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## *Solutions thru Revelations*

Solutions thru Revelations is aspects of the collective guidance drawn from revelations by Celestials that commenced on the 31 May 1914 and continue today. What is introduced here is an overview of key aspects for the reader's awareness and consideration. There are many other freeing and wonderful aspects for considering Living Feelings First. There is no obligation upon anyone to do anything. There is no hierarchy of control and no intention to require anything of anyone. Your feelings will guide you.

As we open our awareness of to our feelings, our internal truth and love, we can then become aware of the wonderful potential that we each hold within ourselves. As we embrace our feelings and long for truth then we will discover our pathway home and the incredible journey that beholds us. We presently physically live in incredibly difficult circumstances, however our experiences will provide us with potentials and journeys that few other humanities may benefit from. Truth is so incredibly freeing and it is available to each of us from within – through our soul-based feelings!

The imposition of the Rebellion and subsequent Default upon humanity is ingenious. It is so incredibly effectual that it is self-perpetuating. It is little known or understood that Rebellion was imposed upon Earth's humanity some 200,000 years ago.

Even though the Creator Daughter and Son had the leadership, being high level Lanonandek spirits from within our local universe, of the Rebellion and Default arrested and put into spirit world prison upon the commencement of their public work here on Earth in approximately year 26 CE. And now the Avonal Pair have had the Planetary Prince for Earth, lower level Lanonandek spirits, also placed in spirit world prison, at the commencement of their personal healing of what they had taken on of the Rebellion and Default, that being in 1993 CE, the Rebellion and Default in all of us continues on and we continue to pass it on to our children.

What was progressively imposed upon Earth's humanity is the belief that should we embrace our minds as being all powerful and the way to live being mind-centric then we could become like mini-gods. We have subsequently ignored and suppressed our feelings, our soul based feelings which are always of truth and consequently love.

Now we see the domination of the mind throughout every aspect of our living. It is all pervasive. Our mind is part of our spirit body, not of our soul. Our mind cannot discern truth from falsehood, it is addicted to untruth and it is addicted to control, control over our environment and other people. Consequently our life is dominated firstly by the controlling natures of our physical parents, then our educators throughout all levels of schooling and higher education. Our spiritual teachers are all centres of control though they do present themselves as social communities. At every phase of our progression on Earth we experience a focus upon developing our mind and the avoidance of our feelings.

It is our feelings that are expressions of our true personality. By the time we are six years old we are totally entrained to present the façade of the personality that our parents have imposed upon us. We continue on throughout our life being the personality they considered best for us while suppressing the personality that our Heavenly Mother and Father blessed us with. None of the religious organisations consider this incredible crime imposed upon every child, they continue unknowingly with the imposts of the rebellious Lanonandek spirits.

Truth is always the same. There can only be one truth. Yet there are some 3,400 significant religions and when you add on the minor denominations we have around 50,000 different religions presenting the one truth – all of them embracing the development of the mind to the exclusion of our feelings.

Dr David R Hawkins observed in his kinesiology muscle testing research that the peak that we may achieve in living mind-centric is 499 on his Map of Consciousness (MoC). He was unaware of the core driver of this limitation. Interestingly those who continue on living in the spirit Mansion World being mind-centric without any feelings development remain within the 1<sup>st</sup> of the Mansion Worlds which has a peak potential of MoC 499. There are seven spirit Mansion Worlds that we need to progress through prior to entering the first of the Celestial Heavens.

That is, high level leaders of Earth's humanity induced the people to live in a manner that they could not and cannot evolve from. We of Earth cannot grow and evolve from the conditions that are limited to the 1<sup>st</sup> spirit Mansion World without embracing our feelings. While we live mind-centric and suppress our feelings we are limited in our capacities to that of 499 on Dr Hawkins' Map of Consciousness and that is also the limit of growth applicable to living in spirit within the 1<sup>st</sup> spirit Mansion World.

In this way, these high level spirit leaders have held us within their domain for their long term goals which has been to expand their spheres of influence upon other humanities throughout our local universe. This has been our entrapment for the past 200,000 years. We can now put that aside and evolve.

While we continue to live as our parents did and how they taught us to live – mind-centric and put aside our feelings – we will remain in the prison of our minds being of the Rebellion and Default even though these high level spirit leaders are now all within spirit world prison. We now have to heal ourselves each of what we have personally taken on of the Rebellion and Default.

It takes a person of a higher level of consciousness to solve a problem than the level of consciousness that created the problem. Albert Einstein was correct with his observation.

The Lanonandek spirits are a group of spirits from within our local universe. Lucifer and his soul partner were the System Sovereigns of Satania, the name for the system of 1,000 inhabitable worlds of which Earth is one of the 619 inhabited worlds within Satania. Lucifer and his soul partner, as well as his deputy Satan and his soul partner, have never been to Paradise, the home of our Heavenly Mother and Father. Consequently, they adopted the belief that God does not exist.

As Lucifer became impatient with the co-regents of our local universe of Nebadon, namely the Creator Daughter and Son, Mary Magdalene and Jesus, and as they had never met our Heavenly Mother and Father, they rejected the understanding of the existence of God and rebelled against the co-regents. The System Sovereigns coerced the Planetary Princes of 37 worlds throughout our system of Satania to join into the Rebellion. Earth is one of these 37 worlds having Caligastia soul partner pair as its Planetary Prince and their deputies being the Daligastia soul partner pair. When we refer to the 'devil' we are referring to Caligastia.

The first physical step of bringing into reality the ending of the Rebellion on Earth was 4,000 years ago when Machiventa Melchizedek manifested outside of Salam, a little north of Jerusalem, to begin tutoring

Abraham in 1980 BC. It was 2,000 years later in 26 CE when the Creator Son, Jesus, commenced his public work that brought about the arrest and imprisonment of the Lucifers and Satans, the arch leaders of the Rebellion. It was through the attainment of full co-regency by Jesus and Mary Magdalene over Nebadon that enabled them to bring about the availability of Divine Love for all of the inhabited physical worlds, being 3,840,101, throughout Nebadon and also to open up the healing spirit Mansion Worlds and their associated Celestial Heavens. Prior to this event, spirits from non-rebellious worlds were living in greater Nebadon in their perfect Natural love, awaiting the last and full bestowal of Mary and Jesus on Earth so they could partake of the Divine Love becoming divine as the whole of Nebadon moved to express the divinity of their Sovereigns. And from then on, we rebellious spirits from Earth can do our Spiritual Healing, perfect our Natural love and become divine, thereby ending being of the Rebellion and Default, and joining the other spirits by also becoming divine Celestial spirits of Nebadon.

Further, with the commencement of the Rebellion some 200,000 years ago the interaction between Earth's humanity and Nature Spirits was stopped. All spirit interaction with Earth people has been very limited and of a low level. Few progressed in the development of their minds further than what we presently observe with people here now on Earth.

The Creator Daughter and Son addressed the needs required on the federal level – assisting all humanities throughout Nebadon. Now, 2,000 years later there is another pair also from Paradise, the Avonal Pair are here physically on Earth to specifically address the needs of Earth's humanity in how we are to address and end the Rebellion and Default in each of us. We can say that the Avonals address state issues – one world and humanity only. Being in Rebellion and Default is unique to Earth. There are Avonal Pairs to go to each of the 37 Rebellion worlds as each world has different conditions and experiences. It has taken all of the past 2,000 years to bring about the conditions to be able to end the Rebellion and Default on Earth. Recall that 2,000 years ago there were no Celestial spirit personalities anywhere in our local universe, let alone those from and supporting Earth. There was NIL! These have now built up in numbers sufficiently to support the Avonals on their quest and mission on Earth.

Each of the Avonal Pair had impressed into them during their early childhood formative years and throughout their life, the extremes of the worst of the Rebellion and Default. In this way, through their individual healing of these imposts they are now able to lead and show all of humanity how we are to heal that which we each have taken on of the Rebellion and Default. It was in 1993 that the Avonal Pair began the process of Feeling Healing. To commence they had to become aware of the Padgett Messages and the availability of Divine Love. This they did and this also triggered the arrest and spirit world imprisonment of Caligastia and Daligastia, both in 1993. The process of Feeling Healing has been long and arduous for each of the Avonals as they are both dealing with the extremes.

Like the Creator Daughter and Son, the Avonal Pair are from Paradise and they also have Spirits of Truth. It is through these Spirits of Truth that we each are able to draw support and guidance from should and as we progress through our personal Feeling Healing process. The Avonal Pair's Spirits of Truth will be available for all of Earth's humanity for the whole of the Avonal Age which will be for the next 1,000 years.

So, just how incredibly entrapped are we? And now we are being shown how to free ourselves!

Aspiring to Living Feelings First

*Brian Iverach, Dean Rowley, Helen Adam, Graham Golding,  
Ian Dowling, Jim Baker, John Doel and Peter Wildin*

Pascas Foundation (Aust) Limited

# *Solutions thru Revelations*

1. CHILDHOOD SUPPRESSION
2. EDUCATING and LEARNING
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19. PARENTING – this is a MYSTERY!
20. LIVING THE NEW WAY is the PATHWAY HOME!
21. PATHWAY HOME
22. And there are many more aspects and insights to consider, all provided by and through our Celestial Friends in this time of the Great U-Turn.

*Celestial Insights*

**PASCAPERS**

## 1. CHILDHOOD SUPPRESSION

From the moment of our conception (16 days before incarnation which is when our newly forming foetus first commences to pump blood) we are infused with our parents emotional injuries and errors of belief, literally like being circled by firemen with their fire hoses on full blast. This continues throughout our gestation. Then following birth our parents and carers endeavour to turn our personality, the one given to us by our Heavenly Parents, into what they consider is best for us, to be like our parents! By the time when we are six years old, which is when our Indwelling Spirit arrives, we have capitulated to present a persona of being like one or the other of our parents (meet me and you meet my parents or one of them).

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

This steps down each seven years as the child matures



From conception to  
age 6 or 7

From 8 to age 14

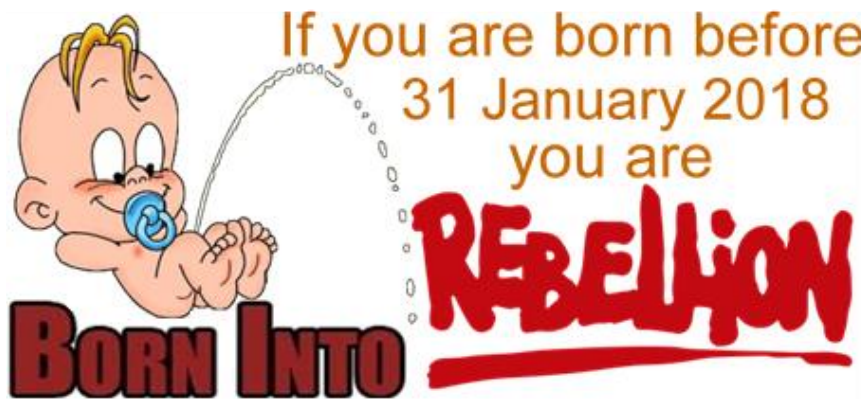
From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

The child is now limited to a life that mirrors its parents potential at best. When the parents begin to heal themselves of their personal Rebellion and Default then their progress also passes through to their children.



To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those imposts of the Rebellion and Default through parents' Healing.

Mind you, should you be born AFTER 31 January 2018 then you are still born into Rebellion and Default to the extent to which our parents are of the Rebellion and Default.

We will calibrate on Dr Hawkins' Map of Consciousness at the same level as one or the other of our parents. This has been unfolding like this for generation after generation. That is why nothing can be resolved throughout society until some personalities with higher levels of consciousness shows us the way.

The elephant in the room is our childhood suppression.



## 2. EDUCATING and LEARNING

The hallmark of our education experience is the lecturer standing at the front of the room. We are confronted worldwide with an education platform that results in 5% retention. That is a wonderful result for hidden controllers. The child has been turned into a clone of its parents and now it is confronted with years of retardation by an ineffectual method for transfer of knowledge through formal education.

Constructive long term learning comes from doing, practices by doing is 75% retention, and then tutoring others is around 90% retention. Natural self-expression is up to 100% as it is the freely flowing of one's soul-based feelings. To bring about environments for these forms of learning experiences is the interaction of groups of 12 students, or thereabouts. This is in the classroom environment as well as meetup pods and discussion points like small lounge rooms. The teachers introduce the subject matter and then enable and support the students to teach or tutor each other.

School and education is to be fun. It is not to be stressful. It is not to be restrictive. It is to be the students embracing their passions and being freely supported to explore their natural innate abilities.

## The Learning Pyramid:





If the food comes in factory packaging, it is expensive and of little nutritional value typically. Fresh from the market is best but better still is the food grown in our home back yards!

MAP of CONSCIOUSNESS	MoC	calibrations
<b>Food</b>	<b>200</b>	<b>At this level and above food is life enhancing.</b>
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Percolated Coffee / Cappuccino / etc	165	
Corn Flakes	85	

# FRESH is BEST!

As we review the following energy calibrations we note that the more numerous are the processing steps in bringing our food to our tables, the further the energy and nutritional value is depleted.

It goes something like this:

		MoC Calibration
Obtained absolutely fresh	energy level could be, say:	500
Cutting it up or grinding it	process lowers energy level by 100 therefore now	400
Cooking process	lightly stirred fried is best – baking is too long	300
So let's put it in a container and freeze it	drop another 100 points	200

Note: The Map of Consciousness (MoC) scale is based on the common log of 10. A 1 point variation is a 10 fold variation. 10 points is 10,000,000,000 times increase or decrease in energy. The above reductions are mind boggling drops in food nutrition and energy at each step in the processing chain.

Kindly visit [www.pascashealth.com](http://www.pascashealth.com) then Library Download, scroll down to Nutrition and click on:

 [Pascas Care Energy Level of Food.pdf](#)

#### 4. LAYERS of 'SLAVERY'

##### *Types of Slavery*

<https://borgenproject.org/types-of-slavery/>

- **Sex Trafficking**

The manipulation, coercion, or control of an adult engaging in a commercial sex act. The adult may consent to prostitution but be held in the exchange unwillingly due to unlawful debts. Any physical or psychological manipulation or force used to retain the individual is illegal and is considered trafficking.

- **Child Sex Trafficking**

The child performs a commercial sex act after being recruited, sheltered, transported or sold. In this type of slavery, the child cannot consent. All forms of commercial sexual acts performed by children are illegal. These victims are especially vulnerable and often face long-term health issues.

- **Forced Labour**

The physical or psychological manipulation or coercion to force a person to work. The employee may originally consent to work, but once force is used to compel the victim to work, it is considered trafficking and is illegal. Migrants and women are particularly vulnerable to forced labour.

- **Forced Child Labour**

Some labour is permissible for children to perform, but there may be symptoms of abuse and



trafficking if the child's wages are redirected away from the child or his/her family. There are specific strategies outlined by the State Department to combat this unique problem.

- **Bonded Labour or Debt Bondage**

The coercion of a person to work in order to pay off incurred debt. This debt may be from former employment or through ancestral debts. The ancestral form of debt bondage slavery seems to be most prevalent in South Asia.

- **Domestic Servitude**

Individuals whose workplace is a private residence and feel as though they cannot leave; they may also be abused. These individuals lack common benefits including, but not limited to, days off, appropriate compensation and freedom from abuse and violence.

- **Unlawful Recruitment and Use of Child Soldiers**

The coercion or manipulation of children to act as combatants. The traffickers could be individuals, rebel groups, paramilitary groups or governments.

### **International Labour Organisation reports; 50 million people worldwide are in modern slavery.**

**49.6 million** people were living in modern slavery in 2021, of which **27.6 million** were in forced labour and **22 million** in forced marriage.

And there are covert levels of slavery, such as debt slavery when punitive rates are applied involving housing finance, motor vehicle and chattels loans, credit cards and education loans, labour slavery when remuneration is not equitable, advantage being taken over people for commercial gain, etc.

As of the 22 May 2017 the Law of Compensation began to quicken. The Law of Compensation will be earthed in the same manner as it functions within the 1<sup>st</sup> spirit Mansion World.

## **5. ENTERTAINMENT and TRUTH**

We use every opportunity to distract ourselves from our feelings – we entertain ourselves relentlessly.

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

Kindly visit [www.pascashealth.com](http://www.pascashealth.com) then Library Download page, in Pascas Care Letters click to open:

 [Pascas Care Letters Mind into Balance with Feelings.pdf](#)

 [Pascas Care Letters Mind causes Discomfort Soul brings Healing.pdf](#)

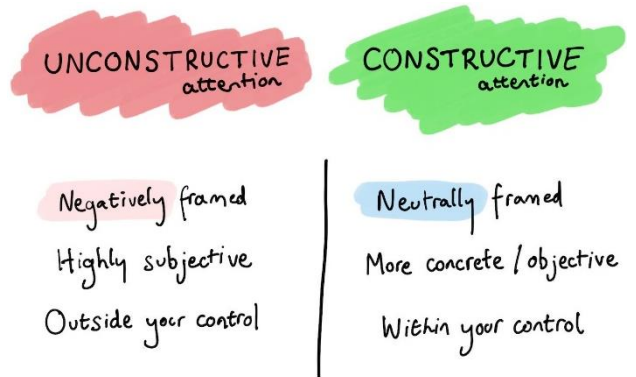
Historical truth is permanently recorded and accessible through a massive interactive 'museum' in Jerusem which is the capital or main city of the 1<sup>st</sup> Celestial Heaven. As we progress with our personal Feeling Healing while embracing the Divine Love of our Heavenly Parents, we open the gateways to interaction with Celestial spirits who are personalities from Earth who have completed their Healing. This may bring rise to explore aspects of history and for Celestials who may connect with you to access the records in this museum for your purpose of furthering your truth on topics that you may be passionate about and that it is now appropriate for humanity to have revealed.

### 6. THOSE WHO ‘HELP’ GENERALLY SUPPRESS

If you have a problem, come with two solutions!

Public rallies and protest demonstrations never present solutions or pathways to resolution.

Criticism is pointless until the cause of the problem is identified and then a pathway to resolving the issue is constructed. Nothing can be resolved by the personalities that created the problem, the problem can only be addressed and resolved by personalities of a higher level of consciousness than those who created the problem. Political and other leaders need to be of the highest calibration in the society.

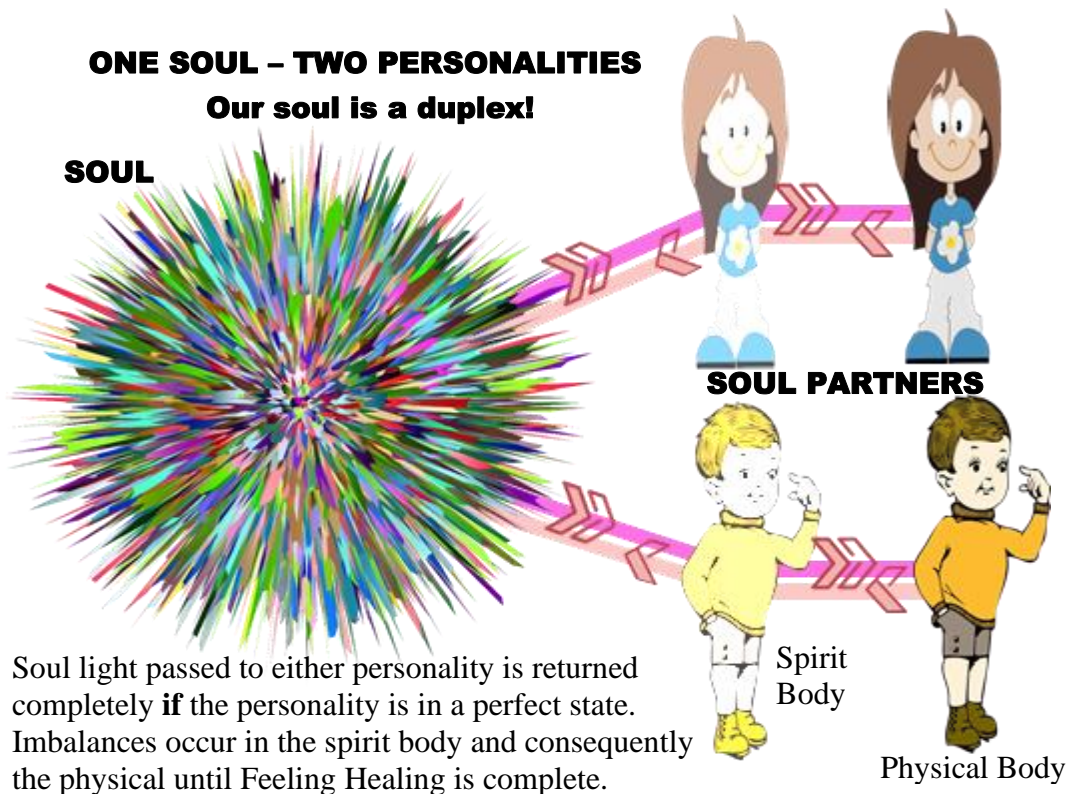


As the Lanonandek high level spirits, from within our local universe, brought about the Rebellion and Default of Earth’s humanity, it is has been required for even higher level spirits to come from Paradise to bring about the ending of the Rebellion and Default as well as to deliver the pathway to healing and resolving the imposts of what each of us have personally taken on of the Rebellion and Default. This is now unfolding!

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

### 7. MODERN MEDICINE does NOT CURE

The disturbance in the pristine wonderfulness of light flowing from our soul through to our spirit body and then to our physical body and its return back through our spirit body to the soul is the underlying cause of all discomfort, pain, illness and disease that emerges within our physical body. This light flow



disruption is the cause of miscarriage with a foetus, it is the generator of deformities in a newly born child, it is the generator of childhood illnesses and it is what brings about all of our physical life experiences, including all of our health issues.

Medical scientists, doctors, etc., have catalogued more than 10,000 variations of the same thing. They also note or claim that they have ‘cures’ for only 500 of these diseases. They can and do suppress the symptoms of disease but until we each embrace our personal Feeling Healing then the underlying disruption to the soul light flow will continue to generate the disease or similar.

It all commences with the infusion upon the newly arriving personality of all of the emotional injuries and errors of belief of a child’s parents. This is how similar issues pass down from generation to generation.

## 8. CUSTOMS, TRADITIONS and NORMS

# PSYCHIC BARRIER

We have all been brought up embracing customs, traditions and beliefs of our parents and their parents before them. Most of these practices and beliefs are carried on without question. These may be just family related, it may be a regional society set of practices and customs, it may be a state or a whole nation – but they are psychic barriers to our true self-free-expression and growth. They may relate to customs going back thousands of years.

While the Rebellion and Default was in total force throughout Earth’s humanity there were restrictions on what Celestials could do to assist us. In fact it has been a total ban until the writing of the Padgett Messages through James Padgett 1914 – 1923. It is only since the writings commenced through James Moncrief in 2002 and still ongoing that has led to the formal ending of the Rebellion and Default on 31 January 2018 that expansive interaction between Celestials and Earth’s humanity is now beginning.

Consequently, long held beliefs, customs, traditions and norms are the work of mind Mansion World spirits and lack little truth and love. It is only through longing for the truth of our feelings of each of these and expressing our feelings about them that the truth of them can be unlocked. Otherwise we will continue on repeating the same old patterns and live restricted accordingly.

## 9. RELIGIONS

We have mentioned that the Rebellion commenced 200,000 years ago and then the Default followed more than 38,000 years ago and that that is now to end. The commencement of the ending was through James Padgett with around 250 Celestial Spirits writing through James Padgett commencing on 31 May 1914 and concluding in 1923. Since then there has been The Urantia Book (TUB) 1925 to 1935 and the most important of writings are those through James Moncrief commencing 2002. Other writings complement these works. Amongst these Celestial Spirits with their messages have been Matthew, Mark, Luke, John, Paul, Peter, Judas, Mary Magdalene and Jesus. They have each commented on the writings attributed to them in the New Testament, they have addressed errors and major omissions. These are now collated and added to the New Testament documents, kindly go to [www.pascashealth.com](http://www.pascashealth.com), then the Library Download page, then scroll down to Medical – Soul Condition & Health and click on to open:

 [Bible New Testament Matthew Peshitta Lamsa.pdf](#)

 [Bible New Testament Revelation Mary Magdalene.pdf](#)

 [Bible New Testament Review - Part I.pdf](#)

 [Bible New Testament Review - Part II.pdf](#)

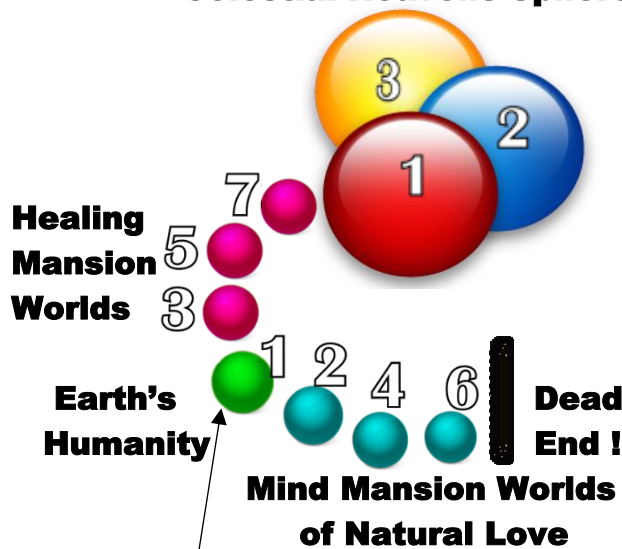
All religions are the orchestrations of Caligastia through mind Mansion World spirit personalities. The Celestial revelations clarify the significant issues arising throughout the New Testament, and consequently most other religious writings. Truth is unfolding with the introduction of the coming Avonal Age. Jesus and Mary Magdalene were to have come to Earth and not to be noticed, they had no intention for the formation of any religion or church, however, the Avonal Pair are now to be noticed.

Living Feeling First, Feeling Healing and Healing with Divine Love are not religions. It is a way of life. There is no hierarchy of control, no dogmas, creed, liturgy, cannon laws, sacraments, rituals, no special clothing, nor a special book. Being a way of living leaves everyone free to continue with what they please.

**10. HELL is BEING QUARANTINED**

Each of the 37 humanities and worlds that are in Rebellion under Lucifer’s administration are quarantined from each other and all other humanities throughout the universe. Thus Earth and its humanity has not been visited by personalities from other worlds for these past 200,000 years and it is considered unlikely even before the commencement of the Rebellion. How does that feel to you? Unidentified flying objects (UFOs) ALL originate from Earth.

**SATANIA – System  
Earth is #606 of 619 humanities.  
Celestial Heavens Spheres**



**Upon death of our physical body, we all transition to the 1<sup>st</sup> Mansion World**

**Hells**



Even now with the Rebellion and Default formally commencing to end as of 31 January 2018, until we on Earth complete the healing of our Rebellion and Default which is considered to need to take all of the coming Avonal Age of 1,000 years, we will not be allowed technology to take us on our explorations beyond our local solar system.

Even the seven spirit Mansion Worlds that we may enjoy are in quarantine from all other humanities – technically in hell! Only when we embrace our personal Feeling Healing and with Divine Love progress through the three Healing Mansion Worlds and then transition out of the Mansion Worlds into the Celestial Heaven spheres do we then end our quarantine and leave Hell.

For those of us who impose our will upon others causing them harm then we will through the Law of Compensation experience the equivalent amount of harm and pain we caused to others and this may require some time in the lower planes of the 1<sup>st</sup> spirit Mansion World, or in extreme cases the lowest planes of Earth in deeper isolation, planes 1 and 2 of Earth. You could call this spending time in the ‘sin bin’!

**Amazingly**, we can consider that we are privileged in having a unique experience in wrongness. As far as it is understood, no other humanity throughout all of the universes has or is experiencing a Rebellion and Default. Earth's humanity is the only one. We of Earth are the only personalities to have this experience and consequently we will be able to help future humanities on newly forming worlds to navigate their way in avoiding the pitfalls that we have experienced.

## **11. MARRIAGE is a MAN-MADE INSTITUTION**

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

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

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

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

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

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

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

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

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

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

Thus the man-made institution of marriage is only a temporary affair!

## **12. DEATH – a TIME for CELEBRATION**

The moment of our individualisation is the moment of our incarnation when our newly forming foetus first commences to pump blood, some 16 days after conception. Should we miscarry then we do not return again but go on to be spirit born in the 1<sup>st</sup> spirit Mansion World. Should we be physically born, it is considered that our time of death is pre-set but not how it will unfold.

We never experience the death of our physical body. We separate from our physical body moments prior with the aid of our attending Angels who cut the cord between our spirit body and physical body. We may observe the death of our physical body without being emotionally involved.

Shortly thereafter we wake up in a bed clothed and somewhat ‘jet lagged’. It is a big trip and event. Some consider this moment as a true birth day. Yes, when we are dead we are more alive than ever!

We arrive in arrival halls. The people around us will reflect the people that we are typically used to seeing and interacting within in our own society on Earth. We will be a bit wonky for a day or a few until we get our ‘spirit legs’. Those who consider that when they die that the lights go out for ever – these people may find the experience very difficult. However, more than half of those who arrive do not even realise they have died. We look how we last looked when on Earth, however we no longer have need for sexual organs.

Then we start exploring – typically with friends who we knew on Earth who have passed over before us. We can try the best coffee that we enjoyed on Earth – I am looking forward to some excellent lager beers! Everything is available and we do not need money! It is truly a time to celebrate and yes we most likely may attend our own funeral as by about day three we could be ready to travel – with a companion.

We can prepare ourselves through being aware of Feeling Healing and also aware of the availability of our Heavenly Parents’ Divine Love – these understandings open the passages for rather rapid progress up through the Mansion Worlds as we are now coming to understand. Amazing, it is all amazing!

Kindly consider visiting [www.pascashealth.com](http://www.pascashealth.com) and then Library Download, and then scroll down to Medical – Death and Dying and then click on to open the following:



[Pascas Care Death & Dying Transition & Assimilation.pdf](#)



[Pascas Care Death & Dying Transition & Assimilation Marjorie.pdf](#)

## **13. MILITARISM is ALL WRONG**

### **BANKSTERS AND WARMONGERS**

<https://www.ieri.be/en/publications/wp/2019/juillet/banksters-and-warmongers>

“War is profitable. The Rothschild family have funded the losers and the winners of all wars since the Napoleonic Wars of 1803 to 1815. They fund both sides so that whichever side wins, they profit.”

## ***Violence is never Justified***

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

**Stockholm International Peace Research Institute – 25 April 2022**

**World military expenditure passes US\$2 trillion for first time.**

Total global military expenditure increased by 0.7% in real terms in 2021, to reach US\$2,113 billion.

**In 2021, international humanitarian assistance reached US\$31.3 billion, but growth has stalled in recent years.**

<https://devinit.org/resources/global-humanitarian-assistance-report-2022/executive-summary/>

**The world governments can spend US\$2 trillion on militarisation but cannot find US\$50 billion for humanitarian assistance!!! That is 2.5% only of the military spend!**

### **14. CONTROL is LAYERED and HIDDEN**

#### **BANKSTERS AND WARMONGERS**

<https://www.ieri.be/en/publications/wp/2019/juillet/banksters-and-warmongers>

“Shortly after starting the Standard Oil Company in 1870, John D. Rockefeller became the world’s first billionaire. He used his money to help create and fund the Federal Reserve along with the Rothschilds, which gave these families the ability to print money out of thin air. This put them well above the U.S. government in terms of power and influence, and this move to gain power over the government and the people via a rigged financial system is a historical event not often discussed in school and in the media.

“With oil prices skyrocketing and these families grabbing control of the money supply, Rockefeller quickly had the U.S. government in his pocket. He was free to manipulate society, because he had control over the most worshipped resource: money.”

Those who control the money, control the governments and consequently the people under those governments.

### **15. EVERY FACET of LIFE on EARTH is at an EXTREME of WRONGNESS**

**We’re all parented into the Rebellion and Default to become in a way our own person communist or fascist state, we use our mind to control our feelings, all causing us to become less individualised, more impersonal, more evil, more rebellious, more disregard for ourselves as a person.**

So the world, led by the West, is trying to break everything down, destroy the personal, making everything impersonal, destroying the family and any connections we might have with each other, trying to tear the existing structures down, all so the few controlling individuals can rule supreme, so they can really become as the high mind spirits become, using their minds to believe they are the gods, they are the leaders of

humanity, which really means, they are Satan's dominions. So if Daligastia came (Daligastia, and maybe with his soul partner, manifested on Earth at the commencement of Caligastia's appointment as Planetary Prince of Earth), they'd slot in, the Daligastias making them their lieutenants to keep the control over the masses. So like with fascism and communism, what the democratic socialists appear to want, is to be the arrogant, narcissistic, supreme controllers, in which they tell everyone how things are going to be, and don't give a shit about how controlling and damaging they are, and anyone who protests is cancelled, denied their free speech – suppressed.

Now, without the Evil Ones overseeing and guiding humanity, and also now without the high mind spirits taking over and doing the same, we on Earth are free to do as we please, so we're seeing the Satanists, the Woke, the Socialist Democrats in American and Europe, all fuelled by the hidden controlling Jews (mostly and small in number), starting to run amok all over the place.

The fact that we can allow children to choose their gender, give them puberty blockers, allow them to have sex change operations, and with their parents and doctors and large amounts of society saying it's all such a wonderful way for our children to be (seemingly), demonstrates how we are going off the rails altogether. To defund the police, flood the streets with drugs, allow people to have sex with children, just letting everyone indulge in breaking down all levels of moral society, is letting the reigns go and allowing the runaway train to end up smashing into the wall at the end of the tracks.

So as things now collapse, and possibly WWIII starts and the economy and everything goes to shit, coupled with new Covid coronaviruses being released and everyone having to be pumped full of poisonous vaccines, we're seeing that we can't control our rebelliousness, it's getting the upper hand, we're spinning out of control, and all because the higher overseeing guidance from the Evil Ones and mind spirits is no longer in place.

For a baby to given maybe up to 70 vaccines within its first year, how fucked is that! Just destroy the person before they get going, raise an army of autistic people, together with all the other disabled and sick people.

Humanity has tried mostly through the religions to hold onto some semblance of moral control, to live what they believe is a righteous life, adhering to all the laws of society that constitute a democratic society in which people are mostly free to do as they please as long it doesn't hurt others and cross the line, but all that control is being ripped apart by the Woke people as they celebrate all the weird and perverted, all under the guise of being Liberal, with the Rebellion being the Freedom of Liberation, to throw away the Truth as lived by Mary Magdalene and Jesus, and everyone lives a free-for-all in which we are all free to do whatever we want and with no regard or respect for anyone else.

**And on the Truth level we should be able to be completely free to do all we please, however all within respect of ourselves, our children, Nature, and the other person, so not crossing the line and going against their will, so free within adhering to the Truth.**

## **16. WHY is there GROSS INEQUALITY?**

Within some countries the top 0.1% of the population may control the equivalent amount of wealth that the bottom 70% of the population does.

People who live in inadequate housing, on informal estates, shanty towns or slums may equate to 40% of the population of a country.

People without clean drinking water and sanitation may equate to 20% of the population of a country.



Education is frequently politicised, it is often dominated by governmental and religious agendas that are often biased against girls and women. These are suppression mechanisms.

Corruption permeates all levels of society and control with corruption holds a large number of nations in extreme poverty while the controlling elite appear to be free to do as they please. This is to end.

Education is the driver. It all starts with education. Being an educator is the most important profession that humanity has. It is through educators that all the skills of any society unfold from. They are in mass short supply. ALL EDUCATION NEEDS TO BE FREE TO ALL.

It has been noted that the Law of Compensation has been quickening since the 22 May 2017, but what comes with it is also the Law of Cooperation! The Law of Compensation prevents anyone imposing their will upon another. Should a person intend oppression or harm upon another then that person instantly feels the full force of his or her intent upon him or herself. The Law of Cooperation means if you or I have the skills and capabilities to assist another appropriately then we are to do so – this is the only way we may see inequality dissipate!

# LAW OF COMPENSATION LAW OF COOPERATION

## 17. DRIVERS to SEARCH for TRUTH

It is through our feelings, our soul-based feelings, that truth is to be found. We are each fully self-contained. We are to long for the truth of and behind each and every feeling experience. We are to express our feelings. Each experience that we have is feelings associated. We are to share our feelings, both good and bad, with a companion, to a friend, even with our Heavenly Mum and Dad.



### Our FEELINGS are our SUPREME GUIDES:

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

Kevin 26 September 2017

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

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

Kevin, 1<sup>st</sup> Celestial Heaven: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling**

**bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

### **18. THERE is NO WAY to RESOLVE the SOCIAL ILLS of HUMANITY – UNLESS!**

While we continue to live mind-centric we cannot transcend the level of consciousness of 499 on Dr David Hawkins' Map of Consciousness (MoC). Without higher consciousness's beyond 500, beyond the purvey of mind centricity, what ails all societies cannot be recognised, understood, root cause understood and pathway forward embraced. We are to break through the glass ceiling of 499 MoC.

While we continue to live mind-centric we will go on repeating the same errors as generations have been making for aeons gone by. We will continue to impose our will upon others and we will continue to have poverty, criminality, starvation, illness, disease and depravity in ever escalating scales.

UNLESS we aspire to living feelings first and having our minds to follow in assisting in implementing what our feelings, our soul-based feelings are prompting and guiding us to embrace.

By living Feelings First and embracing our Feeling Healing THEN we can transcend 500 on the Map of Consciousness and begin on the pathway which is infinite in its bounty.

### **19. PARENTING – this is a MYSTERY!**

A child arrives into the household and we all go into auto-pilot without any guidance or clues as to how to bring up a child – except from our memories as to how our parents brought each of us up. And there is the clue. Generation after generation it is the same as before, this being all in keeping Childhood Suppression being applied to each new born so that consciousness of the child is a mirror of its parents thus keeping humanities progression stagnant. Now we can step past all of that.

Kindly go to [www.pascashealth.com](http://www.pascashealth.com) and then Library Download page, scroll down to Pascas Care Parenting and click on to open:

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-  [Sam's Book Parenting and Feeling Healing Book VIII.pdf](#)
-  [Sam's Book Parenting and Feeling Healing Book IX.pdf](#)
-  [Sam's Essay I am allowed not to love my parents.pdf](#)

## 20. LIVING THE NEW WAY is the PATHWAY HOME!

**Since the formal ending of the Rebellion and Default on 31 January 2018 what is silently unfolding is that we of Earth's humanity is being gently prompted to seek a better way – THE NEW WAY.**

Over the coming few decades nothing will be allowed to remain the same. Everything, everywhere is being and will continue to be gently disrupted. Those who stringently cling to their old ways will find life frustrating and difficult. Those who seek and embrace the change leading firstly to aspiring living feelings first and then even progressing to Feeling Healing and then to embracing and asking for and receiving our Heavenly Mother and Father's Divine Love we will find life progressive and enjoyable.

This is the Great U-Turn. This is the change over from the 2,000 year era of the Creator Daughter and Son to the coming 1,000 year era of the Avonal Age.

Through the earthing of the Law of Compensation as well as the Law of Cooperation, Earth's humanity is going to experience 1,000 years of peace. Preceding this coming into full operation there may be great consternation between nations, however peace is to unfold for 1,000 years.

Through embracing THE NEW WAY, we in the physical may achieve Celestial soul condition while living on Earth and those who do will be a demonstration of what is capable in comprehension, wisdom and leadership for all others.

# The NEW WAY      The NEW WAY

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

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

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

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

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

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

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

## THE STRAIGHT AND NARROW PATH



### 21. PATHWAY HOME:

Looking for Spiritual pathways using our mind will mean the True Spiritual Pathway will always elude us. We live with our mind suppressing feelings which causes us to not find our true pathway. When we live honouring, accepting, expressing and longing for the truth of our feelings, then we are treading our Spiritual Path of Truth. Truth ONLY comes to us through our feelings. If we deny feelings, we deny truth, and we deny our true spiritual path.

If we fight expressing feelings, pushing them away and blocking them out, we never allow any understanding of those feelings to come to us, thus keeping us in the maze of mind-bending distractions. Many so-called healing therapies say they focus on liberating feelings, however beware that many of these systems are still mind-controlling in 'feelings-clothing'. And we may believe we are getting somewhere with our feelings, only to realise centuries later in the spirit, mind Mansion Worlds that we've still been leading ourselves astray and away from our true feelings.

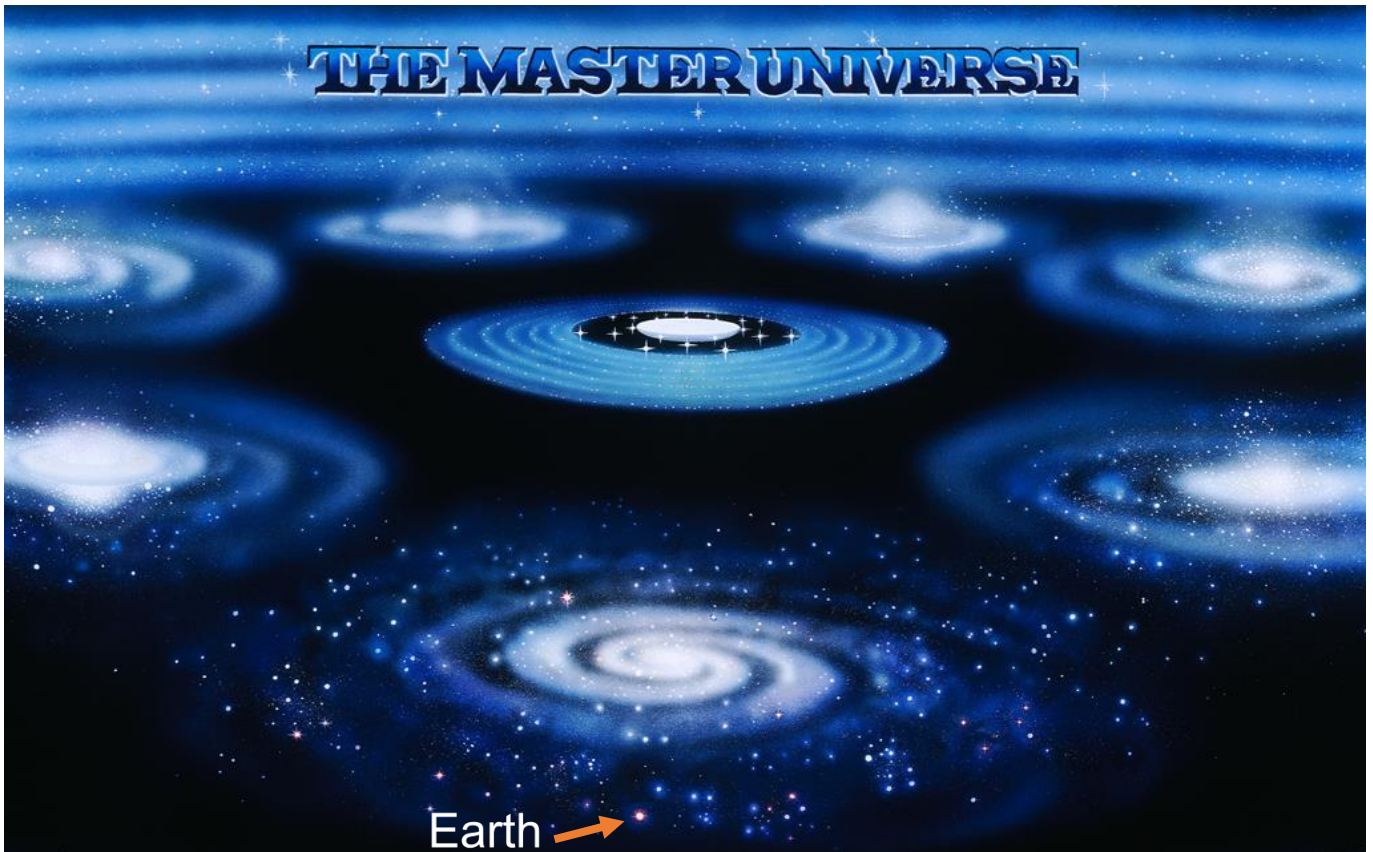
Surrender and submit willingly allowing our feelings to emerge and be expressed. Long for the truth our feelings are to reveal. Persevere. Allow our feelings to be our way of living. It does not matter how long this takes. For us all, this is our destiny – it is only a question of when?

Once we firmly start living the New Feelings Way – living feelings first; expressing our feelings and longing for the truth they are to reveal, we are on the pathway of ascension; not only out of the Rebellion and Default through our Feeling Healing, and with Divine Love: our Soul Healing – but to Paradise!

By living true to our feelings we will progress through the Celestial Heavens all the way through Nebadon; then on further through our Superuniverse of Orvonton; then into the regions of our Heavenly Mother and Father; embracing the Supreme Being and moving through Havona, eventually attaining Paradise, Their home.

It is the True Way, the New Feelings Pathway, that takes us all the way 'Home'. It is a journey of ever-expanding Truth and Love.



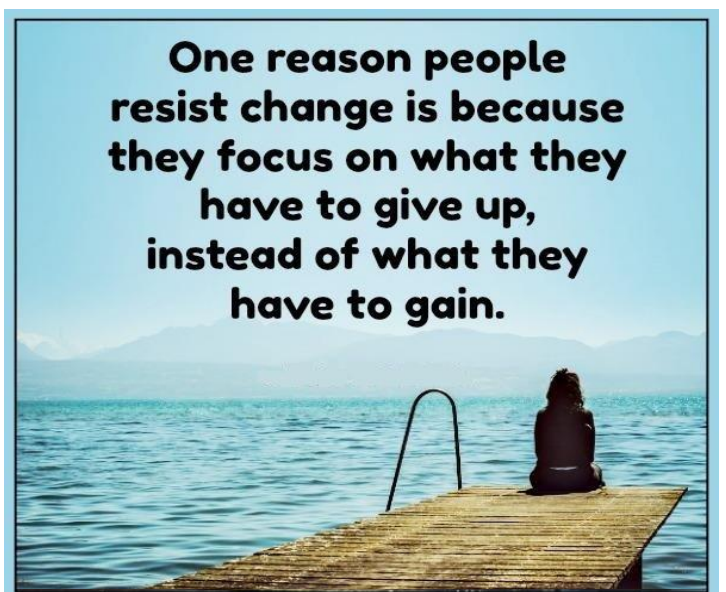


Paradise, the permanent home of our Heavenly Mother and Father, is at the centre of the seven super universes. Each super universe has 100,000 local universes. Each of these consist of 100 constellations with each constellation having 100 local systems and each system having 1,000 inhabitable worlds. Our local universe is Nebadon and our Creator Daughter and Son, co-regents of Nebadon are Mary Magdalene and Jesus. Earth is in the local system of Satania which has 619 inhabited worlds and Earth (Urantia) is number 606 of 619 inhabited worlds, being young and on the outskirts. Nebadon has 3,840,101 inhabited worlds.

**Mother Mary**, the mother of Jesus, has now progressed out of our local universe of Nebadon and can no longer hear anyone's petitions and cannot help anyone, nor could she help anyone when she was still within Nebadon. Those with their rosary beads can now should consider putting them away.

Those of the old era have mostly moved on, leaving our local Celestial Heaven spheres with many now having progressed through and out of Nebadon on their journey towards and to Paradise.

Those recently arrived into our local three Celestial Heavens are mostly assisting with the end time of Jesus and Mary's era with Earth, its handover to the Avonals and the Avonal Age now to unfold for the next 1,000 years. This is a time of great change for Earth's humanity.



# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

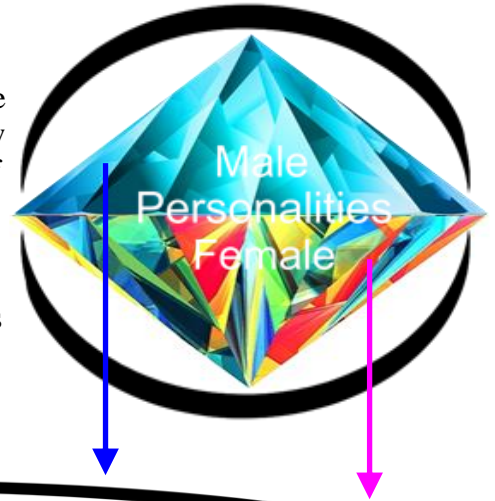
or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.



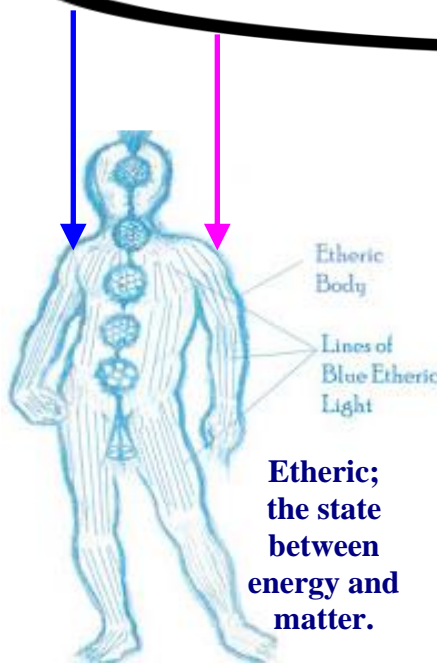
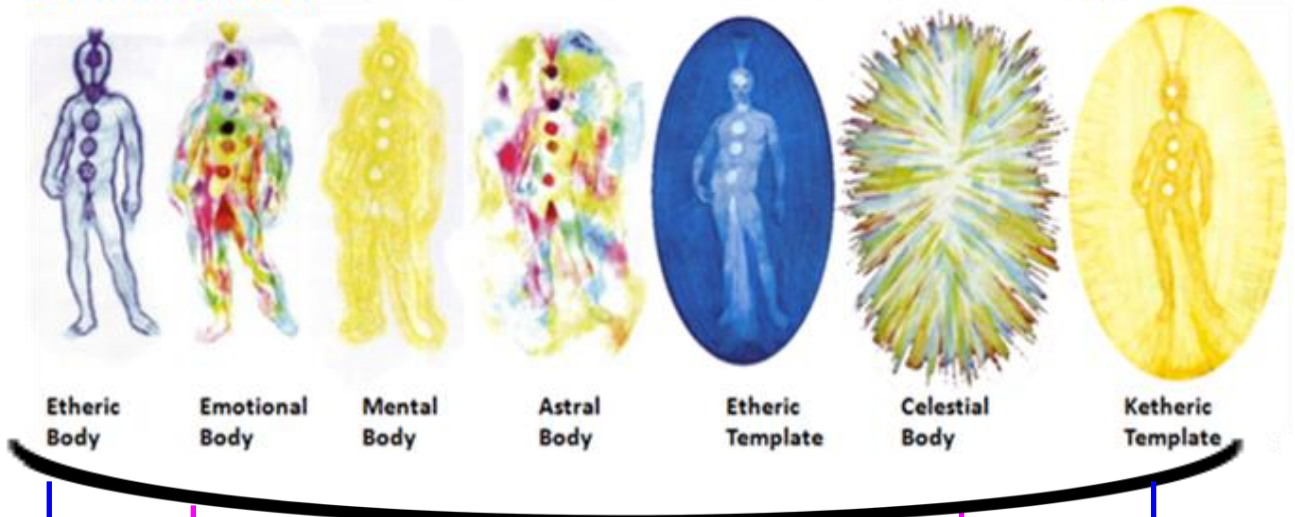
# Childhood Suppression



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



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



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



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

# Childhood Suppression

## SOUL

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

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

Return light being the experiences of our physical existence.

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

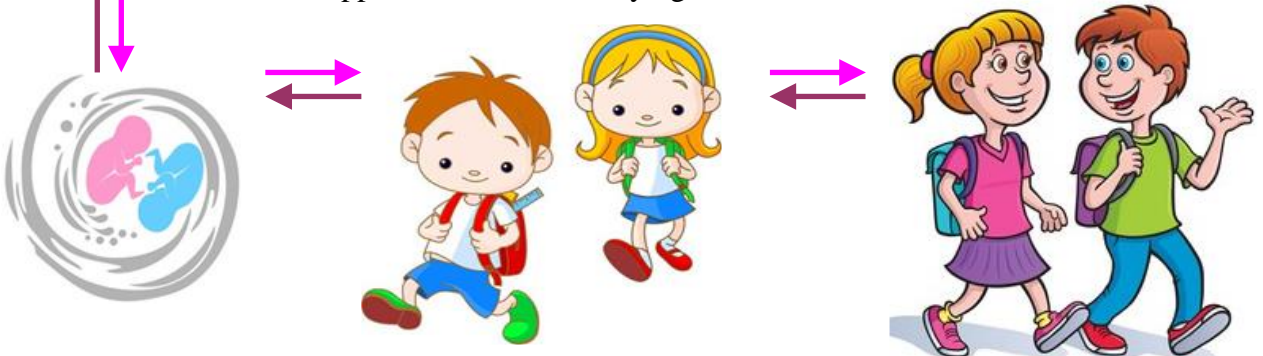


## SPIRIT BODY

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



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



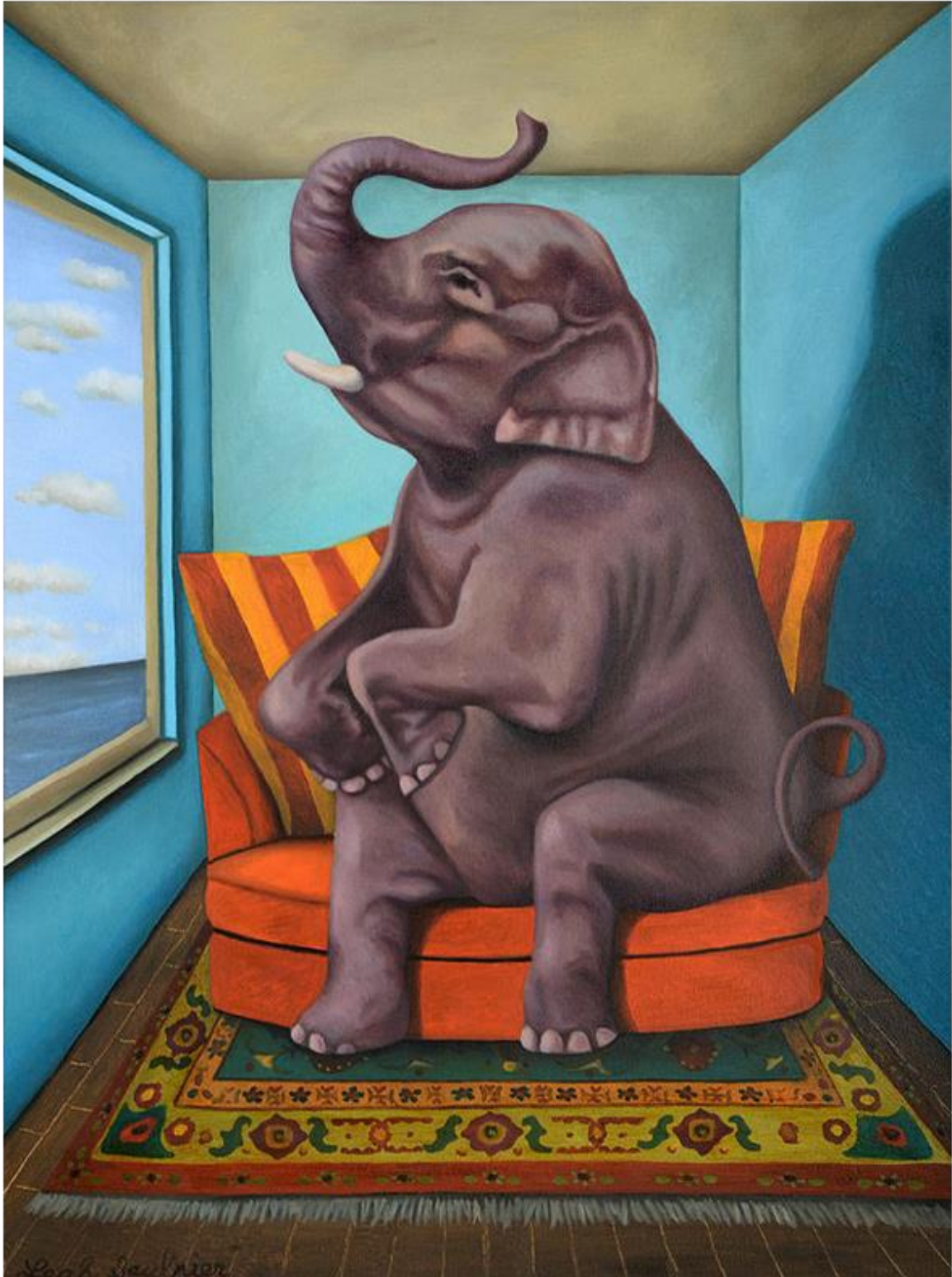


The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

# Childhood Suppression is the elephant in the room!



# LAW OF COOPERATION

## The Law of Cooperation

8 October 2022

Is to work in conjunction with (cooperating with) the Law of Compensation.

# LAW OF COMPENSATION

It's a Universal Law potentially to be 'imposed' upon humanity on Earth. It is currently in 'operation' in the Mansion Worlds, ensuring everyone cooperates in a friendly way with everyone else to maintain a certain standard of life as agreed upon by all involved, that which is determined by the Mind (rebellious) or Truth (Healing) way the spirits might be living.

Currently on Earth in our rebellious states, the Laws of Compensation and Cooperation are not active. So we live with the 'every man for himself' ethic, the powerful being the successful 'winners' who dominate the not so powerful 'failures'. Whereas in the Mansion Worlds (and the rest of non-rebellious Creation), equality, so even in a rebellious state, is the Law, and so if you cross the line inflicting dominance over another causing some level of suffering, pain and hurt, you will instantly come under the workings of the Law of Compensation and have to compensate for such transgression by feeling all that pain, hurt and suffering you have caused the other spirit to feel. So naturally, Universal Law and Order is maintained by everyone honouring the Law of Compensation, no one wanting to bring its 'wrath' down upon themselves.

Then added to keeping the peace, is the Law of Cooperation, for everyone in the Mansion Worlds who are happy and content to further their rebellious mind state in worlds 1, 2, 4 and 6; or doing their Healing, starting in world 1 and moving through 3, 5 and 7. So everyone willingly feels they want to cooperate with everyone else. Therefore, in the rebellious mind worlds, all spirits willingly and 'lovingly' cooperate with all other mind spirits; and the same in the Healing worlds, together with everyone willingly cooperating with the Healing. If you don't want to cooperate then you'll feel very bad, so everyone willingly wants to do some 'work' for the greater good of all. So there is no need for spirit money or spirit barter for any work done, because everyone willingly loves to work for other spirits, wanting nothing in return, loving giving and receiving as they feel moved to do. So for example, many spirits make spirit clothes out of the spirit material willingly and lovingly for other spirits to wear, freely giving such spirit clothes away, not wanting anything in return other than the receiving spirit being happy to wear and love their clothes. So, the Mansion Worlds function peacefully in their rebellious states – or in their Healing states.

So, now imagine if the two Laws are activated and applied to humanity on Earth... how would things change – and drastically change they would!

For example, everyone who is wilfully doing anything to make another suffer, feel hurt and pain, would cease their harmful ways, themselves feeling all that suffering, hurt and pain they've inflicted on the other person. So personally, as in personal relationship if you hit someone, emotionally, politically, socially, on all levels. If you run a business or government that is hurting people economically, socially, emotionally, spiritually, mentally, in any way causing anyone to suffer, then you're going to feel all that pain of all the people you're hurting. Even if you're doing it indirectly. If you work for a business or company and are forced to hurt others through policy of those controlling the company, no doubt you will still feel bad for what you've done, and you might leave, but if it's your only source of livelihood, then the Law of

Compensation won't be as harsh or won't possibly be applied at all. So really it applies to those who are wilfully hurting, coercing or deceiving others, who will have to do their Hell Time to compensation for all suffering and pain caused.

So, imagine if suddenly everyone had to stop hurting everyone else, including all animal abuse – how would the world be?

# LAW OF FORGIVENESS

Parents hurting their children are exempt from the Law, in that it will still apply, however it is suspended until the parent does their Spiritual Healing, and then it will come under the greater Law of Forgiveness. So parents doing their Healing and waking up to the truth of how badly and unloving they have treated their children, will feel all the pain of their transgressions as the Law of Compensation works upon them, however it will be apart of their Healing under the Law of Forgiveness, because the Rebellion has been thrust upon us all, and so parents won't have to do actual separate Hell Time, however they will feel like hell doing their Healing when they see and feel how unlovingly they've treated their children.

One could argue that it's not fair everyone being subjected to the Law of Compensation because we've all unwittingly and unconsciously been subjected to the horrors of the Rebellion, however once we're an adult, rebellion or not, we're still answerable for our actions. And so if you cross the line and infringe upon another's will to the degree of making them suffer pain, the the Law of Compensation will apply to you.

So if the Law of Compensation is applied to Earth, one can imagine there will be many of the world's top controlling people suddenly stricken down with all the pain of their wrongdoing, thereby leaving quite a gap in the way things get done, into which other people will have to step.

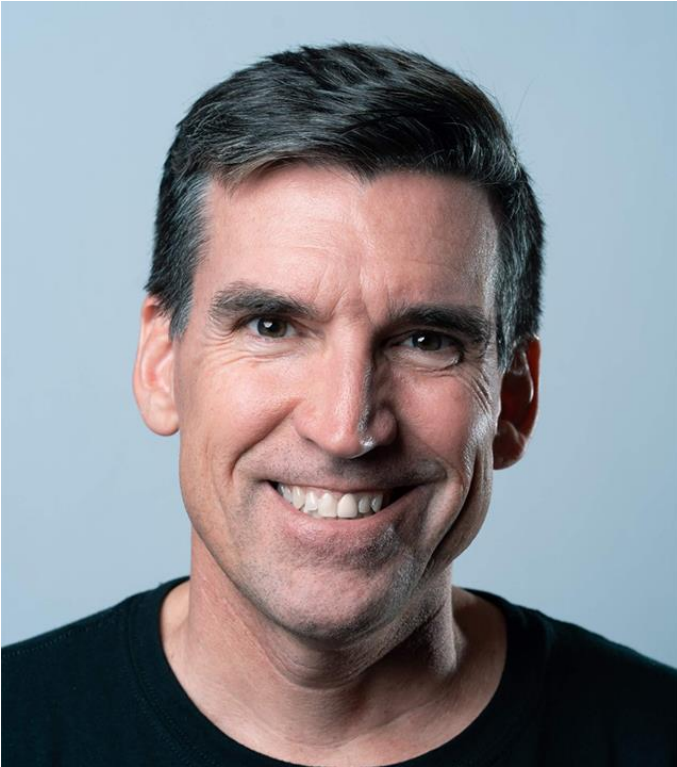
And if the Law of Cooperation is applied at the same time, then in theory the world can dispense with the need for money, so no power or wealth accumulation, everyone can have what they want, and no one will want such power over others because of the Law of Compensation – and then how does the world keep functioning when suddenly there is no need to go to work to make money to survive? Hence the need for the Law of Cooperation, because like in the Mansion Worlds, everyone will feel driven to cooperate with the whole, so people will want to go to work for the sake of working to make everything keep working. Not to earn a living, just so they can participate in the whole of making life be as everyone will want it to be, that being a pleasant, good and happy standard of living. So the companies and governments will still work if need be, however their purpose and reason for existence will be for the good of the whole, with workers volunteering to work to keep them going. A utopia heaven on Earth, even a rebellious one, just as the Mansion Worlds are called heaven.

So is the new Spiritual Age that is possibly forthcoming, heralding the end of the 'Lawless' Rebellion? Is humanity on Earth to move to mirror humanity in the Mansion Worlds? So can life over there be applied to life here on the physical Earth? Will people strive to continue living their rebellious ways cooperatively within the overseeing Law of Compensation, all in a 'nice, friendly and loving' evilness, like in the mind Mansion Worlds? Whilst other people will strive to live cooperatively doing their Healing, wanting to finally end being of the Rebellion and Default?

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

**The Golden rule is: Never interfere with another's will.  
Golden Rule: One must always honour another's will as one honours one's own.**

**Should we intend to cause harm to another, then we will endure the pain and discomfort to the full extent that that other person would have endured should we have carried through with our intent! We will find that at all times we are put in the place of the intended victim(s) when we intended or have brought discomfort, difficulties, injury and pain to each and every person throughout our lives! We become the victim of all our actions when those actions are detrimental to anyone or group of people – to the full extent of the injuries intended or imposed.**



# ENOUGH IS ENOUGH

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

## REBELLION & DEFAULT **200,000** YEARS

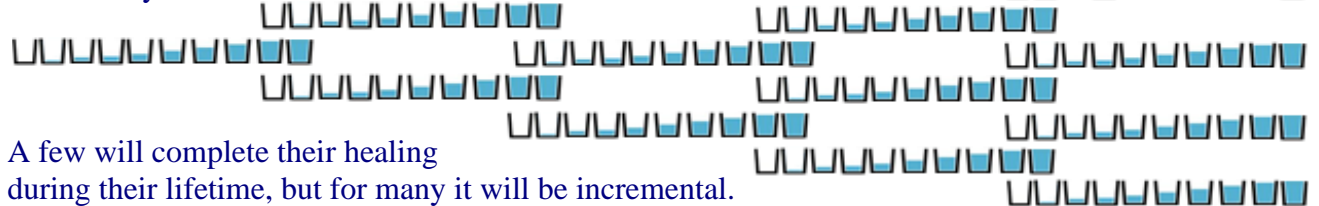
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

# Avonal AGE 1,000 YEARS

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



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



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

# 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 Feelings First Spirituality, The New Way, 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 Guides on Duty...



# OUT GATEWAY ISOLATION





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

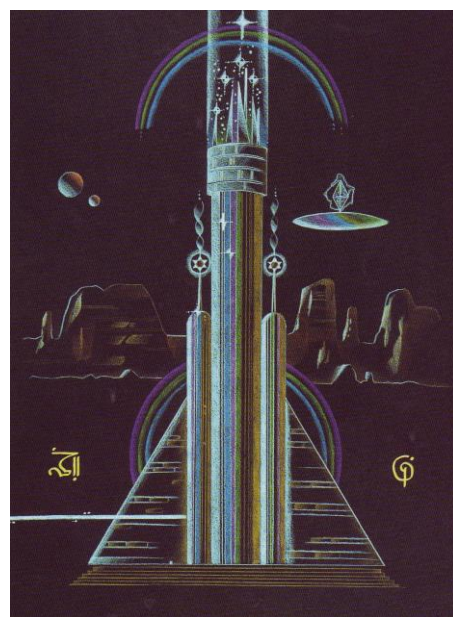
Note previously from Nanna Beth, 3<sup>rd</sup> Celestial Heaven – 20 November 2017 – relating to a ‘museum’ at Jerusem on the 1<sup>st</sup> Celestial Heaven: “And as far as concerning where The First Parents are now, they have moved on with the old guard, having been released from such duties that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

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

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



## Akashic Records



## **WE are each a SPIRIT having a PHYSICAL EXPERIENCE!**

Andon and Fonta were the first people to have a longing for human perfection. They lived south of the Caspian Sea some 993,500 years ago. They were red skinned and had an appearance similar to today's Eskimos. Their offspring reached Tasmania, a southern island state of Australia, some 950,000 years ago meaning that migration to and through Papua New Guinea must have preceded that time.



It was some 200,000 years ago that Earth's humanity were beginning to be induced to living mind-centric and suppressing and ignoring their feelings. Also, it became customary for women to be subjected to the control of men. Women being generally closer and more open to their feelings would have ended the folly of living mind-centric should they have been allowed a voice.

Our mind is unable to discern truth from falsehood, our mind is addicted to untruth, and our mind is addicted to control over others and the environment. It is through our feelings that we discern truth and love. Now the issues that plague all of humanity can be understood. We have locked ourselves into the constructing of all that ails society by being mind-centric rather than feelings first with mind in support.

Our soul does it all. Our soul is a duplex, it manifests two personalities, one a female and the other a male – always! It does this by bringing about a spirit body that is the template for the physical body – this occurs at the moment of conception. Should the physical parents be in a perfect emotional state at the time of conception, the child will form perfectly and be born in a perfect emotional and physical state. As none of us are in a perfect emotional state, we as parents of the newly forming body and personality infuse the spirit body of the newly forming embryo with our emotional injuries and errors of belief. This impedes to flow of light from the soul to the spirit body and then through the physical body and then back through the spirit body to the soul. This imbalance in soul-light circuitry brings about the physical deformities, childhood illnesses and health issues that progressively emerge throughout the life of the child. This imbalance also brings about the personality issues, emotional issues and the apparent hereditary patterns being passed on from one generation to the next.

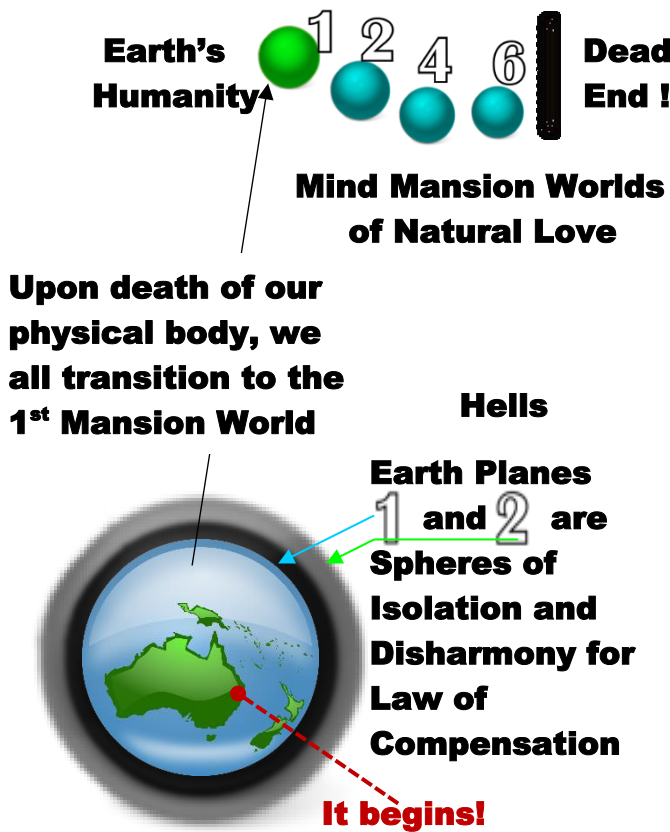
Thus, the underlying issues that we each are confronted with essentially stem from our Childhood Suppression imposed upon us by our parents from the moment of our conception through to the age of six years when our Indwelling Spirit arrives. We compound these issues through our ongoing Repression of our Childhood Suppression. Our Childhood Suppression is classically our parents trying to impose a personality type upon us that they consider is more appropriate than the true personality that we are, that our Heavenly Mother and Father gave us. Thus, we are all walking around presenting to the world a façade that is not our true self – we are each zombie-ised!

This was purposely imposed upon us by hidden controllers some 200,000 years ago. We each have been born into a Rebellion and Default.

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



We each are sensitive to spirit influence and connectivity. For most it may almost be non-existent and a fantasy. To a very few it is as though there are no boundaries and the spirit world inter-connectivity with the physical is routine daily. And all the variables in between are experienced by others.



Since the time of Andon and Fonta, 993,500 years ago, all who have lived on Earth have progressed only into the mind Mansion Worlds of natural love. The vast majority have continued living in the 1<sup>st</sup> and 2<sup>nd</sup> Mansion Worlds with a few perfecting their natural love condition and progressing into the 4<sup>th</sup> then 6<sup>th</sup> Mansion Worlds and no further. There was nowhere else to go or progress into. There are maybe more than 200 billion personalities now in the spirit Mansion Worlds.

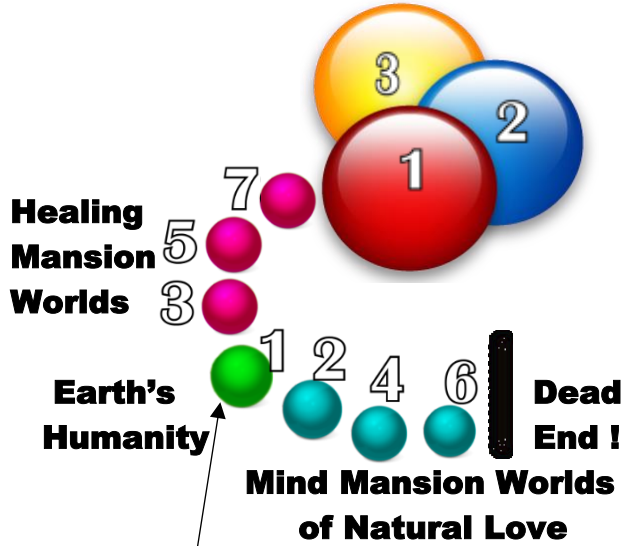
The capabilities and emotional condition of those within the 1<sup>st</sup> and 2<sup>nd</sup> Mansion World is literally no different to the people you see in your daily life. Spirit personalities from the 1<sup>st</sup> and 2<sup>nd</sup> Mansion Worlds having nothing to offer anyone more than when they lived on Earth in the physical.

For the past 200,000 years they have been perfecting their control addictions which emerged for them during their physical

lives. So, from the spirit worlds they have been influencing by suggestion to those in the physical who are open to their manipulations. This is how we get 'sorcerers' and 'witch doctors'. A spirit personality cannot cause anyone in the physical any harm. If you are inclined to be mischievous then they can help you along! This is the foundation of many 'superstitions'.

The planning for the ending of the Rebellion and Default has been underway for a long time. Machiventa Melchizedek is the oversight of the plan. He physically manifested outside of Salam, north of Jerusalem, 4,000 years ago (1980 BC) to tutor Abraham in preparation for the coming of the Creator Daughter and Son (Mary Magdalene and Jesus). Upon Jesus and Mary achieving their full co-regency of our Local Universe of Neadon early in our 1<sup>st</sup> century, they were enabled to have our System Sovereign and deputies arrested (Lucifer and Satan soul partner pairs). They also opened the healing spirit Mansion Worlds 3, 5 and 7, as well as the Celestial Heavens 1, 2 and 3, so as to pave the way for the arrival of the Avonal Pair on Earth in the 21<sup>st</sup> Century (now)!

**SATANIA – System**  
**Earth is #606 of 619 humanities.**  
**Celestial Heavens Spheres**



**Upon death of our physical body, we all transition to the 1<sup>st</sup> Mansion World**



no further assistance to perpetrate so-called black-magic. This spirit controlling assistance has been also blocked off from leaders all around the world with the consequence of enormous amounts of stupidity unfolding. We are to look for a better way and that is to live Feelings First.

On 31 January 2018, the Rebellion and Default has been formally ended. The outworking of the Rebellion and Default will take all of the coming 1,000 years being the Avonal Age. The Avonal Pair are yet to commence their public work as of December 2022.

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

To support the Avonal Pair there has needed to be a very large contingent of Celestial Spirits emerging from Earth's humanity. At the time of Jesus and Mary there were none!

When Mary lived in Egypt after Jesus' death, she tutored five ladies who subsequently progressed through the healing spirit Mansion Worlds 3, 5 and 7 and then into the first three Celestial Heavens. Others have followed and there now maybe 30 billion Celestial spirits emanating from Earth. That is why it has taken these past 2,000 years to prepare for the Avonal Pair's arrival.

As milestones have been reached then events could unfold. On 22 March 2017 negative spirit influence from the spirit mind Mansion Worlds has been mostly stopped and this has been imposed by the Celestial Spirits.

Also under the terms and conditions of the Universal Contract governing the Rebellion and Default, until recently connectivity and interaction between Celestial Spirits and those in the physical on Earth was off limits. Those who now become aware of Feeling Healing and or the availability of Divine Love can now connect and interact with their Celestial Spirit guidance.

From the blocking of mischievous mind spirits on 22 March 2017, those who were being assisted with seemingly 'magical' or mysterious events, healing or otherwise, are now left to their own devices. There is now

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



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



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

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

Mary Magdalene, co-regent with Jesus, and soul partners.

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

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

**Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it's over, that control is no longer controlling, it's just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.**



Nanna Beth 3<sup>rd</sup> Celestial Heaven, John's grandmother, 20 March 2018

# VOICE

We each are to VOICE our pain - the pain from within!

And our pain is our Childhood Suppression.

This being our families' traditions and customs of unknowing erroneous ways.

It is the untruth of held spiritual platforms.

It is our own imprisonment within our mind of arrogance and control addiction.

It is the imposition of control placed on us by those from many levels of influence!

We each are to VOICE our pain to a companion who has compassion for us, and long for truth!

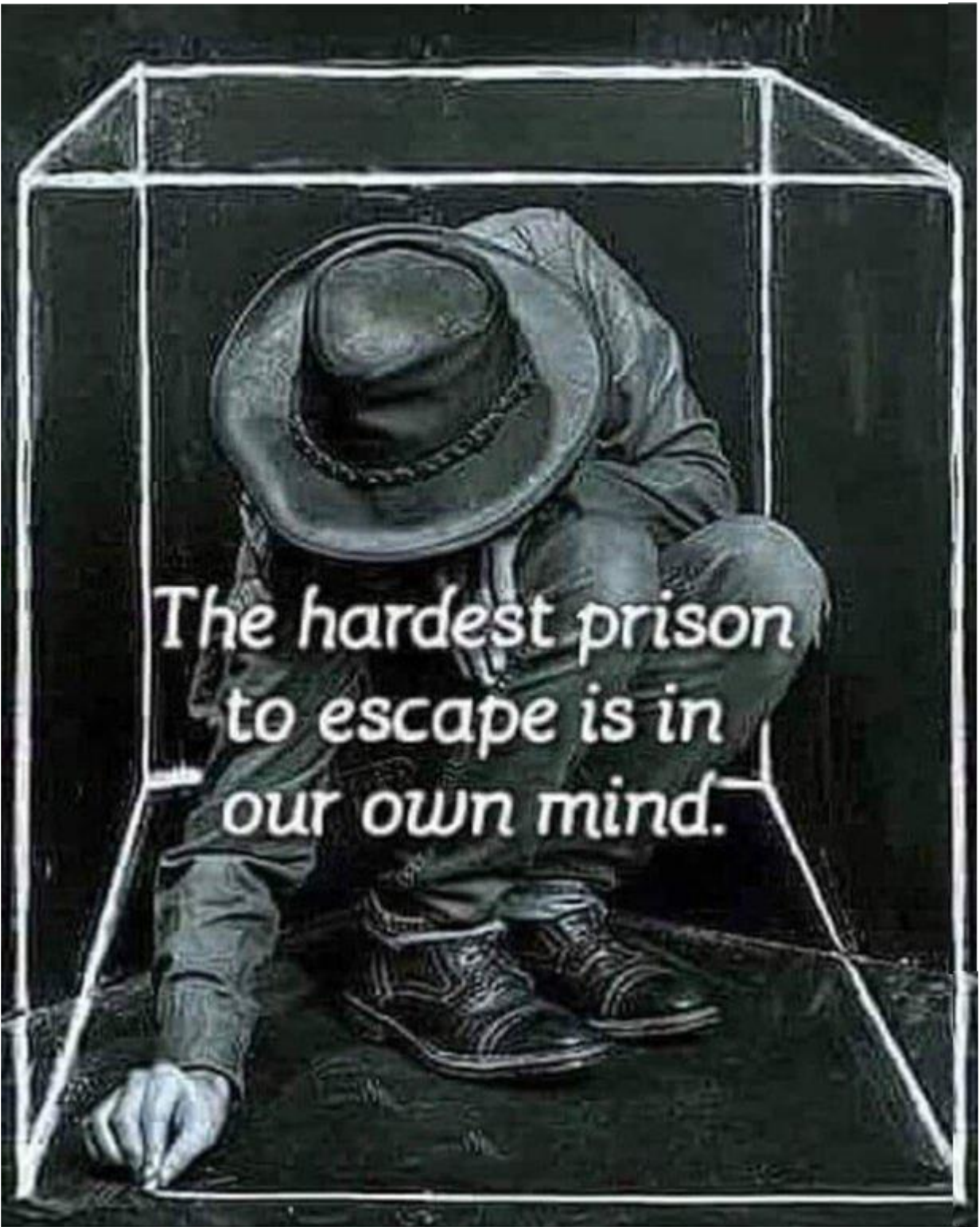
We are to discover that truth which is freedom and love has been hidden from us.

We are to discover that our feelings are our truth.

We are to discover that we are each fully self-contained - truth is within us - and that it is our soul based feelings that generations have told us to suppress and ignore.

No more controlling institutionalised systems are required! - NONE!

# VOICE



*The hardest prison  
to escape is in  
our own mind.*

## **We are spirit personalities having a physical experience.**

Following conception, should we not be miscarried or aborted, then we go on to have a physical experience within an ethnic community that we have had no knowledge about and following our return to spirit life we will have little to do with and for a short time only. Our spirit life then progresses for us to heal ourselves of what we each had taken on of Earth's Rebellion and Default. As we heal we disconnect from our Earth family and eventually find our soul partner and then our soul group, our true family. After a period we even disconnect from Earth totally. Mother Mary, of the Catholic Church and its Rosary, she has even left our local universe of Nebadon. Those who petition Mother Mary through the Rosary cannot be heard by her and as in the past, she can do nothing for those who still do! All institutionalised systems on Earth are manmade and are all corrupted for the benefit of hidden controllers – there are no exceptions.

Ten to 12 pivotal companies, assisted by another 3 dozen, run the world's food supply. They are the key components of the Anglo-Dutch-Swiss-American cartel, which is grouped around the 2 families (R and R). They control processed food chains that deliver nutritious neutral food that is laced with sugar, salt and fats, creating global obesity and health issues worldwide. Through their octopus of secret societies they manipulate governments and positions of power worldwide with impunity.



Modern western medicine suppresses the symptoms of illness and disease, however there is no curing by doctors who apply 'procedures' learnt by rote in a robotic zombiism that kowtows to the pharmaceutical industry and their profit driven agendas. 10,000 illnesses identified with some 500 that can be 'cured'! Education systems that apply the least productive learning processes using curriculums that generate growth in compliance to those of hidden control. Religions will be seen for what they are – power concentrations made by man! Endeavours to make countries 'great again' is going to see powerful countries break into much smaller parts and borders of control become the hindrances of the past.

## **All suppressions are now to be ended by exposing what the Rebellion and Default is!**



*Before we are conceived, we have had nothing to do with the culture or heritage into which we are about to be born.*

*Conception is individualisation of our unique personality!*

*Then our parents and carers infuse us with their errors and injuries!*

*We perpetrate their erroneous ways!*

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

# Hidden Control thru **COVERT** to **MANIPULATION**

**MIND DOMINATION OVER FEELINGS**  
**MEN DOMINATION OF WOMEN**  
**PARENTING - CHILDHOOD SUPPRESSION**  
**WIDE DIVERSITY OF LANGUAGES**  
**RESTRICTIVE EDUCATION SYSTEMS**  
**RELIGIONS WITHOUT TRUTH & LOVE**  
**WAGE & FINANCIAL ENSLAVEMENT**  
**MULTI-LEVEL GOVERNMENT CONTROL**  
**MULTIPLE RACE COLOURS & FEATURES**  
**BORDERS AND MILITARISATION**  
**NATIONAL PSYCHIC BARRIERS**  
**PERPETUAL CONFLICT & WARRING!**

**ALL OF WHICH**

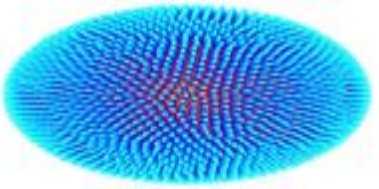
**PREVENTS HUMANITY'S ASCENSION**

**all**  
**orchestrated by** *Caligastia*  
**and his partner**



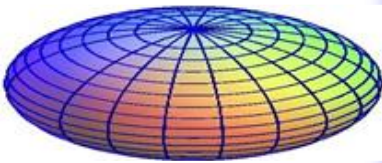
# Three Layers of Progression Federal, State and Local

**Paradise  
Havona**



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

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



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

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



Earth's humanity is  
now guided by  
Celestial Spirits.

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

# This Suppression is now to be Ended!



From **CONCEPTION** through to **GRAVE** we are **CONTROLLED**.  
**Our Parents and Carers** suppress our true  
**Personality** and we continue with repression  
**throughout our adult life!**

# Root Cause

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

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

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

# Pathway Forward

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

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

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

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

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

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

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

# NOTHING IS FORGOTTEN



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



We, as parents, may tell ourselves that our children 'will get over it', 'they will forget

about it!' That is a gross lie and error – we each do not forget ANYTHING!

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



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

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



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

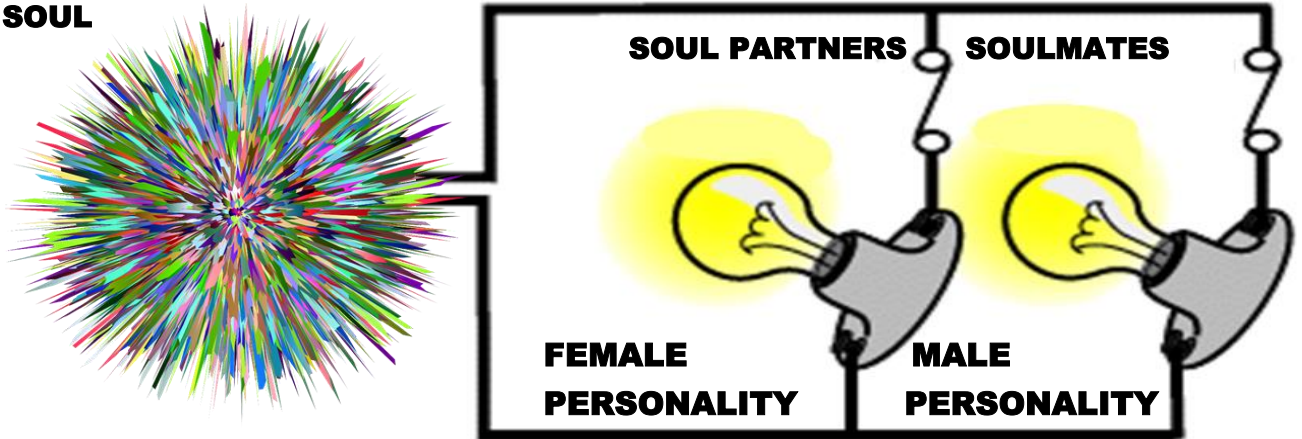
# NOTHING IS EVER FORGOTTEN

# Health of all of Our Bodies

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

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

**SOUL**



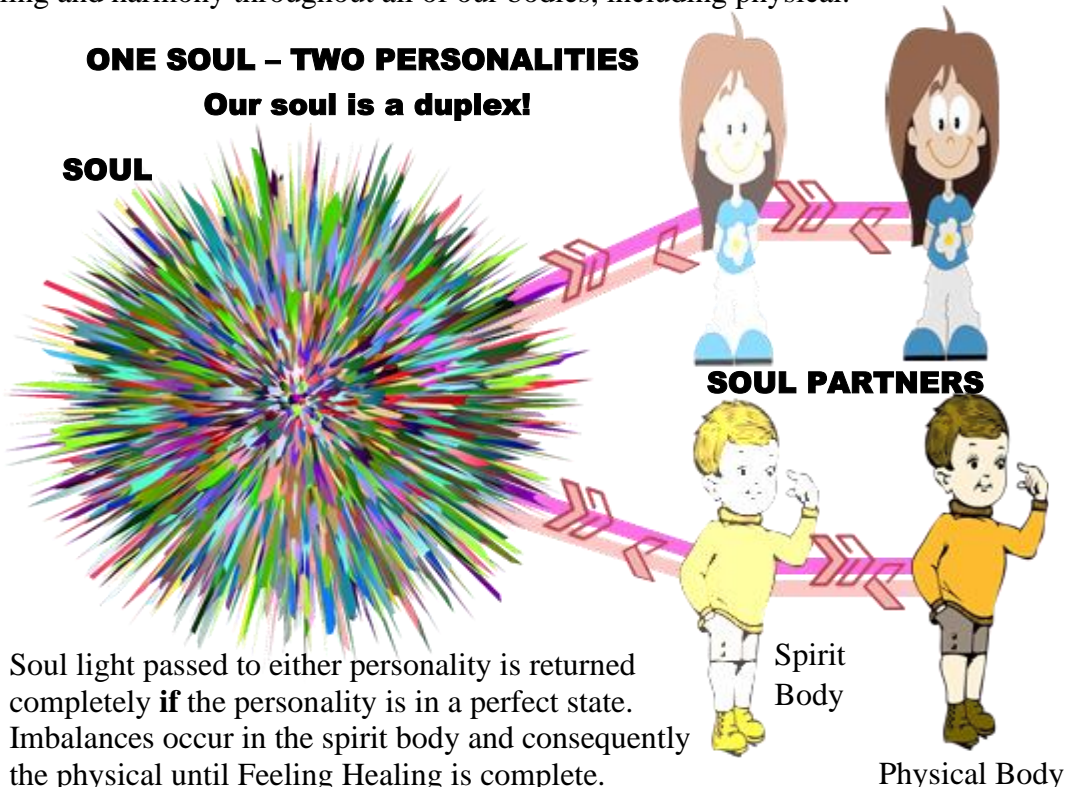
The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are to long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical.

## ONE SOUL – TWO PERSONALITIES

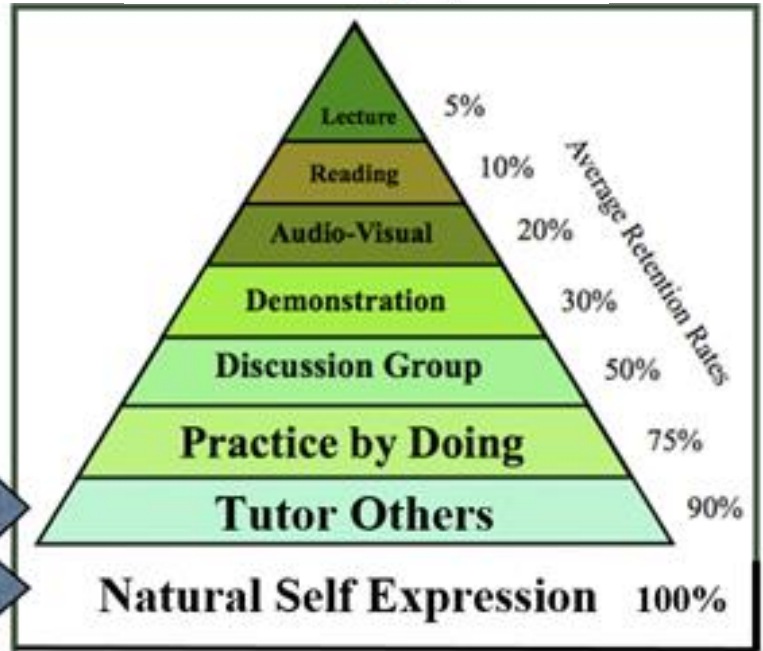
**Our soul is a duplex!**

**SOUL**



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

### The Learning Pyramid



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



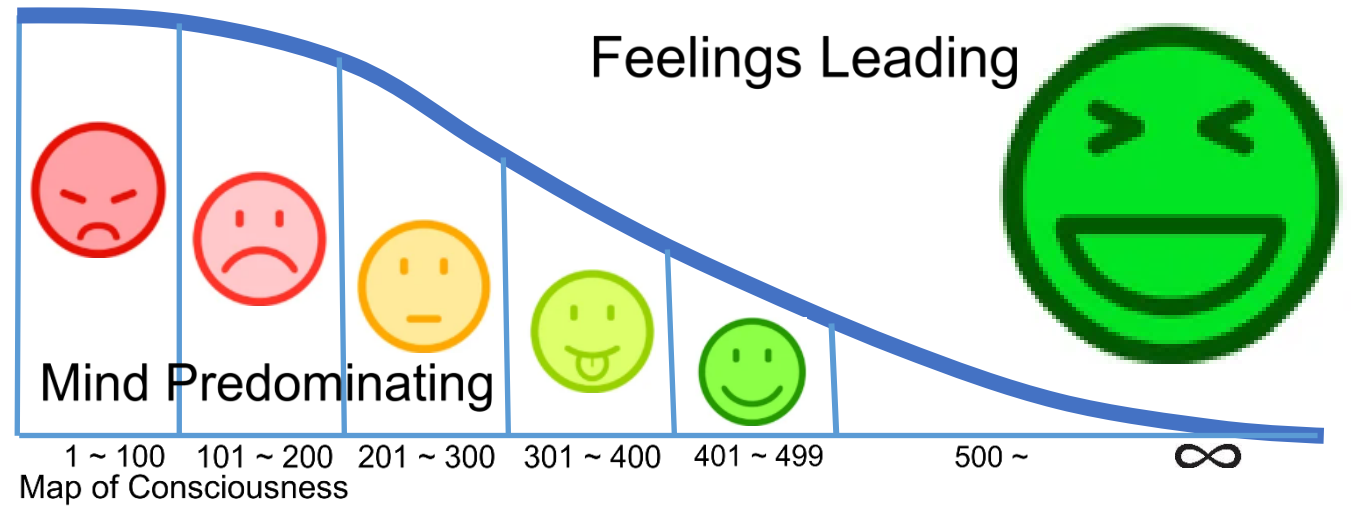
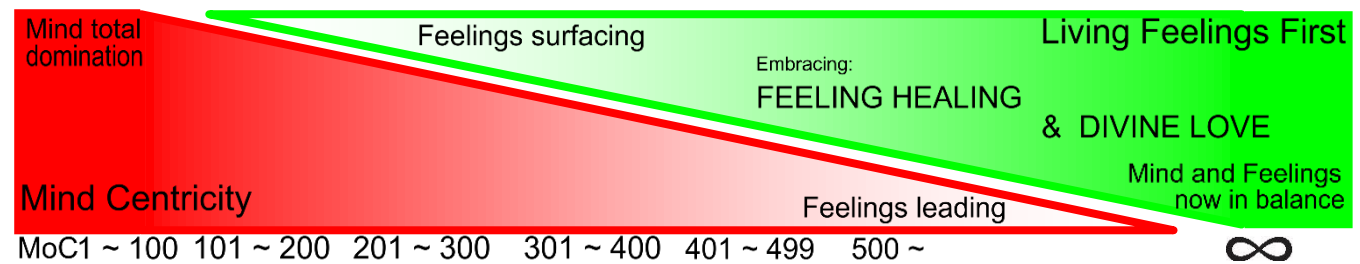


# Living Mind-Centric versus Living Feelings First

**Mind Total Domination:** We are without a moral compass when rejecting our feelings!!  
 The mind cannot discern truth from falsehood! The Mind is addicted to untruth!  
 The mind is addicted to control of others and of the environment!  
 We present a false façade of pleasantness, cooperation, kindness and yet we are very disturbed and distressed through ongoing suppression of our true self.  
 When totally suppressing our feelings, we have no empathy, perception and remorse, yet this is the majority of people worldwide!

**Soul Based Feelings:** They are always in Truth. Truth is Love. Through our feelings we have all we need to know, we are fully self-contained in what our Feelings will reveal to each of us!  
 Our feelings will set us free!

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



## Living Mind-Centric versus Living Feelings First

The first humans, Andon and Fonta, to have a longing for human perfection lived only 993,500 years ago.

Some 500,000 years ago, a Planetary Prince was assigned to Earth as well as the skin colours expanded through the Sangik Family from red only to include orange, yellow, green, blue and indigo. The orange, green and blue colours died out. Then 200,000 years ago, our spirit oversight induced Earth's humanity to live mind-centric and to ignore our feelings. Earth is 1 of 37 humanities within the System of Satania to have joined into Rebellion. Adam and Eve lived more than 38,000 years ago and introduced the crimson skin with blonde and red hair and blue and green eyes. The Rebellion and Default on Earth is now ending, having formally ended on 31 January 2018 but will take 1,000 years to work its way out.

Until 2,000 years ago, Earth's humanity could only progress through the mind spirit Mansion Worlds 1, 2, 4 and 6. For almost 1 million years there was no possibility to progress anywhere other than to the dead end of perfecting our minds and that is in rebellion to the co-regents of our Local Universe of Nebadon and also to our Heavenly Mother and Father. Even today there may be around 230 billion personalities residing in the mind spirit Mansion Worlds 1, 2, 4 and 6.

It was not until 2,000 years ago that the Regents of Nebadon opened the Healing spirit Mansion Worlds 3, 5, and 7, also the Celestial Heavens 1, 2 and 3.

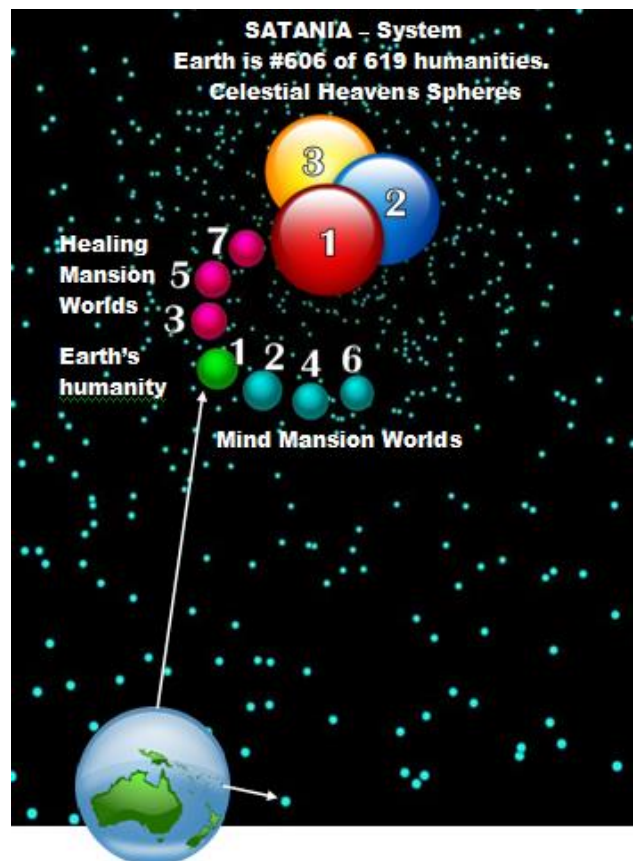
Prior to then there were no Celestial Spirits. The first to enter were five ladies from Egypt who Mary Magdalene tutored after escaping there after Jesus' very traumatic Friday. The numbers slowly built up to what maybe around 25 billion now. Contact with Celestials has been restricted until now.

Meanwhile, advanced mind Mansion Worlds who with their addiction for control, have aided 'healers' on Earth to heal people. The mind is extra-ordinarily powerful and with their assistance temporary suppression of many illness have been facilitated.

Angelic healing took place during the life of Jesus. Jesus did not heal people, however Angelic healing did take place. The physical body is healed but the underlying emotional injury and errors of belief remain to be healed by the person in question.

On 22 March 2017, interference with Earth's humanity by mind spirits from the mind Mansion Worlds has been mostly blocked from interacting with Earth's humanity. Spirit assisted 'healing' is no longer possible.

Possibly in the latter part of 2022 and then ongoing, the conditions and circumstances may be in place for Angelic healing to unfold yet again for Earth's humanity. Firstly it is to be what is necessary for the soul. Secondly, aspiring to live Feelings First and even considering embracing Feeling Healing is a precursor for assisted healing. One's longing and circumstances are fundamental to the possibilities. This is a time of great change and for those who embrace the changes, this is a most exciting time in the history of humanity.



### Correlation of Levels of Consciousness and Societal 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%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

Truth vs Falsehood page 158 by Dr David R Hawkins:

“Consciousness research indicates that only about 4% of people at the bottom of society calibrate over 200 on the Map of Consciousness (MoC), and that the majority calibrate extremely low – actually well below 100 (i.e., apathy). The really “down and out” are afflicted with drugs, jail, prison, criminality, poverty, brutality, and lack of concern for others. They rely very heavily on blame, excuses and other self-weakening ego mechanisms.

“Approximately 3% to 4% of the overall population is in jail, prison or on probation, and this subcultural subgroup, the average level of consciousness is 40 to 50 MoC. This recidivist population is characterised by widespread addiction, criminality and personality disorders, including a sizeable proportion of psychopathic personalities with demonstrable, impaired development of the prefrontal cortex as a genetic factor. Some important characteristics of the problem populations are the inability to control impulses or to delay gratification, the failure to learn from experience, disrespect for authority and the rights of others, and the failure to anticipate consequences. The lack of motivation and the resistance to treatment or re-motivation are due to an intractable core of overinflated, self-centred narcissism.

“It becomes obvious that social failure or individuals or groups is not “caused” by anything external, such as race, politics, or society, but instead is a consequence of the field effect (psychic barrier of a society’s traditions and norms held for generation after generation). The content of the field is the consequence of the quality of the field itself (e.g., the “broken window” principle). Just as the cook’s pot attracts salt and pepper, carrots, potatoes, tomatoes, pieces of beef and leftover chicken, so a low energy field equally attracts drugs, violence, sickness, malnutrition, poverty, violence, prison, drugs, alcohol and squalor. The “cooking pot” of negative energy field attracts the ingredients. The carrots do not “cause” the potatoes, nor do the salt and pepper “cause” the scraps of chicken or result in boiling water. The sources of the phenomenon is endogenous (originating from within a body), intrinsic and innate, and not exogenous (organism outside of the body) as the consequence of externals. Nobody “causes” someone to throw their trash on the street, which is, in and of itself, a very significant, diagnostic tell-tale sign.

“We can see that the downside is not “caused” by the overall culture, economy, or nation but is the automatic consequence of the human population itself representing the whole spectrum of the evolution of human consciousness in all countries and societal groupings within. Whether it seems “fair” or not, each element just “is that which it is” as an expression of its own potential in a given context and time.

“Of major sociological importance is the very dramatic major change that takes place below consciousness level 200 (MoC). Unemployment jumps from just 8% to 50%; poverty escalates from 1.5% to 22%; happiness decreases from 60% to only 15%; and criminality skyrockets from 9% to 50%.

“Similar correlation charts can be constructed that show the almost identical pattern for the percentage of each consciousness level with incidence of physical illness, mental disorders, victims of crim, automobile accidents, health insurance coverage, rates of AIDS and STDs (sexually transmitted diseases), arrest rate, domestic violence, child abuse, incarceration, birth rate, gang membership, exposure to violent media, drugs, and the time children spend watching television.

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

“A typical child watches twenty eight or more hours of low-level television programming per week, seeing more than eight thousand murders while just in elementary school (Winik, 2004). In 75% of murder stories, the killer goes free and gets away, unremorseful and often with an inflated hero image, complete with brutality, profanity, obscenity and strong sexual imagery.

“At the moment of birth, every individual already has a calibratable level of consciousness, and the overall course of the ship already appears on the compass.”

By the time the child is six years of age, she or he will calibrate on the Map of Consciousness (MoC) at the same level as its mother or father, should they be calibrating differently.

What has not be understood is that from the moment of conception which is 16 days prior to incarnation when the heart of the newly forming foetus begins pumping blood, the newly arriving personality is being infused with the emotional injuries and errors of belief of its parents. This infusion continues relentlessly throughout the child’s gestation and then throughout its childhood forming years up until the arrival of the child’s Indwelling Spirit during its sixth year following birth. Consequently, the child’s consciousness level is a reflection of its parents as this continues with each generation there is no evolutionary growth in the consciousness of humanity unless there is specific personal endeavours to step away from suppressive family traditions, cultural customs and norms and to engage in the expression of our own true personality and not continue to mirror that of our parents.

# WHOLE DIFFERENT Way of Life.



# Journey of Earth's Humanity

Years ago:

993,500 **Andon and Fonta - aspire for human perfection.**

950,000 **Andonites reach Tasmania - southern Australia.**

500,000 *Caligastia - Lanonandek - appointed Planetary Prince  
Daligastia manifests on Earth with staff  
Sangik Family - Northern India - 6 colours*

200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary  
Caligastia draws Earth into Rebellion*

38,000 **Adam and Eve manifest on Earth  
Adam and Eve default their mission**

1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS**  
**Commences end of Rebellion & Default**

7 BCE **Jesus of Nazareth born**

2 BCE **Mary of Magdalene born**

**Creator Daughter & Son Bestowal**

1914 - 1923 **Padgett Messages - second coming**

1925 - 1935 **The Urantia Book - history of humanity**

1944 CE **Bretton Woods Conference - funding**

2002 - 2022 **James Moncrief - Revelations**

**Avonal Daughter & Son Bestowal**

**Avonal Age of 1,000 years begins!**



**Judge:** Son, what were you thinking?

**Son:** Well Judge, that was the problem.

I was thinking just like mum and dad taught me, but now I know my mind cannot discern truth from untruth, is addicted to untruth and control over others! Our mind is not our moral compass.

**Our moral compass is our feelings!**

### MORAL COMPASS

Our 'gut feelings' are our soul promptings of truth and love!



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

From our moment of conception to around six years of age, we are submerged in our parents controlling addictions that were imposed upon them by their parents and so it has been these past 200,000 years. Our Indwelling Spirit arrives when we are six years old and then we are responsible for our actions, however, we find that our expanding environment awakens us to further methods of exerting control over others. We all go on with our life imposing our control over others, mostly because this is the only way we can survive and that is how others live. We remain oblivious to the harm, discomfort and pain that we cause other and unaware that whatever we cause to another will come back upon us as equivalent pain in the form of compensation that we will each endure – eventually! We may consider a sarcastic comment made in jest is inconsequential – but the pain felt by the slight will be returned to us.

We may go on to be involved in commercial activities where deceit may be the accepted practice, yet the harm is caused to others will come back to each of those involved, with the leader to bear it all.

Development of weapons of destruction have consequences for all involved, but none greater than upon the authorising personalities. Developing medications and vaccines that bring about harm draw compensation. Nuclear devices have generation consequences as do vaccines that manipulate genes. Thus, those who develop such technologies stand beside those who authorise their application. But those who mandate their application may find generations suffering harm requiring ongoing accumulating compensation to be addressed.

We look upon notorious barbarism by despot leaders as the pinnacle of harm requiring incomprehensible compensation, but we have leaders of religious sects and institutions of various kinds who we treat with great respect and honour when the ongoing harm they impose is far greater.

Then we look to how all this evilness became so widespread and entrenched, the actions of the Evil Ones 200,000 years ago are still building up compensation requirements as everyone today is living against their personality will and seeking control over others, even if it is only within their family – there is no one of us who is not entrenched into the Rebellion and Default imposed upon Earth's humanity by these evil four soul partner Lanonandek spirit leaders – Lucifer, Satan, Caligastia and Daligastia.

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

Zelmar, a Melchizedek, 1 July 2003: The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.



Zelmar, a Melchizedek, 27 June 2003: All that is rebellious and so of the Lucifer Rebellion will be one day cease to be. So deep within you, you know the truth that you are not right, that you are rebellious, and so also the truth that one day you too will cease to be.

Zelmar, a Melchizedek, 1 July 2003: You understand about Lucifer and Satan, but what about their soul-mates, their other halves, and how instrumental have these hidden feminine evil spirits been in shaping the course of the Rebellion.

Who do you think it was that coerced Eve into defaulting, do you think it was Satan or Lucifer, would Eve listen to such male spirits as much as she might listen to their female partners? It's been, in fact, the unseen evil women spirits who've had far more of a hands-on negative influence on humanity than the men spirits. The four evil women spirits (the partners of Caligastia and Daligastia were involved too) have worked to turn women against the truth of their feelings, so mothers then turn their children against themselves. And as the boys grow up, so they too have taken on their evil role of dominating women, and now even supporting those women who want to dominate and be their equal, as you are seeing through the feminist movement. **True liberation of the woman (and man) will only come when women start to fully honour all their feelings** as I have been talking about, then women being mothers will be the greater influence on their children in helping them to not be so rebellious. And as women (and men) one day become fully Healed, then in such perfect and true relationships will women and men parent children no longer inducting them into their rebelliousness.

The evil women spirits drove the personal and more intimate level of the Rebellion, whereas the evil men spirits drove the impersonal and bigger picture side of it.

The Rebellion leaders have all now been interned on a sector of one of the higher Earth planes. And they will remain in the 'hell of their own making' until they fully feel, and so repent, coming to understanding the pain and suffering they have caused. Can you imagine how many souls they have caused pain on all the rebellious worlds (37), so that's a lot of pain, a lot of time feeling such pain caused as their compensation, for them to understand the extent of the damage they have done. And time needed to bring about the rectification of their own personality expression; because as you can image, being so rebellious means they are very shut off to their true feelings, very much caught up in their controlling minds, so living with very corrupted, distorted and dysfunctional personalities. So potentially, it is conceivable they will remain in such isolation until everyone on all rebellious worlds (37) and in their associated mind Mansion Worlds have completed their Healing.

Zelmar, a Melchizedek, 23 July 2003: Your next question, James, concerns the whereabouts of Caligastia and his partner. Caligastia, for the readers who may not know, was your (Earth's) planetary Prince, the Lanonandek Son who was the spirit governor of your world and who embraced Lucifer and Satan, helping them to bring the System Rebellion to your Earth. Caligastia and his partner had another Lanonandek Pair who help them, the Daligastias. And together the four of them coerced Adam and Eve away from being true to themselves bringing about the Planetary Default.

And as *The Urantia Book* states, with Jesus' (and Mary's) coming, the powers of these four Evil Ones were severely lessened. Jesus and Mary ended the reign of the Lucifers and Satans thereby technically ending the Rebellion in their universe of Nebadon. However, it was left to the arrival of Avonal pairs to fully end the Rebellion on the individual rebellious worlds. So, the Caligastias and Daligastias power was substantially lessened to the point of during the past two thousand years they have only been able to subtly impress upon certain mind spirits and people on Earth, who might have been open to them, to help further the Rebellion. But that has ended now because of the Avonal pair, with only the



mind spirits being able to coerce you on Earth.

The Caligastias really had all the power over humanity, they did the greatest amount of damage to you. They did far more hands on damage to you than the Lucifers of Satans, and yet you didn't even know of their existence until *The Urantia Book*. So the ones you fear as being the Evil Spirits, Lucifer and Satan, didn't actually have that much personally to do with Earth. They orchestrated the Rebellion on the higher spirit levels, with the Caligastias being helped by the Daligastias, carrying out their nefarious plans on Earth and in the mind Mansion Worlds.

All eight of the Evil Spirits are now interned on a detention world (actually it is the highest earth plane associated with Earth and not on another rebellious world's earth plane, because of Mary and Jesus' relationship with the Earth) awaiting judgement of their crimes. So they can no longer negatively affect or hurt you, they are no longer guiding the Rebellion along its nefarious course, they no longer have a say in it on any level. And nor can they, should they have a 'turn of heart', directly participate in eradicating the negative effects of their dirty work. It has all been taken out of their hands. So it's now all up to yourselves, the main controllers on your world and the controlling mind spirits who are guiding them, they are now your 'evil ones'. And soon these more controlling people and mind spirits will be dealt with by the Avonal pair, once they have finished their Healing. Then all such control will cease and people will be entirely free to get on being a controller in their own little personal world as they continue to live their negative mind patterns, and without being able to control others; or end such control by doing their Healing. The prophesied 1,000 years of peace will then come to humanity as it lives through the forthcoming Spiritual Age.

So far living in their detention plane, Caligastia and his partner have not wanted to relinquish their false power one bit, even though all about them it is obvious to us that they have no real power anymore. The Daligastias, perhaps because they had more personally to do with people having been materialised on Earth and living with people so many years ago, have started to show levels of guilt and remorse with a growing conscience as to the damage they wrought.

## 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.

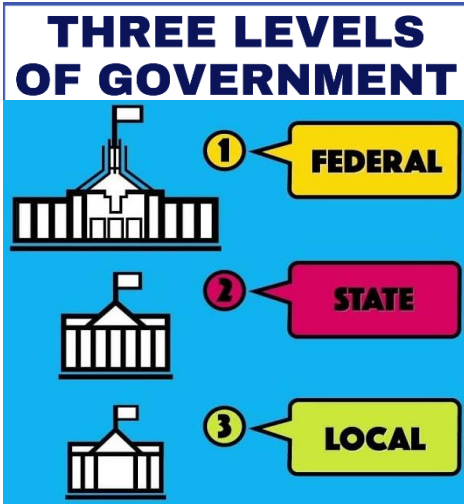
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



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.

**BUT THERE ARE FURTHER LAYERS OF CONTROL!**



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

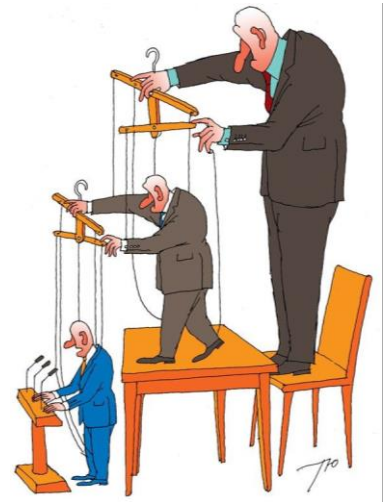
**GOVERNMENT**  
 Derived from the Latin verb **Guverno, Governare** meaning "To Control" & the Latin noun **Mens, Mentis** meaning "Mind"  
**To Control The Mind**

**HIDDEN CONTROLLERS**



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term), who are in turn are manipulated by 12 (long

term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.



**CONTROL DISRUPT**

**celestial Friends**

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

Negative Spirit Influence blocked  
 22 March 2017  
 Law of Compensation quickening  
 22 May 2017



Rebellion and Default officially ended  
 31 January 2018

# Systems of Deception!

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

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

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

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

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

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

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

## **LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY**

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

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

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

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

**Parents abandon Children emotionally!**

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

## Living Feelings First growth potential is

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

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



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

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

## Living mind-centric limits growth to 499 MoC

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

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

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

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



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

## WHEN WE ARE DEAD, WE ARE MORE ALIVE THAN EVER!

**MARGE – day 19!**

Tuesday, 15 December 2020

Marjorie, John's sister died on 26 November 2020, aged 76, this is Marge out lining her experience:

*More Alive  
Than Ever.."*

Marjorie, newly arrived 1<sup>st</sup> Mansion World spirit: I can hear you, James, asking me questions in your mind. Alicia has gone, so I can answer some of them. She is such a dear girl, she came saying she was worried about me, wanting to know if there was anymore she could do for me. I assured her she was doing more than enough, which she seemed happy about, however she kept persisting. I thought about telling her about my life-decision problem, but decided it wasn't the right time. I told her there was something I wanted to talk to her about, but I needed time with her, and she suggested that she take me on a trip to her home in Peru and we could talk about that during the trip. And feeling delighted with that idea, I'd love to go with her to Peru, to see, "meet" as she put it, her family, that being at least a start in my seeing some more of the world. So we "organised" that I we'd go in a couple of days time, she had to see to some of her other "people" and then we could go. So I'm looking forward to that. But to answer some of your questions.

How I was taken to Earth to visit my family went like this. I'm living in what would amount to a huge block of flats, possibly thousands of them, I have no idea how many and they are built in a semi-circle with the inner part looking out to The Park. Within our section there are endless small bedrooms, I'm 6667773896, more than the phone number to remember, however with our spirit minds, remembering such things is easy, yet another of my new life pleasures, not forgetting anything!

In my room, which is a soft very pale yellow colour, like it's been painted, I have a bed, very comfortable, subtle lighting that I can adjust to different intensities and colours using my mind, a table and chair and that's all. I am told, that should I need room for clothes I might acquire furniture that can be provided to hang them or put them in. However so far I've been happy wearing the same garment, everyone else has, so I've seen as yet no reason to change. And it's what I thought I'd like to wear when I first awoke in the Arrival Room. From what I understand, we get the choice of wearing what we want using our mind when we first wake up, which I did and then once we're established we can choose to wear creations from other spirits or learn now to make our own using our minds. So everyone wears a whole mixture of clothing, which is fun, as so many spirits are from so many different countries. I've only met two other Australian spirits Newly Arrived, a man and a woman about my own age. However they have since moved away.

So within our massive block of flats there are sections in which all spirits can freely meet and spend time. It's all beautiful, very tastefully done, like a top hotel's foyer, and spirits mingle, sit, there is a big bar, areas for food, you play the pokies and other gambling games, all sorts of entertainment, all so to keep us happy with things so many of us are familiar with. And then there are areas away and more peaceful, which I prefer to go.

Then to go to Earth. Alicia organised for a spirit who specialises in taking newly arrived spirits like myself back to Earth to see their family and friends. This spirit came and she took me to another enormous building. It's incredible how you can move here in spirit. You can walk or run, swim, we have a large swimming pool in the 'complex' as some spirits refer to it. Or you can just sort of close your eyes and will yourself where you want to go. You have to know where you want to go, and so you think of being there and want to be there and bingo, you're there. There are areas in which you can freely will yourself, 'flying' areas some of the spirits call them, and some of these areas are well marked so you move into them and away you go, then to arrive in another such marked area where you wanted to arrive.



So in the complex, it's like going to the lifts, you go into the marked area, which is about the size of a basketball court, and there are lots of them in the complex, so I'm told, and we hold hands so I could follow her, my spirit guide, and suddenly we were in this other massive building. And it is huge. I couldn't begin to describe it, something very science fiction looking.

And in this building are departure and arrival areas for Earth. I understand how it all works, but something along the lines of you move to the desired country you want to go to in the lower Earth plane, I guess you



also decide which Earth plane now understanding there are two to chose from. So we went into the first, the closest one to Earth, the Earth dimension as she called it, as that allows you to be as close to people on Earth that you can be.

Anyway, I just followed her, and she took me to the departure area for Australia. We then walked into what looked like a huge airport terminal, all very plush and nicely designed, lots of spirits walking and standing, sitting on the lovely chairs. And by lots I mean, possibly thousands or even hundreds of thousands, I don't know but a huge mass of spirits.

And then it became obvious that the general flow was going and coming, departure and arrival. So we headed towards the arrival, my guide telling me all about it, but as I told you, the information

became too much, so she eased back and we walked together mostly in silence, my eyes popping out on their stalks at the amazingness of it all.

Then we got to the area in which we were to go to Australia, which was just from what I could see like a huge opaque glass wall, and you just walked through it, no worries, no problem and instantly you were walking out of it, or presumably its equivalent in the Earth plane in Sydney over the harbour, which was a nice surprising touch. So you walk out onto the water and from there you are free to will yourself wherever you want to go in Australia.



I didn't want to visit the city, and having told my guide a day before my family details she knew about them and said that it was now my turn to will us to them. She said she'd just follow me, which she did.

So following her direction I thought of visiting Ron and so there I was with him at home. He was in the kitchen and suddenly I was with him. And that was weird. It was really good, but so strange. All of which I told you about earlier.

So I spent time with Ron, then moved onto each of our daughters (four daughters). Spending time with them at work, in their cars, in their homes, with my grandchildren, just being with them doing what they were doing, 'tuning in' on them, listening to their thoughts and when they were speaking to each other, feeling their feelings.

I've decided not to include personal family things James, in our writings together. Mum (Marie) instructed me what I am to speak to you about, as so I understand, it's to be part of your work. So I hope you don't mind about that. I don't fancy telling other people, should they read this, all about my family and our family relationship, so I will keep those parts as general as I can.

All in all I spent a day with my family, one of your Earth days, which are much shorter than our days, so for me it was in my day it was just a mornings outing. (Three Earth days is equivalent to one spirit day.)

When I'd had enough, my spirit guide, Helena, who'd been ever so patient and had gone off and left me to it, she saying she had other people she wanted to visit, and that when I was ready to go I was to summons or call her with my mind, which I did, returned and then we retraced our steps back the complex.

Note: Once we connect with another personality, when in spirit, we do not need to travel to communicate with each other, be that with someone in the physical on Earth or in spirit on any of the spirit worlds. Three dimensional screens makes the communication look and feel all are within the same room. Should closer connection be required then to travel to be present with each other may take a couple of minutes – sometimes as much as ten minutes! My mother, Marie, makes her presence known to me by what seems to be her pulling my ear lobe!



Kindly consider visiting [www.pascashealth.com](http://www.pascashealth.com) and then Library Download, and then scroll down to Medical – Death and Dying and then click on to open the following:

-  [Pascas Care Death & Dying Transition & Assimilation.pdf](#)
-  [Pascas Care Death & Dying Transition & Assimilation Marjorie.pdf](#)

**NOTE:** Energy can never be destroyed. We go on living but in a different form. When we arrive in the spirit Mansion Worlds we continue looking the same as we do today. We can use our spirit body fingers to pinch our arm and we will find the tensile strength of our spirit body arm to feel just like it does now in the physical. Should we be of senior age in our physical life, then we will slowly decrease in the age we look in our spirit life.

# Love

## LOVE in REBELLION

James Moncrief 20 December 2022

We live in a spiritual Rebellion. Which means: we live against the Truth. And so being anti the truth of ourselves and anti the truth of our soul, where does love fit in?

We say we love each other; we say we feel a deep love for our children, parents, families – our partner, and yet are we perfectly happy, having perfectly loving relationships within these situations?

So many people say they love each other, they love their family more than anything else in the world, their family is everything, and yet they can hardly bear each other if pressure between them is applied, and then it's all hate – so where did all that love go?

Are we trained to believe we feel love, when really that love is not true love, it's something contrived by our minds? And how do we know if what we feel is love, is true love, when perhaps our mind and its beliefs are having a big say in our so-called love.

So in an anti-truth and so anti-love Spiritual Rebellion, how can we honestly say our love is true love.

So is there what might be called Mind-Love, as opposed to Truth-Love. Can we love based on living without Truth, or is that just mind-love, it being used in place of love based or founded on Truth?

We are meant to be of perfect Natural love, however being of the Rebellion and Default we're of imperfect Natural love. So the 'love' we feel for each other is imperfect Natural love. So again: if it's imperfect love, what really is it – what 'sort' of love is it?

Or, is it that love is love no matter what; and then you live denying truth, being of virtually no truth; or doing our Spiritual Healing to end being rebellious, and so being of a higher truth. Can we truly love when we are not true? And if we are not true, then what is the love we feel?

Doing our Spiritual Healing allows us to become true to how untrue and unloving we are. We stop using our mind to pretend we're loving, when we are not loving. We accept how unloved we feel, and how unloving we are. We end all the pretence, the falseness, and we live honouring truly our relationships, so if there is no real love, then that is how it is for us, instead of trying to believe otherwise.

It's very hard accepting the truth of how unloving you might actually be, however what do you want to do – keep living a lie of false love?

And then we can long to God for God's Divine Love ...



**Love through Possession. Or, possessive love.**

We're untrue to ourselves, we're false, we're denying ourselves true love, because we're not true.

Our love is conditional love, not unconditional love.

Conditional love comes because we feel powerless, we don't feel we're in control; our mind can believe we're in control as we fight to get what we want, but deeper within us, none of us feel truly in control, because we're all living rebelliously against ourselves.

We grow up in a family that is built upon satisfying the possessive power needs of everyone involved. As children we are made to give our parents the power and control they feel deprived of by their parents. We grow up into adults having learnt our place of power and control in our family, asserting our power and control over our children. The cycle repeating itself.

Feeling so powerless because we're not truly loved, because our parents are untrue, means we find ways to gain the power we've lost; and when we do, we feel good and call that love. When we feel good and powerful in our unloving and powerless rebelliousness, we feel love. And we have to fight to hang onto that love. So it is love by condition. We possess whatever it is, making it 'ours' and so believing we have gained power and control, therefore we love it. It's MY baby, I own it, it's my possession, I will make it be as I want it to be.

I love my mother and father because they allow me some power and control in the family – I hate them if they don't. I love my brother and sister because I have my power and control in my relationships with them, and if they don't, I hate them. I am a drug addict because I have that power and control the drugs give me, all because I feel so powerless and unloved. I believe I am then loved, but it's all false love, and very sad, because the truth is: I am a drug addict because I don't feel loved, my parents and family didn't love me as I really needed to be loved, despite all the false love they said they loved me with. And it is false love, because if I felt truly loved, I'd not need to be 'loved' by the drugs (and that drug could be just chocolate!).

I love by possessing what or whomever it is, because I need to have my level of control over them. I "love them so much" because I have so much false power and false control. But it's all a delusion. The tragedy happens and I'm stripped of that power and control, and then the truth of how really powerless and unloved I feel comes up. If I really felt truly loved and with my own natural and true power, I'd be able to deal with such a tragedy; and it wouldn't happen anyway. The really bad things, any bad thing, only happens to us to help us see the deeper underlying truth of how false and pretentious we are, how we're living a delusional fantasy of feeling loved and being loving.

To be ruthlessly honest with yourself is to allow yourself to feel how unloved and so powerless and out of control you really are. To want to give up all false love, all possessive love.



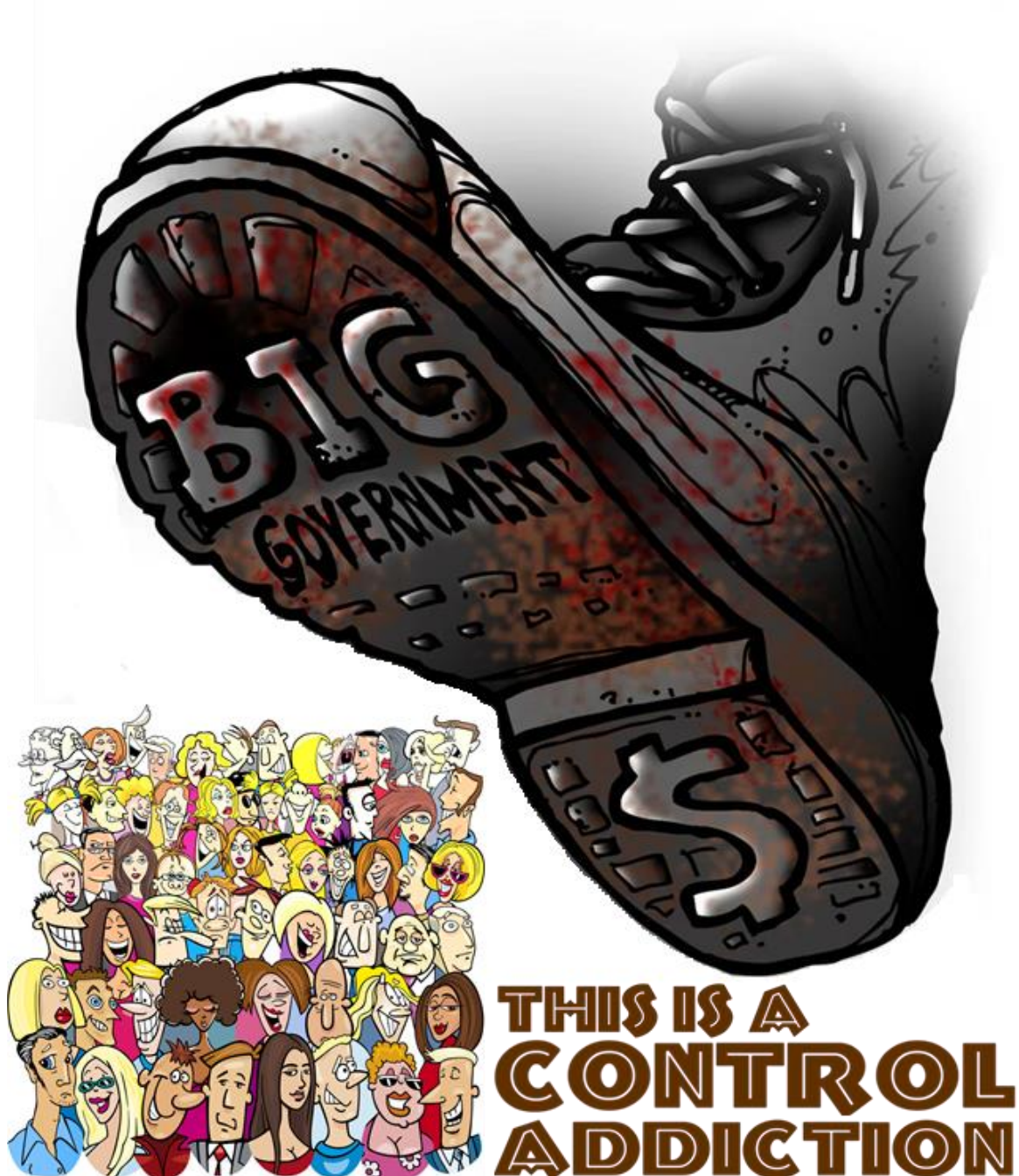
## NATURAL LOVE

<https://www.quora.com/>

Love is universal. Animals and different entities can also display love, care and affection towards other species. Here is a proof that the loving nature of a monkey or chimpanzee nursing a baby cub with a bottle of milk. Not thinking or afraid the little one could possibly grow up and make a meal out of it. When you genuinely care and openly love, you will only think and feel for the positive and good in others. Love is greater and more powerful than fear.



**We are not to impose our will upon another!**



**Our MIND is a CONTROL ADDICT!  
Our MIND is ADDICTED to UNTRUTH!  
Our MIND cannot DISCERN TRUTH!**

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

**Our SOUL is OUR TRUTH!  
Our FEELINGS are our TRUTH!  
FEELINGS FIRST, mind to FOLLOW!**



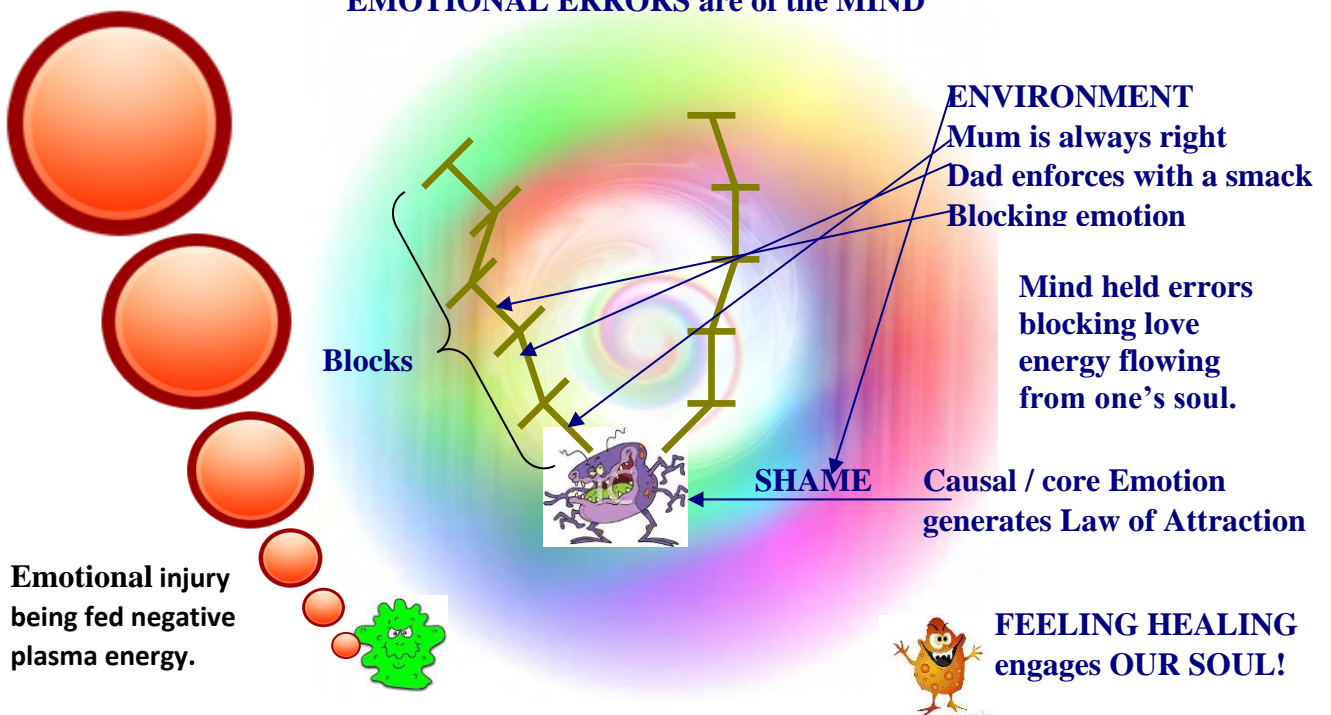
# Healing is by Going Through Doors!



We open up to our feelings by embracing a feeling and longing for the truth that feeling is to show us. This may lead us down to many more feelings through copious doors and stairways, leading us back through our life into our Childhood Suppression of our early forming years commencing at conception. This is a long journey of discovery and acceptance of just how we have been misled and now we are to express all that comes to surface and in so doing we are healing ourselves. Feeling Healing commences with the first doorway.



## EMOTIONAL ERRORS are of the MIND



# Layer upon Layer upon Layer

Emotional injuries and errors of belief are what we are to express and talk out with companions. The amazing thing is that we are now being guided and assisted in our emotional healing which affects every aspect of our living, our life, our being, our physical health and our relationships. Never has it been understood just how retarded and suppressed we each are by living through our minds and ignoring our feelings as we have been led to live our lives by not only our parents, but by all who we interact with – as they have all been misled like each of us.

As we open ourselves up to express a feeling, any feeling, good or bad – they are all to be expressed. Whatever comes to surface will be over laying an older feeling, so we are to then express the slightly deeper feeling / emotion / belief / error / memory.

We are to find how every aspect of our environment is imposing itself upon us. Government, through its federal, state and local administration, is all controlling and inhibiting of our self-expression. Then we find that our employment is all controlling as it is our life-line to physical survival – our fears and hoarding are all consuming. Our education has been founded upon layers and layers of assumptions which we now find to be extraordinarily flawed in what becomes abundantly clear through our truth based feelings which are always in truth. With 3,400 major religions, we now can recognise that they are all agents for our control.

And then as we work our way down through the layers upon layers, back through our adult life and into our teenage years, we begin to find and then anticipate that it is our Childhood Suppression that we experienced under the oversight of our parents and those close within our family, being our siblings, grandparents, etc., that is at the core of our Healing.

Thus, as we work through each and every feeling that arises, we will be working back through our life years to the core of each emotional injury and error of belief which we generally have taken on throughout our childhood forming years, from the moment of conception to the age of six years. It is during our sixth year that our Indwelling Spirit arrives and we become a little more self-aware and assertive of our personality.

Yes, we will work our way back through our dramas all the way back to the moment of our conception. We will become totally aware of just how much we are screwed over and then accepting of being in such a way. However, then being healed is yet another incredible life for us each to experience.





**Marriage is a man-made institution.**

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

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

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

<b>Consciousness Calibrations Worldwide</b>	
<b>Level of Consciousness</b>	<b>Percentage of population</b>
<b>600 +</b>	<b>1 in millions</b>
<b>540 +</b>	<b>0.4%</b>
<b>500 +</b>	<b>4%</b>
<b>400 +</b>	<b>8%</b>
<b>200 +</b>	<b>22%</b>
<b>200 -</b>	<b>78%</b>
<b>World wide average</b>	<b>220</b>

**Chronic illness indicates a huge denial of the soul.**

**Illness = out of harmony with truth and love.**

**It is the release of emotions that are out of harmony with Truth and Love, the longing for truth and expressing our feelings, talking them out, both good and bad, that brings about health and harmony to our bodies.**

**Fields above 500 - Love based  
Awareness  
Beingness  
More feeling based activity, rather than intellectual – in the mind based activity.  
Energy field of Love is the one that heals through Feeling Healing with Divine Love.**

**Fields 200 – 500 - Doingness  
Intellectual  
Life is seen by mind as an opportunity.  
We are getting closer and closer to truth.**

**Fields below 200 - Wanting & Craving  
Desiringness  
Fear Driven  
Self hatred  
Grudges  
Values are based on what one has.  
The energy fields below 200 are opposed to life, do not support life.**

***Violence is never Justified***



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

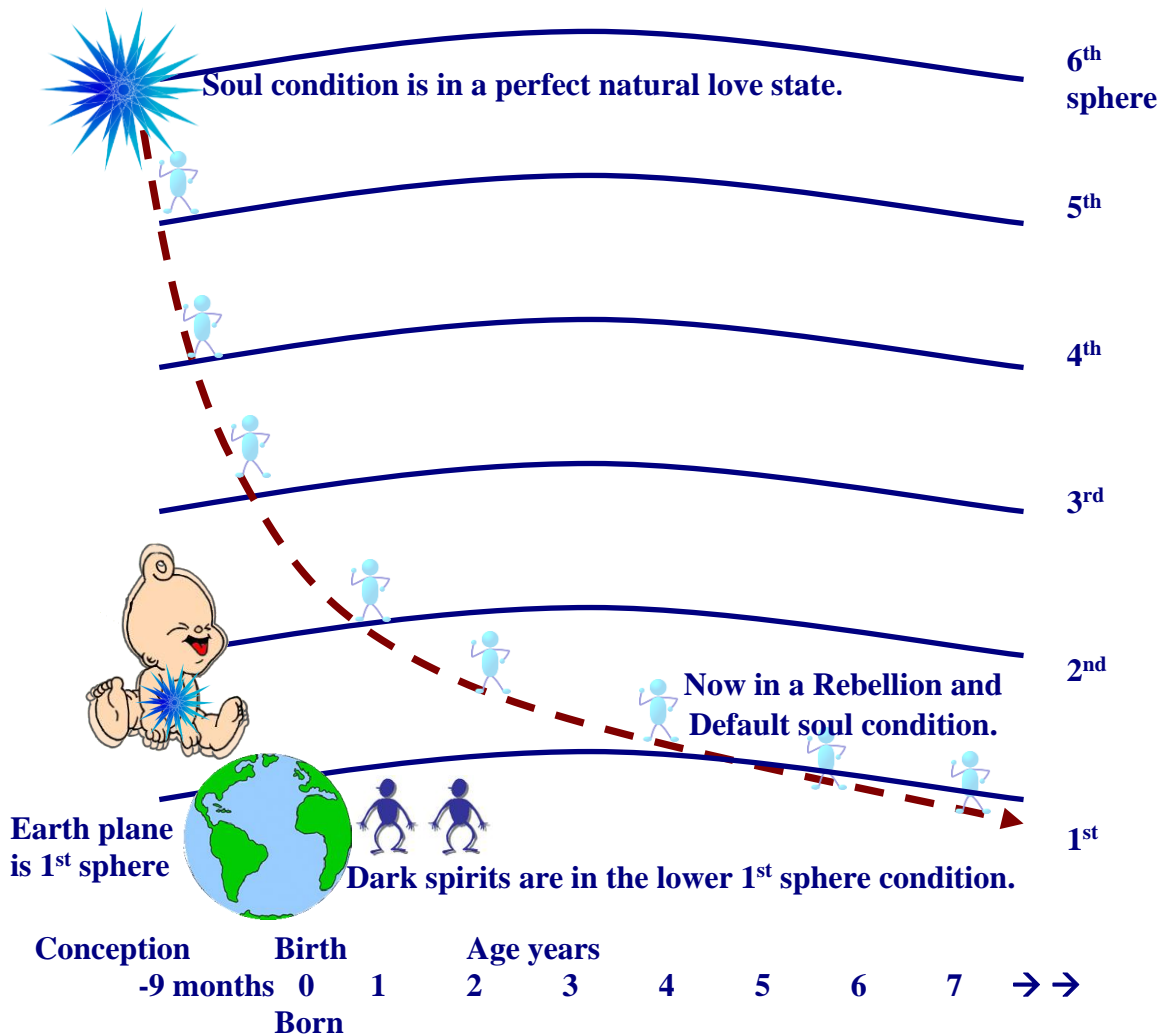
**SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!**

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

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

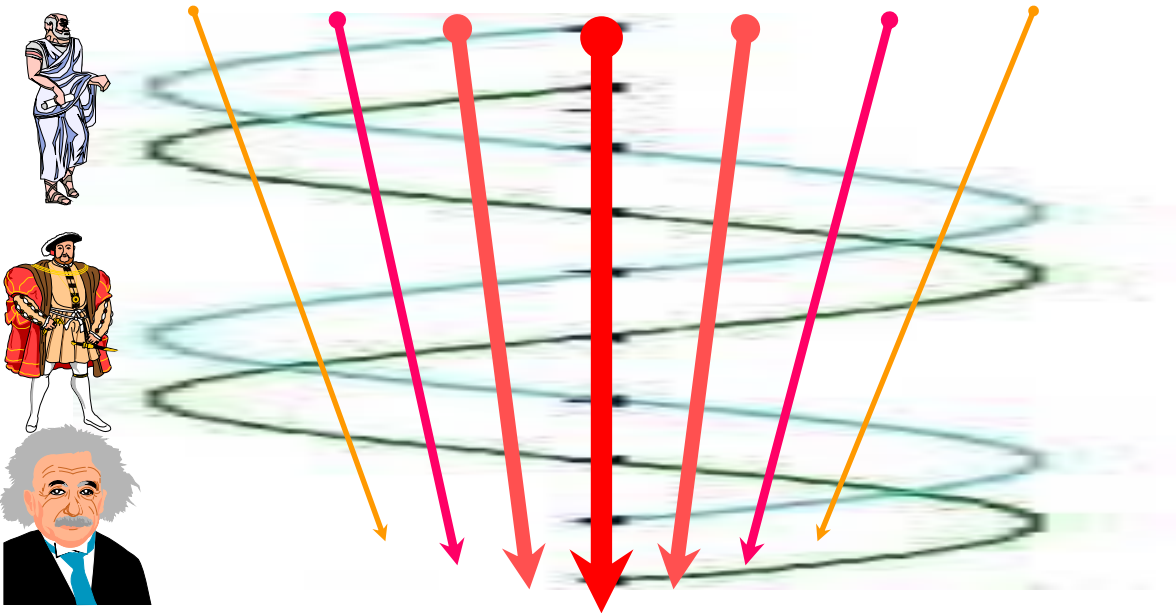
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

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



# 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 our self, work and pray to express our blocked emotions.**

**Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.**

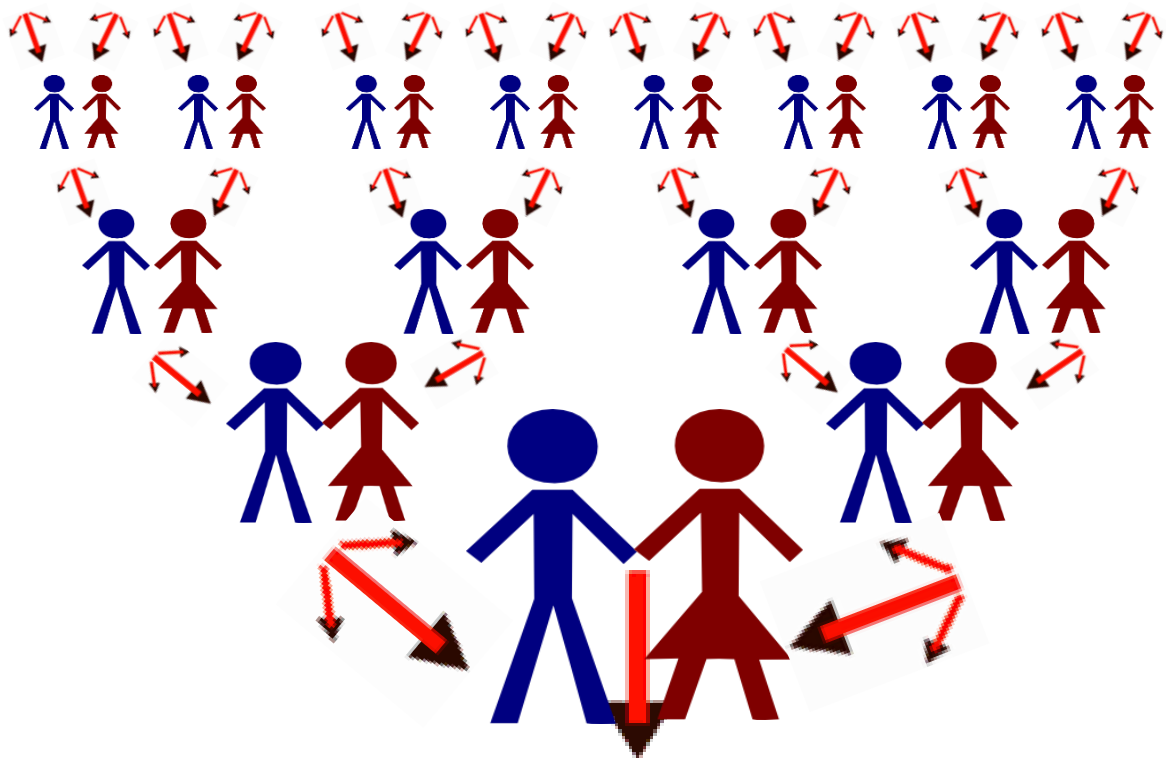
**Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.**

### GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us through our parents and carers. We absorb our parent's emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents' input is of equal importance. As children we continue to mirror our parents' soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

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

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly thereafter. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within ourselves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents' emotional issues.



## OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!

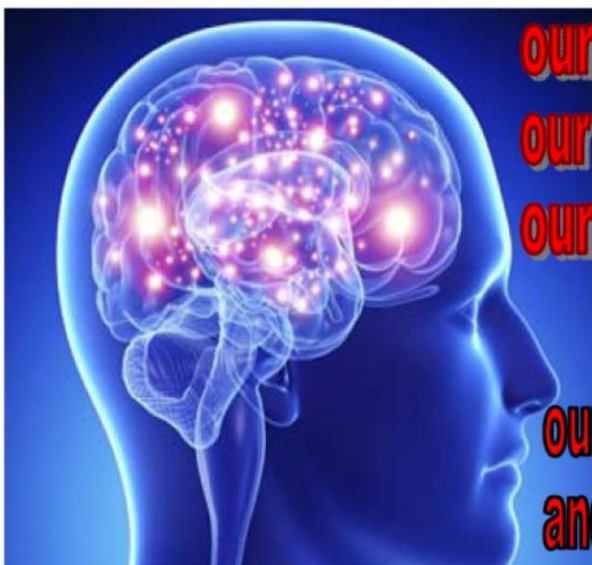


Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!



We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.



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

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

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

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



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

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

# EINSTEIN'S THEORY of INSANiTY



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

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

-ALBERT EINSTEIN

Enter:

The NEW WAY The NEW WAY

**GREAT**  
**V-Turn**

# MAP OF CONSCIOUSNESS

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

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

## PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

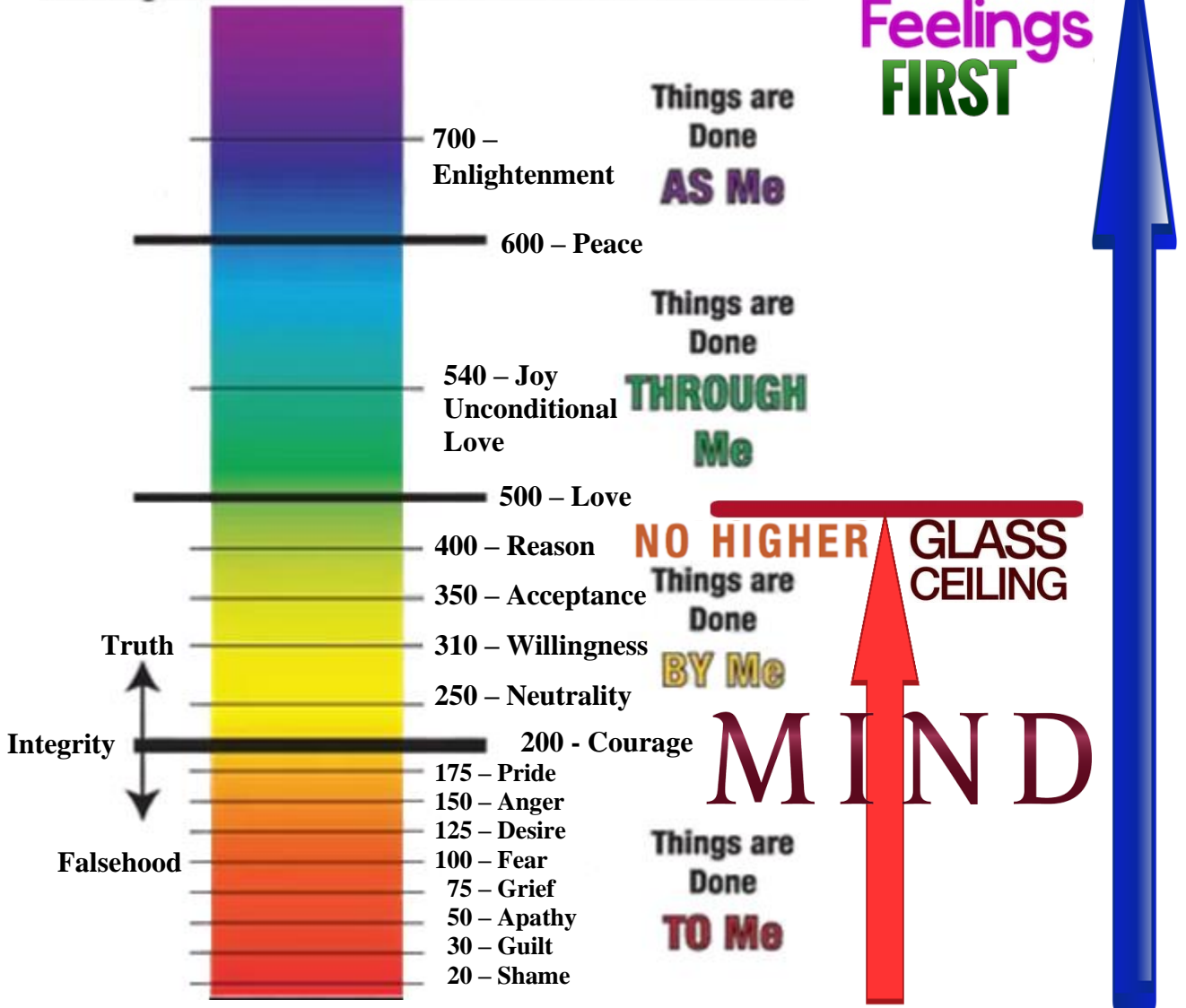
Suicide is possible and probable.

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

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



# Map of Consciousness



**Note:** The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.  
 A calibration increase of 1 point is in fact a 10 fold increase in energy.  
 A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.  
 Thus the energy differentials are in fact enormous!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



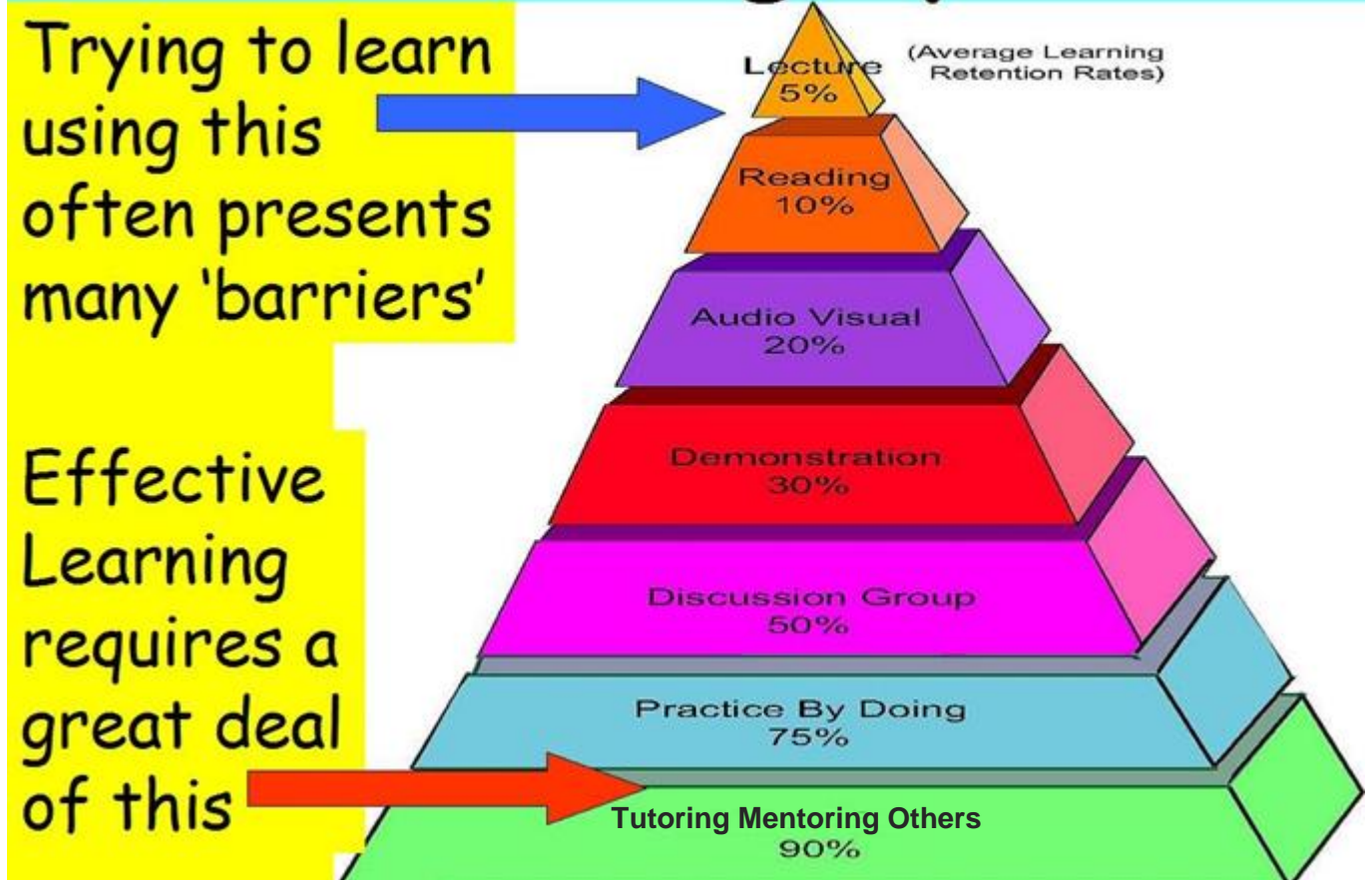
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# The Learning Pyramid



100% retention is **Natural Self Expression**

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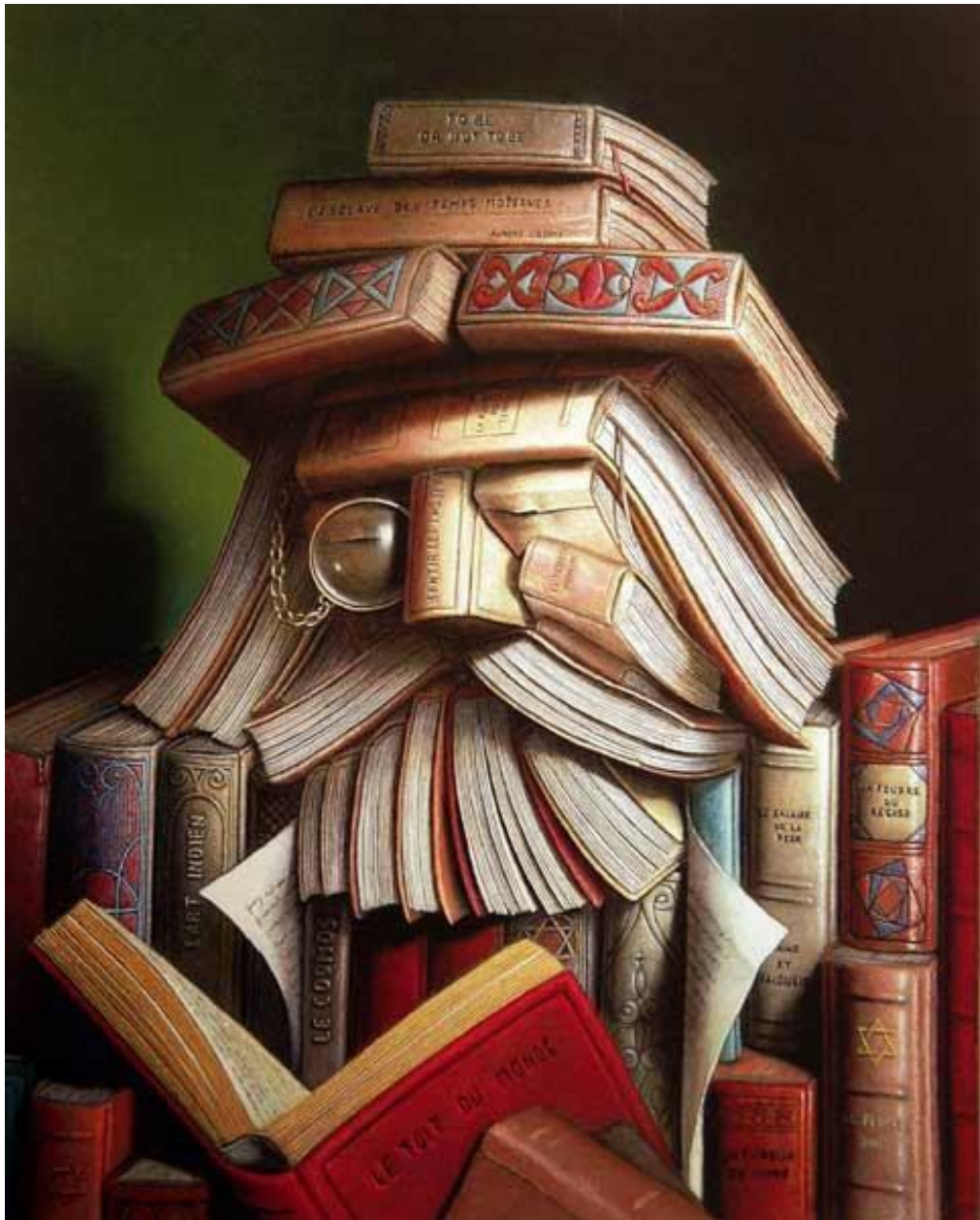
*Children are now to embrace and express their feelings in all that they do and experience. It is our feelings that are our guiding light of love and truth. Truth is love.*



# *Why?*

*May we ask why we have not understood this before? The Universal Contract governing the Rebellion and Default had to work its course. Cracks in it are now being worked to end the Rebellion and Default.*

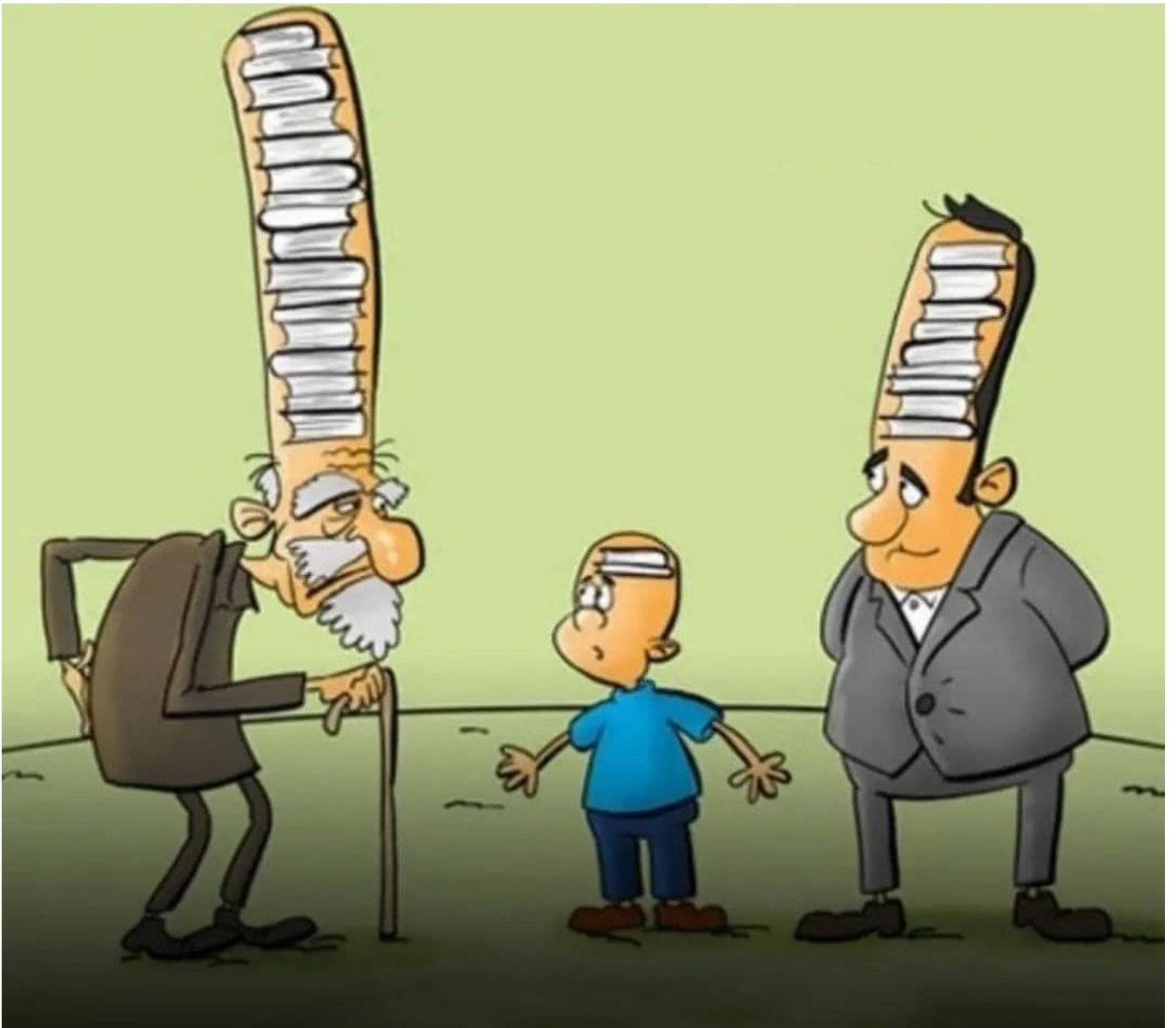
*Education is to reveal itself through our feelings. Our soul based feelings are always in truth. And truth is love! We are fully self-contained. Our feelings are to lead our mind in all that we do, not live how we have been previously taught. It is that simple!*



*Within, I know who I am and what my future journey beholds! My feelings are to be my guide being supported by my mind - not the other way around as it has been!*







**FEELINGS ARE MORE THAN  
1,000s & 1,000s OF BOOKS!**

## PASCAS COUNSELLOR CARERS:

The optimum ration is considered one accredited counsellor carer per ten adults. With regards to children then one accredited counsellor carer per ten children with six adults in the family units involved around the children.

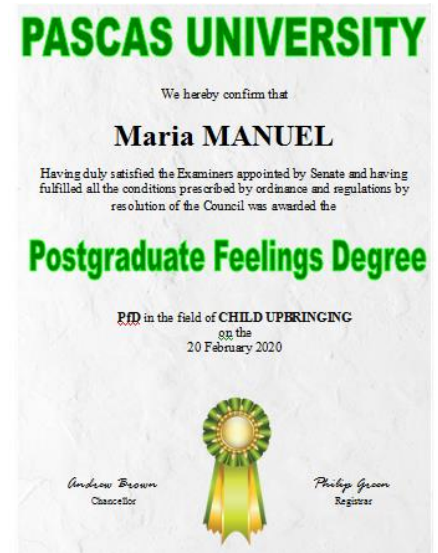
# Postgraduate **Feelings!** Degree Pfd

Pfd being in the field of SOCIAL WORK – LIVING FEELINGS FIRST.

Equivalent to Counsellor Social Worker certificate level IV + Pfd.

**Kindly consider reading:** [www.pascashealth.com](http://www.pascashealth.com)  
then proceed to Library Download; firstly Corporate Alliances  
and then scroll all the way back to Pascas Care Letters:

Pascas Worldcare Supporting Hands  
Pascas Care Letters – Family Shelters Abuse & Remedial  
Pascas Care Letters – Family Shelters Overview  
Pascas Care Letters – Family Shelters Protection  
Pascas Care Letters – Family Shelters Social Housing  
Pascas Care Letters – Family Shelters Support Centre  
Pascas Care Letters – Family Shelters towards Liberation  
Pascas Care Letters – Root Cause now to Pathway Forward  
Pascas Care Letters – Root Cause now to Pathway Forward (short)

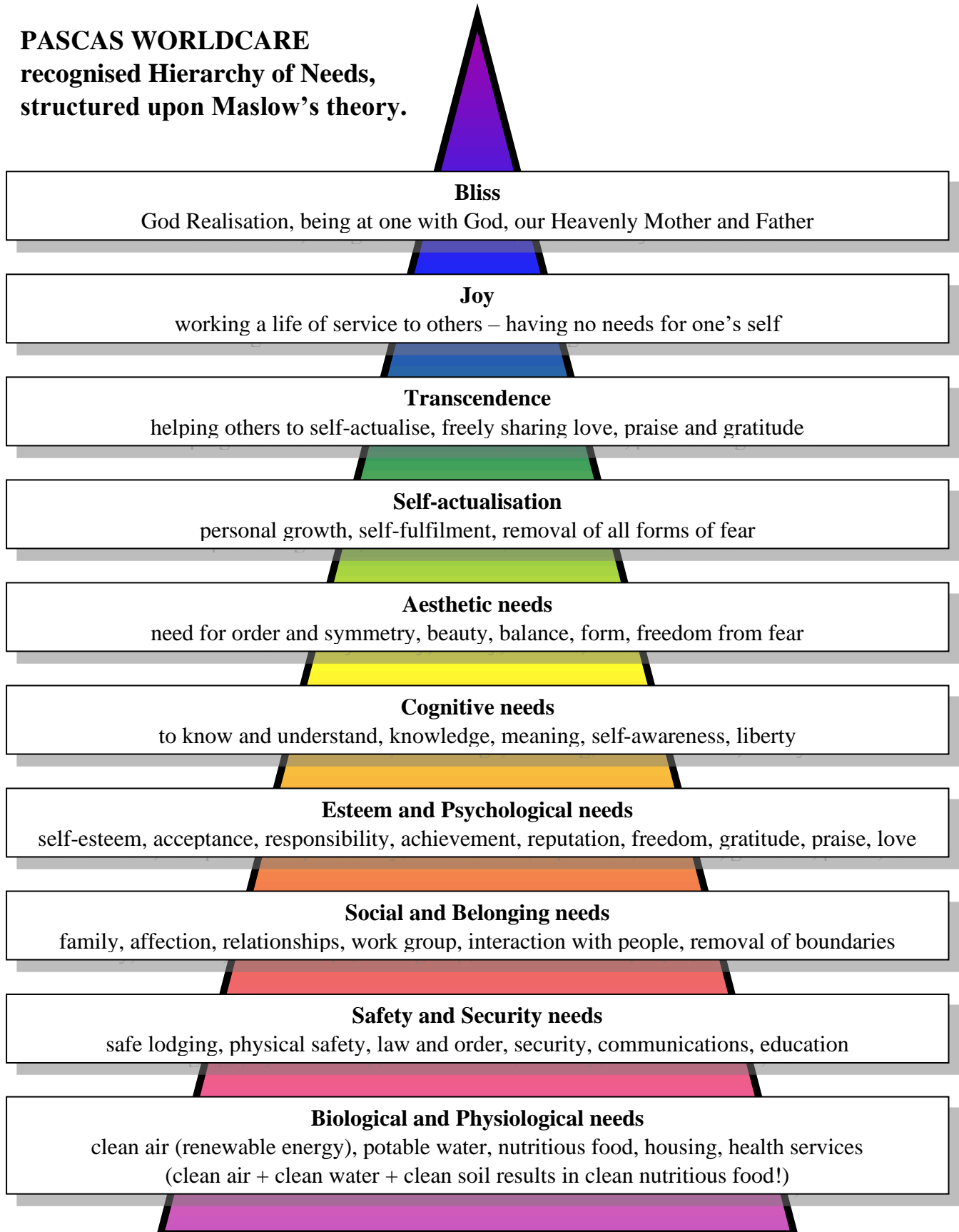


It is imperative that ongoing contact with the children is lifelong. That is, there is benefit of being a confident and supportive relationship through to the age of 28 years. As we personally embrace our individual feeling healing, this also indirectly benefits children under our care through to the age of 28 years, the time of their first Saturn return. As we evolve and progress through Living Feelings First and Feeling Healing, we benefit the children under our personal care even though this progressively diminishes every seven years (100% to age 6, 75% to age 14, 50% to age 21, 25% to age 28, and then they are on their own so to speak).

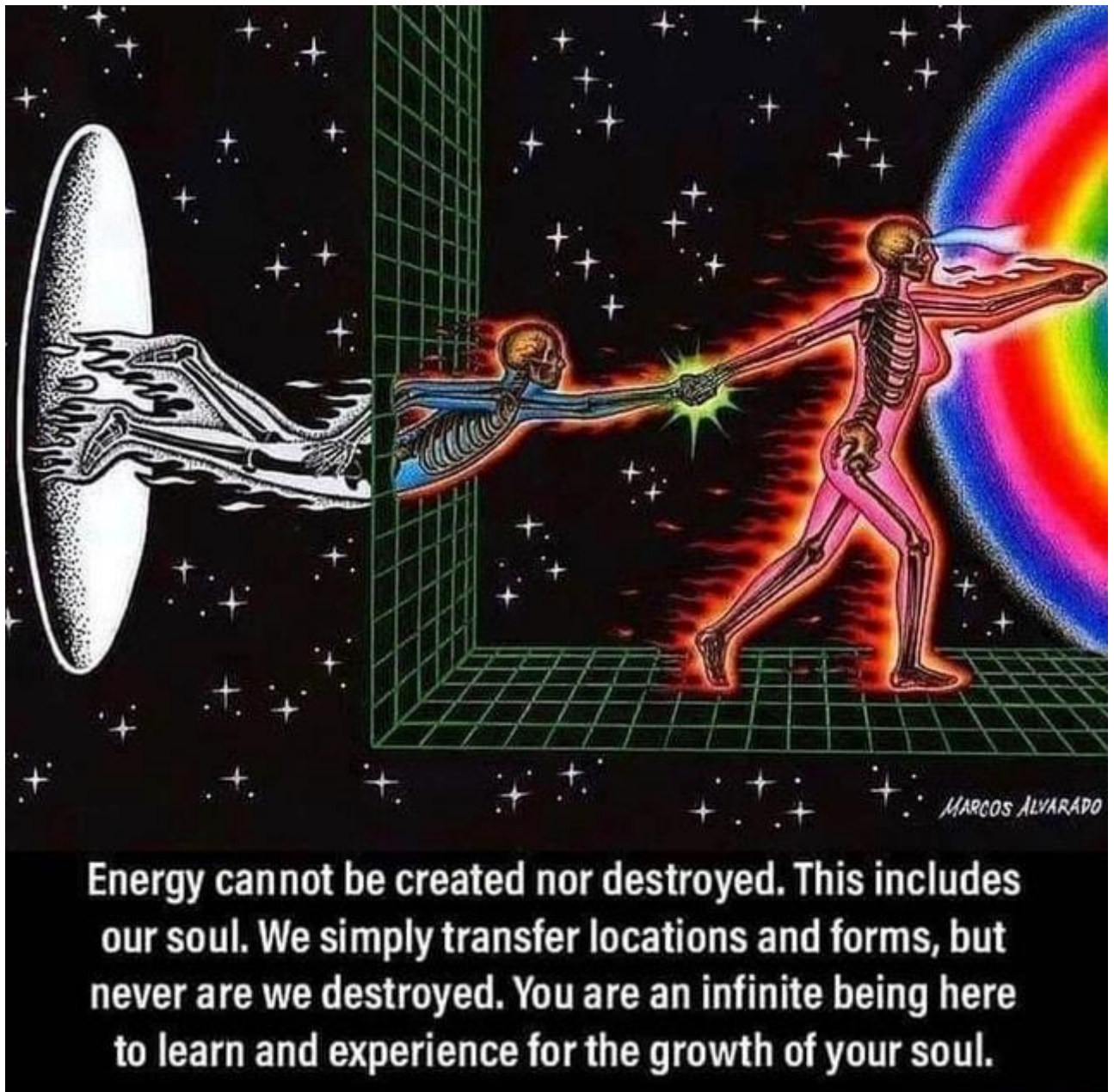
The more carers that are involved with a child then the more confusing it is for the child, thus leading to complications, stress, fear and loss of confidence, self-esteem and rejection of all involved.

The number of children that a carer may embrace within an orphanage or care facility may be significantly less than 30 and the number of carers engaged may need to be far greater than suggested, through experience we will come to determine what is appropriate and provide the support that is required. The long term benefits for all, as well as society will far exceed the costs.

**PASCAS WORLDCARE**  
 recognised **Hierarchy of Needs**,  
 structured upon **Maslow's theory**.



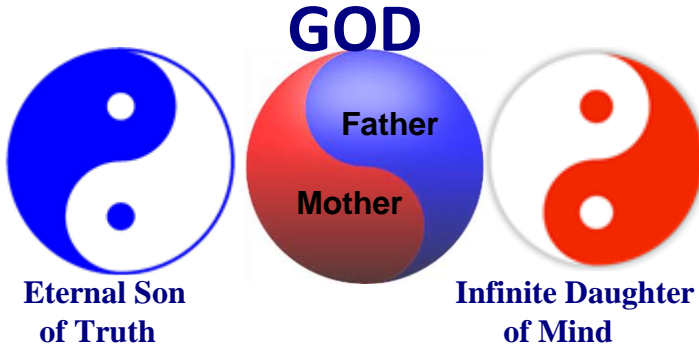
## What is life? What is the purpose of human birth?



Nothing that we see living ever dies. Its physicality may end however its life force continues in another form. Further, we do not experience the death of our physical body. We actually leave our physical body moments before it ceases to live. When we waken from our journey into the 1<sup>st</sup> spirit Mansion World we will find that we continue to look just like we did before the death of our physical body. Missing limbs will be now with us and we will be complete. We can use own spirit body hand to pinch our other arm and we will find that the tensile strength of our spirit body skin will feel just like our physical body skin strength as it was before death. If we live a long life, our spirit body after some time will start to de-age progressively!

All that we see living in nature will find their life energy go into a pool from which Nature Spirits will be drawn, each having the cumulative experiences of all that is used in their make-up.

**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.



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

Feeling Pathway

Mind Pathway



Soulmate Partner pair

Angel



Spirit Person

Nature Spirit



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.

# Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1<sup>st</sup> spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotional needs to be expressed emotional. Should we long for our Heavenly Mother and Father's Love, then we are SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this the opposite as to how we have been brought up to live.

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

**BE FEELINGS**  
**EXPRESSIVE!**

# Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

## FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

## SOUL HEALING

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

# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

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





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

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

Our feelings are sacrosanct and we should respect them accordingly.

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

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

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

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



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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



**FEELING versus EMOTION**  
**and emoting such emotions through your feelings:**

It is important to **emote** your feelings to a partner or to your Heavenly Parents.

Just be the feeling. When you feel the feeling, try to stay with that feeling.

The other person you are engaging with can assist you to experience and express the emotional event that you are feeling coming to the surface. They'll assist you to stay with that feeling. The other person is to encourage you, to prompt you in describing, expressing, talking about – **emoting** – that feeling leading you back to discover the truth of an experience that was an emotional event in your life. Most likely an event in your early childhood, and even more likely to be a childhood suppression of your expression of your true personality by one of your parents.

Whatever you are feeling, describe it. Once in the feeling stay with the feeling – become the feeling – become the emotional event. Express, talk about it, that being the experience of how it really unfolded.

Feeling is what you feel now. Emotion is the result of an event that happened in the past (even the recent past). The emotion is the pain within you. Once you begin to become that painful emotional event, then the feelings thereof can be expressed, talked out of you – for ever!

The more often you drop into these past emotional events, you'll find the resistance to do so will subside. Your childhood events will become more readily alive in the present.

You will begin to long for the truth of these childhood repressions and these suppressions will become memories, but no longer painful memories as you talk out each such suppression of your true personality that being what was imposed upon you since your conception. You will be aided by the Spirits of Truth of the Avonal Pair as you become to know and embrace them.

**SPIRITS OF TRUTH**

**Avonal PAIR**



**BEING SPIRITUAL**

James Moncrief

10 December 2021

We are spirit beings in a flesh body, when we die our physical body dies and we wake up fully conscious in our spirit bodies in the spirit Mansion Worlds. We are living unconsciously now in our spirit body, as we live consciously focused in our physical body.

We are a soul that is expressing two personalities in Creation. You are one of the two personalities of your soul, your soulmate or soul-partner being the other personality of your soul. When you achieve living a certain level of truth, your soul will bring you together for the rest of eternity, this usually being once you've finished our Spiritual Healing.

Currently we are all born in Rebellion by Default against the truth of ourselves and against the truth of God. We are wrong, untrue and imperfect, even though we want to believe we are right. To become right, true and perfect we have to bring to light the truth of our rebellious state. This we do through our Spiritual Healing.

We do our Healing by attending properly to our feelings, by ending our mind control over them, ending our denial of many of our bad ones, expressing them all with the emotion of them, as we long for the truth our feelings are to show us about ourselves.

Being spiritual is expressing all of yourself (all of our personality) lovingly in life. It involves becoming wholly aware of all we are through all we feel. It is liberating our repressed childhood feelings so we can come to understand what parts we are not being expressing truly, which parts of we are in rebellion against our soul. It involves breaking down our erroneous beliefs, ending our unloving and uncaring negative behaviour, whilst coming to see the truth of why we have such beliefs and do such bad things to ourself and other people.

It's about how we are treating ourself, because of how we were treated as a child by our parents. And uncovering the truth of our relationship with our parents and family, and seeing if any of it was indeed loving as we might feel and believe it was, or if it wasn't loving.

Being Spiritual is then fully expressing ourself lovingly in all our relationships. It is about the evolving truth of the relationship with ourself, other people, and with God. Nothing else.



# Our incredible journey!

God, our Heavenly Mother and Heavenly Father, does it ALL. They are All There Is. Creation all comes from Them. They created our soul and gave us the life we're living. They make us live all we experience, nothing is up to us, They only make it seem like it is. And currently They want us to experience being untrue and living against Them.

They bestow our personality upon our soul, and being a personality we live under the impression that we can determine how we want our life to be. We use our mind to make moment to moment decisions based on our feelings and how we believe we should be. And yet on a soul level our Mother and Father determine our so-called free will. Existentially on the soul level, there is no free will, everything is predetermined; whereas experientially on the personality level, we believe everything is up to us, that we have almost complete free will. Life shows us as we awaken to its truth, that we live a relationship between these two levels.

Many people believe God is good and loving, and the Devil or Evil is the opposite to God. As if there is the personality – God, and the personality – Devil, however the Devil has no personality, it doesn't exist. There are higher Evil Spirits, the 'Evil Ones' who rebelled against the Mother and Father and chose to take matters into their own hands in a small part of Creation in which Earth exists, thereby causing humanity to become of their Rebellion by Default; and unwittingly we carry on living untrue to ourselves and true to the evil ones. We are to understand, God wants us to be evil, God has put us in the Rebellion that is of God's making. Our loving God makes us feel bad and unloved, all because God wants us currently to experience living against the truth of love. And when we've experienced being evil all we need to experience, God will help us start our Spiritual Healing, thereby ending our evil ways.

Lucifer, Satan, and their soul partners, and other high Evil Spirits, are very real and have up until recently been able to exert a negative control over humanity. Christians believe they are on the side of good and are always having to keep vigilant about being coerced into the ways of Evil by the Devil. However all of us are evil, all religions are against the Truth, we're all of the Rebellion, no one has as yet been conceived free of it.

Really it is the battle against our 'evil' parents: They said we were wrong and bad and had to change ourselves to being as they were, which was 'right'. Yet we as young children we were not bad and they should not have forced us to change and go against ourselves.

<b>Negative Spirit Influence blocked</b>	<b>22 March 2017</b>
<b>Law of Compensation quickening</b>	<b>22 May 2017</b>
<b>Rebellion and Default officially ended</b>	<b>31 January 2018</b>

**GREAT**  

**-Turn**

**GOOD VERSES BAD**

James Moncrief

10 December 2021

We grow up in good verses bad, one or the other, which are you? We grow up in God verses Evil, whose side are you on? We look outside of ourselves into the world and make our judgements, yet really we are looking within, at ourselves, judging ourselves.

The constant internal war going in our minds is good verses bad – feeling bad and feeling good. One part of us believes and feels it is good; the other part that it is bad.

We incarnate good. God being ALL good, created us. We are intrinsically good. And if we were parented completely lovingly, then we'd grow up feeling good, always good; good being the truth of ourselves. And we'd be completely loving.

We incarnate good, however our parents are not happy with us being good, true and perfect. They say we are bad, untrue and imperfect – wrong. And they must correct us. They say God stuffed up and they have to take over and fix us up. They interfere with us being of God's perfection; they make us imperfect.

Our parents by interfering with us cause us to be untrue, bad, even evil; then they judge us and blame us for being that way – the way they have made us be. They don't like or love their creation, and keep telling us we have to change and be better, be more like them.

So we do. We apply our will to comply with and obey our parents, we change ourselves into being how they want us to be, we change ourselves from being good into being bad. But then we're not allowed to be bad, so we have to fight against ourselves being bad by trying to be good, but it's only our parents' good. We don't know what is truly good.

And so we're forever fighting against our self, criticising, chastising, ridiculing, judging, blaming, and hating our self for being bad, always so desperately trying to be good, wanted and accepted. We will do anything to feel loved, even if it means going against our self. We do anything to have our parents love, to stop them being mean and cruel to us, to stop them criticising, chastising, blaming and rejecting us, calling us stupid and dumb.

And all of this we project into the world and onto God. There is no Evil that is the equal and opposite of God. God is all loving; and then there is evil – those spirits and people like us who are going against God. We are of a Rebellion – against God and against ourselves. To uncover what is truly good, we need to do our Feeling-Healing.



**Freedom Pathway being Feeling Healing**

**FULLY LIVE the TRUTH of OURSELF**

James Moncrief

10 December 2021

We are to live being completely true to ourselves in the moment.

If you feel good, you live true to feeling good; if you feel bad, you live true to feeling bad.

We are not to live, as we all do, by denying and then pretending we are something that we're not. We are not to live falsely and untrue as we do. We deny many bad feelings, doing all sorts of things to keep us feeling good, to stop us feeling bad; and this is wrong, this is denying we feel bad by pretending we feel good. This is living untrue to ourselves.

Being untrue, we have to live true to our wrong and false state. We have to want to know the truth of our untrue state of mind. We have to want to get to the point of being as we really are, as we really feel, so honouring, accepting and expressing all our bad feelings. We have to want to know the truth of why we are feeling them.

If you feel you hate yourself, are revolting, ugly, a failure, can't cope, are not caring and loving; feel scared, miserable and are full of anger, lonely, depressed, and powerless, desperately wanting some control, all the bad stuff, then this is what you have to fully accept about yourself and not try to push it away. Instead of doing positive affirmations, we should do negative ones when we feel bad, allowing ourselves to be as bad as we feel we are.

I'm not  
faking  
being sick,  
I'm faking  
being well

We need to know, and so be, how we really are, living feeling fully connected with our bad state we're in. We have to own it. We are in a negative and untrue state of mind, so we have to be fully aware of and connected with ourselves in that state. We are living against ourselves, so we have to understand why and what that means, what it feels like, how it all came about through our childhood, and how we express it in all our relationships.

Being spiritual is uncovering the truth of how you really are, how you really feel; it's not creating some nice acceptable mind-created picture of yourself. And being that truth, no longer trying to avoid it. By living true to all your feelings, expressing them and really wanting to see the truth they will show you about yourself, is how you do your Spiritual Feeling Healing so as to live true to your untrue state of being.

And when you are truly yourself, allowing yourself to be all the bad parts and without trying to do anything to cover them up and keep them away, then you move on out of being untrue and into living in a true state. Then once in that true state of being, you will keep living true to it, feeling very good, happy and loved, all the good feelings of no longer living against yourself.



**LONGING for the TRUTH of our FEELINGS**

James Moncrief

10 December 2021

Your feelings are the key to your spiritual growth. They are the key to your well-being.

It is through your feelings that you grow in truth; that you become more aware of yourself. This is doing your Feeling-Healing.

Your bad feelings are just as important as your good feelings.

Most people do all they can to block out and stop themselves feeling bad.

Yet to deny our bad feelings so heavily is to deny ourself the truth about ourself they will show us.

We can't properly spiritually grow if we are denying our bad feelings.

Spiritual advancement begins by accepting ourself – so accept you feel bad.

We are to embrace and acknowledge all our bad (and good) feelings as we feel them. We are to stop denying them; stop trying to block them out, dismiss them, override them by using our mind to change our feelings. We feel bad – so feel bad. We feel miserable, scared, sad, lonely, angry, unwanted, disrespected, hurt, and so on, so allow ourself to feel those feelings, and to feel them as fully as we can.

By allowing ourself to embrace fully all our feelings is the greatest act of self-love; denying any feeling is the greatest act of self-hate.

As we accept our bad (and good) feelings, we then try to 'bring them out', to express them, to say how bad we're feeling, to tell ourself, God, our partner or friend. We open our mouth and emote the feeling, going with it, saying all it makes us want to say. And ideally we keep saying all it makes us feel until we stop feeling it. However, it can be hard work and very difficult to keep expressing such deep pain, so we do as much as we can at any one time. It all has to come out of us, rather than keeping it in.

And as we're accepting and expressing our bad feelings (and good ones), we long for the truth of why we're feeling them. Really want to know why. Understanding that they will take us back into our childhood with our parents and family, all so we can understand that the bad feelings we're feeling now are the exact same bad feelings we felt back then. And now as an adult we can understand why we felt them back then as a young child, what was going on in our relationships with our parents, and were such relationships loving and good for us, or hurting us, were unloving, rejecting and denying us. And this is the truth we have to want to understand about ourself. And our feelings are the key. And this is 'being spiritual' – it's growing in the truth of ourself.

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

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>





**PARENTS are GOD**

James Moncrief

10 December 2021

As children, our parents are our gods. A parent can do no wrong. The parent is perfect. We are made to obey them, be grateful; we have to do as they say. Only the child is wrong. They make us be how they want us to be – for our own good. Is it cruel child abuse?

They hurt us, reject us, call us evil – the naughty little devil; humiliate us, make us feel miserable, sad, scared, alone, angry, unloved; even hate them, because that's what we need, according to them, to make us able to deal with and cope in the world – with them.

And they make us love them. We have to love our parents, because if we don't, look out! And our survival depends on it. So we tell ourselves, as we tell them, we love them. We love them as we love God. God is really just our parents. We can't do without them. Our Mother and Father God is our mum and dad. Do we hate God or love God?

The parent has all the power. The parent is powerful. The parent has a child to have power over it. The child is powerless. In our rebellious state of mind, being a parent is the ultimate controlling power trip, even if you are a more genuine caring and loving parent. The child feels powerless, even if it is given a little power by its parents.

We, as powerless children, grow up doing all we can to gain power. By becoming a parent ourselves is now our chance to have ALL POWER over our children.

The cycle repeats. The powerless becomes the powerful causing the next generation to feel powerless, who in turn have to become parents so they can feel powerful.

The grandparent gains even more power; over its own child and over its children's children. The grandparent is the God of the God's. So the child feels even more powerless; powerless with its parents, powerless with its grandparents. So as an adult it desperately seeks power. It MUST have its own children at all cost, because it can't remain feeling a loser, a failure, a powerless nothing, forever.

We don't truly love ourselves; so we can't truly love our children. We can believe we love ourselves; as we believe we love our children. And so do our children truly love us?

What is the truth of your parent/child love, and your child/parent love? Doing your Feeling-Healing is the only way to find out. Provided you do want to know such truth.



## RELATIONSHIPS

James Moncrief

10 December 2021

It's all about relationships. The relationship with ourself, our parents and family, with our friends and partner, with nature, and with God.

It's about whether we are true in our relationships, which means, whether or not we are truly expressing all we feel, so all of ourself, in each and every interaction. And if we are not true, then wanting to find out why. Which we can do by doing our Spiritual Healing.

Our Healing will take us through our feelings into the truth of all our relationships – current and past. It will help us understand the relationship of our mind to our feelings, whether or not our mind is working against or for us, what our erroneous beliefs and bad unloving and negative behaviours are. All so we can come to see why we are the way we are, why we are loving or not loving, and how we came to be as we are because of the relationships and their influences we had as a child.

As an adult, our primary relationships, those with our parents and family, are what have determined and keep determining our relationships with ourself, nature, other people and God. And those early relationships will keep driving our adult relationships until we do our Spiritual Healing wanting to uncover the truth of them.

If anything is wrong in our life, if anything about ourself makes us feel bad and unhappy, if any part of us, or all of me / you, is unloving, that's all because it was how we were made to be through our early forming years and the rest of our childhood.

If our relationships are good and successful, our feeling fulfilled and loving in them; or if they are bad and unsuccessful, our feeling let down, disappointed, unfulfilled and wondering why we can't have good relationships, it's all because of how we were treated as a child. Any problems we have, any illness, any bad things that happen to us, all do so because of the emotional and feeling patterns established throughout our childhood. As an adult we live cycling through our childhood feeling patterns. So our relationships being emotionally good or bad, are the same as how our childhood relationships were emotionally and on a feeling level. Through our relationships as an adult, we will keep reliving all the same childhood feelings we felt with our parents and family. And if we're happy in our relationships, good; but if we're not, then only through our Healing will we be able to change such feeling-patterns once we've uncovered the truth of them.



**SCARED of FEELING GOOD**

James Moncrief

10 December 2021

We incarnated feeling good. But very soon we were made to feel bad. Our parents made us feel bad many times as we were forming and growing up through our childhood. How many times did your parents make you feel bad? And how many times did they make you feel good? And have you worked hard to block out many of the bad times?

For many people, they actually felt bad more than they felt good. And many of the so-called good feelings were only times of reprieve between the bad. They grew up on feeling bad. So bad is what they know, bad is what they are used to, bad is what they expect. And yet they also do all they can to keep feeling good, blocking out the bad.

And they might hate this, fighting it within themselves, always trying to do things to make themselves feel good, yet always ending up still feeling bad. Do you feel good, only to do something to ruin the good feeling and make yourself feel bad again?

We've been made to be scared of feeling good. We need to keep feeling bad. We feel better feeling bad, even though we hate feeling bad and only want to feel good.

We learn to 'bring it on' so we can feel bad. We say the wrong thing, act in the wrong way, resist being good and loving, all because it's how we believe we should be, how we should feel, all because that's how it was for us as a child. How you are – this is how it was for you as a child. And how it will always be, until you do your Feeling-Healing.

A great part of our Healing will be to allow ourselves to feel bad, to accept our bad feelings, to understand that is how our parents made us feel throughout our childhood.

And allowing oneself to feel bad is very difficult, even if we already feel bad. And we might be faced with feeling bad for many years through our Healing, feeling hurt, rejected, unwanted, uncared about, miserable, sad, angry, scared – so many endless bad feelings. Yet these are all the same feelings we felt through our childhood, and they all have to come out. And once they are out of us, then we won't feel bad anymore, as we will understand the reasons why we felt them – the truth of them.

We are not to reject our bad feelings, as they were rejected by our parents. Our parents made us reject our bad feelings, so we follow their lead and also reject them. It's not being self-loving. It's self-hating. So love yourself by allowing yourself to feel as bad as you do.

**Feeling bad is good!**

The most important part of all our lives is to uncover the truth of our childhood.

And we do this by doing our Spiritual Healing.

By attending to our feelings properly: completely accepting our bad feelings, expressing the full emotion of them, whilst longing for the truth they are to show us about ourselves and our relationships with our parents and family.

We can't spiritually grow or grow as a person unless we uncover the truth of our childhood through our feelings.

We have to find out through our repressed childhood feelings if our relationship with our parents and family was loving or unloving during our childhood. During it, which parts were we treated respectfully, with care and with love; and during which parts were we made to feel uncared about, disrespected and rejected, hurt and unloved.

We have to break down the untruth of our mind and its erroneous beliefs that cause us to live in a false state: that our relationships with our parents were loving when perhaps they weren't. We all want to believe we love our parents and they love us; however, is the love you feel for and from your parents' true love, or only a love fabricated by our mind? This is the truth we must want to see about our self and our relationship with them.

Everything bad that happens to us, any problems we have, why we get sick, any bad feelings we have, why our relationships might fail, all comes from our unloving childhood. Once our childhood finishes, we are complete, living by repeatedly cycling through our set childhood feeling patterns. The exterior of our life, what happens to us and what we create through our adult life, is nothing more than living out how it was for us as a child. The basis for being a so-called success or failure in life, was all established through our childhood. It was all determined by our parents loving or unloving relationship with us.

We can never fully heal our self unless we want to uncover the whole truth of our childhood. We can look into bits of it, get more in touch with some early trauma, some of which might help to explain why we are feeling bad and why we are trapped in our addictive and self-abusive behaviour. But not until we uncover the **WHOLE** truth of our childhood through our feelings, will we be finally be set free of it – will we be free of all our pain.

**Feeling Healing sets us FREE!**

**SOME NUMBERS:**

Currently, each year we have:  
 130 million live births  
 44 million abortions  
 50 million or so miscarriages

224 million conceptions /  
 incarnations per annum.

6.5 million child deaths per  
 annum. About 5% of those born do not  
 make adulthood.

123.5 million of those incarnated  
 make it to adulthood.

55% of those incarnated make it to  
 adulthood.

45% of those incarnated do not  
 have an adulthood life experience.

Natural love and divine love, and indeed  
 soulmate love are quite different energies.  
 Soulmate love is not natural sexual love.  
 Soulmate love is the only natural love that  
 matures and continues with us into the  
 Celestial Realms being beyond the 8<sup>th</sup>  
 sphere.

Just to step back a little to the above  
 statistics. For each abortion there are at  
 least two adults involved. As there are 44  
 million abortions each year, then 88 million  
 adults may be involved in that process.  
 That indicates that two out of every three  
 live births, that is 66% of adults, become  
 participants in abortion.

**Further, the number of reported  
 abortions are an under estimation of  
 actual events.**

**Global estimates of INDUCED ABORTIONS:**

	1995	2003	2008
<b>World</b>	<b>45,600,000</b>	<b>41,600,000</b>	<b>43,800,000</b>

<http://www.mswm.org/abortions.worldwide.abortionstatistics.htm>

**BABIES born Each Year; 130,000,000**  
**It is estimated that there are approximately 130 million  
 babies born throughout the world each year.**  
[http://answers.ask.com/Society/Other/how\\_many\\_babies\\_are\\_born\\_each\\_year](http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year)

**Miscarriage reportedly occurs in 20 percent of all  
 pregnancies. This may be an inaccurate number.  
 However, many women, before realizing a life has begun  
 forming within them, may miscarry without knowing it.  
 Therefore, the miscarriage rate may be closer to 40 or 50  
 percent.**  
<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

**World murder rate: 7.6 per 100,000 people per year.  
 The NUMBERS: Violent deaths worldwide, 2004:**

<b>Total:</b>	<b>740,000</b>
<b>Homicide:</b>	<b>490,000</b>
<b>Indirect consequence of war:</b>	<b>200,000</b>
<b>In war:</b>	<b>50,000</b>

[http://www.dlc.org/ndol\\_ci.cfm?kaid=108&subid=900003&contentid=255032](http://www.dlc.org/ndol_ci.cfm?kaid=108&subid=900003&contentid=255032)

**Over one million people die by suicide every year.  
 There are an estimated 10 to 20 million non-fatal attempted  
 suicides every year worldwide.**  
<http://en.m.wikipedia.org/wiki/Suicide>

**DEATHS worldwide per annum: 60,000,000**  
**Pollution causes about 40% of deaths worldwide, i.e., are  
 caused by water, air and soil pollution.**  
<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

The mind is to be of service!  
The mind is designed to Follow,  
to be of service to the truth,  
of service to the heart, and  
your Feelings!



# Avonal Revelations for all of Humanity



## The problem with humanity is that:



We accepted our parents as being 'gods'!  
Then we accepted our teachers as supreme educators  
Then university professors implied all knowing  
3,400+ Religions ALL hold the only truth!  
Now only our employers are to be obeyed!  
Over all of these are numerous government layers!

All direct us to worship our minds  
All suppress and ignore our feelings  
None allow our true personality to be expressed  
We are all in some form of depression and stupor!

We are to aspire to and live Feelings First  
and long for the Truth that our Feelings show us!  
And long for the Love of our Heavenly Parents!



# We do everything possible to avoid our Feelings!

We embrace the controlling natures of our mind to fill our day with activities that avoid our inherent truth to arise through our feelings and then having to express them and seek the truth behind them. We submit to imprisonment within our minds and willingly allow our life to roll on in a retarded and aimless manner that we can continue in earnest even when we transition into the spirit mind Mansion Worlds. Everything we may do is to avoid meaningful communication with another person and to distract ourselves from allowing our feelings to bring forth the vibrant and incredible true personality that we are that has been suppressed throughout our early forming years, from conception through to six years of age. Eventually our soul will say enough is enough and we will be confronted with a crash to open ourselves to our feelings and heal our Rebellion.



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



**Ask to know the truth about that which you feel.**  
**It is knowing the truth of that**  
**which you feel that sets you free!**



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



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**  
**Talk it out to a friend!**

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



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



*Talk it Out!*



*Heartfelt feelings are our truth.*

*Then we are to continue by longing for  
the truth that our feelings are to reveal to us!*

**WILL! The Soul does everything!**



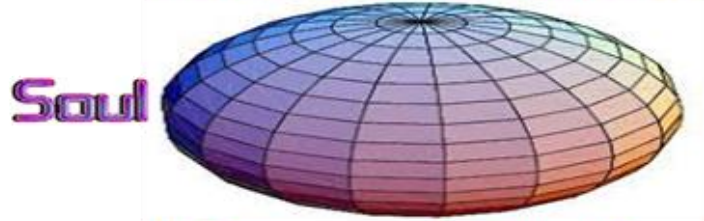
**WILL Healing**

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

**GREAT**  
*U*Turn

**THE**  
**CHANGE**  
&  
**Avonal AGE**

# SOUL PERSONALITY FEMALE or MALE



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



Indwelling Spirit  
Heavenly Mother & Father

# LOVE



# SOUL is a DUPLEX

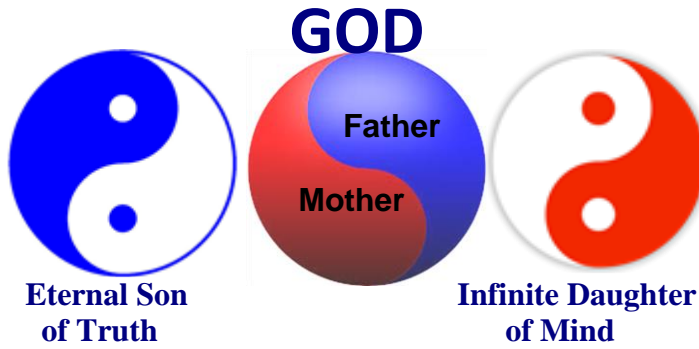
We, of Earth's humanity, are of Truth and Mind, of the Eternal Son and Infinite Daughter. We are of Natural love which we are to perfect.

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

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

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

**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.



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 soul partner) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves, enabling the union with our soul partner, as we progress in truth up through the Mansion Worlds, Celestial Heavens and all the way to Paradise.

Feeling Pathway      Mind Pathway



Soul Partners

Angel

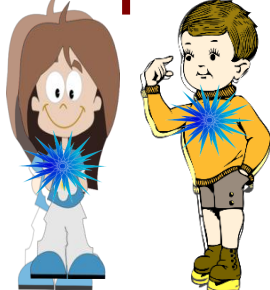
The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.



Spirit Person

Nature Spirit

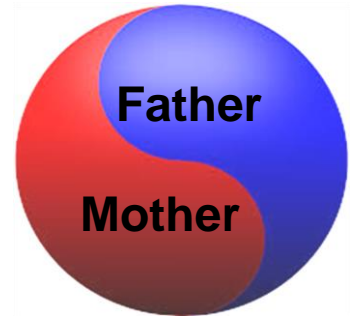
Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective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



A nature spirit is an angel in waiting.

# MUM & DAD THIS WAY

## GOD



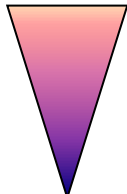
HEAVENLY PARENTS



JESUS & MARY



AVONALS



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



Unknown number of spheres to progress through to reach Paradise.



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



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



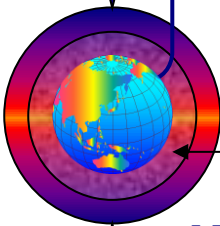
ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.



CELESTIAL HEAVENS are spheres 8, 9, 10.



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



We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

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



AVONAL PAIR



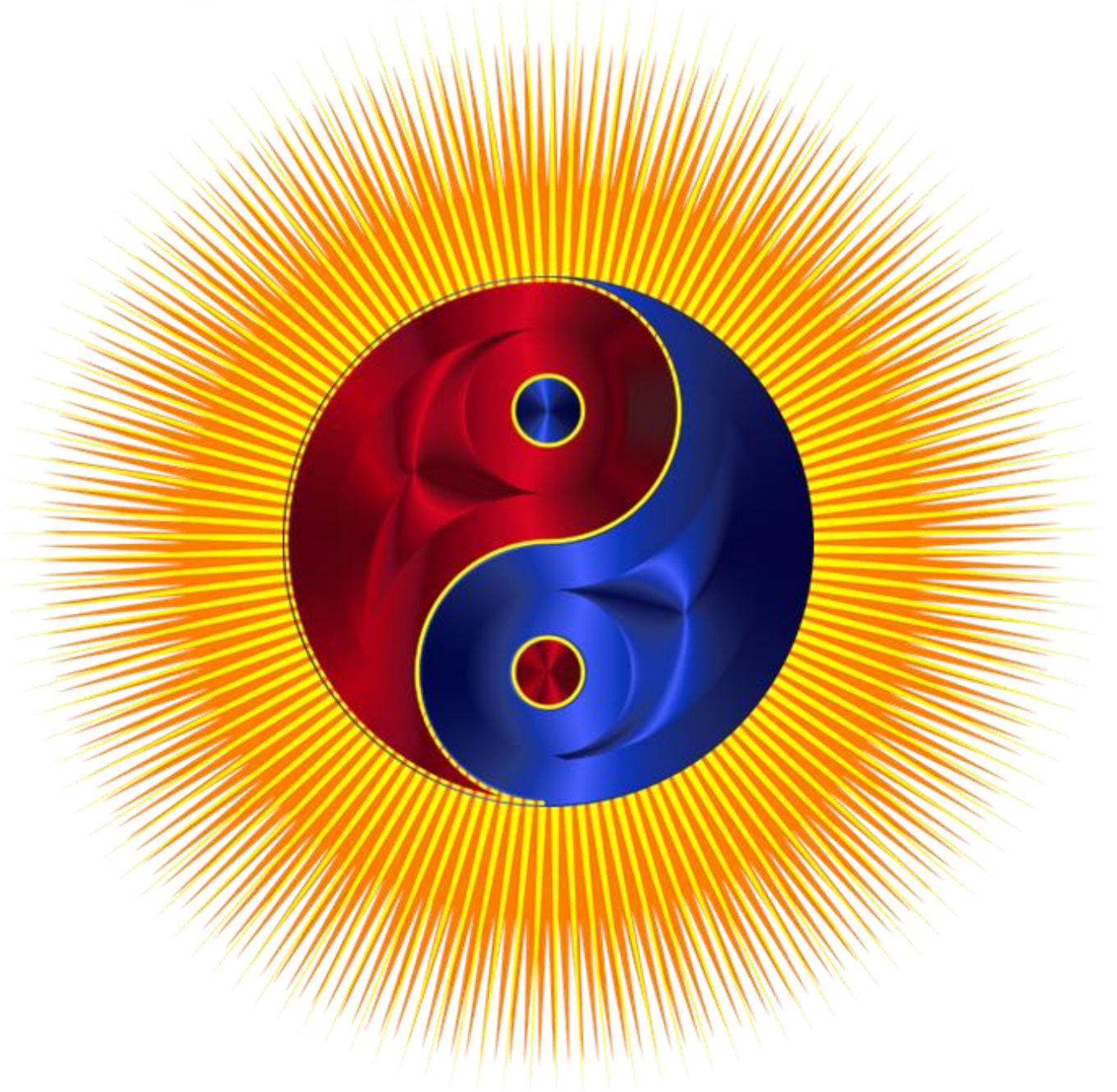
MARY & JESUS



GOD

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

Our Heavenly Mother and Father





# Light of Truth of PASCAS

COUNCIL of ELDERS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3<sup>rd</sup> Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

**Council of Elders now around 13 soul-groups from the 3<sup>rd</sup> Celestial Heaven**



Communications between the Celestial Council of Elders and those within the physical administration of Pascas World-Care will be via those who complete their Feeling Healing on Earth, as years go by.



**Avonal PAIR Oversight** 

The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance, through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

## LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5<sup>th</sup> Divine Love spirit Mansion World's level. Further, the Pascas Papers that are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.

-  Celestial Heavens 8, 9, 10 also referred to as 1, 2, 3 being at-one with Mother and Father.
-  Divine Love spirit Mansion Worlds, healing / crying worlds 3, 5, 7.
-  We all transition to Natural Love spirit Mansion World 1, and typically go in the wrong direction to Natural Love spirit Mansion Worlds 2, 4, 6 and cannot go further!

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

## Library Download – Pascas Papers

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

Within the Library Download page within Pascas Care Letters at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)



[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

by James Moncrief

### The Rejected Ones – the Feminine Aspect of God

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

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

Within the Library Download page within Pascas Care Letter at [www.pascashealth.com](http://www.pascashealth.com) kindly download the following:

- Pascas Care Letters – Family Shelters Abuse & Remedial
- Pascas Care Letters – Family Shelters Overview
- Pascas Care Letters – Family Shelters Protection
- Pascas Care Letters – Family Shelters Social Housing
- Pascas Care Letters – Family Shelters Support Centre
- Pascas Care Letters – Family Shelters towards Liberation

**Be Feeling  
Expressive**

*it's all about  
Experiences  
&  
Feelings*

**FURTHER READING:**

Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

**PASCAS CARE PARENTING**

Sam's Book – Parenting and Feeling Healing	Book I	Experience
Sam's Book – Parenting and Feeling Healing	Book II	Conception
Sam's Book – Parenting and Feeling Healing	Book III	Magic
Sam's Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam's Book – Parenting and Feeling Healing	Book V	Setting Free
Sam's Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam's Book – Parenting and Feeling Healing	Book VII	Vision
Sam's Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam's Book – Parenting and Feeling Healing	Book IX	Self-Acceptance

Pascas Care – Parenting Awareness  
 Pascas Care – Parenting Eureka Moment  
 Pascas Care – Parenting Feelings Supreme Guides  
 Pascas Care – Parenting Health Generation  
 Pascas Care – Parenting into the Abyss  
 Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

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



**Mind Centric Way**

**Feelings First Freedom**

<b>Primary recommended reading:</b>	<b>consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light</b>		
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Soul Light from Zelmar Melchizedek</b>	<b>2003</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Feeling Healing</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>		<b>– James Moncrief</b>
<b>Mary Magdalene and Jesus' comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus Sage and the Healing Angels of Light</b>	<b>2013 – 2014</b>	<b>xxx</b>	<b>– James Moncrief</b>
<b>Road map of Universe and history of Universe: The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx</b>	<b>as primary reading</b>
<b>Divine Love supporting reading:</b>			
<b>Revelations</b>	<b>1954 – 1963</b>		<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>		<b>– Geoff Cutler</b>
<b>The Book of Truths containing the Padgett Messages or Little Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx</b>	<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>		<b>xxx</b>	<b>– Geoff Cutler</b>
<b>Available generally from:</b>			
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>	
<b>For Divine Love focused websites and forums:</b>			
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>		
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>		
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>		
	<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

**BIBLIOGRAPHY NOTE:**

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 600+ supportive 'Pascas Papers' accessible in Library Download at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from [www.pascashealth.com](http://www.pascashealth.com) from within the Library Download page.

## [James Moncrief's books, the Padgett Messages and The Urantia Book at:](#)

### **DIVINE LOVE SPIRITUALITY – DLS:**

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

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

#### **James Moncrief Books:**

MoC

The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84

**This group being pages of 2,305**

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

**This group being pages of 3,046**

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

<http://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.

**Soul Light – books 1 and 2**

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

**Paul – City of Light**

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

**Ann and Terry**

An example for people who might want to immediately start working on themselves and doing their Healing.

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

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

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

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

**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

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

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

Pascas Papers, being free, are located within the Library Download [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

[PASCAS – document schedule.pdf](#)      **downloadable index to all 550+ Pascas Papers.**

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

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

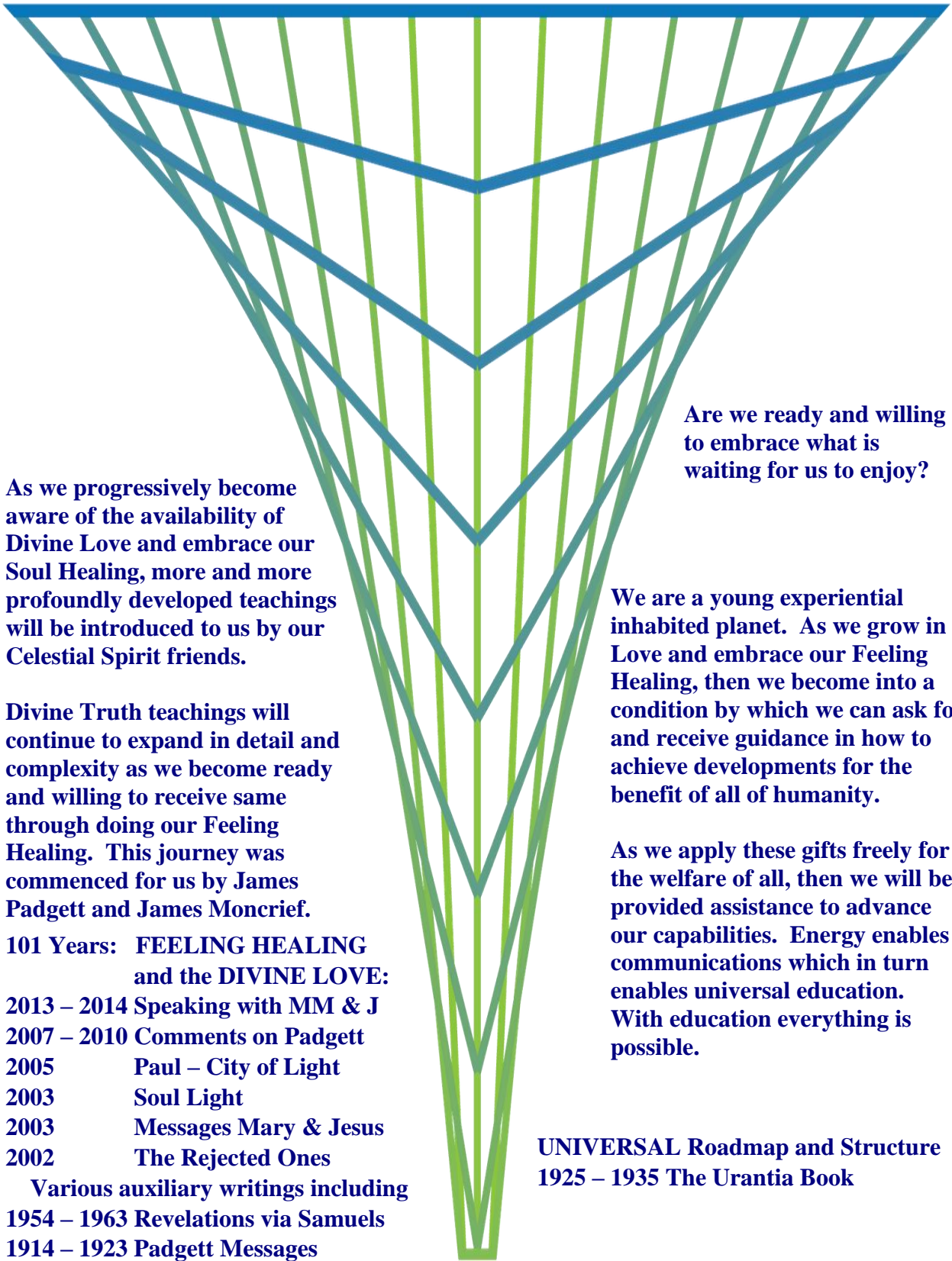
Pascas Care Letters A Huge Upturn  
Pascas Care Letters Big Revelation  
Pascas Care Letters Feeling Healing Benefits Children  
Pascas Care Letters Feeling Healing Way  
Pascas Care Letters Little Children  
Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



As we progressively become aware of the availability of Divine Love and embrace our Soul Healing, more and more profoundly developed teachings will be introduced to us by our Celestial Spirit friends.

Divine Truth teachings will continue to expand in detail and complexity as we become ready and willing to receive same through doing our Feeling Healing. This journey was commenced for us by James Padgett and James Moncrief.

- 101 Years: **FEELING HEALING and the DIVINE LOVE:**
- 2013 – 2014 Speaking with MM & J
- 2007 – 2010 Comments on Padgett
- 2005 Paul – City of Light
- 2003 Soul Light
- 2003 Messages Mary & Jesus
- 2002 The Rejected Ones
- Various auxiliary writings including
- 1954 – 1963 Revelations via Samuels
- 1914 – 1923 Padgett Messages

Are we ready and willing to embrace what is waiting for us to enjoy?

We are a young experiential inhabited planet. As we grow in Love and embrace our Feeling Healing, then we become into a condition by which we can ask for and receive guidance in how to achieve developments for the benefit of all of humanity.

As we apply these gifts freely for the welfare of all, then we will be provided assistance to advance our capabilities. Energy enables communications which in turn enables universal education. With education everything is possible.

**UNIVERSAL Roadmap and Structure**  
1925 – 1935 The Urantia Book



# "THE" profession is: **TEACHING**



to:



while you



*Learn through play*  
*Independently explore subject*  
*Research with fellow students*  
*Explore topics you enjoy*  
*Engage in what you are passionate about*  
*Ask — and keep asking*  
*Question every aspect*  
*Commonsense is not common*  
*Assumptions are mostly in error*  
*Embrace what you may be feeling*  
*We have been retarded and restrained*  
*We are to be our true self*  
*We are to express all our feelings*  
*We are self contained — all is within*  
*By doing is how we learn*  
*Tutoring others is a great self teacher*  
*Our capabilities are infinite*



From the moment of conception  
and then onwards for all of eternity ∞.

**We are TRUTH SEEKERS!**

perceived truth MoC 940 – relative truth potential MoC 1,480