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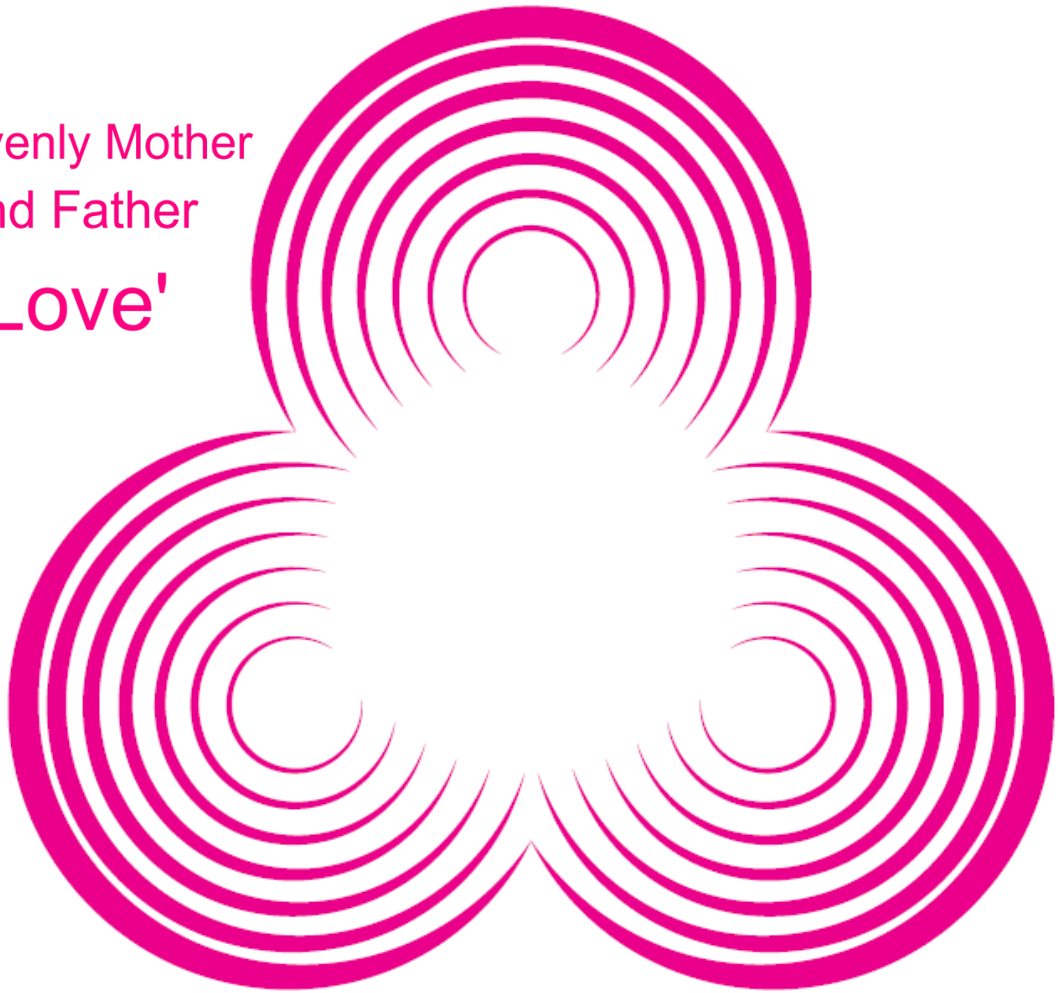
**Beliefs suppress TRUTH  
Result is;  
Health, Discomfort, Pain, Illness, Disease and Viruses**

**To heal yourself with truth can only be done one way, and that is by sincerely wanting to live true, to live a life in which you want with all your heart to see the truth in each and every experience, so that as you live your body is being ‘built’ on truth, and so will remain rock solid, and will not feel fragile and collapse under you when disease suddenly strikes you down. Truth, Truth, Truth, and more TRUTH. You have to want to eat drink and sleep truth. To beg and ask and long with all your will for the Mother and Father to help you see and know the truth, the truth of everything that you do, everything you are, everything you feel – the whole truth of yourself. And so whilst you’re of it, including, the truth of your rebellious state. “Mother and Father, please help me see, know and BE the truth You want me to live.”**

Your spirit body is your body of truth, the real you in Creation, the experiencing you; respect and honour it as such, seek to love yourself through truth, for as you are true, so too will you love. **You cannot love without truth, without being true.** If you try to love with only your mind, you’re contriving love or pretending you are loving. To see the Heart of all Hearts, the Mother and Father, you have to first ascend back from the mind to the heart, and then to love. You have to embrace the Infinite Daughter of Mind as represented by your mind, and honour Her by wanting to serve your heart of truth, to be positive and supportive of truth as represented by the Eternal Son of Truth, and by living with your mind following and supporting your heart, and not denying it and being the boss, you can love the Mother and Father of All Love, and They can fully love you.

# Paradise Trinity

Heavenly Mother  
and Father  
'Love'



Eternal Son of 'Truth'

Infinite Daughter of 'Mind'

Jesus and Mary's soul are different in design than ours. They are a Creator Daughter and Son, or similarly referred to as Michael Daughter and Son soul, and within their soul is expressed only the two of the Primary Aspects of Deity. They are of the Mother and Father, our Heavenly Parents and the Eternal Son. Avonal Daughters and Sons are expressive of the Eternal Son and Infinite Daughter.

The core of humanity (us mortals of Earth) is of the Truth and Mind, and then with the addition of the Indwelling Spirit, we can then relate to the Love.

And with the Avonal pair now on our world (Earth), they too expressing the Son of Truth and Daughter of Mind, we actually are far better suited to relating to them than we are to Mary and Jesus.

# Heavenly Mother & Father LOVE



TRUTH  
Eternal Son

MIND  
Infinite Daughter

Creator Daughter & Son are of Love and Truth.

Avonal Daughter & Son are of Truth and Mind.

Nature is of the Mind.

Humanity is of Truth and Mind then with Indwelling Spirit, also of Love.

Humanity is best suited to be assisted by the Avonals and then by Creator Daughter & Son.

Indwelling Spirit



LOVE

Life is all about our experiences and the feelings that arise from our experiences. We are to express all that we feel from our experiences. We are feeling personalities. We are not to continue to be mind-centric, robotic zombies living in a stupor, worshipping money and our minds – we are to be feeling expressive, responsive and intuitive personalities growing from our experiences and truth.

**It appears that we** are gifted with the most incredible diversity of opportunities for experiences of all the humanities. For much of our time of living on Earth, we may feel that we are in a hell hole and we are. We have been provided with the opportunity to experience the grossness of evilness and most importantly, **NOW** we are being provided with the pathway out of it and how to heal ourselves of this grossness as well as leading the way for the generations to come.

We are the creation of the Eternal Son of Truth and the Infinite Daughter of Mind. Until 200,000 years ago, we lived with our truth and mind in balance, and then high level spirits coerced us to become mind-centric and to suppress our soul based feelings which are always of truth. Consequently, our soul based truths has been progressively suppressed and ignored these past 200,000 years while our mind has led the way for us resulting in imbalance and worldwide disharmony. We have now been shown the way to heal this imbalance through aspiring to live feelings first while longing for the truth that our feelings, our soul based truth, is to show us. We can heal ourselves of our personal Rebellion and Default through Feeling Healing, and by embracing our Heavenly Mother and Father's Divine Love, we can Soul Heal.

Whilst we are primarily of the Son (Truth) and Daughter (Mind), we also receive an aspect of our Heavenly Mother and Father during our sixth year of life in the physical on Earth. Our Indwelling Spirit arrives during our sixth year. When we heal our personal Rebellion and Default and with the asking for and receiving of Divine Love, then when we complete our Soul Healing we will progress to being of a Celestial soul condition and our Indwelling Spirit may then fuse with our soul, thus we become of the Son, the Daughter and of our Heavenly Mother and Father, we become of all three aspects of the Divine Trinity!

So, from living in a hell in deep Rebellion and Default, we will, in our time and choosing, progress to being of a Celestial status, be that while we live in the physical here on Earth, or later at our choosing in spirit, to transition into a Celestial soul condition state and have our Indwelling Spirit meld with our soul thus becoming of the three aspects of the trinity of our Heavenly Mother and Father. This is just such an enormous gift that it is incomprehensible, and all from a state of extreme Rebellion and Default imposed upon us by high level Lanonandek spirits from within our Local Universe of Neadon.

It is from this very humble start through seemingly dreadful and depraved experiences that our search for Truth will unfold and we will develop and grow in truth to be able to reach Paradise to become Finaliters and then be able to assist humanities on new worlds, yet to unfold in their evolutionary growth. We are truly blessed to have these opportunities, yet it may be some time before we can appreciate the wonders of our pathway Home and beyond.

### **Health.**

Perceptions are wonderful. When was the last time that a health carer discussed or told you what was the cause, underlying or otherwise, behind the discomfort, pain, illness, disease or virus that you presented with?

**Are there really 10,000 diseases and just 500 'cures'?**





foundations throughout our childhood forming years, from the moment of conception through to the age of six years, up to when our Indwelling Spirit arrives, that being childhood suppression and beliefs imposed upon us by our parents that are erroneous. Then we go on living all of this till we die!

Our soul orchestrates it all. Our soul does everything. Our soul brought our spirit body into existence and, in turn, our etheric spirit body is the template of our physical body. Light continually flows from our soul through our spirit body and into our physical body. Our experiences in the physical are expressed back to our soul being this same light now degraded. Everything that we experience is recorded by this light returning to our soul. Emotional injuries and errors of belief that we experience impede the flow of light back to our soul – consequently we are degraded by such accumulating damage and harm. Look at a young child and then look at yourself now!

At the moment of our conception, we are perfect in every respect – both in Natural love and physically. We are then literally fire-hosed by our parents' emotional injuries and errors of belief and this is ongoing. They are not even aware of our existence when this onslaught commences – no wonder many conceptions do not survive to incarnation which is when the foetus commences to pump blood some 16 days after conception.

*My individual "Rebellion and Default"  
is my overarching virus!*

*We are to express our feelings,  
both good and bad, emotionally!*

The health industry and its scientists do not recognise the existence of our spirit body, let alone our soul. They do not consider the etheric spirit body at all, yet it is this body that viruses first emerge in before finding a host cell in the physical body. Viruses are essentially of the spirit body – not the physical. That is why medical people can only research the host cells of any virus.

Instead of looking for resolutions for each identified physical complaint, consider that there is only one!

Our childhood suppression by our parents and carers sets our physical health patterns for life.

The foetus when it is first formed is always in perfect condition. The absorption of emotional injuries and errors of belief by the foetus brings about the miscarriages and deformities seen at birth. These parental imposed injuries also set in place childhood health issues. By the time we are six years of age, our life of health or lack of it, is set in place.

Soul light is always being transmitted to the spirit body and then onto the physical body. This light is to be returned back through the spirit body and then to the soul. If the emotional condition of the personality is perfect, then the light returning is perfectly in balance with the light first transmitted by the soul. The impost of a child's parents' injuries and belief errors impedes upon this light. Over time, the nature of emotional injuries of specific nature impact organs having frequencies relevant to the

frequencies of specific emotional injuries – thus parents health issues of similar nature pass through to their children.

Note that no two personalities are the same, often not even similar, hence the multitude of experiences.

Parents who commence their Feeling Healing directly benefit their children, as they heal so do the children – depending upon age.

Bringing Feeling Healing awareness throughout the health industry sector is a central focus of Pascas.

### **UNLOVING PERSONALITY**

**Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is starved of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.**

### **LOVING PERSONALITY**

**Spirit body mind is clear of negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.**



**Consider asking yourself this question:  
Who hurt me when I was a child?**

### **Education.**

Education is the start of our evolutionary growth. We are each embarking on a wondrous journey of learning that commences at conception and continues for all of eternity.

What is staggeringly not understood is the depth and width of our natural wisdom and intelligence that we each are endowed with through our soul. Our feelings are emanations from our soul, our soul is



always in truth, our soul is fully endowed with all we need to know, and it is through our feelings that we will live in truth and love – should we not suppress them but embrace them.

All education systems espouse to evolve our minds – we are taught to literally worship our minds. This starts off badly as little Johnny is told to use his brain when all his brain is nothing but a dumb terminal interacting with his mind and then his mind cannot discern truth from falsehood, the mind is addicted to control, control of others and the environment – and it is also addicted to untruth. Little Johnny comes home from school with a ‘fail’ and that is because he was doing what he was taught – use his brain!

The typical classroom image, we mostly have, is of the teacher lecturing us from the front of the room and we, the students, not comprehending what he is trying to convey. The retention rate of lectures is around 5% of the subject matter – this continues into and through university.

Amazingly, should we tutor each other, the retention rate of the subject matter is around 90%. The teacher introduces the subject and then in groups of up to 12 students, they tutor each other and whammo – they get it! Tutoring each other is a highly constructive learning process.

Scientists are typically so fried into their minds that their successful innovations and developments may equate to a few throughout a whole life long career. A feelings orientated individual typically has innovative break throughs on such regular monotony that it goes unnoticed. Further, such feelings orientated innovators need not be technically trained in the sciences that he or she is achieving break-throughs. Some have recognised this potential but all have pursued a mind orientation that continues to retard the potential of Living Feelings First opens up for innovation, intuitiveness and growth in truth.

This, I, John the Typist, can vouch for! Over a five year period I worked with around 1,000 innovators / inventors.

Again, the mind-centric platforms need to be replaced with feelings first orientation.

**OLD WAY**

to transition to

**THE NEW WAY**

## WHAT IS THIS ALL ABOUT?

**Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.**

**At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.**

**Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents controlling natures; we are at best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!**



**Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding our progression with mind based limited understandings.**

**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace – once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.**

**Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace the Spirits of Truth of the Avonal Pair as well as both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.**

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.**

**We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.**

**By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.**



**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.**

A lot of people, and so-called spiritual systems, speak about living true to themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. The feelings, in and of themselves are real, however they are not founded on one living true to oneself. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered. And it's not an artificial empowerment like many people try to achieve by positive thinking and wilfully using their mind to be positive. It's real feelings of ourself, our will, and our wanting to live with God, our Heavenly Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

Our physical parents, from our conception, endeavour to mould us into being 'little me's', that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents' impositions and suppression.



Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul's two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just 'less' or different to Divine Love. And it's that in our rebellious state, we're rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

By living true to our self, true to our feelings, we are living true to God. It's that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents' Divine Love, we can also commence our Soul Healing and becoming divine – this is our destiny.



So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves in, and deciding that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

**Without looking to our feelings and wanting to uncover the WHOLE truth of them, we can't heal our errors of belief and injuries.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, and this truth would have been forthcoming. So humanity has gained a little truth over the years. However, because of the feeling-denying forces of the Rebellion and Default that have been in play for some 200,000 years, the level of truth has remained very low.

Our 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 our 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 we feel like our mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, we then move into deeper emotions and feelings to be expressed, feeling like we are progressing in letting go of our untrue self, giving up more of our 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 our 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.

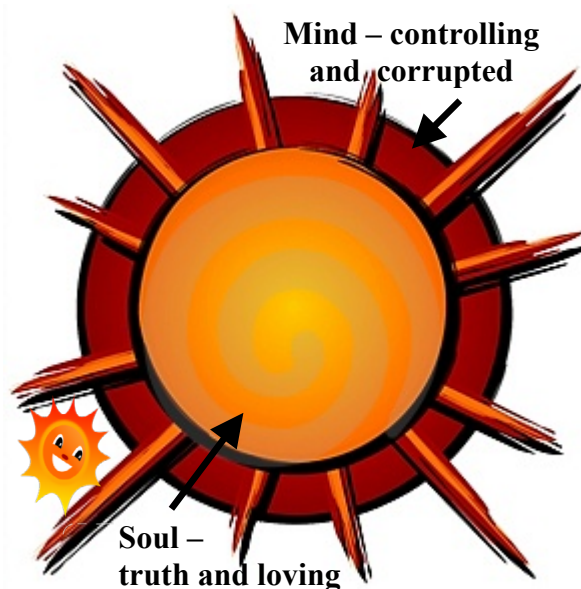
### **Accept, express and long for the truth of our feelings.**

Our mind is corroded with errors, injuries, negativity, false beliefs and is for ever in a need to control. Our mind holds all the emotional damage that has been infused upon us by our parents and those associated with our childhood. Our soul is always perfect, it is always striving for us to feel the truth that it always is. When we avoid the mental gymnastics that our mind distracts us with and allow our feelings to surface from our mind then we are living free of corruption.

Honour and do what our feelings make us feel, and seek the truth of them whilst expressing them. We will then live the resulting truth and keep embracing and expressing feelings and uncovering the truth of them.

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

Messages from Mary and Jesus – Jesus 11 April 2003



### **What can we achieve by doing our soul-healing?**

We can heal EVERYTHING that is not right within us. That is: every part of our mind, every belief, all behaviour that stems from our erroneous beliefs, all our negativity, all our bad feelings, all of our dysfunctional will. Any illness and disease: physical, mental, emotional, or spiritual can be healed, because all of these things are only happening to each of us as a manifestation of our unexpressed repressed early childhood feelings. The only thing that makes us sick, whether it be a common cold or cancer, and everything that makes us feel bad, all has its origin in our early childhood repressed feelings. Doctors and psychotherapists can search all day long for the causes of all that makes us feel bad, but unless they’re looking into our childhood, they will always only be doing band aide work leaving us to wonder about what’s really going on.

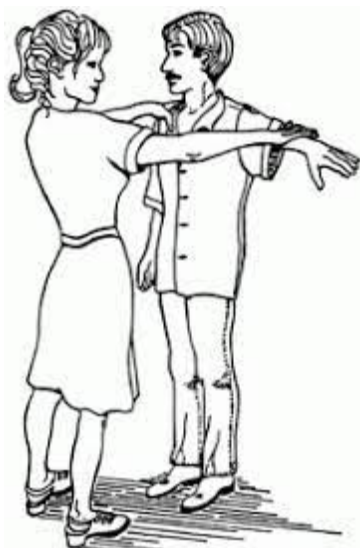
We only get sick to help show us there is something wrong – that we are not expressing ourselves – our soul – all our feelings, truly.

Through our soul-healing we'll be able to work out the truth of everything that is in our life: why it is; and the truth of everything that happens to us: why it does; and the truth of everything about ourself: why we think, feel, and behave how we do – everything. And by the end of it we'll have a greater appreciation about what and who we are: you, your personality – you, your soul. And you will marvel constantly at yourself: at what the Mother and Father have created – YOU.

Our healing is the first major step along our spiritual path to Paradise. We've had all these years playing around in our minds, seeing what life is like living in a negative mind state, and now we can start to give over to our soul. Once our healing is finished we are free to keep ascending in truth up through the higher or inner heavens all the way to Paradise, and then once there, it is said (as you can read in *The Urantia Book*) you will be able to *meet* Them.

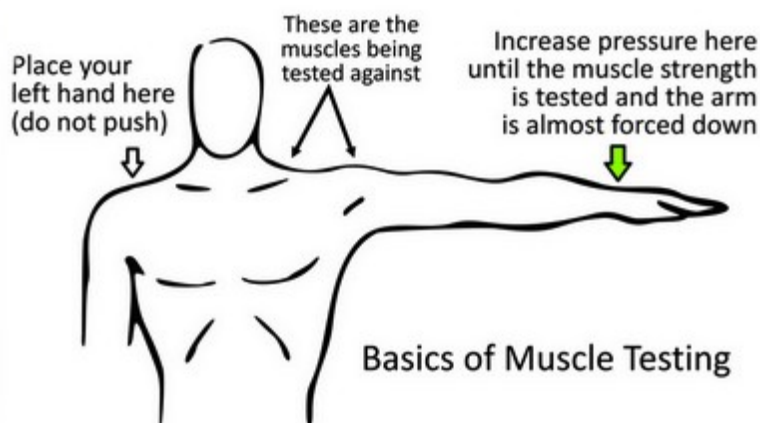
### **WE can INVESTIGATE, TEST the veracity and level of TRUTH of EACH 'BELIEF':**

Dr David R Hawkins developed the Map of Consciousness scale, with kinesiology muscle testing we are each able to determine if a 'belief' is in truth and its level of truth – this can be done in moments! Kindly go to [www.pascashealth.com](http://www.pascashealth.com) then Library Download page, scroll down to Medical and open:



 [Pascas Care Kinesiology Testing.pdf](#)

 [Pascas Care Kinesiology Personality Traits.pdf](#)



# Truth is Love

This statement tests TRUE. Map of Consciousness calibration is 1,000

Living Feelings First

*Graham Golding, Helen Adam, Ian Dowling, Jim Baker, John Doel and Peter Wildim*

Pascas Foundation (Aust) Limited



**BELIEF to FAITH to KNOWING:****Belief** ➡ **Faith** ➡ **Knowing**

I know, that at times, it seems difficult to grasp the full meaning of faith in the Mother and Father and Their Love, but if you will earnestly seek for Their Love, you will find that there will come to you such a belief in Their Wonderful Love and in the nearness of Their presence, that you will be free from all doubt.

You have asked me “**what is faith**” and I will answer: **Faith is that which when possessed in its real and true meaning makes the aspirations and longings of the soul a real, living existence; and one so certain and palpable that no doubt will arise as to its reality.**

This faith is not the belief that arises from the mere operation of the mind, but that which comes from the opening of the perceptions of the soul, and which enables its possessor to see God in all Their Beauty and Love. I do not mean that the possessor of this faith will actually see God in form or feature, for he has none such, but his soul perceptions will be in such condition that all the Attributes of our Mother and Father will appear so plainly to him, that they will be as real as anything that he can see with the eyes of the spirit form. Such faith comes only with constant earnest prayer, and the reception into the soul of the Divine Love.

No man can be said to have faith who has not this Divine Love. Of course, faith is a progressive quality or essence of the soul, and increases as possession of this Divine Love increases, and is not dependent on anything else. Your prayers call from our Mother and Father a response that brings with it faith, and with this faith comes a knowledge of the existence of this Love in your own soul. Many persons, I know, understand this faith to be a mere belief, but it is greater than belief, and is existing in its true sense only in the soul. Belief may arise from a conviction of the mind, but faith never can. Its place of being is in the soul, and no one can possess it unless his soul is awakened by the inflowing of this Love.

So that, when we pray to our Mother and Father to increase our faith it is a prayer for the increase of Love. Faith is based on the possession of this Love, and without it there can be no faith, because it is impossible for the soul to exercise its function when Love is absent from it.

In my healing of the sick, and the blind and the others of Earth, who needed a cure, when I said: "as your faith so be it unto you," I meant that they must believe that the Father had power to bring about the cure; but I did not mean that if their minds merely had the belief that I might cure them, that then they would be cured. Belief was not sufficient of itself, but faith was required.

Faith is not a thing that can be obtained by a mere exercise of the mind, but has to be sought for with the soul perceptions, and when obtained will be enjoyed only by the soul perceptions.

Your brother and friend, Jesus.

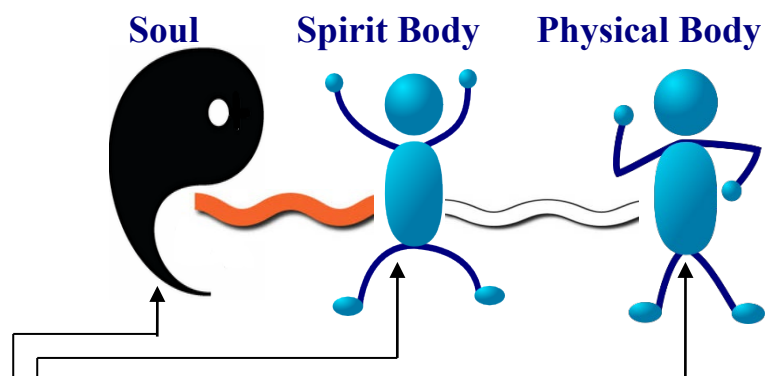
10 October 1915

The Padgett Messages are contained in this link, [www.pascashealth.com](http://www.pascashealth.com), Library Download page, scroll down to Medical – Spiritual References, and click to open:

 [Padgett Messages in date order 1914 - 1923.pdf](#)



## HIERARCHY of HEALING SYSTEMS



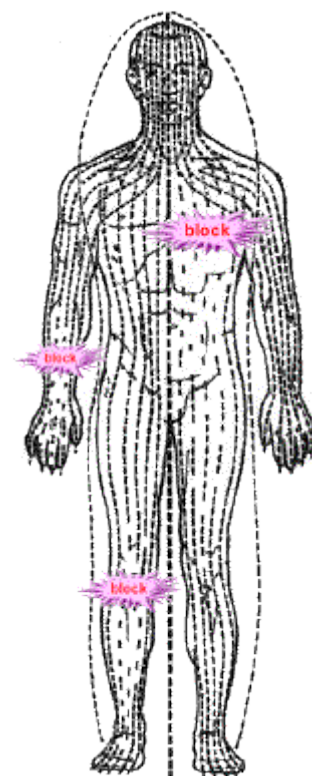
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

**ENERGY HEALING** – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6<sup>th</sup> spirit Mansion World.

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

**FEELING HEALING – EMOTIONAL EXPRESSION** addresses the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If we focus on our childhood suppression, that is the commencement on our pathway home to our Heavenly Parents. Improving our soul condition is the ultimate goal.



This statement tests TRUE. Map of Consciousness calibration is 880

### POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

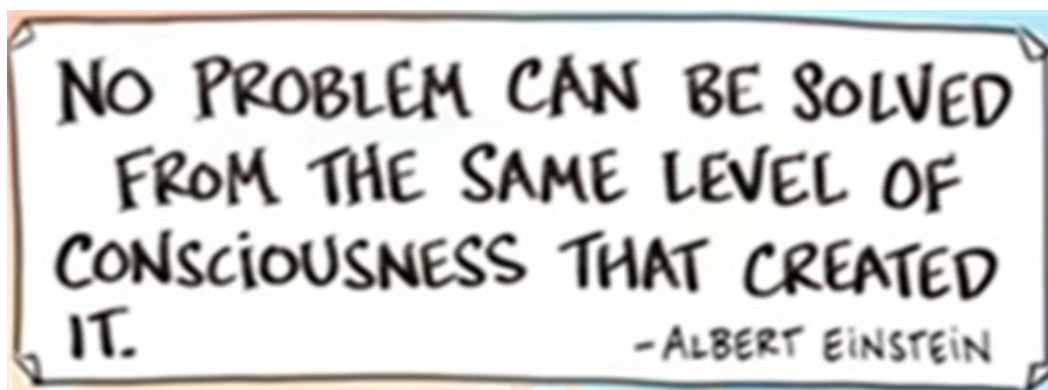
From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly. The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

**Nothing that ails humanity can be solved or healed until we embrace our feelings!**



**The Golden rule is:**

**Never interfere with another's will.**

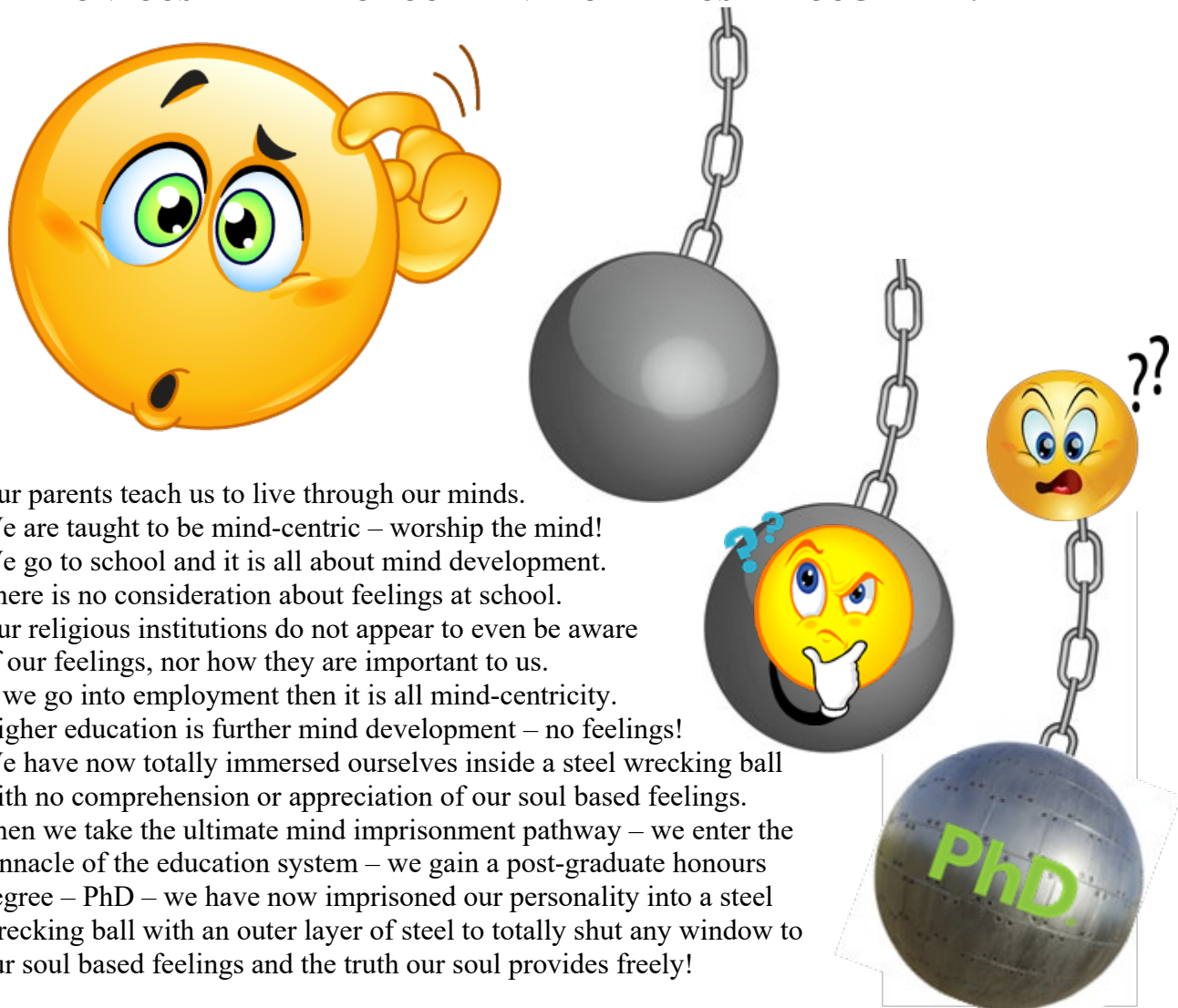
**One must always honour another's will as one honours one's own.**

EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING OVER and OVER and EXPECTING DIFFERENT RESULTS.

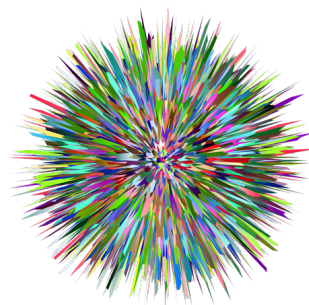
## WE ERRONEOUSLY EMBRACE OUR MIND TO LEAD US THROUGH LIFE!



Our parents teach us to live through our minds.  
 We are taught to be mind-centric – worship the mind!  
 We go to school and it is all about mind development.  
 There is no consideration about feelings at school.  
 Our religious institutions do not appear to even be aware  
 of our feelings, nor how they are important to us.  
 If we go into employment then it is all mind-centricity.  
 Higher education is further mind development – no feelings!  
 We have now totally immersed ourselves inside a steel wrecking ball  
 with no comprehension or appreciation of our soul based feelings.  
 Then we take the ultimate mind imprisonment pathway – we enter the  
 pinnacle of the education system – we gain a post-graduate honours  
 degree – PhD – we have now imprisoned our personality into a steel  
 wrecking ball with an outer layer of steel to totally shut any window to  
 our soul based feelings and the truth our soul provides freely!

Living mind-centric locks us into a stagnate state that has a ceiling of 499 on Dr David R Hawkins' Map of Consciousness. While we ignore and suppress our feelings, we cannot evolve past this glass ceiling of MoC 499, being 'Reason'. Fixed in a stupor, a life of zombiism that we see all around us!

Amazingly, humanity has been subjected to perpetual retardation, constriction and covert control through the misguidance that we are to live through our minds and suppress our feelings, our soul based feelings which are always in truth. Impressively for the hidden controllers is their universal success in so passively maintaining a charade of benevolence towards humanity yet imprisoning all to their own personal agenda being the long term expansion of their power and territory.



Over centuries, these hidden controllers have weaved an amazing web of control. They do not necessarily manipulate the leaders, however they frequently influence the influencers of the leaders.

A study of the secret societies of the nations maps out the control. At the top of the network is Freemasonry.



# REBELLION & DEFAULT

FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soul partner pairs:

## THE EVIL ONES



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**

Arrested and imprisoned 1993 CE



**Daligastia pair**

## MIND MANSION WORLDS

## HIDDEN CONTROLLERS DEEP STATE

**SECRET SOCIETIES** The Illuminati, Freemasons, Bilderberg Group, Knights Templar, The Jesuits, Skull And Bones And Others

Following the spirit world imprisonment of the System Sovereign and then Planetary Prince being rebellious Lanonandek spirits, the Celestial spirits have blocked communications between mind Mansion World spirits and humanity on Earth. The Hidden Controllers and other controlling organisations are now without spirit world guidance, since 22 March 2017. Those controllers, in the physical on Earth, are without their long term guidance.

## EDUCATORS UNIVERSITY RELIGION

Educators at all levels and throughout all systems have had withheld from them that we are to Live Feelings First. This is to change!

“The education, for both women, men, girls and boys, is about how to live true to their feelings. How to embrace them willingly, how to work with them – express them, and the point of doing that, wanting to know the truth of them. That’s all.”

Marie, 1<sup>st</sup> Celestial Heaven: 11 Aug 2020



**PEOPLE  
OF EARTH**

**WE ARE  
TRUTH  
SEEKERS**

# Systems of Deception!

One person with unfettered and supreme control, a System Sovereign, has had aeons of time to passively and stealthfully impose upon his minions (us – you and me) a way of living that assures him, the arch hidden controller, that we would remain compliant and submissive to his begging. His extreme intelligence and consciousness is no match for us ascending mortals who arrive naively upon Earth with absolute dependence upon parents who have already capitulated – unknowingly – to his wily stealth.

The System Sovereign's goal was that we do not evolve, that we remain fearful of our true Heavenly Parents, that our true pathway for spiritual development is not revealed, that we live in a manner of servitude and ignorance through our minds believing that our submission to our minds will enable us to become all powerful and even mini-gods. When we transition into the spirit mind Mansion Worlds, we remain collectively his waiting army to fulfil his ambitions to expand his domain and territory. We have been well and truly screwed over through his imposed systems of:

- Parenting – unable to love our children due to lack of truth in what we are provided with.
- Education – minimalistic, having our minds unable to progress beyond reason – our minds are addicted to untruth and control of others including our environment.
- Health systems – ignorance of our spirit bodies and gross ignorance of underlying cause of illnesses which are through the lack of being loved. Our health systems cannot heal.
- Commercial systems – we become salary slaves with suppressive debt slavery resulting from the costs of education, housing, health services, transportation and necessities for survival.
- Political systems – that divide the community into camps and then deliver representation of only a portion of the population without candidates having necessary leadership skills and experience.
- Religions – there is only one truth. We are to live through our feelings – not our minds.

We have been led to live mind centric which is the pathway of all of nature except humanity which is ensouled. We of humanity are to live feelings first with our minds to assist in implementing what our soul based feelings lead us to embrace. We are truth seekers and truth is to be found through feelings.

Higher level personalities than our System Sovereign have now taken on all of the evilness and wrongness of what these rebellious Lanonandek spirits have imposed upon us and have healed themselves of these injuries. Now all systems assembled during the Rebellion and Default, now ending, need to be rebuilt!

Our pathway to Paradise, the home of our Heavenly Mother and Father, is through living embracing our soul based feelings, living feelings first, to express what our feelings draw our attention to and to long for the truth of what our feelings are to show us – both good and bad.

A lady named Samantha found James Moncrief's writings on a website and commenced to engage in her Feeling Healing. This may have been in 2013. Samantha is like all of us, she is an ascending mortal. She has no specialness nor has she had any support other than James' writings on the internet. Samantha has been successful with her healing. She has been very successful. She has now written numerous books outlining her experiences so each and every one of us can follow her example. An ascending mortal, Samantha, has conquered all that the rebellious Lanonandeks, led by Lucifer, has imposed upon us. Samantha is the new mother of humanity in demonstrating to us how to embrace the one and only pathway home to our Heavenly Mother and Father.



### **Example: Debt Enslavement**

Financial debt enslavement has been imposed upon Earth's humanity by our hidden controllers by stealth, and accelerated greatly throughout the fifty years from 1970 to 2020 ongoing.

During the 1970s, to finance the acquisition of a home, we generally needed to provide a 20% cash deposit plus stamp duty and other acquisition costs, banks would fund to the level equivalent being 80% of an independent professional valuation. At that time, in Australia, the average home was 120m<sup>2</sup>.

Following on from that time was the introduction of home loan mortgage insurance which protects the funder and not the borrower – all at the borrower's expense. Loans to acquire homes generally became available to 90% of valuation and even 95% of valuation. Also, the features of homes expanded as did their overall size, now averaging above 280m<sup>2</sup>. Debt levels on homes have dramatically increased.

Also around the 1970s, motor vehicle purchase could be financed through hire purchase arrangements if you have a 20% cash deposit and proof of income to support loan repayments. Then lease finance became available on zero deposit.

Consumer loans were available on strict credit criteria and then credit cards were introduced under varying conditions with interest rates of around 20% interest per annum for those who do not discharge the balance on the account at the end of each month. Merchandisers pay a fee for each transaction in the meantime. Credit limits appear to escalate without any regard to income or financial circumstances with many finding themselves in dire straits.

Then education loans have been imposed. Higher education was essentially free with the costs associated with an accounting degree mainly associated with the costs of the books required. Now in 2022, an accounting degree could result in an education loan debt of AU\$140,000 or more.

Housing prices require that a couple to be both working to manage the mortgage obligations, thus child care costs are treacherous. Childhood Education and Care (2017) from the Australian Bureau of Statistics can provide an overview on costs in Australia. Long day care (child care centre) AU\$70-\$188 per day, pre-school AU\$45-\$80 per day, family day care AU\$7.50-\$16.80 per hour, outside of school hours care AU\$15-\$30 per morning session, AU\$25-\$45 per afternoon session. And with childcare, the child is separated from its parents!

If you cannot accumulate a sufficient deposit then the rent on your home or unit is most likely to commence at around AU\$500 a week (2022) being the medium around Australia, thus with child care expense and education loans and motor vehicle finance you may find yourself locked into wage slavery for the whole of your life without the capacity to free yourself of debt and then being dependant on government pensions when in retirement.

This is essentially the work of the hidden controllers of the global financial system. He who controls the cash, the cheque book, controls the government – until the Law of Compensation is fully earthed and as this unfolds there will be continuous unfolding disruptions to all facets of living – including the financial systems of the world.

# **LAW OF COMPENSATION**

# THE TRUTH SEEKERS



**WE ARE  
THE TRUTH  
SEEKERS**

## WHY are WE in so much PAIN and MISERY?

We, of Earth's humanity, are truth seekers, yet for the past 200,000 years we have shut ourselves out from truth. We have deluded ourselves by worshipping our minds while suppressing and ignoring our feelings. We have even believed that we can become mini-gods – we see this amongst others around us!

We are so incredibly deluded that through our minds control we have illness and disease rampant all around us with health systems over whelmed and inadequate all around the

world, we have starvation amongst millions, lack of clean drinking water, inadequate housing, unemployment, school systems that do not allow girls to attend, no schooling in places and inadequate in others. Civil unrest is presently escalating throughout many nations. The discord amongst humanity is at dangerous levels.

And then we have extreme wealth and control vested in a few self-centred personalities.

Why has this come about and how is it that we allow this to continue? We need to understand the root cause. Cleverly we are presented with a 'truth' that we embrace as a belief because we have no better resolution. It is through and by many of these beliefs that compound our difficult situation.

The largest church has propagated that God is a trinity, God the Father, God the Son and the Holy Spirit. The clergy of this church strut around wearing 'frocks' – is this because they have no women in their clergy? So, where are women in this trinity. Our Heavenly Mother and Father are two personalities with one Soul, being God. Jesus of Nazareth is not God the Son but a son of God like us all, however he has a soul partner being Mary of Magdalene which the church mainly ignores. And the Holy Spirit is an instrument of God that has no personality and has only one task and that is to deliver our Heavenly Parents' Divine Love to those who long for Their Love. This trinity is a fabrication of minds.

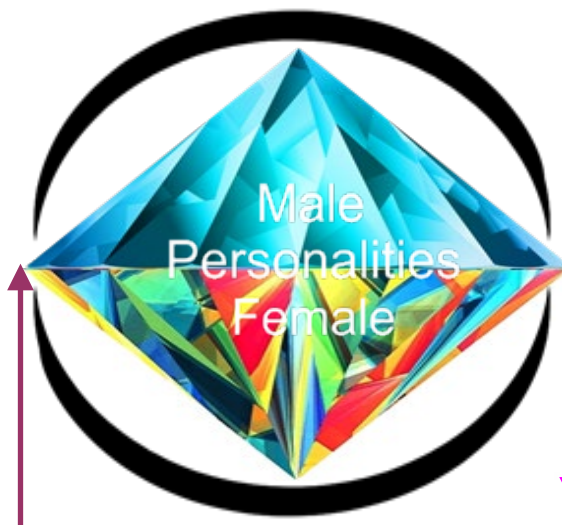
# Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

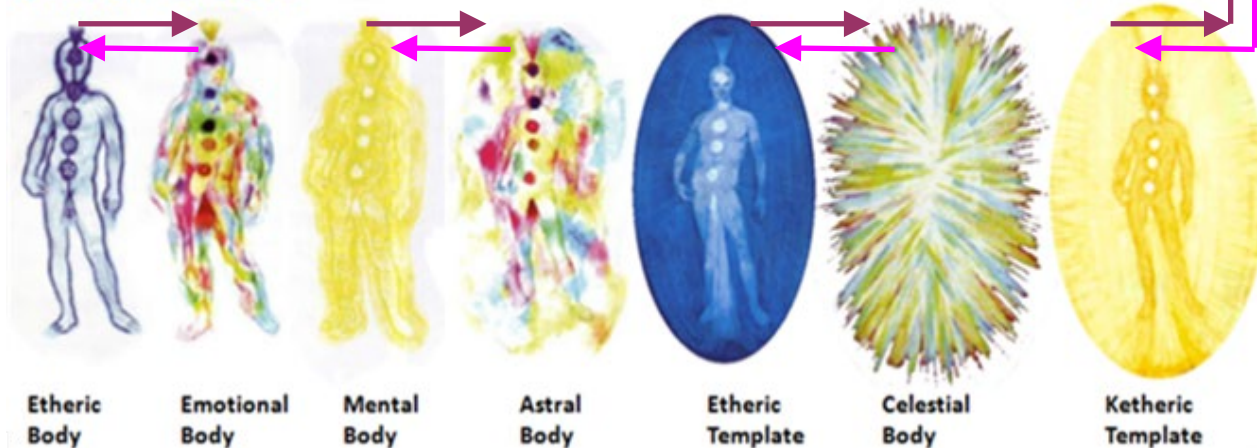
## SOUL



Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

## SPIRIT BODY

### Brennan Model of the 7 Levels of the Human Energy Field



Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.

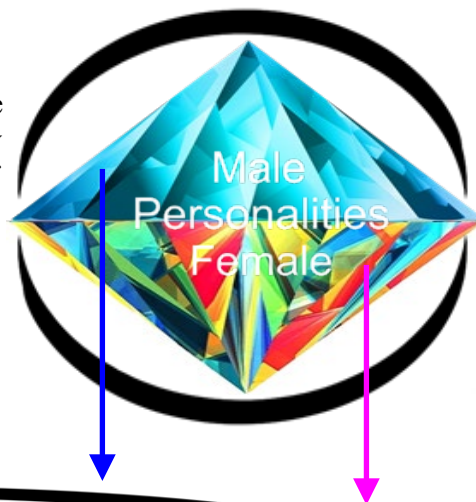




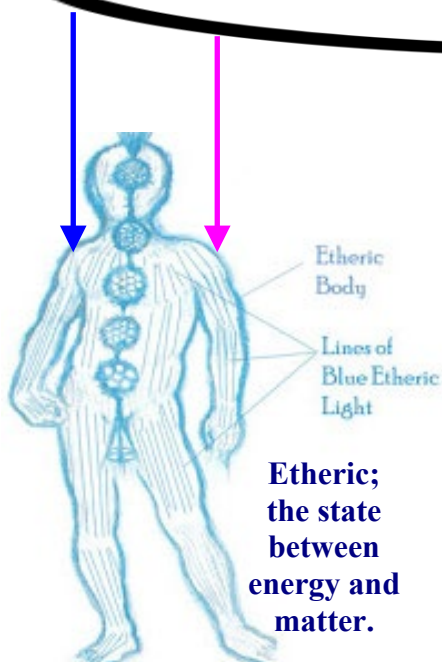
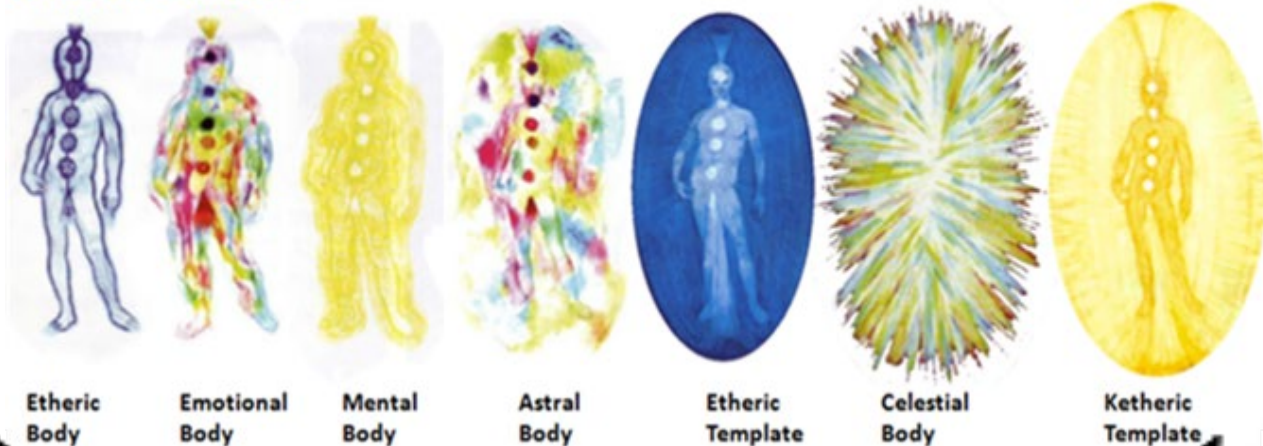
# Childhood Suppression



Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



## SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field

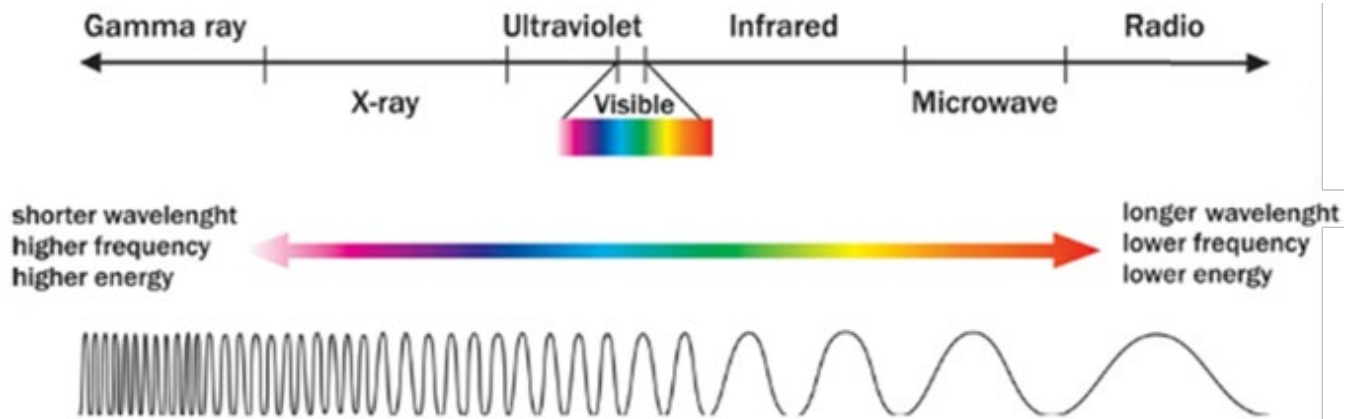


The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



**The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!**

## EVERYTHING is LIGHT!



Everything is orchestrated by our soul, everything is done by our soul. Soul light is emitted to our spirit body and then to our physical body. When we are in truth, we return the soul light back from our physical body, via our spirit body then back to our soul in total balance and harmony with that which we received. When we are receiving and returning soul light in balance then health of our bodies prevail.

All of the elements of our physical body are of differing frequencies and the same goes for our spirit body elements. As our way of living is that of being in Rebellion and Default, we are in many ways in error due to our Childhood Repression which commenced at the moment of our conception and continued until the arrival of our Indwelling Spirit in our sixth year of physical life, and this is further compounded by errors in belief that are also mainly imposed upon us by our parents.

This imbalance in energy flows, the receiving thereof in relation to the returning thereof, at numerous frequencies is the driver and creation of bodily discomforts, pains, illness and disease. Our minds stave off the issues only for them to emerge in our later years.

It is through expressing all our feelings as we bring them to the surface and longing for the truth that our feelings are drawing our attention so that we may address and heal these imbalances – this is what **FEELING HEALING** encapsulates amongst other spiritual benefits. **By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

Errors in belief and our Childhood Suppression with our own ongoing repression are the universal underlying cause of all illness and disease. Even though the medical professions may have given health issues some 10,000 or more names, they have not identified the underlying cause and consequently they can only provide a bandaid solution for some of the health issues while being totally unable to assist with most. There is no healing unfolding throughout the health care industry!

Now we can embrace our personal Feeling Healing, and with Divine Love, our Soul Healing and begin the long process of healing all that we have taken on of the Rebellion and Default. Upon completion, our bodies will have no need to experience discomforts, pains, illness, disease and viruses and will be free of such issues.

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

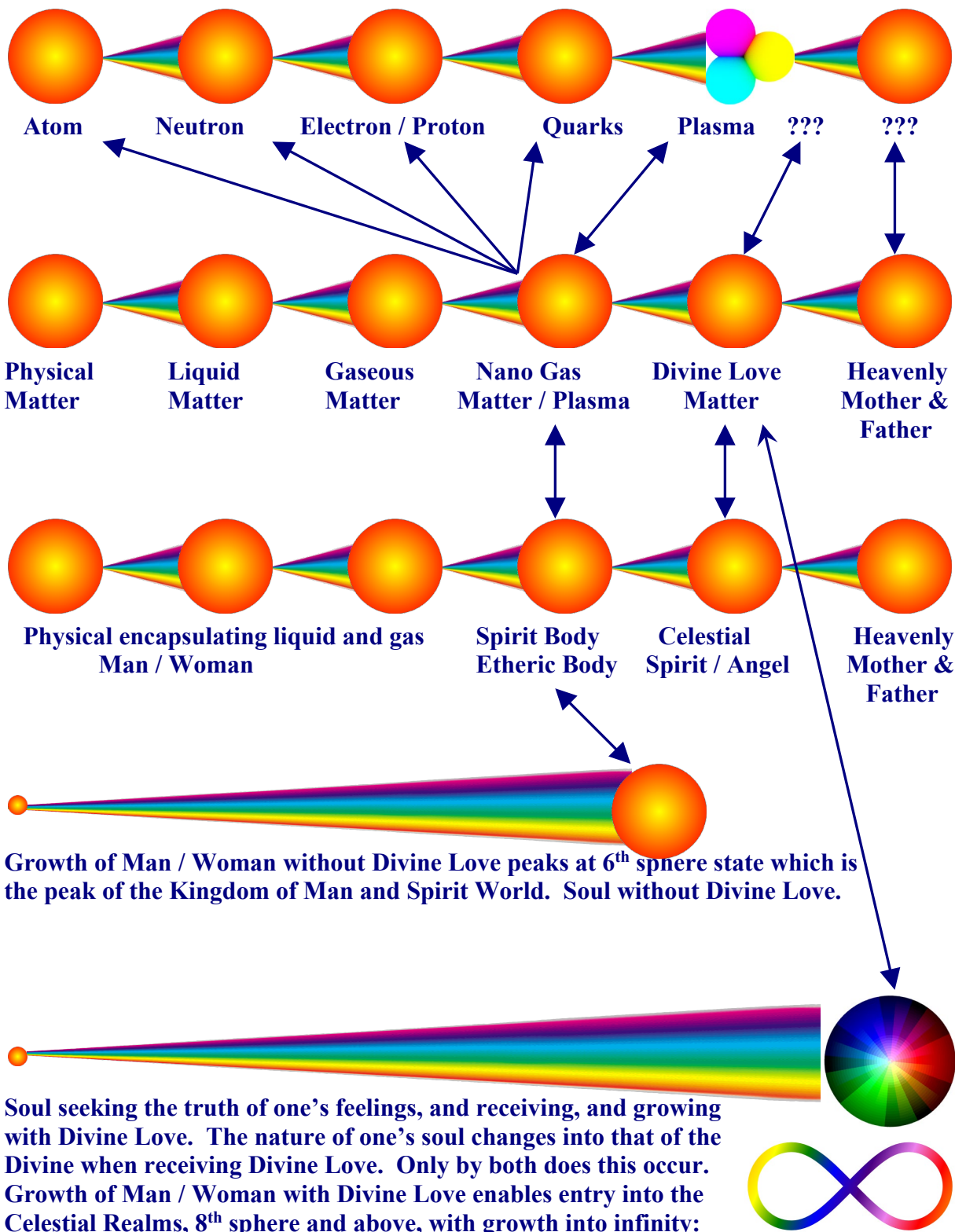


**to enter the  
Celestial Heavens.**

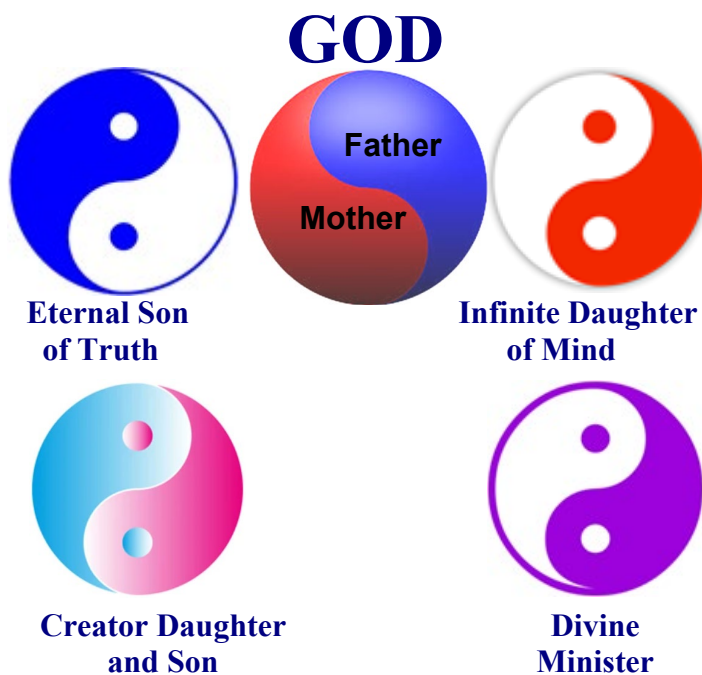


**STAGES of MATTER:**

**Matter becomes finer and finer and more incredible within each phase:**



Since the 31 May 1914, communications and writings have progressively revealed a great deal for all of humanity to embrace whilst dislodging aeons of accumulating ‘beliefs’ that are errors and untruths. This era of communication is unique – never having occurred previously.



Our Heavenly Mother and Father, God, is of Love. The Eternal Son is of Truth. The Infinite Daughter is of Mind. This is the holy trinity that permanently resides within Paradise at the core of the seven super universes that rotate around Paradise. Their energies are so enormous that they reside permanently within the core so that the universes are not disrupted by the presence of their energies.

What needs to be comprehended is that we, Earth’s humanity, are the manifestation of the Eternal Son of Truth and the Infinite Daughter of Mind. Truth and Mind in balance!

Some 993,500 years ago, the first to have a longing for human perfection were Andon and Fonta, then lived south of the Caspian Sea. Later, about 700,000 years ago, Lucifer with

his soul partner were appointed System Sovereigns of the Satania System. Satan with his soul partner were their deputies. 200,000 years ago, Lucifer with Satan rebelled against the leadership of Jesus and Mary. Lucifer with Satan coerced 37 humanities throughout the System of Satania to join them in their Rebellion. The Planetary Prince of Earth, Caligastia with his deputy, Daligastia, and their soul partners joined into the Rebellion. All these rebellious high level spirits from within our local universe of Nebadon are Lanonandek spirits class or grouping.

For the past 200,000 years, Earth’s humanity has been guided to live through their minds and suppress or ignore their soul based feelings. Up until the commencement of the Rebellion, living involved having our feelings and mind in balance. Progressively, over time we have gone deeper and deeper into our minds, further and further away from our Heavenly Parents and deeper into Rebellion and Default.

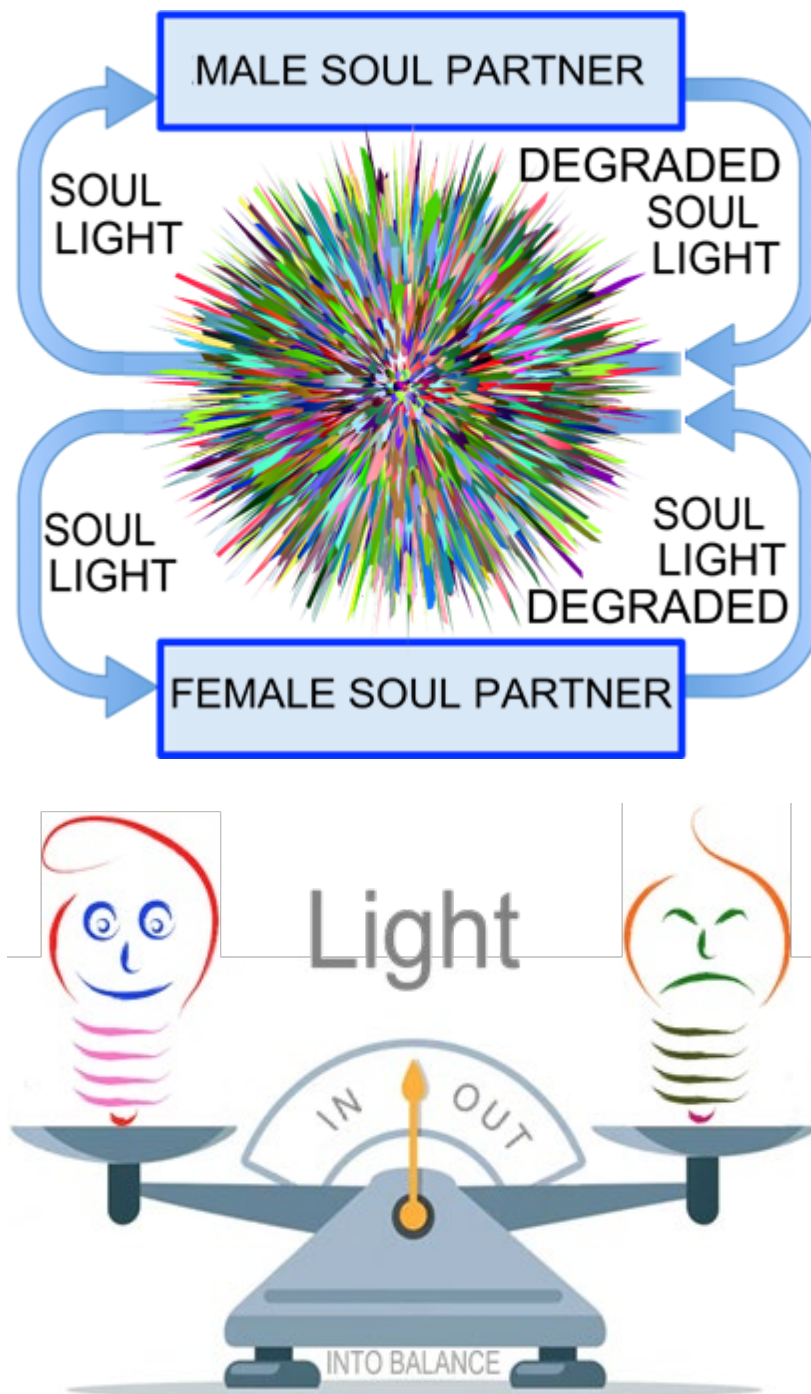


Now, many are so deeply engrained into the mind’s domination that they are like fish trapped inside a bottle barely looking out with seemingly no possibility to escape. They are enslaved to their mind’s control, the mind’s addiction to control, control of their environment and other people, and also the mind’s addiction to untruth.

What has this to do with physical discomforts, pains, illnesses, diseases or viruses?

As we are now living almost constantly through our mind is the overarching cause of all of our physical ailments. Further, our errors in belief together with our emotional injuries are the cause of miscarriages, children being born with deformities and early childhood illnesses. At the moment of conception, we are in perfect soul and physical condition.

## How is this so?



now comprehend just how degraded all of humanity is. Live births are about 130 million annually. Two out of every three go on to abort a child.

As each of us is a unique personality, there are no two personalities on Earth the same, there never have been two personalities the same in our history and there will never be. In fact there are no two personalities throughout all of the universes throughout all time the same. Thus, you take your personality and those of your family and carers then the individualised cocktail for each person indicates why each person's experience with any discomfort, pain, disease, illness or virus is unique to themselves.

Through our spirit body, our physical body is maintained by our soul's light. What light that is received into the spirit body and then the physical body is to be returned to our soul.

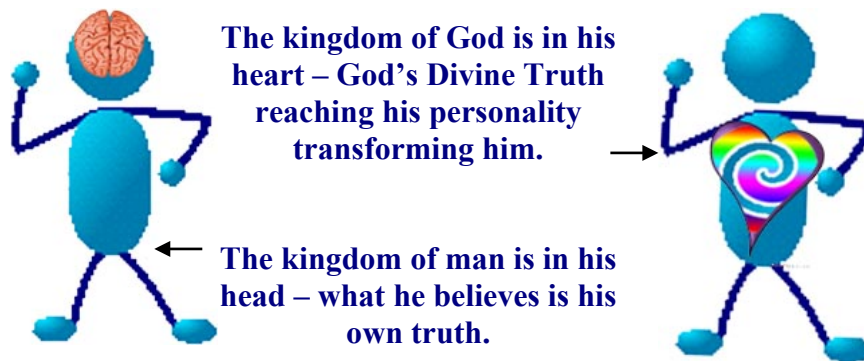
However, the errors of belief that are imposed upon each of us by our parents and carers impedes the return flow. Further, our childhood experiences that remain incomplete also impede our soul light flow. This also goes on to include our childhood injuries and restrictions on our self-expression. In fact, from the moment of conception to our birth is one huge absorption of our parents' errors in belief and their personal injuries. This follows on throughout our childhood suppression to the time of the arrival of our Indwelling Spirit during our sixth year.

Even while we are in the womb, the soul light that we are returning is impacted by our parents' lack of being healed of their own childhood suppression as well as their beliefs being amazingly screwed up by erroneous cultural and institutionalised errors in understandings and ways of living.

These imbalances in light impact upon specific parts of our physical body. Considering that about 50 million babies are aborted and a further 50 million miscarry annually, you can

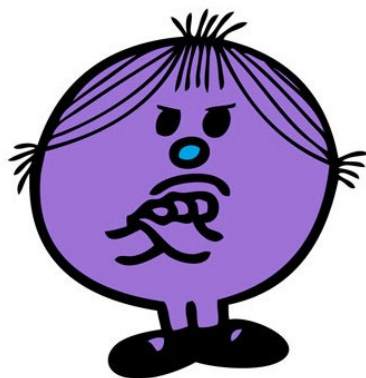


We have all varying degrees of the same issues of rejection, suppression and belief. Thus, when we look at each illness or pandemic, everyone’s experience is actually tailored to their individual needs as to what they are to experience. A disease or virus is directly mutated to suit the needs of each person to experience.

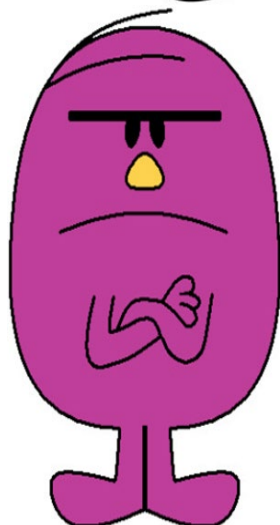


# LITTLE MISS STUBBORN

Of course I’m being stubborn...  
I’m right!



**DAMAGING**  
~~IT’S GOOD TO BE~~  
**STUBBORN**

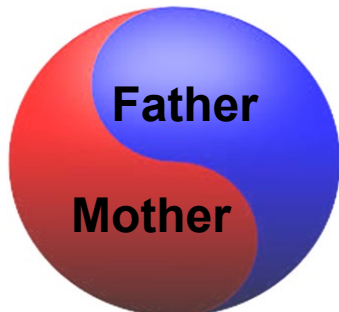


**MR. STUBBORN**

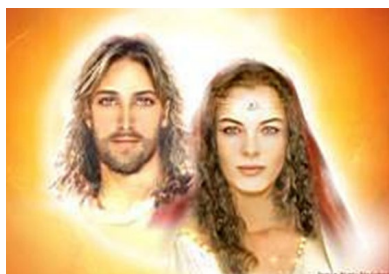
As we open ourselves up to accepting that our strongly held beliefs are ALL totally false, in error, just wrong, manipulating, controlling and unhealthy as well as unloving, we will find this all very stressful and difficult. The pain we will feel is not the truth entering us but the errors leaving us. EVERYTHING that we have come to embrace as foundational truth will unfold to be lies and manipulations to control us. TRUTH is always LOVING because TRUTH is LOVE!

# Presently REJECTED!

**GOD**



**HEAVENLY PARENTS**



**JESUS & MARY**



**AVONALS**

**REJECTED**

**REJECTED**



**REJECTED**



**REJECTED**

**REJECTED**



**REJECTED**

**REJECTED**

**Mind, control, power dominating!**

**Through our Feeling Healing,  
now we are to embrace them all!**



## LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1<sup>st</sup> spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2<sup>nd</sup> and 4<sup>th</sup> only to reach a dead end at the 6<sup>th</sup> spirit mind Mansion World, never getting out of the hells and entering the 1<sup>st</sup> of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**  
However: **Parents have NO understanding of Love.**  
**Parents have NO understanding of Law of Free Will.**  
**Parents have NO understanding of blocking emotions.**  
**Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

**Parents abandon Children emotionally!**

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.



# NOTHING IS FORGOTTEN



The moment of our conception will ultimately be remembered as a most stressful and damaging experience. We are literally continuously fire hosed with our parents' emotional injuries and erroneous beliefs – and they do not even know we have arrived!



We, as parents, may tell ourselves that our children 'will get over it', 'they will forget about it!' That is a

gross lie and error – we each do not forget ANYTHING!



We are each to heal ourselves of the hurt and harm imposed upon us by expressing what we feel, both good and bad, and long to understand the truth behind what our feelings are drawing our attention to.

It is through these corruptions (errors of belief, emotional injuries, events that we have not been allowed to complete, our will being imposed upon, controls imposed upon us by others trying to make us be who we are not, etc.) that our energy flows back to our soul are degraded and that ultimately damages our physical and spirit bodies bringing about discomfort, pain, illness and disease. It is the imbalance of the flow of energy from our soul and that which we return that is the underlying cause of all identified illnesses, maybe all 10,000 or more so far catalogued.

In our senior years, many of us are said to be losing our memory and awareness of what may be unfolding around us. Nevertheless, we each will remember everything that is imposed upon us and what unfolds for us. This is recorded within our spirit body and soul's memory. Everything throughout every moment of our life is recorded, never to be lost.



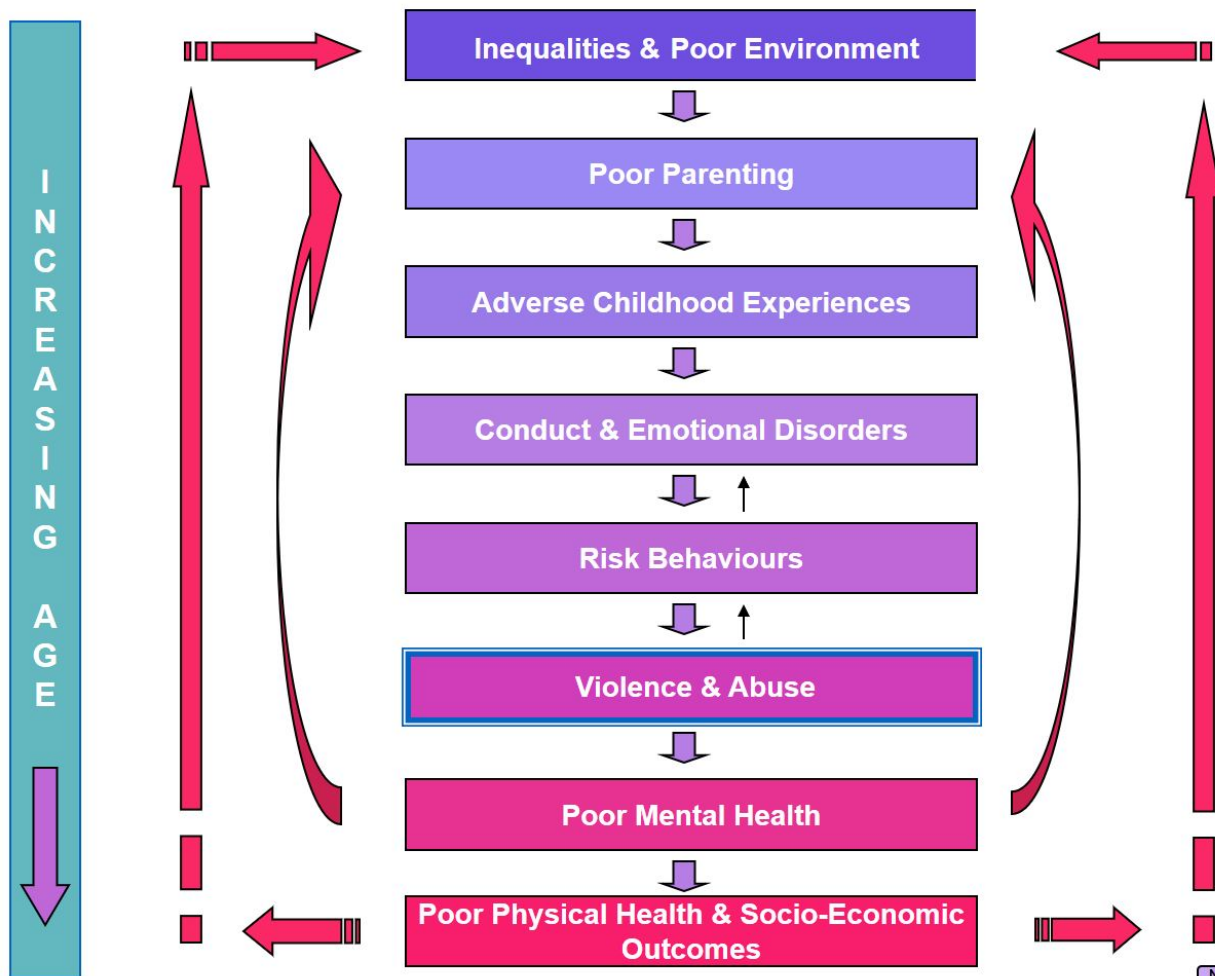
It is only when we heal our erroneous beliefs and emotional injuries through our personal Feeling Healing that we will 'forget' the pain and suffering that we have had imposed upon us throughout our life, from conception to death, by those who sort to control us and impose their will upon each of us and our ongoing repression of our childhood suppression.

# NOTHING IS EVER FORGOTTEN

# LIFE IS FOR LEARNING



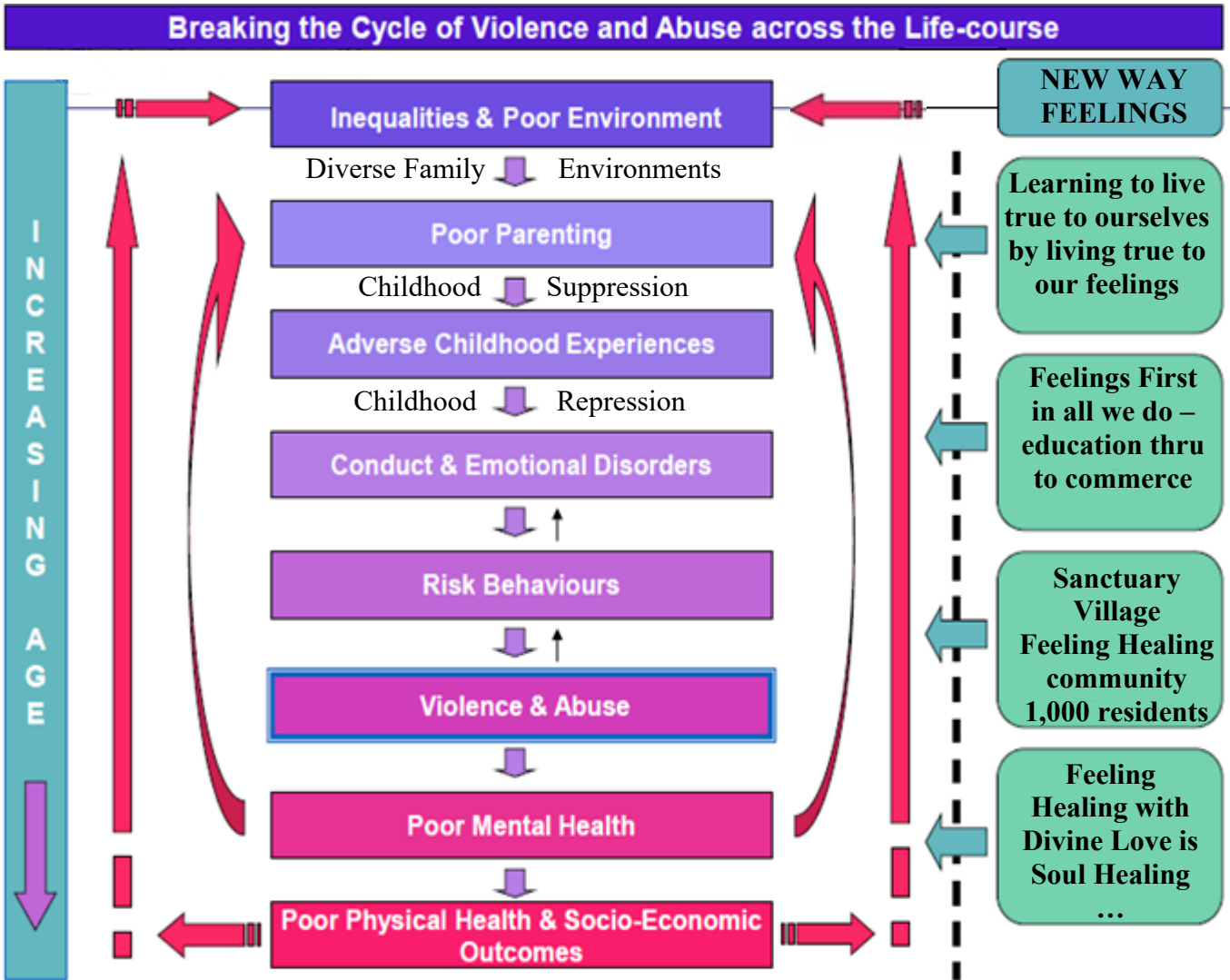
## The Cycle of Violence and Abuse across the Life-course



Nurse J, 2008



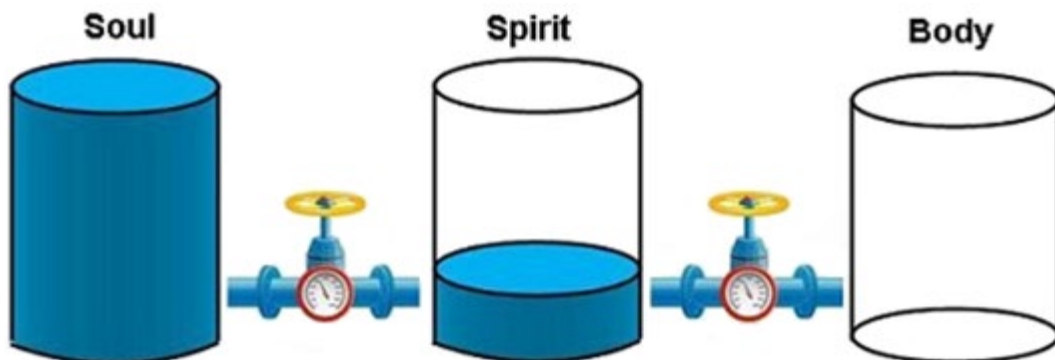
Seek **truth** from the cradle to the grave.



**The NEW WAY The NEW WAY**



Due to the load of injuries we sustain as children, most of injury records are retained by our soul to be progressively addressed with the spirit body retaining the data that we can manage. The body is not the store house of memories, our brain is only an interface between the physical and spirit body.



**Mental or mind Truth-Seeker academically self-satisfies his/her own erroneous beliefs.**

**Through your own feelings you grow in Truth from your heartfelt feelings. Truth we seek is within us all.**








**Feelings First with Mind to follow in support.**

# WHY!?

## New Testament is now re-written – Why?

Amazingly, commencing on the 31 May 2014, the a large number of Celestial personalities have written through various mediums, but two in particular, James Padgett and James Moncrief, spread over a little more than a hundred years. They have addressed the major errors, added further explanation on what was written into the New Testament and added further comment as appropriate. These writers being Matthew, Mark, Luke, John, Paul, Peter, Judas, Jesus and Mary Magdalene.

Billions have embraced the contents of the New Testament as beliefs and they have been severely misled. This concentrated review is opening the way for the Revelations of Truth that needed to follow these corrections. It is staggering just how enormous the impact is upon all those who have been misguided over the past 2,000 by these distortions throughout the New Testament of the Bible. These writings can be downloaded from [www.pascashealth.com](http://www.pascashealth.com) from the Library Download page by scrolling down to Medical – Soul Condition & Health, click on to open the following PDFs:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review - Part I.pdf](#)
-  [Bible New Testament Review - Part II.pdf](#)
-  [Bible Old Testament Revisited.pdf](#)

Helen, 3<sup>rd</sup> Celestial Heaven, 20 August 2017: “**The religions of today were created as a means of stopping Jesus’ truth about longing for the Divine Love and what that does to the soul, and then any truth Mary Magdalene might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings, and then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause. And then throw in their contrived Islam, and you’ve more male domination and the subjugation of feelings – of the woman.**”

Helen, 3 August 2017: “Why so many people get stuck in them (a given so-called Holy Book) and can’t move on, it is all being what is still required by the **Contract of the Rebellion and Default.**”

As difficult as it is, we are about to be opened up to the reality that every belief, norm, custom, system and institution is founded on the overarching agenda of high level spirit control to keep us living in a moronic state of ineptitude and zombiism. As from 31 January 2018, this is to change. Those who are frozen in obstinancy and stubbornness will find the changes now unfolding very difficult and painful.

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

Pascas University has a specific agenda to review accepted doctrines and norms.

# WHY!?

# We are to uncover the Truth of Ourselves!

Living true to our feelings:

It’s to understand that what you are feeling today is a result of masses of repressed bad feelings,

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

*Ten ducks in a row, but one always misleading or misled!*



A simple exercise with any ‘opinionated’ report or research paper is to count the number of assumptions, in their various formats, within the document. Any report based on one assumption, that is only one, has a 98% of being fatally flawed. Most scientific papers have 10, maybe 20 or more assumptions that you may be able to identify. Yes, you will be able to personally find support on nine out of ten critical points but that tenth one is the killer – the killer or being in truth!

Assumptions are great triggers to further investigate the parameters surrounding that assumption. Otherwise it is not only wise not to act upon or embrace an assumption but to avoid all aspects of an assumption until it is fully understood and resolved.

A foundation role of Pascas University is to re-investigate ALL embraced norms and determine if the veracity upon which they are derived is valid. It is time to review all aspects in how we live and function around imposed platforms, dogmas, norms, doctrine, customs, etc., without question.

Is this now possible?

Why now?

**WHY!?**

Aspiring to live feelings first, rather than being mind-centric, opens the potential for our consciousness to progress beyond 499 on Dr David R Hawkins’ Map of Consciousness. We can and will progress beyond 1,000, way beyond 1,000, and we can do that while living here on Earth in the physical.

Those who embrace their Feeling Healing and are mediumistic will find wonders of Truth available to them should they be interested in specific fields for development embracing Truth. Nothing of Earth’s humanity’s history is lost! It is all accessible! There have been larger populations on Earth than there are today. Overall, technically we are more advanced than prior civilisations, however, prior civilisations have been more advanced in specific scientific fields than we are today.

It is now time and it is also possible to rewrite all accepted beliefs with a certain degree of excitement because truth brings with it harmony and peace. No, we won’t be travelling to galaxies and developing unlimited travel capabilities. While we are yet to heal the imposts of our Rebellion and Default, we will not be visiting any other humanities throughout the universes, and as we are under quarantine as we have been these past 200,000 years, we have not been visited by any other humanity from other worlds. What we see as ‘unidentified flying objects’ have all been developed here on Earth.



## MUSEUM of JERUSEM – 1<sup>st</sup> Celestial Heaven

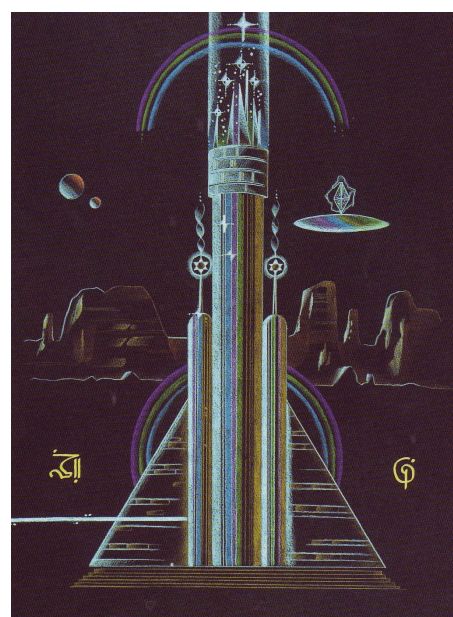
Note previously from Nanna Beth, 3<sup>rd</sup> Celestial Heaven – 20 November 2017 – relating to a ‘museum’ at Jerusem on the 1<sup>st</sup> Celestial Heaven: “And as far as concerning where The First Parents are now, they have moved on with the old guard, having been released from such duties that being The First Parents required. You can see and even in a sense ‘meet’ with them when you come into the first Celestial sphere, we have a museum sort of arrangement, it is a massive and highly complex and covers every aspect of humanity’s history on Earth and in the Mansion Worlds. And you can sort of interact with the exhibits – if I can crudely call them that. You literally walk into say the Atlantean times and explore using your mind for whatever aspect of such times you care to. You can even in a sort of holographic way meet with people from those times, speak with them in a sense, although it’s all automated, it’s not the real person who is now a spirit, although the whole experience being so real and amazing makes your mind believe it is the real person or spirit. So we can even talk to Mary and Jesus like this, which a lot of Celestials do when they first arrive, it all helping them to get to know them better and know what they were all about. It’s a massive learning centre and contains all the knowledge of humanity’s experience, so anything and everything is kept there like ‘living’ archives.” (Thus you can see all of history is recorded and can be researched and studied.)

For example: Others believe they have transcribed messages from Jesus but that is not so, that is not Jesus from Nazareth of the Bible but typically a Jesus from the Celestial Heavens who is fully versed through researching and engaging in the very amazing museum at Jerusem on the 1<sup>st</sup> Celestial Heaven. Other Celestials with names akin to the Apostles of Jesus have from time to time done the same thing.

First parents are Andon and Fonta (Aman and Amon) who lived 993,500 years ago – not Adam and Eve who came to Earth 38,000 years ago.



## Akashic Records





# PASCAS UNIVERSITY



## TAFE



### Technical And Further Education

### Craft Creations Family Shed

$x^2$ Year 10	$\Delta$ Year 11	$\sqrt{y}$ Year 12
$\leq$ Year 7	$\text{pencil}$ Year 8	$\approx$ Year 9

$\infty$ Year 4	$\%$ Year 5	$\text{apple}$ Year 6
$\text{dots}$ Year 1	$\text{hand}$ Year 2	$\pm$ Year 3



## KINDERGARTEN

## PRESCHOOL





# Feelings!

## Our FEELINGS are our SUPREME GUIDES:

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

Kevin died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

## **We are to use our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

Kevin, 1<sup>st</sup> Celestial Heaven, John's brother-in-law: **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.



## LIVING THEIR WILL:

We can choose, in each and every experience, to live true to our selves; true to our feelings, and by doing so, we are also choosing to live true to God's Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings. Being moved by one's feelings, always expressing one's feelings, doing what we feel we want to do; while all the time longing for the truth of those feelings, longing for the Divine Love, and longing to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true to themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. The feelings, in and of themselves are real, however they are not founded on one living true to oneself. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered. And it's not an artificial empowerment like many people try to achieve by positive thinking and wilfully using their mind to be positive. It's real feelings of ourself, our will, and our wanting to live with God, our Heavenly Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

**FEELINGS**

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively

focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it! It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.

## 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.

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

**We have to see the whole truth of our negative or self-denial state before we can heal it and be free of it.**

**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus 13 May 2003

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

This is how we are also to be, as adults!

**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.**

**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.**

Truth is Love

This statement tests TRUE. Map of Consciousness calibration is 1,000

# Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

## FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

## SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480



**FROM**



**DRUNK, HIGH & DRUGGED**  
**ZOMBIES**

**TO**

**SUPERKIDS**

**Natural self Expression through Feelings**

**Self Empowering**

**Self Revealing**

**Self Loving**



**Feelings First**

# PASCAS UNIVERSITY

*We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.*

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

*It takes a village to raise a child.*

**LIVING FEELINGS FIRST and EARLY CHILDHOOD**

**By suppressing and rejecting our feelings, consequently, our mind based assumptions are 98% in error, as is our 'thinking'!**

**Consider asking yourself this question: Who hurt me when I was a child?**

**One must always honour another's will as one honours one's own.**

**There are two areas that humanity is not to go:**

- 1: Weapons of mass destruction - particularly nuclear.**
- 2. Modifying genes - both of human and of nature.**

### ***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



**The question is: Are we treating the cause or suppressing the symptoms?**

**Treating the cause permanently heals that which brings about illness:**

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

**To suppress the symptom is to put the problem aside for later on:**

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

# To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.



## Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it. Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person**.

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny



and keep suppressed. And this is what I ‘feed’ on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

“Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

“You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

“I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is YOUR FEELINGS!!” (These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new ‘vibration’ humanity will experience is the new vibe of the next age, and it’s upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won’t need to get sick, the Celestial spirits don’t get sick, they don’t have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won’t need to have those feelings that would come from an illness, so we won’t get sick.



EVERYTHING that happens to us does so to help us live one of two ways. So we will ‘get a virus’ to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won’t get sick. There is NO OTHER REASON why we get sick!

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all ‘infected’ with.**

# *My individual "Rebellion and Default" is my overarching virus!*

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All illness results from our inner levels of discontentment – **BECAUSE WE DON'T FEEL LOVED.**

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person.**

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. **ILLNESS IS OUR FRIEND.** It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

**EVERYTHING that happens to us does so to help us live one of two ways. So we will 'get a virus' to help us go further into our truth-denial; or we will get one to help us come out of it.**

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and **we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won't get sick. There is NO OTHER REASON why we get sick!**

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all 'infected' with.**

## **Enters emotionally - is to leave emotionally!**

*We are to express our feelings,  
both good and bad, emotionally!*

# ***We are to Find the Truth of our Childhood.***

James Moncrief – Sunday 8 September 2019

## **We are to Find the Truth of our Childhood.**

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

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

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

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

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



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

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

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

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

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



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

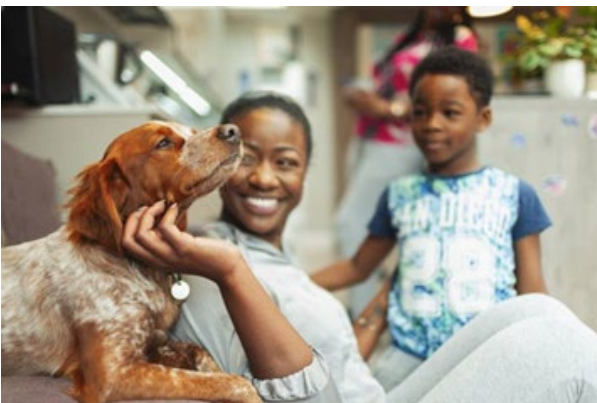
- ♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



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



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



- ♥ You love your pet more than your child?



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

## SPIRITUAL HEALING:

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented living life in a stupor.

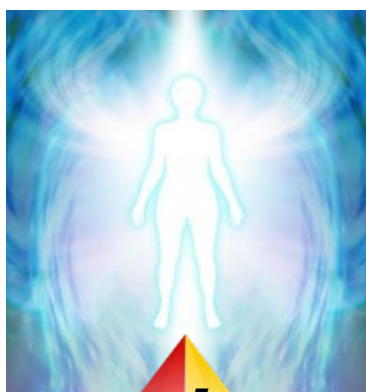
Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are. So right the way through our Healing, we stay being screwed up all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing, is all that is stopping us see the truth of ourselves – our untrue and false state.

**Mansion World 7:** 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. Then comes transition.

**Mansion World 5:** 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. Each progression is full on, all the way.

**Mansion World 3:** 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.



IT IS  
NOT THIS WAY





### SOUL, from another dimension, is connected to the SPIRIT BODY:

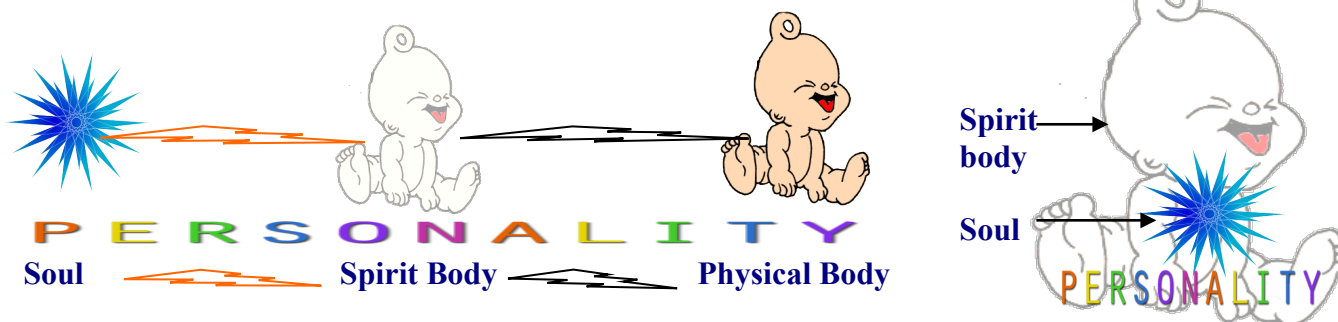
The soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When it incarnates it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body. This it does twice, one female and one male – one soul, two personalities being soulmates / soul partners. The soul is an incredible structure as it brings with it almost unimaginable potential which includes the talents and passions of each of these two individuals.

The soul contains all of the elements that make a human a human. Therefore it contains the elements which modify and direct the expression of emotion in humans that give humans their individual qualities. Despite the variation of emotional expression in different cultures there is a great uniformity of emotional expression throughout humanity. When an emotion is expressed truly by any person it is capable of being recognised for what it is by any other person.

In small children and babies, the expression of emotion is initially quite simple but recognisable and develops as the child grows and is profoundly influenced by the relationship with the closely attending persons be they parents or others. The small child learns a lot by following and aping what is done by other children and adults so it learns patterns of expression of emotion and learns the acceptability or otherwise of emotional expression. It is taught what is 'right' or 'wrong' in its immediate environment so there develops a great variety of emotional expression and repression. Thus facades evolve and suppression of true self unfolds.

The spirit body and the soul are inextricably joined and remain so during existence. The soul 'drives' all our personality existence, our spirit and physical lives, in Creation. Upon death our physical body 'dies' with our soul still expressing our spirit personality. And our consciousness, our life focus and awareness, moves from living focused in the physical to living focused in spirit.

The soul is displayed by virtue of the development of the human personality and its qualities. The physical body is created with all of its physical elements the shape and function of which are largely determined by its human heritage as provided by its physical parents. Even though the soul has all of its potential in every individual, the fullness of its expression in any individual is directed to some degree at least by any limitations of physical and mental structure although these are not, of themselves, absolute in their effect. By that is meant that a soul which is developing powerfully can shine through and transcend what seem like insurmountable physical and mental odds. This means of course that a human who might appear to be greatly hampered by their human heritage is capable of great soul development while on Earth. There is great individuality in this as in all things human.





**I am my SOUL!**

**I am not my body!**

**I am not my mind!**

## **P E R S O N A L I T Y**



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

# Soul Light

Books 1 and 2 written by James Moncrief were conveyed principally by Zelmar and Zelmania, being a Melchizedek soul partner pair. The Melchizedeks are high level spirit personalities from within our local universe of Nebadon.

These books may be downloaded from the Library Download page at [www.pascashealth.com](http://www.pascashealth.com), scroll down to Medical – Spiritual References and click to open:

 [Soul Light book 1 via James Moncrief.pdf](#)

 [Soul Light book 2 via James Moncrief.pdf](#)

## The Soul Light Theory

1 May 2003

The soul IS. The soul *is* SOUL. Soul is unique, and there is nothing else like it. It is unfathomable. It does not exist in Creation, in time and space, for IT IS existential, of its own existence. What does exist in Creation, only does so because of soul. If there was not soul, neither would there be Creation. Creation is therefore dependant on soul, but soul is not dependant on Creation. Soul ‘exists’ before Creation, or rather soul is soul, something that is completely of itself, and being so needs nothing else, and is nothing else, and with nothing else. Soul cannot be completely defined either internally or externally, however from our observations and deductions we have been able to learn about some of its many aspects.

To those who are interested in such things, the soul is the Eternal Mystery, always revealing itself little by little, both singularly within the individual and collectively as many individuals come together. And as we seek to look into our own soul, or, at least try to perceive it from outside of itself in Creation, we can use all that we see, feel or perceive to help us know more about ourselves, our own soul, and to know the greatest of all SOUL, that which we identify and relate to on the Personality level as our Heavenly Mother and Father.

The Mother and Father’s Soul, for They are Soulmates and of One Soul that is expressing Two Personalities in Creation, and our souls, which also are expressing their two soul-mate personalities in Creation, all have their existence, if we can call it this word, in a ‘place’, even though where souls are is no place except soul, to which we have ascribed the word *existential*. We use this word in contradistinction to the word *experiential*. Existential we describe as being with no beginning, middle or end, of no place in time or space, just Being, being soul, Existing, but with a potential of ‘doing something’. Experiential we describe as





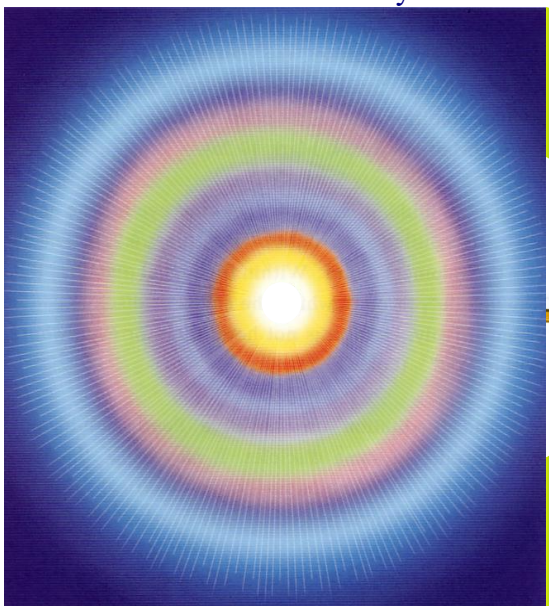
doing, experiencing, ‘the doing of soul’ – the soul expressing itself as its two personalities in Creation.

We being spirit personalities are an expression of our soul. You James, as an expression of your soul, is one of its two personalities it is expressing in Creation. Creation is for souls to Express. And as souls express in Creation, so more of Creation comes into being. The Soul of the Mother and Father is the First Expression, expressing its Personalities of the Mother and Father. And as it is expressing Them, so Creation is coming into being. Then we all being lesser souls than God’s Soul, play our small parts in adding to Creation as our soul expresses us, our personality.

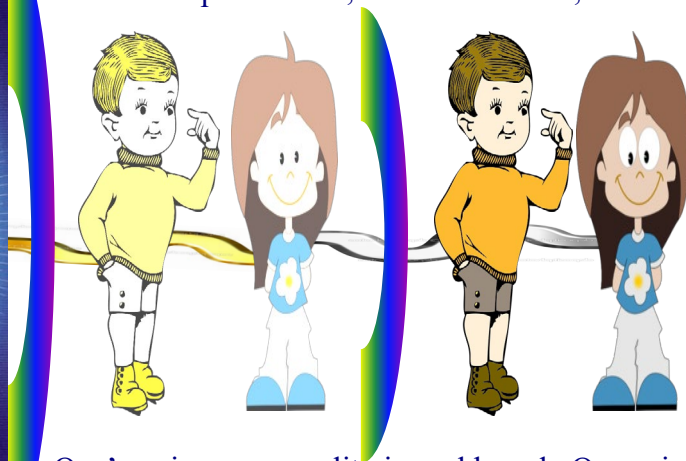
### **DIMENSIONS of ONE’S EXISTENCE:**

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

SOUL exists existentially



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



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

What the soul does is creative, it brings things into being, into time and space, into having a beginning, middle and ending. So without soul, Creation and the experience of being in Creation, would not exist. Without Soul, Creation would not be; and yet if there was no Creation, there would still be Soul. Soul governs all that is created. Soul has created all Creation. So it’s your soul that is ‘creating’ you, bringing you, one of its two personalities, into being. You are not doing it. You have been led to believe that you can create your own reality, live life as you want, making things happen according to your desires, will into being whatever you come up with in your mind, however still behind all of that, is your soul, so really everything you are and do, is all your soul’s doing.

You think things to do using your mind, however those thoughts come ultimately from your soul. You act spontaneously on your feelings, however those feelings come ultimately from

your soul. Your soul is continually ‘doing you’ all the time. Your physical body is sustained on the material plane by your soul. Your spirit body exists in spiritual realities because of your soul. Your will is activated by your soul. All of you that constitutes what is called your personality has been brought into being by your soul, and will remain as part of Creation as determined and defined by your soul. So even though you are personality, so too in a way are you soul. And because soul leads, soul expresses personality, so really you are soul. You are a soul, as is commonly said, which is true. So you are soul, as you are you, and being you, you are your soul. As a personality you might be able to perceive your soul, that deep part within you that is the ‘real’ you, that undefinable part or essence, a light, that which your personality is anchored to, that which you are expressing in Creation as being how you are.



The Mother and Father’s Soul has brought all of us souls into Creation, and some say this is still an ongoing and active process. Others say it’s all already been done, because it is just what Their Soul is. The Soul of God creates souls. The Mother and Father have created your soul, and then They have blessed it with two unique personalities it can express in Creation. However, as to whether They brought our souls into being ‘after’ Their Soul, we all were souls at once, really is unknown. Some speculate that our souls are ‘lesser’ than Theirs and have come into being as a consequence of Their Divine action or Will, yet others disagree by saying that such action cannot happen in Soul, and can only happen in Creation. However for our purposes, Soul is the pattern of Creation, its blueprint, or light-print. When all of soul is expressed, if this can or will ever happen, then all our soul will be seen and defined by us in Creation, so our contribution to Creation would be fulfilled. What you saw of us and all our experiences ever lived, would constitute all our soul is.

Soul is seeking to express all of itself in Creation. And as we express more of ourselves, our personality, in Creation, so we can get to know ourselves more, which is also getting to know our soul. When I look at you James, I am looking at an expression of your soul, and really for all intents and purposes I am looking at your soul. I am looking at your soul coming into expression in Creation. And so by looking at and observing Creation we can see what has already been defined by Soul. By God’s Soul, and all souls, expressing in Creation. To look at current Creation you are looking at a partial expression of Soul. So the more Creation is created, the more we can all observe through it, and through ourselves in it, what Soul is. What the Mother and Father’s Soul is, and what our own souls are.

What we do know is that our soul’s expression, its creation is continuously creating in Creation, is subject to the Will of the Father and Mother’s Soul; however this point is even subject to debate, for what does ‘subject to the Will of’ truly mean when we are speaking about something that is so foreign to us from anything we know in Creation and from anything we can directly relate to.

Soul is best left as being described, as soul. It becomes a subjective experience of the individual whom has, or possess, one. We spirits (you being currently spirits in flesh) are destined to know for ourselves what our souls are, and we will subjectively experience that

which we will know through the truth of our experience – what our soul is. And to say that you are soul, and your soul is you, is quite true; but as for how true that is, is what we will experience throughout all eternity.

In Creation we can Experience. And so as we experience, we create. As we experience life in Creation, we are creating, bringing more of our personality into Creation. By our sheer existence in Creation, we are a creation of our soul, and so our soul is ‘experiencing’ itself that it is creating. By the soul expressing its two personalities in Creation, it is in a way then able to experience itself, experiencing what it is like being those two personalities, and so what it’s like being a soul. And then as to what we can further create in Creation, is up to our soul. Our soul only ‘creates’ us in Creation so it can know itself as a soul. And yet how does a soul know itself when it is soul? Being personalities can know ourselves, and even to some extent know our soul, as ‘knowing’ is an attribute of our personality, however how does a soul *know* itself? And it does so through Light, which I will speak more about later. And for that to happen, it has to follow strict guidelines. Our soul’s self-expression, its expression of its two personalities, is not a random affair. It is highly orchestrated, controlled, all according to a pattern ‘put into it’ at its creation. This being what we’re going to call its Soul Light Pattern Of Destiny. (I will use varying names James, as I’ve also called it the Soul Light Print Of Destiny with you before, however it all goes under the heading of our Soul Light Theory.)

The Mother and Father’s Soul create our soul with our Pattern, and it is that pattern that is unfolding or being continually expressed in life. You are completely as your soul is making you, and all in accordance with how the Mother and Father want you to be, because They’ve created you to be exactly how you are in each and every moment. You can’t change your reality or affect a future reality like some people think, and there is no such thing as you living parallel realities simultaneously, you can and will ONLY ever live the reality you do, it’s fixed, and it can’t be otherwise because that is the pattern or coding within your soul.

And so even though as personalities we experience life with freedom of will, we can make decisions based on our mind and feelings and act on them making us believe we are affecting and changing our reality, current and future, still all of this is fully orchestrated and co-ordinated by our soul. So on the soul level everything is fated, predestined, we’re living the unfolding of the pattern within our soul, whether we like it or not. And in no way as mere personality expressions of our soul can we change that pattern. And then on the personality level, as we’re completely focused in the experiences we have, so it seems like to us that we are controlling and shaping the direction of our life based on our freedom of will.

And we are to live having free will, or at least to live under the illusion that we have it, for on the soul level there is no such thing. Our soul creates our free will, making us feel we are in control of our lives, when really it is our soul that controls EVERYTHING. And it’s the greatest of all quandaries we are to reconcile within ourselves: to know that all we are is predestined on the one hand, on the soul level; and yet on the other, the personality level, it’s all up to us, we have complete free will, or a freedom of will within certain parameters as we can’t actually do everything we might like to do when we’d like to do it. So every thing is



being fated, and not being fated, we live as an ongoing relationship, that being the relationship expressing the relationship of the free will personality and the fully destined soul.

Many people argue about whether we have total free will, partial free will, or none at all with everything being fated. And the answer is we have all of the above. We live mostly focused with a certain amount of free will, yet at times in your life it becomes apparent that perhaps you don't have as much free will as you might think you do, and you can even perceive the total control of your soul as your soul-perceptions awaken.

With our mind we can believe that we are free to create and bring arbitrary things into being, however this can only happen because it is 'allowed' or 'ordained' or 'wanted' or 'needed' or 'desired' by our soul. Nothing happens in Creation without Soul, and I want to repeat this again: NOTHING HAPPENS FOR US SPIRITS, OR CAN EVER HAPPEN IN CREATION, WITHOUT OUR SOUL. As I said, without soul we would not exist, and neither would anything else. So if the Mother and Father's Soul did not BE in Soul Reality of BEING, then we would not know ourselves, for we would not be either. And from this aspect we can see support for the notion that we are 'lesser souls' than that of God's Soul, for if They ceased to BE, we would no longer be. If God's Soul ceased to BE, no one else would be able to fill Their shoes or replace Their Soul. Without Their Soul, we'd not be souls. And so do we constantly need Their Soul to sustain our soul; is Their Soul constantly sustaining our soul; are They far more intimately involved in our lives through the soul level than we can possibly understand? They are truly our Soul Parents, our Soul Mother and Soul Father, and we are truly their soul children.

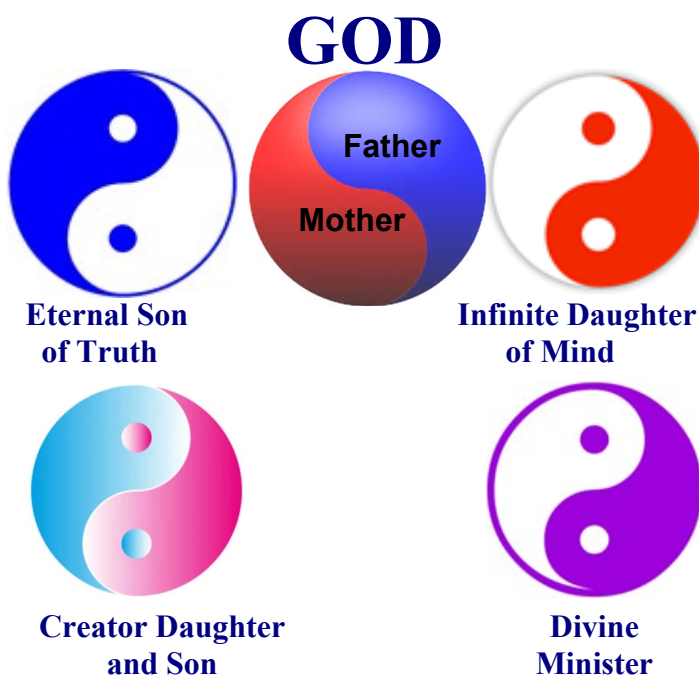
It is very important for you to understand that your soul maintains your existence. It is not your mind or your spirit or your brain or your physical body, it is your soul. And that your soul is very different from your spirit, spirit body and physical body, it sustaining them in Creation. All that you know of yourself, your physical and spirit body, your thinking mind and feeling mind, your imagination, creativity, dreams, consciousness, unconscious, self-expression, evolution of truth, all that's contained within your aura, all that you are, are all only attributes of your personality, and are not your soul. It controls all of you, your every moment is able to happen and be in Creation because of it. Every cell in your physical body exists in Creation when it does because of your soul, that cell being another part of your personality being expressed by your soul. And all the great higher (or lower) thoughts and feelings you have, again only happen because it's what your soul *wants* to happen. Your soul doesn't actually want, as you know wanting to be, it just IS. It's not even that it is Doing you, it just IS you. Mostly we use terms we describe or use being personalities to describe or relate to soul with, however that is not really how soul is. It is what has been termed the all-knowing presence within us that seems to just be and is us. It is the storehouse of your personality. And personality is the one single thing about soul that we can know and see and experience prior to soul commencing its expression of personality in Creation.

Your personality is in many respects your soul's most true expression. And as to what you ascribe to personality, is far more complex than what your world knows. Personality in all its complexity gives us our greatest insight into the even greater complexities of soul.

All beings of a certain order and above have a soul. And all who have a soul have a freedom of will to fully express their personality. Those of lower orders of Creation are still the personality expression of a soul, but they are merely various attributes of this personality and do not have a unique soul themselves. On your world all the creatures and creation not of your human form, does not have a single soul as you do, and therefore they don't have such freedom of will as your personality does. Earth has been wholly given to you, to your souls, that being all souls of humanity with complete *freedom* of will expression. It has been made available for your souls to express their personalities, and begin at the beginning of Creation. You have henceforth from the moment of physical, spiritual and will conception, been given a world in which to form your 'world', your own unique and personal expression of the world of your soul.

All other creatures of Earth and all inanimate things have been given to you by your Heavenly Parents, by Their Soul, to help you enjoy expressing your personality, all to help you understand more about yourself, who you are, and what you are composed of, all the differing aspects and attributes that constitute your personality. Simply, Creation is provided by Soul for soul to see and know itself. So as you express yourself freely in Creation, you are living what you can see of your soul. As you look at yourself, all you are seeing is your soul. You are more than the image or reflection of your soul, you are your soul being expressed in a different reality to that of your soul, one of which we call Creation, which is of time and space.

All the creatures of your world are governed by the Infinite Daughter (The Infinite Spirit as She is called in *The Urantia Book*), and then by Her 'Daughter' the Divine Minister, in conjunction with The Supreme Being who is evolving into being derived from all current experiences of Creation. The Supreme Being is a Soul and a God that is coming into being, an experiential God, as opposed to the existential Soul of the Mother and Father. Life in the Universes of Universes to this point of time is controlled and governed by an hierarchy of Soul. But I will speak more of this later. So to start with, I will identify the Mother and Father Soul as that which all things come from.



The Soul of our Heavenly Parents is duplex in nature, expressing two Personalities that we know of as God. We relate to the Soul of God as our Heavenly Mother and Heavenly Father. We don't divide them up as God and Goddess, we keep it simply God, meaning we're referring to One Soul. We can get to know Them separately, and as One Soul. And we spirits being in the image of God, are also souls of duplex personality.

Your soul has been created to experience maximum experience through love, which it can only do through you and your soul-mate (soul partner). When the two of you are perfectly united as one, then your soul is maximising life experience. To get to know yourself, which means your soul, you have to do so through another (or rather you do it through yourself but with another's help), and so you will through and with your soul-mate. And why soul-mates are so important, and why you long to be united with your true soul-mate, is because being of the same soul you will be able to relate the most you can to each other. By having relationships with other people (spirits) who are not your soul-mate, means you will be able to have only a limited relationship with them, compared to the one you have with your soul-partner. (The term soul-mate and soul-partner I will use when I want to give you a certain feeling, they being the same thing. The term soul-partner perhaps giving you a more personal feeling, yet with soul-mate being what you're more used to.)

Many people because they feel an intense love for one another, believe, wrongly, they are soul-mates. Being of the Rebellion and Default that you all currently are on Earth, means you are living against, rebelling against, the truth of yourself, so you are rebelling against your soul-mate. Whilst you're of the Rebellion, you can't unite truly with your soul-mate. Only when you start to do your Healing, should it be the desire of your soul, can you meet your soul-mate; however for most people, this will not happen until both have fully completed their Healing, thereby ending their involvement in the Rebellion. So those people living using their mind to control their lives, are also using their mind to feel all the 'deep soul-mate love' they believe they are feeling. However, should such people start to do their Healing by uncovering the truth of their rebellious mind controlled state, then their so-called soul-mate relationship will end. The truth being shone on it, showing it was only something fabricated by the minds of both involved.

We can only marvel at our own soul seeing it divided into two unique expressions of the same soul, and able to give rise to both with very distinct personalities, a man and a woman. Soul-mates are always of the opposite sex. You cannot be same sex soul-mates. However, by using your mind you can believe you are soul-mates. So being homosexual means that through your Healing, or when you have completed it, you will be straight. You have to be straight to unite with your soul-mate. Being gay is only a condition or expression of being in the Rebellion and living against the truth of yourself. And being straight, because you are all of the Rebellion, means you too are living against and untrue to yourself as much as those people who are gay, you are just being of the Rebellion but in a straight way. So whether you are gay or straight, you are all rebellious and living against the truth of yourself, and so being that way, can't unite truly with your soul-mate. So, you have quite an incentive to do your Spiritual Healing, which I will also talk more about later.



Once you are wholly united with your ‘other half’ you will exist for all time in Creation both inextricably linked, both being the opposite of each other and yet both living and being in perfect harmony and rhythm with each other. So, a soul incarnates its two separate personalities at varying times and places on Earth, then moves each to be able to come together at a designated time and place, be that on Earth or in spirit, to reunite and then live on as ‘two who are one’ – two personalities of the one soul. And a soul always incarnates its two personalities on the same earth, because to incarnate them on different physical worlds means the two would be too diverse when it was time for them to come together. And so in looking at a soul-mate pair one can see their soul in total – meaning in total as to what has been revealed thus far in Creation. Forever you will both be as one, the perfect union of personality expression of your soul.

Each soul is therefore complete. It needs no other. You can exist potentially in complete love with each other as a soul-pair. The soul has ‘made’ you both, for you both to experience the fullness of love and all experience together. Soul-mate love is the highest state of Natural love, or soul-love. And then when you partake of the Divine Love by longing to your Mother and Father for it, then your perfect soul-mate love becomes even more enhanced with the inclusion of God and Their Love. There is nothing more fulfilling for you, nothing more loving, and you can’t feel more loved or be more loving, than when you are united in love with your soul-mate, all within your Mother and Father’s Love. When both of you are living loving your Heavenly Parents and feeling wholly loved by Them. When you both feel the Love of your Heavenly Parents continually in your soul-mate love lives.

The soul is completely self-contained. It is able to manifest both its personalities and bring them together, both having the desired experiences needed to fulfil its needs. And from this perspective, the soul does have *needs*.

The souls ‘needs’, if it can be said this way, to bring itself into Creation, to express itself through its two personalities so that it can ‘know’ or ‘experience’ or ‘see’ itself. It ‘wants’ to become fully self-aware, wholly aware of itself through its two personalities. So the more aware of yourself you become, which you do as you grow and evolve in Truth, so too do you become more aware of your soul. And so you realise increasingly that indeed you do have a soul; but more than becoming self-realised, which is on a mind level, a deep perceptive awareness comes to you, one that allows you as a personality of your soul to deeply perceive your soul, to know that you are your soul as your soul is you.

Our soul needs to manifest us in Creation so that it can experience its own reality subjectively and perhaps more importantly, objectively. In a crude sense, your soul has created you to step outside of itself and then through you identify itself; it can look back onto and into itself. It can then say it knows and can see that it does exist, and at least in Creation if nothing else; and then through your soul perceptions you/it can look deeper into yourself and see that it does also exist existentially.

As to whether a soul is self-aware in its existential state of being, we do not know, however due to its need to create or express its personalities in Creation, we surmise that it is not, and so Creation has been brought into being through the active need or expression of love, a need to know and see itself for itself and through its own eyes, yours and your soul-partners.

So as we look to the Mother and Father to help shed light on ourselves and our souls, so too can we look to ourselves to see who They are. As we perceive Them as two separate and unique Personalities, all we experience or feel from Them, is that They are still ONE. One Soul with two expressions of Personality, and the Mother and Father of us all.

As we are told by our beloved Creator Son and Daughter, Jesus and Mary Magdalene (who are soul-mates), we are indeed children of our Heavenly Parents, we can then also assume as we seek such understanding of truth within ourselves, that we are 'little' souls when compared to Them, but with many similar characteristics. We are Their soul-children, and we are that for a reason. And that is that They, or rather Their Soul, 'felt' or 'needed' even further eyes to see itself with and to get to know itself with, and so we have all been brought into being.

God wants to get to know Themselves through us, Their children. And now we know that to see oneself through the eyes of one's own children, shows oneself a lot of truth about oneself, and helps one to identify with oneself in a much more broad minded and perceptive way, as many parents will testify. Your children give you a very clear and definite perception of yourself, provided you are willing to see it, and will readily, if allowed, present you with much truth about yourself, far more than you can due to your own subjectivity. They give you an objective insight into your very nature, which can be at times very startling, and in the negative mind state, very confronting and frightening. And so do we all give out Mother and Father a continual amount of insight into Their own natures, as we truly express ourselves and come lovingly to Them. And judging by the sheer amount of us all in Creation, They want a lot of children giving Them love and insight into Themselves.

Life as you know it, is not about the soul. It is all about everything else, and mostly all about your mind and its gratification. And yet life is *only* about the soul. You are so far away from the true meaning of life, reflected in how far away you are from your soul. And this phenomena, that you as a personality of your soul can live completely shut off to and in denial of your own soul's existence, all of which is what your soul wants at this time in your existence, shows just again how amazing the soul is. That it can, not only still maintain contact with its created expressions whilst they are living completely against it in their rebellious states, but actually orchestrate your denial of it, its own self rebellion, and still be able to look objectively enough at itself and bring you one day back to the full realisation of it after you've completed your Healing – that you do have a soul. In your negative unloving and untrue rebellious states, you exist as if you are soul-less, because you are not wholly loving and true. Every day you spend with your mind in control of yourself, you are further denying your soul. And as this is currently what your soul wants you to experience, the rejection of it, at some point it will want you to end that way of being, and then it will bring you to the point of beginning your Soul-Healing.

It might be very hard to understand, but God has created your soul to start incarnating its two personalities in a negative or untrue rebellious state, that being part of the System Rebellion your world currently exists in, and has been in for the past two hundred thousand years. Humanity has been living against itself this whole time, and only now is it time for it to wake up to the significance and severity of this truth. So your soul is expressing you in Creation, on Earth, in a spiritual rebellion against all love, truth, and everything soul is. Your soul is love, and it is true, however it is currently stopping you from experiencing true love.

This being what you are to now to wake up and to understand about the condition of yourself and the whole of humanity. That you have been made to use your mind to take over from your true feelings, which causes you to reject and deny the truth of your soul. So now you are freely, as determined by your soul and it also being what your Mother and Father want you to experience, living against Them, against Soul. And because of this, you are all in a very bad way. Your religions and spiritual systems don't teach you the truth of your soul-denial, because they don't understand about it, they being part of it. They even being created and sustained by the souls of people involved in them (Rebellion and Default).

And in theory, if it be the Will of God, and so what your soul will wants you to experience, you could deny yourself and your soul to such an extent that you cease to be, you become so anti Creation, so anti love, so unloving, that you can no longer exist in Creation, and so will face annihilation, a 'final judgement'. No one as yet has reached such a negative and untrue state of being, and we don't anticipate anyone will, however it is still a potential you are to face and deal with through the Healing of your soul. During the depths of your Soul-Healing, as you are expressing and feeling the trauma of being in your state of feeling so unloved, you will feel like you are being annihilated, that you are nothing and all but cease to exist, which is the truth of how being rebellious and living against your soul and Soul should make you feel.

You will come to understand through your Soul-Healing that living as you do doesn't actually make you feel good, loved, wanted and cared about, it makes you feel the opposite of these good feelings. And you will come to understand the truth that if you deny yourself by denying your soul, you will only feel bad, and very bad indeed. All because you are not truly loving yourself and your soul. You don't as yet fully understand the predicament you are all incarnated into, however it is actually to experience what living feeling unloved and being unloving is like. This being your negative state of experience. And as you don't want to feel so unloved, so you use your mind to love yourself and each other, however this is not love based on the truth of your true self, or the truth of your soul. The truth of your soul, is for now, that you are of a Spiritual Rebellion and Default, and that is not a good state to be in.

**We are to uncover the Truth of Ourselves!**



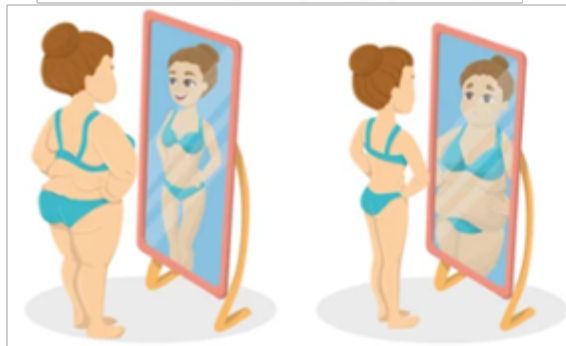
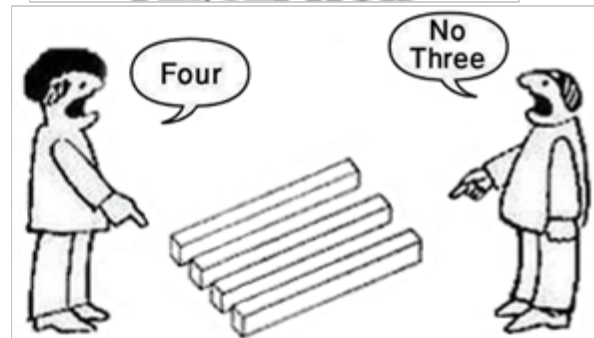
In order that you are continually expressing yourself and so creating, the soul has within it a Plan Of Expression. It has a time-space pattern of expression, that when expressed, will generate experiences for you in time and space. Hence, what we said to you James, is called one's 'Soul Light Print Of Destiny'. This name means that the soul has an encoded destiny contained within itself that is continually unfolding through the expression of light, with the result of you coming into being – that is into Creation. You live a very perfectly ordered sequence of light that continually streams forth from your soul into Creation, and this defines your experiential existence. So all that you do, think, feel and breathe, is all governed from your soul, and all ordered and maintained to perfection, in what appears to the ignorant observer, unordered life. It is perfectly true that the number of breaths you will breathe on Earth is already known and contained within your soul, you are merely living out a completely known destiny, each and every perfect step of the way. And all within the magnificence of your soul, you are blind to, for in no way can you know all of your destiny all the time. And if you did, you would be soul and defeating the purpose of needing to exist in Creation. So Creation is being orchestrated by Soul, and does not know what lies ahead, and yet all is known and perfectly pre-planned in your soul. As you progress in Creation, and the more true to your soul you become, and the more your soul perceptions awaken, then the closer to your soul's plan continually unfolding you will be, delighting in times when you get glimpses into perceiving *life* outside time and space.

You are marching onwards through your destiny in every moment. Your soul is leading you along the way. You may believe with your mind that you are in control, but you are heavily mistaken. The soul is lord of all things. There is the real and true way for you, for it is the only way, and you are living it. Your will can and will only ever be as it is. You can't live anything else than you are, nor could you have had a different life than the one you've had. You may hate yourself and your life, still it's what you are meant to do and how you are meant to feel in this moment of your soul's path. It 'wants' you to hate yourself and your life, and when it 'wants' you to wake up to the truth of why you hate yourself and your life, it will move you to start your Healing. Any bad things (and good things) that have happened to you, have so because it's what your soul has brought about for you to experience. And so if you really want to know the truth of why such bad and good things have and continue to happen to you, then do your Soul-Healing.

Your soul is the closest you will become to God, and it is within you. As you approach Paradise on your Universal Ascent Of Truth, you will become closer to the Home of the Personalities of the Gods, and of the Mother and Father in particular Who's Personalities dwell on Paradise, the Centre or Heart of Creation. And as you come before Them in Person once you attain Paradise, so too will your own soul be illuminated to new heights and into the 'Glories of Glory'.



# PERCEPTION



Perceptions can be of the mind and consequently these will err as the mind is addicted to untruth, the mind cannot discern truth from falsehood – no matter what our parents and teachers told us!

Inner inspirations and perceptions of truth are feelings without the mind participating. Our feelings of truth are from our soul. They are exquisite and wonderful. Stunningly delicate and, at times, seemingly profound. We wonder in awe at how insightful they appear. Do not reject them, embrace them and accept them.

As we go on and respond to them by accepting them into our actions and pathways, we grow in confidence as to their great integrity and constructiveness in all that they bring to us to consider and embrace as we please. Our soul based perceptions are a true gift from endeavouring to live feelings first – it takes time for this to unfold for each of us.

We mostly remain unaware that with us at all the times is our soul's truth and wisdom, our Indwelling Spirit being our direct connection with our Heavenly Mother and Father since from around the time we reached six years of age, our pair of spirit guides and since we may now be endeavouring to live feelings first then they will be from the Celestial Heavens, our pair of Nature Spirit who are with us throughout our physical life on Earth, and our pair of Angels, our Angels are with us for eternity. As we become more and more open to our feelings then we begin to 'hear' them – this can be by numerous means. We are never alone!

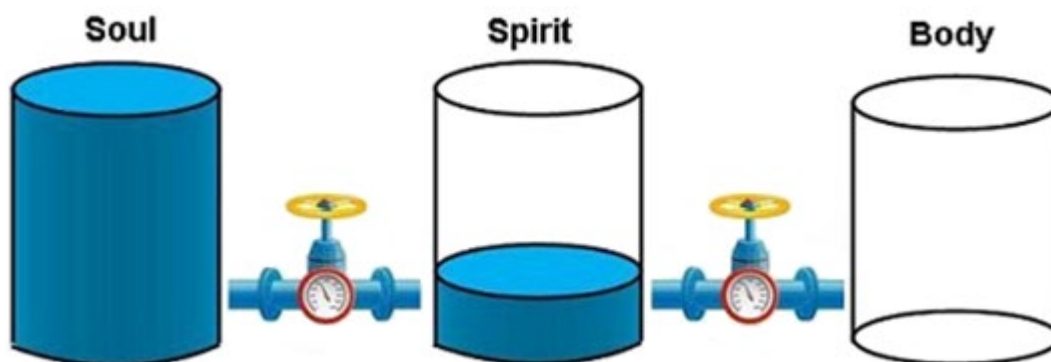
You cannot damage or hurt or destroy your soul. You cannot ever stop it from being perfect. You, its personality expression, can do all sorts of evil things with the effect of all but cutting yourself off from your soul and living in darkness and torment, yet still your soul itself will not be interfered with. Your soul is as perfect as God's Soul is Perfect. All corruption you might experience and feel resides in your personality. Your soul will keep encoded as light all your rebelliousness, and your personality will express some of this evilness. You will be able to see your corruption because of being part of the Rebellion and Default, in your spirit and physical bodies, and in your emotional/feeling and mind subtle bodies that constitute your aura.



**The life force for the spirit body and the physical body is via the soul. The spirit body is connected to the soul via cords of light, and in turn, the physical body is connected to the spirit body via cords of light. Should the light cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.**

People do things like 'muscle testing' in the physical body to ascertain spiritual, emotional, mental and psychological blocks that are 'recorded' as part of the personality level of expression. And through your Healing you will liberate all such repressed childhood feeling and emotion that is trapped within you because of such blocks. And as you bring out and liberate all such early childhood denied feelings, so the damage in your aura will be mended and adjusted with the aid of your Angels and Indwelling Spirit of God, however should you then need to experience deeper levels of trauma and denial, so your soul will liberate more of your unloving experiences and the pain from them, from the abuse of your parents, from the effects of their rebelliousness on you, and so your aura will 'fill up' with yet more repressed bad feelings and corruption for you to express through the next phase of your Healing.

All the horror of being subject to the Rebellion, all the pain you've suffered and denied, doesn't all continue to reside within your physical body like many people believe, or within your subtle bodies or spirit body, like other people believe. Only the amount you need at any one time is contained and so expressed in your personality system, this being what people might call their unconscious or subconscious if they are not aware of such buried pain and trauma. The rest is contained as the light of your pain in your soul until it's time for it to be expressed back into the personality system, which happens through your Healing. So when you need more repressed pain to come into your system, it will come from your soul. So you might do self-healing work connecting with the truth of your bad feelings, and get to a point when you feel your healing has finished, which will actually be only a certain amount or phase of it, then to be sunk down into deeper pain that suddenly comes up within you. Your soul is the great 'storehouse' of all that you are, all you've experienced, even all that you will ever be. Your auric and personality system can only deal with so much at any given time, and comparatively speaking that is relatively little of what you've suffered.



And everyone has and is suffering great 'soul-pain' because of being incarnated into the Rebellion, being subjected to it, parented by it, and having to become of it themselves, even if you feel you are very loved, happy and loving. Whether you are the most loved person within the Rebellion, or the least, you're still of it.

For the sake of simplicity and to give you a feeling about your relationship with your soul, it is commonly said that in denying yourself and living with evil intent you are denying and hurting your soul, and this is true in a relative sense to get a certain meaning, feeling and perception across, but so far as the actual truth of the soul is concerned, it is not true. I repeat, for it is important, the soul will remain perfect, it can't ever be evil, it can't rebel, but it has the ability to allow its personalities to live contrary to its true expression, and so to live in denial of it. As your soul is true and perfect, so the moment of, or just before, you incarnate, so you the personality are true and perfect too. You become untrue once you incarnate taking on the untruth. So because you and your soul are inherently true and perfect, it is true that you can end being untrue and imperfect and come back to, or 'find', your true and perfect self and be true and perfect. You can do your Healing, it is a real thing.

Experience is needed for love to be given and received. Experience is the 'food' of the soul allowing it to 'evolve' or 'grow' in light. If you do not experience, then your soul becomes what is called lost, stagnant or dead. Your soul cannot actually die, for it is neither alive or



dead, so as with many emotive descriptions of the soul, you have applied your mortal nature to them, and for our purposes, many are very apt in conveying a meaning or feeling I am trying to portray.

A soul being in an existence in which there is no time or space, does however orchestrate its personality creations in Creation in an orderly sequential series of events in time and space. On the material level you are conceived at a very specific time to very specific parents and grow up very specifically with all happening to you with perfect timing throughout your life, and you die perfectly on time at your appointed time, and you move into spirit and carry on living perfectly as you did on Earth. And all of this perfection is orderly orchestrated by your soul. Nothing can or even will happen to you that is not already in your soul, encoded as light as a part of its Being. Your whole existence is already 'in' your soul. Your soul is your total existence, and more! And so even though you may believe with your mind that you have freedom of will, it is a mere belief, as the true reality is that everything is already known and contained within your soul. So from a soul's perspective, if it were to have one, as I said earlier, there is no such thing as free will. For it is all there is, and everything just happens as ordained. Everything is perfect. Life is perfect; you are perfect, as is your soul. And so if you understand this, your current imperfection is perfect. You are perfectly living in denial and rebellion against your own soul, but really this is all going on in your own mind, for your soul is still expressing itself perfectly.

This then means that your denial, evil and rebellion has already been preordained and your life already mapped out to perfection in the negative, no matter how far 'off the rails you go' or how much badness you suffer and how much pain you are in. And it has to be this way, for if it wasn't then none of it, the good or the bad, would exist at all, and everything would be utter chaos. If you really did have complete freedom of will, and so it was up to your mind to do whatever it liked, whatever you liked it to do for you, and you had no soul at the back of you driving you along in Creation, then your life would be a complete shambles, particularly being in a rebellious state. And more than likely you'd have ended it because of the chaos you brought upon yourself. Imagine if everyone in the world was totally free to do as they pleased, there were no self-imposed rules, no manmade rules, what would become of you all? Imagine yourself if you could really do whatever you pleased and you didn't have to be responsible for your actions, you didn't have to make money to survive, you just did whatever you wanted to do, how do you think you might live? Take away the underlying control of your soul, and how might you be? So how you are and how the world is currently, is all exactly as it's meant to be so far as all the souls involved are concerned.

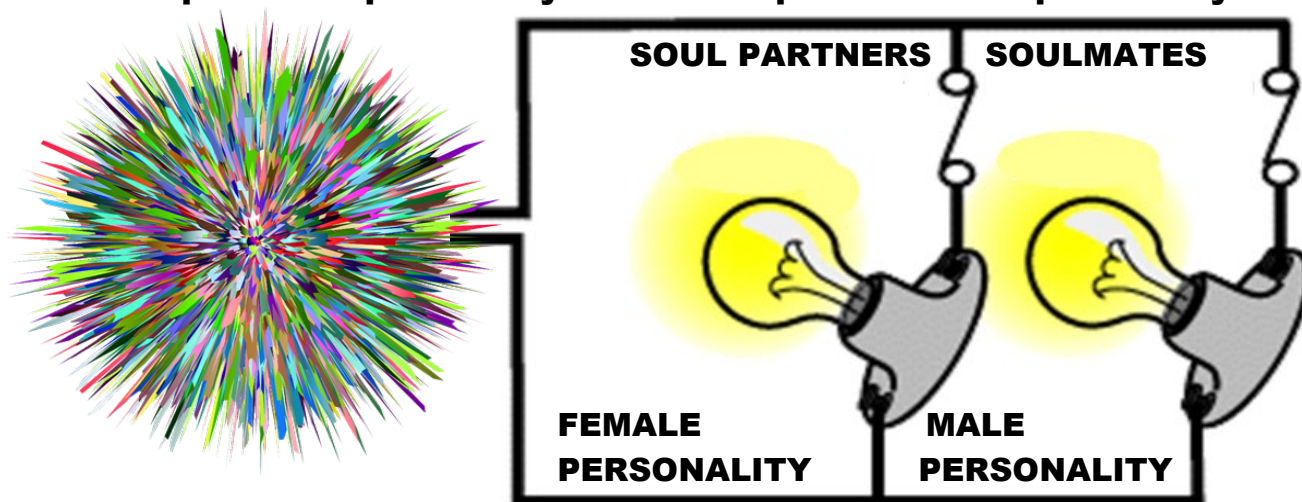
From the soul's viewpoint, where it to have one, the Rebellion is neither good or bad. It is just what it is. And as there is only love. And there is only experience of love, or expression of love. So your soul is love, and you the expression of that love. And all you experience is then of love. And then the denial of love you are now trapped in, is only and all contained within the mind and will attribute of your personality. Or you could even say that all of you being of your rebelliousness is still of love. The Mother and Father are ALL LOVE, so can only create with Love, so by Their wanting you to be and experience no-love, is still loving.

You are basically a 'living mind' whilst you live denying yourselves the truth of your feelings. All you do is heavily controlled by your mind. And in the mind, no love and the feelings of misery, rejection, hatred, anger, fear and so on are very real, making you feel very bad. And yet still pervading this negative or wrong mind state, is love. So you are lovingly negative. Lovingly of no love. The mind is not designed to be negative and so controlling, it has to be forced to be, and this is unloving. And so as you unwind the control of your mind over yourself, love will be there. True love has not gone anywhere, it has only been hidden or cloaked and not allowed to be a real and vital element in your life's experiences. You can feel great love, however it will be still tainted by, and if not a product of, your **rebellious mind controlling state**.

Our soul does not experience emotions, as you being its Creation does. You feel a good or bad feeling, yet to your soul this feeling is the end result of either being allowed to express its love or not, to express its light or not. For the soul doesn't experience love how you do, only Light. Everything is Light to the soul, and you could even go so far as to say the soul is light. And this light is the light of experience, the Light of Creation, or Creational Light; and it is Soul Light, the innate light of the soul. As you exist in Creation, as you are yourself, every atom of your being on the physical, subtle and spirit levels, are expressing or emitting light. And when all that light gets added together, you are one big LIGHT. And all that Light is continually being expressed into Creation, helping Creation to grow in the Light of Experience, and it is also moving into your soul. Your physical body is made of denser light, your spirit body of less dense light. The Soul of God is Light. And when personalities experience this Light, God's Light, and our own and each others light, provided there is no corruption of this light, provided you are true and perfect and not of the Rebellion, then you will experience this Light as Love. Soul Light, experienced as a personality, is Love. So love is light, a specific attribute of light. Soul is Light; and Creation is Light. The Mother and Father's Soul is the Light of Lights. Your soul is the light of light – your smaller version or expression of it. So **light is always moving out from the soul into you, and from you back into your soul. It working something like a feedback system**, which I'll speak more about later.

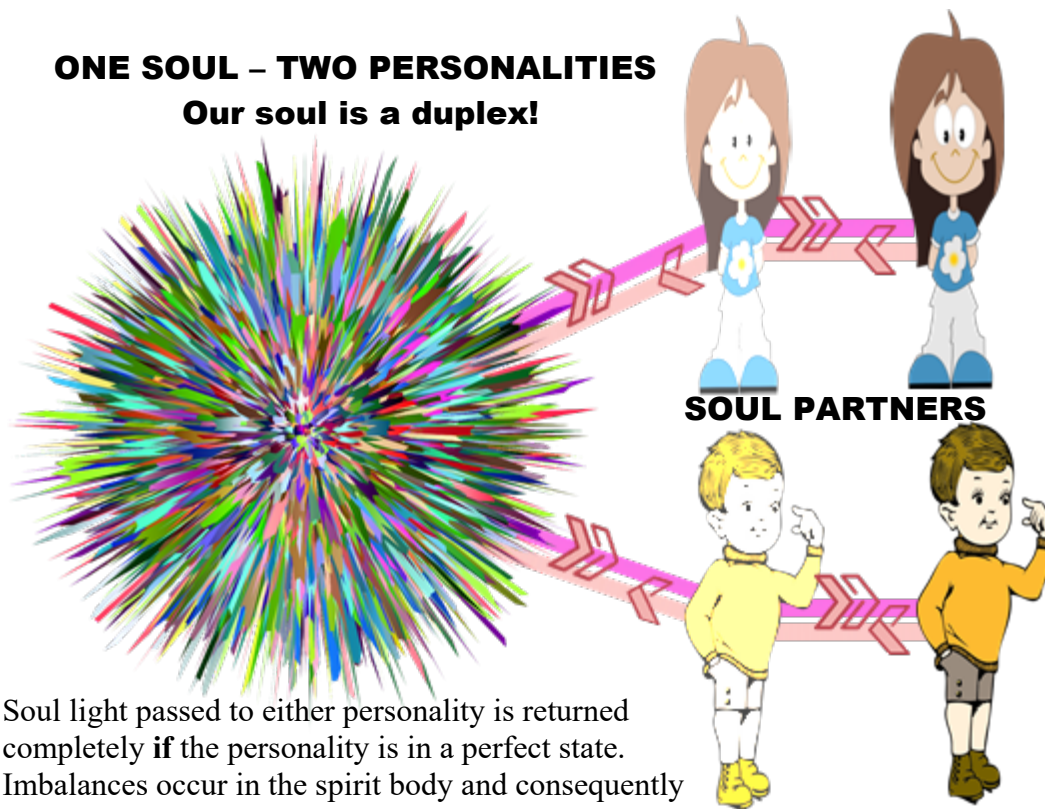
**SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!**

**Two separate personalities on parallel 'circuits' having the same soul.  
What impacts one personality does not impact the other personality.**



## ONE SOUL – TWO PERSONALITIES

### Our soul is a duplex!



When it is spoken of as ‘harmonies of light’ or ‘symphonies of light’, your soul being a star or sun of light, then as to the coordination of you in Creation by your soul, this is the greatest composition ever made. It is truly a wonder to try to conceive of such a thing, how the soul, your own soul, is now bringing forth countless lights, all which are activating you into being and keep you going, all providing you with the elusive ‘spark of light’ you call your spirit. It is astoundingly incredible, let alone then extending your mind out to include that this is the same for all of us – and even the same for the Mother and Father’s Soul that is the orchestrator, the Great Conductor, of us all. And if as you know creational-light to be, soul light also had colour and sound expressing its vibration, then what an incredible loving sound your soul would be making all the time, and what beautiful loving colour!

The soul consists of light. Light you are familiar with can be measured being relative to that which is measuring it. Light, Creational light, light that can be found in Creation, can be analysed and characterised. The greatest Creation light concerning you all personally is that of Natural love. You are of this Natural love, so of its light, being a personality in Creation.

The Healing completes in various stages, with the focus on being bringing to light the truth of your unloving state. Then once this happens, you move into living being fully loving, this transformative time of your soul bringing about the whole experiential soul light completion. Which is why Jesus told you that you will feel like you’ve been Born Anew, because in a way having had all your childhood experiences not complete and of love, and now with you feeling complete and loved, in a way you’ll feel like you’ve lived your childhood over again yet in a loving way – anew.

To do your Healing you need to engage your will, you have to wilfully decide and so want and then act (by attending to your feelings the right way and longing for their truth) to end being rebellious. And by refocusing your will toward uncovering the truth through your feelings, rather than using it to carrying on using your mind to advance and indulge in the Rebellion. This all being orchestrated by your soul as you make your experiential decisions.



As to how the Mother and Father and your soul orchestrate the experiences you will have through your Healing to rectify the rejection of your soul, we marvel at, it all having been 'factored in' and part of your soul pattern. So you will begin your Healing at the right time, and all your experiences from then on will help you in it. Your Healing then becomes a very distinct period of your life, it being a whole transformative process to end your rebellious and unloving ways. It is not something you can do in ten easy steps, it is a complete life-engaging process; you live it, it is simply your life and that which you're doing at that time; with it becoming all of your life, all you want to do. And so your experiences become enriched, more important, as you understand all feelings involved are crucial to your wellbeing and the 'health' of your soul. It is literally the truth that will set you free of the pain of rebelling against yourself, so you need to honour your feelings and the whole experience of them fully, so as to bring to light such truth within you.

**"THE TRUTH WILL SET YOU FREE, BUT FIRST IT  
WILL MAKE YOU MISERABLE."**

As you 'fill in' your denied experience, so you will make decisions about how you want to express yourself, how you want to conduct yourself in your relationships, your relationship with life will evolve, all being reflective of the increasing truth evolving within you. So eventually, all the decisions about how you express yourself that would have naturally happened had you been parented lovingly, will end up being made by you, again helping to 'fill in the gaps' of your life.

And so having made the wrong life decisions based on erroneous beliefs and all because of no love, you change these negative beliefs and end your unloving behaviour. The more aware you become of how wrong you are, then naturally you'll want to change yourself into being right. And again, the change comes organically through your evolving truth, and it is not change you can make happen simply by deciding to with your mind.

You will discover how twisted and messed around you are, how many false beliefs you have, and how they have all contributed to your being evil and doing the wrong things in the world, just in your every day life; things which you believe are good and loving because that is what you have learnt and others have shown you are how life is. It will shock you to see just how deluded you were made to be, and just how far away from the truth you are living.



However, as you slowly unwind the rebellious tangle within you by honouring your feelings, you will fill in the deficit and feelings of being not so out of equilibrium will help you to know that you are making progress. And then the truth and knowing how to live true will come up within you, and once you've brought to light the whole truth of your untrue and unloving state, love you will feel. Gradually your whole being will change, you whole life and all your motivations. You will become the real and true you as your soul and the Mother and Father originally intended, and not the false, untrue you They wanted you to begin your incarnation experiencing. You will no longer be a living lie. All of your outstanding denied experiences will have been lived on a feeling level, and it will in the end give you a feeling that after all you have lived the perfect life, even within such imperfection, which of itself will speak more to you about the incredibleness of your Heavenly Mother and Father than anything before.

The imbalance of your soul can only last for a certain time and space in Creation. As you are not alone and all of Creation is dependant on you being true and perfect, then one day pressure will come into your life designed to make you stop how you are living and to turn you around to take more care of yourself, to show you, you are only hurting yourself, and being in such pain is not doing you any good or getting you what you want. It is not fulfilling your true needs, only the distorted needs of your unloving state.

How this turn around comes will of course be different for each person, yet even this when viewed from a higher perspective of truth can be seen to fit into certain patterns.

We can also easily see the stages in one's rebellious life. As to whether it will last for a relative long time or whether your soul will be starting to call you back to it. The call you attribute to that of the God, 'God's call to service', is actually the call of your own soul to be attended to. However, as you do not know about the need to do your Healing, mostly people believe such a call to be more religious in life, wrongly attributing this call being from God for you to live a more righteous life, with them setting off doing many things which are in fact still only furthering their rebelliousness.

And the stronger they 'feel the call', even at times 'hearing God speaking to them', the stronger they fight against their true feelings, which is often bad feelings they say is a weakness and their failing in their faith, causing them to knuckle down even harder on themselves by denying the very feelings of failure that they could work with to actually liberate them from their controlling mind. **It is the call from your own soul that is often misinterpreted as God calling.**

However, if you are to progress deeper into your wrongness, then obligingly your Indwelling Spirit of God, your 'inner quiet God voice in your mind' can 'make you hear' God speaking to you and calling you to service. The only true 'call' from God coming through your soul will be you wanting to be true and perfect as God is true and perfect, and to long for the Divine Love. So to start longing for the truth of yourself through your feelings by doing your Soul-Healing, as you also long for Their Divine Love.

Your soul is suffering according to your rejection of it, and you are not doing the Father's Will because you are striving to do so because of a choice of your mind, any more or less than another who is living in rejection. And as you are all living in rejection of the truth of yourself and of God, until you have completed your Healing, nothing is more God-like or 'closer to God' than anything else. You are living closer to the Evil Ones, the instigators of the Rebellion, all of which is taking you further *away* from God. And even if you 'hear the voice of God' telling you to do this or that, even if you feel a strong desire to do God's Will, unless you are also doing your Healing, everything will serve to take you further away from yourself, your soul and from God, and closer to the Evil Ones.



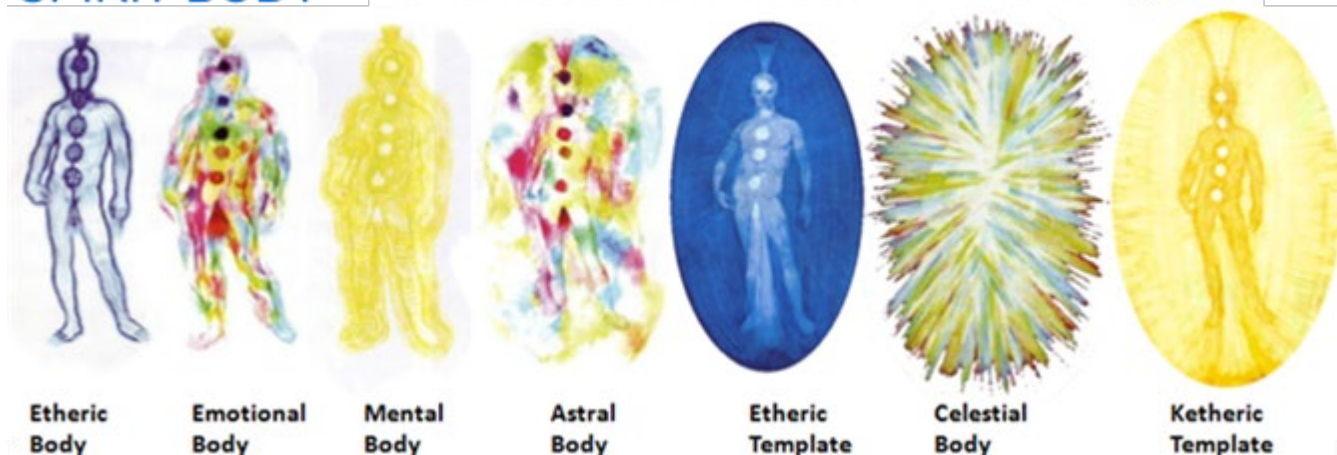
Those people involved in the religions may spend more time thinking about God and saying prayers and pretending they are devoting their lives to God, but they are no nearer to Him than one who is not doing any of those things, UNLESS within their hearts some part of their devotion is true and they are sincerely longing to Him specifically for His Divine Love, and He is answering their call by bestowing it upon their soul. Any soul who is doing this, whether they are in a religion or not, or believe in any of the beliefs of the religions or spiritual systems, are beginning to honour the true call and needs to their soul, and are beginning to honour the Mother and Father's Divine Intention for them – for them to become at-one with Them, and be as perfect in heart, mind and soul, as They are.

As your soul begins your incarnation, the first part of you to form, if we look at it in a chronological order, is your will, then as I said, your spirit body and its associated subtle bodies, and then lastly your physical and its associated subtle bodies. It all actually comes into being at the same time, however it is can be said that the deepest most important part of you in Creation, of your personality being expressed by your soul, is your will, because it is literally through your will that you are willed into being. Your soul light activates your will, and hence you are willed into being in accordance with the unfolding light pattern of your soul.

When your soul-light, fully encoded and illuminated with what it is to do in Creation, enters Creation, it first of all manifests and sustains, and so encounters your will. And part of that light, of all light shining forth continuously from your soul, sustains or continually creates your will in Creation. Your will is made by the very first soul-light emission upon incarnation. You are will first and foremost in Creation. It is the dynamic part of you. Without it you would be nothing more than a will-less blob of existence. Your will having thus been created, is then used by all forthcoming soul-light. This light comes into your will, your will being your 'point' in Creation, and as it 'hits' or 'shines on' your will, your will itself acts upon it, or is activated, and causes it to change its bearing.

From the moment your soul-light has penetrated your will, it is actually no longer soul-light in its entirety. Now it is soul-will-light. It would look slightly different if you could see it. It would be stamped with your will's signature, an attribute of your personality. From here it is 'alive' in Creation, it has the energy or the creative power, the 'will', to do something, to create, to bring the rest of you into being. The will is therefore more than just the will to survive. You are constantly being willed into Creation by your soul-light acting upon your will it is constantly creating. All of you are being constantly created. You are not created and then that's that, and you live your physical life until your physical body wears out. Your cells and every part of the spirit and will you are is continually being created to exist in Creation, so when your cells wear out and die, that is because that is what your soul is instructing them to do through your will. So, on a soul level, your body is just as 'fresh', just as it is meant to be when you are a baby, as when you are on your death bed. **Each cell of your physical body and 'cell' of your spirit body, and of your will, and all your subtle bodies that constitute your aura, are existing as required, be they healthy or sick, it all being exactly as determined by the needs of your soul – what you are to experience.**

## SPIRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



If you are doing your Healing, you may need the experience of going to a physical doctor or even an aura doctor like Barbara Ann Brennan, and you might heal your problem, yet still you can receive such help wanting to express all bad feelings you might feel along the way, so before you go to the doctor, whilst you are there and afterwards, all so the doctoring experience will help you grow in truth. So do you see, it's not that it's wrong to go to the doctor or not, it's your approach: you can go to deny more bad feelings to further your rebelliousness; or you can go wanting to honour, accept and express all your bad feelings as you long for truth of them. Sometimes through your Healing your pain might be too great and you need help to ease or remove it, and you keep doing your best expressing such pain whilst you have it, as you express all the bad feelings and want to uncover the truth of them.

**Every part of your dysfunction is manifest on all levels of your aura, including in your physical body, even if you are of perfect fitness and health.** It's on the cellular level, the finest level of your mental circuits, your belief and behavioural system, your emotions and feelings, your spirit body and **in the two templates that connect everything to your**

**spiritual and physical bodies.** And it all can be seen on the will body. **All of you is rebellious,** you can't have one part being rebellious and yet not the other, so when you do your Healing, every level within you is constantly changing so as to help you uncover the truth of your rebelliousness through your feelings. So, there is always a lot of energy and consequently stress being experienced, and you will feel very tired at times, tired right the way through you to the core of your soul, all of which is understandable.

**Your whole childhood was needed to interfere with every part and every level of you as you formed into your unloving and untrue state, and all of that has to be unwound and redone.** It is a massive undertaking, the Healing of yourself, the Healing of your soul. **And it all needs to be done as an adult so you can be fully involved consciously in it,** unlike how so much of it was for you as a young child with you largely being unconscious and unaware of all that was happening to you.

Now I, Zelmar (a Melchizedek from within our local universe of Nebadon), want to move on to **how truth comes to you.** 21 July 2003

Truth comes to you when you are perfectly experiencing experiences and not denying yourself in them. If you do not live an experience fully, then you cannot know what truth it is to show you, for it is incomplete. As so few people experience truth coming to them constantly from their experiences, it shows how much you are denying yourself experience.

**Truth comes up in you as a *knowing*, it just magically wells up in you, and as the 'light goes on' inside you, you just *know*.** You might know something specific, as if in answer to a question you have asked, or you will just know what it is that the Mother and Father want you to know through your soul. You cannot contrive truth, as you can belief. And you can only know it for yourself. You can honour another's knowing of it, and know that what you know is the same truth, but how it will come to each of you is very specific and entirely individualised. As you advance in your life of good, true and perfect experiences, your truth will grow, that is you will know more and more things. **You read about someone knowing of something or being told about it and you can understand it, but until you have experienced it for yourself, so experienced the experiences that has inspired it within you, you cannot know it.**

Most people and mind spirits contrive beliefs, and believe that they are true, and that this is themselves truly knowing, however they are misleading themselves and are not truly growing or ascending in truth. And just because everyone may believe the same thing, does not make it be true, as you will find out through your Healing. In fact, because you lack personal truth experience and so are not familiar with it and what it feels like coming up in you, you cling to beliefs and information and rely on your mind instead of your heart. You may not do something because you believe it will hurt another person or yourself, and so instead you will dishonour your feelings and comply with the mass belief and behave accordingly, however, every time you do this you are reasserting your negative condition and denying yourself any further knowing of truth.



Most of you live completely untrue lives, lives which are founded on and function according to belief. And with the beliefs being so deep and from childhood, you mistakenly believe they are truth, however they are what you have learnt with your mind and not come up naturally within you as truth from your experiences. And if you are questioned, you cannot answer why you know these things are true, when they aren't true, and then you are beginning to see that they are false and only belief. And your beliefs are a very mixed bunch, not being founded on or resulting from truth, thereby making you very confused about life, and especially about your feelings.

As you progress in your Healing, truth will become less of a stranger, and soon you will stop thinking about all the rest that is going on in your mind, and look to, and gain security from, comfort from, that which comes to you as a knowing truth. **The Great Comforters are the Spirits of Truth.** Truth gives you a feeling that you are spiritually comfortable in life, that everything is as it should be, that you are not at odds with it, yourself, or anyone else.

How truth materialises in you, is as follows:

Your soul sends a light out into Creation and it generates through the help of your will, an experience. You will the experience into being. As you experience, light then travels back to your soul via your will. Then your soul sends a new light in response to the experience, and if fully experienced, then this new light will bring truth to your consciousness. The process of this taking place is in the heart of your spirit body. Your will, willing truth to come to your spirit heart, the heart of you, which you can feel as, even perceive as, also the heart of your soul. And as this happens, you will feel it suddenly come up within you drawing you up higher in consciousness, becoming suddenly more aware of something that is usually to do with yourself, enabling you to express all that you know, all that you *see*, think and feel about it. This *seeing of the truth* is of course itself an experience, and when it has been fully experienced, another light travels back to your soul telling it so, and then it will send forth another to generate the next experience of truth for you.

Mostly through the day during your Healing, as you are still in a truth denying rebellious state, you will not be fully aware of all the truth coming to you. You might suddenly have a big insight and know something, it all becoming instantly clear to you as the awareness about it dawns on you giving you a feeling of 'I see it!, I get it!, I understand, yes, it all makes sense now...', and on a heart level, you just know it to be true, and more than just recognising it with understanding in your mind. And then you might gradually become aware that you are different, overall, or in some specific thing about yourself, feeling perhaps that you are no longer doing that self-deprecating thing you have always done, it gradually lessening, or that it's suddenly gone altogether, or you are becoming gradually stronger in yourself in some way, incremental changes that all slowly build up. But really all the time, with every experience you are having through your Healing, you are growing in truth so as to understand the truth of your rebellious state.

The main focus on your truth growth through your Healing will be to awaken you to the

truth of how bad, wrong, evil, rebellious, untrue and unloving you are, all the bad stuff about yourself you more than likely won't want to see. And so it's not about you feeling better about yourself, it's about you feeling worse and worse about how you are, and how bad you feel about yourself being so bad.

Things will change in you, but again you might not feel them changing for the better, but in fact changing to help you feel even worse about yourself, changing to help you liberate yet more repressed feelings so you can feel even worse and see more truth about how really bad you are. Your Healing is not a 'feel-good' healing experience. It's a feeling bad experience, because your bad feelings hold the key to all the truth about why you do feel bad, all the bad stuff that happened to corrupt your will. So when you start your Healing, don't expect to feel better and better about yourself as you let go trauma or express some bad feelings out of yourself. The more you express, the more room you'll be making inside yourself for more repressed bad feelings to come out, so expect to feel bad and very bad for a very long time – years – before you might start to feel better and even good. You may have moments of feeling good along the way, and times when you can sense and see the truth of all the progress you are making, but with such good times lasting only a short while before you're plunged back down into more bad feelings.

Through your Healing you are taking yourself into your early childhood, and particularly all the bad feelings, because you need to uncover the truth of any parts in your early relationships with your parents and family that were not loving. Remember, the Rebellion is not loving, being of it makes you feel bad, so doing your Healing to uncover the truth of yourself being rebellious, is going to involve a lot of feeling bad.

A lot of people are generally aware that they have a lot of bad feelings inside them, yet are too scared to address them, wanting to keep the lid on their Pandora's Box for fear of opening it and being swamped with such pain, it all being too much. However, all these hidden feelings will need to be addressed one day, and your Healing allows you to do it in a systematic way, all under the guidance of your soul. So yes, you will feel intense pressure and even be overwhelmed by them at times, however **it will only be as bad as it was during your childhood**. And as you survived your childhood to get you this far, so you'll be able to survive going back into it through your feelings.

The whole truth revealing process is a seven stage process:

1. Light being emitted from your soul to your will.
2. Light continuing on from your will to your outer creational bodies, subtle and real.
3. Light coming back to your will having experienced.
4. Light then moving back to your soul.
5. Light coming back out from your soul to your will to generate the truth you are to see, know and live from the experience.
6. Light coming back from seeing and living the truth to your will.
7. Light from your will being willed back to the soul completing the whole process.

How the truth actualises in the relevant circles and segments of your soul, then manifesting through your will and into your spirit body, I will not go into. It's a very complex process, and too technical for our purposes James.

And this is how you live being perfectly true. Life being an ongoing constant revelation of Truth. **You are sons and daughters of truth, truth is your heritage. You are to forever grow in knowing what is true; knowing all there is to know about all the Mother and Father want you to know about.** To know all you can know about: yourself, your own soul, including your soul-partner; and to know about the Mother and Father, and Their relationship with you, and your's with Them, and all you can know about life and the rest of Creation.

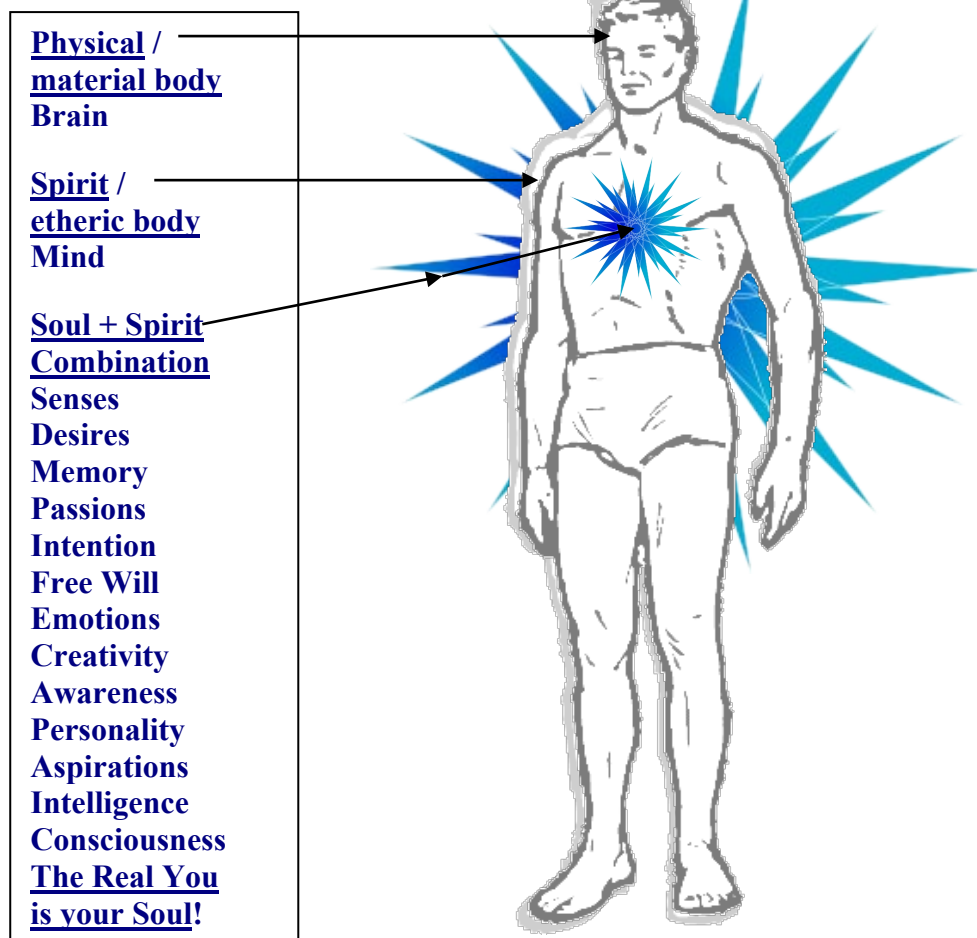
Strange as it may sound, but **when you experience anything, you are actually experiencing it with your spirit body.** You feel your material physical body touching things triggering your physical senses, however the real truth experience of it, the feeling experience, the most important part of the experience, is actually felt with your spirit body. The actual physical experience of it is minor compared to the spiritual, emotional and feeling, and mental level, and the relationship between the mental and feeling – the psychic level, and then of course how your will is configured in it all. Remember, you are a spirit in flesh, and all the truth that comes to you comes up in your spirit body, not in your physical body. And the more true you become and the more aware of the truth you are, so the more a spirit you will feel you are, and the physical will have less and less appeal.

All that constitutes you that is not gross material is more closely associated with your spiritual body, the spiritual you. This will become more apparent when you come to live over here in spirit and you go to touch something and feel just how sensory your spirit body is, and how in fact the grossness of your material body deadened most of your senses and feelings. Your feelings in spirit will feel much more 'alive' and vital, lasting longer and with you feeling more connected with them – with yourself.

22 July 2003

**Your conscious is an attribute of your functional personality, it is the meeting point of your mind and feelings, and can exist independent of truth, however if truth is present, then it will include it. Your consciousness is that part of your personality that gives you an awareness of reality, a beginning, middle and end, and along with an associated awareness of self, it enables you to identify yourself in time and space saying that I am aware of this experience now, I am conscious, I am awake and know of my surrounding inner and outer reality.**

**The actual home of your consciousness is within your spirit body,** as likened to your physical brain and its relationship with your physical body. It is not your spirit body's brain as such, for it does not have one like your physical, but it is the place in which your experience is synthesised into all that you need to be able to know you are having that experience. It is the receiving place for all input from feelings and mind, as well as all other senses of your physical and spirit body.

ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

**At the moment of conception, we achieve individualisation and become self aware and we are then able to exercise our free will. Incarnation is when the embryo first pumps blood – day 16. At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our physical parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed with our Feeling Healing and to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As we embrace Feeling Healing and our soul receives Divine Love, our soul will grow, and grow, and grow in brilliance and into that which is Divine – this is reflected through our spirit body.**



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

rational

analysis

reductionist

linear

Values = Mechanistic

expansion

competition

quantity

domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Feelings First with Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

intuitive

synthesis

integrative

non-linear

Values = Holistic

conservation

co-operation

quality

partnership

Child like

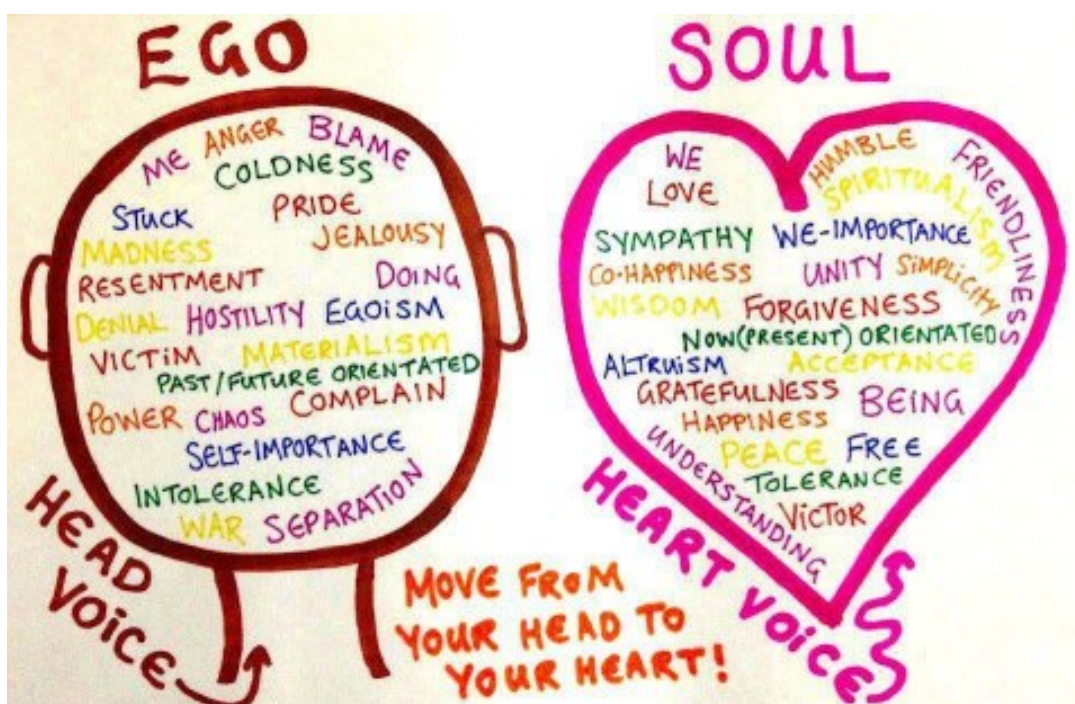
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

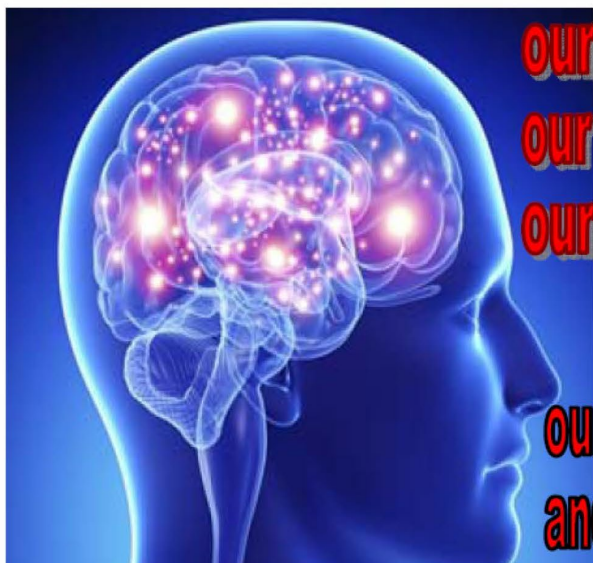
5 years to over 10 years to at-onement



Your soul perceptions that Jesus speaks of in the *Padgett Messages* are situated in your spirit body, and it is with and from your spirit form that you can perceive your soul, so perceive more of you than just being a spirit, that being a soul. And they allow you to be, as it were, your soul, and perceive life as if directly from your soul's reality.

Your spirit body is the most complex of all your aura bodies, real and subtle. It is even more complex than your will. And far more complex than your physical body. It is the true focus of you (your personality) in Creation. It is through and with this body, its reality, that you live all your experiences. It is the truest expression of your soul, it is your soul in Creation so to speak, and so when you feel true and perfectly at-one with yourself as a spirit, then you are feeling as much of yourself as soul as you possibly can. The will, mind and feeling subtle bodies, all feed into and stem from and focus around the spirit or heart body. **And it is within your spirit body your truth is located. Your spirit body is built on truth.** Your true form is Truth. As a spirit, you are a daughter or son of Truth. If you were to dissect your spirit body you would in effect be dissecting Truth. Literally your spirit body's arms, legs, eyes and mouth, etc., and all its inner parts, are made of truth. And as your physical body clothes your spirit form, your physical arms, legs, nose and eyes are also in a deeper reality made of such truth. And so if you live untrue, then you may as well be cutting of your arm or nose or poking out your eye or removing your organs or nerves, muscles or hormonal systems, and even individual cells. **All of you if you were to deny yourself complete truth, would then be false and hanging together by your mind, by beliefs, and not your heart, not by your truth, and so prone to one day collapse; and this is what happens to you, this is why you get sick and suffer all your illness and diseases, then effectively occurring in your truth-less parts.**

You are in a way replacing the truth of your physical and spiritual body with beliefs, denying them truth. So these bodies become more of your mind, so more responsive to your mind instead of to your truth. Many people believe they can affect and change their physical body by using the 'power of the mind', and so there is some reality to this. And yet doing such a thing is only further empowering your mind over your feelings, so adding to your self-denial. **To live with what amounts to your spirit and physical body being 'built' on beliefs founded on untruth, is a recipe for disaster.** However, as you understand, and as many people and mind spirits experience, you can live a long time denying yourself truth, taking your rebelliousness ever deeper into the control of your mind. Most mind spirits believe that in many ways they are infinitely happier living in spirit than they were on Earth, and on the surface of it this is true because the difficulties of having to look after the physical body are no longer present. And these happy mind spirits don't feel they need to change, only to become happier still if they can use their mind to do that. And so, unless their soul says otherwise, it will continue making them outwork their rebelliousness. But as I've said, one day everyone's soul will say enough of the mind way, it's time you come back to your feelings, you need to start growing in the truth of why you are rebellious so you can one day leave being part of the Rebellion and Default.



**our MIND is a CONTROL ADDICT!  
our MIND is addicted to UNTRUTH!  
our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY  
and orchestrates our physical BRAIN.**

**ASSUMPTIONS are the product of our MIND!**

**HEALING** ends  
**MIND-CONTROL!**



**our SOUL is our TRUTH!  
our FEELINGS are our TRUTH!  
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.  
our MIND suppresses FEELINGS.**



The mind is to be of service!

The mind is designed to Follow,

to be of service to the truth,

of service to the heart, and

your Feelings!



**SOUL is a DUPLEX**

*Seek balance of TRUTH and MIND!*



In your negative state you try to replace all of your being of truth with beliefs of your mind, so your body is trying to function sustained by and founded on beliefs, and the behaviour resulting from them and not from your truth. You behave according to beliefs you took on during your childhood, and not based on the truth in your heart you've 'won' through experience. To behave and express the truth of yourself, is a very different way than just relying on your wayward mind. So you are not as you should be. **This is sickness, this is illness, and this can only result in dis-ease.** Everything is literal for you because you are children of truth. So, **when a pain develops in your arm, it is because you are lacking the truth in your spirit form, which should constitute this part of your arm.** When you come to do your Healing, your physical body will become wracked with aches and pains, if it is not already, as these will surface to show you the truth that you are living denying yourself truth, trying to live falsely with beliefs. **Beliefs are not truth, and so to try and build yourself up out of beliefs is courting sure disaster, and this is why you readily suffer so much agony and pain with your physical, mental, emotional and spiritual systems.**

If you look at all your organs, for example, as **being composed of beliefs and not truth, and you need the force of will to maintain those beliefs as such organs, then you can understand the huge amount of stress your whole body is under.** In a way your mind has to prop your physical and spiritual bodies up, and that takes a lot of light; whereas the light of your truth naturally buoys both bodies, it buoying up your whole auric or personality system. So, when you can't take that stress anymore, things don't work so well, your organs might fail, you might start to feel pain in your body, and that is the pain of your untruth being expressed. And so with such pain, most people go to the doctor to get help in taking it away, which is only using your mind to add yet more beliefs, or to strengthen the ones already in place. **If you do your Healing you will acknowledge that pain, accept that you're feeling it and try not to do anything to take it away by any mind ways, and try to express the pain with the emotion of it, and express how having the pain makes you feel, and then how having these feelings makes you feel, all whilst you long hard for the truth of all your pain and all your feelings.** You still might have to go to the doctor, but at least you are trying to embrace and fully acknowledge and then work with all the bad feelings involved. **So you work with your pain trying to bring it out, and as you submit to it, giving in and letting go the control of your mind to stop you feeling the pain, your beliefs will falter and change and give way to the truth that comes to you in answer to your longing.**

Saying, as some people do, that you've got an 'angry liver' or the pain in your heart means you're not feeling loved, is the same as trying to work out what your dreams are saying by using symbology, it all still being more of your mind trying to assert control. So you let all that go and **just concentrate on expressing the truth of your feelings.** And when you start or the other person starts to express their feelings, you pay particular attention to any ways you or they might be trying to use your mind to limit or stop your feeling expression. You will want to know the truth of why you are feeling that pain in your arm; and your mind or the other person might jump in saying "that's because you strained too much lifting that heavy box". And this might be true, but you don't try and come up with an answer trying to cancel out by rationalising the pain away with your mind, or you try to ignore it knowing it

should go away in a few days time. **You embrace the pain, you stay with it, you fully acknowledge it and express all it is making you feel, as you really want to know the deeper truth it will show you about yourself.** And you will see that that pain in your arm might for example make you feel powerless, hopeless, useless, pathetic, stupid, and how angry you feel feeling powerless, because you can't use your arm as well as you normally do; and then feeling so angry makes you feel even more powerless because you realise you can't do anything with it, you can't hit something or someone because that would hurt your arm even more. And so you fall into your powerlessness, expressing all the horrible feelings feeling powerless makes you feel, and eventually the truth will naturally come up in you – **how feeling those powerless feelings relates back to your early childhood and relationship with your parents. The truth of your arm pain helps you connect back with the same feelings through your childhood.**

**True medicine and doctoring can only be done with truth.** Everything else is just trying to add or subtract beliefs and has nothing to do with truth. Trying to heal your cancer with technology and medical science is trying to heal yourself with beliefs, man-made, man contrived beliefs, and is trying to replace one lot of beliefs with another. The fact that you would want to keep living with someone else's organs or blood within you, shows you just how much you are prepared to dishonour your truth. Rightly, if you cannot live truly and healthily and without such interference, you should die. You don't have to live on in the mortal coil at all costs. If you fall and break your arm, then you can seek help to put it right, all whilst you keep paying attention to all the feelings the right way. You can even go to the doctor as long as you keep taking care of all your feelings. It doesn't really matter what you do, you are going to advance or keep your negative state going until you have finished your Healing, and so to get to the finish of it, you have to do what you must, but all whilst you keep attending to your feelings the right way.

**True medicine and doctoring  
can only be done with truth.**

Being bound up in your negative truth-denying state means all you do is try to fix things with your mind and its beliefs. **Effectively you are trying to make your mental subtle body, or your mind body, take over and replace your heart or spirit body. And it cannot be done. This is the ridiculous state that you are all trying to exist in. Trying to live your beliefs as though they were your truth.**

**Beliefs of the mind should be of service to the truth, and need to exist within you in support of your truth, not denying it.** As I said, you are sitting in your paper planes trying to fly and wondering why you get sick, why you get a fatal disease or why you don't feel so good, why you feel afraid that you are going to come crashing down, because intuitively you all know that you will, and that it is only a matter of time.

**To heal yourself with truth can only be done one way, and that is by sincerely wanting to live true, to live a life in which you want with all your heart to see the truth in each and every experience, so that as you live your body is being ‘built’ on truth, and so will remain rock solid, and will not feel fragile and collapse under you when disease suddenly strikes you down. Truth, Truth, Truth, and more TRUTH. You have to want to eat drink and sleep truth. To beg and ask and long with all your will for the Mother and Father to help you see and know the truth, the truth of everything that you do, everything you are, everything you feel – the whole truth of yourself. And so whilst you’re of it, including, the truth of your rebellious state. “Mother and Father, please help me see, know and BE the truth You want me to live.”**

Your spirit body is your body of truth, the real you in Creation, the experiencing you; respect and honour it as such, seek to love yourself through truth, for as you are true, so too will you love. **You cannot love without truth, without being true.** If you try to love with only your mind, you’re contriving love or pretending you are loving. To see the Heart of all Hearts, the Mother and Father, you have to first ascend back from the mind to the heart, and then to love. You have to embrace the Infinite Daughter of Mind as represented by your mind, and honour Her by wanting to serve your heart of truth, to be positive and supportive of truth as represented by the Eternal Son of Truth, and by living with your mind following and supporting your heart, and not denying it and being the boss, you can love the Mother and Father of All Love, and They can fully love you.

**“Mother and Father, please help me see, know and BE the truth You want me to live.”**

Only when your heart is singing with truth will you feel loved and be able to truly love. Only when you are true and right will love naturally come to you and out of you. Only when you are truth will you be love. **Your parents have denied you true expression, so you have not formed in your own truth.** They did not love you truly, for they too were parented untruly. So you will not be able to feel loved and truly happy until you reverse this, until you do your Healing... and I am afraid there is no other way.

Life is always trying to help you live true to yourself.

So, when you are doing your Healing, as I’ve been helping you to see, your car breaking down and causing you so many bad feelings, is the experience you need that’s being orchestrated by your soul to show you something is wrong. And as you deal with your car, so you express all the bad feelings (and any good ones) involved, as you want them to help you uncover the truth of why you are feeling as you are. And on one level of reality, your car breaking down was always going to happen, whether you were doing your Healing or not, it being the manifestation of yourself, your life; and it would have been whether you

chose to deal with the experience by using your mind to control all the bad feelings, or work with them by submitting to them and allowing them to guide you through it. So it's to understand that it's not just bad luck that your car broke down when it did, it is all you; all an expression of you, all what's inside you manifesting in the car breaking down, because of the feelings involved that are all part of cycling through your feeling patterns that were developed and then set in place as a child.

One final thing I want to say about trying to express your feelings, is that some people will naturally understand all I have said about it and will easily be able to work with their feelings wanting to bring them all out and reveal to themselves the truth they need. Other people however, will relate to what I am saying with their mind and finding it difficult to actually relate to and then express their feelings; and for such people its important that they keep on acknowledging that they can't express themselves very well, saying how confused they feel, angry they can't do it, and whatever else is going on within them as they struggle to accept themselves in a more emotional and feeling way. I, nor can any spirit, or really anyone else for that matter, tell you what doing your Healing will be like or really how to do it, because we all relate differently to our feelings. I can only share with you generalised concepts, and it is for each person to work out for themselves how to submit to and emote all their feelings. And the more feeling, the more emotion you can put into expressing and talking about your feelings; the more you can say with all you feel emotionally how you're feeling, the better it will be as you connect more truly with yourself. **And because you all have your minds so heavily in control of yourselves, you will have to deal with your mind as part of understanding its relationship with your feelings and whether or not it is helping you feel all your feeling or hindering you.**

This whole **'Healing yourself through your feelings' to uncover the truth of yourself**, is a new way of approaching life that's being given to you. And so it's going to take people doing it and finding out for themselves all that's involved, and then sharing their experiences for people and then humanity to understand it is the right way to live, and that how you have been led to believe you should live, is not good for you.

So to finish, **try to put yourself fully in every feeling and then feel how that feeling wants you to act, does it want you to express it, and to whom and with what emotion; and then do you want to know the deeper truth of that feeling, and really want to know; then you just carry on living. Really it's not hard, you all have lots of feelings through the day. So the more aware you become that certain ones you are trying to avoid, will help you lessen or stop those avoidance measures, simply allowing yourself to be in your feeling for its whole duration; and then naturally wanting to tell whomever is close to you in your life what's going inside you, just basic human communication relating to the feelings of each other; and then wanting to go further with them by wanting to know what truth they are to show you about yourself and your relationships in the present and back through your life and during your childhood, all so you can get to know who you are, the truth of yourself. It is simply wanting to know yourself, and finding out all about yourself through your feelings. You have an experience, you are in a situation that makes you feel feelings; so why, why are**



you feeling those feelings... and then taking it further: and how do these feelings relate back to my early childhood... and did I feel these same feelings back then... and if so, why, what was really going on between myself and my mother or father, grandmother, grandfather, brother, sister, uncle, nanny, teacher, friends and so on.

And if none of this appeals and yet for some reason you have read this far, then you are under no obligation to do your Healing and to try and relate to your feelings in a better light. You can keep going being as you are and using your mind to control as much of yourself as you can, because, that's how you'll feel you want to be. Which is again honouring your feelings, even if it is keeping you in your rebellious state.

And then again, as always, **it all comes back to the Truth: do you want to know the truth of yourself, and live it?** Many people are very emotional and feeling expressive, however they are not looking to their feelings for greater or deeper truth of themselves. They are just kettles letting of their feeling-steam. Some people are all feelings, feeling rushing up in them and their whole body is expressing all the emotion of them all the time; and other people are also full of feelings and yet never show any sign of what's going on within them, keeping their emotions well in check. **And then it's only a matter of whether or not you want to grow in Truth, to embrace your spiritual ascension of truth to Paradise.**



## REPRESSED STATE RELATED WITH CERTAIN ILLNESS

Friday, 1 June 2018

James: I remember now, John wanted to know if you could please comment on the fact of **our bodies showing our repressed state, with certain illness and physical problems being related to the same or similar traumas we've suffered when young**. Something like that – I think.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: Only very mildly, are they James. As you understand, certain characteristics one might share in common with certain repressed feelings, however it doesn't really matter because focusing on an illness or specific dysfunctional part of the body, or even part of one's emotional or mental state, is limiting too much what your feelings will be wanting to help you uncover about yourself. The illness is only one specific snapshot if you like, and even its duration is in a sense neither here nor there, it again being all too specific for the individual concerned, even if they show similar symptoms with other people seeming to suffer the same problems.

However having said that, I don't want to belittle any experience, they are all vital and valuable in your quest for truth. So really trying to look at the illness in any terms other than just trying to express all the feelings that result from it so as to uncover all the truth your soul wants you to see, is just getting caught up in the mind side of things. However, having said that, if you feel and think all that mind stuff, whilst you are intent on expressing all you feel, then so too should that all be brought out.

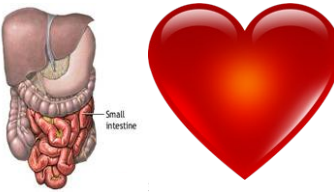
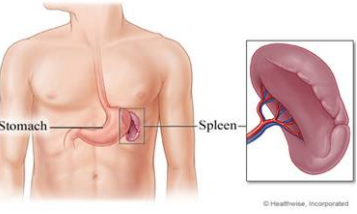
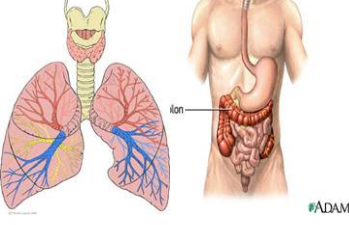
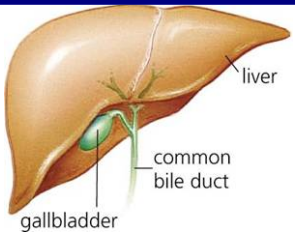
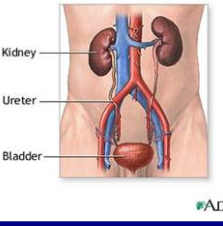
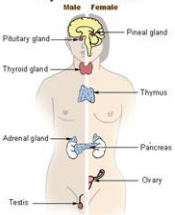
There are individual reasons why you get sick for example, all of which each individual is to uncover through the feelings resulting from that illness. And of course many will be similar to other people suffering from the same things, many of the same bad feelings involved, however as it all is to lead you to the truth of your relationships with your parents, so that's when it all becomes very different. For even if say two people felt miserable because of feeling abandoned by their parents, how that all came about and how they have suffered and what they have done to keep such bad feeling repressed, will all be highly personal. And the more personal and more you can stay focused on the person, the better. Humanity as part of its current denial is too heavily influenced by the impersonal, put everything into mental categories, name all the disease and problems, do this or that to fix them, it's all what needs to go.

The logo for 'Light of Truth' features a stylized flame above the word 'Light' in red, 'of' in a smaller gold font, and 'Truth' in purple.



**EMOTIONS affect SPECIFIC ORGANS:**

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<b>Row 1</b> Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	<b>Row 2</b> Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	<b>Row 3</b> Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	<b>Row 4</b> Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	<b>Row 5</b> Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	<b>Row 6</b> Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

**EVERYTHING, absolutely EVERYTHING, will have to change**      Wednesday, 26 December 2018

Nanna Beth, 3<sup>rd</sup> Celestial Heaven, John's grandmother: Humanity is to live like the creatures in relationship with each other, allowing each to get on with being themselves, knowing you are part of the collective whole and that you all need each other. Humanity should not be causing one specie of plant or animal to become extinct, if humanity lived in harmony with the Earth, why would you do something as unloving as that? You are supposed to live so true to yourselves and so true to nature that you never get sick, nature having no need to keep unleashing its agents of destruction upon you.

And it's not for you to 'conquer' nature, to overcome disease through medicine and technological advancement, you are to simply live in complete harmony with it, loving it as you love yourselves with the truth you are living, not feeling bad or making nature feel bad. You are to slowly wake up and understand that you are living against yourselves, it's all your own doing, and that doing your Healing and living higher spiritual truths is the only way you can stop being so cruel and uncaring. It's not going to happen any other way because your negative anti-life state is so entrenched in the Wrong, and so having to be faced with the notion that EVERYTHING, absolutely EVERYTHING, will have to change, is too overwhelming, and it is, so it will happen gradually, but you have to start, for it's not going to happen otherwise.

# NEW FEELINGS WAY



**Finding the Truth through our Feelings Way  
and of Our Childhood**

**New Feelings Way  
Feelings are our own Truth and Personality**



## SPEAKING with CORONA (Coronavirus)

<https://dlsr.freeforums.net/thread/32/sharing-healing-experience-xx?page=28>

Samantha from England:

24 March 2020



“Corona”: I am not hurting you, you are all already hurt. All I am doing is making you feel the truth of how you really feel deep down inside. I am not killing you, your parents have already done that to you, it is how you have felt throughout your life and now you are going through the physical manifestation of those awful feelings your parents made you feel.



This is how they made you feel as a child and that 80 year old that you see dying on the news has always been dying. Since birth he has felt like he is dying, always being on the brink of it as it is how his parents made him feel. There is no way on Earth I can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you, I am not the bad guy in all of this, they are. I can't create more pain in you than your parents have already created, I am the manifestation of the level of pain they created in you and I want to make that clear. What I am doing is bringing the truth of that pain to the surface.

It is now time for it all to be manifest so you can know the truth of how much you were hurt, to know the truth of how unlovingly you were parented. The extent of unloving parenting that you all had to endure as children and it is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me to enter into you and find a cell for me to live off of and mutate and multiply in you. Your denied and suppressed feelings let me in.

You won't give in to me and let the truth be known, you continue to resist me and push me away just as you have done all your life with your feelings. You would rather die than feel the truth I bring to you. So you decide! Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

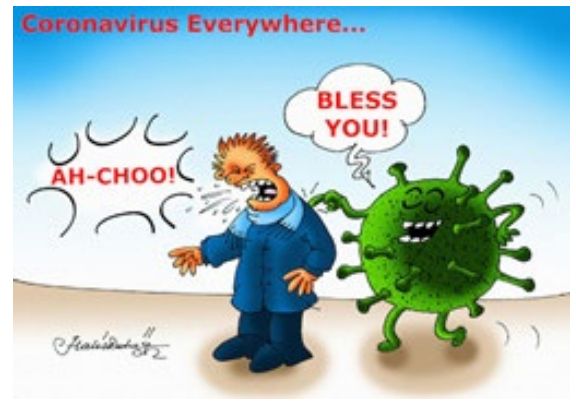


I am Corona, Sam speaks with me through her Nature Spirit, Christa, and I can only tell her what she is capable of understanding so it is all pretty basic but that is how I want to speak with you, as children, so you get it. I am the thing you fear the most but you all misunderstand me, you hate me, you fear me, you are so afraid of what I will do to you if I infect you. You fear me killing you, making you feel so bad but isn't this all so familiar, isn't this how you felt about your parents at times in your life, isn't this how they made you feel only allowing yourself to feel a tiny portion of the pain they inflicted on you, the rest went denied and suppressed and that is what I feed on, what you will not feel. It is them you fear and I am helping you feel that truth. I am not bad at all, I am good,



working for your good, you have to turn how you feel about me around to see the truth of me. I am here to help the world heal if you would only allow me to by ending the resistance to me. Let me work on your denied and suppressed childhood feelings, connect with how I am making you feel because this is how your parents made you feel, it is the same, no different. It is those denied feelings and your resistance to feel them that is killing you.

I am not saying this will be easy, you are not even aware of any of this, you just believe you have a Virus spreading its way through the world like an evil plague and I understand how hard it will be to see me as working for your good but it just takes a shift away from your mind and into your feelings. **How am I making you FEEL!!** That is the question I want you to begin with. I am now being forced upon you all, you have no choice and that is the way I have to work with you because I can only work with you in the way that your parents worked with you and they gave you little to no choice as children. I am here mirroring the parenting you all went through; this is the way it was for you as children. Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents and that is how I have to work with you all and you will all feel me differently depending on the severity of your will denial and suppression.



Your parents are the Virus, Corona Virus is each and every one of your parents and what they did to you as children and it is still inside you, I am bringing it out. Corona virus is your parents scaring you and hurting you, making you feel like dying, even killing you and there is no one on the planet that I won't get to. Right now I am affecting you all; your lives have changed even though you may not be ill.

Accept the way I am making you feel right now, express how I am making you feel right now and let the truth come to you through your feelings, how am I making you feel, this is how your parents made you feel. It is not me killing and harming you making you feel so ill and bad, it is your parents.

Please go to your feelings as I have asked you to do and you will begin to see the truth of how bad you have always felt, I speak the truth. Let the healing I bring to you open you up to the truth of how you felt as a child. You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it so denied it.

All of humanity will be affected by me to a lesser or greater degree. I will enter every life on Earth and show you the truth of your denied and suppressed childhood pain by how I make you feel. I will make you realise the pain and fear of how you were parented and the more you keep up your resistance of me, the more painful it will be for you. So I ask you to let me in, stop the fight as you cant win and you never could as children, your parents always won over you so I have to do the same, as I have said, I can't be any worse to you than how your parents were to you, they have set the pace for how I work with you, it is them and their parenting of you that set the way I work on humanity. I am not making you feel anything that has not already been put into you by your parents, it was already inside you and I am triggering it for you to feel. I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You will know yourself like never before, your will know the truth at last about your pain and how it was for you as children. It is time to take off the rose tinted glasses and really know the truth.



I am not BAD, your parents were, I am only being them to you, this is how unloved you felt by them and it is coming up for you to know. No one will escape me, you are all hurt children, even the 80 year old is just a hurt child in an older body who has gone on longer being unaware of the truth of his pain, he has been in denial longer but you are all the same no matter how old you are. The 80 year old has had 80 years to wake up to his denied and suppressed childhood pain, he has always been a trapped and 'Locked Down' little scared child. No one will escape me, of that you can be sure, I am so tiny yet I

have the power to end it all just as your parents had the same power over you all. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. Stop the resistance to me, run to me, let me in to your life, want me to show you the truth of your pain, talk to me and we can work together to heal you and turn the tide. If you decide to further resist me then it will only get worse with new viruses being created, stronger ones to make you feel even worse until you get it!!



You have the cure within you all and that cure is YOUR FEELINGS!! It is the most loving thing you can do for yourself, it is the thing your parents wouldn't let you do, FEEL and express those feelings, You are allowed to have them, I am telling you to let yourself feel all of your pain, let it out NOW and I will no longer have to make you feel scared and ill and bad, you will be doing what I came here to do with you, make you feel. Feel how I make you feel then my work is done and you would have seen the truth of why I have had to come.



You don't need any Vaccines, that is just further resistance to me and I will have to be stronger with you all by creating more powerful viruses, ones that you don't have vaccines for. Your resistance to me controls what I have to do next to get you to stop and FEEL! If you decide to vaccinate against me then you have chosen to further deny me and your bad feelings and it makes it all worse for yourself. Your feelings and expression of them are all you need to end this terrible time you are going through, you are in control of my next move, your denial of your feelings lead the way.

You look to your Governments to tell you what to do next, to create vaccines to stop you feeling bad, you depend on them to fix it all for you yet again giving your parents control over you because that is what you are used to doing, you are only doing what your parents taught you to do, let your parents control you instead of taking responsibility for this yourself by going within, going to your feelings and feeling them fully by accepting them, expressing them and letting the truth come to you through your feelings. Be responsible for how bad you feel by feeling your bad feelings and fears about this. The healing of this is in each and every one of you but by allowing the government to parent you further is just more of your denial of how you truly feel. No one can fix this for you, it is for each and every one of you to heal this within yourself, through your feelings, you can do it, you have the tools to heal this, YOUR FEELINGS.

**I am Corona, the Virus, making you feel your fears, the truth! I will make you feel the truth of your unloving childhood that your parents made you feel. I have always been in each and every one of you lying dormant until now, you are scared of going out and catching it yet it is already in you through your parents unloving parenting of you. I am Corona, I come to light up the truth of your denied and Suppressed childhood feelings and you believe I am Bad but I am telling you, I AM GOOD! I am working for your Good, see the healing I am bringing to humanity. You all have the cure and that cure is FEELING YOUR FEELINGS.**





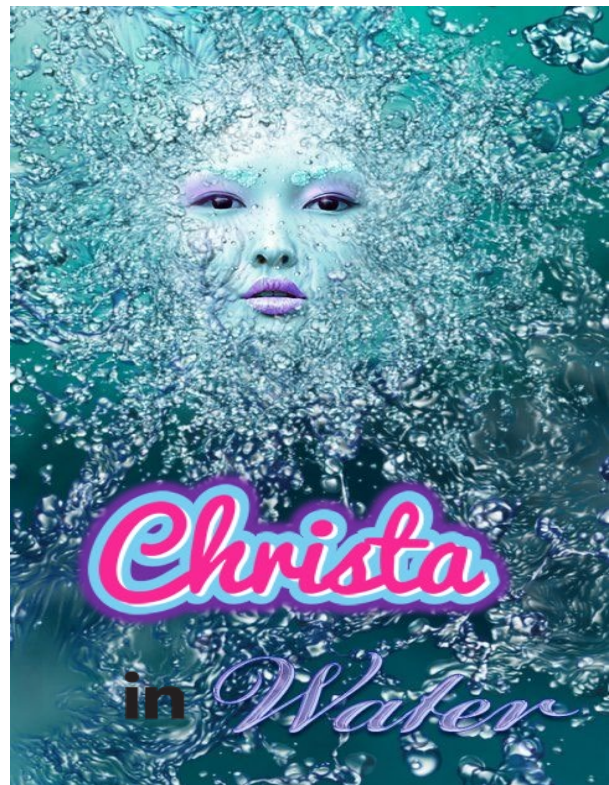
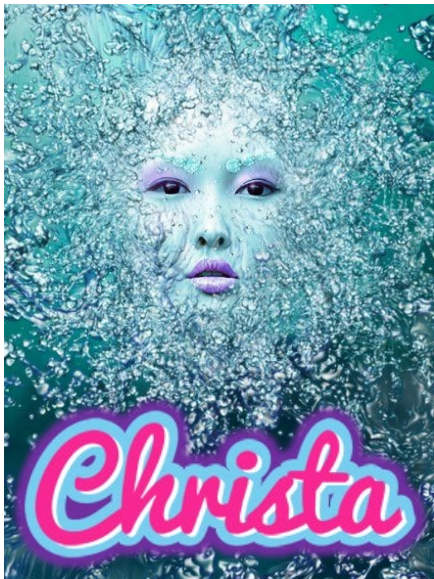
### What does Christa, the Nature Spirit look like?

Sorry for the late reply John, I love what you have written and to be included is so good, thank you. I have tried to draw Christa but failed miserably, I can capture her movement as she is constantly moving. What I see of her is a face in rippling water and she is so young and beautiful, the nearest I could get to her is in the photo included but she doesn't really look like that, she is pure white with red lips and so fluid.

My writings with Christa about Coronavirus have been a great comfort to me as well as all Verna has had to say, she is amazing, what incredible information to have access to.

Thank you again John for all you do.

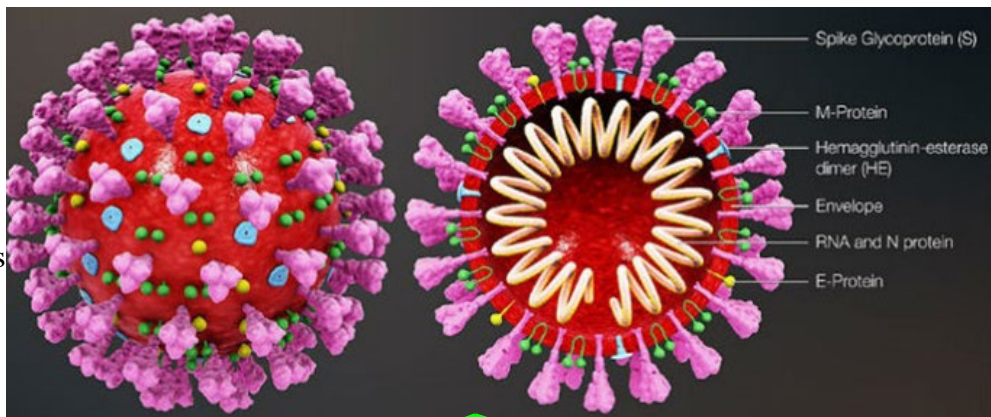
Sam.



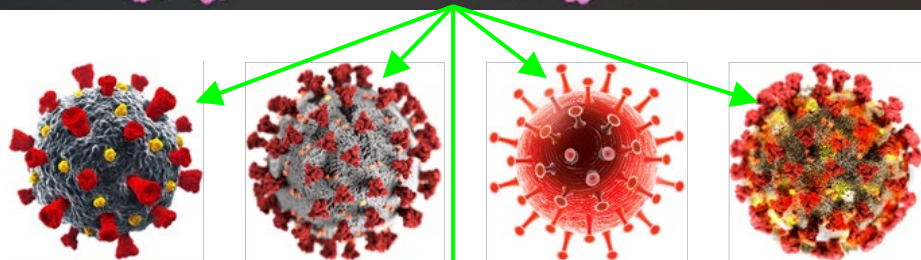


### VIRUS PATHWAY

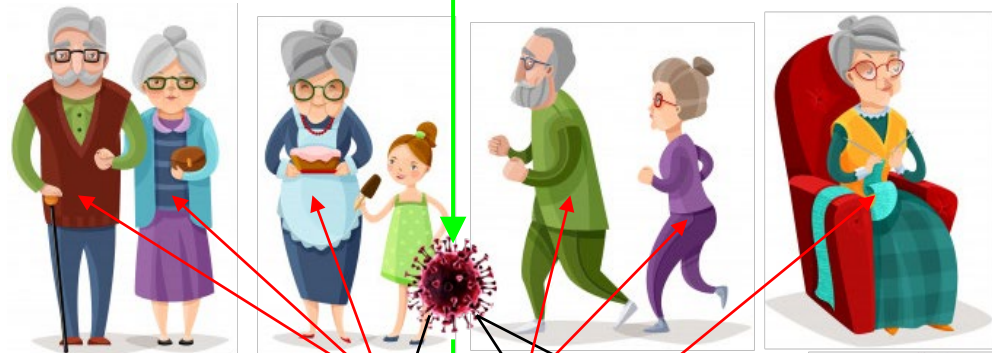
A virus emerges and medical science gives it a name. Viruses are introduced by nature spirits under instructions from angels. Man can weaponise a virus, however, nature spirits then control its pathway and destiny.



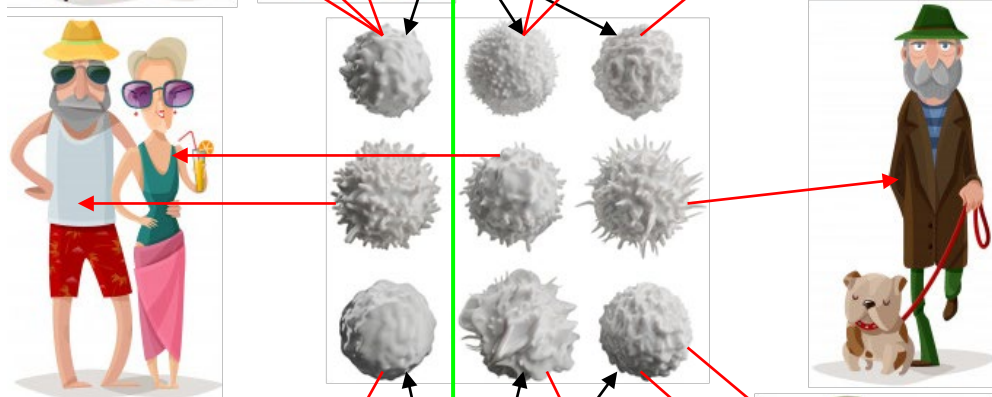
The virus mutates in a manner that scientists can reclassify its developments.



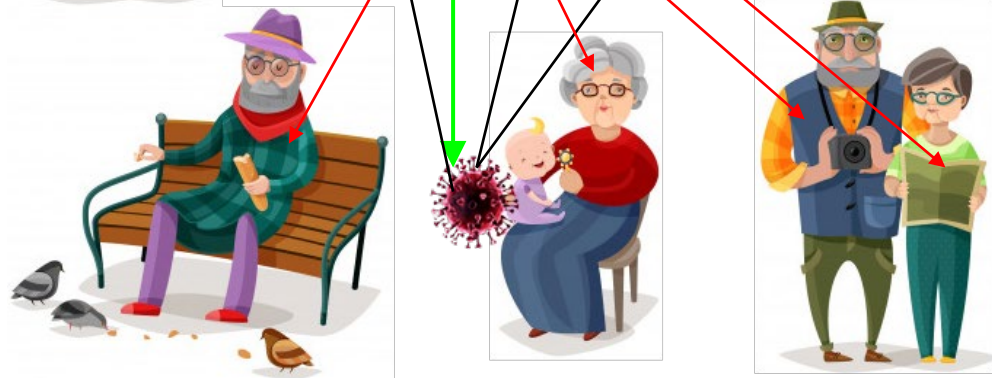
However, every human experience is through a subsequent mutation specifically created to provide the required experience for each individual.



These personalised mutations are not visible to scientists and they are unaware of this facet of a virus. Nor are scientists aware that transmission involves the etheric body of the individual.



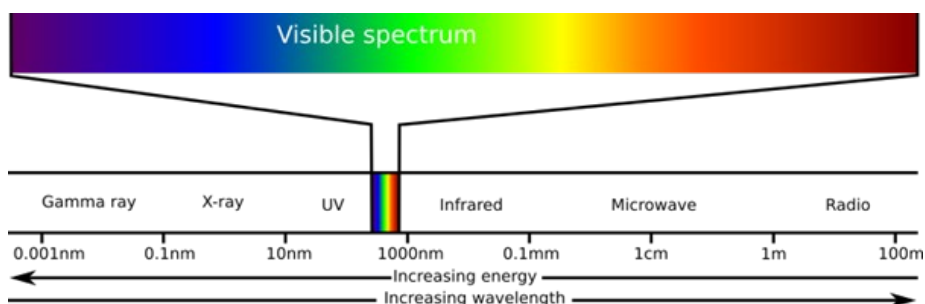
Every personal experience involves a person specific virus and this results in everyone's experience being unique from everyone else's.



You experience what your soul requires for you to experience.

**VIRUS MESSENGER:**

Viruses don't exist by themselves in the environment, they need to be in the host cell. Presence of a virus all depends on the need for a body to have the virus 'active' and to what degree.



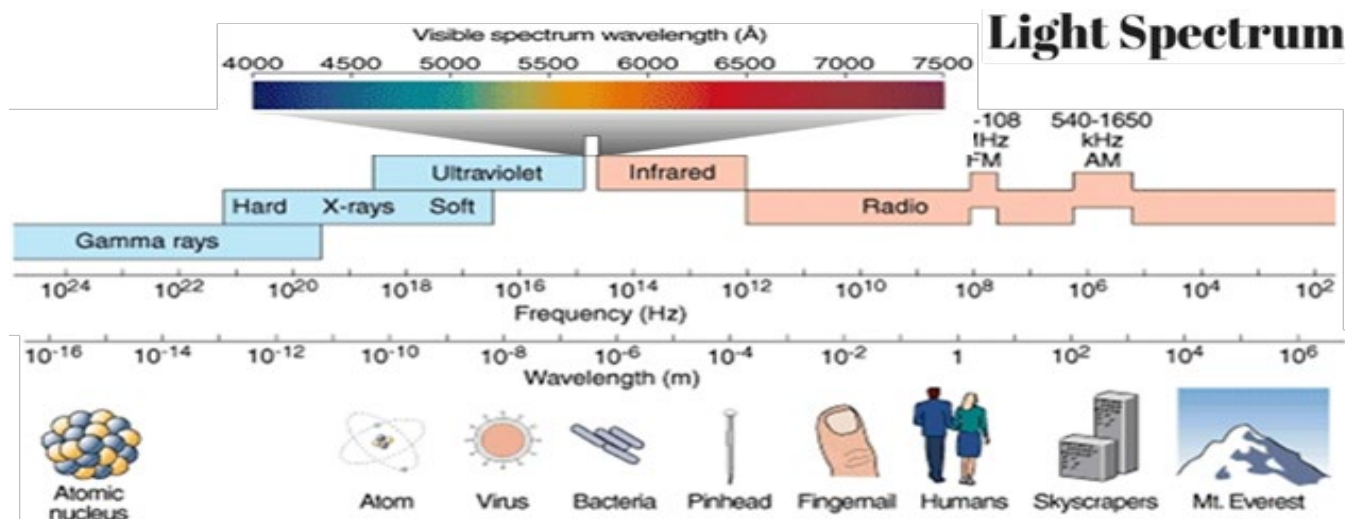
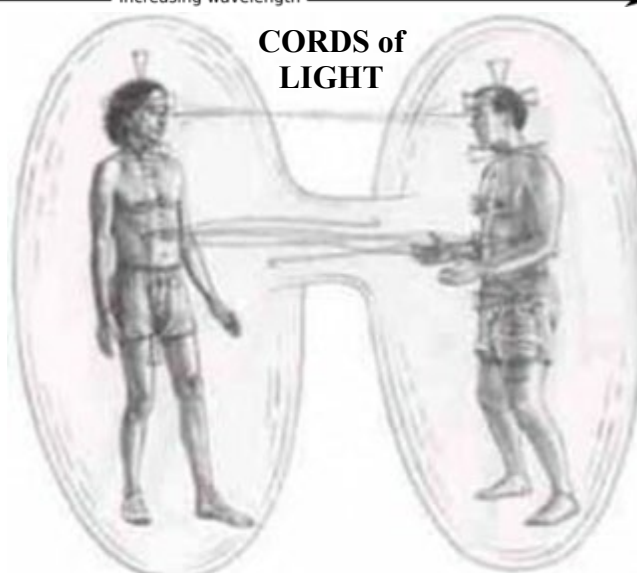
If we all Heal ourselves being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we'd not need them to show us our disharmony with nature.

If your soul needs the experiences of the virus you will 'catch' it. Nature Spirits and Angels can alter the light configuration in a cell so as to simulate the cell being invaded by the virus with the cell then replicating it and so spreading it throughout your body to the degree you need it.

A virus, or any other 'bug' will invade us naturally or with Nature Spirits and Angels help, should we need it to give us the experiences we need. **You can catch a virus but it's not in the same way that you catch bacteria, mould or parasitic infections.**

It is actually caught through the etheric levels of person to person interaction. So the light of the virus is expressed on the subtle etheric level, that connects you all, only connecting you all in different ways, depending on how you interact with each other, which is dependent on what your soul needs with each other. Then having received the light of that virus on the etheric level, so your body can 'activate it' or your nature spirits or angels can. **Viruses are more of the spirit really, which is why they are so elusive.**

So certain people can be 'carriers' for a virus, other people can be 'incubators' for it (you can be both) whereby they receive the virus, and even though it doesn't make them sick, they become a physical factory to produce mutations of it, which all go into their etheric make up, which can then be transmitted **light-to-light** to people they come in contact with.





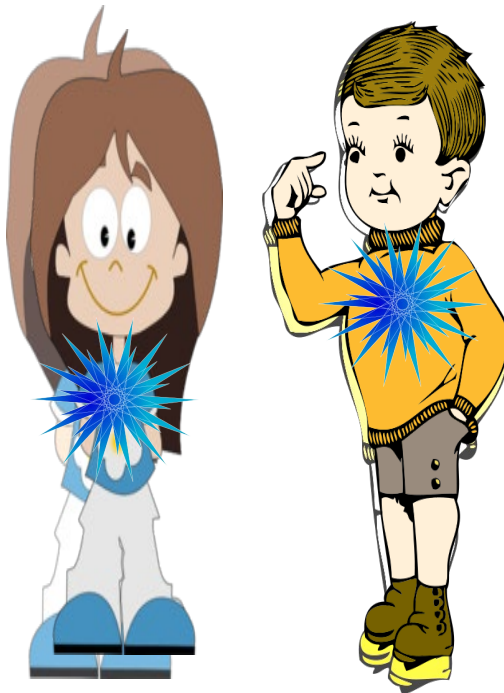
# Soul Partners

**SOUL – Soul Partners:**

The Real You is your soul, you are one ‘half’ of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.

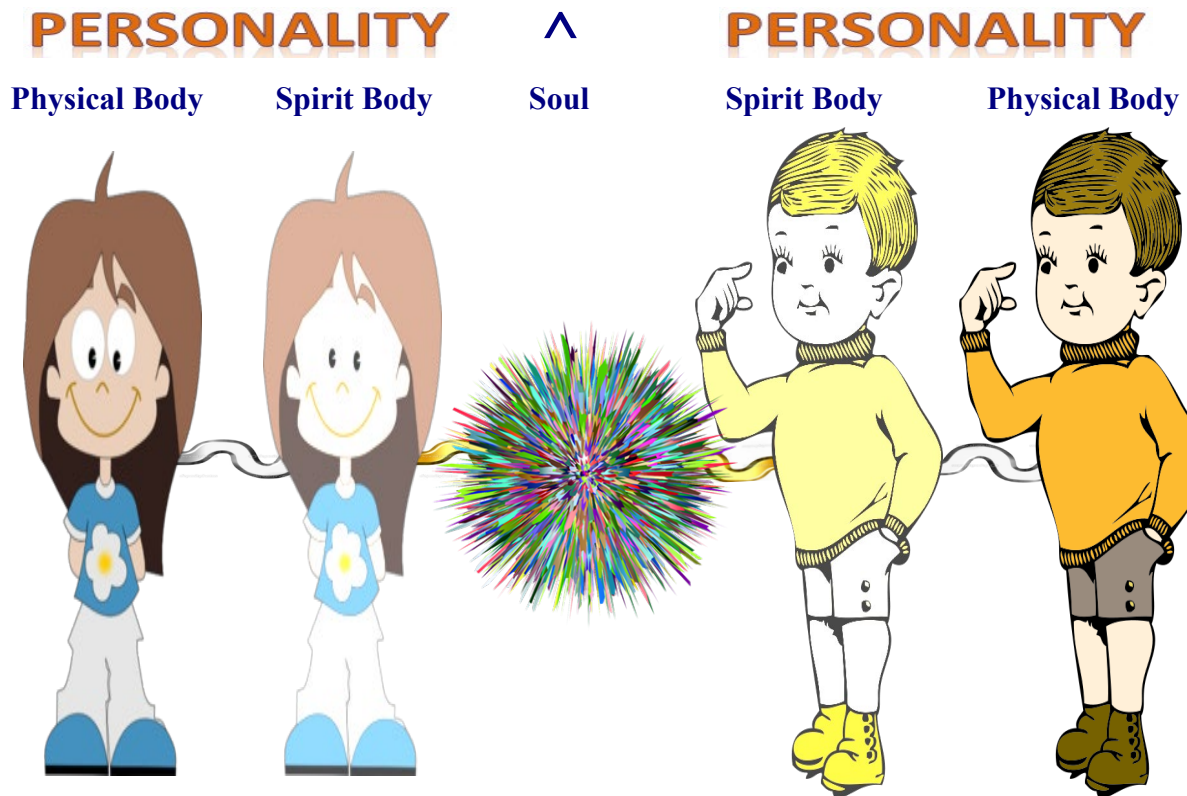


The soul connects to the two spirit bodies it has created by ‘golden cords’ of light; and the spirit body is in turn connected to the physical body by ‘silver cords’ of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn’t hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

95%+ of humanity currently are within the 1<sup>st</sup> sphere of development.



# Soul Partner

Many long for and seek their soulmate / soul partner which they will find only upon completing their Feeling Healing. And should they have embraced Divine Love, becoming of a Celestial soul condition. Our soul is duplex. One soul expresses two personalities – one being female and the other male – always. There is no homosexuality on a soul level, only on a dysfunctional personality level. When each soulmate couple have respectively healed the Rebellion and Default within them, then being compatible partners for all of eternity, embark upon their joint journey (ascension) to Paradise – the home of our Heavenly Mother and Father – the Original Soul Partners!

During 2020, this account was made of soul partners of a family group who had lived close together in a small rural community in mid New South Wales of Australia. They are all now in the Celestial Heavens. More or less, the diversity of experiences and journeys may be considered typical for many billions of family personalities:

Nanna Beth's soul partner lived and worked in Western Australia's gold mining industry at the same time that Beth lived in New South Wales, Australia.

Her daughter, Marie's soul partner is a native from the Middle Eastern Kingdom of Quasoria, which no longer exists, but was on an island in the Pacific that also no longer exists. He's what you would call an ancient spirit, from three pole shifts back. (A pole shift is a cyclical event that unfolds around 12,000 to 13,000 years, the last one being more than 12,000 years ago. That suggests he may have lived on Earth some 40,000 years ago. Adam and Eve materialised on Earth more than 38,000 years ago in the Middle East, on a peninsula at the eastern end of the Mediterranean Ocean.)

Kevin, born in 1937, married Marie's eldest daughter. Kathaleen, Kevin's soulmate / soul partner was born in 1901, and is from Tennessee, USA, and is black. Kevin is white, so they are 'salt and pepper'.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial. Bradley's soul partner is from the region that is now Russia – but it was not when she lived.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1<sup>st</sup> Celestial Heaven in May 2018. His soulmate / soul partner had been in the Celestials for about twenty years and she was in the third Celestial Heaven sphere then. She is from northern Europe.

Benjamin John, Marie's grandson, miscarried at twelve weeks and was spirit born. His soul partner is also spirit born and they are now in the 2<sup>nd</sup> Celestial Heaven, both having had lives in the spirit Mansion Worlds that replicated living as if the were on physical Earth.

Physical incarnation (individualisation) is complete with the first heart beat, around 16 days after conception. Reincarnation is impossible. Annually, 130 million physical births take place, 45 – 50 million abortions as well as 45 – 50 million miscarriages. Childhood deaths annually may be as high as 10 million. Thus, around 45% of all incarnations do not achieve adult life.

While we remain living within the Rebellion and Default, we are rebelling against our soul; and consequently, against our soul partner. If we were able to find our soul partner, let alone recognise him or her, we would more than likely be repulsed by each other. Upon completion of our Spiritual Healing, usually we become connected with our soul partner, and then it is so for eternity.



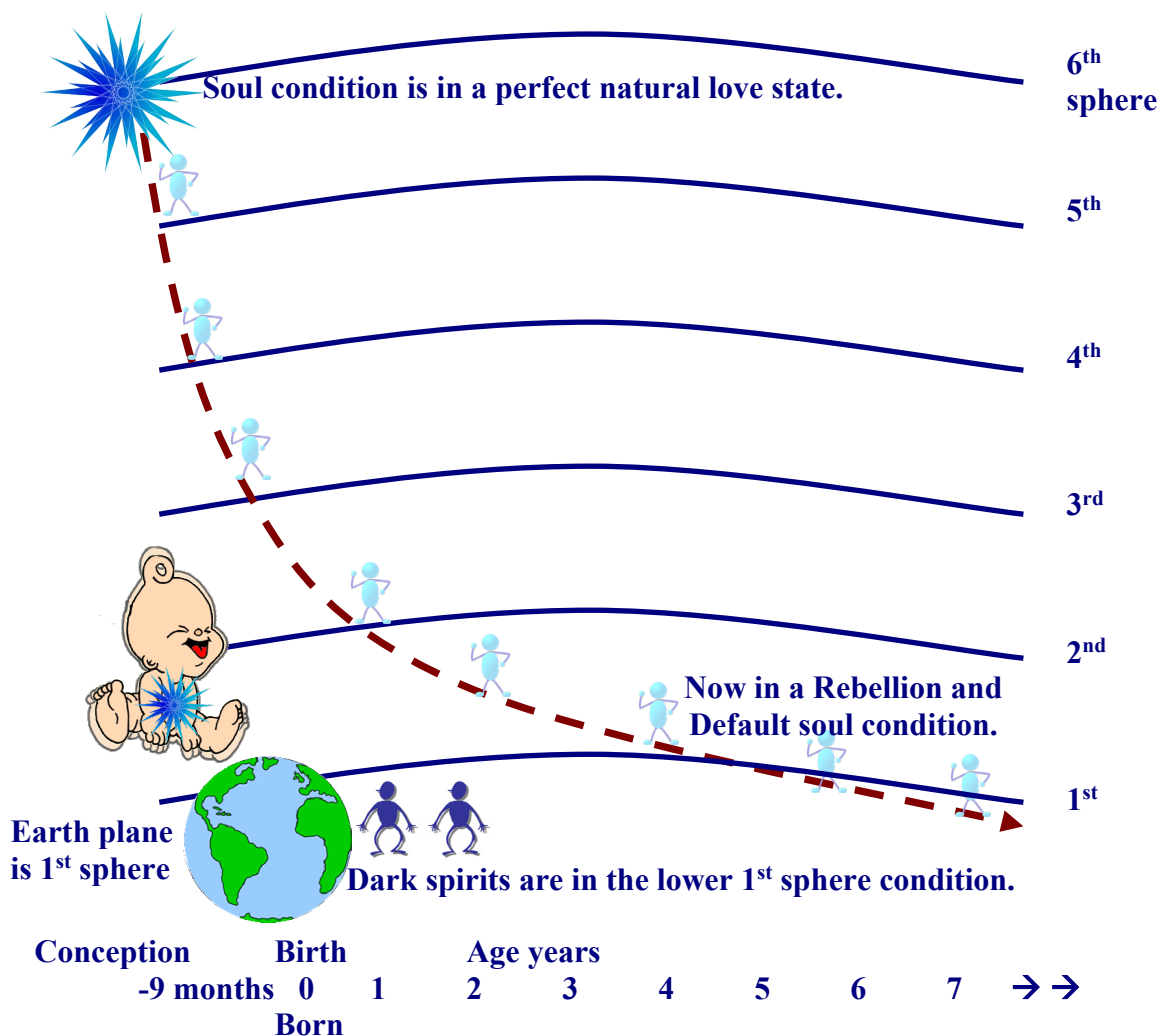
**SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!**

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

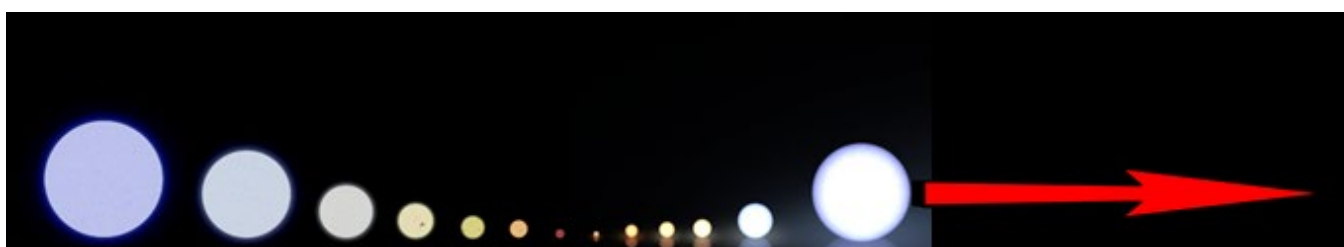
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.

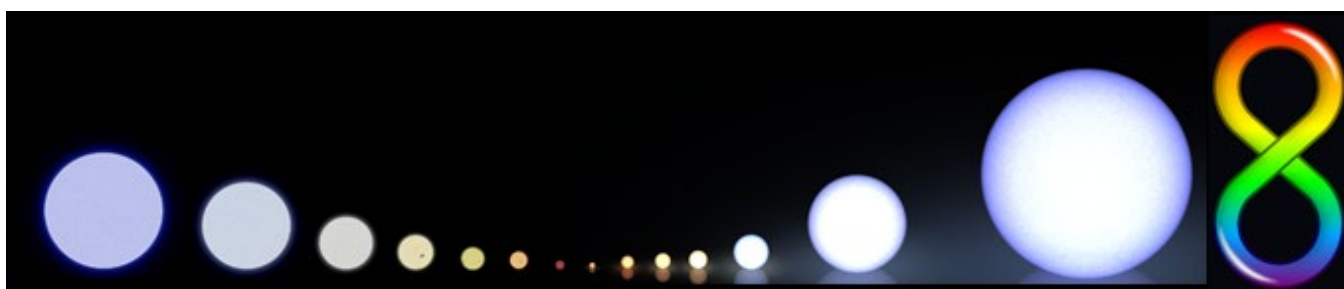


**OUR CHOICE!**

The moment prior to our conception, we are in pristine, perfect soul condition of Natural love. Consider that to be 1,000 on Dr David R Hawkins' Map of Consciousness scale – the largest sphere above. From that moment on we are being 'fire hosed' the errors and damage that our parents hold and carry. Somehow, we make birth – the middle sphere above. By the time we are six years of age, our childhood suppression of our true personality by our parents ends upon the arrival of our Indwelling Spirit. Now, our soul condition is the smallest sphere. We will now calibrate on the Map of Consciousness scale at the level of one or the other of our parents – we are now literally a clone of their messed up personality. We continue on at that level for the rest of our lives. We also go on and do the same to our own children, thus this stagnation goes on for generation after generation – for aeons.



We can perfect our mind's control and achieve a state of bliss which is all false and eventually ends with us crashing back to reality. Or, we can embrace our Feeling Healing and heal all our damage, that which we took on as we got older as well as the damage imposed upon us by our parents and carers. Thus, we can grow in truth and love beyond 499 on the Map of Consciousness and perfect our Natural love, returning to the condition before conception. This could take a very long time – and then we are stuck in the 7<sup>th</sup> spirit Mansion World condition.



And here is the most wonderful pathway open for us all. By embracing our Feeling Healing with the Divine Love, through longing for the truth behind what our feelings are drawing to our attention and asking our Heavenly Mother and Father for Their Love, Divine Love, we can heal our childhood suppression and ongoing repression, with the Divine Love, then we can progress into the first of the Celestial Heavens and continue onwards with our evolving growth in truth and love all the way to Paradise, the home of our Heavenly Mother and Father. The pathway is now defined and open to all.

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

*Worshipping your brain, which is not even  
your mind, is entombing yourself in a  
rusting iron cage that is going nowhere,  
other than in the wrong direction!*



**Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenig  
22 May 2017**



**Rebellion and Default  
officially ended  
31 January 2018  
Feeling Healing Completed  
by the second of soul partners  
12 April 2022**

**A NATION'S or COMMUNITY'S COLLECTIVE SOUL CONDITION:**

<b>Correlation of Levels of Consciousness – Soul Condition – and Society Problems</b>				
<b>Level of Consciousness</b>	<b>Rate of Unemployment</b>	<b>Rate of Poverty</b>	<b>Happiness Rate “Life is OK”</b>	<b>Rate of Criminality</b>
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

One's soul condition has a direct relationship with all facets of living. To grow and improve one's soul condition is the greatest gift one can give him or her self as it has universal benefits that last for eternity. This is achieved by embracing Feeling Healing through which we commence to repair the damage incurred by the Rebellion and Default that is passed down to us by our parents. Further, by embracing Divine Love with Feeling Healing we are doing our Soul Healing and progressing towards Celestial status.

Dr David R Hawkins' development of the Map of Consciousness (MoC) and research with kinesiology muscle testing observed the overall calibration of consciousness level of many countries. Developed economies are within the highest brackets. Civil unrest and wars are most frequent amongst those within the lowest brackets. Consider the average life expectancy and per capita income relative to the MoC calibration. Consider education as the crux of progress and development. Then review the above table for the rate of unemployment, rate of poverty, happiness rate 'life is okay' and rate of criminality.

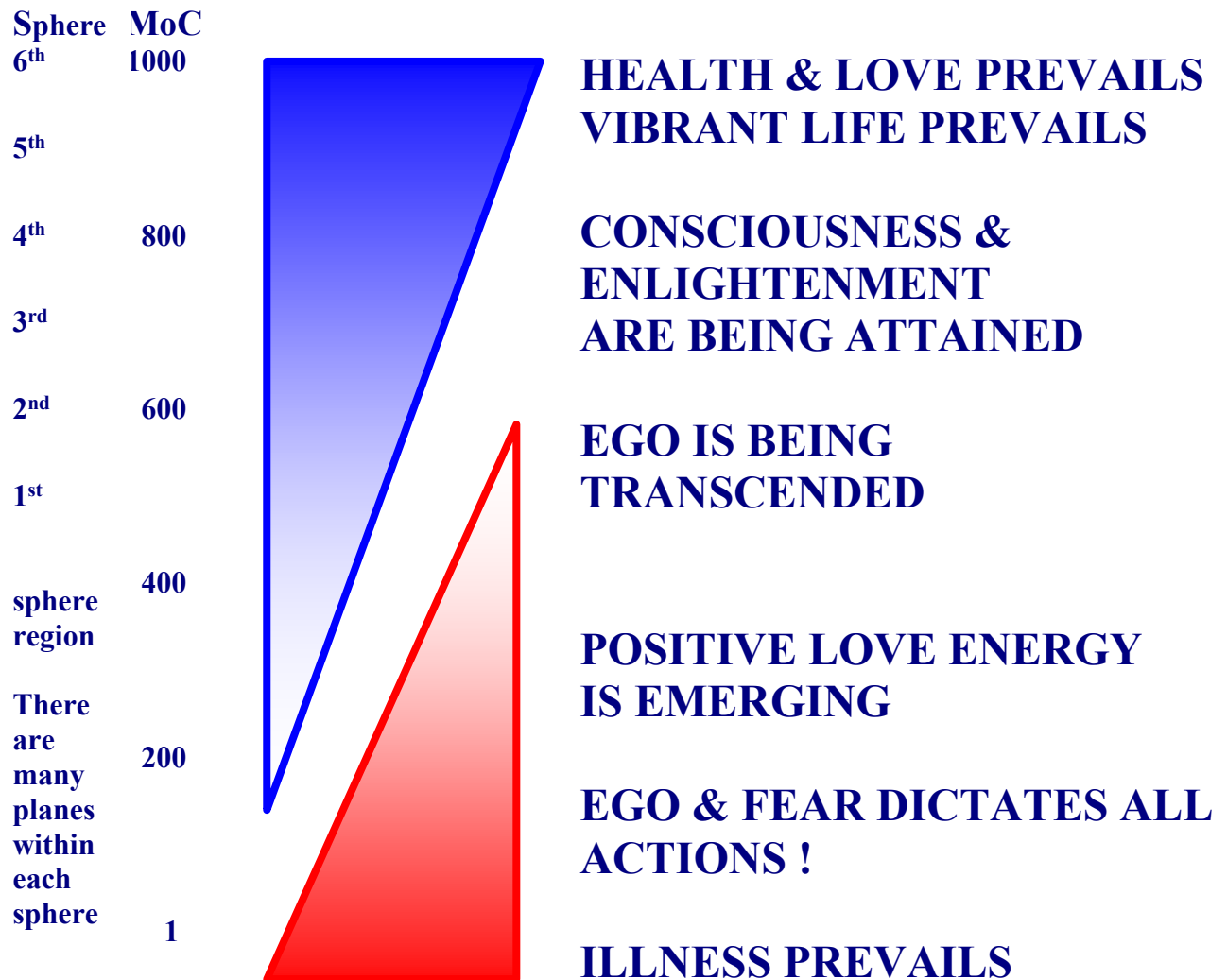
<b>MoC</b>	<b>No. of Countries</b>	<b>Average MoC</b>	<b>Average Life Expectancy</b>	<b>Human Development Index</b>	<b>Happiness Index</b>	<b>Education Index</b>	<b>Per Capita Income 2020</b>
<b>400s</b>	<b>10</b>	<b>406</b>	<b>78.50</b>	<b>0.939</b>	<b>6.8</b>	<b>.861</b>	<b>US\$54,010</b>
<b>300s</b>	<b>13</b>	<b>331</b>	<b>71.77</b>	<b>0.798</b>	<b>5.9</b>	<b>.684</b>	<b>US\$17,827</b>
<b>200s</b>	<b>10</b>	<b>232</b>	<b>69.45</b>	<b>0.759</b>	<b>5.8</b>	<b>.648</b>	<b>US\$16,972</b>
<b>High 100s</b>	<b>18</b>	<b>176</b>	<b>69.00</b>	<b>0.724</b>	<b>5.2</b>	<b>.639</b>	<b>US\$9,900</b>
<b>Low 100s</b>	<b>7</b>	<b>129</b>	<b>61.88</b>	<b>0.653</b>	<b>4.7</b>	<b>.567</b>	<b>US\$2,628</b>
<b>Below 100</b>	<b>11</b>	<b>66</b>	<b>52.73</b>	<b>0.564</b>	<b>4.2</b>	<b>.488</b>	<b>US\$2,658</b>
<b>WORLD</b>		<b>220</b>	<b>70</b>				<b>US\$10,900</b>

These two charts demonstrate the stark reality of one's probable quality of life that we will experience relative to our personal calibration as per the Map of Consciousness (MoC) developed by Dr David Hawkins. This calibration level is essentially set for life by the time we reach the age of six (6) years.



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

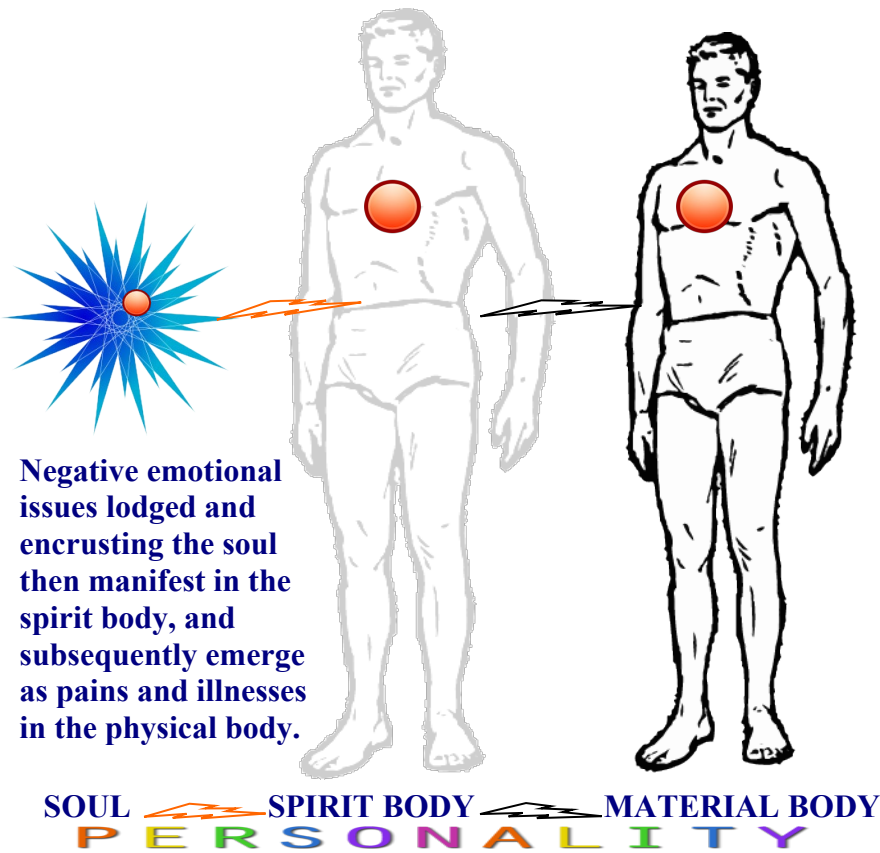
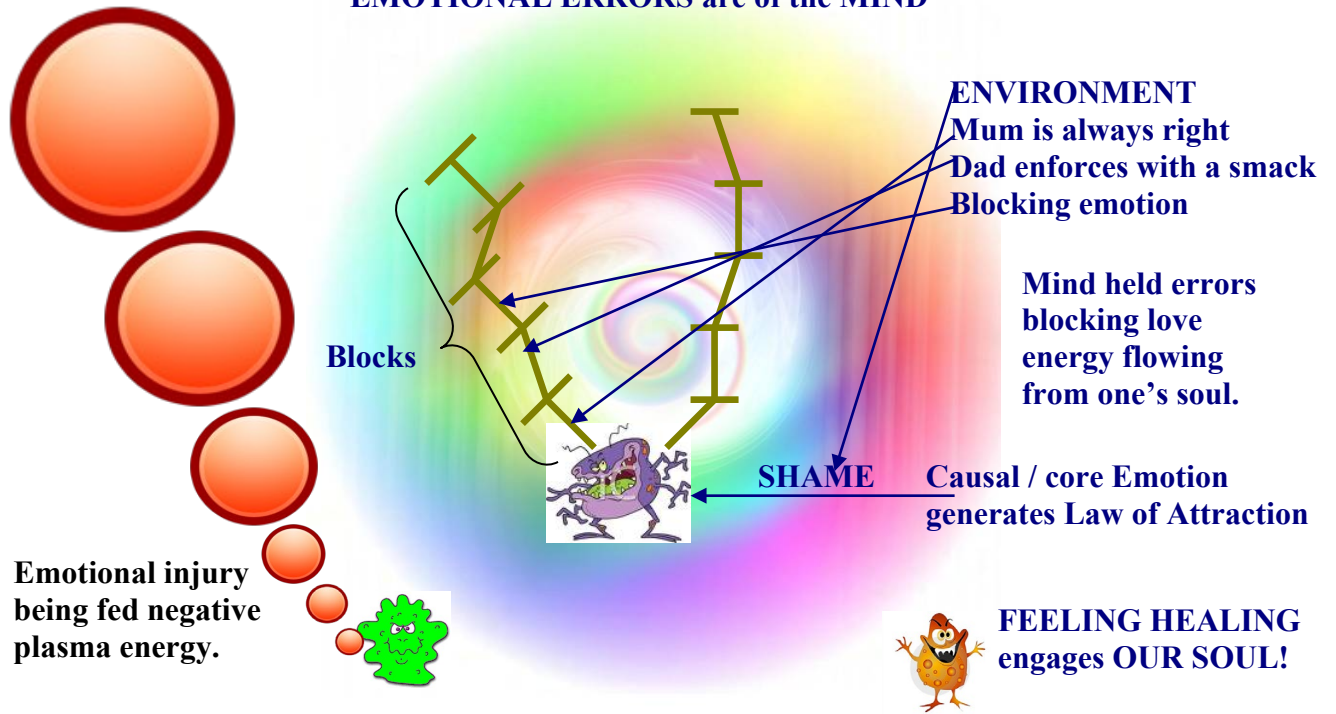
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



***Violence is never Justified***



### EMOTIONAL ERRORS are of the MIND



The energy, plasma, being attracted to the stuck emotion can cause the injury to grow and grow and grow.

Negative emotional issues lodged and encrusting the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.

**LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:**

**1<sup>st</sup> sphere, lower regions – Natural Love MoC 50+/-**  
**The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.**



**The typical soul condition of humanity is such that they generate the luminosity of a single candle.**

**1<sup>st</sup> sphere, mid regions – Natural Love MoC 220**

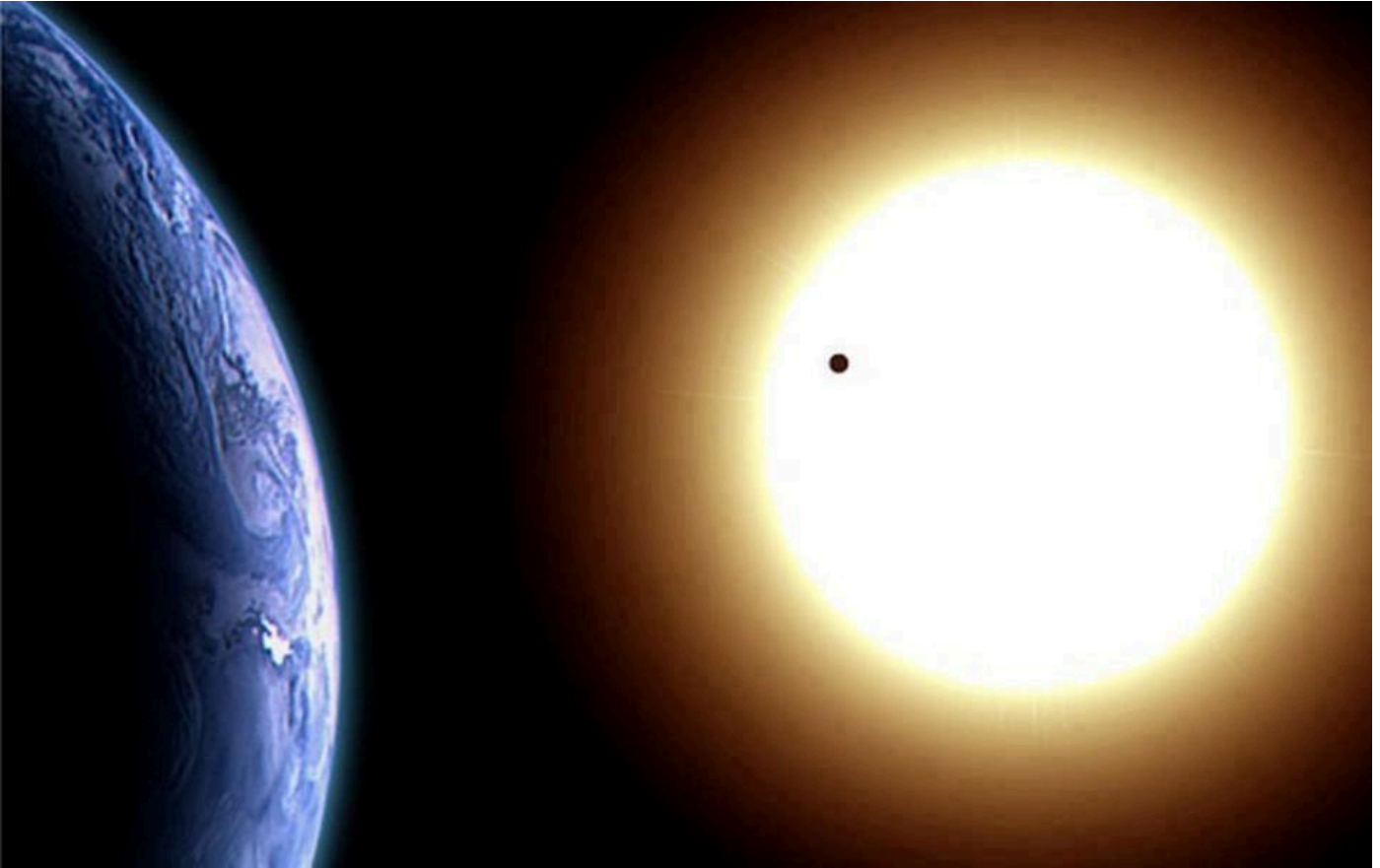


**A soul that has grown in love and soul condition equivalent to the 8<sup>th</sup> sphere – the point of becoming at one with God. The luminosity of such a soul is equivalent to the midday sun.**

**8<sup>th</sup> sphere – only possible with Divine Love while doing one’s Feeling Healing! MoC 1,000+**



**WE REALLY DO A BIG NUMBER ON OURSELVES BY BEING BORN ON EARTH!**



**Consider this: the small black dot is a typical soul, the incredibly bright sphere is the soul of a celestial spirit, that is, a spirit who is now residing within the Celestial Heavens at the 8<sup>th</sup> level or higher.**

As the aeons fly by, we look back at our unique experience of living in a Rebellion and Default and healing ourselves of what was imposed upon us by our parents throughout our period of childhood suppression and then our ongoing repression. To have experiences all this yuk and then have recovered makes us unique in how we will be able assist others in their corruption in how to recover. The above graphic demonstrates just how much retardation we endure – we barely survive – but no one is lost!

yuk

**Suppression & Repression = Universal Depression**

**IT'S ALL ABOUT  
Experiences  
&  
feelings**

**Be Feelings  
Expressive!**



## **ASSUMPTIONS** and the **MIND**

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.

These platforms need to be revisited and addressed. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

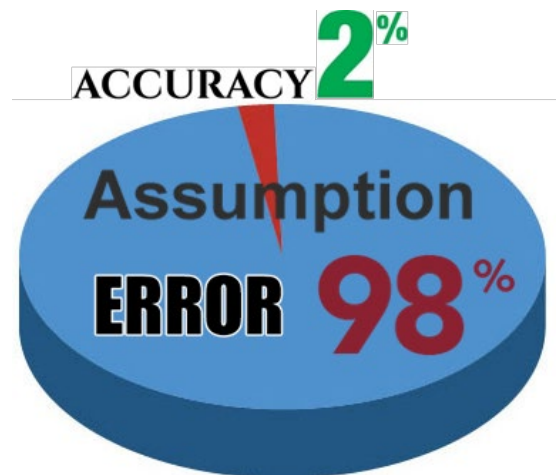
Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.



# I Think ...



We frequently find ourselves in a conversation that starts with “I think ...” and we automatically cringe not understanding why we do so.

“I think ...” is our addiction to being controlled by our minds and of suppressing our feelings, our soul based feelings that are always in truth and it is our feelings that we are to embrace and have our minds to follow in support, not how it is for all of us presently.

“I think ...” is innately telling us that what we are about to listen to is what that person’s control and error addicted mind is going to impose upon us and that the conversation will be a pointless endeavour to shift that person to some level of truth and away from control of others.



“I think ...” is the imposition of an assumption or multiple assumptions in keeping each of us submitted to the repression that has been imposed upon us throughout our childhood forming years. This is all about our capitulation to the Rebellion and Default. We can all recall our parents frequently asking us what do we think! The question is to be **“What do you FEEL?”** When you ask that question of a person, their response is instantaneous and it is their soul’s truth emerging – not our mind’s 98% in error assumptions that are tiresome and debilitating to say the least.

~~“I think...”~~

Following our healing and then ascension through our local universe of Nebadon, before leaving Nebadon we return our mind to the Divine Minister and embrace the mind of the Infinite Daughter, the God of Mind. The mind of the Infinite Daughter enables us to progress to Paradise, the home of our Heavenly Mother and Father. The Eternal Son is the God of Truth. The Divine Minister is of the mind whereas Mary and Jesus are of the truth for our local universe of Nebadon.

When we embrace how to use our minds in the appropriate manner, then we will find our minds being wonderful. Our lives are all about experiences and what arises from our feelings about each experience. This is all in preparation for when we achieve our ultimate status as a Finaliter which occurs when we arrive in Paradise. Then we will be well prepared for the ongoing assignments throughout the outer universes now forming.

IT'S ALL ABOUT  
**Experiences**  
&  
**feelings**

# What do you FEEL?

# INSANITY



## *The different faces of* **depression**



**We are all intensely insane,  
and depressed, living in a stupor!**



**To Truly get to know yourself is  
the Bravest thing you will ever do!**

---

**Nothing that ails humanity can be solved  
or healed until we embrace our feelings!**

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NO PROBLEM CAN BE SOLVED  
FROM THE SAME LEVEL OF  
CONSCIOUSNESS THAT CREATED  
IT.  
- ALBERT EINSTEIN

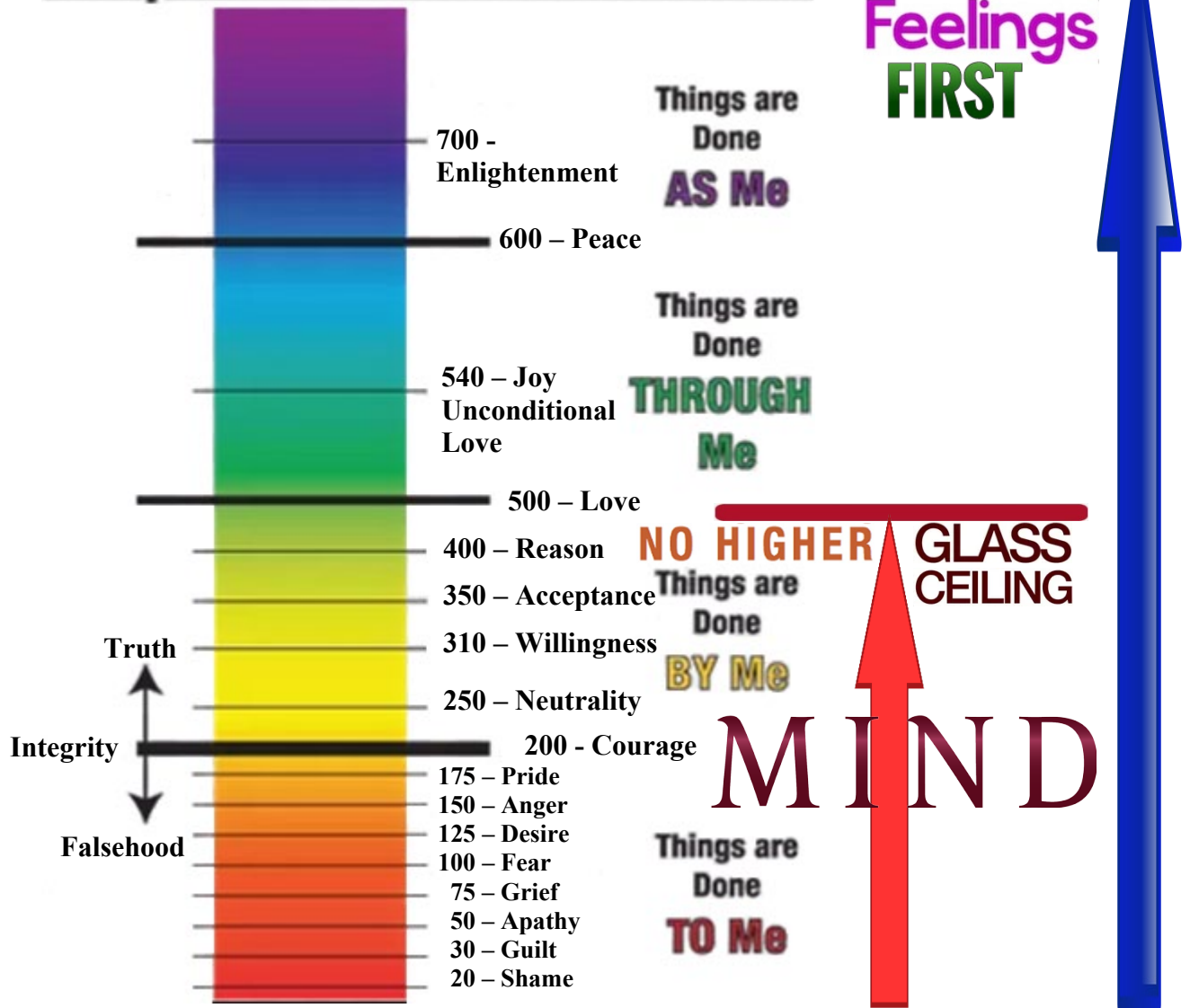
*My individual "Rebellion and Default"  
is my overarching virus!*

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*We are to express our feelings,  
both good and bad, emotionally!*



# Map of Consciousness



## *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

# MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

**PERSONALITY TRAITS:**

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force. Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

**Note:**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

**Blessing your food** achieves an increase of 15 points which is in fact a quadrillion ( $10^{15}$ ) jump in energy.

**Levels of consciousness** are always mixed: a person may operate on one level at one time and quite another level in another area of life. [In fact, we move in and out of fear, anger, guilt, etc. for either brief or extended periods. Even the levels up through unconditional love at 500 are experienced by most. But it is the percentage of time spent in each level that determines the dominant level in which one lives.]

**Shame:** Shamed children are cruel to animals and to each other. Later they are capable of forming vigilante groups to project their shame onto others whom they righteously attack. Serial killers have often acted out of sexual moralism with the justification of punishing "bad women". Shame produces false pride, anger, guilt. Moc 20 – 29

**Guilt:** associated with victim hood, masochism, remorse. Unconscious guilt results in disease, accident - proneness, suicidal behaviour. Preoccupation with punishment. Guilt provokes rage. Capital punishment is an example of how killing gratifies a guilt-ridden populace. MoC 30 – 49

**Apathy:** State of helplessness / death through passive suicide / level of homeless and derelicts / level of streets of Calcutta, abandonment of hope. MoC 50 – 74

**Grief:** Level of sadness, mourning over the past / habitual losers / chronic gamblers / notion of being unable to replace what is lost. MoC 75 – 99

**Fear:** Fear runs much of the world [in the enmity fearfulness is dominant emotion of 65% of the world] insecurity, vulnerable / leads to jealousy and chronically high stress level / very contagious / fearful people seek strong leaders. MoC 100 – 124

**Desire:** Motivates vast areas of human activity. Desire for money, prestige runs lives of many who have risen above Fear. At this level of addiction / desire for sexual approval has produced an entire cosmetics and fashion industry / accumulation / greed. It is insatiable because it is an ongoing energy field. Satisfaction is impossible / frustration is assured. MoC 125 – 149

**Anger:** Leads to either constructive or destructive action. Expressed most often in resentment and revenge. Irritable / explosive / leads to hatred. MoC 150 – 174

**Pride:** Has enough energy to run the Marines. Is a great leap forward from lower fields / is socially encouraged. Defensive / vulnerable because dependent upon external conditions. Inflated ego is vulnerable / divisive / arrogance / denial. The whole problem of denial is one of Pride. MoC 175 – 199

**Courage:** Where productivity begins / zone of exploration / accomplishment / fortitude / determination / exciting / challenging / openness. All of this is achieved through the leap to truth / the courage to face one's flaws. MoC 200 – 249

**Neutrality:** Release from a position or opinion / flexible / non-judgmental / realistic. Not getting one's way is less defeating or frustrating. Beginning of inner confidence. One is not driven to prove anything. Does not lead to any need to control others. MoC 250 – 309

**Willingness:** Growth is rapid here. Willingness implies that one has overcome inner resistance to life and is committed to participation. Genuine friendliness/ do not feel demeaned by service jobs. Helpful / high self-esteem / sympathetic / responsive to needs of others / resilient / self-correcting / excellent students / readily trained. MoC 310 – 349

**Acceptance:** Major transformation takes place when one recognizes that one is the source of the experience of one's life. A full assumption of responsibility for one's self. Acceptance of life without attempting to conform situations to one's own agenda. Denial is transcended / calm / perceptive / balanced / appropriate. No interest in determining right and wrong. Self discipline / honouring of others rights / inclusive / tolerant. MoC 350 – 399

**Reason:** Intelligence/ capable of making rapid, complex decisions and abstractions / level of science / capacity for conceptualization / deals with particulars / level of Nobel Prize winners, Einstein, Freud, etc. but ironically reason is often a block to higher states. MoC 400 – 499

**Love:** Love is not what the media professes: emotionality / physical attraction / possessiveness/ sentimentality / control / addiction / eroticism / novelty. When lovers or marriages "break-up", they usually were based on these attitudes rather than love, which is why this kind of "love" can lead to hate. It wasn't love in the first place. Love Deals with wholes. Unconditional love is accompanied by measurable release of endorphins. Love takes no position / permanent. Only 0.04% of population lives out of this level of consciousness. MoC 500 – 539

**Joy:** Level of saints / effortless / people with near death experiences often have reached this level of consciousness. Healing occurs. Individual will merges with Divine will. MoC 540 – 599

**Peace:** Radiance / suspension in time and space / everything connects to everything else / no preconception. Great works of art, music and architecture, which calibrate between 600 and 700, can transport us temporarily to higher levels of consciousness. MoC 600 - 699

**Enlightenment:** Buddha and Krishna. Jesus progressed beyond 1,000 to achieve at-onement with God whilst living on earth. Enlightenment is a never ending process. Moc 700 – 1,000



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**PEACE and HARMONY or CONFLICT and WAR:**

MAP OF CONSCIOUSNESS	
Level	Log
At-onement Transition	1080
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

**Council of Elders**  
being those at-one with their Indwelling Spirits.



**Peace**



Humanity that is above 500 on the Map of Consciousness scale is Feelings First orientated.

Below 500 we have: ↓

Conflict does not occur amongst these people. They engage with their soul based truths. Below 500 one is predominantly mind orientated!



Presently, humanity calibrates overall at around 220 and is engaged with their wayward, controlling, addicted minds. Through living feelings first with one's mind subordinated thereto, humanity will universally progress beyond conflict of any kind, particularly war.



# Childhood Suppression

is the elephant in the room!





The underlying generator  
of all discomfort, pain,  
disease and illness is  
Childhood Suppression  
and ongoing Repression.

Feeling Healing is our  
only recovery and  
soul growth pathway.

It is that simple!

## Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and progressively then through all the Celestial Heavens of our local Universe of Nebadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1<sup>st</sup> of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

## Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1<sup>st</sup> spirit Mansion World to the 2<sup>nd</sup> mind spirit Mansion World, then 4<sup>th</sup> and finally 6<sup>th</sup> mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.



A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7<sup>th</sup> spirit healing Mansion World process we transition to the 1<sup>st</sup> of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!



# ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

## REBELLION & DEFAULT 200,000 YEARS

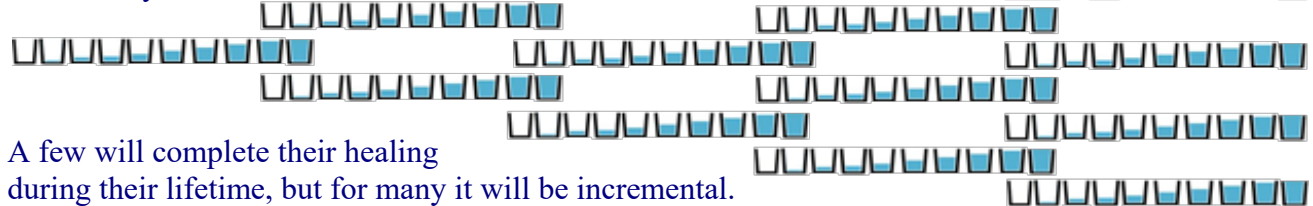
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in 1993. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

## Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



A few will complete their healing during their lifetime, but for many it will be incremental.

Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

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

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



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

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

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

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



**Feelings first**





In a way, each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies. So to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, and even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'outsourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. Overall, we are to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others. Nanna Beth – 3<sup>rd</sup> Celestial Heaven: 25 December 2018



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





# SPIRIT AND MATTER

Each phase of our progression in our personal discovery of truth will open further avenues to truth of an ever increasing and expansive nature. This is our destiny throughout our journey to Paradise, the home of our Heavenly Mother and Father.



Few are able to see clairvoyantly the spirit bodies of spirit personalities, and even then, this capability is when higher level spirit personalities 'turn down' their brilliance essence so as to make themselves visible – making themselves come closer to the density essence in which the viewer is presently experiencing.

Thus, when it is understood that we have a pair of nature spirits, a pair of spirit personality guides and a pair of angels with us at all times, we cannot see any of them. Yet they all can see us. However, the nature spirits may not be able to see the spirit guides but may see some angels, and the spirit guides may not see the angels. Should the spirit guides be Celestial, then they may also see the angels.

Angels do not have wings, and there are many classes and levels of angels. If the angels are from Paradise, then they would not be typically visible to celestial spirits of the three celestial heavens aligned to Earth's humanity. However, the angels that attended to Earth's humanity typically become visible to the spirit personality upon that person completing their Feeling Healing with Divine Love and progresses from the 7<sup>th</sup> Mansion World into the 1<sup>st</sup> Celestial Heaven.

A spirit in a higher plane of Earth cannot be seen by a personality within any of the lower planes. This is the same for each progression to a higher Mansion World, then Celestial Heavens and all the way through to Paradise. A higher level entity needs to detune and allow him or herself to be seen in any lower world and consequently each sphere thereof.

Thus, a Bestowal Pair from Paradise would bring with them Angels to assist them and these Angels of such high elevation would go about unseen, fulfilling their tasks, without any other entity being aware of them due to their ultra fineness of energy and elevation in capabilities – unless they allow themselves to be observed!



## NATURE SPIRITS



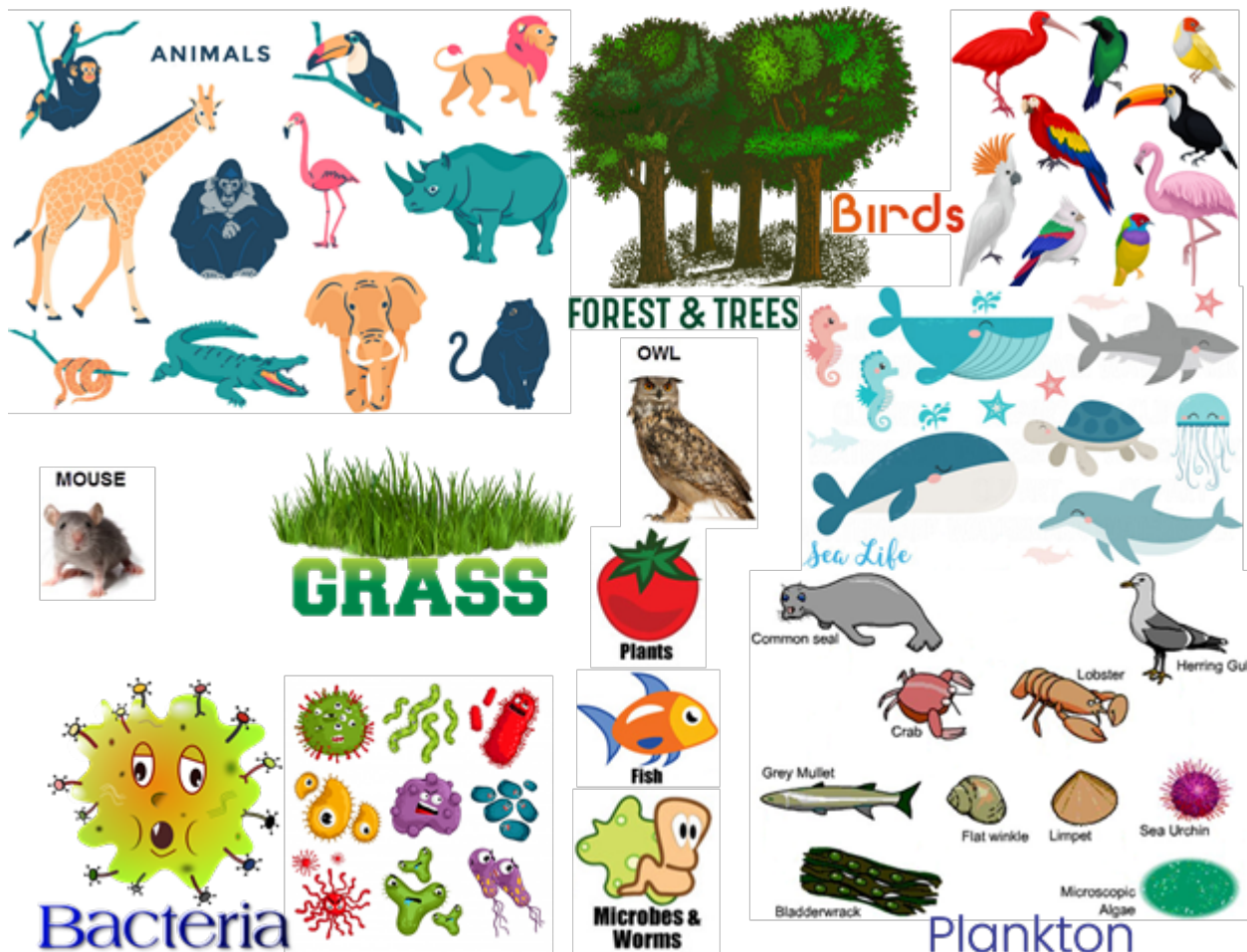
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.



**Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’:** “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”

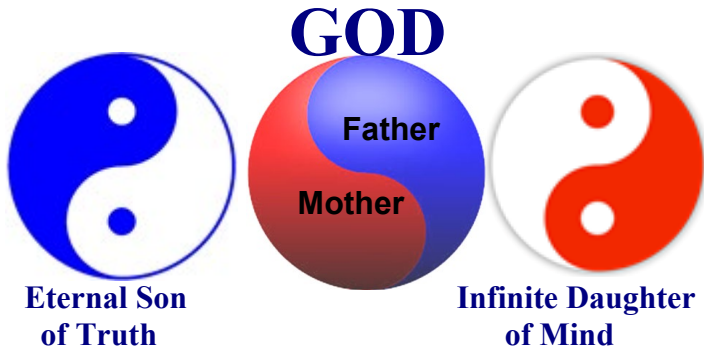
“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.





**CREATION of SOUL and SPIRIT:**



God is *The Paradise Trinity* — the eternal Deity union of the Personalities: the Universal Mother and Father; the Eternal Son of Truth; and the Infinite Daughter Spirit of Mind.



The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one's feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

Feeling Pathway

Mind Pathway



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

Soulmate Pair

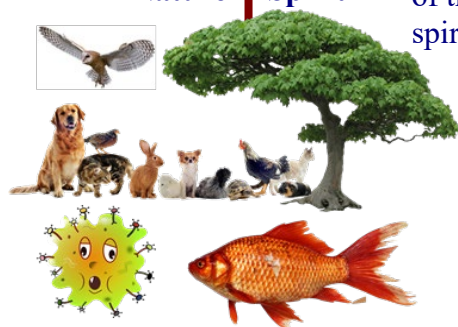
Angel



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

Spirit Person

Nature Spirit

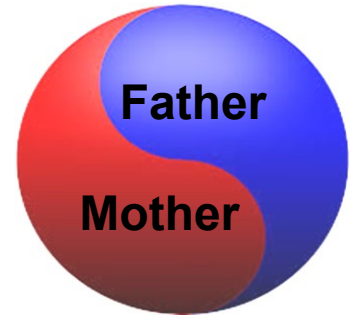


Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective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

A nature spirit is an angel in waiting.

# MUM & DAD THIS WAY

# GOD



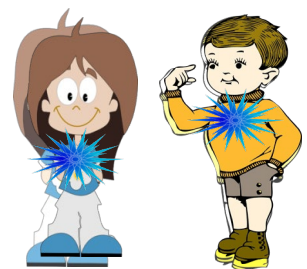
HEAVENLY PARENTS



JESUS & MARY



AVONALS



SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.

Unknown number of spheres to progress through to reach Paradise.

Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.

INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.

ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.

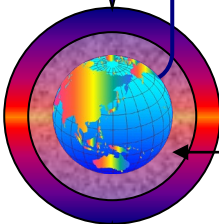
CELESTIAL HEAVENS are spheres 8, 9, 10.

Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!

We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



**I'D TURN BACK IF I WERE YOU!**



AVONAL PAIR



MARY & JESUS

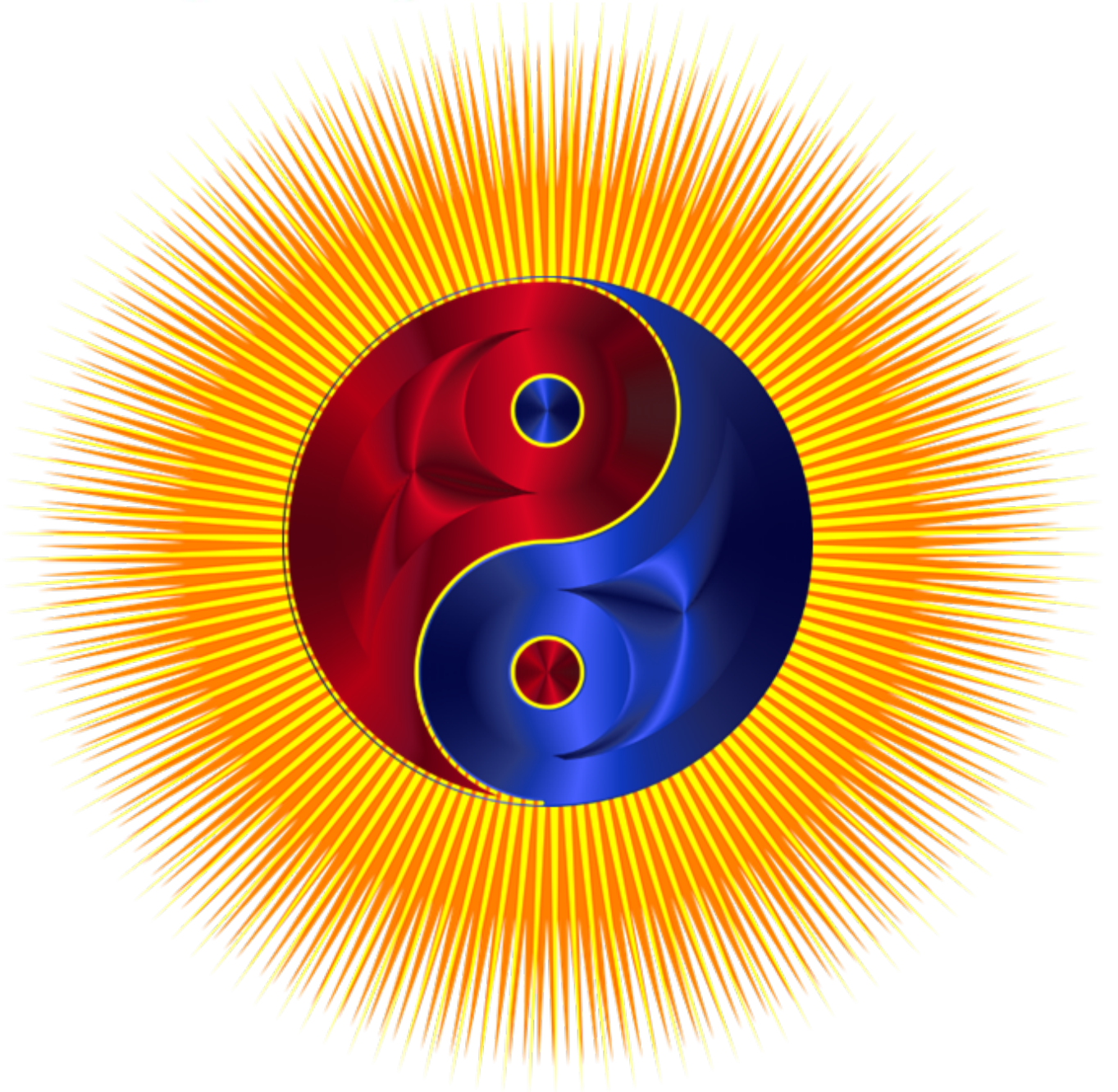


GOD

Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.



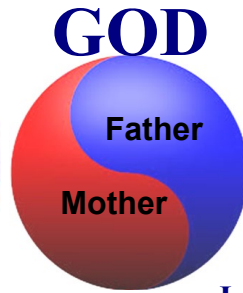
# Our Heavenly Mother and Father



# Paradise



Eternal Son of Truth



**GOD**

Father

Mother



Infinite Daughter of Mind

Creator Daughter & Son

Avonal Daughter & Son

Trinity Teacher Pairs

Creators and Avonals have Spirits of Truth which they may release.

These three classes of spirits descend from Paradise on assignments and leadership.

# Nebadon

## Creator

Daughter & Son

Divine Minister



## Avonal

Daughter & Son

**BRILLIANT**  
Evening Stars

### MELCHIZEDEK

### ARCHANGELS

## celestial SPIRITS

Creator Daughter & Son are co-regents of Local Universe (3,840,101 humanities).  
Avonal Daughter & Son lead a single humanity out of Rebellion (Earth).  
Trinity Teacher Pairs assist in teaching a humanity through their evolution / healing.  
There are other classes of spirits. It was the Lanonandek spirits that brought about 37 humanities entering Rebellion with Earth also Defaulting through the Adamic assignment partial failure. The Rebellion being only within the System of Satania of which Earth is one of the 37. The Rebellion formally ended on 31 January 2018.

# Earth

Spirit Guides

## HUMANITY

Nature Spirits

## ANGELS

Formally ended  
31 January 2018

### REBELLION & DEFAULT

Past  
200,000 years

and now for the

### GREAT -Turn

Coming  
1,000 years



# 4,000 Years Unfolding

1980 BCE

1900s BCE

Machiventa Melchizedek  
**ABRAHAM**

MM Jesus  
 2 BCE 7 BCE  
 46 CE 29 CE

*Bestowals from Paradise:*  
 Creator Daughter and Son  
 Mary Magdalene and Jesus

1914-1923  
 1925-1935  
 1950 & 1960

**PADGETT MESSAGES**  
**THE URANTIA BOOK**  
*Incarnation of the Avonal Pair*

2018 Jan 31

**REBELLION & DEFAULT**  
**FORMALLY ended 31 JANUARY 2018**

2020s+ CE

*Bestowals from Paradise:*  
 Avonals - Magisterial Daughter and Son

Machiventa Melchizedek, to this day, continues to oversee the plan that was evolved more than 4,000 years ago to progressively open cracks in the Universal Contract governing the Rebellion and Default instigated by Lucifer 200,000 years ago. With 'federal' authority, the Creator Daughter and Son brought about the Lucifers and Satans' spirit world imprisonment 2,000 years ago, and set the Avonal bestowals in place.

The commencement of the Padgett Messages on 31 May 1914 triggered the bestowal of the Avonal Pair for Earth's humanity. The Avonals' 'state' authority brought about the Caligastias and Daligastias spirit world imprisonment in 1993. The Avonals' healing of what they have taken on of the Rebellion and Default ends the Rebellion and Default. Now we can all follow and progress on the pathway to Paradise.

# Great Transformation of Humanity!



The NEW WAY The NEW WAY



The Mind Way is Living

against Our Selves!

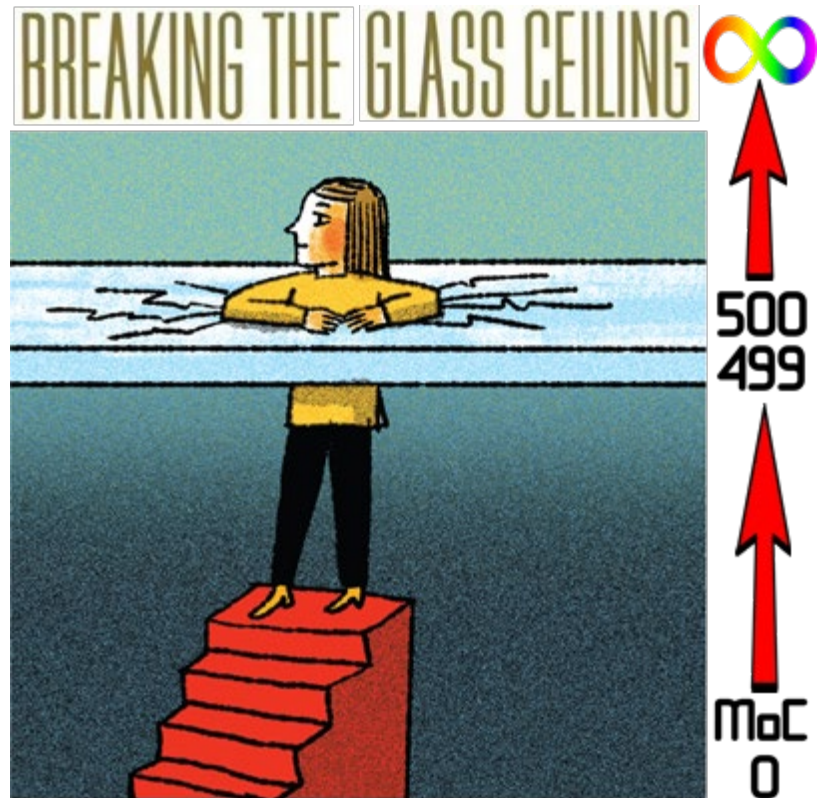


## GLASS CEILING BARRIER REMOVAL

Until we each embrace our feelings, begin to live feelings first, express our feelings both good and bad, long to know the truth of that which our feelings are drawing our attention to, we will continue to remain constrained and susceptible to overt control by the few hidden controllers.

We will remain in our ignorant stupor and lethargic state that is deplorable compared to the potential that exists within each of us.

While we remain living mind-centric and suppressing our feelings of truth then we are continuing to live in the Rebellion and Default that has been imposed upon us these past 200,000 years being of the Rebellion and the Default of some 38,000 years ago.



We will continue to stumble from one war to another with about 8% of the time living in some relative degree of peace. We believe we have excelled in technology development whereas we have no understanding as to the cause of any disease, our vaccines may be killing more people than the disease is for which the vaccines have been developed (coronavirus Covid-19), we have poisoned most of our food through chemical fertilisers and pesticides, our food crops are DNA mutated thus threatening our physical health, our vaccines are now interfering directly with our DNA which is a hazard for generations to come, we have developed weapons of mass destruction, not to mention nuclear weapons, that can destroy Earth's humanity and the planet's viability to support life. We think our capacity to enter space is amazing when we are only barely able to leave the planet by sitting in a tin can that is riding on an exploding bomb, while Earth's civilisation of thousands of years ago travelled to the Moon using gravity and magnetism without such clumsiness.

We are wonderfully progressed. We murder around 50 million babies each year through abortion – that indicates that two out of every three of us who grow into being adults are eventually involved in aborting a child. A similar number miscarry, not being born, due to our emotional injuries which we impress upon the newly forming child while they are in the womb. Because we do not heal ourselves of our childhood suppression, which is what we take on of the Rebellion and Default that our own parents impose upon us, we impose deformities and childhood illnesses upon our own children before they are born. The newly forming child is always perfect – until we impose our will and injuries upon them!

### A few salient observations of our wonderfully advanced society:

Globally, 785 million people lack access to clean **drinking water**.

Every day, over 800 children die from dirty water, due to diarrhoea caused by poor water, sanitation and hygiene and scarce or unreliable water and sanitation facilities in many communities around the world.

Without clean, easily accessible water, families and their communities become locked in poverty for generations. Children drop out of school and parents struggle to make a living.

Women and children are worst affected – children because they are more vulnerable to disease of dirty water and women and girls because they often bear the burden of carrying water and women and girls because they often bear the burden of carrying water for their families for an estimated 200 million hours each day.

Access to **clean water** changes everything; it's a stepping stone to development.

Access to clean water and sanitation is possibly the most urgent health crisis facing communities today. One in every nine people on this planet lack daily access to safe water, and one in every three have no toilet.

The world produces enough **food to feed everyone** on the planet, yet [16.6%](#) of the world's population is undernourished. 957 million people worldwide do not have enough to eat on a regular basis.

Out of the eight billion people on the planet, a striking one billion are living in extreme poverty. Extreme poverty does more than deprive people of necessary food—it also robs them of safe drinking water, **sanitation**, education, shelter, etc. In fact, more than a billion people live on less than [US\\$1.25](#) a day, which isn't even enough to buy one gallon of milk at market price.

As many as 1.6 billion people lack adequate **housing**. That is 20% of the world's people.

About 2% of the world's population is homeless. Two percent — it doesn't sound like much, but when you do the math, that's nearly 154 million people living on the street, in temporary dwellings, at refugee camps, and in other transitory and often dangerous conditions.

Globally, the number of people without access to electricity was 759 million in 2019.

In total, 3.7 billion people have no **internet access**. That is 40% of the world's population.

Now in 2022, 9.2% of the world survives on less than US\$1.90 a day, about [689 million people](#) live in extreme poverty, compared to nearly 36% in 1990.

Although countries impacted by **fragility, crises, and violence** are home to about 10% of the world's population, they account for more than 40% of people living in extreme poverty. By 2030, an estimated 67% of the world's poor will live in fragile contexts.

About 70% of people older than 15 who live in extreme poverty have no schooling or only some basic education.

**A lack of trained teachers, inadequate learning materials, makeshift classes and poor sanitation facilities** make learning difficult for many children. Others come to school too hungry, sick or exhausted from work or household tasks to benefit from their lessons.

The consequences are grave: An estimated 617 million children and adolescents around the world are unable to reach minimum proficiency levels in reading and mathematics, even though two thirds of them are in school.

This learning crisis is the greatest global challenge to preparing children and adolescents for life, work and active citizenship.

11% of primary-school-aged children and 20% of lower-secondary-aged children are not in school at all.

***Schooling does not always lead to learning. Worldwide, there are more non-learners in school than out of school.***

Children and adolescents are excluded from education for many reasons. Poverty remains one of the most obstinate barriers, with children from the poorest households almost five times more likely to be out of primary school than those from the richest.

Children with disabilities and from ethnic minorities are also more likely to be left behind.

For girls in some parts of the world, **education** opportunities can be especially limited. Only 49% of countries have achieved gender parity in primary education. Harmful gender norms can have severe effects for boys, too.

Location also keeps children from school. Children from rural areas are more than twice as likely to be out of primary school than their urban peers. In conflict zones, 27 million children are out of school.

There are still 58 million primary-aged children worldwide (9%) and 63 million adolescents (18%) who are "out of school". Furthermore, girls are less likely to attend school than boys.

As a whole, the global literacy rate is high. The **literacy rate** for all males and females that are at least 15 years old is 86.3%. Males aged 15 and over have a literacy rate of 90%, while females lag only slightly behind at 82.7%.

1.3 billion people in 107 developing countries, which account for 22% of the world's population, live in **multidimensional poverty**. About 84.3% of multidimensionally poor live in sub-Saharan Africa and South Asia. 644 million children are experiencing multidimensional poverty.

**Health Care Costs** push a Staggering Number of People into Extreme Poverty.

Another 800 million people are spending at least 10% of their household budget on health care. And 3.5 billion people — accounting for more than half of the world's population — are simply forced to go without most essential services. (Aizenman, 12/14).

Half the world lacks access to essential health services – UN Report. World Bank and WHO: Half the world lacks access to essential health services, 100 million still pushed into extreme poverty because of health expenses

**Worldwide GDP for 2021 was US\$95 Trillion of which 5.3% was spent on education or US\$5 Trillion.**

**Humanitarian expenditure worldwide did not reach US\$50 Billion in 2021.**

**Total military expenditure worldwide in 2021 was US\$2 Trillion.**





# TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



# **Greatest Event in the History of Humanity!**

## **Spiritual growth on Earth evolves connectivity!**

### **Spirit connectivity is relevant to level of truth.**

- 1993: The arrest of the Caligastia and Daligastia soulmate / soul partner pairs, being rebellious Lanonandek spirits – Earth’s planetary prince and deputy.
- 22 March 2017: Negative mind-spirit influence was blocked by Celestial spirit.
- 31 March 2017: Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
- 22 May 2017: Law of Compensation quickening.
- 2 December 2017: Psychic Barriers maintaining the Rebellion and Default were cracked.
- 8 December 2017: Bring on the money to **‘house the future of humanity’**.
- 31 January 2018: Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.
- 12 April 2022: Feeling Healing completed.

## **Three people on Earth are of high 7th Mansion World condition - this is what has unfolded:**

As of November 2020, due to three people on Earth progressing through their personal spiritual healing and progressing into the equivalent of the 7<sup>th</sup> spirit Mansion World, have enabled the above events and milestones. Two high level spirits have led the way. These two personalities have needed to incarnate into the physical and unaided have had to find the way to heal themselves of the imposts of the Rebellion and Default which they voluntarily took on. This is the most exciting time in the history of Earth’s humanity.

## **When they move into Celestial Heaven soul condition while living on Earth then:**

Upon becoming of a Celestial soul condition, then these two personalities will have Celestial soul level truth and will be able to directly convey such truth in person. Having then done so, Celestial Heaven spirit personalities will be able to follow and directly communicate with personalities in the physical on Earth in a similar manner. Presently, Celestials can only prompt people and not converse.

The level that the two high level spirit personalities progress to while living in the physical will set the ceiling for those on Earth in what they can grow in truth and love to. We can only follow.

Further, the conditions that prevail throughout the 1<sup>st</sup> spirit Mansion World may progressively be earthed. In the Mansion Worlds, the operation of the Law of Compensation is instantly imposed through the vigilance of Angels. This is likely to be imposed on physical Earth form the coming 1,000 years.

## **For Humanity to go through a spiritual upliftment, such as now, high level spirits must lead the way!**

The Rebellion and Default was imposed upon Earth’s humanity by high spirits from within our Local Universe of Neadon. To end the Rebellion and Default, higher level spirits, being an Avonal pair from Paradise have had to lead the way out of the Rebellion and Default. This they are now doing!

# Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Neadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Neadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

# Pathway Forward

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

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

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

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

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

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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



**LONG to KNOW ABOUT what you are FEELING!  
Long to understand the truth behind  
what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**

**It is knowing the truth of that  
which you feel that sets you free!**



**Always be true to your feelings  
because they are your truth  
and truth is love and our way home!**



**Express your feelings to those who matter to you.**

**Suppressed feelings bring about pain and illness.**

**Talk it out to a friend!**



*From our head to our toes,  
what our feelings say goes!*



*Feelings, good and bad, are to be expressed.*



*Talk it Out!*



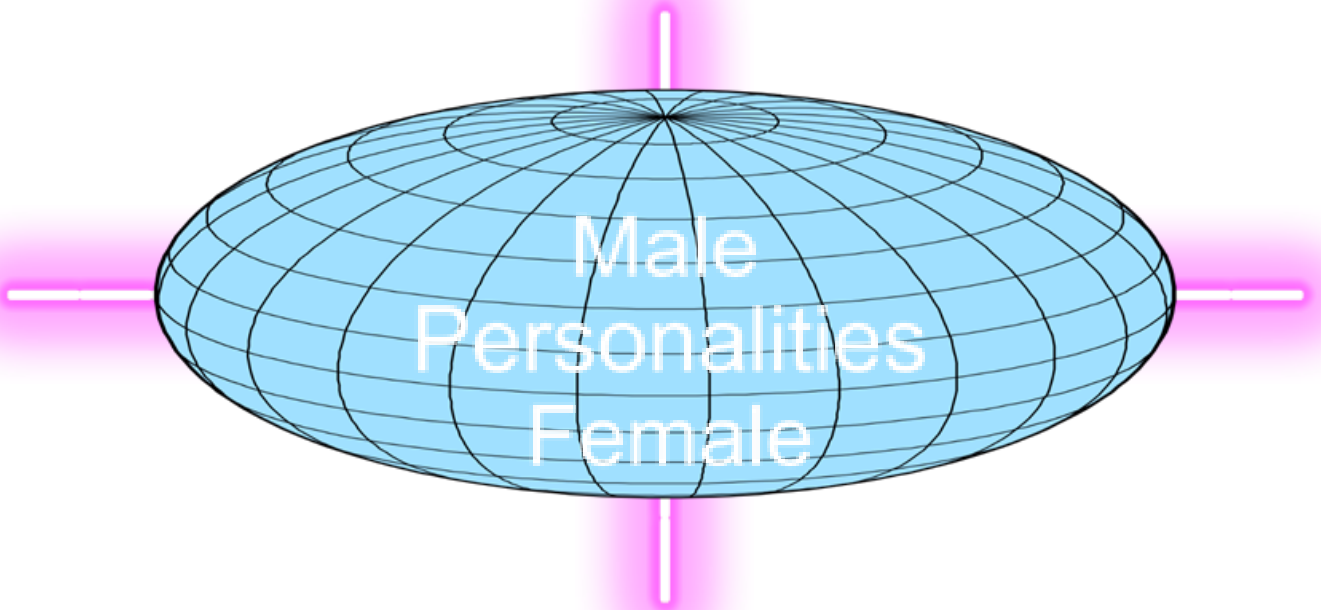
*Heartfelt feelings are our truth.*

**The Soul does everything!**



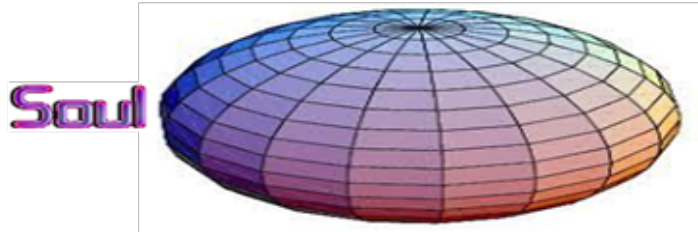
**Our HEALING is one long act of Self-Love!**

# SOUL is a DUPLEX





SOUL PERSONALITY  
FEMALE or MALE



Eternal Son      Infinite Daughter  
**TRUTH**      **MIND**



Indwelling Spirit  
Heavenly Mother & Father  
**LOVE**



**SOUL is a DUPLEX**

We, of Earth's humanity, are of Truth and Mind, of the Eternal Son and Infinite Daughter. We are of Natural love which we are to perfect.

It is then, with our Heavenly Mother and Father's Divine Love, that when we fuse with our Indwelling Spirit, from Them, we become Celestial.

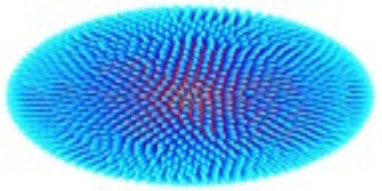
Our personal Indwelling Spirit is without personality, thus our personality remains the one originally bestowed to us by our Heavenly Parents.

Upon becoming Celestial we are of the trinity with LOVE, TRUTH and MIND, and always evolving through our experiences on our journey to Paradise.



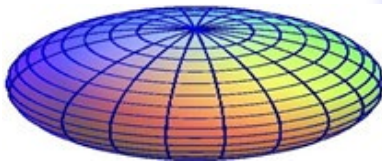
# Three Layers of Progression Federal, State and Local

**Paradise  
Havona**



**PARADISE**  
 Heavenly Mother and Father }  
 Infinite Daughter or Mind } Trinity  
 Eternal Son of Truth }  
  
 Creator Daughter and Son  
 Avonal Daughter and Son  
 Trinity Teacher pairs

Within each of 7  
Super Universes  
there are 1,000  
local universes.



Neadon has 100  
constellations, each  
with 100 local  
systems, which  
each have 1,000  
inhabitable worlds.

**LOCAL UNIVERSE of NEDADON**  
 Co-regents Mary & Jesus – Creator  
 Daughter and Son (federal oversight of  
 3,840,101 humanities)  
 Melchizedek order – oversight advisers  
 Lanonandek order – system sovereigns  
 Lanonandek order – planetary princes  
 Adamites order (Adam and Eve)  
 There are many orders and classes of  
 spirits as well as angels.



Earth's humanity is  
now guided by  
Celestial Spirits.

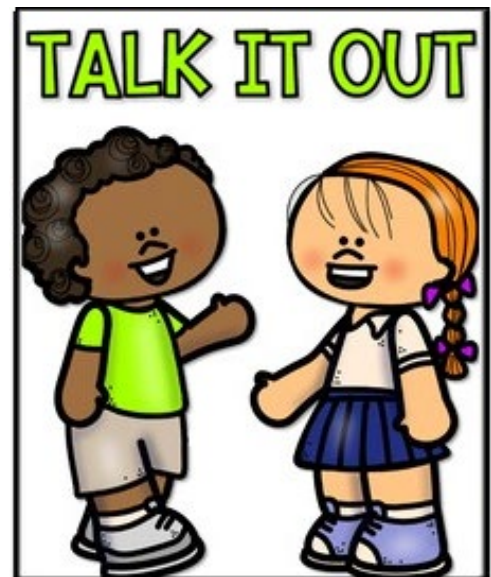
**LOCAL SYSTEM SATANIA** contains EARTH  
 Creator D&S removed system sovereign  
 (Lucifer) 26 CE – federal administration.  
 Avonal D&S removed planetary prince  
 (Caligastia) 1993 CE – state administration.  
 Melchizedek plan to end Rebellion and  
 Default now executing.  
 Earth's Celestial Spirits now guiding Earth's  
 humanity out of Rebellion and Default.



# REVELATION and TRUTH

Feeling Healing sets us FREE!

Feeling bad is good!



The mind is to be of service!

The mind is designed to Follow,

to be of service to the truth,

of service to the heart, and

your Feelings!



# Living Feelings First is to replace Mind Centricity

A hidden very few controllers have orchestrated every system and way of living for humanity to be mind centred. While we live through our minds WE CANNOT EVOLVE!!! Our minds are wonderful but they are, in themselves, addicted to control over the environment, over others and ourselves, and our minds are addicted to untruth, they cannot discern truth from falsehood. We have been screwed for the past 200,000 years through these hidden controls.



Firstly, all the emotional injury that we take on, that we are infused with, commencing at the moment of conception, is what limits our capabilities throughout lives. It is these same emotional injuries, mostly infused upon us by our physical parents, which set in place our health throughout our lives, our social issues, our quality of life and our prosperity. However, through mind centricity we remain stagnant.

What we take on emotionally must be released emotionally. We must talk it out of us emotionally. The pain will be no greater than the pain that was felt when we were infused or repressed throughout our childhood forming years. But this is the one and only pathway to heal and evolve beyond the zombiism that we see around us. We are all functioning in a stupor due to the limitations of mind centricity.

Our feelings are always in truth, they are our truth. With truth we have freedom and prosperity – yet we will need little – as our fears and addictions will be put aside. The connectivity with the spirit worlds will also open up to those who heal through their Feeling Healing.

## WHOLE DIFFERENT Way of Life.



Mind

TRANSITION

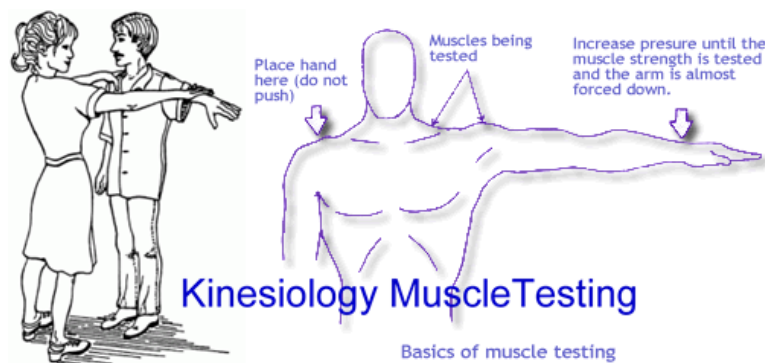


Feelings

# Living Feelings First

For the past 1,800 years, the evolutionary development of humanity has stagnated at 190 on Dr David R Hawkins' Map of Consciousness (MoC). This of a consequence of humanity remaining mind centric and adhering strictly to the suppression imposed by wayward high level spirits who have now all been incarcerated and their puppets blocked from furthering their agendas.

Applying kinesiology muscle testing in conjunction with the Map of Consciousness (MoC) table, the inadequacies of those in leadership roles is readily discernable. Those in leadership roles throughout all of society can be recognised as to their capabilities, or lack thereof, instantly. Those who have not developed or evolved their consciousness to appropriate levels can now be dropped from positions of authority. Most will fail. The dearth of appropriate leadership will put a greater focus upon the inadequacies of the education systems worldwide and the inabilities of institutions, such as health, to provide the services required of them. Governments and their structures fail miserably.



## Council of Elders

A Council of Elders may now begin to be formed. Initially, these are people who have significantly advanced through their personal Feeling Healing. The entry level for a council member may be considered to be as low as 700 on the Map of Consciousness (MoC). These are extraordinary people.

Through Feeling Healing, what unfolds is spontaneity and intuitiveness, versus the zombiism and stupor that presently prevails throughout mind centric humanity.

High level leadership roles are to be filled with those calibrating 470 or higher, their deputies to calibrate 440 or higher, and support leadership functions to be filled by those calibrating over 410. Health services personnel to calibrate over 500.

Everything is about to change. Living through our feelings is our pathway in growth with humanities evolution in spirituality is about to become dynamic.

**Living Feelings First!**

**INTUITIVE**

**INSIGHTFULNESS**

**DYNAMIC**

**NATURAL INTELLIGENCE**

**SPONTANEOUS**

**VIBRANCY**

**Foresightful**

**Wisdom & Truth**

**FREEDOM**

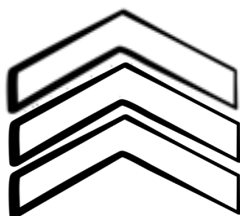
**EQUALITY**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

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

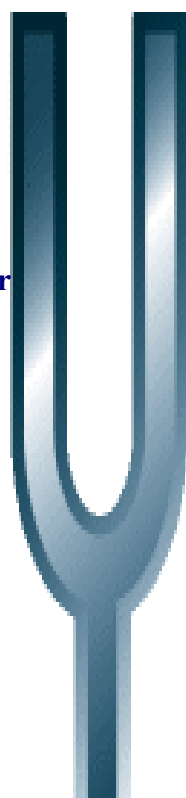
Fully Healed of the Rebellion and Default.



### 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.

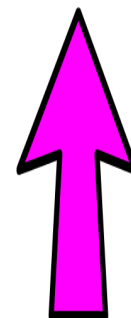
Hell:  
Exploiting the Rebellion and Default.

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.



# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE



**DIVINE LOVE – Feelings in control – FEELINGS WAY**  
 DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES  
 UNITING with SOULMATE / SOUL PARTNER and SOULGROUP  
 BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT

**THE FEELINGS WAY \*\* LIVING A FEELING-LED LIFE \*\***

Transformation of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**.

Transformation of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

## Transition from Mind to Feeling way of living

**NATURAL LOVE – mind in control – MIND WAY**  
 SEVEN MANSION WORLDS

We have to do our: SPIRITUAL HEALING  
 (FEELING HEALING)  
 (SOUL HEALING)  
**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
 REBELLIOUS  
 REBELLION AND DEFAULT

Against Truth and Love  
 Living Untrue; against ourselves  
 Denying many feelings  
 Become Truth to being untrue  
 Imperfect relationships  
 Feelings of love within an unloving state

**LIFE ON EARTH**  
**WHAT WE ARE LIVING**  
**AN UNLOVING LIFE**



### Self-Acceptance

No Healing needs to be done  
 Being true and loving  
 All done with Natural love  
 Uncovering the truth of feeling loved

**PERFECT NATURAL LOVE**  
 NOT REBELLIOUS  
 NO REBELLION OR DEFAULT

Not Against Truth and Love  
 Living Truth; not against ourselves  
 Not denying any feelings  
 Become truth to being true  
 Perfect Relationships  
 Feelings of love in loving state

**LIFE ON A PERFECT WORLD**  
 What we wish we were living  
 A Loving life

**THE MIND WAY \*\* MIND-LED LIFE \*\***

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

**GREAT U-TURN**

# *Living True to Ourselves*

## **LIVING TRUE to OURSELVES**

We are to live truth to ourselves through ALL our feelings. We are untrue.

We are to live truth to being untrue. We are to stop pretending we're true.

We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

# *We are to find the Truth of Love*

# NEW FEELINGS WAY

The way to Paradise and All-Love is a Feelings Way. The Feeling Way is about honouring – accepting and expressing, and longing for the truth, of all feelings. By doing our Spiritual Healing (Feeling-Healing and Soul-Healing with the Divine Love) we can uncover the truth of why we’re living in rebellion against the truth of ourselves. Why we live by denying so many of our feelings; especially our bad ones.

The Way of the Rebellion, The Mind Way, leads ultimately to mind-extinction involving annihilation of personality and soul. The Mind Way is about denying as many feelings as we can, selectively choosing the ones you want, all to maintain control over yourself. And yet by denying feelings and your expression of them, you are denying the truth they would help you see about yourself. So you are denying your own Spiritual Growth Of Truth. All of which can only lead to bad outcomes.

The Mind Way is a Dead End – and only pain. The Feeling Way is eternal growth of Truth, Love and Happiness. By truly embracing our feelings, longing for the truth they are to reveal, we evolve through:

Phase 1: Spiritual Healing through the Mansion Worlds and into the Celestial Heavens.

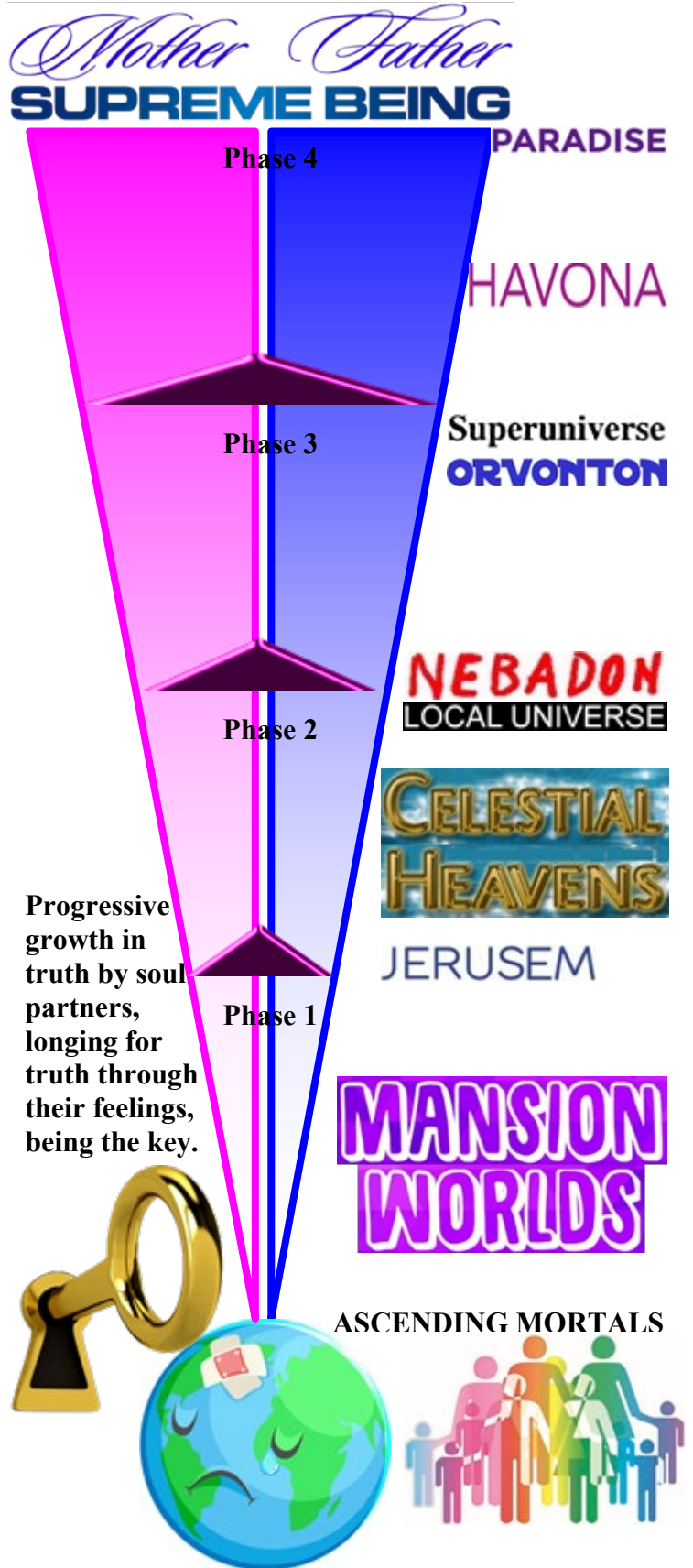
Phase 2: Evolving in Truth through our Local Universe, Nebadon, and into the superuniverse: Orvonton.

Phase 3: Truth progression through the superuniverse of Orvonton.

Phase 4: Truth progression through Havona, and attaining Paradise.

ALL Soul and Truth Progression is done by Living True To Our Feelings.

The New Feelings Way.





## THE STRAIGHT AND NARROW PATH



Looking for Spiritual pathways using our mind will mean the True Spiritual Pathway will always elude us. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in 'feelings-clothing'. And we may believe we are getting somewhere with our feelings, only to realise centuries later in the spirit, mind Mansion Worlds that we've still been leading ourselves astray and away from our true feelings.



Surrender and submit willingly allowing our feelings to emerge and be expressed. Long for the truth our feelings are to reveal. Persevere. Allow our feelings to be our way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!



By living true to our feelings we will progress through the Celestial Heavens all the way through Nebadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

It is the True Way, the New Feelings Pathway, that takes us all the way 'Home'. It is a journey of ever-expanding Truth and Love.



# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.





# JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth's humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth's humanity is possibly the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

The Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving Home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into super, superuniverse Havona which circulates around the Isle of Paradise, being home.

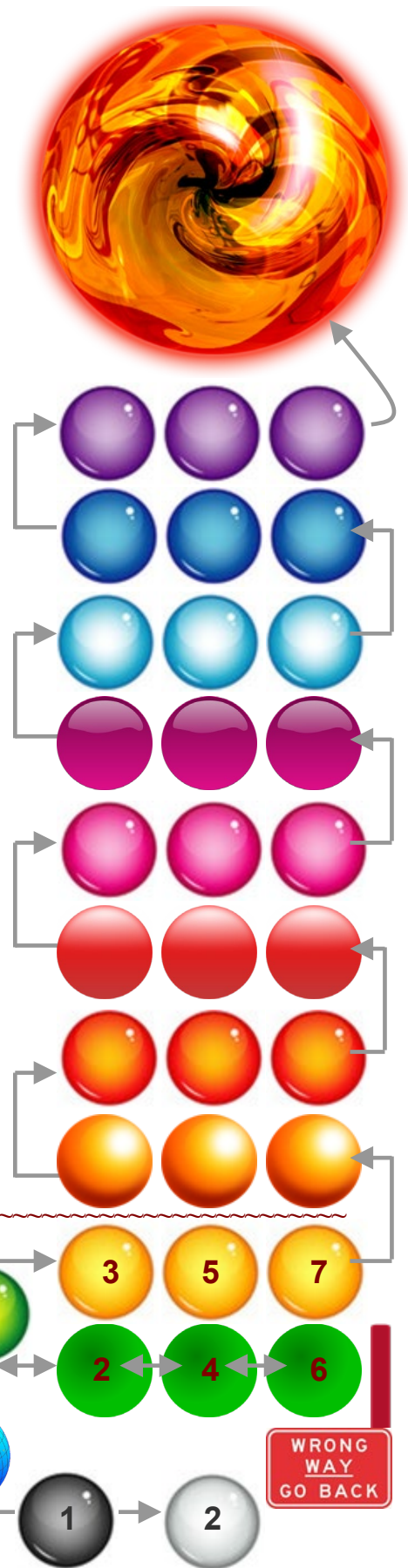
Each of the seven super-universes are approximately constituted as follows and with 1,000,000,000,000 inhabitable worlds:

- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Once we attain the Celestial Heavens (spheres), we start to come in contact with spirits from other 'Earth' worlds. So in spirit, and once we've finished our Healing and are Celestial, we interact, sometimes directly and otherwise indirectly, with potentially 10,000,000 physical worlds of which 3,840,101 are with humanities. Our Avonal Daughter and Son lead us to Mary Magdalene and Jesus (Michael soulmate pair / soul partners, our Creator Daughter and Son), through our healing of the Rebellion and Default by guiding us into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

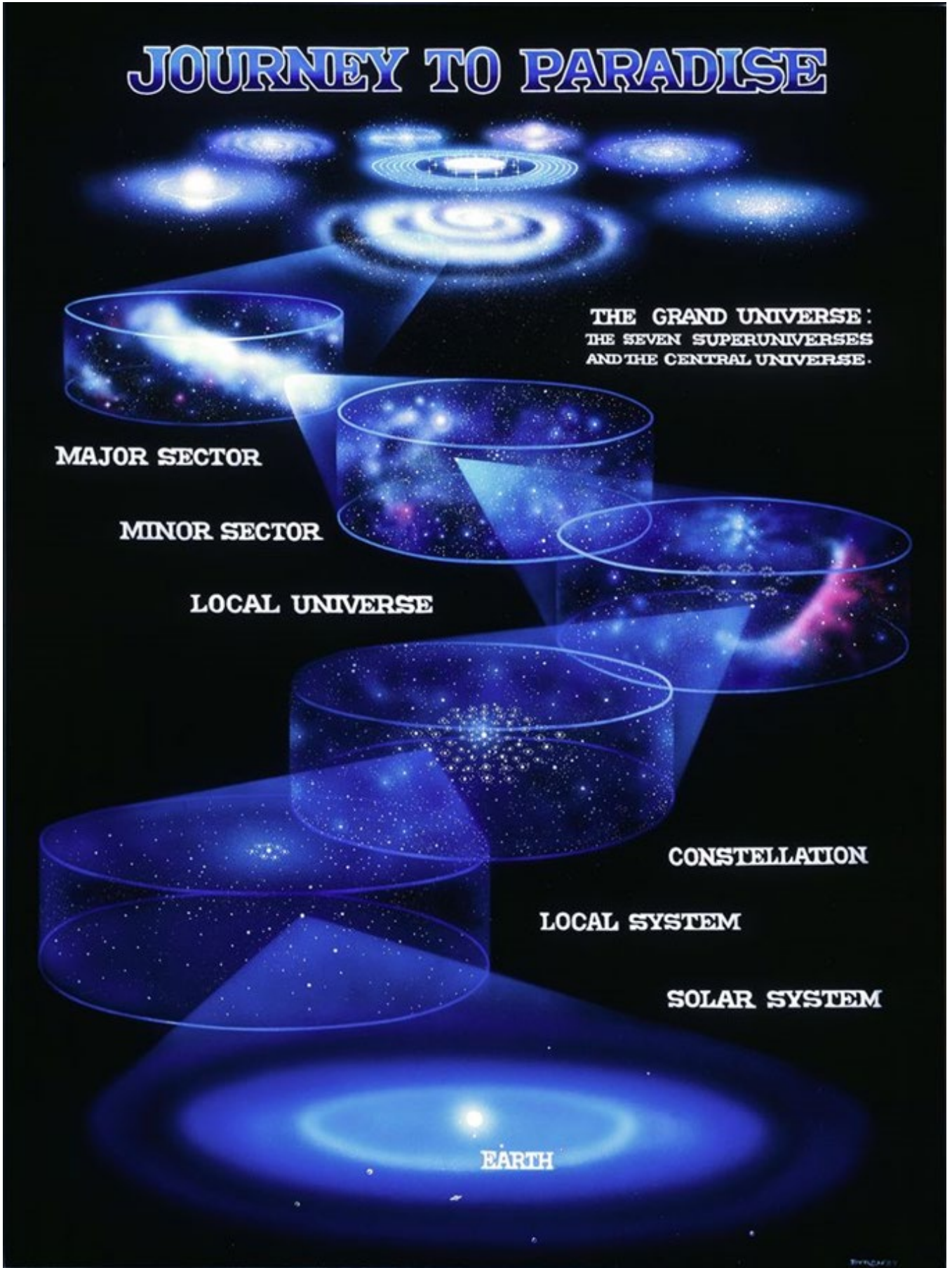
Mary and Jesus then lead us through the Celestial Heavens for the system Satania (that Earth is in), then our constellation and then out of our Local Universe.

Isolation from all other humanities prevails before completing our soul's healing and progress into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 of Earth are for those people who have to compensate for evil wrongdoing. And once done, they may then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to transition into Celestial Heaven.





# JOURNEY TO PARADISE



THE GRAND UNIVERSE:  
THE SEVEN SUPERUNIVERSES  
AND THE CENTRAL UNIVERSE.

MAJOR SECTOR

MINOR SECTOR

LOCAL UNIVERSE

CONSTELLATION

LOCAL SYSTEM

SOLAR SYSTEM

EARTH



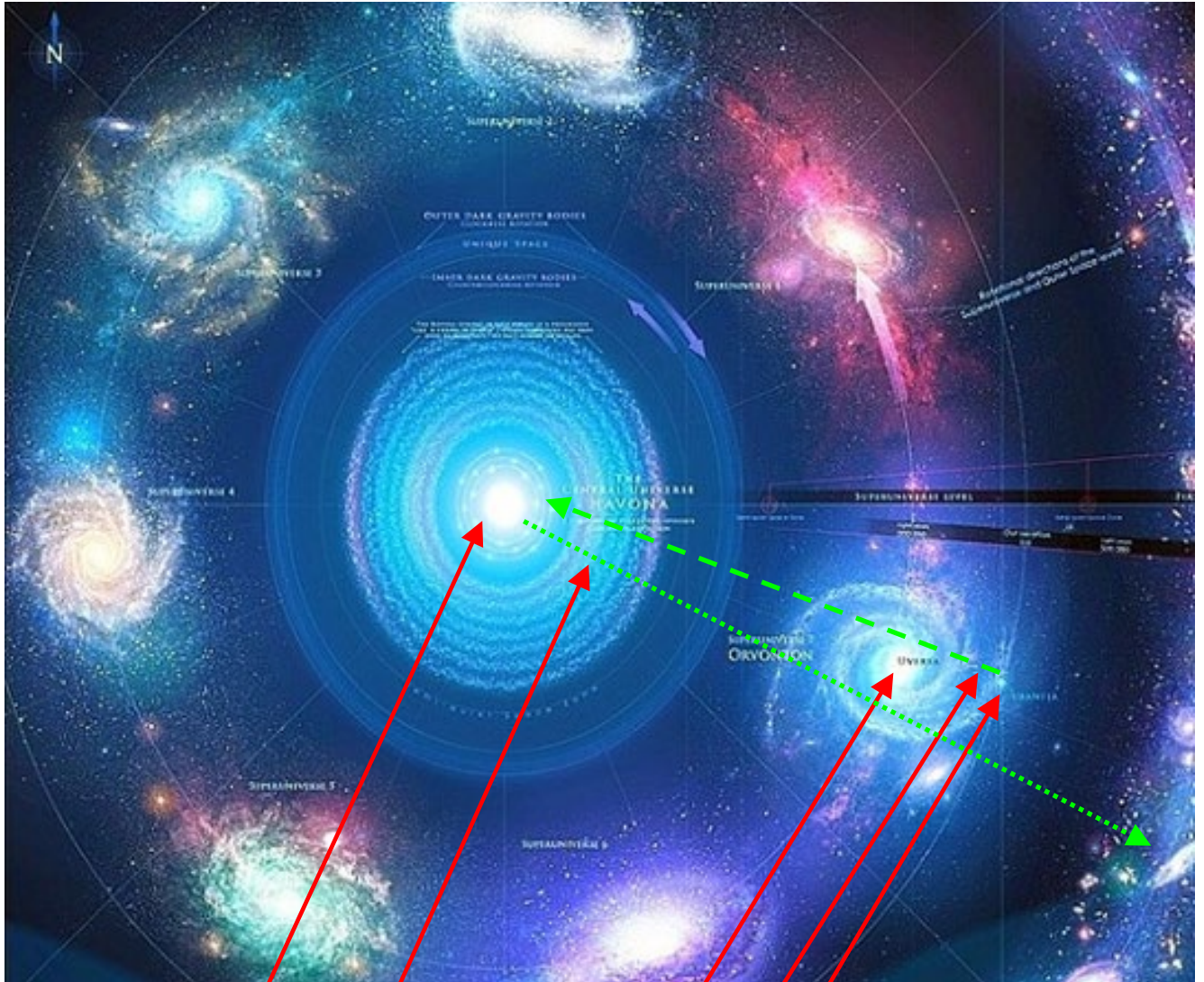


# Finaliters

## OUR JOURNEY

Ascension is from Earth (Urantia) through Nebadon, Orvonton, Havona to Paradise.

Then in Paradise we progress to be Finaliters and possibly assigned to a newly forming universe.



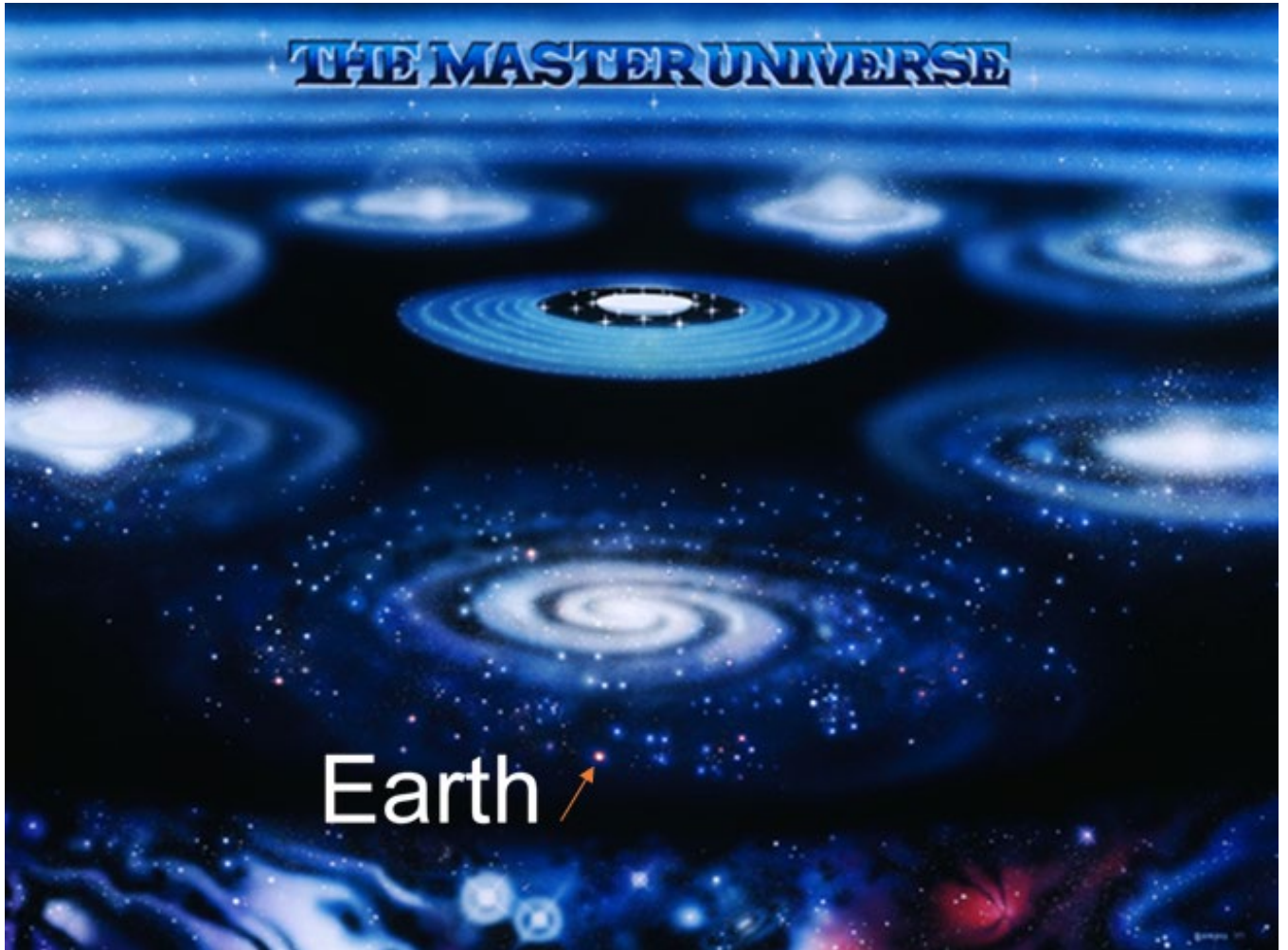
Isle of Paradise  
home of our  
Heavenly Mother & Father

Havona  
Ascendington

Orvonton – our Super Universe  
Nebadon – our Local Universe  
Urantia being Earth

**Finaliter, being what we become  
when we finally arrive in Paradise!**





Our journey is one of experience and the feelings that arise from our experiences. From the moment of conception we are on our learning pathway, experiencing the emotions of our parents and carers. Our feelings are our truth, it is through our feelings that we evolve in truth. We are to long for the truth that our feelings draw our attention to.

Our physical parents and family is the focus of our experience on Earth. As we all have been subjected to the Rebellion and Default of Earth's humanity, we are all to heal ourselves of being unloved and the errors and injuries that we have been subjected to. Only through the completion of our Feeling Healing do we leave the environment which is referred to as Hell. It is through the guidance of the Avonal soul partner pair, their Spirits of Truth, that we are now able to complete our Feeling Healing.

When we transition into the 1<sup>st</sup> Celestial Heaven, having completed our Healing and Acceptance of how we have been messed up and the way we are having had the experience of living in a Rebellion and Default, can we then start to assimilate with other humanities within our Local System.

Our local system is called Satania, home city and headquarters being Jerusem. It consists of 1,000 physical worlds that have the potential of a humanity living on these worlds. 619 are physically inhabited of which Earth is number 606, one of the youngest. As we progress beyond the first three Celestial Heavens, then we start to interact and become knowledgeable of these additional humanities.

Then we progress into our local constellation called Norlatiadek. Norlatiadek consists of 100 local systems, and its home city is Edentia. The Garden of Eden is named after Edentia. Again we go

through a process of coming to understand how the constellation works and the peoples that are throughout it.

Then we enter the local universe as a whole, named Nebadon with Salvington being its headquarters and home of the co-regents being soul partners Creator Daughter and Son, Michaels, namely Mary Magdalene and Jesus. It is through the Spirits of Truth of Mary and Jesus that we are guided through all of the Celestial Heavens to Salvington.

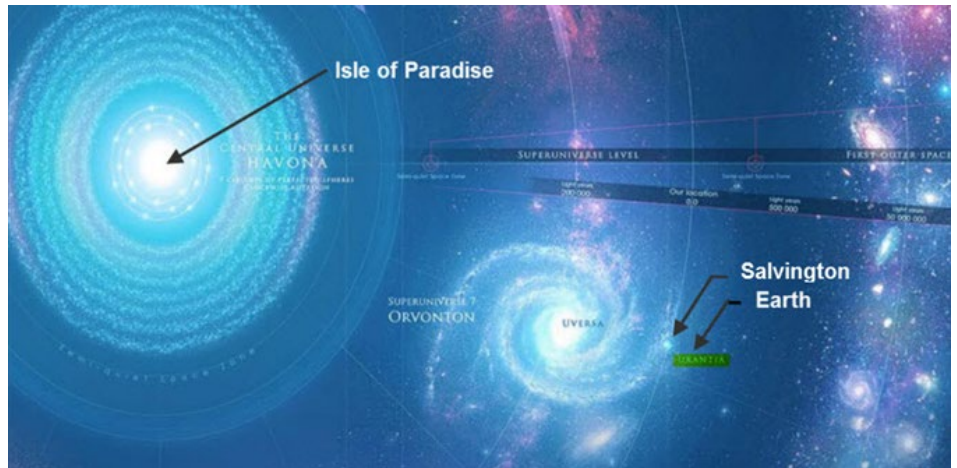
From Nebadon then it is our Heavenly Mother and Father that guide us through the next three major sectors of our super-universe being the Minor Sector, then Major Sector, then the super-universe of Orvonton.

Then we progress into Havona and Isle of Paradise, the home of our Heavenly Mother and Father and on completion of achieving understanding of how all the systems work in the manner that we are required to, we become Finaliters. After all, we are truth seekers!

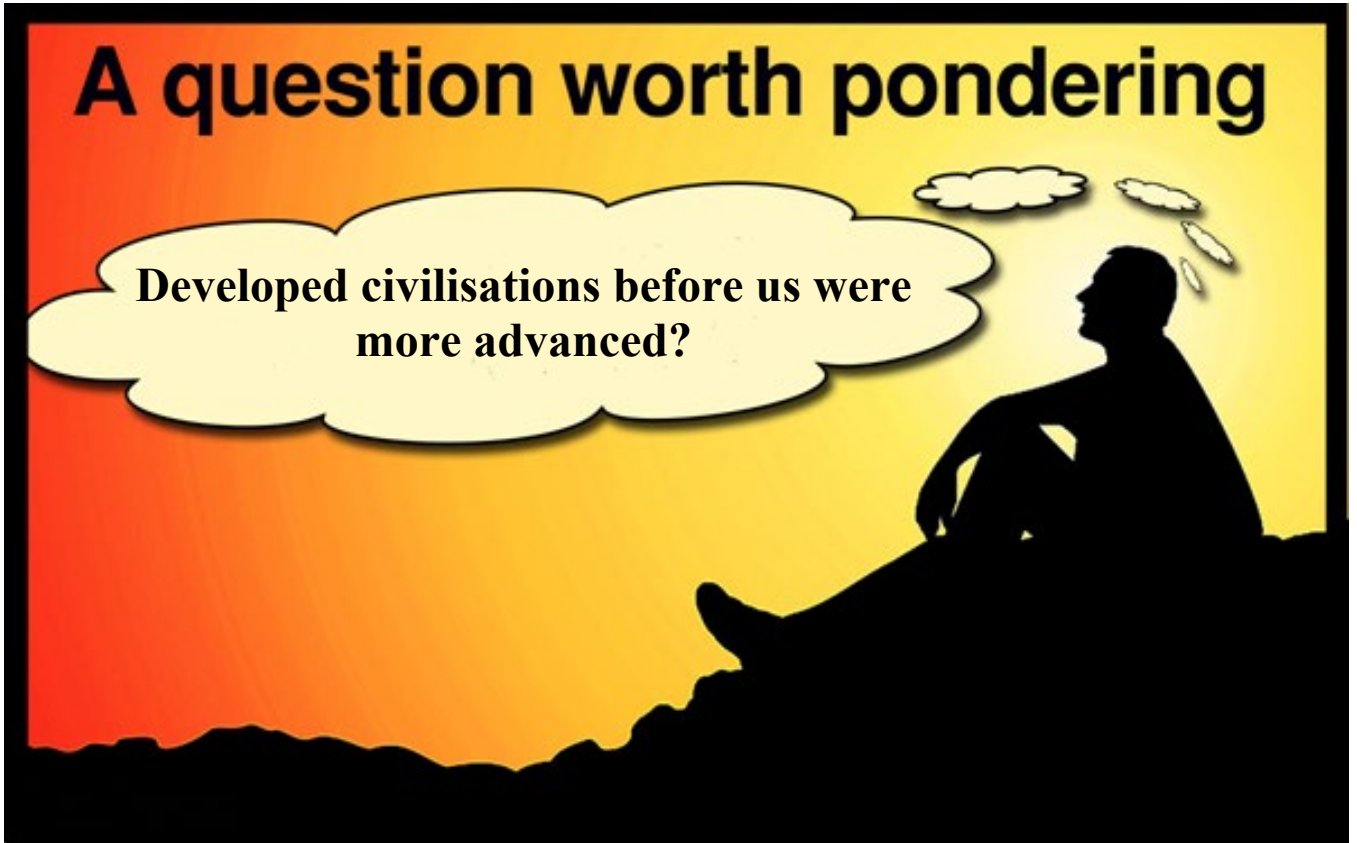
Then what follows is that we then visit and achieve an understanding of how each of the other six super-universes work and how all sever super-universes function and work together.

When fully accredited we will most likely be assigned to one of the newly forming 70,000 super-universes that presently are not inhabited. Finaliters have many optional assignments.

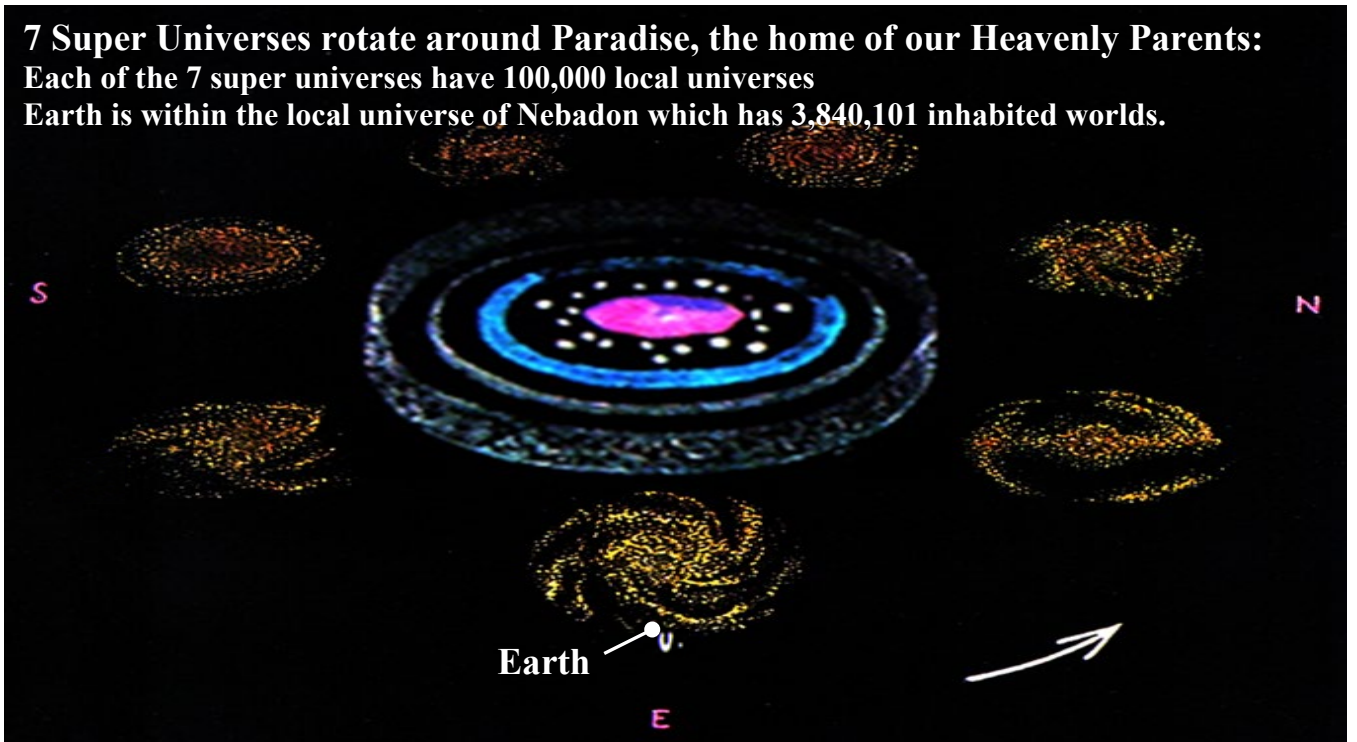
We are truth seekers and through our obtained truth we will be able to assist humanities throughout the emerging universes.



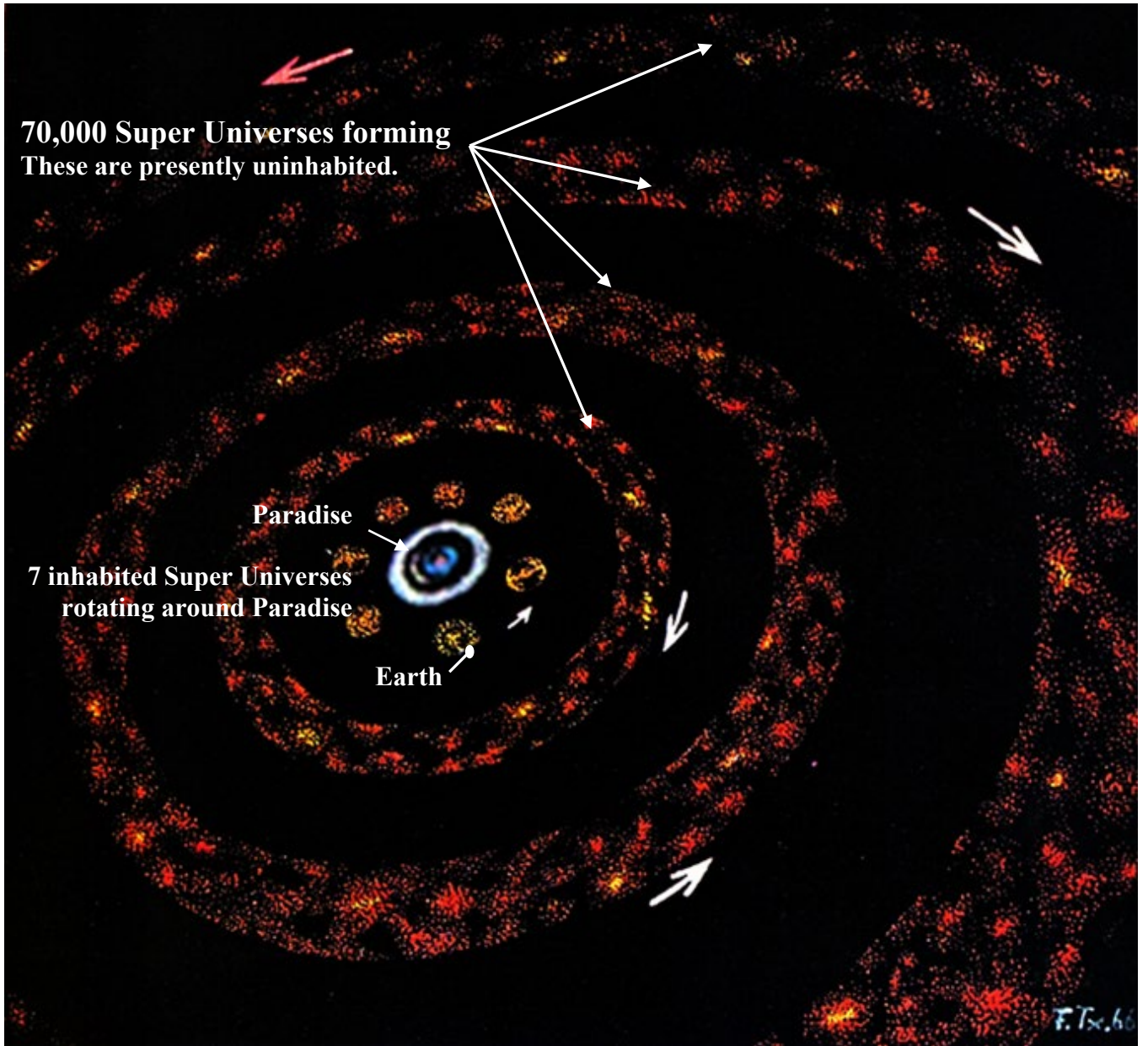




and







# Light of Truth of PASCAS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3<sup>rd</sup> Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

## COUNCIL of ELDERS

**Council of Elders now around 13 soul-groups from the 3<sup>rd</sup> Celestial Heaven**



Communications between the Celestial Council of Elders and those within the physical administration of Pascas World-Care will be via those who complete their Feeling Healing on Earth, as years go by.



## Avonal PAIR Oversight



The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance, through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

## LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5<sup>th</sup> Divine Love spirit Mansion World's level. Further, the Pascas Papers that are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.



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

## Library Download – Pascas Papers

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

Within the Library Download page within Pascas Care Letters at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)



[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

by James Moncrief

### The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

**To liberate one's real self, one's will, being one's soul, is 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.**

Within the Library Download page within Pascas Care Letter at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following:

Pascas Care Letters – Family Shelters Abuse & Remedial

Pascas Care Letters – Family Shelters Overview

Pascas Care Letters – Family Shelters Protection

Pascas Care Letters – Family Shelters Social Housing

Pascas Care Letters – Family Shelters Support Centre

Pascas Care Letters – Family Shelters towards Liberation





**FURTHER READING:**

Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

**PASCAS CARE PARENTING**

Sam's Book – Parenting and Feeling Healing	Book I	Experience
Sam's Book – Parenting and Feeling Healing	Book II	Conception
Sam's Book – Parenting and Feeling Healing	Book III	Magic
Sam's Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam's Book – Parenting and Feeling Healing	Book V	Setting Free
Sam's Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam's Book – Parenting and Feeling Healing	Book VII	Vision
Sam's Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam's Book – Parenting and Feeling Healing	Book IX	Self-Acceptance

Pascas Care – Parenting Awareness  
 Pascas Care – Parenting Eureka Moment  
 Pascas Care – Parenting Feelings Supreme Guides  
 Pascas Care – Parenting Health Generation  
 Pascas Care – Parenting into the Abyss  
 Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

### **The Rejected Ones – the Feminine Aspect of God**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at  
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



**Mind Centric Way**

**Feelings First Freedom**

<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>Paul – City of Light and Sage – and the Healing Angels of Light</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx – James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Soul Light from Zelmar Melchizedek</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx – James Moncrief</b>
<b>Feeling Healing</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus' comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx – James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx – James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx – James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>		
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx as primary reading</b>
<b>Divine Love supporting reading:</b>		
<b>Revelations</b>	<b>1954 – 1963</b>	<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>	<b>– Geoff Cutler</b>
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – Joseph Babinsky</b>
<b>containing the Padgett Messages or Little Book of Truths</b>		<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx – Geoff Cutler</b>
<b>Available generally from:</b>		
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>	
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>	
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>	
	<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>	

**BIBLIOGRAPHY NOTE:**

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

Pascas has 600+ supportive 'Pascas Papers' accessible in Library Download at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

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

## 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
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
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	2,305
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend			2010
37			
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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



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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Soul Light – books 1 and 2**

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

**Ann and Terry**

An example for 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

Welcome to LOVE – the Religion of Feelings

**Feeling Healing****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 Download [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all 550+ 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 Download link.*

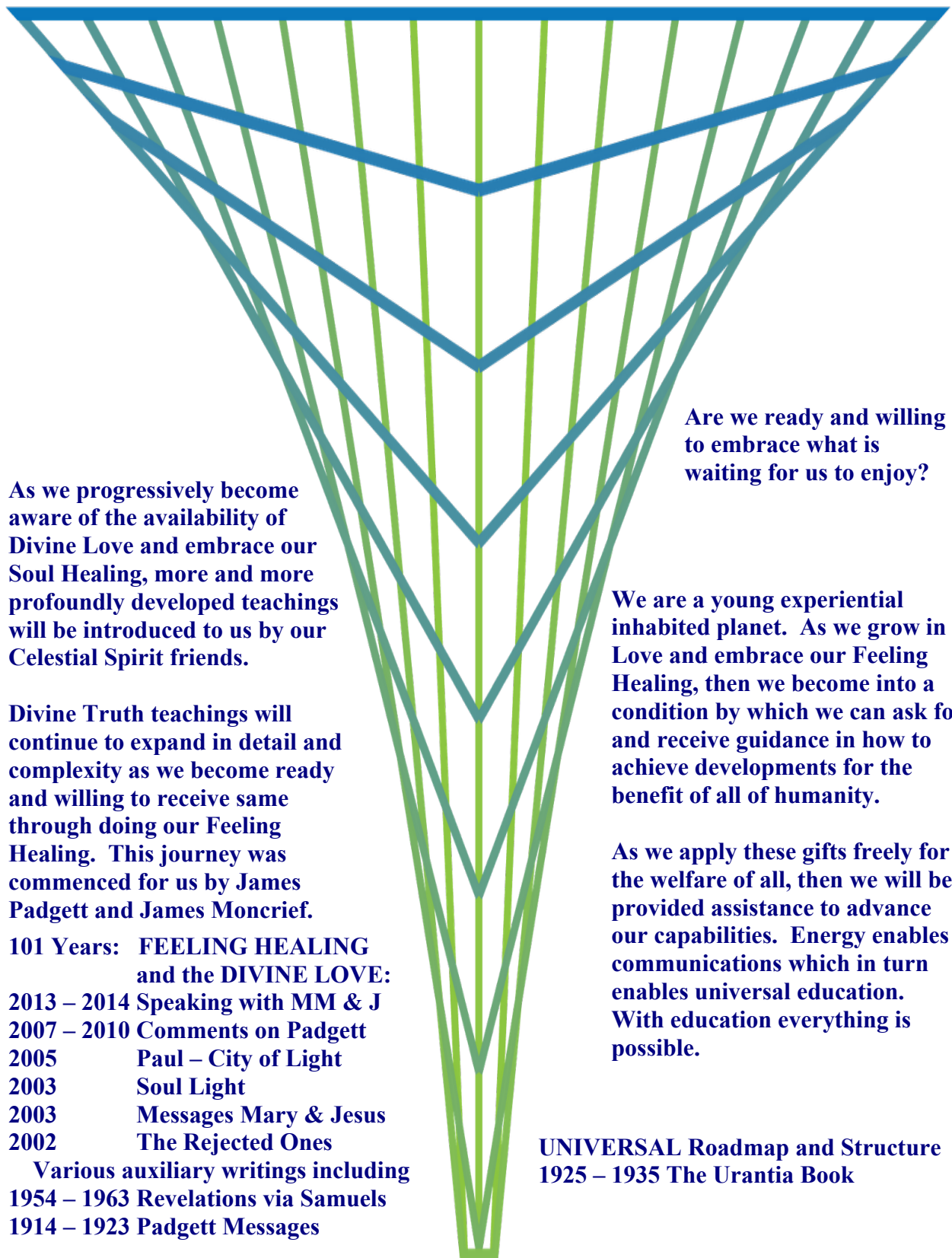
Pascas Care Letters A Huge Upturn  
Pascas Care Letters Big Revelation  
Pascas Care Letters Feeling Healing Benefits Children  
Pascas Care Letters Feeling Healing Way  
Pascas Care Letters Little Children  
Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**





**Before the revelation of  
Feeling Healing, and with  
Divine Love, Soul Healing, we have  
been withheld in mediocrity!**

**It is now possible to smash  
through the Glass Ceiling to infinite  
growth in Truth and Love!**



# Healed potential



Insightful **Genius**

*Brilliance!*

**DYNAMIC**

**vibrant**