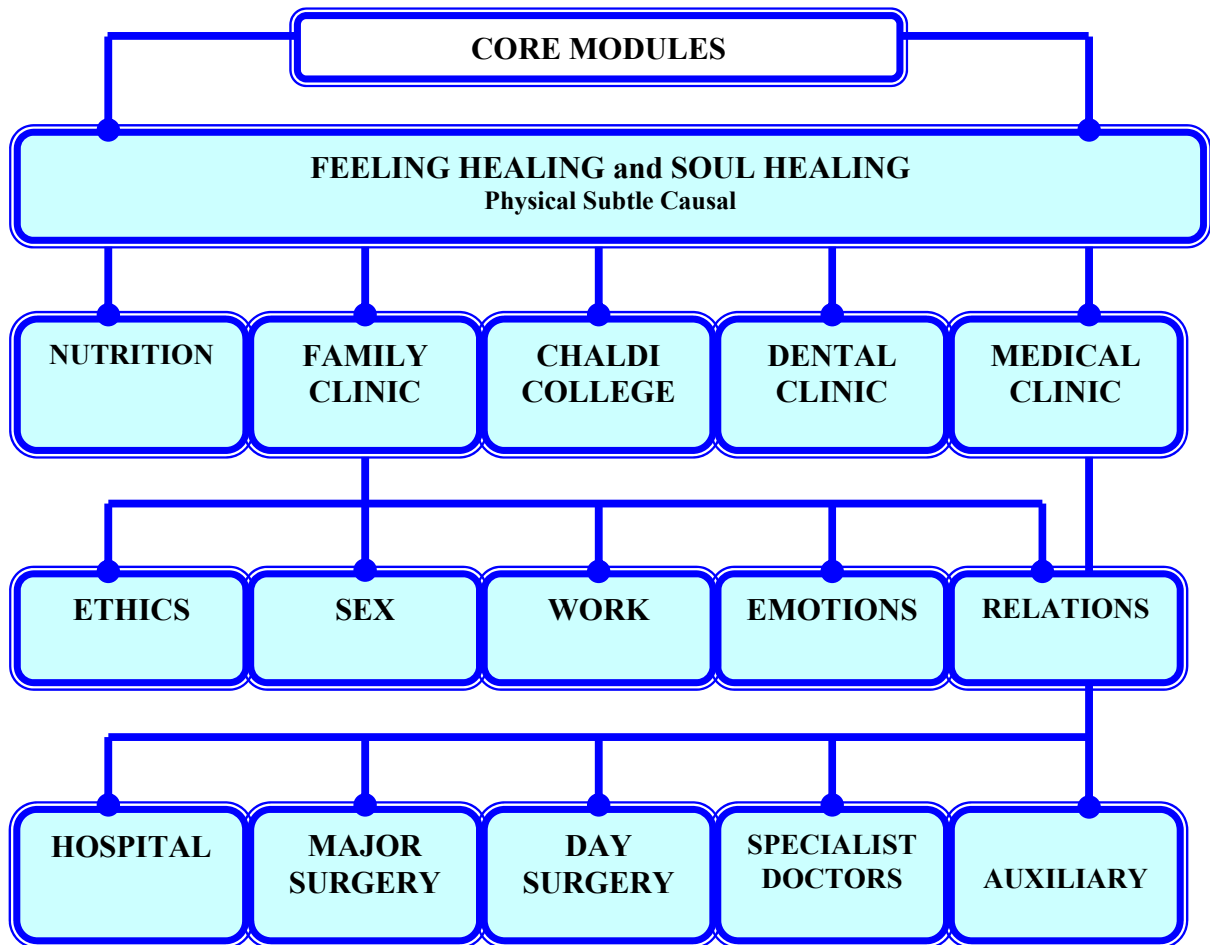


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

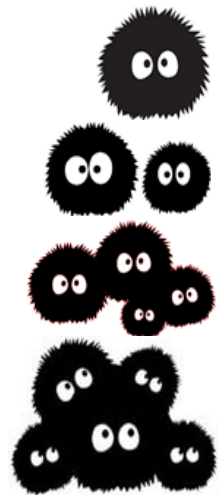
A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.



The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

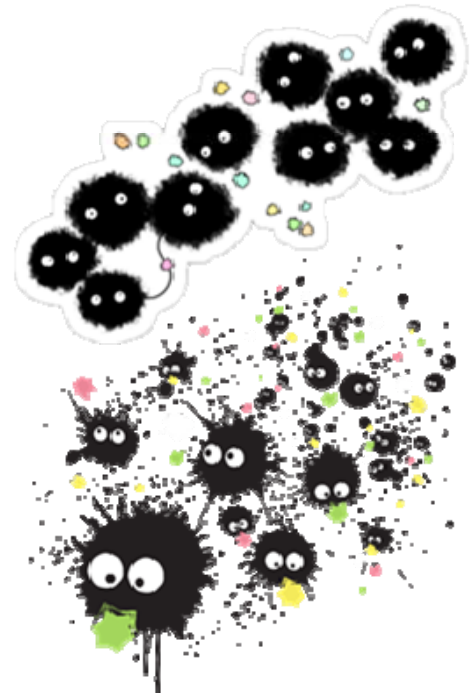
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.



The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018



Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



Spirit Mansion World 3 equivalent on Earth: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.

Spirit Mansion World 5 equivalent on Earth: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Spirit Mansion World 7 equivalent on Earth: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



Accept, express and long for the truth of your feelings.

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

BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.



What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

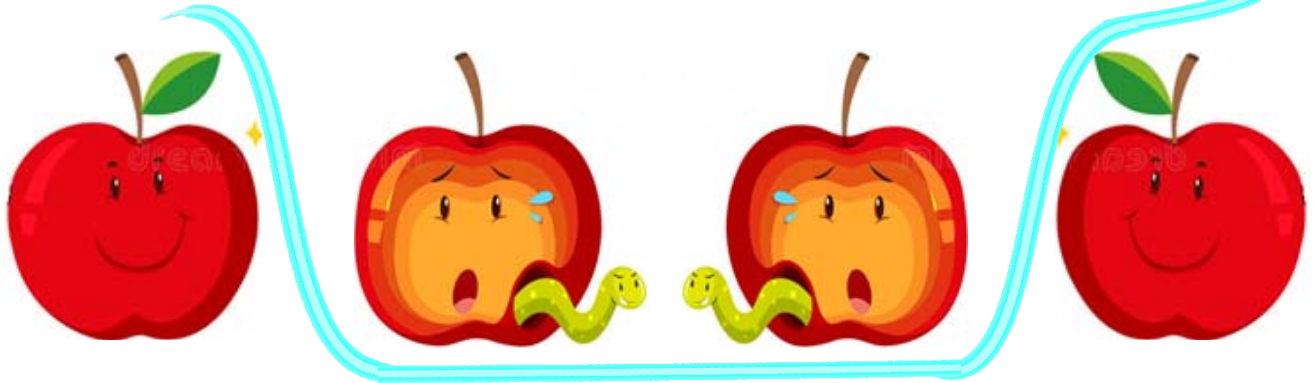


Hitting and humiliating a child

CHILDHOOD TRAUMA



Pole Shift



Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.

At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into ‘bad apples’. We proceed through our life experience, after our parents’ well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.

Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.

We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.

This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.

A Spiritual Journey

<http://us6.campaign-archive1.com/?u=7b572301eabd13f5075f1c9a0&id=76e3081d98&e=d0acb97ddc>

Memories.

Belgium. Received by WV.

February 11th, 2014

I am here, your friend Joseph.

I have come to share some information on memories.

When someone dies, the spirit memory becomes very vivid and alive. Since they do not have the gross physical body anymore, everything becomes very clear to them and they will see things as they really happened.

One of the reasons why memories on the physical level are not perceived in a clear way is because the memories have to be obtained from the spirit mind. The physical mind works like a filter, blocking out the parts you don't want to see whatever the reason.

So you see, what you are actually doing is channeling yourself or your own spirit mind. It is the same principle as you are now channeling my spirit mind. And as you have noticed, sometimes your channeling is very clear but sometimes it can be a bit blurry because you have too many things on your mind, blocking the communication between our spirit mind and your interpreting machine: "your physical mind".

So, there is nothing complex about it. It is all simple logic and it can be understood by the simplest mind. Thank you my dear friend for letting me deliver you this small message but I saw it would do you, and a lot of other people good to get some clarification about the subject.

Your friend, Joseph.

Werner Voets is the author of 'The Truth' www.lulu.com



Recovering from Traumatic Memories.

Gavere (Belgium). Received by WV.

February 18th, 2014

I am here, Joseph.

I have come because of the questions you guys have concerning the memories of distressful events or traumas.

I'm sorry to tell you that people have indeed got to go through these traumas again **once they have reached a certain degree of spiritual development**. The only big difference is they don't have to relive it with every negative emotion attached to it. Some people do actually relive their trauma in a dreamlike state, as WV did, but remember that it is only for the purpose of healing the memory or trauma.

Healing can only be done by Love. So it is obvious that asking for protection and love from God, during the reliving of such a trauma, will cause His Love to flow into your soul. His Love will embrace you and fill your body with the warmth and healing you need. This way the reliving becomes detached from all negative emotions and the trauma will no longer exist in its original form but only as a memory without any negative feelings attached to it. This is one way to let go of traumas that occurred during your life; to use God's Love to do it.

Another way, is to confront the person who caused the trauma in your life. The prerequisite for this to work, is that the perpetrator must have had the insight he (she) needs to understand that what he did was not loving and is willing to undergo the emotions his victim has towards him, if necessary. Of course, as you can readily see, this way of healing will not take place much because of the almost impossible fact the perpetrator needs to have had some spiritual awakening so his love for his victim is strong enough to heal the damage he has done. But, it can happen.

The third possibility is that the traumatised person finds somebody who loves him (her) so unconditionally that he will receive the love that is needed **to heal the trauma**. As we have said in the beginning, only love is able to heal. Whether it is the Love of God or the love of man, is of no importance, as long as it is pure enough to look beyond the veil of flesh.

But no matter how the healing takes place, it can only take place when the victim feels safe enough and is ready to let go. Never can a healing (of a trauma) be

forced if the victim doesn't feel safe enough to relive or look back at the trauma that haunts his (her) consciousness or unconsciousness.

Memories should be void of emotion, which doesn't mean they cannot contain love. It is because we connect certain emotions to our memories that it will cling on to our spirit mind and cause unpleasant reactions. That is why the energy we call 'love' is needed to disconnect the emotions from a specific memory or trauma. I know you find this last part of my information a bit incomprehensible or strange, but it is true. Don't worry; you will get your head around it.

Love is a universal energy that resonates within every creation. **It is not an emotion**, which can be as volatile as acetone, it is an energy that permeates everything in the universe, that is present in everything and will exist forever. It is an energy, not created by man's mind (like an emotion) but intrinsic to the existence of the soul, whether it is natural or Divine Love. The soul is always the source of love. Love cannot be created by the mind, only emotions can. **And the soul cannot create emotions**, only the mind can. So you see how simple it actually is, as it is always. Truth is never hard to understand, you only have to be open to receive it and use your mind only to translate what we tell you, that is all.

I love you my dear friend and I know you can feel it. God bless your openness to receive. May His Light shine through you and light up this universe. I am your celestial friend, Joseph, father of Jesus.

This message addresses many things that have been puzzling. Firstly was obviously the issue of – *do you have to revisit these memories to be healed of their effect.*

The second and unasked question is the matter of **WHEN** this should happen. It's very clear there is a right time to do this, and that it needs some spiritual maturity. It's also obvious that this is not the first step along the spiritual growth path, as some suggest and teach.

<p>Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.</p>
--

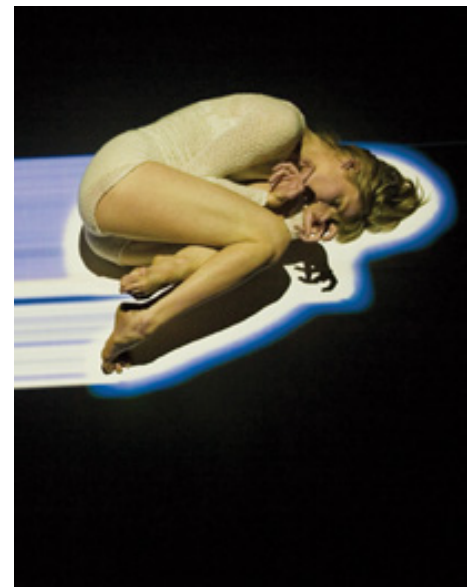
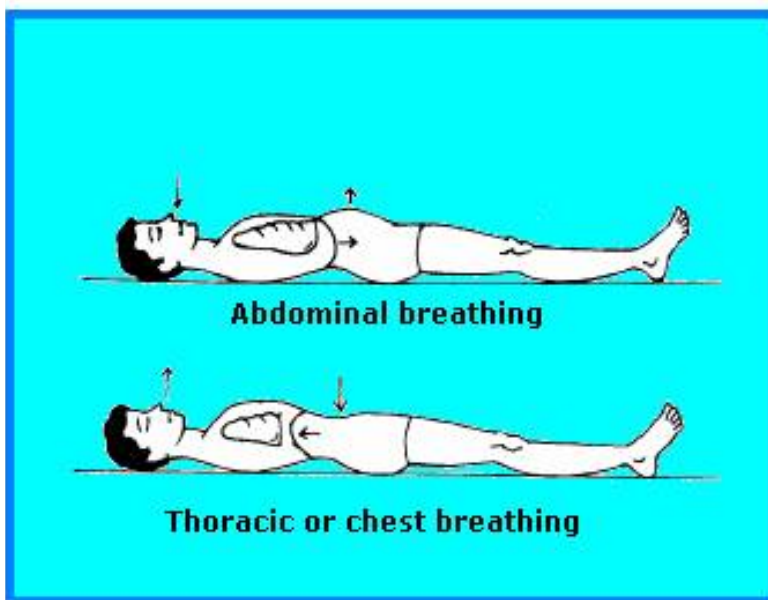
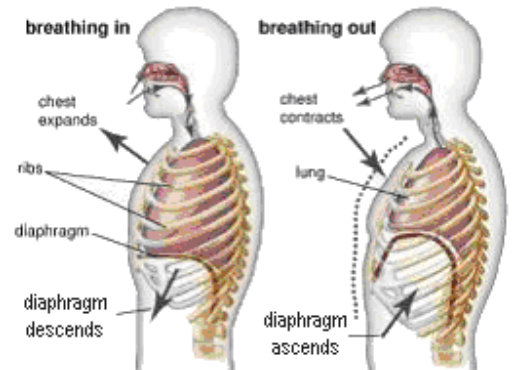
ACCESSING ONE'S EMOTIONS:

We all have different ways and varying success with any process to access our emotions.

Deep diaphragmatic breathing (deep belly breathing) following praying to God regarding your desire to delve into a particular emotion can lead to feeling and entering your grief surrounding the issue.

Whilst breathing deeply and quickly consider assuming the foetal position lying on a bed.

These three steps can lead to significant emotional releases.



You never deserve another person's anger, no matter what you do!

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915

Gregg Braden is a scientist who proves that human emotions not thoughts affect our personal experiences and the people and the world around us.

It's worth watching!

The Power of Human Emotions

<http://www.youtube.com/watch?v=he0Pbcz0l6U&feature=related>

<http://www.greggbraden.com/about/>

The Power of Human Emotions

lindsayalive 11 videos



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!**



TRUTH

All the things
I don't know:
Because I don't know,
I don't believe.



I have no idea.

All the things I
think I know:



**I think maybe.
Test for truth.**

GOD

What I definitely
know and feel is
truth:



**Sure of.
About God.**

7 May 2011

It is all about getting to know God, not about emotions.

It is only when you feel the truth as certainty that it changes your life.

**God is bad?
God is punishing?
God doesn't care about me?**

**God knows all truth.
God likes beauty.**

**If you really exist, then I want to know you – God.
If I am talking to God a lot, I can't hear Her, then
am I blocking Her?**

**God has energy, but is not just energy.
God is an entity – isn't each of us a separate entity?**

**Does God run away from me and my negative emotions?
Is it honesty and openness that creates a connection
between me and God?
God is a loving entity / being.**

**For truth to enter you, to be sure, it actually has to be an experience.
It is only by experience that what the feel is true becomes truth.**

7 May 2011

**It is really about getting to know God, and then in the process, you
will get to feel some emotion. The emotional side is a subsequent
result of your desire to get to know God, not the other way round.**

CLEARING EMOTIONS – WHY?

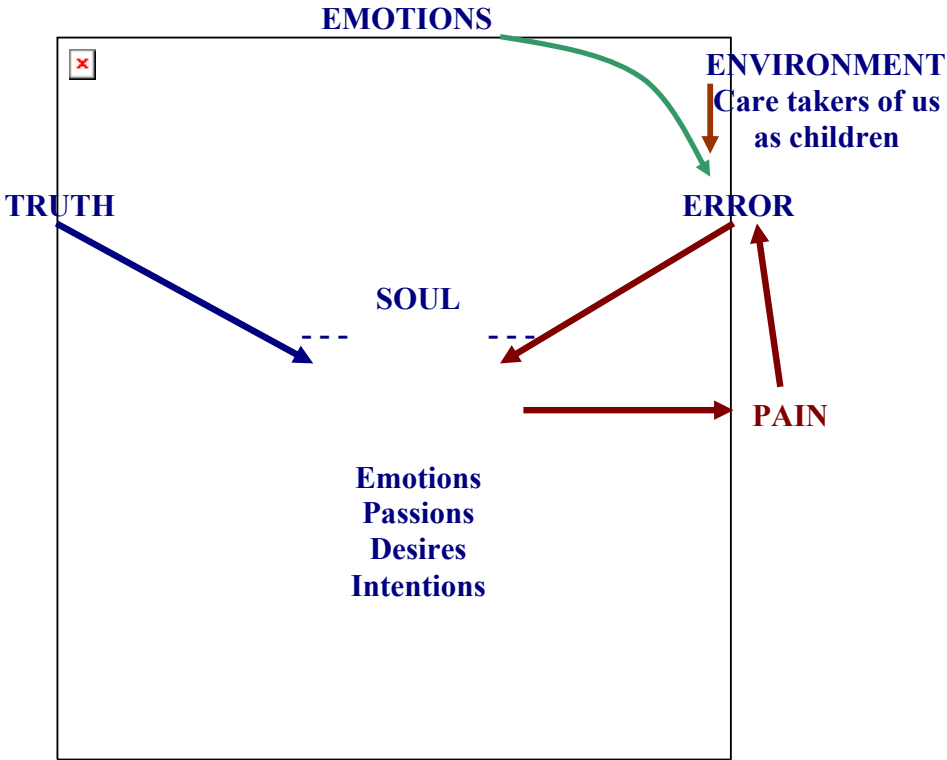
Accessing and clearing emotions is easily said but difficult to do, so why do it?

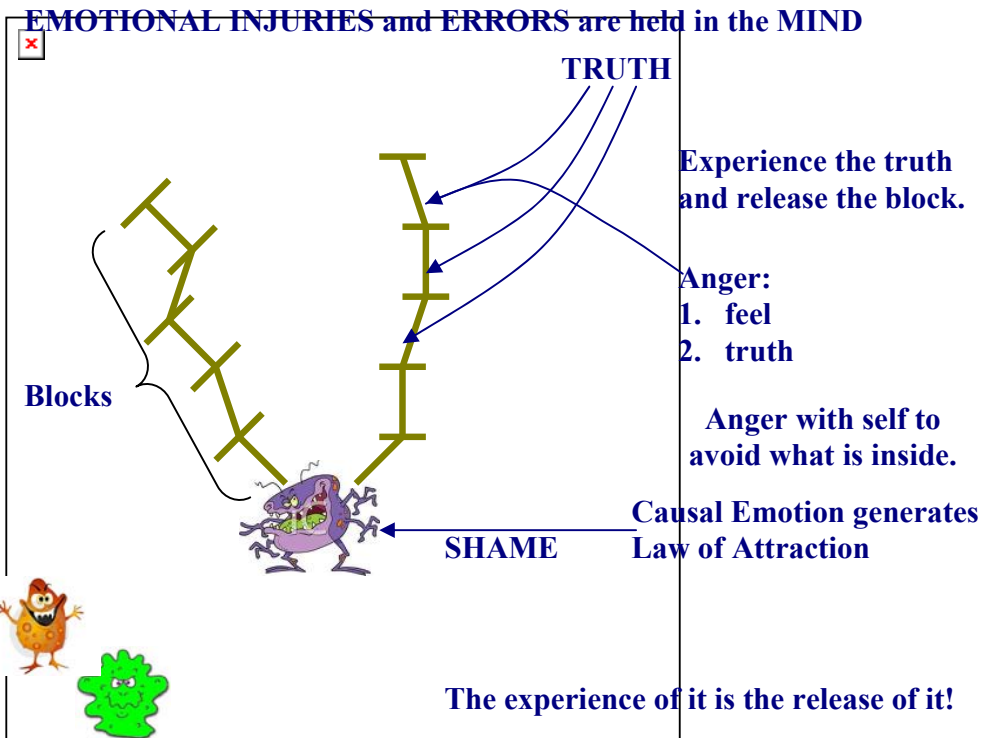
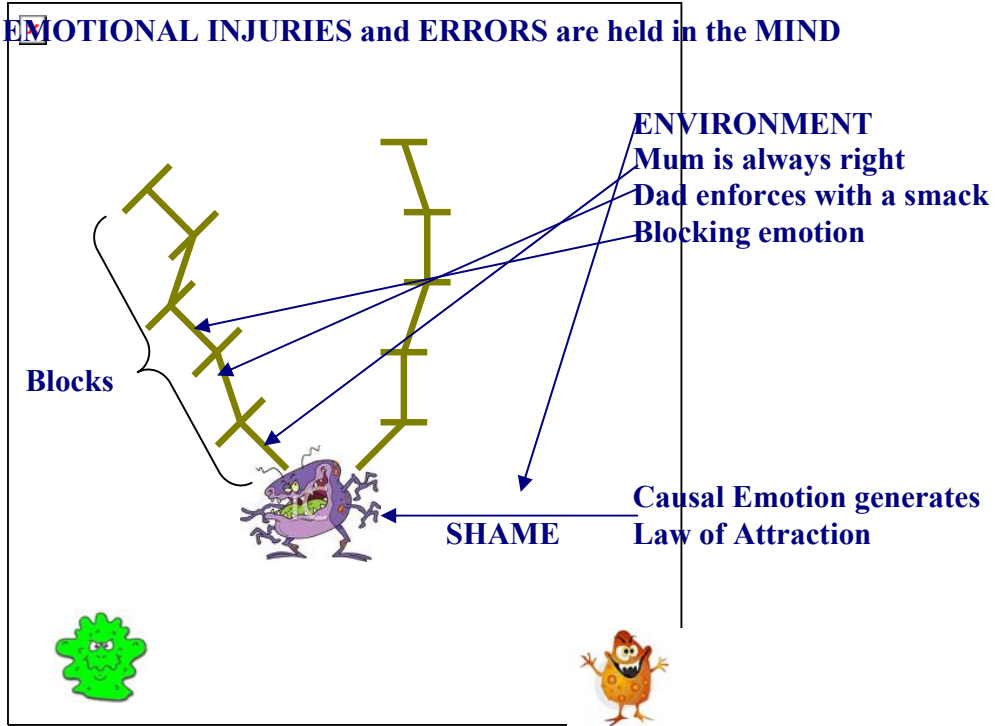
You invariably start to bring up old experiences and painful experiences; they eventually all relate around your childhood. Aren't we over that? The answer is NO! Our childhood was typical and considered fine to being great. Well it wasn't, and we have suppressed so much of our negative childhood experiences that we are continuing to create turmoil within our bodies and our lives.

Our parents were great, especially our mother. Well the fact is they did not know how to love us and they curtailed our free will and caused us to have all of the negative emotions that we are now recognising as the underlying cause of our issues. In particular, our mother was not the greatest mother we universally give her credit for, which is often a difficult fact to face.

So why bring up all these negative experiences from the dim past? Unless we delve into these stored negative emotions we are stuck and stagnant and headed into a physically painful life. Unless we free the body of these blockages, these emotional congestions are like awkward hand grenades within our physical body with pins pulled. The emotional blockages can cause devastating illness and disease. They also negatively affect our Law of Attraction and block us from manifesting the life of our dreams.

It is time to steadily remove them one by one. The only way to release emotions is to experience them. Don't rush it, steadily work through the experiences. Allow them to come up in whatever order that they emerge. Once you recognise this, they will unmask themselves in due course and in a timely manner that you can comfortably handle, though not so comfortable at times. But if you stay committed to FEELING and RELEASING your emotions and changing your soul condition, you will soon see amazing results.





GENERAL DEMEANOR and APPEARANCE:

As you progress on your journey of accessing and clearing your emotions, it becomes self evident to those around you. The vibrancy of your inner well being manifests itself in your general appearance.

Your child like nature begins to return.

Your general joy permeates your countenance.

Though the accessing and processing of any of your blocked emotions may result in anger, fear and grief being experienced, the rewards emerge within you and all those around you benefit and enjoy the emergence of the real beauty of your being.

It is a golden gift that you bring to yourself and the many others around you.

Time and time again, even the smallest amount of progress on this long adventure shows the rewards in such a vibrant way that many easily observe and feel the great changes taking hold within you.

Become the vibrant happy face in the crowd.

As you progress with clearing blocked emotions, things that used to bother you or trigger you will no longer be noticed. In turn, you won't trigger those around you. Once you remove an issue, a negative emotion, it is gone for ever.



COMMUNICATIONS:

What has blocked emotions got to do with communicating?

Our point of view, so to speak, and opinion, is structured upon our emotions. It is through our emotions that we filter everything that we hear, see, and relate to.

Our real self is our soul. Our soul is the sum total of all of our emotions. We are emotional beings.

Our real self is fed with truth and error. Fortunately, truth and error do not exist side by side on the same subject within our soul.

An error blocked within side of our being is the filter by which we interpret incoming information. Our 'take' on many subjects is frequently different to that considered by others. That is due to the filters we hold, the errors within us.

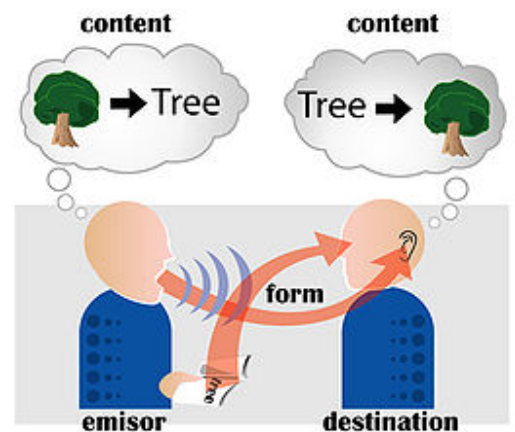
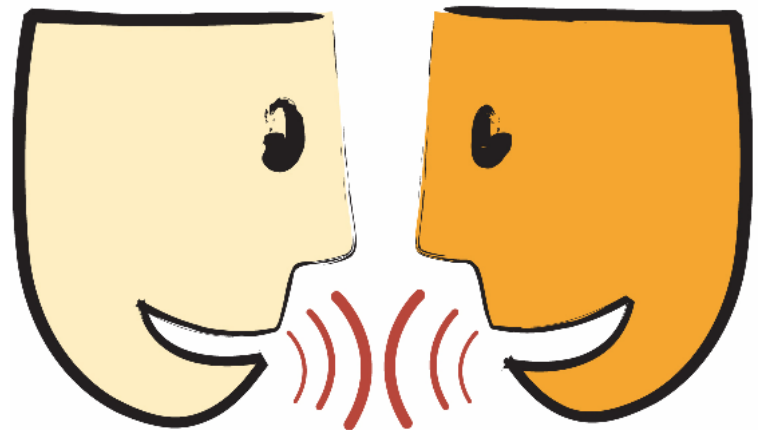
Ask people to take notes of the same meeting and then compare the notes taken at exactly the same time, it is amazing to consider the differing perceptions of what was conveyed.

Accessing and clearing your emotions is the process of removing these errors within us and these errors are then replaced with truth, consider the truths as God's / Creator's truth. Progressively, your comprehension of communications become far more accurate, but further, your interpretation of what is being conveyed becomes far more comprehensive and beautiful in its structure.

As you grow in love, you will 'feel' the information for what it is. You become less dependent upon your intellect. Your capacity to assimilate truth through your heart felt feeling grows and grows and grows.

You then become able to convey what many would consider awkward and uncomfortable information in a loving and constructive manner. You begin to find that you can convey delicate subject matter in a way that does not upset others and that such material is not rejected out of hand and is accepted in the way that you intended, that is, for the benefit of the recipient.

This is just one of the many benefits of accessing and clearing your negative emotions.



LAW of ATTRACTION:

Whilst you live with your errors, your negative emotions, your Law of Attraction continually bumps into you with prompts for you to consider these errors, that is, to access these emotions and remove them from your real self. By avoiding these errors, you continue to experience negative events.

As you address these errors, and move into truth, all be it a slow and lengthy process, your Law of Attraction progressively becomes more enticing and joyful. That is, by moving out of your intellect and into your feelings, you cease to 'try' to force things into eventuating. By letting go and letting God / Creator, you retire your head and allow your feelings to run your life.

You cease to be burdened with having to deliver what you are constructing as your future and way of life. Allowing yourself to flow and move with your feelings happens without resistance, both from within yourself and from those in your environment. Those around you respond in accordance with your Law of Attraction, always in a constructive way. Their interaction may be to trigger some further emotions as well as enabling you to achieve your desires, all of it wonderful and incredible to reflect upon.



You cease to constantly worry. You look back and wonder why you even bothered. The beauty of what flows by allowing far exceeds what you could have anticipated or achieved whilst being self dependant and working from the intellect.

'I had a pretty good upbringing' in comparison to other people.

Parents have NO understanding of blocking emotions.

Parents have NO understanding of causal / core emotions.

Parents have NO understanding of Law of Free Will.

Parents have NO understanding of Love.

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

AVOIDING YOUR EMOTIONS:



We have developed an endless array of ways to distract ourselves away from our emotions.

Look at your busy work day, moment by moment, if you are not 'busy' then you are not productive we say to ourselves (or I do!).

I just need a cigarette to calm my nerves. Instead of feeling the issues that we are denying, we go for the cigarette to mask the grief and sadness that we are denying. The result of this suppression is serious lung congestion.

That is right. Each emotion that we suppress can be identified with a specific health condition that eventually manifests itself in the physical body.

As you progress through the accessing and processing of your emotions, you are relentlessly returning your body back into full vibrant health. Eventually your body will take on the physical wellbeing of a twenty five year old. And all of this is achieved without doctors and drugs – and it is free!

As you begin to allow yourself to feel and process your emotions, costly habits – addictions will be dropped.



DIET:

Well, what could emotions have to do with diet?

Everything.

Our lack of self love shows itself in our physical well being. If we don't love ourselves, we don't love our body. To suppress our emotions we select food to facilitate that. Look in the shopping trolleys that come rolling out of the supermarkets – frightening (not if you are commercially focused doctor). Fresh produce seldom dominates the load in the trolley. Look at the physique of the person behind the trolley and then look at the children accompany the shopper.



That one experience demonstrates how we as parents impress upon our children OUR emotions. The eating habits of the parents are a very powerful set of emotions that may take the child decades to repair should they ever consider doing so.

I was brought to consider that the only real food was meat and that vegetables were the fillers. You did not have 'food' unless you had a significant serve of meat.

Change your Diet.

Drink water – consider 5 litres a day. Add mineral salt to your diet.

Eat Vegan – no animal products in your diet.

Make sure most of it is raw. Include nuts and legumes.

Water is processed completely differently by your body than any other drink. So you can drink water in something, and that is totally different than just having water by its self. Your body processes water completely differently, because all the other processing has to go through the filtering system of your body whereas water can be absorbed immediately without needing to be processed.

Drinking water also has the effect of challenging some of your emotions. You will start actually realising that you don't care for your body enough, you are not in contact enough with your body, and that most of the time your body is dehydrated.

Protein. Your body works this way. You need nine different amino acids to construct protein. There are two different things that affect your body's construction of protein. One of them is if you get those nine amino acids, the second thing is your emotions. Your emotions have much more of a determining thing than the ingestion of amino acids. But if you have a variety of greens and fruits and vegetables in your diet and they are all raw, you will not have trouble with protein. In particular if you have nuts and legumes. Legumes, such as alfalfa sprouts, mung bean sprouts, etc. If you have nuts and legumes along with fruits and vegetables, you will get the nine essential amino acids to produce protein. Then there is only one thing that can affect your body's losing protein, or losing muscle mass. That is, your

body's own ability to construct muscle mass from those amino acids which is all an emotion. It is all to do with an emotion. If you have nuts, legumes, fruits and vegetables you can put on muscle mass.

Make sure that a lot of it or most of it is raw.

When you connect with the emotional reason why you eat protein and processed food, you will be surprised as to why you eat it. Most of the time it comes by a relationship issue with either our father or our mother, and their belief system and how much we want to please their belief system. So look at that issue if you are having trouble keeping muscle mass while on a vegan diet.

We use food and drink a lot to suppress emotion. If you change your diet, you will find that will give your whole body a shake up. You will start to find emotions will come up.

DENIAL of the SOUL TOOLS		
EXTERNAL TOOLS		INTERNAL TOOLS
Shopping	Alcohol	Minimize
Computer	Chocolate	Justify
TV	Food	Intellectualise
Videos	Work	Shift the blame



Your emotions need to be expressed and experienced, that is the only way you can release your emotions. No one can do this for you.

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

EMOTIONS and ILLNESS:

All disease, every disease, illness is of a result of emotions.

All fear is what causes your pain, all illness is related to fear in some way.

We are addicted to dealing with effects, not the causes.

Coffee is anti-depressant – we use coffee to avoid our emotions.

Emotional injuries are very specific.

Autism – parents clear emotions – autism is cleared for the child. Autistic children are of the result of denied emotions of the parents.



Parents barrage emotions upon child, child is very sensitive. If a child has illness and personality issues, you need to look at your own issues.

Childhood illnesses and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.

We are a product of all that has come before us.

To assist baby, as well as yourself, work to clear your blocked emotions.

Our children are conceived from within the 6th sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent's emotional injuries and their soul condition typically reflects that of one or the other parents. Either way, the child's soul condition is typically that of the 1st sphere by the time they are two years old. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to assist our children, we must firstly resolve emotional issues within our selves.

In turn, we are a reflection of our parent's soul condition, and their parent's soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations

that insidiously manifest as life threatening illness episodes within unborn and new born babies. As an example, parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.

Mental illness and distress is caused by spirit interaction and influence. Until the person considers that it is spirit, or multiple spirit influence, little can be done. Multiple spirits can over-cloak a person periodically.

Help the spirits that are around the person. This does not deal with the cause of the attraction. It is a two pronged assistance. Assist the person to process the emotion behind the attraction to enable the connection to be removed.

Every single illness within our body is about an emotional denial. It is the denial that creates sickness.

You are completely responsible for everything created – accidents, illness, etc.

If I have an illness that appears to be incurable, I am denying my Law of Attraction, and I am also denying my physical pain, and I am also most likely denying my emotional pain, so I am in a lot of denial of what has created that particular thing.

Denial of grief manifests as asthma. When a parent denies his/her grief, they are denying their children the experience of their own sadness and when they do that, they get into an asthmatic state straight away.

Every denial of grief by children, during their life, which is the subsequent denial by the parents of their own grief that caused them to shut down their own grief during their life so that now their asthma is of a result of their own grief as well.

No matter how old the child is, if you, as parent, have shut down your own emotion when they were little, how much of their emotion is really yours? A lot of it. Not the stuff they chose to do, but the stuff you chose to do when they were little. That stays with them for good, during their life, until they release it.

You will find that you, as a parent, even at 80 when your child is 60, she/he will have an emotional experience as a result of you releasing the emotion. The child can release it themselves, but there is a really positive effect when the parent chooses to release their emotion on the child.

The LAW of ONE – Book II :

P.82 by Ra 18 Mar 1981

Questioner: You mentioned that the thoughts of anger now are causing cancer. Can you expand on this mechanism as it acts as a catalyst or its complete purpose?

RA: I am Ra. The fourth-density is one of revealed information. Selves are not hidden to self or other-selves. The imbalances or distortions which are of a destructive nature show, therefore, in more obvious ways, the vehicle of the mind / body / spirit complex thus acting as a teaching resource for self revelation. These illnesses such as cancer are correspondingly very amenable to self-healing once the mechanism of the destructive influence has been grasped by the individual.

Questioner: The you are saying that cancer is quite easily healed mentally and is a good teaching tool because it is easily healed mentally and once the entity forgives the other-self at whom he/she is angry the cancer will disappear. Is this correct?

RA: I am Ra. This is partially correct. The other portion of healing has to do with forgiveness of self and a greatly heightened respect for the self. This may conveniently be expressed by taking care in dietary matters. This is quite frequently a part of the healing and forgiving process. Your basic premise is correct.

Questioner: In dietary matters, what would be the foods that one would include and what would be the foods that one would exclude in a general way for the greatest care of one's bodily complex\?

RA: I am Ra. Firstly, we underline and emphasize that this information is not be understood literally but as a link or psychological nudge for the body and the mind and spirit. Thus it is the care and respect for the self that is the true thing of importance. In this light we may iterate the basic information given for this instrument's (person's) diet. The vegetables, the fruits, the grains, and to the extent necessary for the individual metabolism, the animal products. These are those substances showing respect for the self. In addition, though this has not been mentioned for this instrument is not in need of purification, those entities in need of purging the self of a poison thought-form or emotion complex do well to take care in following a program of careful fasting until the destructive thought-form has been purged analogously with the by-products of ridding the physical vehicle of excess material. Again you see the value not to the body complex but used as a link for the mind and spirit. Thus self reveals self to self.

Note: Ra is possibly from within the 4th or 6th sphere, is a natural love spirit and is unaware of the soul.

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.

The substance of which one's soul is made of is 'natural love'. To grow the quality of one's soul condition is readily achieved by the asking for and receiving of Divine Love. Divine Love blends with the natural love within one's soul.

Without natural love, your soul does not exist.

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

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

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

18 May 2010

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

God gave you free will.

You are not responsible for other people's judgement.

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

An INGREDIENT in the WATER:

p.166 Light from Heaven by Joseph Babinsky 13 Nov 2009

A message intuited by Joseph pertaining to the transfer of emotions from one generation to the next:

“Water is pure and given to help nourish your body. But water in its pure state is often changed by the addiction of an ingredient foreign to itself. The water may change colour, but it may also be changed in quality until the water is no longer helpful to the physical body, but harmful, and in some instances, deadly.

“The soul is pure and innocent when it incarnated into a human body forming within the mother’s womb. In its life prior to birth in human flesh the soul is without blemish or defect. It is perfect. Immediately, however, it absorbs ingredients foreign to itself from the mother’s soul, some good, but many that are detrimental to its intended growth in the womb. The little innocent and pure soul becomes changed in qualities by these ingredients received direct from the mother’s soul.

“What you are doing now, Joseph, in your prayers for the Divine Love, is that you are engaged in a process that is designed to place another and different ingredient into your soul. This ingredient is direct from the soul of your Heavenly Mother. This ingredient we call the Divine Love. It is the real substance of the Love Nature of your Mother’s great soul. If you will be constant in your prayers, and not grow weak, but persevere, this substance of your Heavenly Mother’s soul, will transform your soul. You will become not only the perfect man that you were intended to be, the image of God, but more than this, you will become a new human having divine substance; you will become a divine angel.

“You must not blame or fault your mother for giving your soul ingredients that defiled it and made it alien from God; she was ignorant of what she was doing and what was actually happening to your little soul growing within her womb. Her soul experienced the same thing in her mother’s womb, and her own mother the same, and on down through the centuries.

“Today you and others are stopping this degenerative process. By earnestly desiring help from your Heavenly parent, you are feeling an ingredient within your soul reversing the damage in your soul, and you are feeling lighter, happier and more at peace. Yet, something more than this is taking shape. Your soul is becoming something different; it is in the process of being transformed.”

Note: We, as parents, start infusing our emotions into our children immediately upon conception. At conception, we, as parents, bring about the physical body and the spirit body. The soul coming in that will get the connection will be the soul that’s the exact personality requirement for those two parents at that particular moment. A soul is attracted to these newly conceived bodies immediately or within a few days thereof. That completes the individualization process of the incoming soul. During the gestation period, we continue to infuse our emotions into the child. The bulk of this process is just about done by the time the child reaches two years of age and can be said to be completed by the time the child is seven years old. The child then goes about its own way on his/her journey.

When we access, process, and release our emotions, we are actually doing the same thing for our children. We can remove the emotions that we have previously infused into our children.

TWO KINGDOMS and TWO WAYS:

May 15, 1917

P.513 Book of Truths – Joseph Babinsky

P.184 The Human Soul – Joseph Babinsky

The question arises how or in what way can a man obtain this Divine Love and this new birth – and the Celestial Kingdom.

The only way then is simply this: that man shall believe with all the sincerity of their minds and souls that this great love of the Father is waiting to be bestowed upon each and all of them, and that when they come to the Father in faith and earnest aspirations, this love will not be withheld from them. And in addition to this belief, men shall desire (pray) with all the earnestness and longings of their souls that He open up their souls to the inflowing of this love, and that then may come to them the holy spirit to bring this love into their souls in such abundance that their souls may be transformed into the very essence of the Father's love.

The man who will thus believe and pray will never be disappointed, and the way to the Kingdom will be his as certainly as that the sun shines day by day upon the just and the unjust alike. No mediator is needed, nor are the prayers or ceremonies of priests or preachers, for God comes to man, Himself, and hears his prayers and responds thereto by sending the Comforter, which is the Father's Messenger for conveying into the souls of men this great Divine Love.

I have thus explained the only way to the Celestial Kingdom of God and to the divine nature in love. And there is no other way whereby it is possible to reach this Kingdom and the certain knowledge of immortality.

So, I implore men to meditate on these great truths, and in meditating believe, and when believing, pray to the Father for the inflowing into their souls of this Divine Love, and in doing so they will experience belief, faith and possession and ownership of that which can never be taken from them – no, not in all eternity.

And so it is with man to choose and fix his destiny. Will that destiny be the perfect man or the *divine angel*?

Your brother and friend,
Jesus

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

The Only Prayer That Man Need Offer to the Father:

(as given within the first century)
I am here, Jesus

The Prayer for Divine Love

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

Amen

MoC



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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings. Kevin 26 Sep 2017

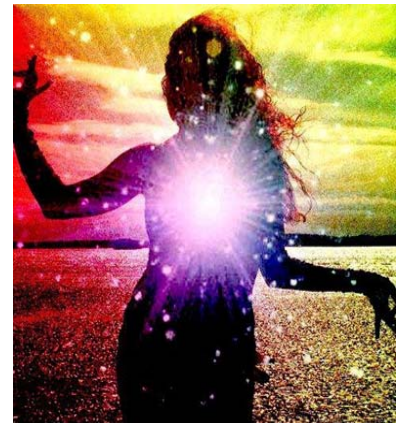
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

FEELING HEALING

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

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



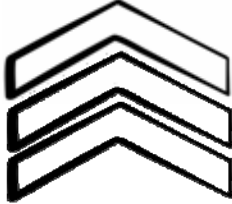
“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul,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

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
Living true to oneself;
Mind supporting Feelings;
Living with the Divine Love;

Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
Unlimited progression

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



THE MIND WAY

Mind – Transcendence
Limited progression

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



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

Hell:
Exploiting the Rebellion and Default.

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

Prayer and faith on the part of mortals, and love – the Divine Love – on the part of God.

The latter is waiting, and the former causes it to enter into the souls of men.

No other truths are so great and momentous to men.

Let what I say sink deep into your memory, and try the experiment. I know you do try, but try and then try and never cease trying. Love will come to you and with it faith, and then knowledge and then ownership.

Quotes from messages from Solomon – p.200 Light from Heaven by Joseph Babinsky

- *Desire to feel your Heavenly Father's Love.*
- *Investigate and long for Divine Truth.*
- *Be willing to feel all your feelings all the time.*

Quotes from AJ – p.201 Light from Heaven by Joseph Babinsky

A L O N G I N G for GOD'S LOVE to ENTER YOU
 A L O N G I N G for GOD'S TRUTH to ENTER YOU
 H U M I L I T Y

Humility is the passionate desire to experience fully

ALL of your own emotions,
 without blame, judgement or condemnation

The HUMAN SOUL – Pathway Home:

P.196 Joseph Babinsky

What is the soul?

It is not the intellect and it is not the mind. The soul may be identified with its qualities of emotions, feelings, aspirations, longings, passions and many other similar things. When the individual soul begins to open, she will experience feelings and emotions as never before in all her existence. And when she recognises and realises what is happening, and chooses to continue to allow her soul-feelings to be felt (meaning that she does not suppress her feelings and emotions), and seeks and asks her Heavenly Mother-Father to fill her soul with Divine Love, a wonderful experience will begin to envelope and enter her innermost being.

Divine Love is a real spiritual substance that comes from God in response to the soul which desires to know the truth about its origin, purpose and destiny. Divine Love comes from outside self and feeds the hungry soul. When the desires and passions of the soul are engaged through the process of the inflowing of Divine Love, there is actually no limit as to what may take place in the outer manifestations of the soul's newfound energies. The soul that was buried by the concerns, appetites and energies of the physical body now awakens to its true identity. When the human begins to feel its authentic and real self (which is its soul), this real self bursts with freedom. Where the human willingly follows the scent of Divine Love, a new leadership and path develops in its life. A key difference is that the soul on the Divine Love path expresses God-reliance, whereas the soul on the natural love path expresses self-reliance. Knowing the truth about itself (its origin and destiny) is the truth that sets the soul free.

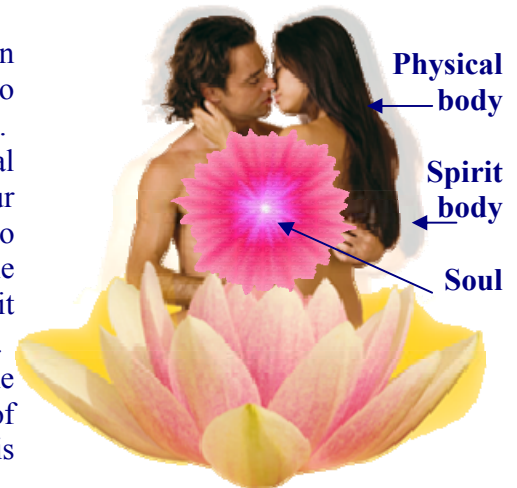
A vision may come to the person whose soul – now God-reliant and infused with the flow of the Divine Love – becomes the leading energy in her life. The soul on the Divine Love path is the life of the spirit body and of the physical body too where it has been given the freedom to *be* so. On this path it now becomes possible to envision herself as a true child of the Heavenly Mother-Father, fully cared for and provided for. Her soul may now soar to Heaven's Gate so that she may say with complete trust: *Thy will be done on Earth as in Heaven*. This inner soul-vision will unfold and continue to unfold in greater and deeper degrees, until she begins to experience in the outer (the physical realm) what she has already felt to be true in the spirit realm.

A Vision

*For this was my soul created in pristine condition;
This I become in truth.
Divine Love is the gift which enables it to be so.
As in Heaven – so on Earth;
It is done:
The Heaven-born child,
At-one with God.*

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.

GENERAL:

Our Father / Creator has created a perfect system for healing us in every way, the primary way being healing us from emotional pain caused by emotions and feelings in disharmony with Love. The results of this healing then are transferred from our soul into our spirit and physical bodies, and so a person who walks this path, the Divine Path, is eventually also healed from all spiritual and physical disease as well.

Because our emotions are involved, loving thoughts can only come from loving feelings. So there is no such thing as a thought of love without an emotion. The mind (spirit body) or the brain (physical body) cannot love. But the feeling of love that comes from the soul can be activated by thoughts of the mind. So there is a relationship between thoughts and loving feelings or loving emotions.

Do I have a burning desire to be known by anyone? Often I may say that I do, but I may be in a state of psychological reversal regarding the matter, where my thoughts and my feelings are actually opposite. (Please note this is the cause of many diseases from migraine headaches to cancer). For example, a person often states they have a burning desire to be known by someone else, and then they spend the majority of their life lying to others, withholding truth from others, misrepresenting their true feelings, running away from trusting others, avoiding emotional transactions, and withholding their heart in love. So the truth is that they do not really want someone else to know them, even though they think they do.

This is similar to a person who says they want to loose weight and goes on diets one after the other, but never loses weight. They believe with their mind they wish to loose weight, but there is a feeling within them that is more powerful saying they wish to remain fat or gain weight. It may be as simple as "If I loose weight, I will look attractive, then I will get unwanted attention, and I don't want attention, so I will stay fat."

There are usually deep emotional causes from childhood for this kind of reasoning that are completely ignored by the mind, because the mind responds to the soul emotions saying; "I (the soul) want my mind to help me to deny any true emotion that causes me to feel pain." When this occurs, the mind will attempt to follow the soul's incessant instructions and avoid all food, drink, events, memories, and situations that trigger the emotional pain. Or, conversely, it will be attracted towards food, drink, events, memories or situations that assist it to be distracted from pain. While we are in this condition, we are using our mind to filter and avoid what our soul says is negative emotion, and while we do this, we do not have a pure desire to truly know ourselves, or be known by God / Creator.

Allowing myself to be known requires my emotional openness. It requires that I want to expose myself as I truly am to God / Creator and others. It requires that I understand that She sees everything within me, even those things that I feel ashamed of, that I feel guilty for, that I feel rotten about. It requires that I am honest with myself, and see my own condition as it truthfully is, rather than the condition that I portray to others falsely. It requires that I live in truth.

Having a burning desire to be known is often more easily satisfied in the spirit world than on Earth. The reason is that shortly after entering the spirit world, most spirits realize how naked they are in regards to their own thoughts and feelings, and the condition of their own soul. Often the spirit will then "give up" the pretence they kept while on Earth, because in the spirit world they find such a pretence fruitless. So,

for a spirit it is not very difficult exposing true thoughts and feelings, whether creative or destructive, to their heavenly Creator, since the truth has been already exposed to themselves and others.

But, on the Earth, it is very easy to deny our own true thoughts and feelings, and we often spend our entire life denying how we truly feel, also attempting to hide the truth of our thoughts and feelings from others.

A person often states they have a burning desire to be loved by someone else, and then they spend the majority of their life hating themselves, and this self-hatred is demonstrated by their lack of care about their own self, their physical and emotional health, and their own spiritual condition. They constantly reject their own soul, by constantly rejecting their soul's emotions, passions and desires.

Of course, we still desire someone's love, but each time someone attempts to love us, we use words or actions that push them away, because we believe we are unlovable. So we come to believe we want love, but our true soul condition, which will activate the soul of our Father, is that we feel we are unable to be loved.

The Law of Attraction will expose this condition within us. When we are in this condition, we will feel that we love others, but that others do not understand us or love us. Of course, it is not love that we are experiencing for others, but rather co-dependence. The soul in the condition where it believes it is unlovable, will surround itself with people, but each one of those persons will project expectations upon the individual so that eventually the individual sees that it really does not want love, but wants dependence. If love "hurts", then it is not love, and at some time in the future we will need to come to understand what love is before we will progress.

We can believe with our mind all we want, but unless our true soulful desire or passion is for the thing we say we want, we will never receive it. This illustrates the damage that can be done by the great undermining negative influence of poor parental care. Feelings of dissatisfaction felt within childhood, are, under the influence of our soul in pain, then denied and buried by our mind in an effort to prevent further painful experiences, and the result is our inability to recognize our own true feelings and emotions. All of this must be reversed. It is our soul's emotional condition that activates the Law of Attraction, not our intellectual reasoning.

Childhood feelings regarding love that are in error have the largest effect on the soul attempting to desire its Mother's Love. All of these emotions will be confronted if we truly seek and desire Divine Truth and Divine Love, and as we come to know and love our Mother, a by-product of such experience is that we also come to know and love ourselves.

God created this process which is perfect in all its ways, a process that exposes within us all of our personal love injuries, exposes all of our personal desires and passions that are in disharmony with Her Laws or Her Love, exposes all of our thoughts, words and actions that are the effects of our soul's true condition, and all of our selfishness, pride, shame, guilt, sadness, fear, anger and resentment.

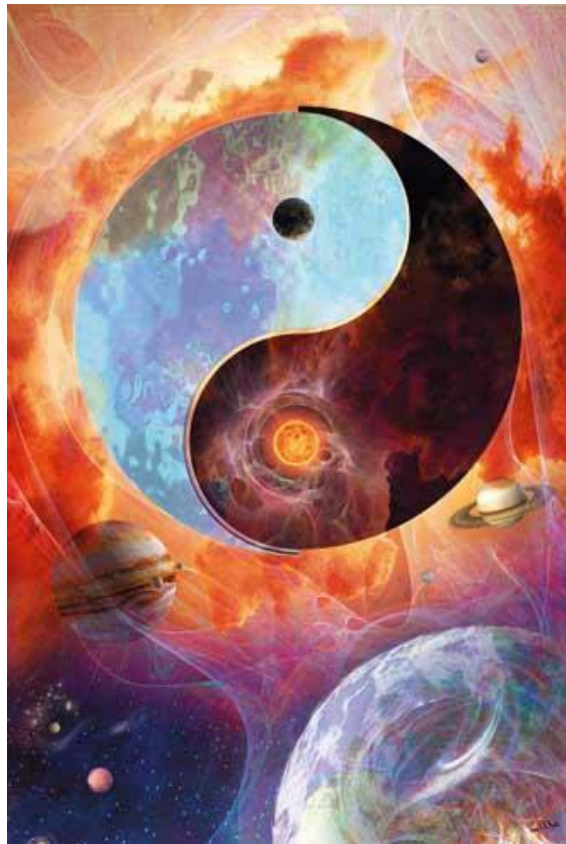
If we truly want God's / Creator's Love, then we must also truly want to recognize within ourselves and release from ourselves all of these disharmonious conditions.

Mankind's way of living has become so distorted, and the condition of the soul so covered with sin and error that many people in this world want something without being prepared to give of themselves. They want to be loved, but do not want to risk loving. They want to receive gifts, but are not generous in giving. They want more material things, but they do not want to give anything materially unless they get in return. They want someone else to work for them, but they do not want to work for others. When they are poor, they want to take from the rich and give to the poor, when they are rich they want to take from the poor.

Divine Love transforms us from making effort into natural expression without effort. For that reason, it is true freedom.

If we are yet to reach that place, then all we need do is continue to release the negative emotional baggage we carry and continue to sincerely long (pray) from the heart for Divine Love from our heavenly Parent. The Divine Love will do Its work.

When we begin prayer, having a burning desire is not always possible because other emotional baggage that must be released taints desire, only upon release of emotional error can a pure and sincere desire be realized. As we release our harmful emotions, we grow in sincerity and purity, and our desire for God / Creator grows. In time, as we progress and grow in soul development with the assistance of God's Love, our Free Will is able to be exercised in a completely pure manner, and with sincerity.



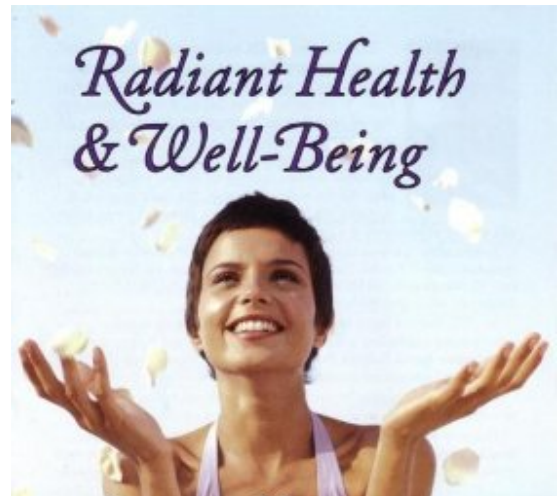
RADIANT HEALTH and WELL BEING:

Accessing and processing your emotions brings you into a state of well being that can grow infinitely.

Growth through the intellect has a finite goal. That is the state of being the perfected man / woman. That is the state of being in the 6th sphere in the spirit world, being the highest plane in the kingdom of man. A beautiful place, but why short change yourself? Anyway it may take you several thousand years to achieve this goal.

By accessing and processing your emotions you are able to progress infinitely. That is, you can progress beyond the kingdom man and become at one with God / Creator in the 8th sphere in the Celestial Realms and continue to grow potentially beyond even the 22nd sphere where you become at one with your soulmate. This goal is achievable within a few short years by accessing and processing your emotions, that is by adopting the Divine Love pathway.

Being at one with your soulmate is the bonding of the two soul halves into a companionship environment whilst continuing to have the two expressions of that soul, the male expression and the female expression.



Cellular pH (Voltage) and Disease

Values are Approximate						
Nakatani	Cell Voltage	Cell pH	Salivary pH	Cell pH	Symptoms	
210	-105	8.84	8.04			
200	-100	8.75	7.95	Viruses Bacteria Cancer Cells Die 7.8-8.8	Symptoms of Healing	
190	-95	8.66	7.86			
180	-90	8.58	7.78			
170	-85	8.49	7.69			
160	-80	8.40	7.60			
150	-75	8.31	7.51			
140	-70	8.23	7.43			
130	-65	8.14	7.34			
120	-60	8.05	7.25			
110	-55	7.96	7.16			
100	-50	7.88	7.08			
90	-45	7.79	6.99			
80	-40	7.70	6.90			
70	-35	7.61	6.81			
60	-30	7.53	6.73			
50	-25	7.44	6.64		Vigorous Healthy	
40	-20	7.35	6.55	Normal Cell		
30	-15	7.26	6.46	Cell Mitosis 6.5-7.4	Tired Illness Fatigue	
20	-10	7.18	6.38			
10	-5	7.09	6.29			
0	0	7.00	6.20			
	5	6.91	6.11			
	10	6.83	6.03			
	15	6.74	5.94			
	20	6.65	5.85			
Can't Read	25	6.56	5.76			
Reversed Polarity	30	6.48	5.68			
	35	6.39	5.59		Cancer Develops 6.3-7.0	Pain
	40	6.30	5.50			
	45	6.21	5.41			
	50	6.13	5.33			
	55	6.04	5.24			
	60	5.95	5.15			
	65	5.86	5.06			

The following chart help us understand the difference between electron donors & stealers in the human body

• Voltage	Cell pH	Status
• -800	9.50	Kangen water
• -50	7.88	Makes New cells
• -45	7.61	Normal for kids
• -25	7.44	Normal for adults
• -20	7.35	
• -15	7.25	Tired
• -10	7.18	Sick
• 0	7.0	Change polarity
• + 5	6.91	
• +10	6.83	Obesity
• +20	6.65	
• +30	6.48	Cancer occurs
• +500	4.00	Reverse Osmosis
• +700	2.50	Soda



Is there a connection between toxic / blocked emotions held within our soul and an acidic physical body?

The answer is yes. Toxic emotions are reflected through our physical body. The manifestation of the effects of emotional errors in our soul may take years to become apparent. Addressing the emotional errors will permanently remove these physical issues.

PASCAS CARE:

Over the years, and more recently, we have been researching and observing health issues and treatment modalities.

Our objective has always been to treat the cause, not the symptoms.

By treating the symptoms, all you and I are doing is masking the cause and once the treatment stops, the symptoms re-emerge or rebound.

We are all aware of cancerous tumours seemingly being dealt with only to have a 'herd of elephants' emerge in about five years or so later. This is a comment to highlight how this also happens with many different illness issues.

Apart from medication that our allopathic system makes available, many also utilise energy based platforms, such as Reiki, homeopathy, etc. There are many such platforms, that when provided by highly proficient practitioners, that are highly effective.

What is now understood is that these efficacious energy modalities often provide a solution only to be found to lose their effectiveness as time goes on. Like the medication, months or a few years later the condition comes back.

We are emotional beings. It is suppressed emotions (energy in motion no longer), that causes the emergence of the illness, and typical it is founded on Childhood Repression.

It is only by dealing with these suppressed emotions that we can permanently remove the illness.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and **prevention** of disease."

~ Thomas Alva Edison quotes

“**Prevention** is a whole lot less costly than treatment and maybe more effective.”

~ Debbie Adair quotes

"The more **signs** that point to the road of good health and disease **prevention**, the more people shall find and travel her path"

~ Harold Guderjahn quotes (from one of our own Pascanians!)



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.

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.

FEELING HEALING and SOUL HEALING:

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



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



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



FEELING HEALING is to LIBERATE OUR TRUE SELVES:

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

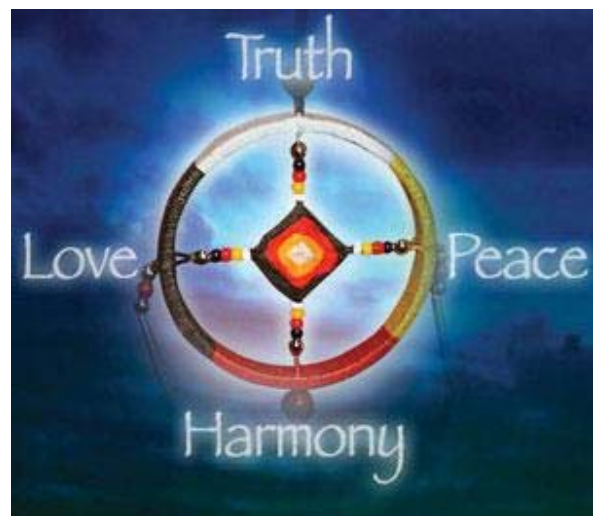
When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

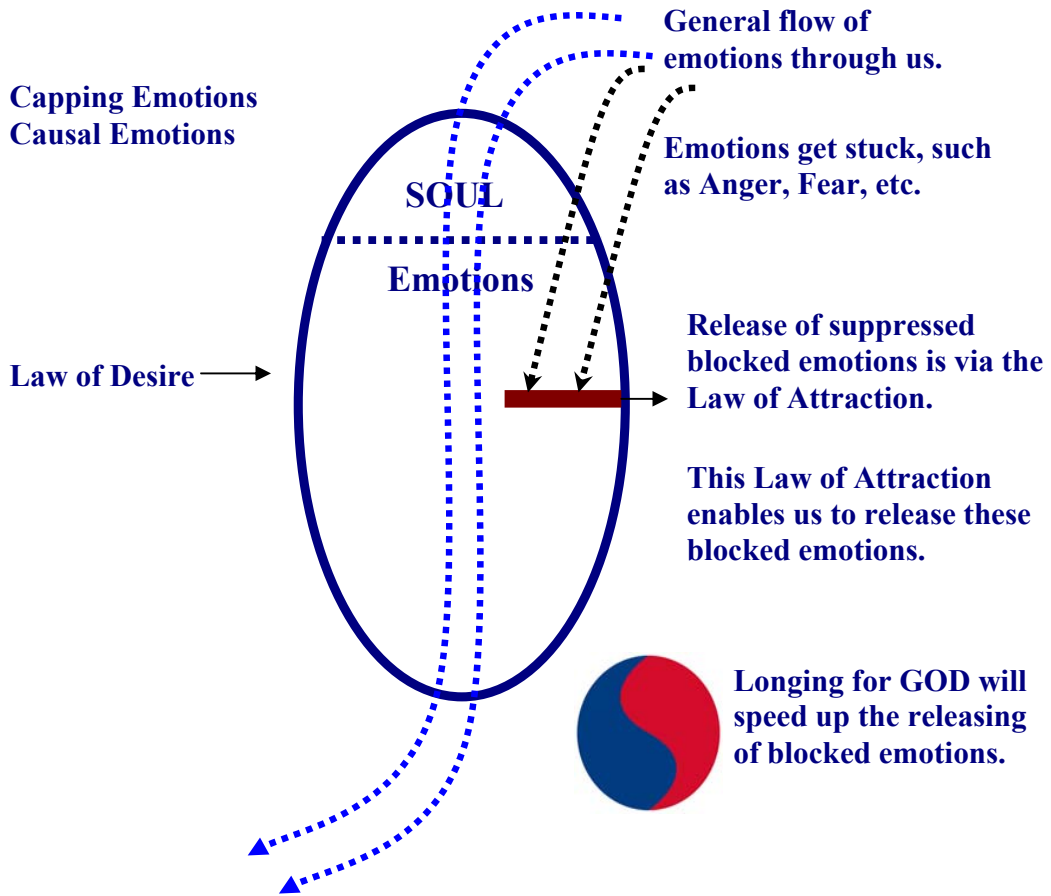
MIND



SOUL



WE are CREATED as EMOTIONAL BEINGS:



“Repressed / suppressed emotions result from walking away from Love. Aman and Amon – first parents – walked away from God, detuned from God’s love. We misused freewill by acting in disharmony with God”.

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



**PASCAS
PAPERS**

EMOTIONAL CLEARING HEALING MODALITIES:

<http://www.thetruthaboutfoodandhealth.com/healing-modalities.html>

If the body had no energy, it wouldn't be alive. If our cells had no energy, they wouldn't be alive. Science has shown that many diseases are the result of a lack of energy at the cellular level. Disease is the result of malfunctioning cells... And cells malfunction because of stress put upon them... And that stress is due to a lack of energy (and nutrients).

Through science it has become quite clear that stressful emotions don't provide a positive life giving energy. Negative emotions, which are the absence of love and truth, are literally the absence of energy. In other words, love, truth, and energy are all one and the same thing. Call it whatever you wish.

The Mind-Body Connection

A person's mental and emotional health is directly connected to their physical health, and a person's physical health is directly connected to their mental and emotional health. If a person eats "foods" with no nutritional value, that will be a drain of energy on a person physically, mentally and emotionally because more energy and resources are required to process that harmful "nothingness" of a food, than what is gotten from it. If a person has continuous false negative attitudes, outlooks, opinions, beliefs, and emotions, this emotional stress will create a drain of energy and resources on both physical and mental abilities because of elevated blood pressure levels, adrenal levels, etc. Instead of the body / cells using energy towards a health promoting growth mode, the body / cells are forced to expend its energy and resources towards protecting itself and/or dealing with negative toxins while in protection mode. ***Cells cannot operate in growth mode and protection mode at the same time. So being at ease will reverse dis-ease.*** Emotional stress and a poor diet limit the energy available for mental processing and concentration, which literally contributes to lessening our emotional well-being and intelligence. Intelligence levels can increase, emotions can balance, and mental illnesses / disorders can improve by changing the cell's environment. ***The body will heal ITSELF when the sources of stress are removed, and the proper energy and resources are provided.***

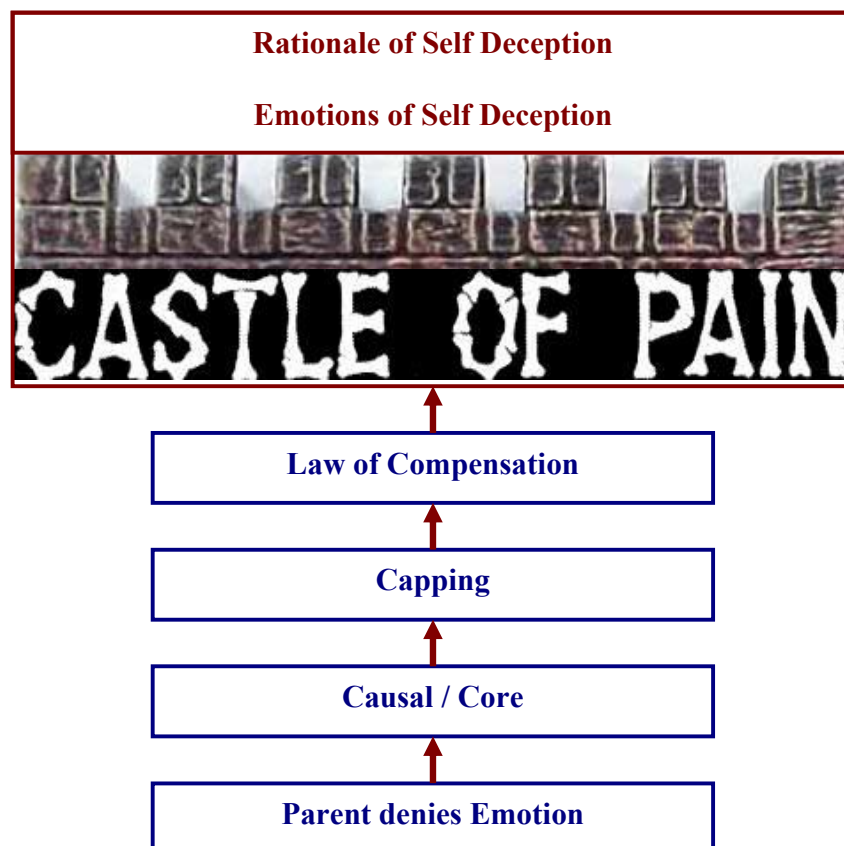
If you are starting to hear people talk the new consciousness talk, the terms 'emotional blocks' and clearing will probably come up in the conversation. So what are these blocks, really? These blocks can manifest or make themselves known to you in a number of ways, from a literal physical 'block', perhaps the body locking up or freezing for no apparent reason, being unable to speak due to emotional overwhelm, conscious or unconscious avoidance of an issue that is related, even if you don't think it is...an apparently casual conversation hitting a number of 'buttons' in your mind, a place or repeat experience 'firing off' some kind of unpleasant experience or memory.

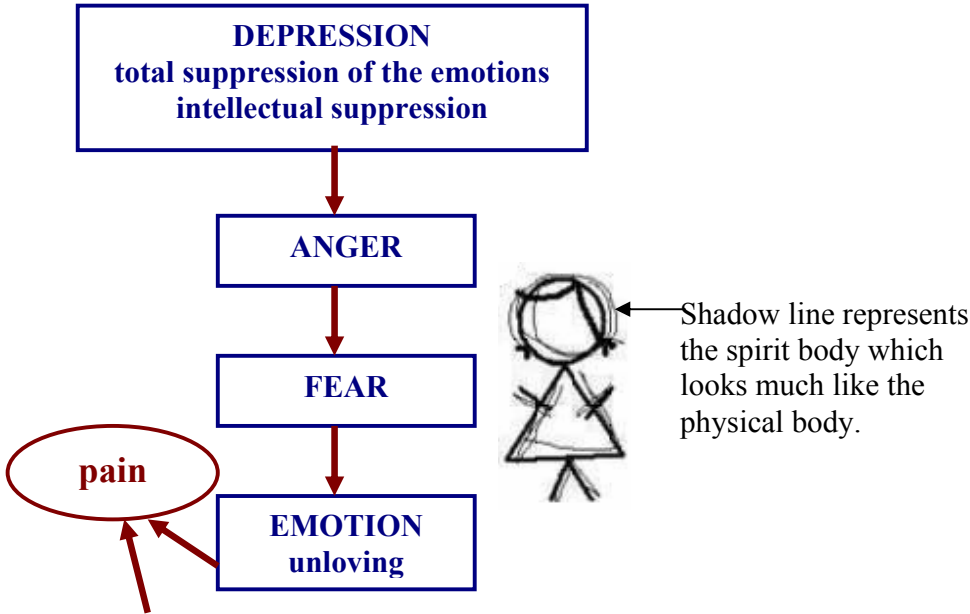
Depending on the energy modality or therapeutic practice, these blocks can be explained in a number of ways. We may perceive them as an interruption in our flow of energy through the body or the meridian system, or an area of the emotional body that has received trauma in the past, is still 'tender', and therefore protects itself by becoming numb and not feeling any further, perhaps a recursive thought loop that has been set up by the brain to avoid 'going there' and recalling that memory, place or time, or simply a conscious process whereby we choose not to deal with that thing, place, or circumstance, since we are busy with other things!

The body-mind creates these blocks for our protection, however, unless they are cleared then damage eventuates. We already have to filter out so much from our energetic lens in order to cope with our thoughts, actions and emotions in the fast-paced modern world that to deal with everything in the present moment can feel completely overwhelming. So when rested, ready and in gratitude, we can start the work on clearing the blocks we are ready to 'let go'. We can learn how to turn those blocks in to stepping stones, in order to move forward with life and turn our experiences into a greater and greater golden column of wisdom, rather than experiences which hold us back. Reflexology can help us to clear blocks that have become rooted in the physical body, such as tight muscles, sore joints and the restarting of the body's energy flow and the reminder to simply 'let go' and relax. Or we can use our own intuition, or inner wisdom, to redirect our energy, thoughts, actions and emotions past the release of the 'block' or 'holding back' to a place of new potentials and possibilities.

So when researching health modalities for yourself from the new energy, or new consciousness movement, be aware that sometimes you may need to move around the 'Alternative Medicine Wheel' in order to complete the shift you have chosen to make. The Native American Medicine wheel symbolizes the individual journey each of us must take to find our own path. It may be a useful analogy to apply to alternative or complementary energy medicine also.

Accessing and clearing emotions requires dropping down through the anger, then the fear, and then fully experiencing the grief of the emotion. This requires perseverance and stamina, but most of all, prayer. The rewards are profound.





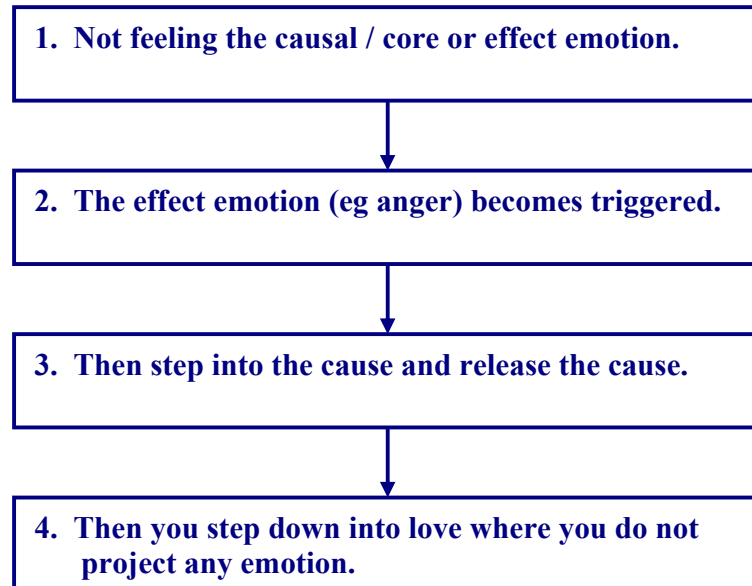
**Physical pain is a measure of emotional denial.
 Pain is telling me when I am unloving.
 Suppressed emotion causes blockages in spirit
 body that will start physical problems.**

Anger creates more unloving things – not less.



<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

STATES



A health modality that is structured to assist you with the accessing and clearing of emotions is the Journey Process established by Brandon Bays.

JOURNEY PROCESS

<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.

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.

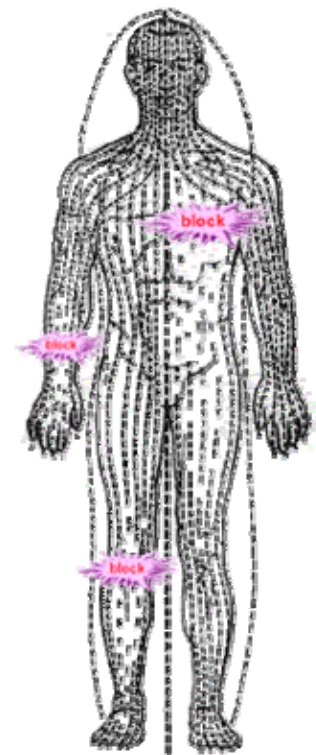
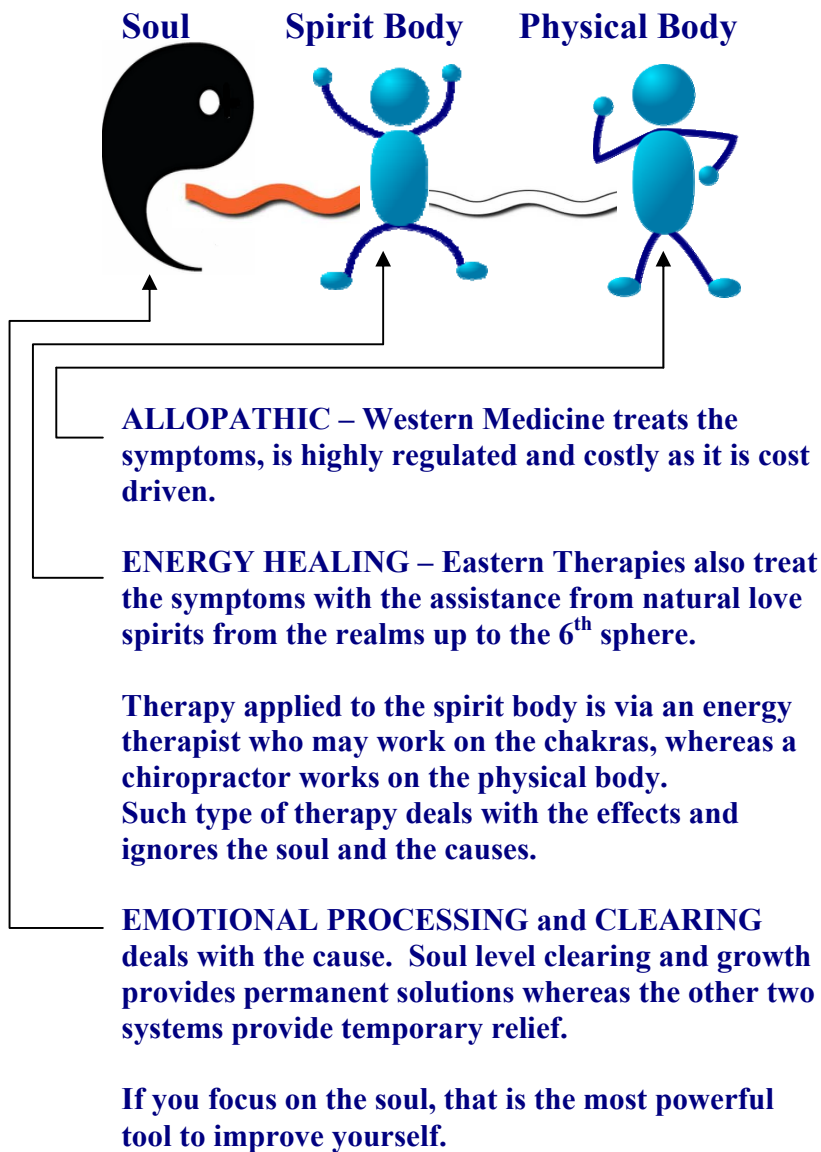
The JOURNEY process for KIDS:

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 the adults attending The Journey Intensive programs.



HIERARCHY of HEALING SYSTEMS



“The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

“But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father’s Grace.”

P.6 Judas of Kerioth

Judas – August 19th, 2001

ACCESSING and CLEARING EMOTIONS:

- ❑ While we resist any form of soul development, that is, continue to deny the existence of our emotions, we become stagnate. Our fate becomes predictable.
- ❑ When emotions are not changing, the outcome is certain. Emotions being stagnant, the outcome is certain. That outcome is a certainty, that is fate.
- ❑ With soul development, our Law of Attraction changes with our growth and our future becomes far more vibrant than we can possibly imagine.
- ❑ While every emotion I hold on within myself, I create pain in other people. We are connected to each other. It is soul based changes that make the difference.
- ❑ Every single thing that happens in the universe is affected by my soul condition. Unless the emotion of everyone changes, then what happens is certain.
- ❑ Many who desire to change is not matched by their desire to deal with their emotions.
- ❑ Illness manifested within the physical body emanates from stuck negative emotions from within our soul. Whilst physicians and doctors address the symptoms within the physical body, the soul continues to manifest the same or similar illness until you access and process these stuck emotions.
- ❑ Going through emotions – releases ailments.
- ❑ Typically our soul condition is that of the dreary regions of the 1st sphere. Our communications are filtered through this soul condition. Very few of us speak truth all of the time, that is representative of a 3rd sphere soul condition. Difficulties with communications reflects the soul conditions of those conversing which each other.
- ❑ The energy levels of raw and unprocessed foods are exceptionally higher than those of processed foods especially products from animals such as fish, sheep, pigs, cattle, etc. Our desire for animal produce was impressed upon us by our parents. We are not treating our bodies with love with such diets.
- ❑ Emotions not processed – patient will continue to attract spirits with similar emotional injuries.
- ❑ Channelled healing to the body of patient is temporary, until the patient is willing to deal with the emotion. Natural love spirit can partially and temporarily heal the patient. All that happens is that a slow down in the condition occurs until the emotion is processed.
- ❑ Patient achieves a causal emotional release and Divine Love enters patient, healing is achieved – longing for truth, love and being humble.
- ❑ God / Mother and Father / our Heavenly Parents only deals with causes, not effects.



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.



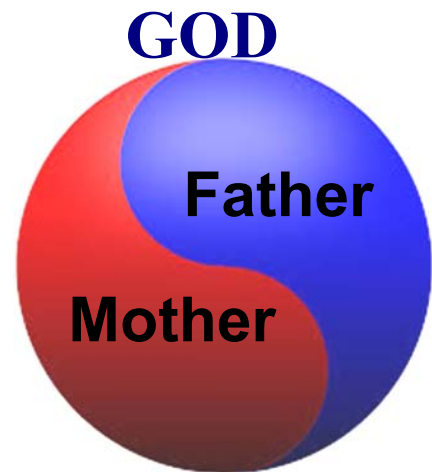
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive 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



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).

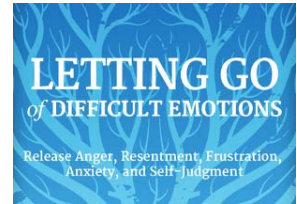
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is 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.

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

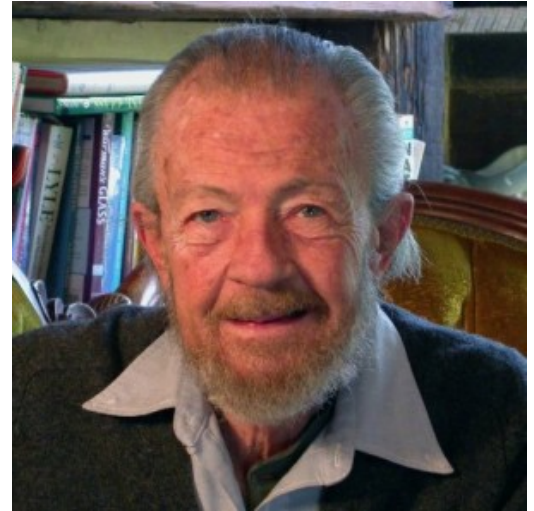
**Divine Love with
Feeling Healing is
the key!**

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



Dr DAVID R HAWKINS:

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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



EVERY ASPECT of YOUR EXISTANCE BENEFITS:

Treat the cause rather than the symptoms; this is the focus of Pascas Care.

P.7 Pascas WorldCare – and 100 + Years!

Interestingly, by treating the cause rather than the symptoms we enable the second goal of Pascas to be achievable:



The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.

By accessing and processing our emotions that are in error to truth we address erroneous emotions that we have impressed into our children, in so doing, we remove related fears from within them and they are then able to grow up without fear. These understandings have never previously been comprehended throughout the history of humanity.

Process and clearing suppressed emotions beneficially enhances every aspect of our lives, every aspect.

We share these gifts with your with all the love of the universe which stands behind these truths.



Primary recommended reading:	consider commencing with: Paul – City of Light		
The Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
containing the Padgett Messages or			
Little Book of Truths			– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Mary Magdalene and Jesus'			
comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx	– James Moncrief
Sage and the Healing Angels of Light	2017	xxx	– James Moncrief
Road map of Universe and history of Universe:			
The Urantia Book	1925 – 1935	xxx	as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Golden Leaf	2008		– Zara & Nicholas
The Richard Messages	2012 – 2013		– James Reid
The Divine Universe	2012 – 2013		– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015		– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015		– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016		– Zara & Nicholas
Feeling Healing – you can heal yourself through your feelings			– James Moncrief
Religion of Feelings			– James Moncrief
The Way of Divine Love			– Joseph Babinsky
Divine Love – The Greatest Truth in the World			– Joseph Babinsky
The Human Soul			– Joseph Babinsky
Divine Love Flowing			– Joseph Babinsky
The Truth			– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven			– Robert James Lees
Life in the World Unseen			– Anthony Borgia
Gone West			– J M S Ward
Post Mortem Journal			– Jane Sherwood
After Death / Letters from Julia			– William T Stead
Thirty Years Among the Dead			– Carl A Wickland
A Wanderer in the Spirit Land			– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen			– Geoff Cutler
The Holy Bible from the Ancient Eastern Text			– Dr George M Lamsa
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm			

James Moncrief's books, the Padgett Messages and The Urantia Book at:

DIVINE LOVE SPIRITUALITY – DLS:

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

All Padgett Messages (for condensed versions – see below) 1914 – 1923 Pages 945
The Urantia Book (see suggested papers to read below)

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings		2017	44

This group being pages of 3,092

Religion of Feelings

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

Introduction to Divine Love Spirituality

<http://dls spirituality.weebly.com/>

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

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

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

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love;

DL denotes Divine Love – living with the Love.

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

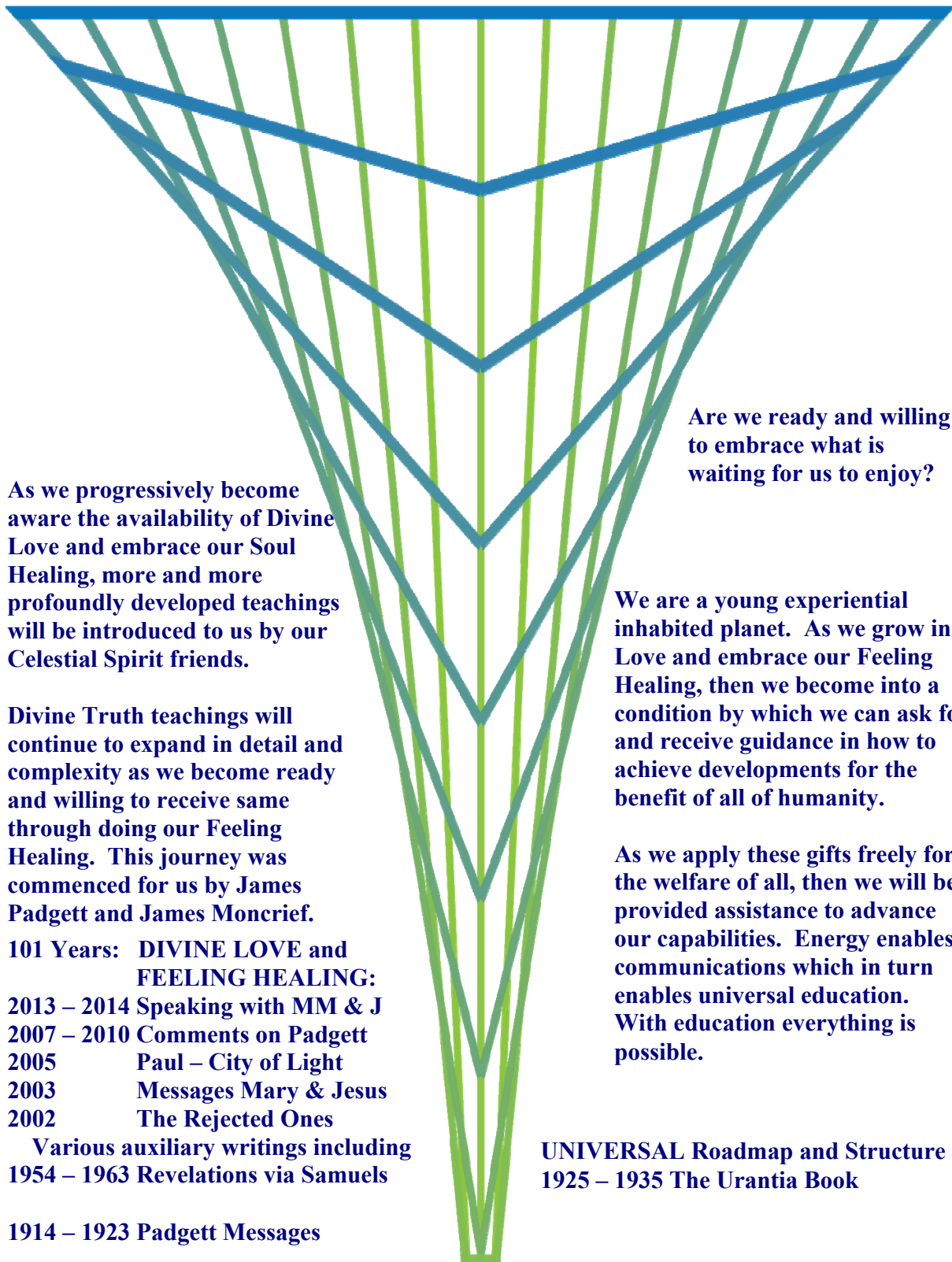
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.



Your soul is the real you!

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



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

perceived truth MoC 880 – relative truth potential MoC 1,410