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MILITARY VETERANS

Army, Navy & Air Force Veterans

Our life's journey is through various stages of being controlled by others. It is unrelenting, it is all pervasive, it is a living hell – and somehow we convince ourselves that it is all fine – we may have had a loving childhood or maybe not so loving! Relative to others, our childhood is typically a loving experience, however control is ever present.

From the moment of conception our parents infuse us with their controlling ways and what they are going to make us into being. Can you believe it – they think they know better than our Heavenly Mother and Father who created our personality and bestowed that upon our soul, that our physical parents can create a better personality.



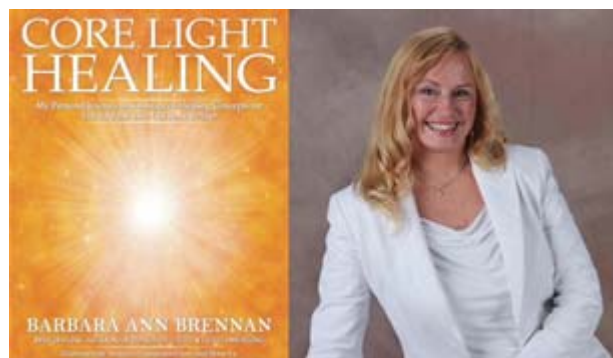
Our denial does start from conception, the heart beat is only relevant so far as should we die once it's started beating, we go into spirit. But the shit begins from the first moment, it's all there ready to come into being as we develop. From the moment our foetus commences to pump blood – around days 16 to 19 – we are incarnated into the physical. Conception should be a day of great excitement and expectation, however it is the day that our parents commence to infuse their errors and controlling patterns upon us – should they even be aware of our presence! We are immediately being rejected!

Day one in the womb – stuck – it is not looking good. Our parents are reflecting what their parents did to them and so it goes back like that for 200,000 years. The patterns of ancestral injury are passed down, generation after generation. These injuries are the creators of childhood illness, birth defects and deformities! Our parents bring about our physical issues. If they had healed themselves of their emotional injuries none of that would occur. If we are lucky enough and be physically intact then we can join the armed services and escape. I, John, have flat feet and that counted me out of that pathway.

By the time we are born we are fully imbued with our parents' emotional injuries as well as their errors of belief which basically encompasses everything that we need to live by. So, does it stop there? All through our forming years which is up to the age of 6 years, our parents and all those close to our family unit impose their will, their directives upon the child. From conception through to the age of 6 our true personality is repressed and we, as a child, suppress our feelings all creating harm to ourselves that we have to heal sometime in the future.

30,000 NO's per year in our FORMING YEARS!
Core Light Healing by Barbara Ann Brennan

James: “Rightly Barbara relates all our blocks back to our childhood – that was great to read. And she explains how when we feel scared, shocked, pain, on the unseen levels our system is negatively affected, we damage parts of it, damage our chakras with trauma, all of which stays within us until we can somehow heal it.



“A couple of relevant things for our Healing, Barbara Ann Brennan talks about, is saying that ‘they’ have worked out that **the average child by the time it’s two or three has received from its parents, family, society, about 60,000 NO’s. So if you get hit with that many by the time you’re two, that is 30,000 a year, and if that carries on through your forming years, god it’s amazing we’re not all so fucked and full of disease, crippled and totally shut down. So it makes sense through our Healing that we are going to feel bad one hell of a lot, and that a shit-load of pain we’re going to feel as all that rejection comes out through our physical body, let alone feeling it emotionally, so miserable, fucked, powerless, alone, unloved, uncared about, rejected and unwanted. And what about if your parents were even more NO saturating and you received double or triple the amount...**

“Another fascinating thing she said was ‘they’ have observed how much we see and do things in the womb, hear as well no doubt, and feel, sense. A baby in the womb was seen to turn noticing a needle coming into its space and reached out to hold it, when they were taking a fluid sample or whatever ‘they’ do. And two twins were observed to kiss each other through their separating membranes, and then when older after being born, would kiss each other in a similar way through a sheet hanging on the clothes line. So much obviously goes on in the womb potentially causing us problems, and our Healing will take us back into these buried parts of us should we need to uncover the truth of them.

“So for me now, there is such a vast division between the mind worlds and the feeling worlds of life. The Healing way is so much fuller, and as we’re proving, you can do your Healing yourself, you don’t have to be reliant on a healer, therapist or anyone else, you can use your feelings by looking to and expressing them, yet, **ALL SO LONG AS YOU WANT TO UNCOVER AND SEE THE TRUTH OF THEM**, to heal yourself. The truth being the fundamental and crucial part. To bring out all that unloving abuse suffered and to put it all into the right context, all whilst spiritually growing in truth, and transforming your soul with the Divine Love.”

Firstly, what is so distinctive about the age of 6 years? We start to become independent of our parents. The aspect of our Indwelling Spirit arrives. We are able to commence to evolve our independence.

So now we are at school. We have an additional group of controllers to contend with. Do we get to explore subjects that we want to engage in? Do we get to follow our passions? Do we get a choice and say in any of our schooling? Is it fun? Is it what I want to do? And it goes on for years and years and years with hundreds of brutal examinations.

Our parents may or may not participate in a religious community. The community part of it may be fun – but the religious side of it is dominated by men in fancy dress-up (typically women are sidelined into subordinate roles) and there is this book, dogmas, creeds, rituals, cannon laws and if you do not do this or that you are hell bound or something like it – all to control the congregation including you. There are

roughly 4,200 religions worldwide, however if you add in all the micro variations you get 50,000 options – all in truth! Truth is all the same so how can there be more than one truth?

Covertly behind all these layers of control, of suppression of your true personality, is a government with multiple layers imposing their will on all aspects of our lives with ever increasing rules, laws and dictates – so much so that it is pointless to even try to comprehend what you can and cannot do – just wait for the fine or authority to show up!

So we are now 16 to 18 years of age and need a ‘career’ – some type of employment. Having never worked before, any reasonable concept or understanding what any employment and career path might entail is an absolute fluke. In my case I took the only job in town – I became a shorthand typist and now I am just a typist!

We join the armed services. You beaut, I am away from my dictating parents, school is finished with and church can be put to history (or maybe not). I am working for the government and they will pay me and look after me. This sounds just perfect! Yes there will be long periods of boredom but there will be short burst of massive adrenaline bursting events and I will get to see parts of the world unimaginable. I will get to learn about clean uniforms and how to iron them. Oh dear – is this the pinnacle of control – they smash the last skerrick of my individuality into the waste disposal bin within seconds of arrival!

Army Navy Air Force



Does the military break you down in boot camp?

<https://www.quora.com/Does-the-military-break-you-down-in-boot-camp>

Many different types and kinds of people walk through the gates into boot camp: rich and poor, fat and skinny, bully and timid, strong and weak, smart and stupid, agile and clumsy, from city and farm, long hair and bald as a cue ball, clean and dirty, capable and ignorant, even some that defy all description.

The first task the military has to accomplish, is to make them all "Equal".

That is done with discipline. Everything that you brought with you, (everything that sets you apart and makes you different / better / worse than others) is either sent home or discarded. You are all issued precisely the same uniforms, gear and equipment as everyone else (none is better / worse / prettier / bigger etc.).

You all use the same sheets, blankets, facilities, showers, materials, and all at the same time. "Equal". You are walked over to the barber shop and given Exactly the same hair cut as every other Recruit.

Some may call that "Broken Down", the military call that "Equal". NOW, your training can begin.

Every Recruit is treated with "Equal" harshness. This is because he/she is on his/her very first day, and knows NOTHING. Recruits at this point are "Herded" because they have not yet been taught how to properly respond to military orders, what is expected of them, how to perform military movements, where anything is, and are not familiar with military language and customs.

Training is a step by step process of erasing the inappropriate, unneeded and self destructive civilian habits and preferences that a recruit has accumulated over his/her lifetime, and replacing them with self discipline, protocol, and military bearing. Recruits will arise (together) at the same, appointed hour each day, go to bed at the same appointed hour each night, eat their meals at the exact same time and for the exact duration of time, each day.

They will attend classes, workouts, and activities as a group. They will learn close order drill, and will march (or jog) everywhere they go. Every minute of every day is scheduled for them. They work, study, eat, and play "Together", as a "TEAM" from the first day in boot camp until Graduation Day.

If the military allowed the bullies and the thugs to keep their "attitudes" while going through boot camp, and allowed the rich kids to "Cop a Superiority Complex" over others what kind of "TEAM" would result? If they allowed the "Wall-flower to sit out all of the exercises, or let the guy with the long flowing hair, who thinks he's a "stud" back-talk whenever he feels like it...What kind of a "TEAM" would result from that? no, there is a time-tested and proven method, and it works, the equation (bluntly) is:

Break them down, make them ALL THE SAME, then "Bring them Up ...as ONE fighting unit, ...TOGETHER!"

The Change is really something to witness! It truly is watching a teenager become an adult. They all arrive with predetermined ideas, plans and attitudes.

They exchange those for Confidence, Maturity, Responsibility, Loyalty, Dedication, Commitment, Teamwork, – the Core Values that Last a Lifetime.

Individuality not good for military

<http://thedailycougar.com/2010/02/04/individuality-not-good-for-military/>

When I went through basic training, the drill sergeants thoroughly explained to all present that we were no longer black, white, Hispanic, Catholic, Christian, Jews or Muslims; we were now soldiers of the U.S., and uniformity was our key to survival.

Individuality is not conducive to the military environment.

Progressive movements are great for society, and gays should have the right to marry. However, letting any group have its individuality while the rest are forced to acclimate to the military way of life is not wise.

Civilians need to realise that their way of life will never be comparable to that of our soldiers. The military is not about me, me, me; it's about the team as a whole getting the job done right and bringing everyone back alive. No differences should be allowed to divide the cohesiveness that is needed for our troops to be effective.

Let's remember that the military is a place where it is a crime to talk harshly about the president. Not showing up for work or being derelict in your duties are punishable by death in times of war.

One would be wise to examine how uniformity and selfless service has made our military the strongest in the history of mankind.

Dr David R Hawkins, MD, PhD, psychiatrist, published the Map of Consciousness in Power vs Force and noted:

Energy Level 175 – 200: Pride

“Pride, which calibrates (using kinesiology muscle testing) at 175, has enough energy to run the United States Marine Corps. It is the level aspired to by the majority of our kind today. People feel positive as they reach this level, in contrast to the lower energy fields. This rise in self-esteem is a balm to all the pain experienced at lower levels of consciousness. Pride looks good and knows it; it struts its stuff in the parade of life.

Pride is at a far enough remove from Shame, Guilt or Fear that to rise, for instance, out of despair of the ghetto to the pride of being a Marine is an enormous jump. Pride as such generally has a good reputation and is socially encouraged; yet, as we see from the chart of the Levels of Consciousness, it is sufficiently negative to remain below the critical level of 200. This is why Pride feels good *only* in contrast to the lower levels.

The problem, as we all know, is that “Pride goeth before a fall.” Pride is defensive and vulnerable because it is dependent upon external conditions, without which it can suddenly revert to a lower level. The inflated ego is vulnerable to attack. Pride remains weak because it can be knocked off its pedestal into Shame, which is the threat that fires the fear of loss of pride.

Pride is divisive and gives rise to factionalism; the consequences are costly. Man has habitually died for Pride – armies still regularly slaughter each other for the aspect of Pride called nationalism. Religious wars (there have been few), wars over resources and borders (there have been many), political terrorism

and zealotry, the ghastly history of the Middle East and Central Europe, are all the price of Pride, which all of society pays.”

CONSCIOUSNESS and EMOTIONS:

Consciousness = Soul Condition. One’s Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

Note: The Map of Consciousness scale is from 1 to 1,000

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

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

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

Thus the energy differentials are in fact enormous!

HIDDEN CONTROLLERS:

1790: Mayer Amschel Rothschild states:

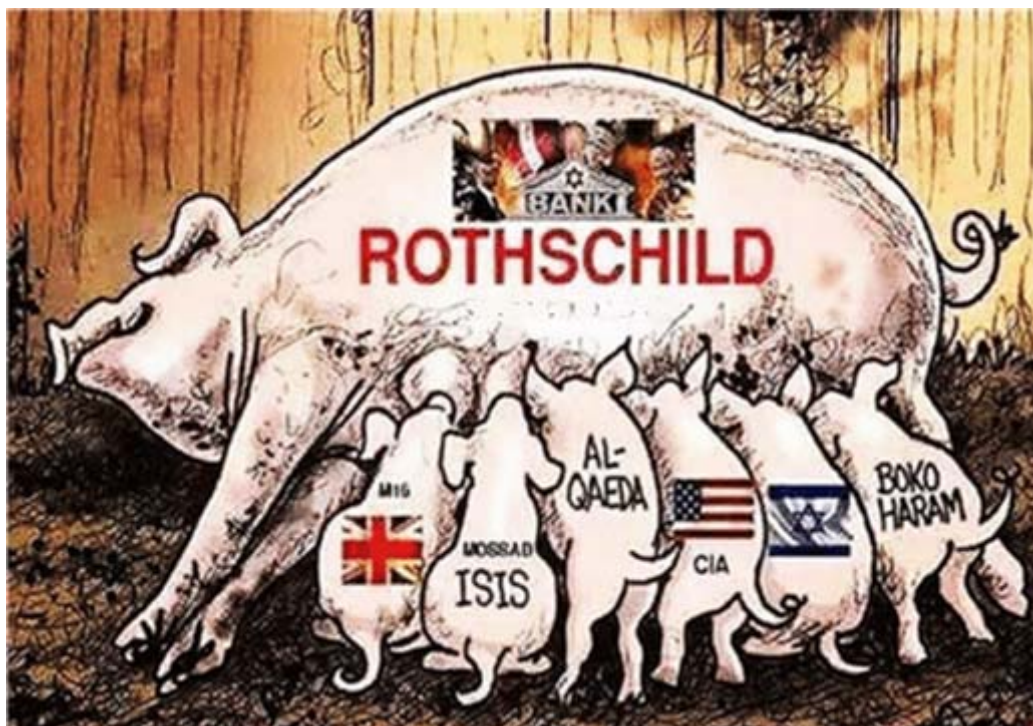
"Let me issue and control a nation's money and I care not who writes the laws."

2019: The Rothschilds now control all but seven of the World's Central Banks and many mainstream major banks. There are two Megabanks that offer loans to all the countries around the planet, the World Bank and the IMF. The first one is jointly owned by the world's top banking families, with the Rothschilds at the very top, while the second one is privately owned by the Rothschilds alone. The one bank that rules them all, the "Bank for International Settlement," is — obviously — controlled by the Rothschilds and it is nicknamed the "Tower of Basel." The true power of the Rothschilds goes FAR beyond the Banking Empire.



The Rothschilds discovered just **how profitable it is to finance both sides of a war and they've been doing it ever since Napoleon – so they now create them!**

The Rothschilds have been in control of the world for a very long time, their tentacles reaching into all aspects of our daily lives.



Military and Veteran

Hawkins continues: “The downside of Pride is arrogance and denial. These characteristics block growth; in Pride, recovery from addictions is impossible, because emotional problems or character defects are denied. The whole problem of denial is one of Pride. Thus Pride is a very sizeable block to the acquisition of real power, which displaces Pride with true stature and prestige.”



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

Thus begins the long journey of freeing and expressing your true personality. Every moment of your life up until the point of realisation that you have been used and abused by everyone who you gave your trust and allegiance to have misled you even though they mainly did not realise and understand this as they have been misled in a similar manner.

Now begins the grind of reversing all that you have experienced. Reversing all that you have been taught. We are to discover the truth behind every experience and realise the different context and truth thereof that is not mind manipulated into the falsity that we manifest in our endeavours of living a fantasy life. This is the beginning of the Great U-Turn which all of us can now become aware of and should we so choose begin to engage.



It is startling as to what extent all of humanity is falsely indoctrinated with and living by.

False flag events are frequent and are to create conflict and ultimately war for the benefit of those who engage in the funding of all sides of such wars, thus holding the citizens to ransom for decades following the conflicts. False flag events are those that appear to be perpetrated by a country when it is the act of subterfuge by agencies of those endeavouring to profit from conflict. Example; the Russia spy and daughter poisoned in England was clumsily executed by another agency.

Nations and major corporations are collectively in debt in excess of US\$250 trillion but no one knows to who this money is owed. Further, they do not know how those funds came about to be borrowed. Yet should the income have been taxed on the way through to being accumulated then the collective debts of all nations would be greatly reduced and manageable. Again, these funds are owed to the families that fund the manipulated wars.



All systems that are impacting upon our lives have elements of suppression as well as separation. The religions are structured so that they cannot amalgamate. They are purposely structured to remain aloof from each other. Each one has significant errors thus creating boundaries that cannot be reconciled. All religions lead us to embrace our minds, to adore our minds, to literally worship our minds as if they can be our saviours. Our mind cannot discern truth from falsehood and are addicted to control.



Our minds are the manifestation and part of our spirit bodies. Unfortunately we continue with our errors and false beliefs even after our physical body dies. We continue on in ignorant fantasy until we start to long for truth which we all eventually do.



Our truth is within our soul based feelings. Our feelings are always in truth. We often respond and embrace our feelings, however we mostly suppress them through our minds and continue on in our stupor to use our minds to suppress our pains and unloving experiences. This is how most therapy and medicine is applied – using the mind to suppress the pain – all of it being temporary.





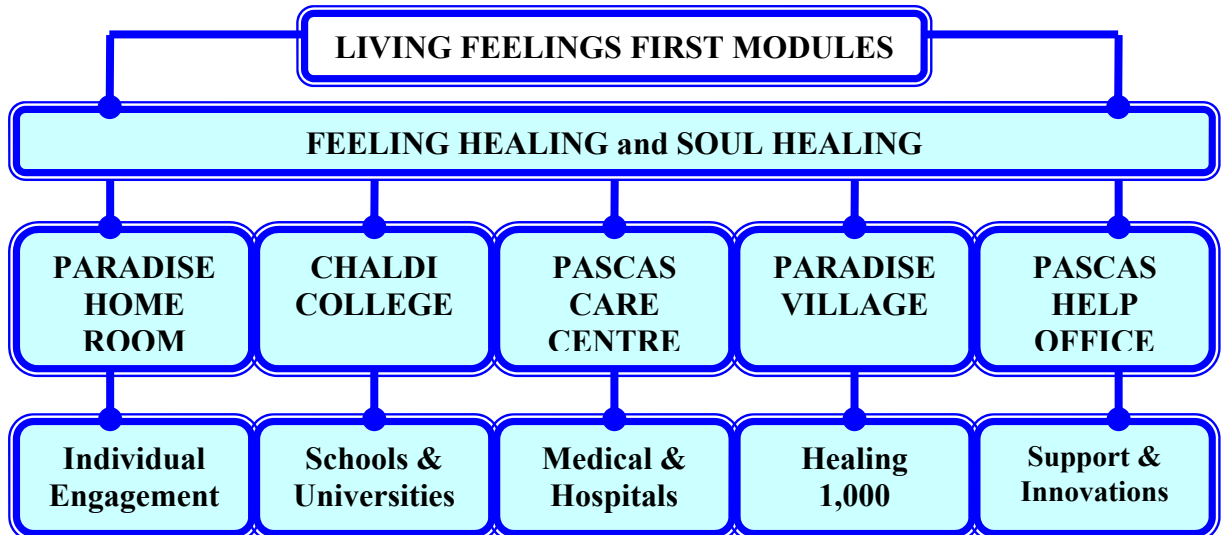
It is time to commence our healing, or at least become aware of the possibilities.

Though it is possible to progress through your healing on your own, it is significantly more beneficial and helpful to have a companion where you can express everything that is coming up for you. Women are closer to their feelings than men and this strongly suggests that a female companion who is compassionate and interested in your growth in truth is greatly desired.

Most of this healing can be undertaken within one's home. Should you be open to assist others outside of your home then your own home would be referred to as a Paradise House. Should a community centre or medical centre provide a room for group gatherings then that room may be referred to as a Paradise Room. Should a number of people engage fully in their Feeling Healing and live in a community environment then that would be referred to as a Paradise Village.

Then there is to be support remotely through a 'help office' to be provided by Pascas Care.

It is only when we have children born into families where the parents have fully healed themselves will we begin to see the true end of the Rebellion and Default that has plagued humanity for 200,000 years.



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

Treating the cause permanently heals that which brings about illness:

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

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

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

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

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

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

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

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

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



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

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

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Why is it so that military veterans have such a traumatic implosion upon leaving the armed services and entering civilian life?

Each and every personality is unique, there is no glove that fits all. We are all in pain. We have all been unloved. We are all to heal ourselves of our childhood suppression and repression. When we take all the facets of any person's life, it becomes clear that the extremes of service duties within the armed forces brings about far greater extremes in experiences than for those who engage in civilian life only. Thus the support and understanding required becomes more acute.

Further, those who fully heal themselves through completing their Feeling Healing will shine with the radiance of their true personality and potential and reflect upon all of humanity the potential that we all have within ourselves through living Feelings First.

Aspiring to Living Feelings First

Brian Iverach, Graham Golding, Jim Baker and John Doel

Pascas Foundation (Aust) Limited

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

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

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

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

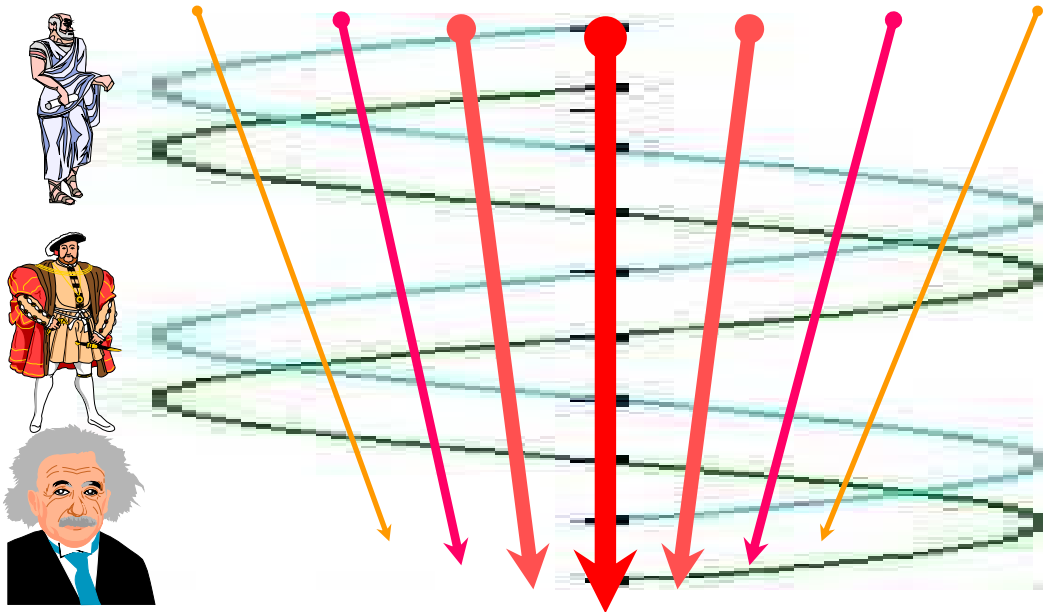
Golden Rule: that one must always honour another's will as one honours one's own.

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

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

generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



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

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

Our own soul condition is reflected in our children.



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

Clearing your negative emotions improves your soul condition as well as that of your children.

Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

Consider reading:  [Rejected Ones via James Moncrief.pdf](#)

www.pascahealth.com Library Download then to Medical – Spiritual References
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WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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

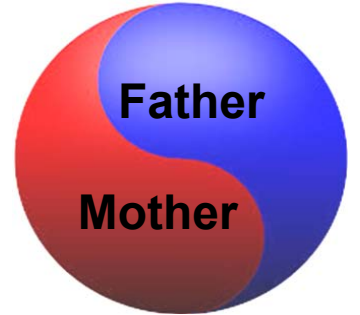


The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of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

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

MUM & DAD THIS WAY

GOD



HEAVENLY PARENTS



JESUS & MARY



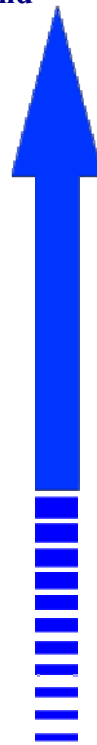
AVONALS



I'D TURN BACK IF I WERE YOU!



AVONAL PAIR



MARY & JESUS



GOD

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

PARADISE HOUSE

What is it?

Monday, 27 May 2019

I, James, see it as a place where people are doing their Healing. Any place where people are wanting to learn about their Healing and all that's involved with The New Way.

It can be one person's private house to a place in which groups of any size meet to pray for the Divine Love; long for the Truth and come to understand all that the Avonal Revelation is about. Including, should people be able to do it, rooms set aside for personal or group counselling focused on Feelings First, helping each other to do their Feeling- and Soul-Healing.

Paradise is the Heart of Creation, the home of our Heavenly Mother and Father, the wellspring of all Love and Truth.

So is our own heart, the 'heart and soul' of our creation, the home of our Love and Truth, it being the full personal expression of the personality of our soul that we are. Our body, as so many people see it, being the 'house', so the Paradise House, of our soul.

So to put people within the material structure, I wanted to call those places [Paradise Houses](#), people's homes or places where we can share our feelings as we long to ascend in Truth to Paradise.

So within one's Paradise House, the physical structure, one can express one's own 'paradise house' – one's own heart, wanting to be with the Mother and Father on Paradise and connected to Their Heart – Their Paradise House.

I dislike these words (I don't hate the words themselves) because of all the connotations they stand for in our distorted truth-denying ways: Church, Temple, Holy Shrine, Mosque, etc. So I wanted another way to express the love of longing for Paradise that we all have innately within our own hearts coming from our soul. Paradise House is really a place of living with and receiving the Divine Love; a place of worshipping and loving our Heavenly Parents; a place of expressing the Truth one is evolving and growing into; a place to long for the Truth whilst expressing one's feelings – a place in which to do one's Healing.

So we all have our own personal and private paradise house – our physical body and spirit body, just as we can build and create outside of us, Paradise Houses, as in our own home or larger structures where groups of people meet.

It's just a name I came up with that I would like to call such a place that I loved to go to being with other people who are living The New Way and doing their Healing. A place, perhaps, where ultimately people doing their Healing can gather living within a Sanctuary. A place in which Celestials can call their home. A place that ultimately is the forerunner of the Morontia Temple. The Morontia Temple being the ultimate Paradise House on Earth. (The Morontia Temple, according to The Urantia Book, is to descend from the first Celestial sphere onto Earth far in the future in the first age of Light and Life.)

I see a Sanctuary as being overall a 'Paradise House', as well as possibly within a Sanctuary there being a specific Paradise House; or it's just the heart of the Sanctuary, like the common living area where most people gather a lot of the time; or a specific room where people can go to pray for the Divine Love, like a meditation / prayer room.

It's not a strict thing, it's just something I like to imagine; and I thought if one needed a name to call one's 'church' or 'house of prayer' then Paradise House might suffice.

my
House is your
Paradise
 **HOME**

Paradise
VILLAGE



Paradise
VILLAGE

Paradise Village walkable



WALK FRIENDLY COMMUNITIES

Placing the residents, visitors and pedestrians – not the car – at the centre of the facilities.



TALKING
WALKING





PARADISE ROOM



Pascas Care Centre



PASCAS CARE CENTRE – THREE UNITS IN ONE:

<p>PASCAS</p> <p>CARE</p> <p>CENTRE</p>	<p>Pascas Cafe with Raw Power!</p>
	<p>CHALDI</p> <p>COLLEGE</p>

Medical Clinic

Consultations

Day Care

Treatment



Average number of employees per clinic including medicos: 25
 day care treatment facility: 20
 nutrition café and community services: 15
 Total: 60



Feelings First Spirituality – The New Way

(Adults)

Feelings First

You are your feelings. Your feelings are very important.

You are to respect and honour yourself, by respecting and honouring your feelings.

If you disrespect and dishonour yourself, you are hurting yourself.

If you disrespect and dishonour your feelings, you are also hurting yourself.

If you reject any feelings, you are rejecting yourself.

If you are not fully accepting and acknowledging all your feelings, you are not being loving to yourself.

To be fully self-loving, means to fully accept ALL your feelings.

If you want to love yourself, then it begins by loving all your feelings.

If you reject one feeling, if you block it out or stop yourself feeling it, you are not fully loving yourself.

You can love yourself by accepting all of yourself, so all of your feelings.

And you accept your feelings by feeling them, and not by doing anything with your mind.

Feeling denial

You have grown up being made to deny certain feelings. You feel they are bad, they cause you too much pain and grief. They are not wanted. You have learnt to push them aside, banish them, block them out. They are interfering with your good feelings. You do all you can to keep making sure you only feel good.

However this is not loving yourself. This is treating yourself in a very unloving way. It's even hating yourself. As you hate these parts of yourself, these bad feelings and their associated emotions, so you are hating yourself. By you not wanting to feel a bad feeling is the same as not wanting yourself. Do you want to keep denying and not loving yourself this way? Is this how you want to be?

Yet to stop yourself denying some of your feelings is very difficult to do. It is set within you as part of your pattern of how to live and how to treat yourself, that you push aside, block and use your mind to try and stop yourself feeling bad. You feel bad so you take a pill to make the bad feeling go away. You feel a pain or you get sick, so you go to the doctor for help to take it away. You feel depressed, miserable, full of grief so you go to a therapist to help you feel better. You feel angry but that's not a good way to be, so you bury your anger, be nice, pretend that everything is okay – 'forgive and forget'. You believe you should 'rise above it', 'get over it', 'turn the other cheek', not say what you're really feeling because you might hurt the other person's feelings, so you chastise, admonish, ridicule, tell yourself off for feeling that way. All of which is self-hating behaviour. Hating your bad feelings is hating yourself.

Your mind can be very powerful as you use it to stop yourself feeling bad. And this is hurting yourself, dishonouring yourself, being mean to yourself, being unloving to yourself. And often you don't even know that you are hurting yourself using your mind to stop yourself feeling bad.

Feeling Bad

No one wants to feel bad. It feels bad feeling bad. However that's the whole point of your bad feelings. You have them because they are to show you something within you is not right, or that something outside of you is hurting you – something you are doing to yourself or that is being done to you is unloving. So if you deny your bad feelings then you're stopping yourself from knowing something is wrong. So your bad feelings are really incredibly important. And you have them to show you those aspects or parts of yourself that are not right. So you can work with your bad feelings (and

your good ones too) to help you find out what's wrong, why you are in pain, why you are being unloving to yourself or why you feel unloved by others.

Feelings and the Truth

You can use your feelings to help you uncover the truth of yourself. Your bad feelings will help you uncover the truth of why you are feeling bad; your good feelings will help you uncover the truth of why you're feeling good. And it's up to each of us to choose to use our feelings this way, to work with them so they can help us, rather than work against them, blocking them out as we block ourselves out.

Living True to Yourself

You can live true to yourself by living true to your feelings. And you can ONLY live true to yourself by living true to your feelings. You can't live true to yourself through or with your mind. Many people believe they are living true to themselves by following or acknowledging their feelings, however many of those feelings are being interfered with or even generated by their mind. If as a young child you felt bad, and then your parents or you yourself used your mind to make you feel good, then still as an adult, that's what you'll do, your mind still carrying out its unloving feeling-denying pattern. So your mind can work against you. It can lead you astray. It can lead you away from your true deeper real feelings that will connect you to the truth of yourself. It can help you live by being untrue to yourself and false.

Being False

If you deny one of your feelings you are untrue and false, and are causing yourself many problems. All physical illness, all your physical aches and pains, all emotional problems, all spiritual problems, anything that's wrong with you is caused by your refusal to accept your bad feelings. We only get sick because we're denying feelings. And consequently, if you go the other way and strive to accept all your feelings, then all such problems will no longer remain. However going the other way and stopping your feeling-denial and allowing yourself to feel as bad as you will, can be very difficult, very stressful in itself, and not what a lot of people want to do.

Healing Yourself

If you do want to heal yourself, which means, end your feeling-denial, then you will have to work at embracing and allowing yourself to feel all your feelings; and most importantly, all your bad ones. Mostly we enjoy feeling good (although some of us have been made to feel bad when we feel good or if we feel good too much), so the hard work comes trying to embrace the bad feelings we don't want. However, if you want to be true and well, then all your bad feelings must be fully acknowledged and then expressed.

Because of how we've all been parented, many of our bad feelings we've not been allowed to express. You will have lots of unexpressed bad feelings locked and hidden away inside you waiting for you to express them out of you. When as a child you hurt yourself or felt hurt by someone's unloving treatment of you, then naturally you'd have wanted to cry out the pain, and to feel comforted as you did, loved and supported as you emotionally expressed how hurt you felt. However if you were not fully loved and supported, were not cared about and fully respected for feeling bad, and if you weren't allowed to express out of you all the pain and say all the bad things your feelings were making you feel, then all those things you wanted to say and all that emotional pain is still inside you waiting to come out, waiting until you reconnect with it and bring it out.

So you can do what's called your **Feeling Healing**, which involves deciding that you are going to allow yourself to feel all your bad feelings and the bad emotions of them. Then you are going to express, emote, talk, cry, yell them out of you as you feel them. And all with the intention of wanting to

understand why you are feeling so bad. You decide you want to know the truth of why you are feeling the bad feeling.

And you understand that the bad feeling you are feeling now as an adult is the same bad feeling you felt as a child. That the things that are happening to you in your life now that are making you feel bad, are doing so because you have within you the patterns from your childhood that resulted from feeling bad back then. So by allowing yourself to feel bad now as an adult, by expressing those emotions and bad feelings as best you can; by longing for and really wanting to uncover within yourself the truth and deep reasons why you are feeling bad, you can through your current adult feelings reconnect with yourself when you were a child and felt those same bad feelings. And you don't have to do anything to reconnect. If you stay true to your current bad feeling, keeping expressing it, keep longing for and really wanting with all your heart to understand why you have it, then naturally you'll go back to yourself when you were young reconnecting with and seeing what was happening to you back then that made you feel the same bad feelings that you are currently feeling.

And this is uncovering the truth of yourself through your feelings. This is doing your Feeling Healing. It's understanding that you can find out the whole truth of yourself through your feelings. So you can know everything about yourself: all about why you are the way you are; why you feel what you do; why you think the thoughts you do; why you imagine what you do; why you live the way you do, why you have the loving and unloving patterns of behaviour that you do – how it all came about through your childhood. And you can understand through your feelings if you want to uncover the whole truth of yourself by using them, all about your early relationships, so with your parents, brothers and sisters, grandparents, other important and influential people in your early life; and did they treat you well, with respect and lovingly; or did they treat you badly, being unloving and disrespectful. Did they love you or hurt you in every situation you lived with them. Did they make you feel good or bad – and why did they make you feel that way. And your feelings will even take you right back to your first moment of conception so you can connect with yourself and what you were feeling back then, together with the truth of whether or not you felt good or bad, and whether your mother and father felt good or bad about themselves, being with each other, and what they felt about you. And you can even uncover the truth of yourself and how you felt and why that was good or bad: through the womb, at your birth, as a baby, a toddler, a young child, and right the way through your childhood as you grew up becoming the adult you now are.

All of that truth, all of who you are and why you are as you are, is all within you waiting for you to discover. And to discover through your feelings. All the mixed up conflicting patterns of self-expression and behaviour you might have, all the good attributes of yourself you might be happy with, all the erroneous beliefs that continue causing you so many of the problems you have, can all be seen as the truth comes to light through your feelings. So your feelings are the key to understanding the truth of yourself. However, if you deny yourself one feeling, then you'll be denying yourself that bit of truth that feeling will help you see about yourself.

So do you see: if you want to get to know yourself as thoroughly as you can, to see all of why you are the way you are; why you think, feel and behave as you do, then your feelings can show you. The Truth is all there waiting for yourself to discover through your feelings.

And you can't do it through your mind. Many people try to use their mind to understand themselves. They use religion, spiritual philosophies, meditation, therapy – mainstream or alternative – self help, all the different approaches of trying to connect with and understand the truth of themselves, and yet if any of those ways include using the mind to block out any feelings, then that truth will continue to elude them. And you may be such a person, having done a lot of work on yourself by using such mind ways

to help answer those questions you have about yourself, life and ‘the Universe’ or God, to make yourself feel better and to end or lessen the pain, and yet it might not have been helping you as you have believed or hoped it would. It all might have actually been helping you further deny your bad feelings so helping to keep the real truth hidden further from you.

Many people working on themselves using whatever therapy or technique they believe will help them, do work with many of their bad feelings and do emote and express some of their repressed bad feelings, and many people do uncover some truth about themselves; however mostly they do so, so they can quickly patch themselves back up, so they can quickly find the cause of their problem, and once they’ve found it, get back to living their old feeling-denying ways. They might have grown and changed a little within themselves, however they’ll still be full of other parts of themselves and other negative and unloving patterns of behaviour that are denying other feelings, and so other and deeper truth about themselves.

We ‘heal’ ourselves through feeling acceptance. We are not actually to try and change ourselves as such, we are to simply allow ourselves to be all we feel. When we try and change ourselves we do that by using our mind, which is still using our mind to dominate and control our true feelings. So we want to change, however understand that we are to only and specifically keep attending to our feelings, expressing and longing for the truth of them. And if any change is to happen, it will do so naturally because of that. So we are to keep our mind out of it. We are to express all those feelings as they come up; and to long for and want to find the truth of them. So we don’t try to do anything to make them go away, we don’t try and change ourselves into being a ‘better person’ or doing what we think we should do to help ourselves or others, we stop and don’t do anything (unless our feelings drive us to); and we stay with them, feeling as bad (or good) as they are making us feel, allowing them to be, allowing ourselves to have them, all as we want to know what they are all about. You are to just accept yourself wholly as you are, all the good and bad you. And although naturally you’ll want to change the bad aspects of yourself, you understand that such change will happen once you’ve seen the whole truth of being as you are, as shown to you through your feelings. So you feel bad, and you work to accept that you are this way by fully honouring, expressing and wanting the truth of those feelings. And you don’t do anything else. And when you see the whole truth of your unloving state, then you will change, then you will naturally move on becoming your true self. Then you’ll naturally change from being unloving of yourself and others, to being loving. Our Feeling Healing is all done through self-acceptance – through feeling acceptance. By arriving at a level of truth within yourself whereby you unconditionally accept yourself just as you are, all the good, and most importantly, all the bad. Understanding that how you are IS as you are meant to be, it’s what your soul and God want you to be. God wants you to be as you are in your unloving state, the truth of which you are to see through your feelings. And once you see it all, God will change your soul and transform you into being a wholly loving person.

However having said that, through your Healing as the truth comes to light, you will change. With every feeling you express out of you, you are changing, only what might not change will be some of your compulsive addictive behaviour as you require such things to keep helping you feel bad so you keep bringing out more bad feelings and uncovering the truth of them. These ‘bad’ parts of yourself and ‘bad’ behaviours might remain with you right the way through until the end. I bite my nails because of the deep trauma of being unlovingly treated by my parents. They disrespected me treating me like I was an impersonal border staying at their house. We had no real personal connection, the trauma and anxiety of which led me to bite my nails to express and even hide my pain and bad feelings that I wasn’t allowed to say to them. And I can’t stop myself doing it. I have tried and been successful for a time but then started doing it again. So it’s to be with me right to the end of my Healing as I need it to keep showing me that there still is something wrong in me, something that is causing me to feel bad, something more about myself I need to see the truth of. So all your ‘bad’ things might not go away,

some will, others might remain and even get worse. And they are not bad as such, only things that reflect the inner disturbance and denial you're in. They are good things really, things we need to be and do that help show us where our problems are by making us feel bad about them and ourselves. All of which is to help us see the truth of ourselves, the truth of why we are the way we are.

So we don't go to the doctor the moment we feel bad, we don't reach for and take that pill to block out the pain, we try and accept that we're feeling bad, staying with the bad feelings as we long for the truth of why we're feeling them. And then if the pain gets too bad and you have to give in and take the pill or go to the doctor, that's okay, only as you take it or as you go to the doctor, keep expressing all you are thinking and feeling, and keep longing for the truth.

So Feeling Healing is a way, and a **New Way** for people to work with their feelings allowing their feelings to show them the whole truth of themselves. And some of that truth is going to be very hard and hurtful to face. You might not want to discover and connect with all those terrible feelings you felt as a young child; all that terrible anguish, confusion and feeling so upset and demented because your parent or parents were mean and unloving to you; to relive any abuse you experienced, any rejection and feeling unwanted and uncared about, any nasty stuff that went on, because of all the pain that comes with it. However until you do go right back into it all, connecting back fully with it and bringing it all out and seeing the truth of what it was all about and how it made you feel and made you be the person you are, it will stay within you festering away, poisoning you, making you sick, crying out for you to pay attention to it, for you to stop denying those bad feelings and to instead go with and into those shut off traumatic parts of yourself that you fear and dread.

And it might help you to know, that although you might dread the agony of reconnecting with such horrible bad feelings from your past, the worst is already over, you've felt the worst during your childhood. As an adult, you can't feel any worse than you felt as a child. The pattern is set within you from your childhood, so all you can do is re-live it, re-feeling it to the degree you'll need to so as to see the whole truth of what happened to you to make you feel so bad. And the pain of that awful trauma as it comes to light through your Feeling Healing might be spread out over years of your Healing, so you might not have to feel it as excruciatingly as you did as a child. However you will feel it enough, all so you know how bad it was for you back then. So even though horrendous things might cause you agonising pain during your adult life, on a feelings level, as a child you've already felt and experienced that pain. However as most of the intensity and pain of being unlovingly parented as a child you will have blocked out and forgotten, so it can come as a shock, re-awakening and re-experiencing those buried feelings so you can bring them out uncovering the truth of why you had them.

So Feeling Healing is NOT about using your feelings and expressing your emotions to connect with the bad trauma of your early life, to clear or emotionally cleanse it away; then once that's done, once you've used your mind to falsely forgive the person or persons who hurt you, then it's all over and you can get on with the rest of your life believing you have successfully healed yourself.

Feeling Healing is about wanting to see the WHOLE TRUTH of yourself. It's about bringing all of yourself out. And particularly all the bad stuff. It's about wanting to see every aspect of yourself, your whole personality, and why any parts of you are not right; what happened to make you live against and so untrue to yourself. It's about wanting to understand and getting to know all that you are and why you are the way you are: what happened to you during each step and phase in your early development as a child, even during each experience, and how it's all come together making you the adult that you are.

It's about wanting to use your feelings to show you the whole truth of yourself. To see it, feel it all, connect with it, understand it, yet not try and do anything else. So it's not about using your feelings to

further deny yourself in other ways, it's to allow yourself to feel all your pain, to bring it all out so you can see what it's all about, and then to just fully acknowledge that you are the way you are – the truth of yourself.

So it's not about actually trying to change yourself as such, it's about just allowing yourself to be as you are but to work with your feelings to uncover the truth and reasons why you are that way. And when you have brought to light all the truth of yourself and expressed out of you all the pain and repressed childhood emotions and feelings, then you will change.

And the change happens naturally, organically; it happens as a consequence of you seeing the truth of yourself. So when you've seen the truth of all the parts of yourself that are unloving, then you will change and become loving. And it has nothing to do with your mind. Your mind and its controlling ways, all the patterns in place within you that it keeps going to stop you feeling and connecting with your feelings; all it's doing to keep you denying and being unloving to yourself, is progressively broken down to the point of it ending having such control over you. And part of your growth and increasing awareness of truth will be seeing how controlling your mind is. And then once that control has gone, your mind will fall into its rightful place of supporting you living a feeling-led life.

Living with your Feelings

We are to live life through and with our feelings. And with our mind in support of them. Mostly we are taught, and many people believe, the mind is god and using it to control and have power of our feelings is the right way to live. But it's not, that's very unloving and going the wrong way. Mind led and dominating people are very destructive – of themselves and other people. We are to live fully honouring and being true to our feelings, first; then with our mind helping us understand the truth our feelings bring to light, it helping us put all the pieces together of our early life that have contributed to us being the adults we are. We didn't have a mind when we were very young that was able to do that, and as we denied our feelings we used our developing mind to take over relying on it to make us feel good. So as we break down that control, we'll feel very bad, but those are all good bad feelings because we can use them to show us the truth of why we had to use our mind to take over.

We are to live fully embracing, honouring and accepting ourselves through our feelings, by fully embracing, expressing and accepting them. And this is being as loving to ourselves, and everyone else, as we can be. Love your feelings and you are loving yourself. Trying to love yourself using your mind is actually hating yourself. Many so-called self-love practices that teach mind techniques to increase your self love and to help you be more 'loving', are actually anti love. It's all mental love, using your mind to love, using it to make you feel loving because you believe you are, it all being round the wrong way. You will feel naturally loving when you feel naturally loving, you don't have to do anything and shouldn't do anything by using your mind to try and increase or awaken that love. If you don't feel love and don't feel you are loving, then that's the truth of yourself, so accept it, and start from there honouring those bad feelings, wanting to know with all your heart why you are not loving and why you don't feel loved. And when one day you've brought to light within yourself the whole truth of why you are unloving and feel unloved, when you've expressed all the pain and all the bad feelings you feel because of it, then you will become loving based on the truth of real self-acceptance. Something that's very different from a contrived and false mind acceptance.

We are to 'go with our feelings', however that doesn't necessarily mean acting on every feeling we have, good or bad. The action is to keep allowing yourself to feel what you are feeling, and mostly you don't have to do anything more. **You feel your feelings; and if you can, you speak them out loud – express them. And long for their truth.** We are not meant to live by merely doing what we feel to do all the time; we are meant to embrace our feelings, expressing (so mostly talking about) what we feel; and

even what our feelings make us feel like doing, all the while longing for the truth of them. It's a subtle process of ongoing feeling acceptance and the expression of them as we want to uncover the truth they are to show about ourselves.

You might feel like killing your mother because she makes you feel so bad, however you don't act on those feelings and kill her. Instead you allow yourself to feel fully how bad you feel, how much you want to kill her; you express your rage to yourself, a friend, to God, even to your mother if she is willing to listen. And you emote all your hurt and pain, you rage and cry and feel as miserable, upset, disregarded, hurt as you feel; you bring to light (you bring out of you), all the pain of how bad you are feeling that is making you want to kill her; and all the way along, you long and really want to know the whole truth of why you're feeling like that. And you'll find as you express it all, you'll go this way and that, you'll move into as yet unexpressed and hidden parts of yourself, and you might feel bad for an instant, a day, weeks, months or a year and more. You might cycle around again and again feeling like killing your mother because she makes you feel so bad, yet you don't kill her, you just keep working to express all the bad feelings and emotion as you long for the truth of why you have these feelings. And you'll see, gradually a picture about yourself and your relationship with her will evolve, understanding will come – the truth; and your relationship with her will change to reflect the increasing truth that's growing inside you. All as your feelings lead the way.

And you don't use your mind to try and forgive the person who's causing you to feel bad, to try and override your pain and anguish by making excuses for them and blaming yourself for being bad or wrong; you simply stay with your bad feelings, expressing them and longing for their truth, until you no longer feel bad anymore. And it can take a very long time, many years, but one day there will be no more bad feelings to express out of you, as they will have all come out. And in the truth of yourself you will then be living natural understanding, forgiveness (should it need to be there), faith and acceptance, and best of all: love.

Spiritual Life

And this can be your spiritual life. Living true to yourself and your feelings by expressing all you feel and wanting the truth of them. And the truth as it evolves and grows within you will guide you deeper into yourself, closer to the truth of your soul, helping you understand the fullness of your personality, and also closer to God. It's how to live a true spiritual life. One from your feelings and not one with your mind.

If you want a close and personal relationship with God; if you already have one and yet want it to grow even more, then as you grow in truth through your feelings, that will naturally happen.

The Divine Love

And at any time you can long to God for Divine Love; just as you can long for the truth of your feelings. You can ask God to help you uncover the truth of your feelings; to help you feel all you need to feel so as to see all the truth God wants you to see about yourself.

You can relate to God as your true Spiritual Mother and Father.

And you can talk to Them as you would your parents or anyone else.

Be yourself with Them, love Them and hate Them, if that's how you feel. Rage at Them at the injustice you feel because They have given you such a shit life and keep making you feel bad. Express all your pain to Them. Relate to Them through your feelings. Express all your bad and good emotions to Them. Tell Them everything.

And keep always longing for the Truth.

And long to Them, your Mother and Father, to fill your heart and soul with Their Divine Love.

Want to be loved by Them; tell Them you want to feel Them loving you; ask Them to show you through your feelings why you don't feel love and why you're not loving, if that's how you feel about yourself. Ask Them to show you the truth of yourself through your feelings. And ask Them to help you express your feelings, to stay true to them, to bring them all up within you.

Your feelings and your life

Your feelings can be your whole life. They will lead you in life through the truth that comes from them. It can be a spiritual life, a life of ever growing truth, understanding and awareness, all from loving your feelings. To be able to love yourself including your bad feelings. To understand they are vital to your well being even though they make you feel bad. And to understand that you won't have to always feel bad or be subjected to your bad feelings, that they will one day no longer be there once you no longer need them to show you anymore truth about that part of yourself – that they will leave you once you've expressed them all out of yourself. Once your feelings show you the truth, then they are no longer needed. So you move onto other feelings to help you reveal more truth about yourself.

And one day you will finish your Feeling Healing, either whilst on Earth or when you die and move into spirit. In your spirit life you will still have all your feelings and feeling-denying mind patterns, so you can still work on yourself to heal yourself of that unloving way of life.

When you are fully true to yourself in how you are now, that being truly accepting and understanding of how and why you feel bad in all the ways that you do, then you'll be ready for your soul and God to transform you into a fully loving life, one in which you'll feel good, fully self-accepting, all-loving and true.

And you will have grown (or ascended in truth) to a level that is equivalent to that of the Celestial spheres. So you will have moved through the lower levels that are all part of one's feeling-denial, and into the higher feeling-accepting levels.

Currently (2019) there is no one on Earth living a Celestial level of Truth having completed their Feeling Healing, and Soul Healing with the Divine Love. The truth of how to live true to your feelings and long for their truth is only now being revealed and made available to people to help heal themselves. So should you want to live this way you will certainly be a feeling-pioneer. And as to how much you want to work with your feelings is entirely up to you. Some people are currently content to learn about it and yet not work actively on themselves with their feelings, feeling when they move into spirit they might start their Feeling Healing. It might not be appropriate for you to devote yourself to such a feeling-led life. Or you might begin, progressively moving deeper into it as you feel to. There is no right or wrong way to do it, no easy 'ten steps' to follow, it is for you to work out for yourself through your feelings how your feelings will lead you to the truth of yourself.

People can now look to their feelings for the truth of themselves, as they willingly choose to live **Feelings First Spirituality – The New Way**. And perhaps it might be you ending your feeling-denial and living the whole truth of yourself.

Feelings First Spirituality – The New Way

(Children)

Feelings

Your feelings are very important. They are you – you are your feelings.

When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.

But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.

And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting

to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.

If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

God will you show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time. Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.

And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.

Feelings First Spirituality – The New Way

The Bigger Picture

We all grow up denying many aspects of our self. So, many of our bad feelings.

Our feeling-denial is passed onto us by our parents.

Generation after generation passes on its feeling-denial.

And it's been going on for two hundred thousand years. That's a long time and much denial, which is why our negative and unloving psychological and behavioural patterns are so ingrained and complex.

So humanity had been denying itself the truth it would have found through its feelings all this time. And yet that is now all changing. The denial of truth is ending. You can end it within yourself by doing your Feeling Healing; or your Soul Healing with the Divine Love.

All those years ago higher spirits that were meant to look after and guide humanity through its evolution and growth of Truth through its feelings, turned against God saying God didn't exist and that they knew better. So began the Rebellion against Truth on Earth. It all being expressed by making the mind take over from feelings. The rebellious anti truth way is the mind way, and it's unloving; the true and loving way is through feelings.

Then to cause us even more problems, other higher spirits that were to come to Earth and also help us spiritually grow, Defaulted, further adding to and complicating our self- and feeling-denial and our denial of truth and denial of God.

Then two thousand years ago Mary Magdalene and Jesus came to Earth ending the Rebellion in spirit. However it kept going on Earth along with the problems of the Default. We took all Jesus revealed and added it to our rebellion against the truth, and against him and Mary, and against God. We contrived anti-truth, unloving, feeling-rejecting religions in his name, all furthering our feeling-denial.

Now other events have taken place finally bringing about the end of the Rebellion and the Default; the Evil Ones, the bad spirits and their associated fallen angels, are no longer negatively influencing humanity. We are finally being left alone so we can get on and heal within ourselves the consequences of the Rebellion and Default we've been subjected to. So heal our personal rebellion against the truth of ourselves by ending our feeling-denial.

Doing our Spiritual Healing by looking to our feelings for the truth they are to show us, is the way we can fully heal ourselves of all the pain and suffering we're in, ending our feeling and truth denial. Slowly coming to love ourselves truly, rather than being untrue and hating ourselves, as we pretend we love ourselves.

Every 12 - 13,000 years the physical Earth goes through a big change. The last time this happened it killed most of the mega fauna and many other species along with most of humanity. So through each of these successive phases the Evil Spirits overseeing the Rebellion and Default have brought about new ways for people to experience living untrue to themselves. And during this current phase we're in, a phase that of itself is soon going to end, humanity under the influence of the Evil Spirits, brought into being all the religions and spiritual philosophies we know today. And all of these religions and Old and New Age spiritual philosophies, are helping those people who follow them to further their feeling and truth denial. All we do, all we believe, all we think is helping us, has all come about during this phase still within the Rebellion and Default. So most of what we do and how we are is wrong, it's not actually helping us or truly making us feel good. We are all living within the greatest conspiracy ever to befall humankind, and mostly we don't have a clue about it.

So as this current phase ends, so too is new truth, insight, understanding and revelation being given to humanity. That which is called: **The New Way**. And with this new way, people will be able to choose to look to their feelings uncovering the truth of them, finally being able to set themselves free of their rebellion-by-default against themselves (their own soul), against the Truth, and against God. By default we find ourselves unwittingly inducted into the Rebellion, and now we can knowingly get ourselves out of it.

Humanity is now able to enter the next Earth and spiritual phase understanding how it can become truly loving, ending all its pain and suffering. How people can live happily together without the negative and unloving controlling influences of the mind that have so heavily dominated us all, through all the various power structures we've created.

People are now being given the way to fully heal themselves and become of a Celestial level of Truth whilst living on Earth. And when people who've fully completed their Soul Healing with the Divine Love have children, then Earth will see the first true children being parented by the first true (Rebellion free) parents for two hundred thousand years.

If you feel bad, you can now use those bad feelings to find out why. You can use your feelings to uncover the truth of all your pain and to see why you have all the problems you have. You can use your feelings to uncover the truth of all your relationships, the ones from your early life and with your mother and father, and all the current ones in your life. You can use your feelings to understand why your relationships fail if they do, why you get sick, why bad things happen to you, how all such things have come about from things that happened to you during your early life and formative years, all resulting from the unloving patterns established during your childhood. You can use your feelings to uncover the whole truth of yourself. To end your feeling-denial; to live true to yourself.

However doing your Feeling Healing or Feeling-Healing with the Divine Love (Soul-Healing), is long and hard. We all have masses of unexpressed feelings, awful feelings, buried in our soul, all of which have to come out. And although bringing them out is liberating and healing as you see the truth, it is still very difficult to do as you have to confront and break through all your unloving negative mind controlling patterns that are keeping you firmly locked and trapped within in your feeling and truth denial.

But you can start by wanting to accept that you feel bad, staying with the bad feelings when you feel them, trying to speak and express them to yourself, God, your partner or friend, and wanting to know the truth of them. You can begin your Feeling Healing now and slowly work your way into it, completing that which you don't do during your Earth life when you are in spirit; or you can throw yourself into it, making it be your whole life as you work towards uncovering the whole truth of your self-denial and rebellious ways; as you advance towards becoming of a Celestial level of truth and fully healed living true to yourself, true to your feelings, and true to God.

We do our Healing to uncover the whole Truth of our self through our feelings. We don't try to change ourselves, although of course we want to change being bad and all our feeling-denial ways. Yet like all our feelings, we express that desire to change, however we restrain from using our mind to change ourselves, because ultimately, it doesn't work. We allow ourselves to feel all our feelings looking for the truth of them, and as we grow in truth and liberate by expressing all our feelings, all our pain, we one day will get to the end of seeing the whole truth of our rebellious unloving state, and then it will be over, it will end, we'll be set free of it. God through our soul will change us, and we'll become wholly self-loving, a fully loving person, no longer denying any part of ourselves. We will be Free of our torment, pain and suffering.

To conclude: Living True To Your Feelings

Possibly most people won't want to do their Feeling Healing because they feel relatively good about themselves and their lives. And they can deal with a few bad feelings every now and again, however it's not a big deal. And they might not feel bad about their early life, having enjoyed it and felt wanted and loved.

And that Feeling Healing is really to appeal to the person who doesn't feel good, has never felt good, or feels very bad and wants to know why. And wants to know why all the way back to their very beginning, back through all the stages of their childhood seeing what happened to lead to feeling so bad.

Every aspect of your life will benefit from living true to your feelings. If you want the most out of life and the most out of your relationships that make life the joy it can be, then expressing all your feelings, including all the bad ones you might be inclined to deny, will add to its fullness.

Denying your self by denying any feelings will only cause you problems, difficulties and more suffering in the end.

If you are happy you'll probably not want to do your Feeling Healing – looking hard into your bad feelings to uncover their truth. You'll more than likely not feel that bad or not even bad at all, and so just living by expressing all your feelings the best you can will enhance that happiness.

For people who've 'come to the end of the line', who don't feel happy or loved because they feel too bad, then working deeper into your feelings by doing your Feeling Healing, wanting to use them to find the reasons and truth of why you're not feeling good, might be all you've got left to do. And should you commit yourself wholly to your Feeling Healing, as hard as it might be to do, it won't let you down.

Accepting and expressing ALL your feelings will help you in life.

And should you want to go deeper into yourself, wanting to know the whole truth of why you are the way you are in each aspect of yourself, then your Feeling Healing will be worth doing.

And should you want to end it all – all your pain and suffering, all your feeling bad, all your rebellion against the truth of yourself, all your unlovingness and being untrue, then doing your Feeling Healing is the only thing you can do. And it's going to take time and a lot of feeling bad for a long time as it comes up to be expressed out of you. But one day it will be gone, it will all be over, and you'll be happy, loving and true.

In this educational series:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

PASCAS
PAPERS

FEELING HEALING is to LIBERATE OUR TRUE SELVES:

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

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

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

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

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

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

MIND



SOUL



WE ARE NOT MEANT TO BE ALONE:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make yourself feel better.



And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.

‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

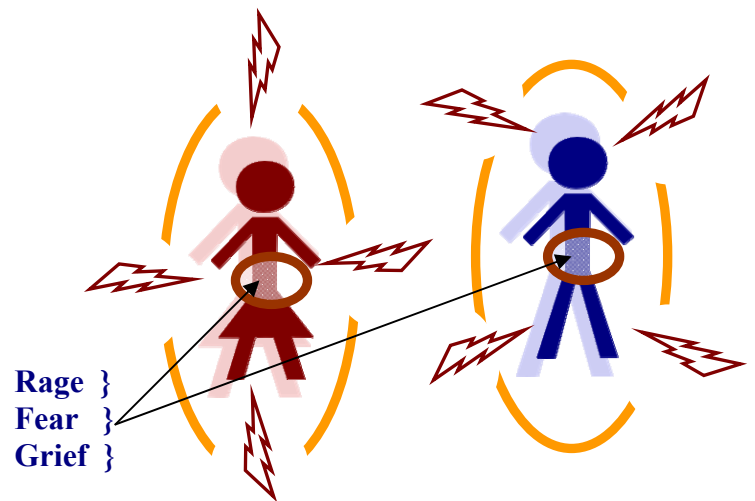
WE ARE KILLING OURSELVES! Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

'Humanity (us) has to learn about every aspect of life from behind the eight ball. It's not only last in the race but it's going in the wrong direction. It needs to stop. To come back, and not do what it doesn't want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

'It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

'Humanity has practically tried everything else and look where it's got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they're not deceiving themselves?

We bring about illness within our physical body by not expressing and releasing our childhood injuries.



'We all have felt that angry during our childhood. We can't feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

'That's what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

'It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it's conditioning our lives. And it won't go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn't mean we are Happy Larry deeper down inside. And one day if we don't acknowledge that anger it's going to show, it'll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that's causing it all would. So what do you want to do? It's always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.'

What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

The Drama of Life:

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

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



**Feeling
Unloved
and
Unwanted**



**EMOTIONAL
ABUSE from
PARENTS**



We, as parents, were born into the Rebellion and Default, having no idea it existed or what it was about. The Rebellion and Default formally ended on 31 January 2018. We now understand that through suppressing our children's true personality, having them live through their minds rather than through their soul-based feelings, this suppression and repression practiced world-wide has induced universal depression. Only through Feeling Healing, longing for the truth behind all feelings, both good and bad, and expressing all that comes to us, will we free ourselves of these errors and heal ourselves. Vibrancy and truth is our destiny!



Suppression & Repression = Universal Depression

Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

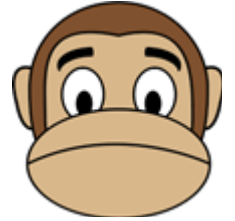
Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time

ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



And to spiritually help us, we are to understand:

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

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

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

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

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

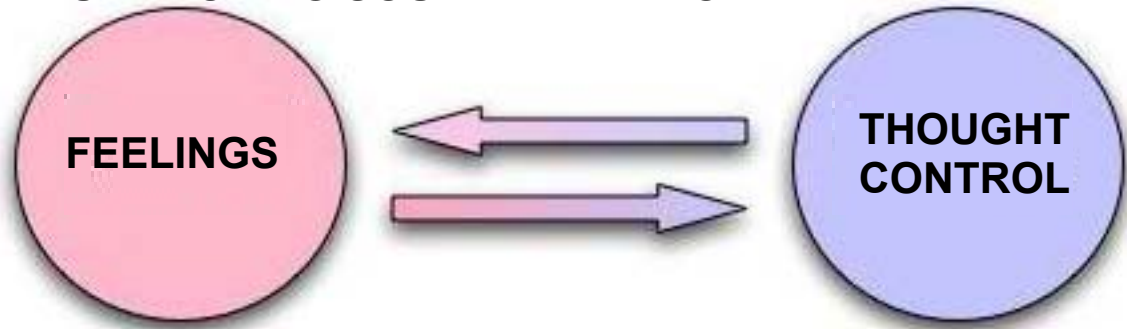


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.



TRUTH LOVING SOUL V ERROR INFLICTED MIND

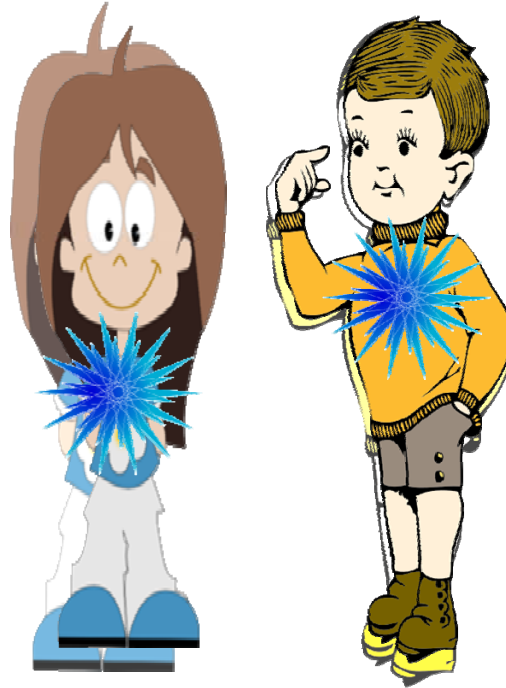


SOUL:

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

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

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



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

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

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

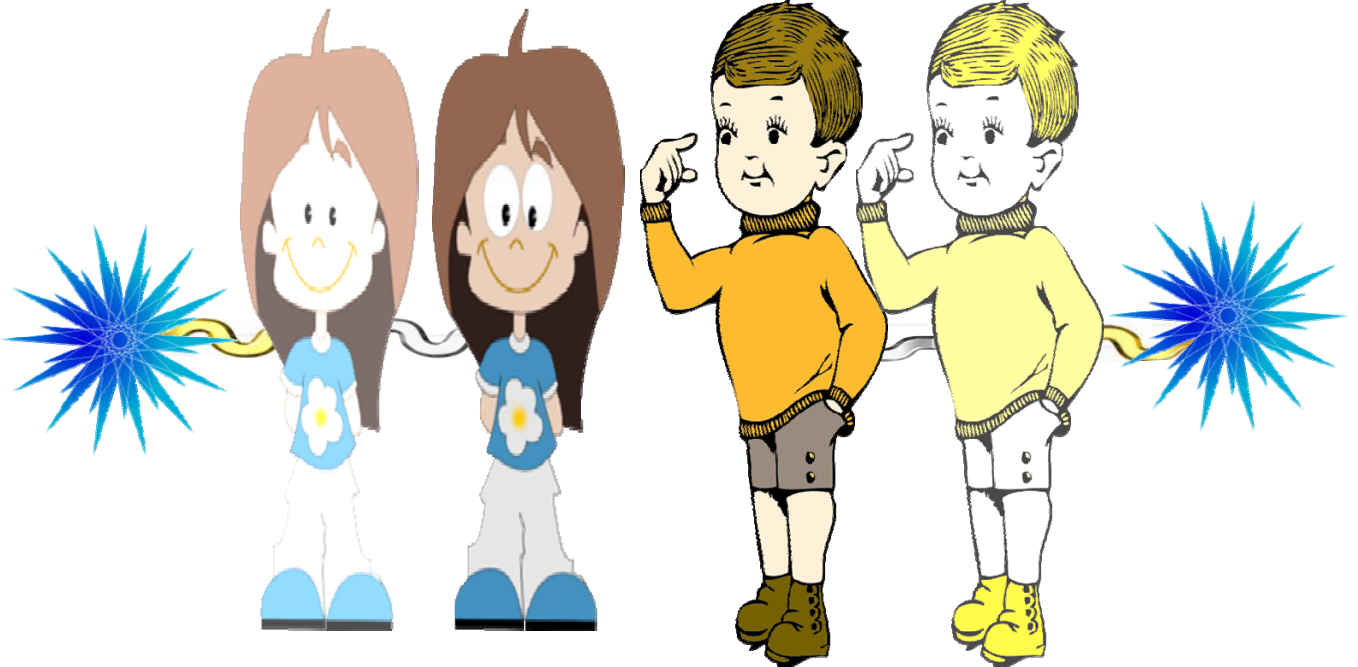
95%+ of humanity currently are within the 1st sphere of development.

PERSONALITY

Soul Spirit Body Physical Body

PERSONALITY

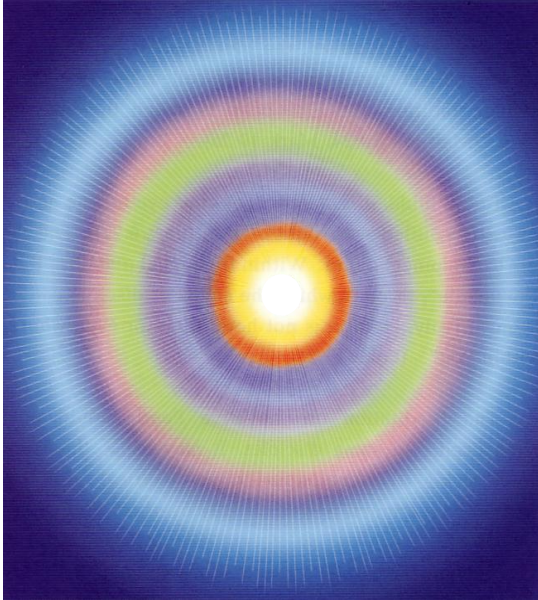
Physical Body Spirit Body Soul



DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

P E R S O N A L I T Y



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

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.



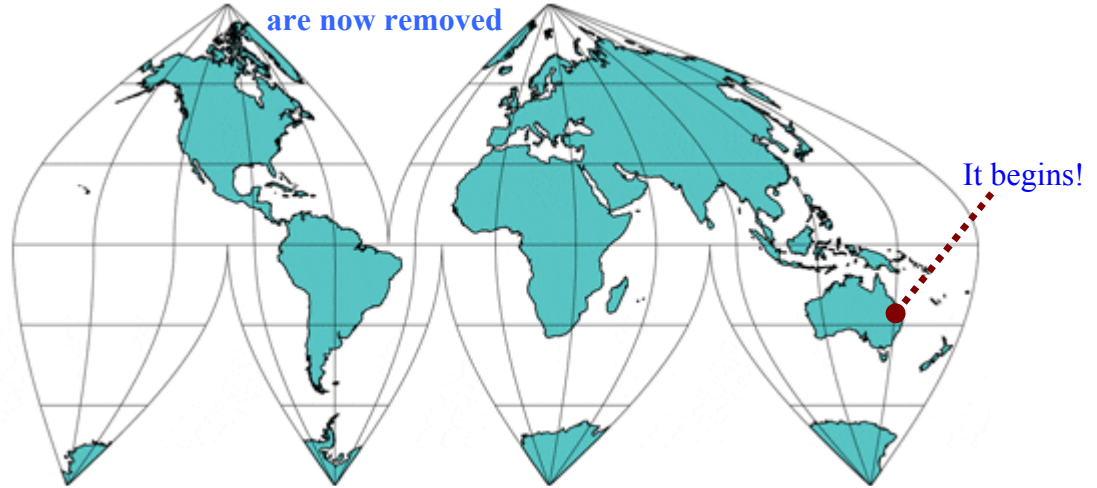
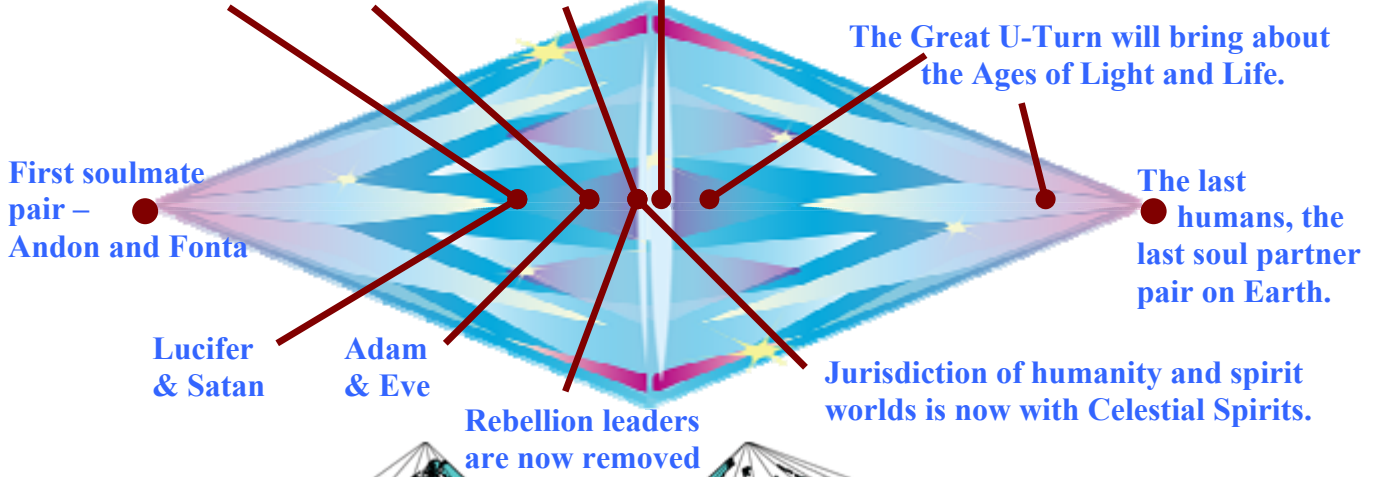
ALL complementary health and healing modalities around the world are engaging the mind to suppress emotional injuries and pacify the client / friend / patient with almost instantaneous relief. Only the soul can heal – not the mind – mind engagement is temporary. Many healing modalities do commence to 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.

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.

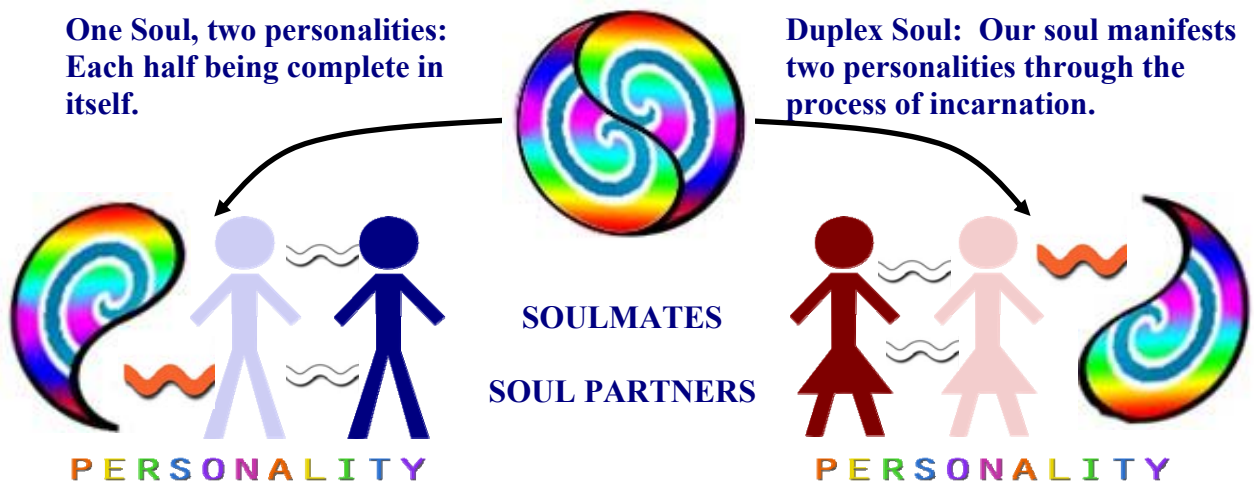
Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.



One Soul, two personalities: Each half being complete in itself.

Duplex Soul: Our soul manifests two personalities through the process of incarnation.



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 with Feelings First

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

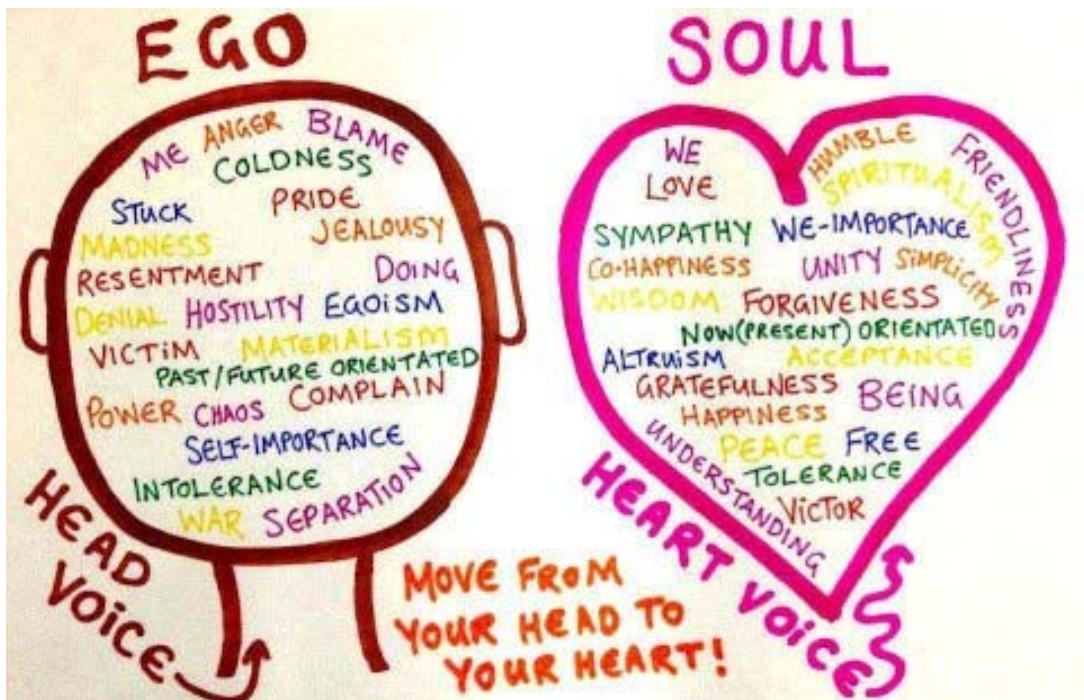
Feeling

Defined path (God created)

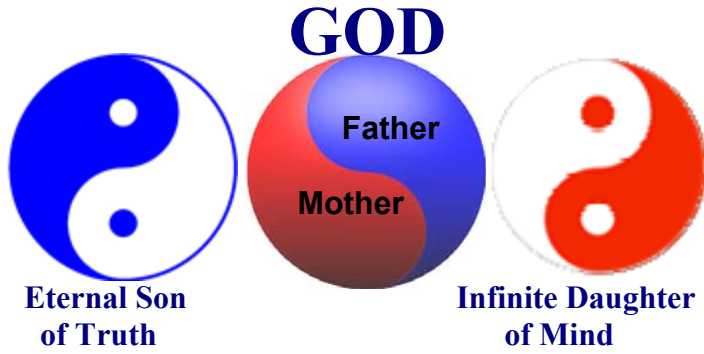
Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



CREATION of SOUL and SPIRIT:



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



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

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

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

A nature spirit is an angel in waiting.

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

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



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

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

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

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



Feelings first

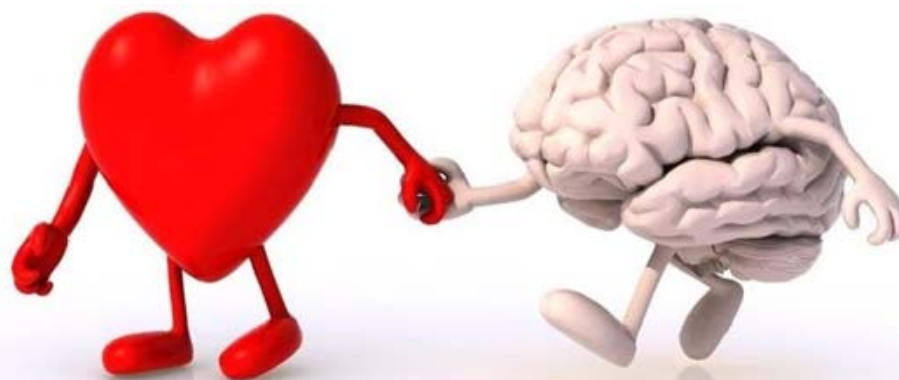


In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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



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

Feelings *first*

FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!

It is through our feelings that we connect and communicate with our Heavenly Mother and Father. It is Their Truths that we feel. This is our pathway to freedom, to a joyous existence, a way of living that is so wonderfully light, in as much as our steps forward are always with ease and a true expression of our real personality.

Feelings First is a way of living that liberates all that is unreachable via our minds.

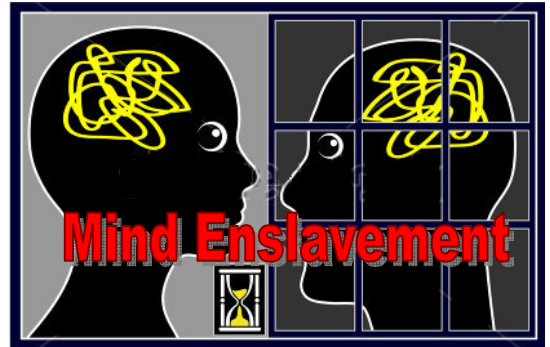
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2019, we have been provided with the way to liberate our true personality.

We are to embrace our feelings, our soul based feelings, and through them we will find our freedom, and within this freedom we will find the way to heal ourselves of all our repression and suppression, most stemming from our forming years, our childhood from conception through to around the age of six years.

Oh the wonders of becoming superkids. That is, to begin to naturally express ourselves, that being truly the personality of who we are, the personality vested upon us by our Heavenly Mother and Father.

As emotional feelings begin to emerge, we are to long for the truth behind such feelings, both good and bad. It is the longing for the truth of our feelings that has been ignored by us for all these centuries. Instead we have subjected ourselves to our minds that cannot discern truth.

As we shed the encrustment of errors and injuries imposed upon us by the misbeliefs of our physical parents, we can ask for and receive our Heavenly Parents' Love, Their Divine Love, and in this way we will begin to divine ourselves, leading us to the Celestial Heavens.



Feelings First
Feeling Free



SUPERKIDS

Natural self Expression through Feelings

Self Empowering
Self Revealing
Self Loving



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

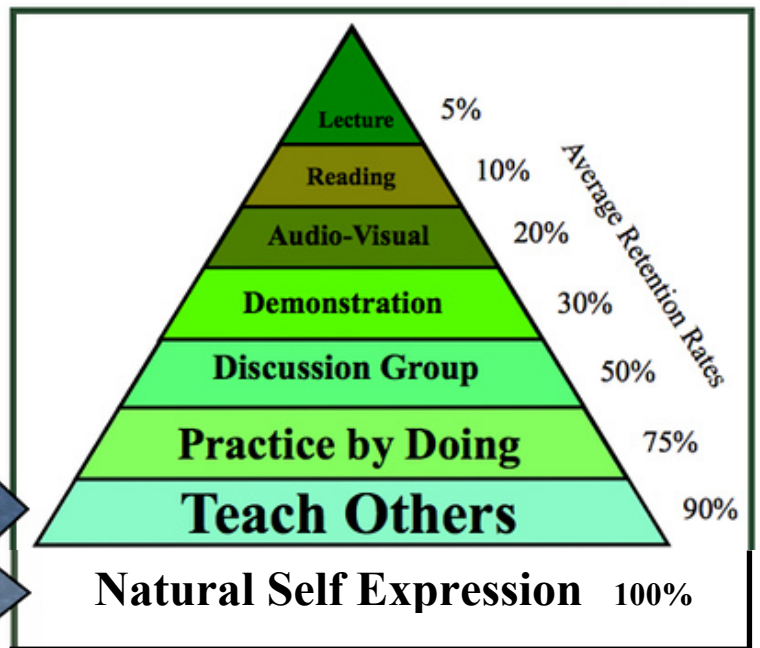
Our Feelings are our Truth



apply your will



The Learning Pyramid



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

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 you get to know God, helping you to reach out, connect and be personal with God, and do God’s Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good!
Accept your bad feelings.

The full acceptance of your bad feelings – and seeing the truth they are trying to show you – comes from having expressed or spoken about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

BAD is GOOD So go with your darkness, allow yourself to be that horrible unloving person you've always secretly dreaded you are. Just allow yourself to feel all you feel about it. Bring up all those dreaded evil feelings, bare your soul, confess it all, and like the poison it is, **GET IT OUT!**

This is how to love yourself. This is being truly self-loving, and as you are loving of yourself, so will you love others. As you unconditionally accept all you feel, so too will you unconditionally accept them, and so all they feel. You will allow them to be the true expressions of themselves. You'll stop all those controlling mental things you do that helps them deny their bad feelings. You'll be happy to allow everyone to express all their yuk, as you express yours.

We are told that it's good and loving to be unconditional, but to do it, or try to be it with only your mind, is wrong, it's false and it's very conditional. Dump the belief, certainly want to be that way, but understand that it only comes naturally as you submit to all your bad feelings, loving yourself by allowing yourself to feel them. Anything you try to do with your controlling mind, trying to control yourself, give up – or at least want to. Occasionally through your healing you'll feel you have to assert your will and it can take a lot of considerable effort to do it, and you will so need to apply your mind. But as you will feel, such motivation will come from a deep feeling, a feeling of wanting to assert your will this way, and when it's there, you can do it. And it's all the same, simply going with and accepting how you feel.

Self-love through feeling acceptance will help your mind give up its control. This will hurt, be hard to do, but the controlling patterns can be broken. Acceptance as always is the key: accepting being one of the main attributes of love. Accepting yourself is loving yourself – **ACCEPT ALL YOUR FEELINGS, ACCCPET ALL YOU FEEL YOU ARE, ACCEPT YOURSELF.** Love.

Doing your feeling-healing is telling your story.
It's telling the truth of your whole story.
And it's all for you.

Living true to your feelings:

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

Our Guides on Duty...



OUT GATEWAY ISOLATION



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

Library Downloads – Pascas Papers

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

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

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

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

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

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

Introduction to Divine Love Spirituality

<http://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

Welcome to LOVE – the Religion of Feelings

Feeling Healing**you can heal yourself through your feelings**

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

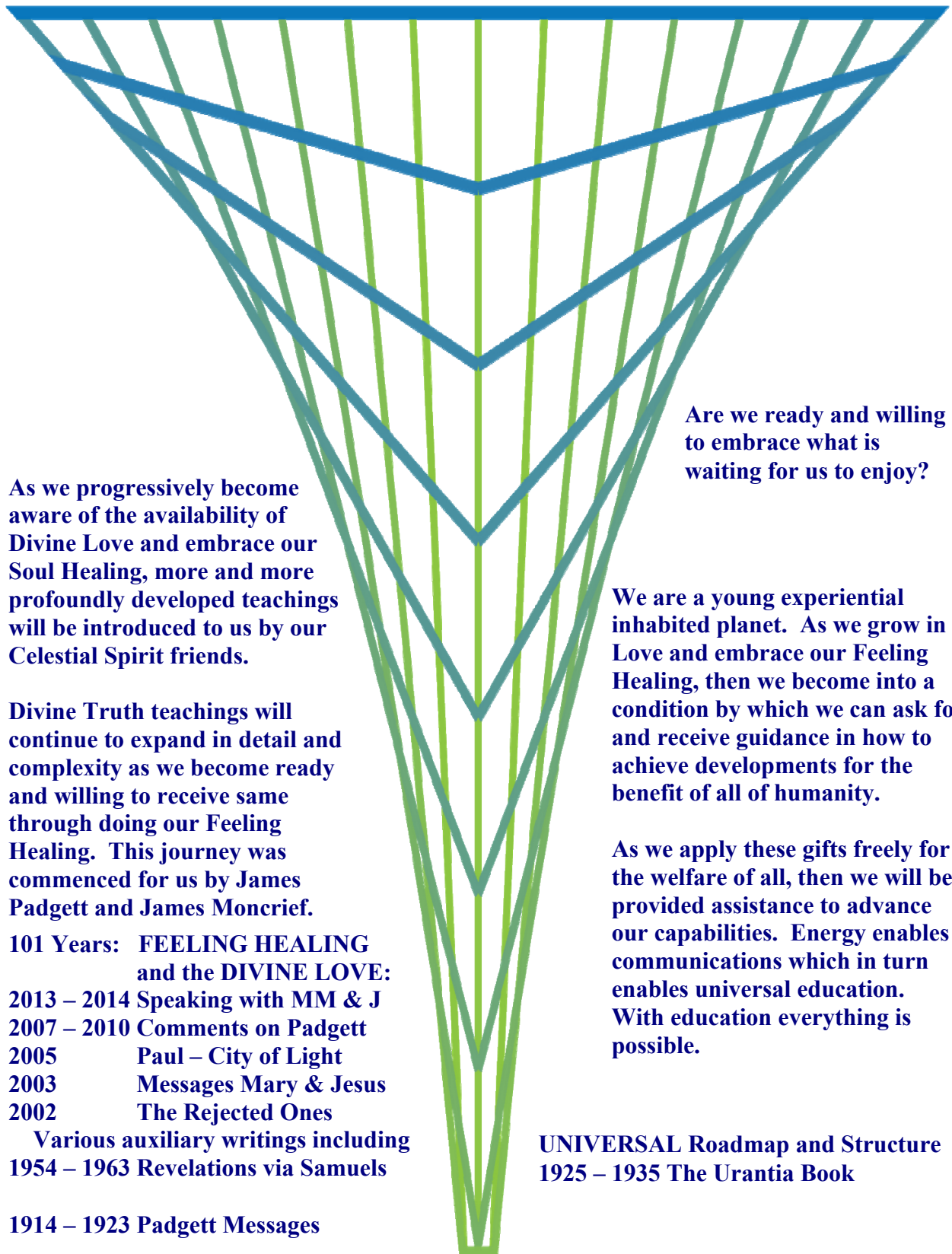
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women’s Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Healed potential



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