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DESPONDENT PEOPLE or RADIANT and VIBRANT

Today, Australia will have its 30th Prime Minister. Scott Morrison has won the leadership contest and will become the next prime minister of Australia. He attracted 45 votes to Peter Dutton's 40. Australia's head of state changes far quicker than one's partner in marriage, though some may feel that this is a close call. Why is this so?

We look at the leadership contentions in USA, United Kingdom, Germany and many other countries and we see a pattern of leaders being cut down at huge expense and disruption to stability. Why is this so?

We look at the religious institutions and it is a sea of sexual scandal with absolutely no regard for constituents, let alone for truth. Truth is being pushed under the rug that the boys stand on. Why?

The hierarchy of the education system is nothing more than the worship of the mind with no regard for truth and the welfare of naïve students. Graduates are enslaved to their education debt for life. Why?

We have a health system that is incredible at supporting pain suppression with absolutely no understanding of the cause of the discomfort that has brought about the pain. The cost to society is stifling. Why?

We have a legal system that is man's pinnacle of deceit and corruption and it permeates to the top levels of politics where the search for an honest politician is a lost cause. How is this so?

Yet.....

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

This will be so for a few people. For those who long for the truth, find a little and then question and investigate it, and then continue on with their search. For these few people that have gone on and then tested what they have found, they have been given the greatest gift that has ever been shown to humanity. These few people have freedom, they have absolute certainty of their destiny. They have found what we all yearn for and they are sharing these knowings with whoever listens.

So, let us explore a little the above questions. This is from John's personal experiences:

Legal systems are the makings of man for his own agenda and gratification. The lawyers become politicians and then build their own 'honourable' structures.

In 1983, I spent time with Attorney Jesse Quiambo who was proud of his achievements against the then powerful Kodak Corporation. Jesse, from his desk in the back of his wife's optometry shop, presented against six American lawyers with their Manila based legal teams. When Jesse was awarded his victory he then walked up to the judge and thanked him, it was his uncle!

In 1998, lawyer Dan Cathcart from Los Angeles was assisting the THE GOLDEN BUDHA CORPORATION (yes, one d) through Rogelio "Roger" Domingo Roxas in Hawaii. Dan was speaking to Mr Roxas on Monday morning and he was healthy. That day Roxas contracted tuberculosis, Tuesday he died and on Thursday he was cremated! The golden Buddha weighed about one tonne, it was hollow, but inside it was a bag full of 'sparklers', as Domingo Clemente called them – precious stones. In question was the proceeds from the sale of 2,342 metric tonnes of AU (gold bullion) that was mainly found with the statue. Nothing was recovered for the owners – the people of the Philippines. There was no investigation into Roxas' death.



Dan Cathcart was a member of the Inner Circle of 100 lawyers, that was one of the most elite groups of lawyers for the whole of USA. I respected him as a friend. I instigated the sale of the AU. Dan used all his resources and endeavours to bring about justice to no avail. He could not overcome the corruption within his own country's legal system. The agenda was not for personal gain but for the people of the Philippines. <http://oaoa.hawaii.gov/jud/20606.htm>

As a practising public accountant, I asked my six politician clients why they were in politics? Each one, separately, answered the same way. "For the kick backs!" They were state and federal politicians.

Today, I have the same experience unfolding, but this time it is not in Australia but Germany. The account holders of a major investment group had their funds 'lent' to facilitate the European Bailout of 2012. By leveraging the very sizeable cash pool, large transaction fees can be derived, maybe two or three times a day. The fund pool was to be distributed to the account holders of the investment group within a handful of weeks following the 30 day facilitation. It now turns out that some nineteen or so politically influential parties have continued to personally benefit themselves and have caused the fund pool to be withheld from the account holders. The fund pool that was made available in the middle of 2012 amounted to US\$300 billion. Yes, US\$300 billion split into five 'bank accounts' each with US\$60 billion. The German Government's political machine continues to deny all knowledge. Instead of being protectors of their constituents, they are hoping the account holders will give up and go away! No f...ing way!



Look at the faces of people when you walk along the street, look again when you enter a shopping centre, look at the faces of people playing poker machines! They appear to be in a stupor!

In 2016-17, the Queensland government received AU\$687 million in revenue from gaming machine taxes, according to budget papers. It predicted it would get AU\$718 million in 2017-18.

People on the Gold Coast of Queensland, Australia, lost the most cash in poker machines, at AU\$30.59 million in July, and it also had the most operational pokies, at 5,736. That is one poker machine for every 100 men, women and children living on the Gold Coast! Why? Is it because people take solace in ‘befriending’ an inanimate machine even though the purpose of the machine is to feed an addiction while at the same time take away the player’s money?

Is this a loving government for the people?

The Federal Government of Australia is developing the arms industry within the country. Someone should ask this boy from Syria what are the merits of killing machines.

We have politicians in Australia that are openly proud of their achievements of stopping boat people coming to Australia. Their solution is to compound the plight of the refugees by locking them up in remote tropical island prisons. There are now hundreds of children born in these camps that are now stateless. Many have been frozen in these boring mundane camps for more than five



years with no solution. A politician in question is Peter Dutton and he has brought about the toppling of the Australian Prime Minister and was the main contender for that position. The continuing cutting down of political leaders is all centred on personal, self interest and self aggrandisement!

The largest health care sector may very well not be the medical industry. The pastoral care of the thousands of different forms of religions is an enormous network involving a very large sector of the community. The largest of these is Christianity and Islam. What typifies religions generally is the suppression of women. Interestingly men take the leadership positions with the women being subservient to the men – while the men typically wear costumes similar to frocks! Women are closer to their feelings, more so than men – it is women who are our spiritual leaders. It is the women who are to begin to have their voice and place in society with equality.

We are being given the way out of this repeating cycle of wrongness. The enormity of the guidance, which is being provided for all of humanity, commenced on 31 May 1914 and continues today. The volumes of writings, that are the core guidance, exceed 10,000 pages. The auxiliary writings grow this gift to in excess of 50,000 pages, and the writings continue, some now in the form of film scripts. Presently, there is only one location from which the works of over 100 years can be accessed – PASCAS – Library Downloads. www.pascashealth.com

On six occasions these writings have been introduced to about 40 Catholic Bishops around Australia, New Zealand and other countries. Not one has endeavoured to explore the veracity and importance of these works. On personal meetings, one high level priest simply did not want to pursue the discussion. Within weeks he was elevated to bishop in the Catholic hierarchy. The issue is this. If the information

does not come from the Vatican then the priests do not want to know. The priest will not investigate because that would threaten their employment. The parishioners are treated as mushrooms!

The situation is far worse than that. When one makes an assumption (always mind based), that assumption subsequently proves itself as false, being an error of ‘judgement’. For 2,000 years the Catholic Church has compounded assumption upon assumption. There is not one dogma, creed, ritual or core teaching of the Catholic Church that is in truth. Maybe its name, but some question that!

Jesus of Nazareth, with his soulmate, Mary of Magdalene, are joint regents of a ‘local universe’ called Nebadon. They came to Earth for the benefit of all the humanities within their universal domain. They are a descending Daughter and Son from Paradise. What stands them apart from other spirit bestowals on Earth, of which there have been three others (Daligastia soulmate pair, Adamites – Adam and Eve – and a Melchizedek pair), is that Jesus and Mary have Spirits of Truth which they released for the benefit of all humanities of Nebadon, following their physical deaths.

Within our super-universe there are 100,000 ‘local universes’ of which Nebadon is one. Thus, within our super-universe there are 100,000 Paradise Sons and Daughters. The Catholic Church says it worships one god, however by worshipping Jesus while ignoring Mary then they are worshipping 100,000 ‘gods’. It gets worse, there are seven super-universes. The worship of Jesus of Nazareth as God is blasphemy. Pure evil! It couldn’t be more wrong and untrue. I was brought up as a Catholic (heaven-forbid!).

No man can forgive the sins of another. Not even Jesus of Nazareth could forgive sins of another. The overarching need for control by the Catholic Church may be a foundation of the ‘sacrament of the confessional’. No priest or bishop can absolve the sins of another.

The worship of Mother Mary is a great impost upon Mary, the wife of Joseph. Mary and Joseph were trying for some time to have a child before Jesus came along. Mary was much like your next door neighbours’ mother – even your own mother. Even if Mary could hear your prayers, your petitions, there was nothing she could do for you. With this change over to the coming Spiritual Age, Mary, as with all of those from the time of Jesus’ life, have moved through and out beyond Nebadon. None of them can hear you any longer. You can assign your rosary beads to history or the WPB!

When you consider the teachings and structures of various churches you will find that control is the dictate. The rituals, practices and teachings are about controlling the follower. Further, it is all mind structured, nothing about embracing your feelings which are soul based. So all the mind-based systems take you further away from our Heavenly Mother and Father. The feminine aspect always being suppressed.

Consider when you were taught to learn series of words off by rote. Total mind engagement in repetition of what is called a prayer. When you talk to your physical parents do you recite a pattern of words? Of course not. Then simply consider chatting to your Heavenly Mum and Dad in the same way as you chat with your physical mum and dad.

Australia’s health and welfare system is arguably one of the most generous and successful systems in the world. Well it should be, per head of population, Australia is one of the wealthiest in the world. Yet, the health system is at a loss to how to



manage and attend to the demands we place upon it. Could this be the point to commence with the answer – which is why this is the greatest time in the history of humanity – because we are now being provided with the way out of 200,000 years of being led in the wrong direction – down the wrong path?

When was the last time that you went to a health carer, be it a doctor, chemist, nurse or other health professional and they told you the cause behind your discomfort or illness? Never! Because, if they knew, then you would find that the treatment would not cost anything – apart from normal consultation services. The health care industry is structured towards profit making, thus it continues to balloon in size and cost with very little benefit for the patient in enabling them to address the cause.

Let us look at a conversation that took place yesterday, 23 Aug 2018:

Graeme: “The key point, I think, stands out like dog's balls: ALL these quick-fix-healing-modalities are exactly that "QUICK-FIX". They don't last and they don't get to the childhood CAUSAL pain in our SOUL.

FEELING-HEELING is NOT a quick-fix...it takes time and it is painful BUT IT IS A PERMANENT FIX. That's the bottom line, as unpleasant, inappropriate and hurtful, as it is BLUNT.

We ALL want the panacea-pill..."Hey Doc...give me one-of-them-quick-fix-pills-and-make-the-pain-go-away!" It aint gunna happen...

There's a process, a journey if-you-like, but it's not any of the numerous emotional processing modalities...they are MIND-STUFF, possibly FED to practitioners by the MIND SPIRITS who are heavily invested in their MIND CONTROL.



Why waste time like Thomas Eddison who did hundreds of WRONG experiments before he finally saw the light and et voila, the LIGHT BULB SHONE BRIGHT.

FEELING-HEALING SHINES BRIGHT. It's the TRUTH, the TRUE HEALING PROCESS.

That's my gut-feel..." Graeme

Hi John,

Had to read three times but I got the message. James sure tipped a bucket on the existing emotional processing modalities.

Anyway, it sure was a truth document expose' of American hype and extravagance.

I agree with James on his interpretation and summary.

Cheers, Jim

Hey All

Initially I was in favour of the specific emotional healing processes and felt there were some components that could benefit Feeling Healing. They were always falling short on anything associated with ascension and that is where I felt we could boost their benefit. Additionally, I have always had a

problem with the hierarchical payment structure. The fact that one has to pay for a healing session, and in reality, there were always going to have to be thousands of them to fully clear an individual.

Having read James' perspective, I better understand that in fact, the subject modalities considered generally are processes in themselves, which are all mind based and therefore supportive of the rebellion. Thus, taking us further from Truth.

We are to enable others to be aware of the foundations of the numerous complementary therapies, particularly those involving emotional process platforms. From there, it is up to practitioners to come on board or not with how to drill down into the real core of the issues.

This is exactly what was in the message from James / Nanna Beth last weekend. We present the truth. They take it or leave it. We move on. We are not looking to convert.

They need Feeling Healing. Feeling Healing doesn't need support from any mind base modality.
Graham

Graeme again, I was browsing my book shelves this morning for no particular reason when I "found" a book that had gone "missing"...called WATER KNOWS...that's GREAT NEWS!

NO NO NO NO it's NOT...because I then read the sub-head:

"All phenomena Arise from the M I N D!....wait for it.....

"Our environment changes according to our M I N D!"

For 200,000 years we've been fucked...good and proper...and it permeates (if a fuck can permeate) into every teaching and every religion and every belief...BUT WAIT...not EVERY belief; not every religion; because this dude and his mate down south (GOD bless them) were brave enough to say NO it's NOT the MIND but the FEELINGS that will change us back to the way GOD created us in the first place...FEELINGS FIRST.

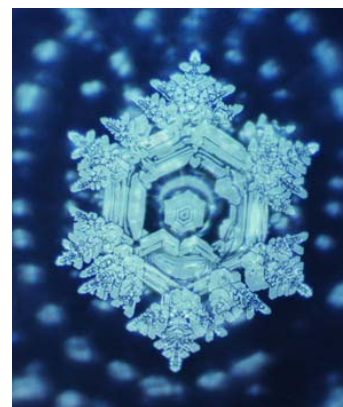
Graeme

Different Graham: It seems to me that it is unlikely any of you pay much attention to Facebook. If that is the case, then you are all much wiser than me.

I was recently involved in a business network so lots of my "friends" will post memes about the importance of suppressing feelings if you want to succeed. That the mind can control the feelings and once achieved, life is brilliant.

The memes have quotes from people. No-names mostly. But the responses are all – "fantastic insight", "that's the way to go", etc.

Constantly I feel the urge to write "bullshit. This is exactly why you are always chasing something better". But I decline to steal their rebellion soaked thunder.



But I think we can create some “Feeling Healing” memes. Quotes from internationally renowned experts. I will flood Facebook with them. People everywhere will suddenly agree. The rebellion will collapse in a week.

Ooooh. I am so excited. GG

James: Yep, that's what I say – oh god, you know me so well Graeme!!!! It would be worth signing onto Facebook to see GG at it! And all fun aside, I think it's what someone will have to do, possibly Pascas can employ a group of young beauties – men too – who know how to do all that stuff, putting it all out there building a large network through it, all those 'Likes', 'Followers' twitting along or whatever it is they all seem to like doing.



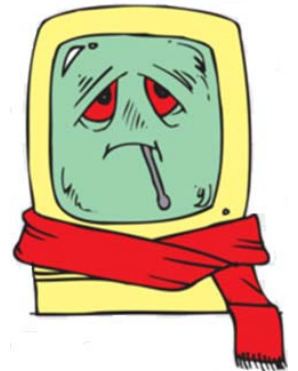
Like our parents, we are taught to worship our minds.



Our mind cannot discern truth. Our mind is addicted to control. **Our mind is the source of all of our pain and misery.** Our mind is spirit body based where as our feelings are soul based being the fountain of all that is in truth. We are totally self-contained.

Instead of being guided to fully and freely express our true selves, we are relentlessly driven to adopt the persona that our physical parents impose upon us. This is how they were brought up, so to them this must be the right way. And that is what I did with my own children. It is not the right way.

The dictate of the mind worship is at all levels of our life. The most extreme and terrifying levels are throughout the education system. It is stupefying. A school student is hammered with the need to excel in exams on subjects, many of which are of no interest to or aligned with the student's passions. And then the student graduates to university, some to become teachers themselves. Others go on to higher degrees and then the hierarchical system really kicks in. Peer groups are imposed upon every step on the ladder. If the peer group does not approve then the student is stymied. There is no freedom from the worship of the mind. There is no stepping into new territory. What the absolute top dictates is LAW. The mind rules. Man is taught to live life in a stupor.



Dr David R Hawkins' platform of Map of Consciousness spells it out. The highest that the mind can reach is 499 on the scale. That is the peak of reason. That is the pinnacle of all of the world's great

scientists. And the mind / reason struggles to make progress. Humanity worships and honours the great scientists when they announce their one or two innovations from their life time of work.

The tragedy is the stifling of feelings. Those who embrace their feelings first, live by their soul based feelings, realise innovations at an amazing rate, with such great consistency that it is a mundane expectation that just goes on and on. Engage with your soul based feelings and free yourself.

For 200,000 years humanity has lived according to the dictates of the Rebellion. The Rebellion was compounded by the Default that took place more than 38,000 years ago.

[Thursday, 29 June 2017](#): Nanna Beth: The Rebellion is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it's become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There are lots to it.

And as we see this, it takes us into dealing with our rebellion. We chose to no longer be unloving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we

don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help you summarise it, you could simply say: **The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**



We are not meant to be alone. Unless we uncover the whole truth of ourself, we will never set ourselves free of our rebellion and default, of all our soul pain. And the truth means to see the whole truth of why we feel unloved, how unloving our early relationships were, why we don't love ourselves, why we are unloving, why we are evil and wrong, which basically no one wants to face.

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

Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

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

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

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

There are no other **Spirits of Truth** than those of the Paradise Creator Daughter and Son and those of the Avonal Pair who are on Earth presently. **Those of the Avonal are in fact far more important to everyone than Mary and Jesus' to begin with, because without embracing them people won't be able to align themselves as truly with their soul so as to do their Healing as easily and effectively. It's why no one has been able to do their Healing themselves through all the years of the Rebellion and Default, because the co-ordinated action, support and guidance – direction, of the Avonal's Spirits of Truth have not been available to help. So no one has been able to systematically work their way from the beginning to the end of Healing their wrongness. And so without those Avonal Spirits of Truth, no one on Earth would ever be able to do their Healing. It's as simple as that. So you need their Spirits of Truth to Heal yourselves; then once Healed, (and for support**

(overshadowing) as well through your Healing), you need Mary M and Jesus' Spirits of Truth to see you through the Celestial spheres.

The Spirits of Truth basically represent all the truth the pair has lived through their life since their bestowal. So the Mother and Father sees to it that the pair live all they need to, so as to liberate within themselves all the truth their liberated Spirits of Truth will liberate, providing help for everyone who might need their help throughout their Age. So they have to go through a lot so as to accommodate the needs of everyone who'll be living through their age. The Avonals having to account for all anyone will Heal throughout their Spiritual Age. Meaning, their Healing will touch on all the depths everyone else will go through so as to provide assistance for everyone. So the long drawn out and extended Healing they are required to do, thereby covering every denial aspect of the Rebellion and Default on a feeling level, so relating to all those levels themselves uncovering the truth of them.

The Spirits of Truth have a drawing power, which means, when you look to the Pair for help, which means you long for the truth or way such a pair lives, that you want to be as they are, you want to live and reveal the same truths to yourself that they have revealed to themselves, then their Spirits of Truth will help you. They will literally draw you up to be like themselves in truth. And as they are a Paradise Origin Soul, so they are literally drawing us up to the divine heart of their own truth, the paradise of their own soul, which in turn leads us onto the Heart of Paradise itself – our Heavenly Mother and Father.

And we are all to look to them (Mary and Jesus) for the way through Nebadon; and for you now doing your Healing, to look to the newly revealed truths of the Avonal pair. And by wanting to embrace, acknowledge and live such truth, you'll allow their Spirits of Truth to guide you, which means, guide you through your Healing, and guide you through Nebadon. And (this is the most important part) without them, you'd never be able to complete your Healing or find your way out of Nebadon. Or you might, however it would take you so long that the rest of the universe would pass you by. And so until such Spirits of Truth are made available, then everyone has to wait until they are, until they show the way for us to go.

So until Mary and Jesus died liberating their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. So there were an awful lot of spirits waiting for their bestowal so they could move on in their ascent to Paradise, with a general clearing out of Nebadon taking place this past two thousand years. This including many Celestials from Earth, who were free to leave once they'd completed their Healing and attained the Celestial level, and then evolved up through Nebadon (our local universe).

FF



Overview:

Every system, every institution, every norm that humanity has embraced, each and everyone of them are founded on the principals of the Rebellion and Default. They will now crumble. They will be torn down and be rebuilt within the platform of living Feelings First.

This is already apparent, you are presently observing this! The **disruptors** are no more apparent than the President of USA, Donald Trump. The rebuilding is being lead through the promptings and gentle guidance of our Celestial spirit friends from the three Celestial Heavens, being spirit Mansion Worlds 8, 9 and 10. Since the 31 January 2018, formal authority is now vested with the Celestial Spirits, with the co-regents of Nebadon, Mary and Jesus, now having no direct involvement with humanity.



As interference from the mind Mansion Worlds 1, 2, 4 and 6 was blocked on 22 March 2017, those in the physical on Earth have not been able to receive guidance and direction from the mind dominated spirits. The crumbling of seemingly capable operators within all levels of all institutions had commenced and now it proceeds in gusto. The old ways can no longer be. The disturbance will be great. The systems that evolved over the past 200,000 years are no longer to be.

No one knows what true love is – because no one in humanity has experienced true love. Only upon completing one’s Feeling Healing will the first man or woman in the history of humanity experience true love. And by doing so, whilst longing for the Divine Love, will ensure fusion with one’s Indwelling Spirit and entry into the true and perfect Celestial spheres. Fusing is a function of Healing completion. Upon the completion of one’s Feeling Healing, only then will true love be experienced and become understood. This is presently unfolding. Only through the knowing of true love will we come to understand how we are to bring up children.

TRUE LOVE

FEELINGS FIRST For Kids

Then comes the generational task of progressively peeling back the imposts of the Rebellion and Default. As future parents embrace a little of the Feeling Healing, they will pass on the evolutionary developments and each subsequent generation will benefit from the progress that their parents embraced. This is so as the injuries imposed upon the young child during their forming years will be reduced by the amount of healing already achieved by their parents.



Each generation will enjoy the lessening of the burden by the healing undertaken by their parents, thus as the generations arrive, the amount of healing to be undertaken will be that much less.

Living Feelings First is a way of life. It is not a religion. It does not have rules, dogmas, creeds, rituals or hierarchy of control. It may see the forming of groups that meet in homes to assist each other, however there will not be a formal structure of any sorts.

“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.”

Feelings!
first

Celestial spirit, Kevin, 26 Sep 2017

Our feelings are our supreme guides. Our feelings are soul based. Our soul is always in truth. We are fully self-contained. We do not have to look outside of ourselves. Embrace your feelings and then allow your mind to assist in implementing your feelings. Our mind is to follow our feelings, not the other way around. It is always Feelings First.

All of our discomforts, pains, illnesses and troubles come about by mind induced errors. All of our health issues stem from our childhood suppression and repression. All the illness that comes about with a child is a direct result of the errors and injuries carried by its parents. Even when a child has illness or deformities when within the gestation phase prior to birth, these are the manifestations of the injuries carried by those close to the child, typically the parents.



Thus, as we long for the truth of our emotional pains and delve into our feelings, both good and bad, we will come to understand the cause of each and every illness that we experience. This will revolutionise the health industries. It is this fact that the short comings of the myriad of complementary health modalities will be identified and put asides as pointless options. They do not go far enough into feeling and expressing the foundation cause of one’s emotional issues – all being childhood repression and suppression.

We are to express our true personality, the one endowed upon us by our Heavenly Mother and Father. As our physical parents have imposed their concept of who we are to be, then from time to time we will endeavour to reject and rebel from having our true will imposed upon. It is this push back, to use a term, which brings many to the attention of the police system and subsequently courts and prison. As Feeling Healing becomes universally embraced, this social system will become redundant.

As the education system adopts platforms that encourage free self expression and supports the education of what the child's passions and strivings lead them to pursue, it will be feelings based. The hierarchical dictatorship of the academically accredited has to evolve into a feeling based progression. Education will take on a far more enjoyable and productive pathway through living feelings first.

Political systems are designed to pit half of the population against the other half. Candidates are drawn from very few nominees. The skills to run a community, state or nation are all exceptional qualities, yet the constituents are subjected to those who are mainly self-centred, arrogant with over extended egos and lacking in the experience and skills required. Interestingly, business corporations draw upon the experience and qualities of all throughout the nation and beyond to lead their enterprise. This very day, in Australia, the leader of the nation was drawn from those within a room. 95 people nominated and elected the Prime Minister of Australia. Then the Deputy was elected from those remaining in the room. It is time to turn the system upside down. It is time to consider bottom-up democracy.

“The present Earth changes are much more related to what is happening deep within the planet than to man-made issues on the surface.” (Richard Messages 12 January 2013) Earth changes and environmental conditions are occurring to bring us all closer to our feelings and to embrace why we are having such uncomfortable and distressful emotions. For the coming 1,000 years, due to the increased speed of rotation of the iron core at the centre of our planet, we will experience slightly higher temperatures. This rotation increase is also bringing about increased volcanic and earthquake events. This is all in line with bringing about a sustained and continuing focus upon our feeling healing. Similarly, the pain from our physical discomforts will not be removed until we have fully completed our feeling healing, so as to ensure we persevere to a complete healing of all that the Rebellion and Default has brought upon us, our environment will be continually drawing our attention to the need to go all the way down and into our injuries and express them to the last iota. As we progress on this pathway we will begin to interact with our Nature Spirits in the manner that is intended. We have 200,000 years of going in the wrong direction and apparently it is going to take us 1,000 years to undertake the Great U-Turn and be the personalities that our Heavenly Mother and Father created us as.

Living Feelings First will be the evolutionary jump that humanity will embrace and the engagement with Feeling Healing will take the next 1,000 years to unfold. The Avonal pair that is here will not necessarily undertake a public ministry, we will have to wait and see. But what is important for all of humanity is that they are here and it is their Spirits of Truth that will assist all of humanity here in the physical and those within the spirit Mansion Worlds for this coming millennium. This is what makes this time in the history of humanity the most exciting time ever experienced.

FF

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited



Feelings first

LIVE FEELINGS FIRST

BREAKING the BARRIER of the MIND – ENGAGING the SOUL!



DYNAMIC personality

Personalities who complete their Soul Healing will demonstrate a dynamic personality that has never been previously achieved throughout the history of humanity. Such dynamic personalities will be recognisable for their innate abilities of comprehension, wisdom and leadership – they will become the ‘council of elders’ for all of humanity.

Though we may begin our Healing journey with one of many complementary modalities, it is only through longing for the truth of what is behind our feelings, good and bad, and by expressing all of our childhood repression and suppression injuries do we enable our soul based personality to manifest and display its true potential – our real selves.

Feeling Healing with Divine Love becomes Soul Healing.

Progression through the equivalent of the seven Mansion Worlds of Healing with Divine Love brings about the fusion of your Indwelling Spirit with your soul and enables you to live a Celestial Soul Condition while you live on Earth.

Divine Love does not heal, however it does transform the soul from natural love to Divine Love once our childhood repression and suppression injuries are healed through Feeling Healing.



ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to engage in what we are to do in healing ourselves, however none of them go deep enough into our childhood repression and suppression. We are to long for the truth behind every feeling, both good and bad and express what we feel to a very close companion or friend. This is a very long process which ultimately fits us to enter the Celestial Heavens. This is the process that we all must engage in here on Earth or in the Spirit Worlds.

FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:

As we work our way up to Celestial Soul Condition, we retain all our erroneous patterns even though we express out all the repressed emotions and lots of blocked feelings, we do change a little and feel so much better, become more self-aware and self-accepting, to where we get toward the end of our Healing yet still with all our, or most of our, unloving patterns in place.



So it's not a journey working our way up the pyramid, it's more like move up a series of elevators seven worlds of them, so by the time we get to the top we are basically the same as we were so far as being composed of

my screwed up patterns, only we are fully aware of them and how they came to be, and how being them has made us feel every step of the way, from our early childhood when they started, to now.

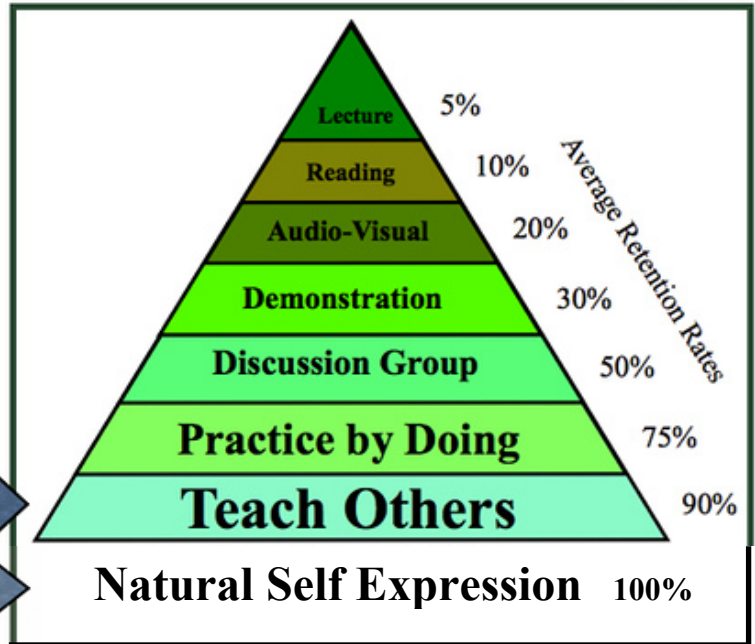
We can wonder what happens when we reach the top and my Healing ends. Does our soul suddenly transform all our Wrongness, or do we then start to gradually change and work through something like a capping pyramid, gradually with all the negative patterns changing into positive ones? And right up until the last one?

Transition from the final healing world to Celestial Soul Condition may be rapid or progressive.

**Mind
Worshipping
Zombies in
a Stupor**



The Learning Pyramid



SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

ENOUGH IS ENOUGH

Andon and Fonta, our first parents 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 subordinacy 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 the early 1990s. 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.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

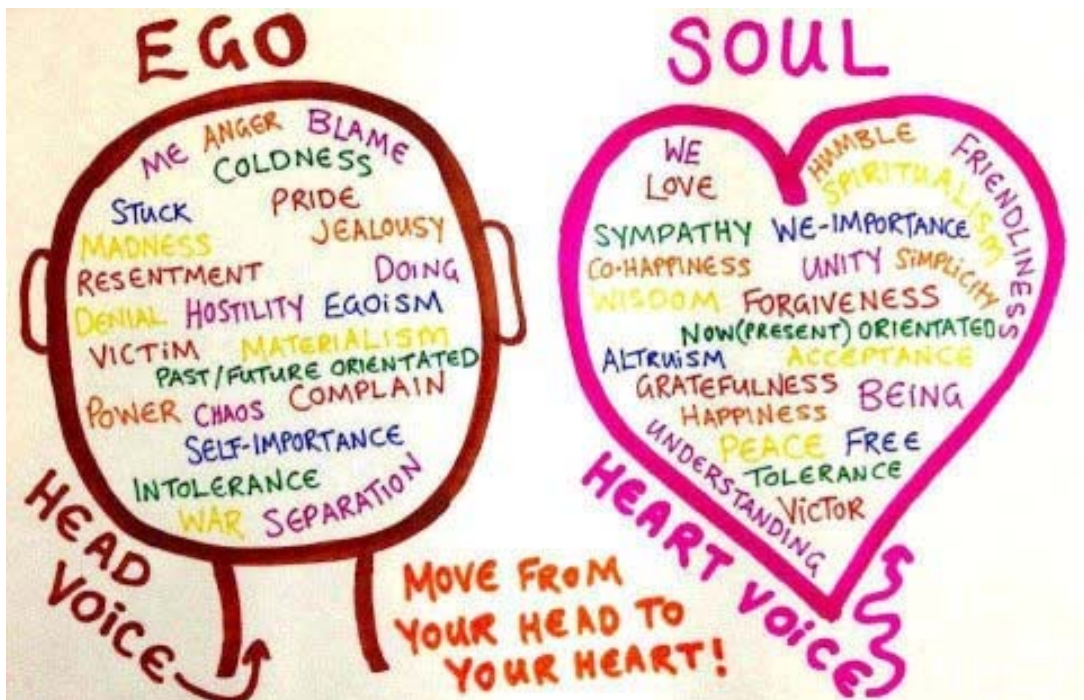
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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.

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.

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.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.

What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

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 vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul 'subdivides' into two, one half



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



always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can't tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary's teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
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.

How does this all fit into our future way of living?

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

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

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“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. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. 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 of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



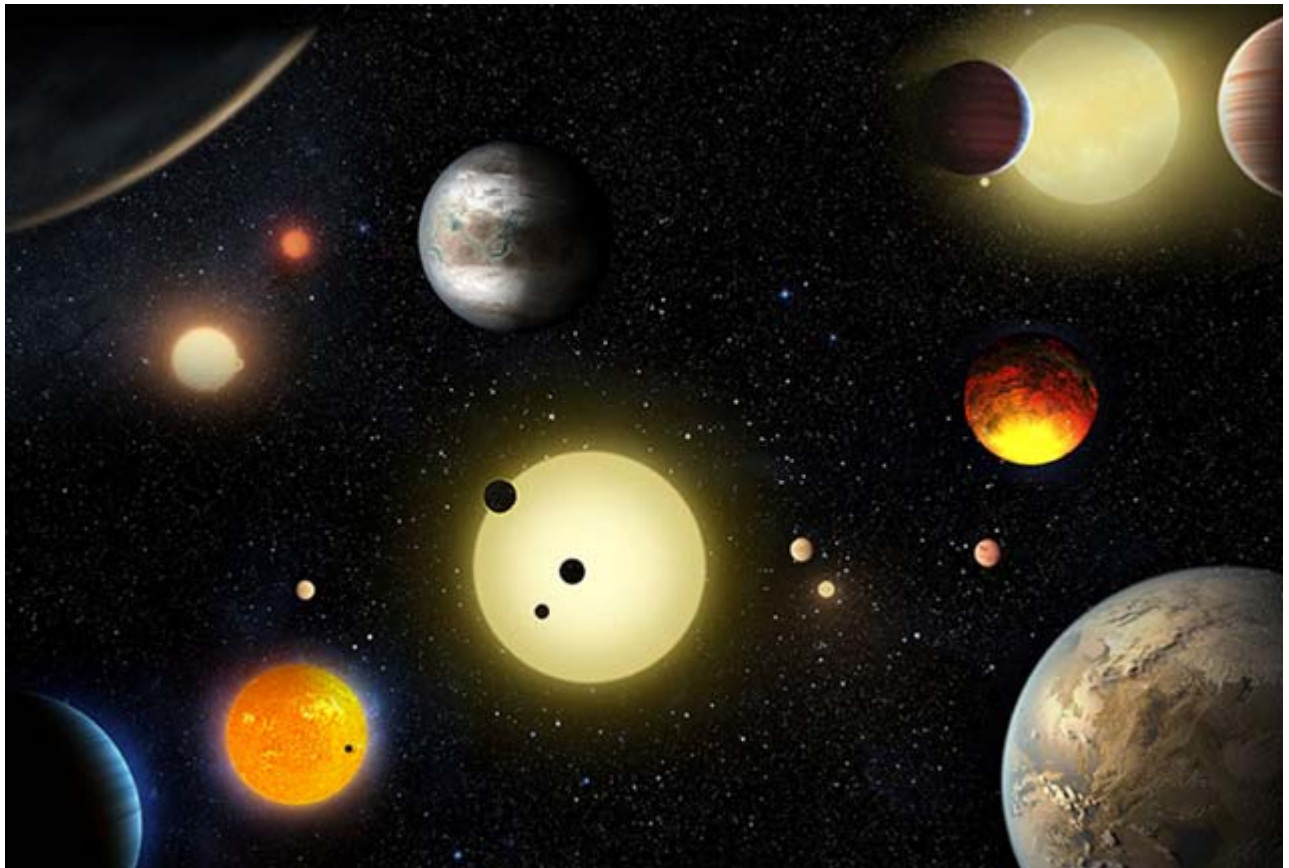
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



FEELINGS FIRST For Kids

LONG for the TRUTH!

Above all else, “Longing for the Truth” has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to our self, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling about any emotional event or issue so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!”

This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

LIVE FEELINGS FIRST



PRAYER
is not asking. It is
a longing of the
SOUL.

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

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

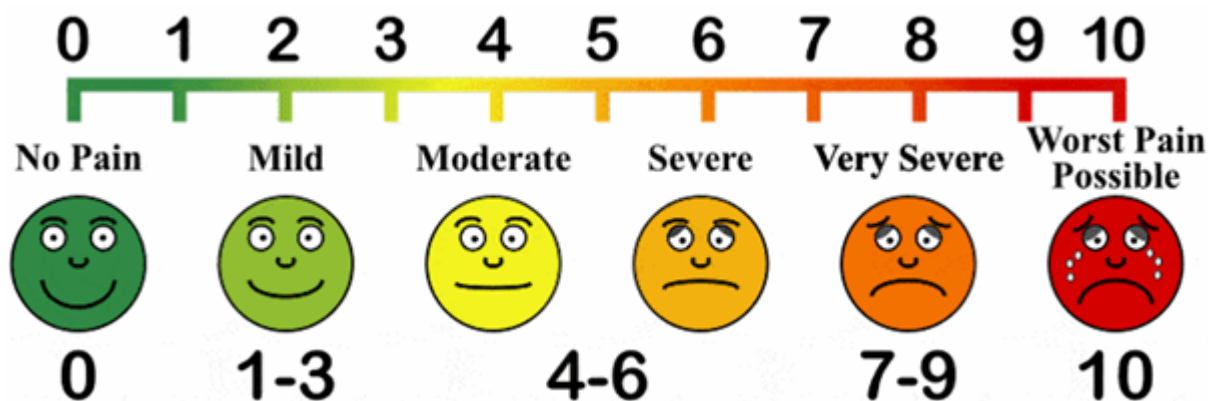
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead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



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

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

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



CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

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

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

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

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

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.
Sage and the Healing Angels of Light by James Moncrief



HUMANITY and WHAT IT BELIEVES to be LOVE:

It's really that one's mind has been corrupted so your experience of love is not true. You can believe you feel love, but it's not true or pure love, because you are untrue. However having said that, the love one feels within their corrupted love state is still love as long as you feel it to be, and such feelings need to be accepted for what they are. But through your Healing, love feelings you've had might evaporate, even turn into hate feelings, so you then know the truth of that so-called love was untrue. But also some love feelings might stay, and so you know that some part of you was truer and not so badly corrupted.



And then to add to the confusion, within one's anti or not true love states, you can still experience the Divine Love, it being a separate thing to your Natural love. However, you have to wipe the slate clean before you can truly experience Divine or even Natural love. However we don't actually wipe it clean, that's where doing your Healing comes in, as it's a transition, even a transformation, out of the negative anti and unloving truth rejecting state, into one of positive love and truth accepting.

Helen via James 29 March 2017

TRUE LOVE



In this series:

Pascas Care Letters Despondent People OR Radiant and Vibrant
 Pascas Care Letters Destined to Shine
 Pascas Care Letters Destruction of Rebellion

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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

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

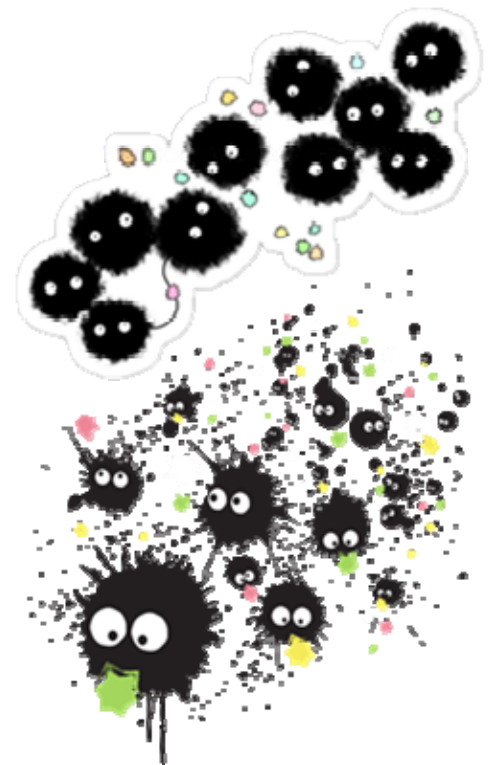
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing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

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

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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018

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



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

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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

EARTH CHANGES:

27 September 2011

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

Verna: There's a marked increase in the 'goings on' inside Earth being brought about possibly by natural internal factors, factors extraterrestrial, or a combination of both, even one in league with the other. And I'm going to speak about such things in more detail later, but for now, you and the people you've read who think along such lines are correct, there is much going on, both from within and without.

It's going to be a horrendous time for humanity overall, but that's not to say that within it there will be much good and lots of good feelings for some people, and mostly for those people wanting to move with it in the understanding that it's for humanity's good, and as it couldn't go on any longer how it was, so something needed to happen.

What is happening now is yet another evolutionary event, however it's not going to come about as it did back then, it's coming about as a combination of humanity's impact on the planet and natural events timed to enhance humanity's impact, all so in the end, a 'new' humanity will result, willing and able to live on the world in a 'new' way. Back 65 million years ago it was purely a biological change, now it's one all for humanity, a spiritual change for humanity as Mary was telling you; a huge change, moving from living in a completely negative state, ending it, and moving to live in a completely positive one, and all along the way nature will be affected in various ways.



All that's to happen now is more to set the stage, or scene, for the 'new' humanity to evolve into being, that being on a spiritual level, rather than a whole new evolutionary line of creatures as it was with the demise of the reptile based nature, to the rise of the mammalian one. However, as I've already told you, some new creatures will come into being during the planetary ages to come, and others that have or will become extinct, will be brought back into being.

However the coming Earth changes will have periods of intense activity right through this turning of the age and the next one of one thousand years. There will be ups and downs, but overall the next age will be one of ongoing tumultuous times for the surface of the planet. And it's all designed to keep humanity giving up its evilness and helping it seek the way of truth. There's not to be one big cataclysmic episode now, and then it's all peace and harmony on Earth, and people can get back to re-building all they've had – all their negative way of being and wrongness, or even set about living in peace and harmony because of some dimensional change or new spiritual light and upliftment affecting the raising of humanity's consciousness to a higher level of peace, having giving up greed and self-indulgence in material things. No, all that is to come is not to let you off the hook, or allow you to keep going only manifesting and so expressing yet another version of truth denial.

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 their childhood. All the rest is nonsense perpetuated by ignorant mind spirits. Certainly there is new cosmic light coming to Urantia from Paradise, being stepped down in universal harmony through Nebadon; and certainly there is new soul-light being emitted from every soul on the planet, but as to how people choose to react to all of that is a personal choice, and many will fight their natural desire to seek the truth and so heal themselves, choosing instead to keep going in their negative states. And for such people, some will be relatively successful at doing it and keeping abreast of the increasing 'lights',

others won't be so successful, failing and then succumbing to their bad feelings. And many will go to their graves feeling very bad about life; other's will want to know why they feel so bad so often, and honour their bad feelings and start looking seriously for the truth. But overall, increasing inner and outer pressure will be brought to bare on humanity as it moves through the next age. A certain level of collective consciousness about it's negative state, and a certain level of desire to heal humanity's evilness needs, both personally and collectively, to be achieved by the end of the next age; and as all things are perfect, it will be.

James: Okay, so back to the heart of the matter, the Earth changes.

Verna: Well, as you've read, the amount of seismic activity is on the increase, this being because the amount of rotation within the core of the Earth is speeding up. It's immeasurable currently to science, however as the core of Earth starts to move faster, so all the outer parts move faster, and that's stirring up the continental movement, which as you know from plate tectonics, is causing the crustal plates to grind against each other, with the stresses being released as earthquakes. And this core rotation is going to keep increasing for the next one thousand years.

James: Do you mean the whole Earth is spinning on its axis faster?

Verna: No, I mean the components of the core, are in relation to each other, moving faster, which could be seen, as for the need of a mental picture, that the core is rotating faster. It's more to do with hidden forces within the planet, ones humanity is yet to uncover; and they are more to do with, and respond directly to, the spiritual or higher light frequencies.

James: So it's like the spiritual rotation of Earth is increasing.

Verna: Yes, you could say it like that, and it's then having a direct affect on the material level.

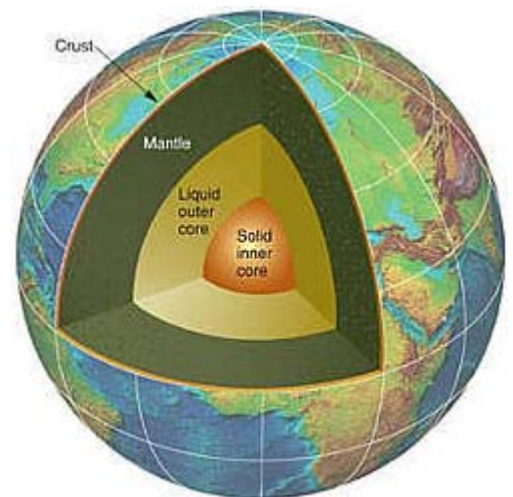
James: Okay, so it's all coming from inner levels, not just the physical.

Verna: As does everything. The physical world, the globe as you know it, only responds to inner or more spiritual levels, it exists because of these levels, the whole physical level of creation does. From our spiritual perspective, we living in these higher or inner dimensions, we can see the energy, the light, we can sense it; we can sense it in all physical things; and we can sense or perceive – we 'feel it', as increasing in frequency, and so the physical planet is responding, it has to, it can't be otherwise.

James: So it's not just, say, because of what the sun is doing that's affecting the Earth.

Verna: That is happening too, it all being part of the physical relationship and interaction in those relationships, however the sun too is being driven, and so continuously affected, by the inner, unseen, and unknown to you, spiritual levels. You are only at best observing the physical level of Creation and trying to work out laws that determine it, however there is another whole plane or 'dimension' of laws that determine the relationship of the physical to the spiritual; and then even more laws determining the spiritual, and all the levels of the spiritual, and there are many, all the way to Paradise.

James: Okay, so whatever is happening, we won't be able to detect, only possibly seeing signs of it on



the physical that are resulting from the increase movements of the surface crustal plates.

Verna: Yes, the sea floor is spreading faster in places as the subsidence of one plate under another is increasing, all making for very exciting times on the face of the Earth, if that's what excites you.

I can tell you, those like me who are from the very old days, boy, did we have fun back then, we were delirious during those times of massive Earth changes. And there were some times of massive changes. All that Earth is to go through now will be comparatively mild, just a remnant taste of the old days. Relative to back then, the Earth is destined to remain quite stable. It will have one last massive bout of cataclysmic Earth changes reminiscent of the ancient times when it's all to come to an End and Cease to Be, but humanity will be long gone by then.

I was talking about the acceleration of the rotation of the core of the Earth, but on inner levels, and how that's what's causing all the shifting in the crustal plates. And so this is what will cause most of the earthquakes. Now from your geology days at university, you remember being told about 'hot spots' where the continental plates mover over places where magma forces itself to the surface bringing about island chains and chains of continental volcanoes, well there's going to be a lot more of these erupting as well, old and even ancient ones coming to life again.

James: One website I visit posts up-to-date information on the status of many volcanos, and many of them are coming to life, and have been for a few years, even ones scientists didn't know existed.

Verna: Yes, and this is going to increase. There are going to be a few mega explosive events during the next fifty years, some that will cause the sun's rays to be blocked out for a number of days, but nothing too bad. However there will be continuous smaller eruptions and many of them, all disturbing the normal way of things, such as air flights, communications, and causing many people to be relocated. It's not so much the intensity of the volcanic eruptions that are to come, but how many of them and what combined effect they will have. A lot of new lava is going to come out onto the surface, this having a heating effect adding to the general present consensus of global warming.



James: So is global warming a reality, or is it our imagination; and is it something humanity is doing, or is it naturally happening?

Verna: It's naturally happening, however, overall the planet is moving toward another smaller iceage, but that's a long way off. In the short term it will warm significantly adding to humanities problems, once all the volcanic activity gets going.

Along with the increase in volcanic events it will be discovered that the ambient temperature of the upper crust is also warming, the ground will warm up a little. We're only talking about one degree, but it will add to the problems of increasing the ocean temperatures, rainfall distribution, melting the ice at the poles and how and where food will be grown.

James: I was reading whereby all of this is coming about because of the breaking down of Earth's magnetic field, all leading to a pole reversal, this all being caused by the sun moving towards a solar

maximum in the next couple of years.

Verna: It's all part and parcel of it. Scientists will continue to understand all that's taking place on many physical levels as events unfold. But really it's all being caused by the increasing spiritual light that's driving the whole thing right through Nebadon, it's not just Earth and your sun that's being affected. On all worlds, ages are changing and spirits are moving on, and things are happening. You're just one piece in the whole.

So because of these warming influences, the weather will become more wild, more subject to change, and more unpredictable. There will be more: drought and heat, rain and snow, even cold extremes in some parts of the world, and less in others. There will be more wild storms in some places, cyclones and such, and less wildness in other places. Things will pretty much change all over the place as to how they have been. And some changes will become permanent, other's fluctuating.

And because of these weather disturbances, so the production of food will change; in some areas of the world severe famine and food shortages will occur, in other places pests and disease will predominate. You've seen all of these things already beginning to happen, and they are only going to happen more and become more intense.

And then come the physical Earth changes, not only from volcanic eruptions, but from the influence of large earthquakes.

Vulcanology:

28 September 2011

James: So what's happening to the Earth where the magma is? I mean how does it build up in pressure to come out?

Verna: It's a combination of internal Earth forces and external cosmic rays. They both interact to produce what might be likened to bringing a pot of water to the boil. The more internal pressure that builds the stronger and more vigorous it boils escaping on the surface. The Earth has been relatively cool of late, meaning there's only a very light boiling going on, with most of the pent up pressure and energy able to be released through what has been witnessed, some occasionally doing a lot of damage, other times, not so much, but the Earth has been going through a very quite time of vulcanology. However that's all soon to change as it warms up into one of its more active times. But as I said, not so active as in times gone by, but certainly more active than what's happened during this past two thousand years.

James: So the letting off steam, the increased boiling will keep happening for... how long?

Verna: It will keep building up during the next ten years, then it will plateau for the next twenty, then start to settle down. But within these years there will be times of greater and less intensity. You must remember that things happen relatively slowly on a geological time period, so this time will be but a hiccup in the great scheme of things, but enough to give humanity the experiences it requires to keep the pressure on it to change. You don't have to worry about it starting with a rush then petering out. The inner forces that are going to bring about all the structural crustal change will last for as long as they need to.

Global Warming:

28 September 2011

Verna, is there really global warming, or is it something that seems to be happening but is being made up by certain people. I think I've asked you this question before –

That doesn't matter James, I'm happy to answer it again.

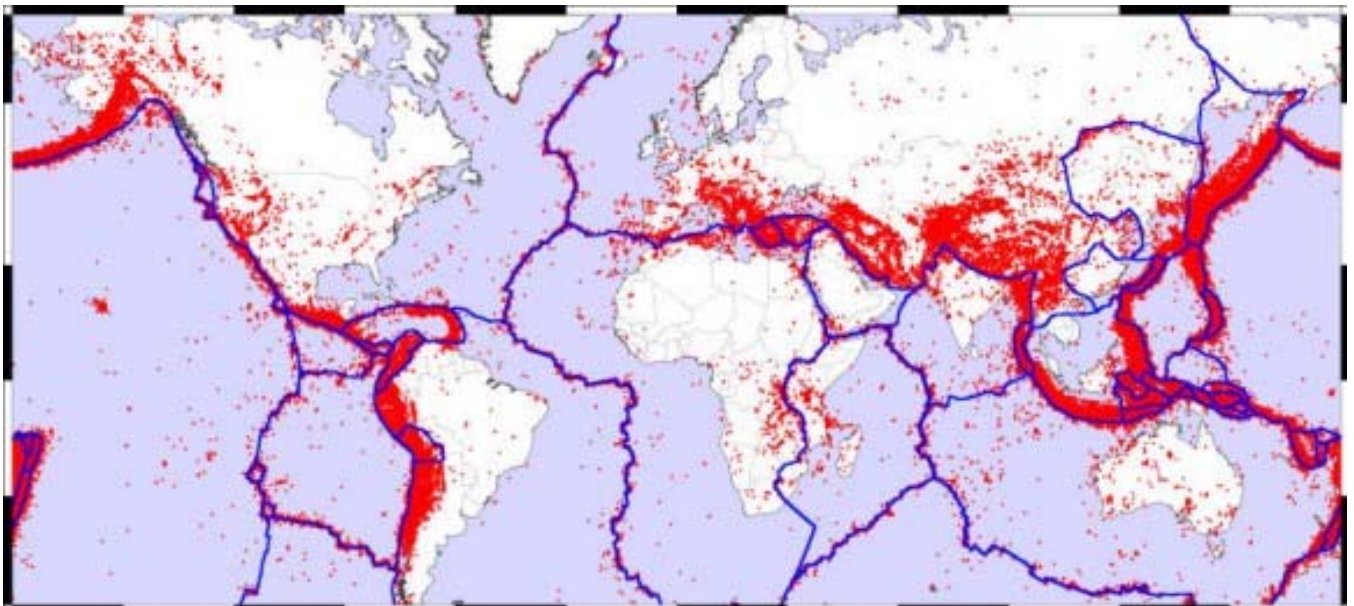
Yes, global warming is real, but it's not happening solely because of humanity's impact on the world. Humanity is only minimally affecting it, the world for the most part being able to absorb all you do that results in global warming, however it's the Earth itself that is heating up, internally and because of external influences. And these will continue as I've told you. But all humanity does in regards to global warming will be of no account because of the overall changes that are going to take place.

Entire solar system is heating up! Scientists blame solar warming

<http://www.space.news/2015-10-06-entire-solar-system-is-heating-up-scientists-blame-solar-warming.html>

Tuesday, October 06, 2015 by [Chris Draper](#)

Many scientists suspect that the solar system has migrated to a region of the galaxy with high energy. We have the illusion that the sun is a nebulous ball of gas fixated in the sky that the rest of the solar system dances around. In reality, the sun is one star among many sitting on the outskirts of the Milky Way, hurtling through space at 72,000 kilometres per hour. Although the total amount of energy within the universe is conserved, pockets of energy in the Milky Way vary in intensity. The solar system may have rolled into one of these highly active regions.



Map of the Earth showing the relation between fault lines (blue) and zones of volcanic activity (red).

Credit: zmescience.com

BODILY PAIN is OUR FRIEND:

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

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

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



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

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

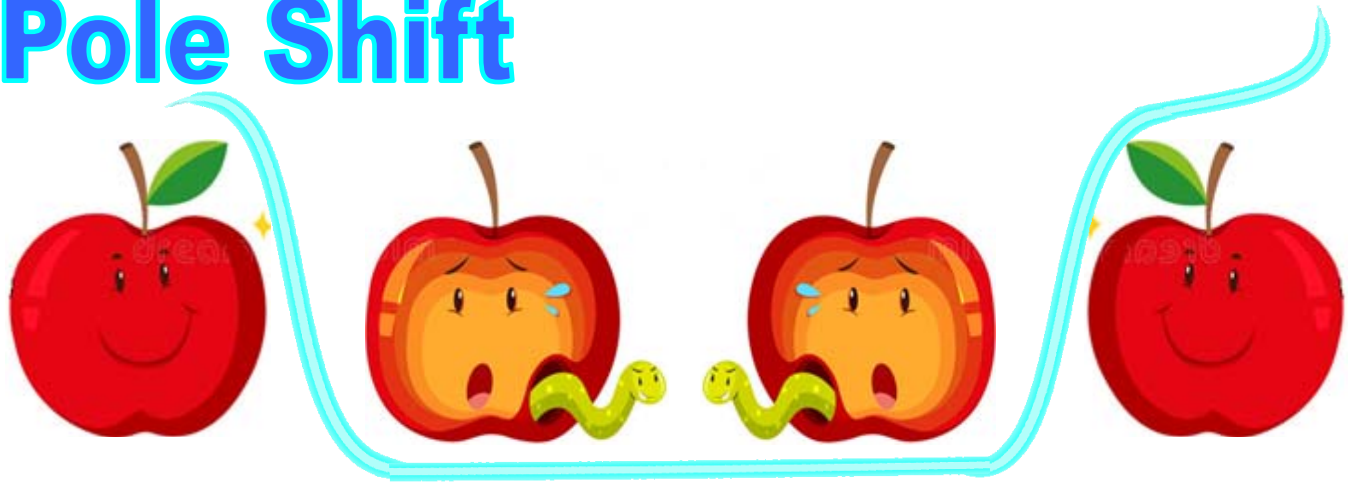
James Moncrief 9 May 2018



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



Pole Shift



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

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

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

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

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

HUMANITY is within a kind of dormancy, or even more like a stupor!

We, all of humanity, have been reduced to the barest of self-expression, having been reduced to the least creative life we can all live, that which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. Steadily the pressure to go the opposite way, to increase creative expression, and this is not only meant through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before.



It's the light in our souls, it's the light that comes from the truth we are to be living that will change us – that changes us all, light from our soul. **If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.** We are nothing like how we should be due to our self denial. So many people are living completely false lives, so when they become true, they will almost be the complete opposite to how they have been.

We are to be alive and vital, real expressions of our soul, to be living fully Healed lives as Celestials while living on Earth. Continually coming to terms with all we have been through, we all take a long time to integrate and understand it all, but we will virtually be New People.

We on Earth are used to our anti-self conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour will be gone, with all our loving self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**



We and those who are Healed are like chalk and cheese, we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

Yet it all follows on, it's not like you'll be so different from the old you that may as well not have existed, it's all there, all the new you to become, with only snippets currently being exercised and expressed, with **the rest of you in a kind of dormancy, or even more like a stupor.**



Once you have finished your own Healing, you'll be like a new person.

Notes derived from Nanna Beth 20 – 23 April 2018

EMBRACE YOUR FEELINGS and have YOUR MIND to FOLLOW!

The capabilities of one's soul based feelings to reveal profound and never before understood truths is beyond question and comprehension. While humanity remains entombed within the mind, humanity is frozen on a course of misery, deprivation and stagnation.

Humanity's education systems have freed us to some extent, however they are extolling the mind as the way to evolve. All our guidance and education platforms are taking us deeper into our wayward minds and further away from our truths to be embraced through our soul based feelings. Our early childhood carers and then all the way through to the highest levels of training and education take us deeper into our minds, suppressing our personalities, and that is further away from our Heavenly Parents.



Only through embracing our soul based feeling truths do we begin to open up to our true selves, our true personalities. While we are mind engaged we have only the potential of a pile of dung! And some of us strive to be king of the dung heap! When we are soul based feeling engaged do we blossom beyond that which is most beautiful of all of nature. Only through our feelings do we begin to discover the potential that is within us all. It is our feeling based personality that we are to release and nurture, and to nurture it we need only ask for and receive our heavenly parents Divine Love whilst engaging in our Feeling Healing. We do not need to strive for academic excellence, that is only worshipping the mind!



John F Kennedy on Saturday, 28 October 2017, wrote: 'In my (JFK) soulgroup (12 soulmate pairs), for example, we have a soulpair who were ignorant natives from the Amazon, who knew nothing about the greater world, having no conception of America, let alone her President. They knew their chief, he was their president, and that was enough for them. And yet these uneducated and uncultured (compared to my revolting standards that I grew up in) people, took to their Healing like so many spirits, and are now every bit my equal, as I am every bit their equal, for we are in the same soulgroup in the third Celestial sphere.'



When a small group here on Earth complete their Feeling Healing while embracing our Heavenly Parents Divine Love, they will demonstrate their inherent truth based wisdom and capabilities. This group may number only around a dozen or so, however, their healed souls will shine so brilliantly in their actions and guidance that the whole of humanity will be able to come to realise that they have been taken in the wrong direction for thousands of years and that the Great U-Turn is absolutely the only way to freedom, our Heavenly Parents, and life on Earth as though it is in Heaven.

Books for download:

www.pascashealth.com
in this series:

Library Download

**Pascas Introduction Notes
free PDF downloads:**

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

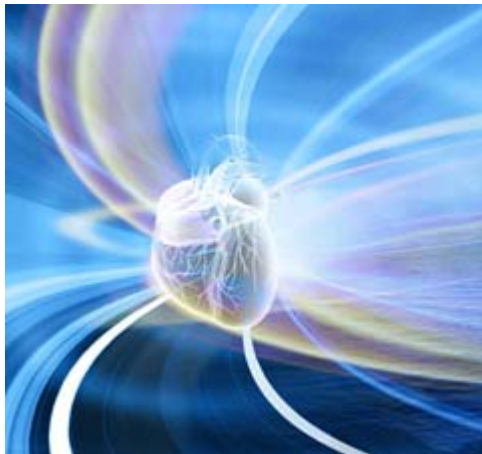
MIND IMPRISONMENT or FEELING LIBERATED?



Our parents unknowingly indoctrinated us into believing our minds were all powerful, that the way to experience life is to be mind dominated and to put our feelings aside, well, actually obliterate them with suppression. This is how we also mould our children into being our 'little me's', taking them away from being their true selves.



Through our suppressive, misguided, incapable minds, we live. With these same minds we suppress our children's true personalities. In this endeavour we are all evil. We are preventing our children from being the true personality that each child has been endowed with. That personality having been given to them, by their true Parents, being that incredible Soul, Mother and Father. Like our children, we are to fully and truly express our God given personality through our soul based feelings. It is through our feelings that we are to live. We are to engage with our feelings, and it is through our mind that we are to express our feelings. Not the other way round!



Engaging with our heart felt feelings is so liberating. It is also a much easier way of life. Mind control is tiresome, let alone erroneous and corrupt.

By engaging with one's feelings and allowing them to be expressed is ever so more powerful than our clumsy mechanical mind – come brain!



Allow your true self to be liberated. Allow your feelings to flow and shine. Allow your life to flow with the beauty and truth of one's soul based, all loving and perfect feelings. Allow yourself to simply engage with the will that our Heavenly Parents have given each of us, and be the true personality that we are all to express and be.

We can achieve this through the retraining of our mind. This is achieved through engaging with one's Feeling Healing process. It is not easy, in fact it is extremely difficult. Our mind is to be subservient to our feelings. We are not to continue how generations upon generations have lived and suffered for the past 200,000 years.

Embrace the freedom and liberation.



FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

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



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



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

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True 'religion' for humanity.
It embraces all people.
It completely unifies the world.



Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled religions. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps us get to know God, helping us to reach out, connect and be personal with God, and do God’s Will, all through our feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we’ve all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

The New Way, Feelings First Spirituality



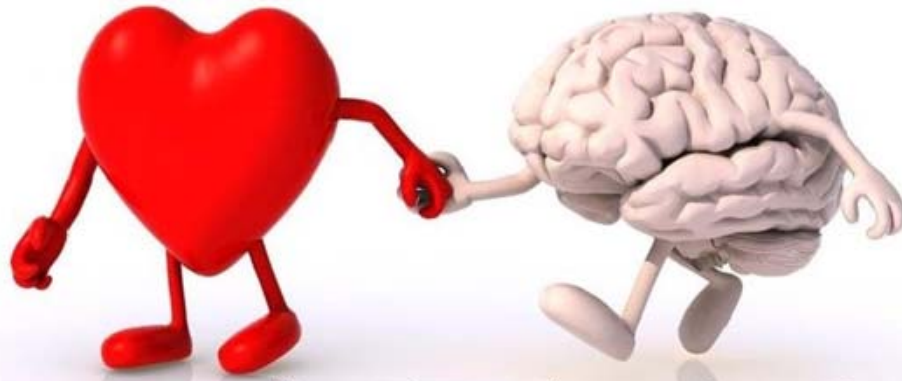
my
House is your
Paradise

HOME

Avonal Revelation

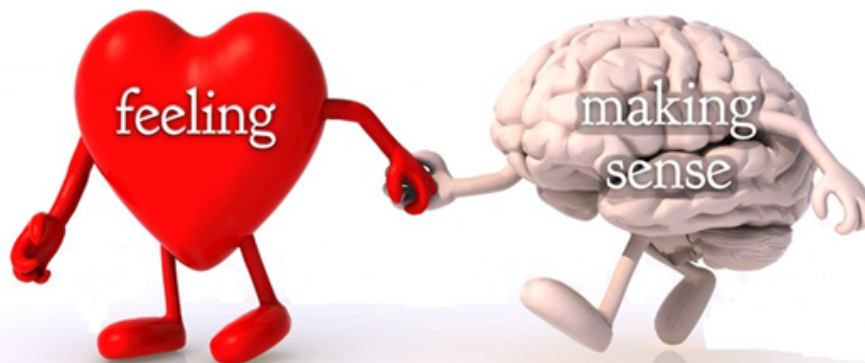
- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing



Sometimes Your Mind Needs More Time
To Accept What The Heart Already Knows

Heart logic and mind logic are often
two very different things.



It has to feel right and make sense to
move forward with ease.

If it doesn't feel right, but it seems to
make sense, pause, and investigate within.

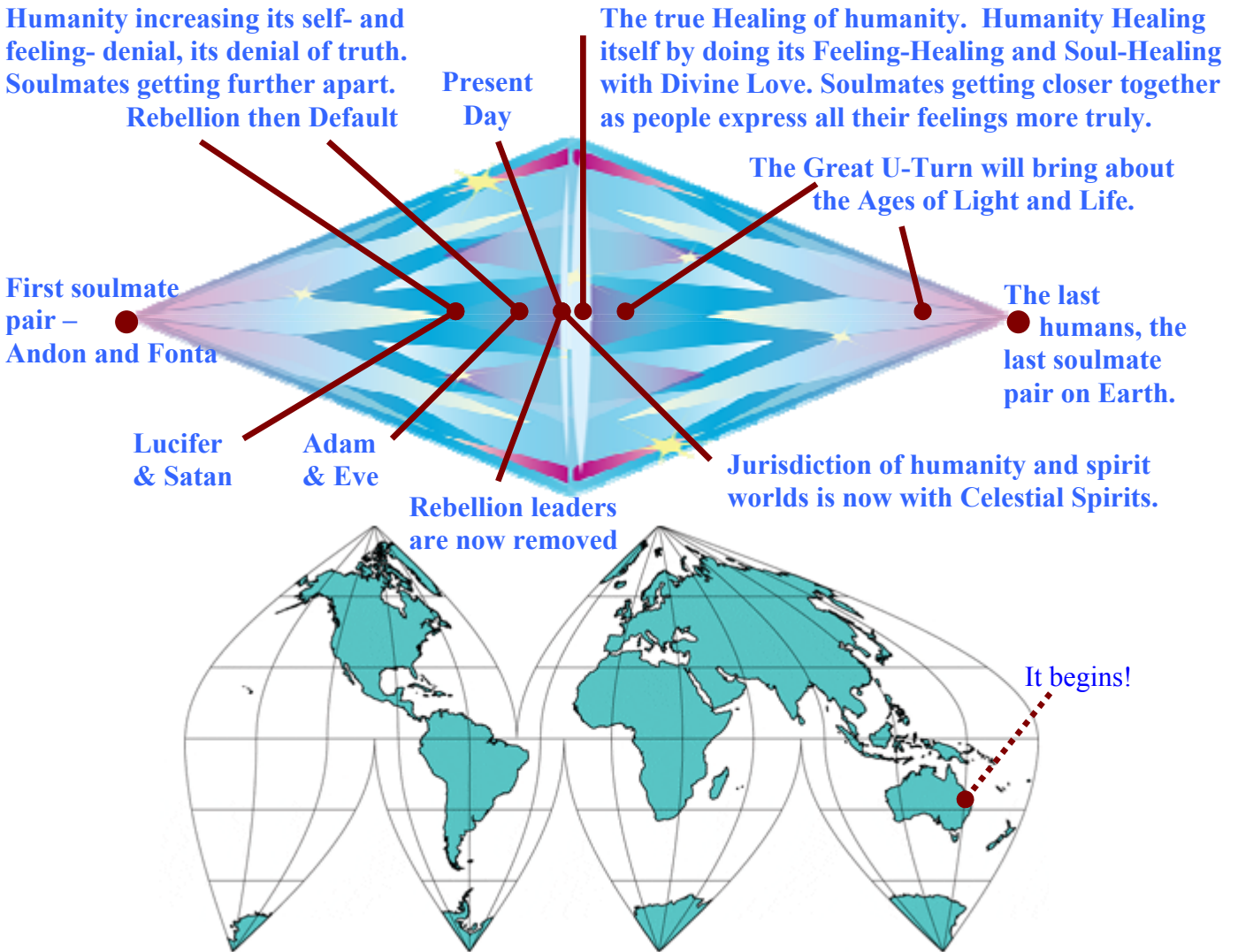
If it feels right but doesn't make total sense,
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

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

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



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

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

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

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

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

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

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

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

[PASCAS – document schedule.pdf](#) downloadable index to all Pascas Papers.

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

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

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

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:

