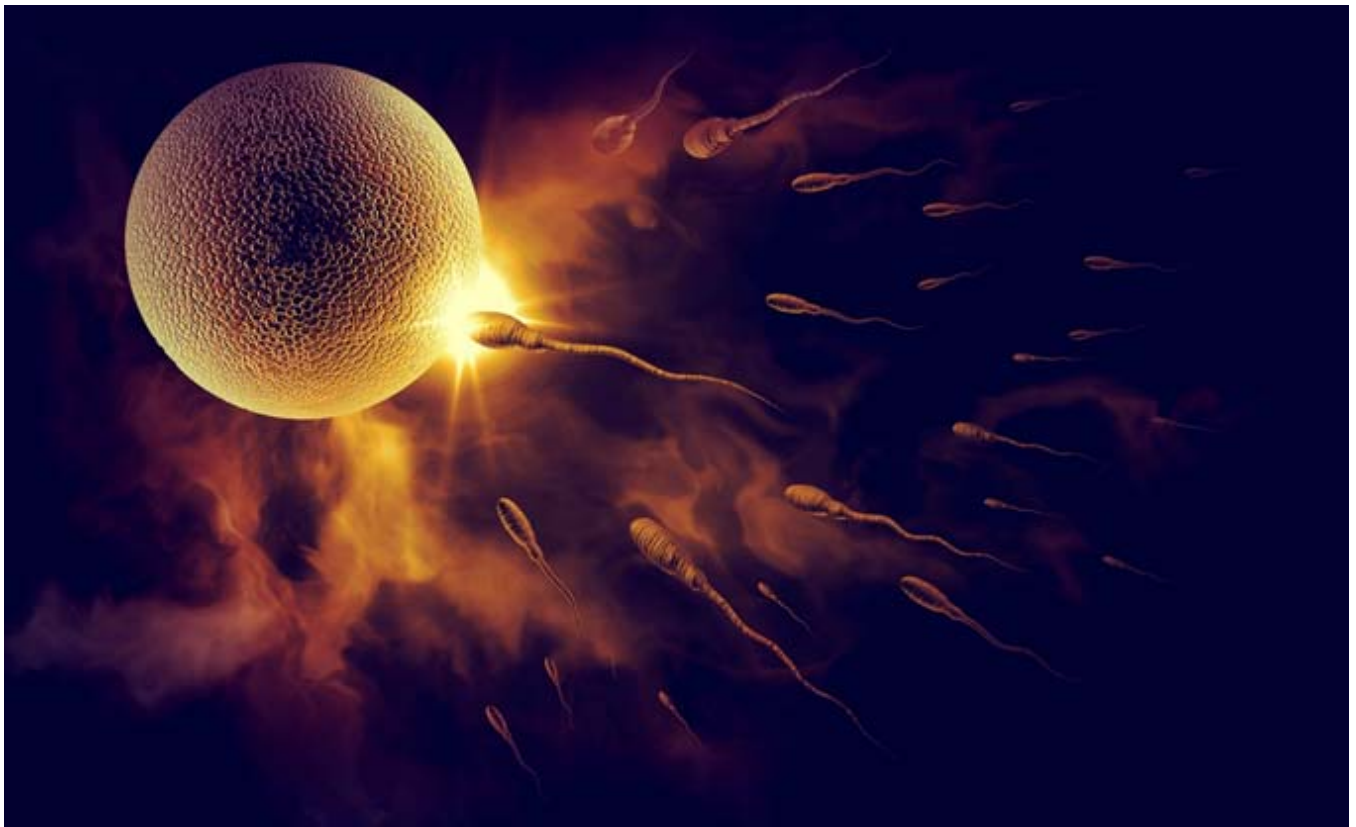


Pascas Care

Parenting into the Abyss!



“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

Aspiring to Living Feelings First, *John.*



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

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

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

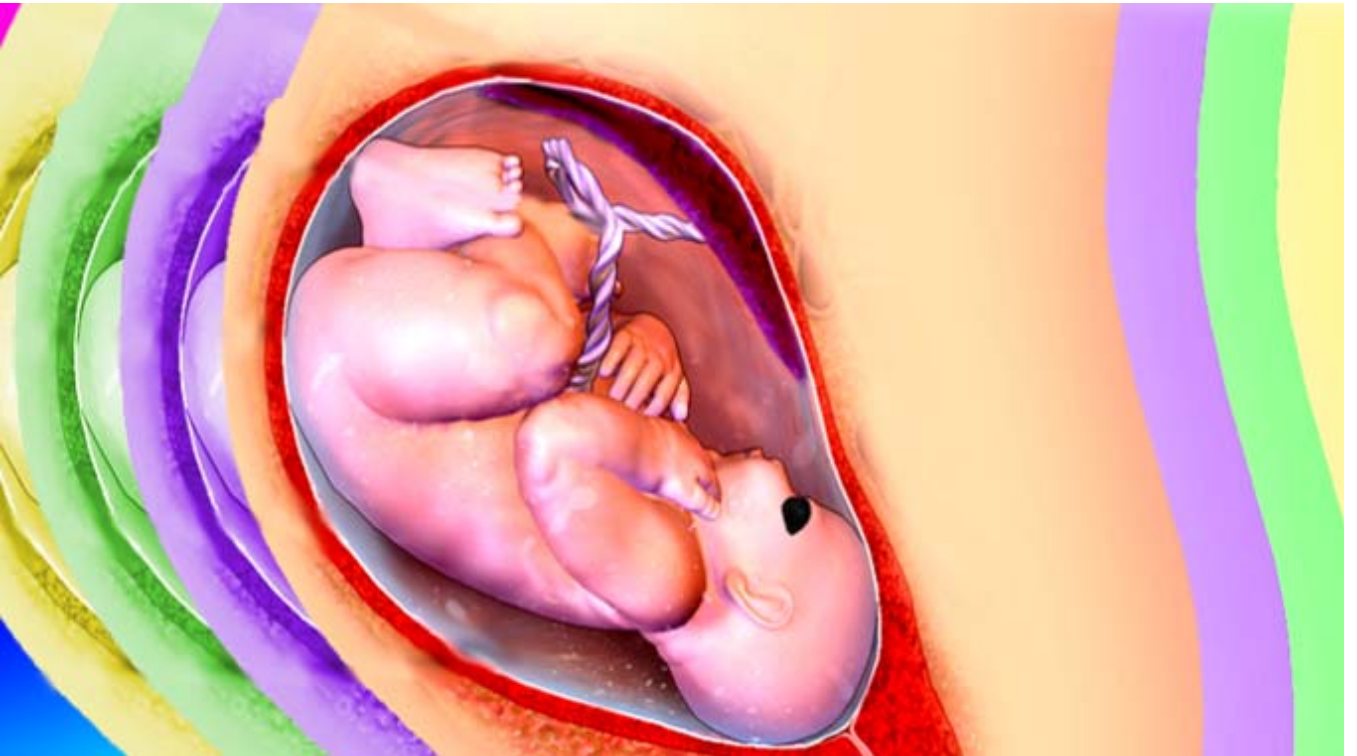


to example parents like
these

ANGER



ANXIOUS ANNOYED
 SAD CONFUSED OVERWHELMED
 EMBARRASSED SCARED GUILTY STRESSED
 REJECTED INSECURE HURT FRUSTRATED LONELY
 NEGLECTED JEALOUS TIRED GRUMPY
 WORRIED SURPRISED DISGUSTED BORED SHY



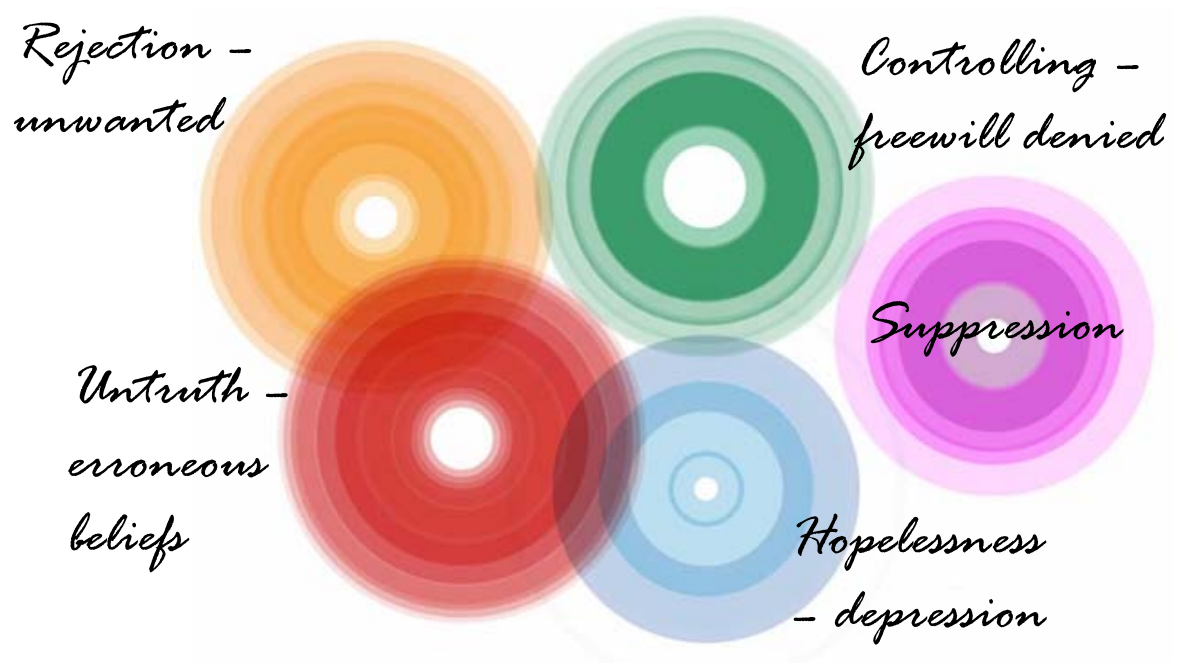
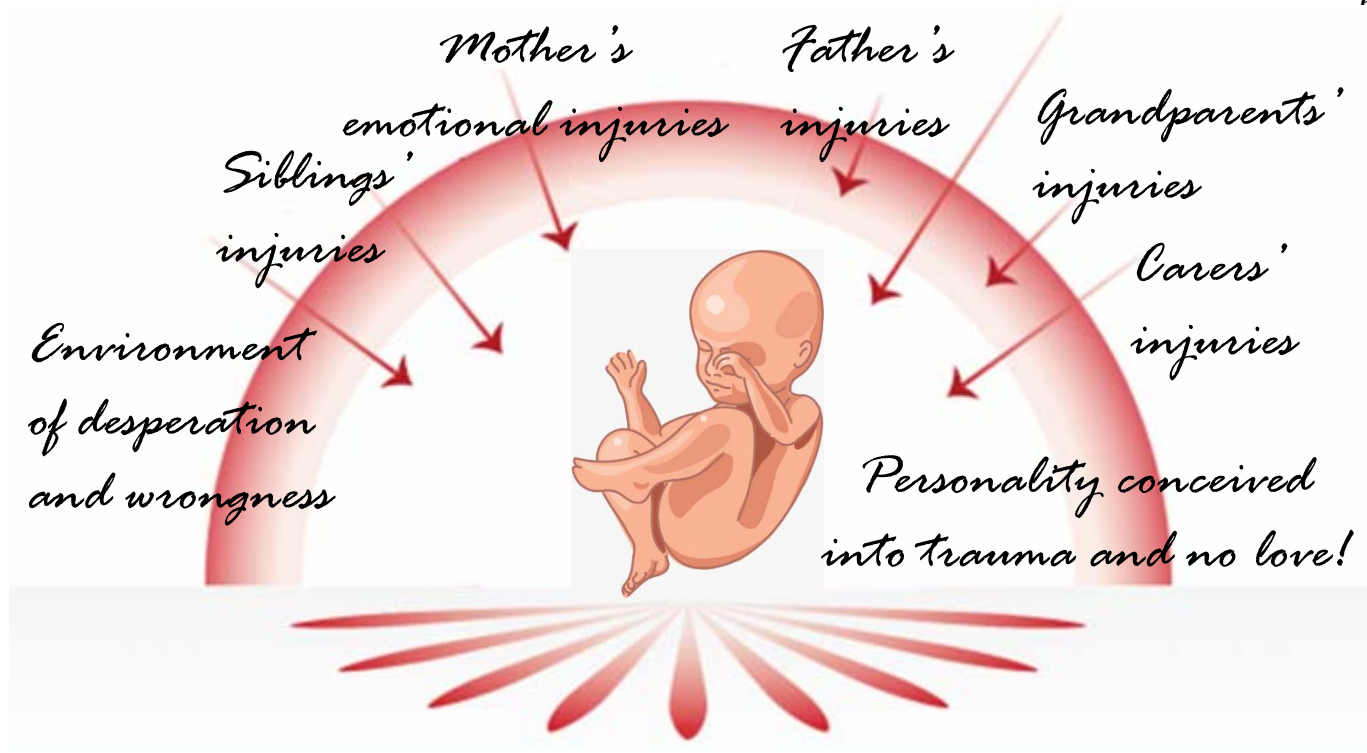


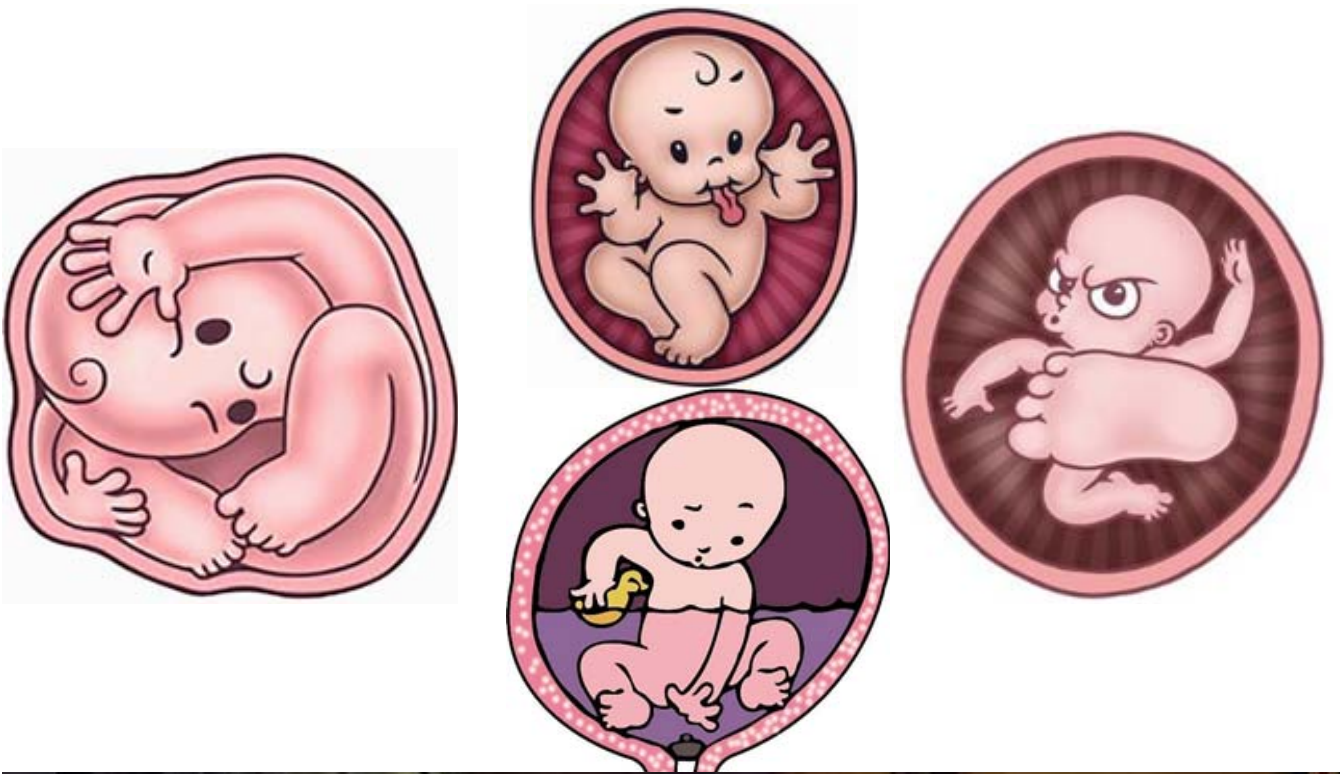
PARENTS

78% calibrate under 220

MAP OF CONSCIOUSNESS

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





We are to Find the Truth of our Childhood.⁸

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

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

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

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

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

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

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

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

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

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

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



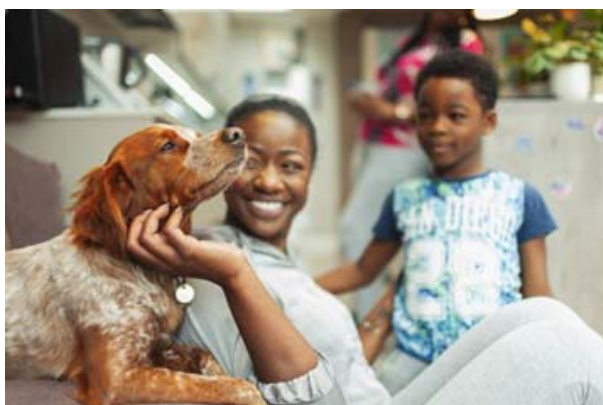
♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

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



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

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

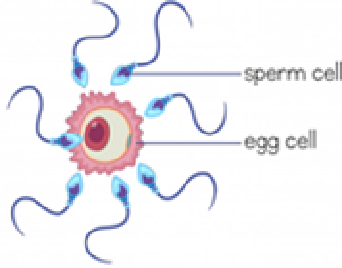


♥ You love your pet more than your child?

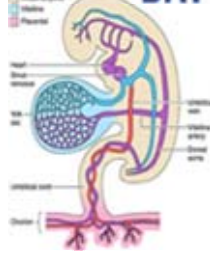
**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

# We are to Find the Truth of our Childhood.

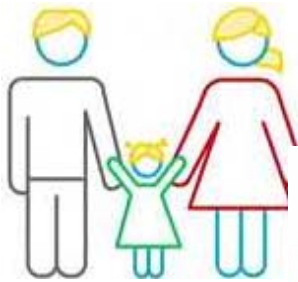
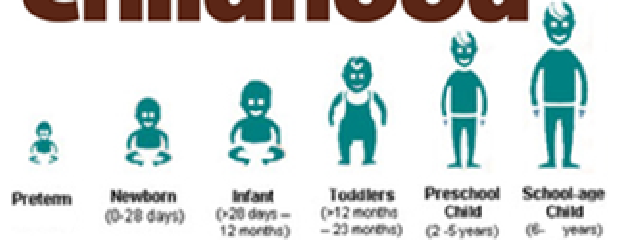
**Conception**  
Fertilisation (egg and sperm)



**INCARNATION**  
**HEART PUMPS DAY 16**



## Childhood



Dengue Typhoid Hepatitis A Trichomoniasis Polio Skin fungus Shingles Leprosy  
Flu Measles Diphtheria Sleeping sickness Candidiasis Smallpox Herpes  
Gonorrhoea Yellow fever Ebola fever Tapeworm Mumps

## Common Illnesses

Plague Syphilis Conjunctivitis Whooping cough Chickenpox Cholera  
Tetanus Scarlet Athlete's foot Rubella Malaria

diabetes arthritis diabetes  
heart attack hypertension stroke  
cholesterol obesity  
Chronic Disease  
**Chronic Disease**  
insomnia sleep apnea thyroid disorder  
hypertension COPD  
stroke asthma  
cholesterol



**May I Have Your Attention Please**



Around 12,500 years  
between Pole Shifts

## TIME FOR CHANGE

With each Pole Shift humanity  
had gone deeper into its evilness.

**An UNBORN BABY'S 1<sup>st</sup> HEARTBEAT OCCURS 16 DAYS after CONCEPTION:**

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. [Dr. Susan Berry](#) 12 Oct 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013  
**Speaking with Mary Magdalene and Jesus, book 1**

**From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality.** And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.

An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

**The Heart commences to Beat as early as Day 16 after Conception:**

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception**.

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcba072c1>



**SOME NUMBERS:**

Currently, each year we have:

130 million live births  
50 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 could mean that two out  
of every three live births, that is 66% of  
adults, become participants in abortion.

**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.

**Miscarriage reportedly occurs in 20 percent of all  
pregnancies. This may be an inaccurate number. However,  
many women, before realising a life has begun forming  
within them, may miscarry without knowing it. Therefore,  
the miscarriage rate may be closer to 30 percent or more.**



<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> |
| Homicide:                    | 490,000        |
| Indirect consequence of war: | 200,000        |
| In war:                      | 50,000         |

**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>

**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.**

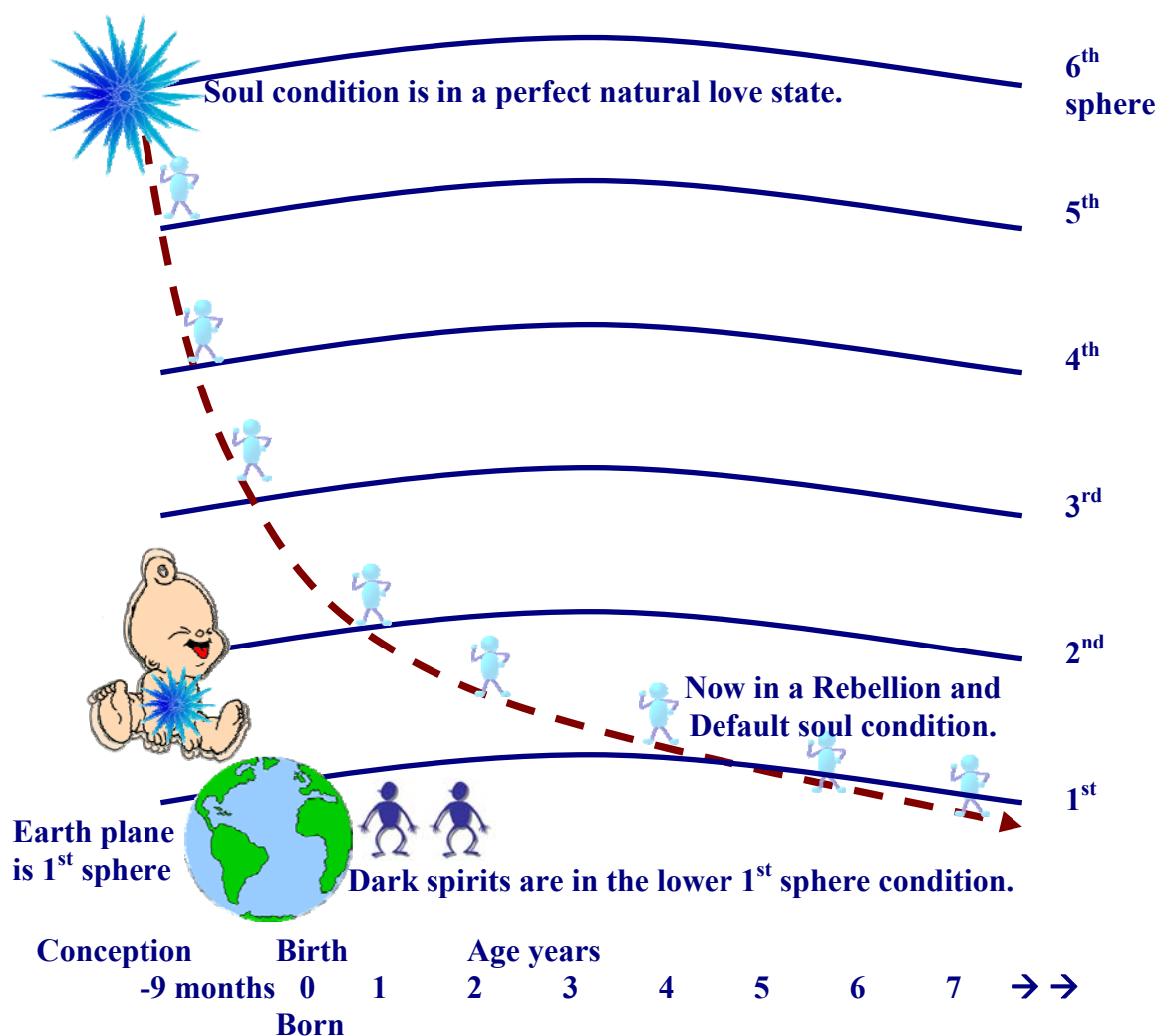
**SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!**

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

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

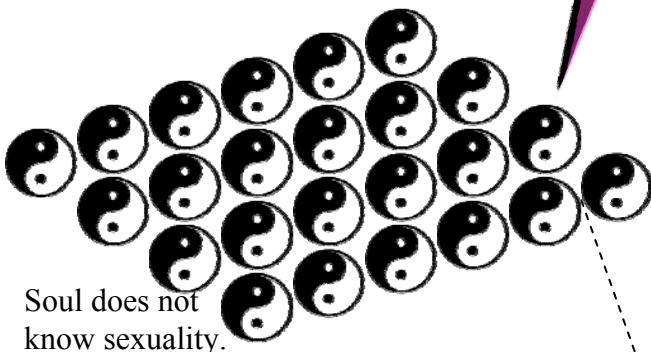
Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

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

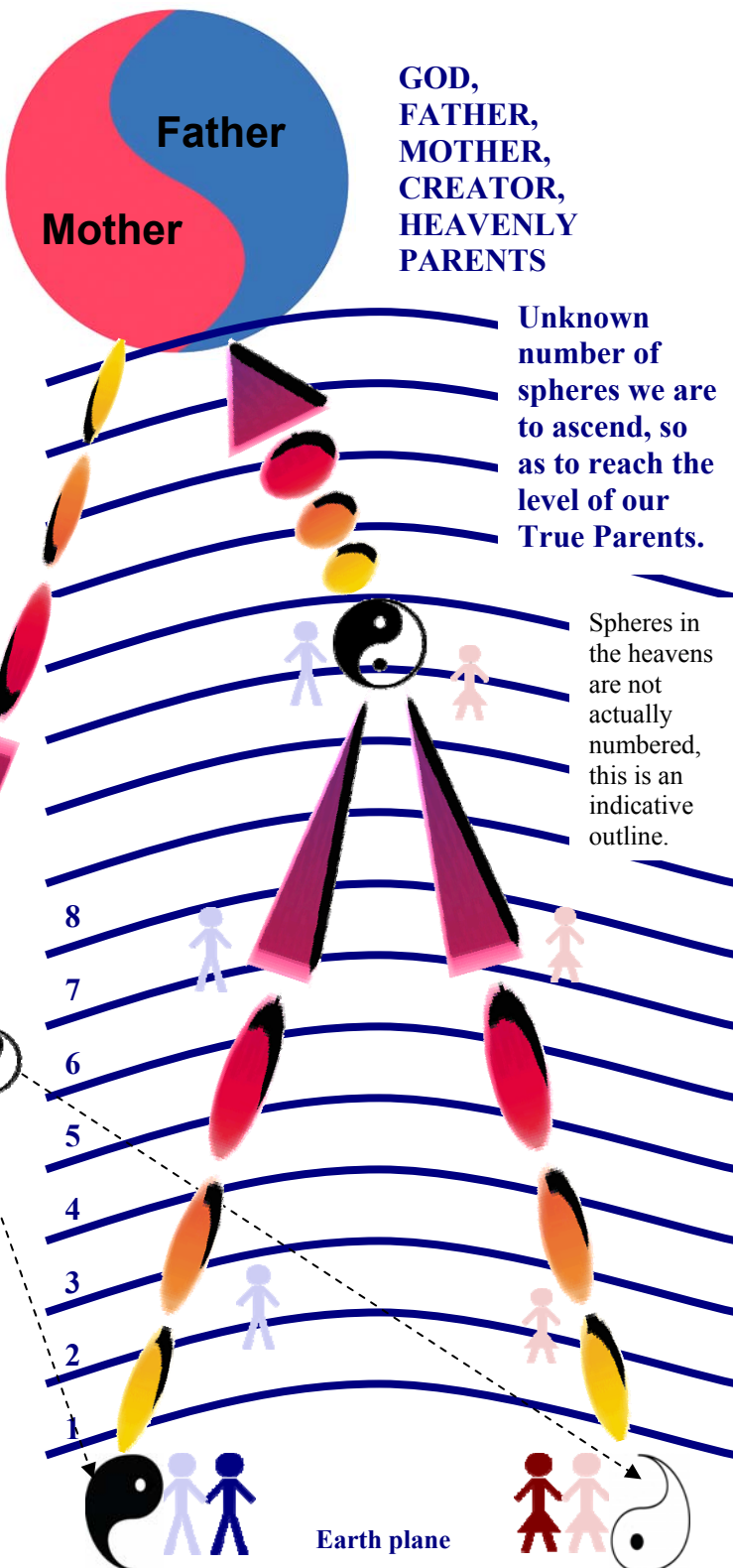


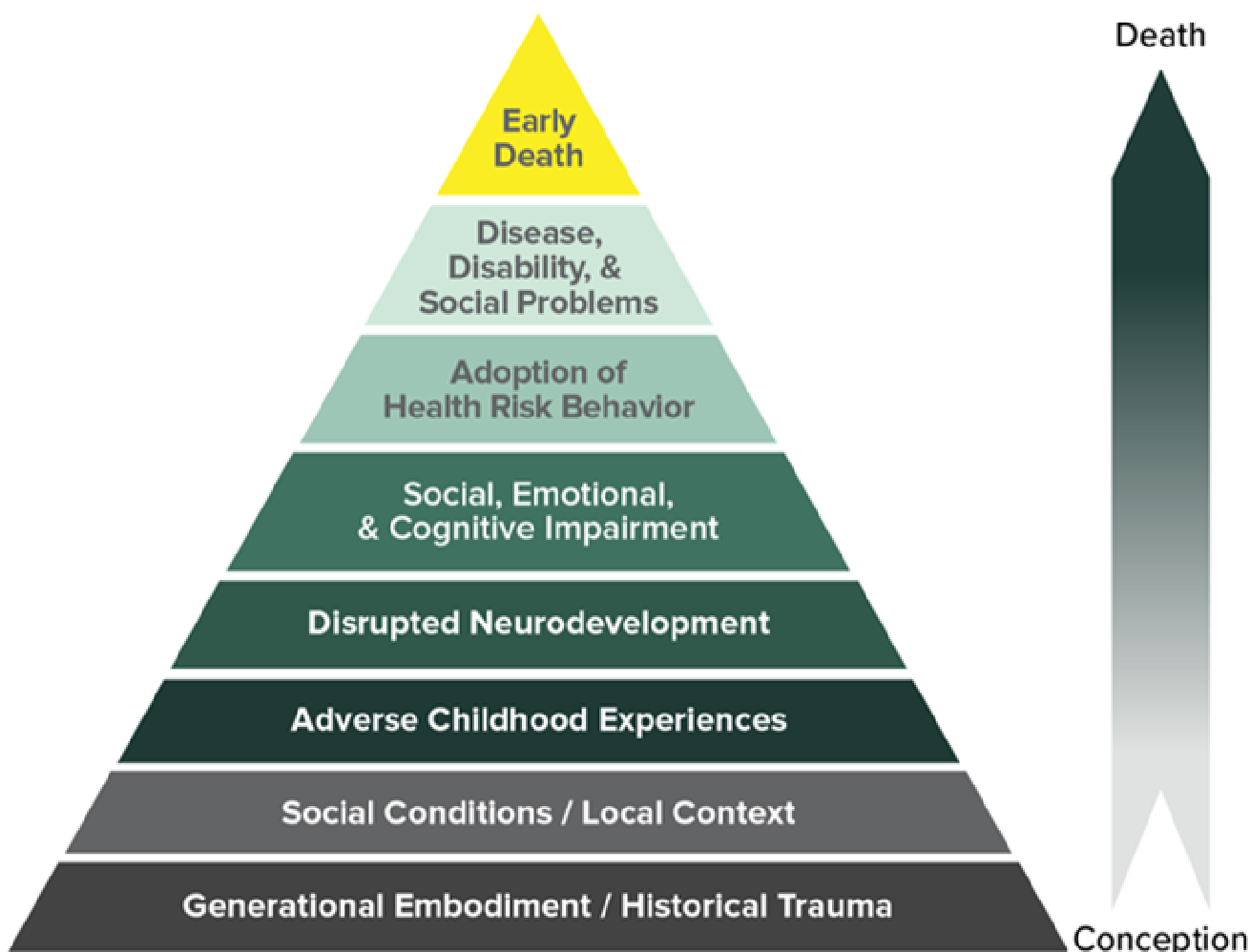
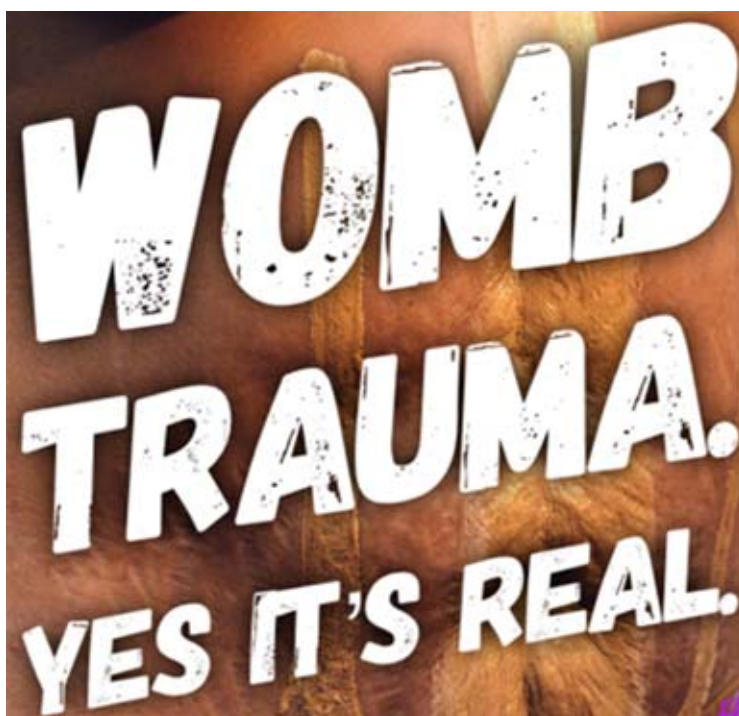
**OUR JOURNEY of GROWTH in LOVE**  
 All we need do is embrace Living Feelings First and to ask for God's Divine Love – it is that simple.  
 Ask directly, no intermediaries needed.

Souls, being thoughts of God, are ready for incarnation in their billions. These souls are at the level of the 6<sup>th</sup> sphere in a natural love state, however, they are not within the 6<sup>th</sup> sphere perse. These souls are not self aware. Prior to incarnation, they do not express free will. There is nothing of the Divine within the soul. They have an instinct to incarnate. Incarnation of the two soul halves, male and female aspects, typically occurs at any time and distance apart into any culture. To become conscious of self, we must incarnate. This is the individualisation process.



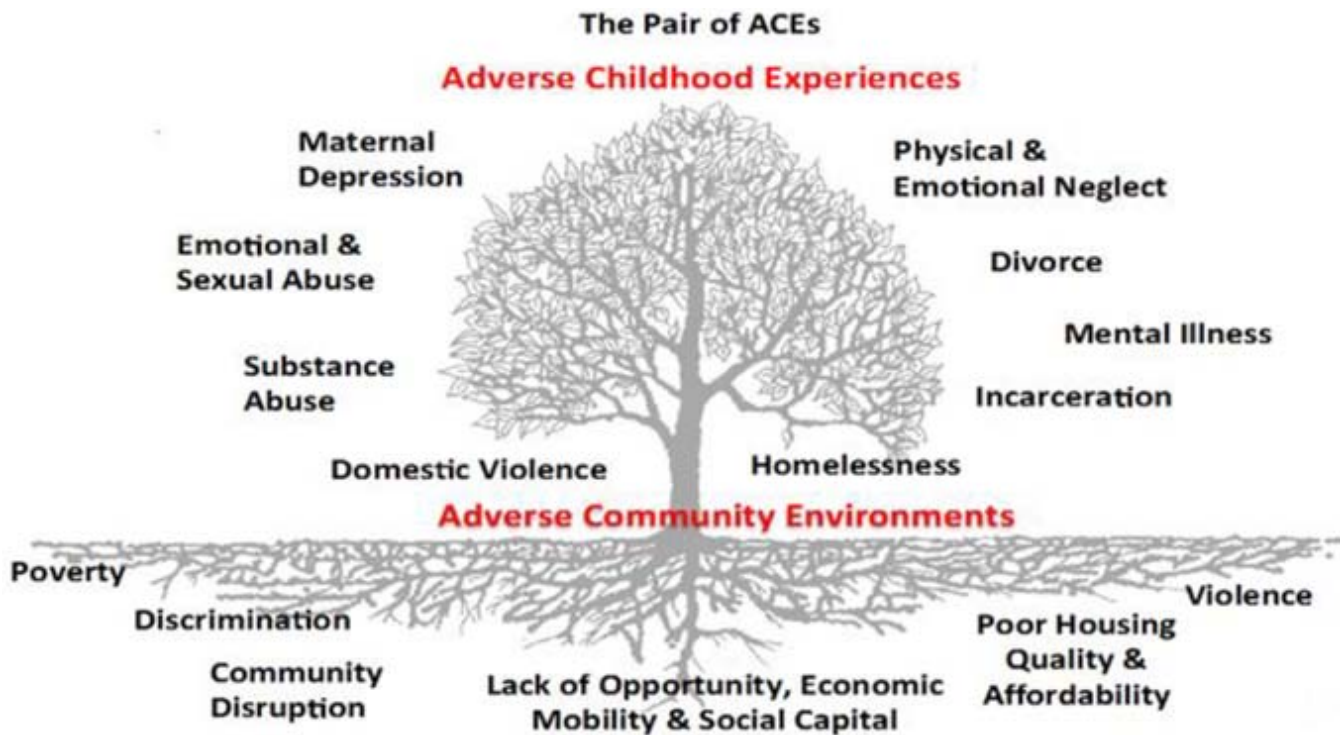
The soul half that incarnates is the one most suitable for the characteristics and character of the attracting parents. Upon incarnation, one's soul condition adjusts to reflect the soul conditions of those around it, typically reflecting closely the soul conditions of one's parents. Upon completion of individualisation process, that is incarnation which may be only a short experience in the mother's womb, we never need return to the physical state. To be able to return to our Heavenly Parents, we need to use our free will to embrace Living Feelings First and ask for Their Divine Love.





Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan





# The Drama of Life:

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

Parents have NO understanding of Love.

Parents have NO understanding of Law of Free Will.

Parents have NO understanding of blocking emotions.

Parents have NO understanding of causal / core emotions.



**Feeling  
Unloved  
and  
Unwanted**



**EMOTIONAL  
ABUSE from  
PARENTS**



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



**Suppression & Repression = Universal Depression**

**OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:**

| Age-group        | Age                 |
|------------------|---------------------|
| Gestation        | conception to birth |
| Newborn          | 0 days to 1 month   |
| Infant           | 1 month to 1 year   |
| Toddler          | 1 to 3 years        |
| Preschool        | 3 to 6 years        |
| School age child | 6 to 12 years       |
| Adolescent       | 12 to 18 years      |

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.



Somehow,  
we go on  
smiling and  
laughing...



## 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.





# 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 TUMBLE INTO THE ABYSS BY SUBMITTING OUR WILL TO THAT OF OUR PARENTS:**

At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.

Jesus  
Message 33 (part) 9 January 2003

**NOW WE CAN CLIMB OUT OF THE ABYSS BY EMBRACING OUR FEELINGS:**

Life IS ALL ABOUT FEELINGS. YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.

Only by following what Mary says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings.

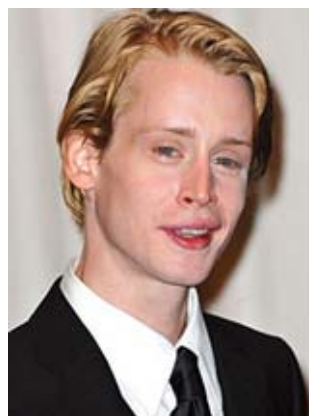
You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. They – your very own mind – is the evil one, you are the evil one living with your mind overpowering you in every moment. The Golden rule is: never interfere with another's will.

I, Mary, was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see. The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live. [The Rejected Ones – Living True to One's Feelings](#) by James Moncrief





**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



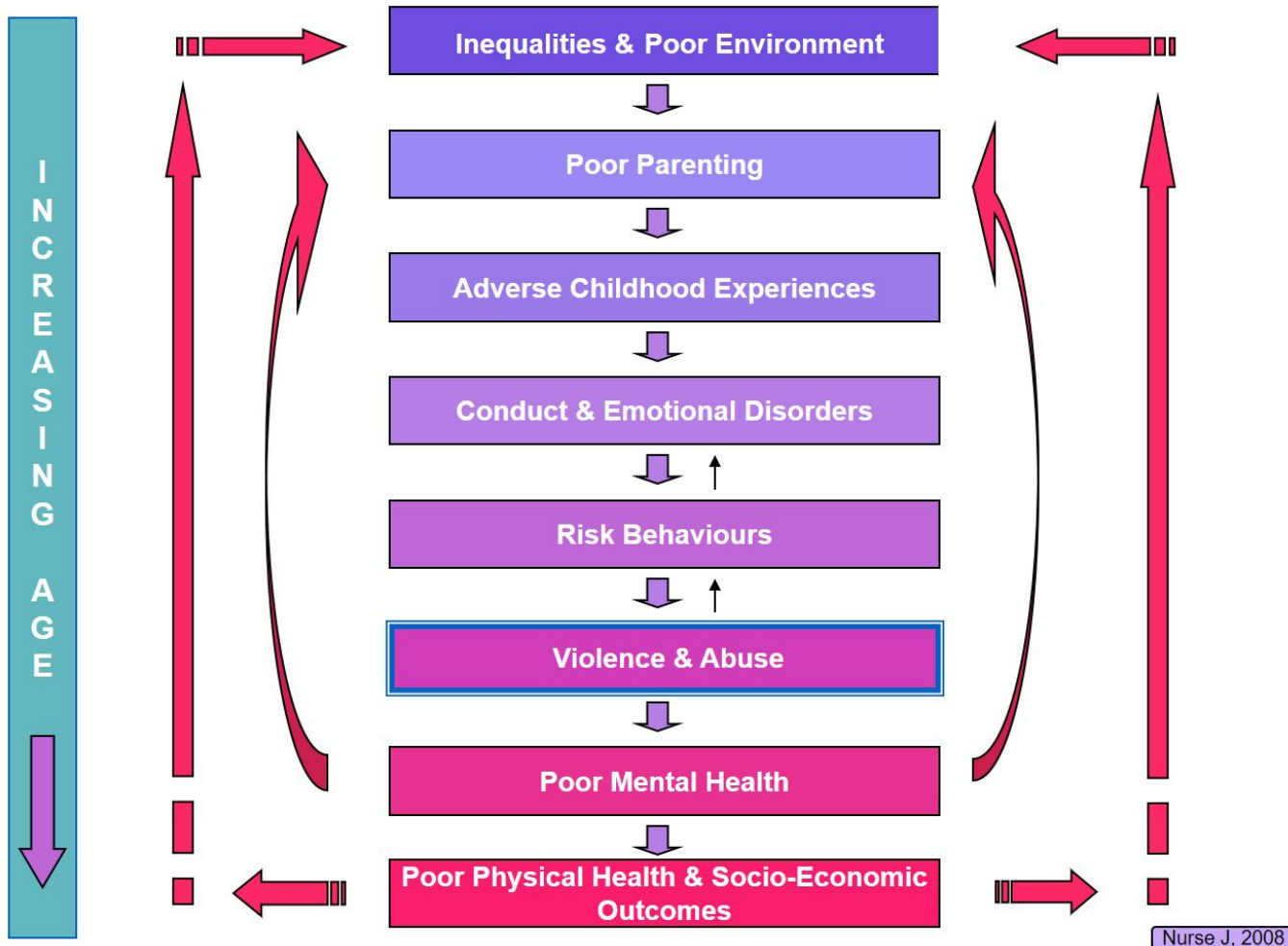
We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



# LIFE IS FOR LEARNING



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



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

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

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

**THE EVIL ONES**



**Lucifer pair**  
Arrested and imprisoned 26 CE



**Satan pair**



**Caligastia pair**

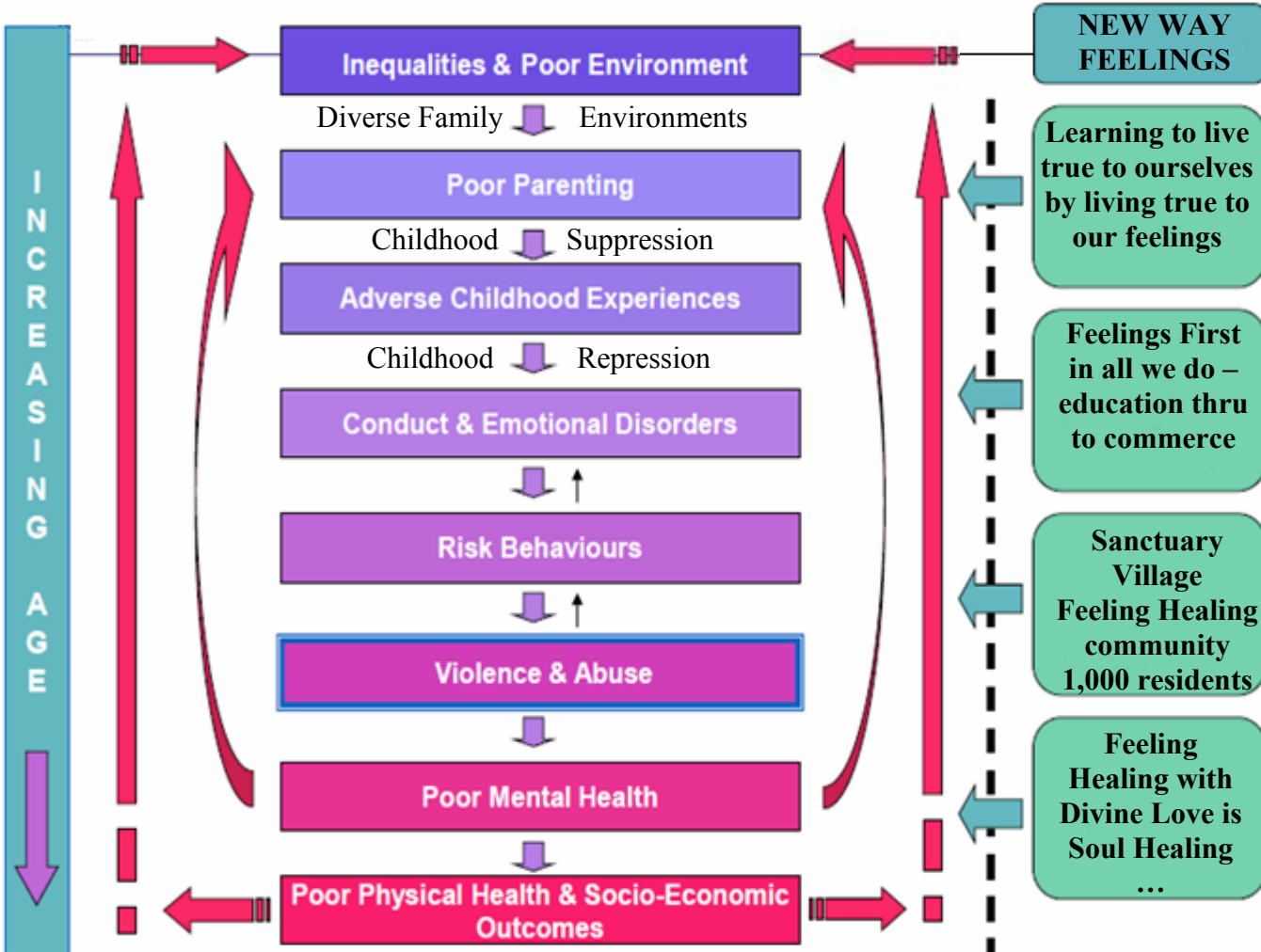
Arrested and imprisoned early 1990s CE



**Daligastia pair**

**GREAT V-Turn**

**Breaking the Cycle of Violence and Abuse across the Life-course**

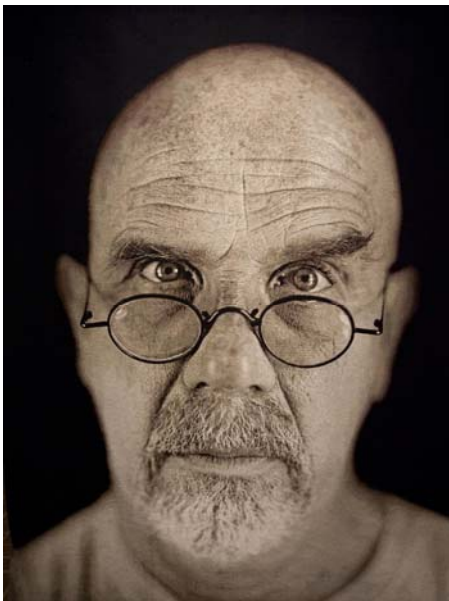




Based on Soul Condition:  
Façade Self

Damaged Self

Real Self



POTENTIAL to BENEFIT your CHILD through your 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

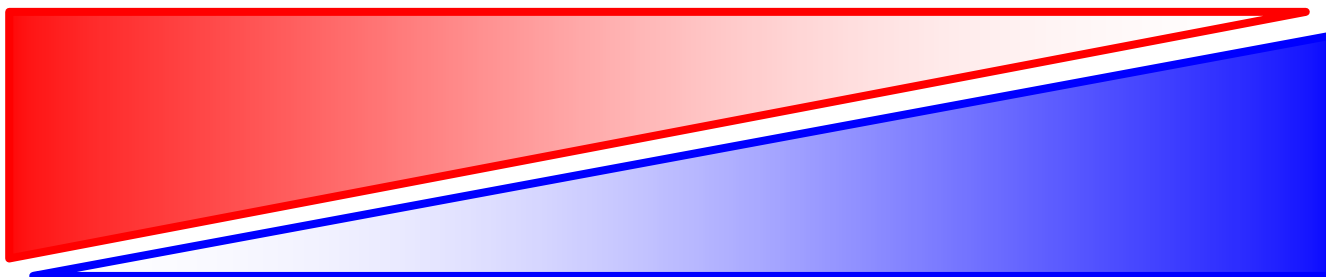
From 22 to age 28

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



**ENDING of REBELLION and DEFAULT:**

**Universal Contract governing the Rebellion and Default progressively put aside and then cancelled due to two people on Earth embracing and progressing with Feeling Healing.**



|                  |                                                                                                                                                                                                                         |             |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| <b>1990</b>      | <b>Marion and James' Feeling Healing progression</b>                                                                                                                                                                    | <b>2020</b> |
| Early 1990s:     | The arrest and imprisonment of the Caligastia and Daligastia soul partner pairs.                                                                                                                                        |             |
| 22 March 2017:   | Negative spirit influence was blocked.                                                                                                                                                                                  |             |
| 31 March 2017:   | Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.                                                             |             |
| 22 May 2017:     | Law of Compensation quickening.                                                                                                                                                                                         |             |
| 2 December 2017: | Psychic Barriers maintaining the Rebellion and Default were cracked.                                                                                                                                                    |             |
| 8 December 2017: | Bring on the money to <b>'house the future of humanity'</b> .                                                                                                                                                           |             |
| 31 January 2018: | Earth and the seven associated Mansion Worlds (including the two Earth planes) are <b>officially</b> now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default. |             |

**Wednesday, 22 September 2021** marks the day that funds planned for, through banking systems instigated by the Bretton Woods Conference in 1944, then subsequent accumulation of funds over decades, that finally the first nominal release has been achieved, so that we may commence physical preparation for the earthing and dissemination of The New Way and Feeling Healing around the world.

**Wednesday, 22 September 2021** marks the day when the physical preparations for the technical commencement of the Avonal Age that is to follow, can now actually commence.

**Wednesday, 22 September 2021** is the first day upon which it can be considered that those who have been flying blind, so to speak, can actually consider that all that has been subtly unfolding is now crystallising upon solid foundations.

**Wednesday, 22 September 2021** marks the beginning of people coming together to commence the bringing about of The New Way, Feeling Healing and the welcoming of the coming Avonal Age, worldwide.

| September, 2021 |         |           |          |        |          |        |
|-----------------|---------|-----------|----------|--------|----------|--------|
| Monday          | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|                 |         | 1         | 2        | 3      | 4        | 5      |
| 6               | 7       | 8         | 9        | 10     | 11       | 12     |
| 13              | 14      | 15        | 16       | 17     | 18       | 19     |
| 20              | 21      | 22        | 23       | 24     | 25       | 26     |
| 27              | 28      | 29        | 30       |        |          |        |

# REBELLION & DEFAULT

FOR 200,000 years ALL SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

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

## THE EVIL ONES



Lucifer pair  
Arrested and imprisoned 26 CE



Satan pair  
Arrested and imprisoned 26 CE



Caligastia pair  
Arrested and imprisoned early 1990s CE



Daligastia pair  
Arrested and imprisoned early 1990s CE



## MIND MANSION WORLDS

### HIDDEN CONTROLLERS

### DEEP STATE

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

## EDUCATORS UNIVERSITY RELIGION

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

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

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

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



# PEOPLE OF EARTH

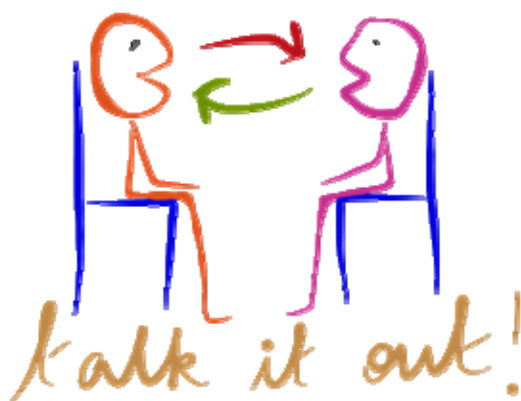
# WE ARE TRUTH SEEKERS



TALK *it* OUT

LET'S TALK  
IT OUT

LET'S TALK  
IT OUT



*Yes, I get the hint!*

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

**The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it.**

Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

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

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

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

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

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

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

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

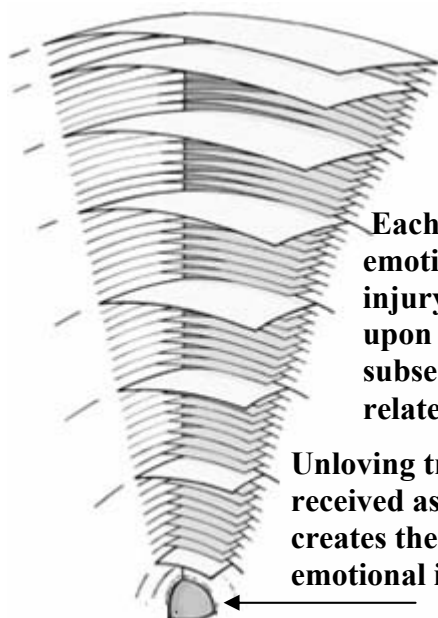
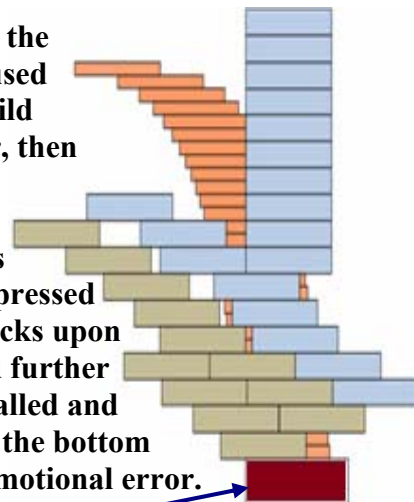
*We are to express our feelings,  
both good and bad, emotionally!*



**OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:**



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Each core emotional injury has built upon it many subsequent related injuries.

Unloving treatment received as a child creates the core emotional injury.

Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



# Root Cause

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

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

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

# Pathway Forward

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

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

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

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

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

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

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

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



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

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



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



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**

**Talk it out to a friend!**

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



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



**Talk it Out!**



*Heartfelt feelings are our truth.*

## 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 Neadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

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

## Living mind-centric limits growth to 499 MoC

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

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

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

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



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

# ENOUGH IS ENOUGH

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

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

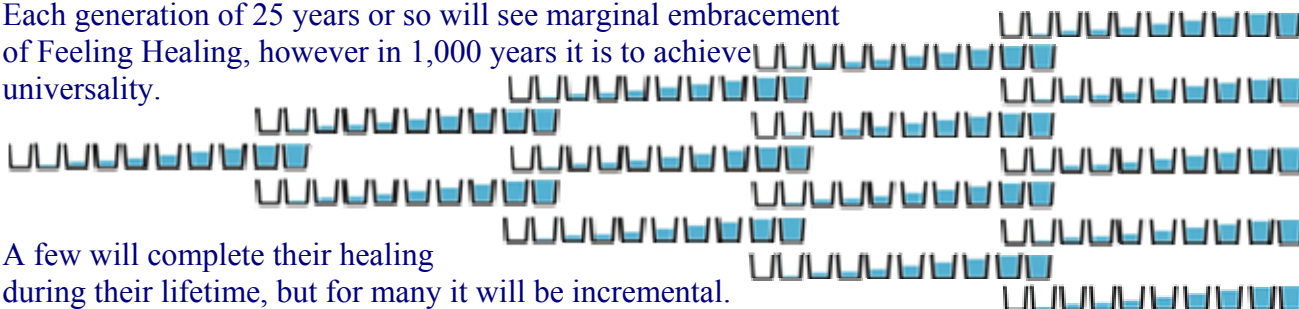
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in 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 is to achieve universality.



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

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

# Arvonal 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

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

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

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

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

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



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

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



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

Notes derived from Celestial Nanna Beth 20 – 23 April 2018

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

Mary Magdalene:

**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.**



**WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:**

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

**We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.**

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone needs to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



**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.**

## **CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:**

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

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

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

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

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



The VOYAGE for KIDS with LIVING FEELINGS FIRST:



### Being Unloved and Rejected!

# FEELING HEALING For Kids

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Voyage for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



## SUPERKIDS

Natural self Expression through Feelings

Self Empowering  
Self Revealing  
Self Loving



Feelings First



I'm a free spirit.

## THE STRAIGHT AND NARROW PATH



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

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

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

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

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

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



# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

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

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

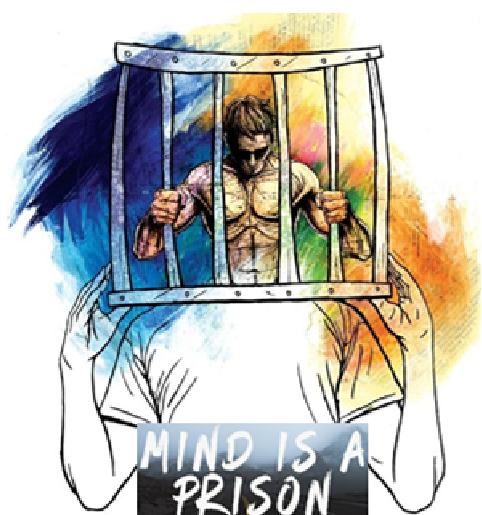
or embracing The New Feelings Way  
by doing your Spiritual Healing;

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

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

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

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



# Ascension of Truth to Paradise

## ASCENSION of TRUTH to PARADISE



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

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

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

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

### Transition from Mind to Feeling way of living

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

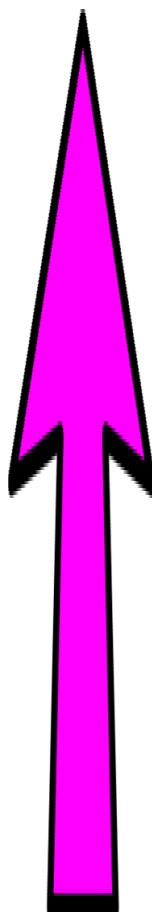
We have to do our: SPIRITUAL HEALING  
 (FEELING HEALING)  
 (SOUL HEALING)

**Uncovering the truth of feeling Unloved**

**IMPERFECT NATURAL LOVE**  
 REBELLIOUS  
 REBELLION AND DEFAULT

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

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



**Self-Acceptance**

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

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

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

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

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

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

**GREAT U-TURN**

# *Living True to Ourselves*

## **LIVING TRUE to OURSELVES**

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

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

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

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

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

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

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

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

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

# *We are to find the Truth of Love*

# WHOLE DIFFERENT Way of Life.



Mind



feelings

NEW WAY



FEELINGS

Feelings First Spirituality  
Our Feelings express the Truth of our Personality

feelings

New way



# Map of Consciousness

  
**Feelings  
FIRST**



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

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

**THE  
GREATEST  
SHOW**  
 is **ON EARTH**



**The New 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.**

**Our Heavenly Parents simply desires for us to ask for Their Love.**

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

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



**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.**



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

# NEW FEELINGS WAY

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

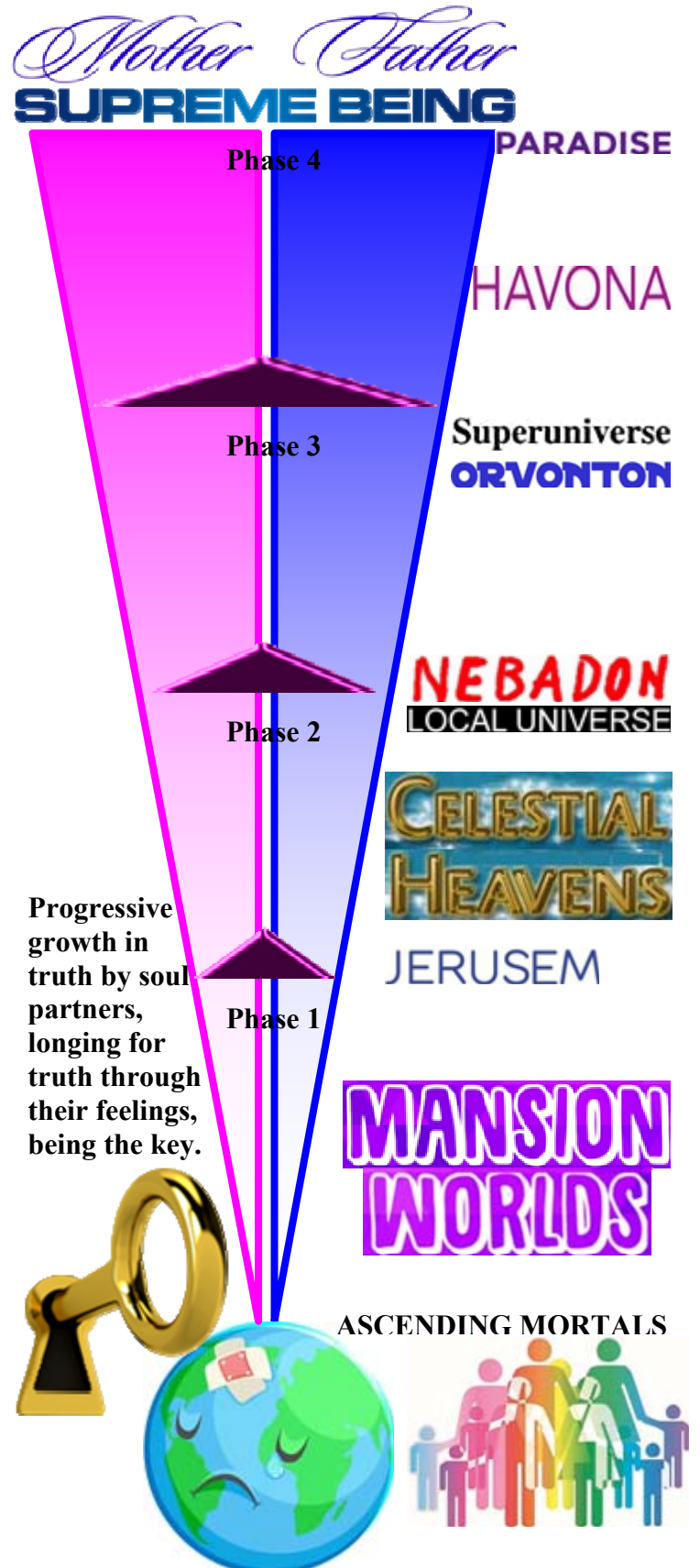
The Way of the Rebellion, The Mind Way, leads ultimately to mind-extinction involving annihilation of personality and soul. The Mind Way is about denying as many feelings as we can, selectively choosing the ones you want, all to maintain control over yourself. And yet by denying feelings and your expression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

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

- Phase 1: Spiritual Healing through the Mansion Worlds and into the Celestial Heavens.
- Phase 2: Evolving in Truth through our Local Universe, Nebadon, and into the superuniverse: Orvonton.
- Phase 3: Truth progression through the superuniverse of Orvonton.
- Phase 4: Truth progression through Havona, and attaining Paradise.

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

The New Feelings Way.



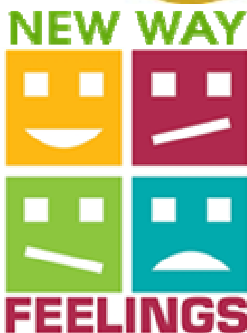
# NEW FEELINGS WAY

*Mother* *Father*  
**PARADISE** **SUPREME BEING**

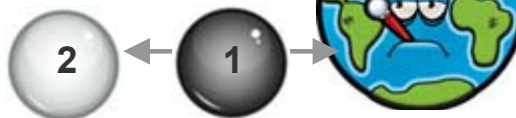
HAVONA  
ORVONTON  
Superuniverse  
NEBADON  
LOCAL UNIVERSE  
Celestial HEAVENS

Living Feelings First, longing for the truth of our feelings and expressing them, both good and bad, is the new Feelings Way. It is the only way we can heal ourselves of our Rebellion and Default; our minds controlling domination of our true personality. It opens us up to our soul-based truth, and the love that follows.

For the past 200,000 years, all of humanity has been enslaved to the controlling natures of minds. We now have been shown how to heal ourselves and set ourselves on the pathway to Paradise, to our Heavenly Mother and Father.



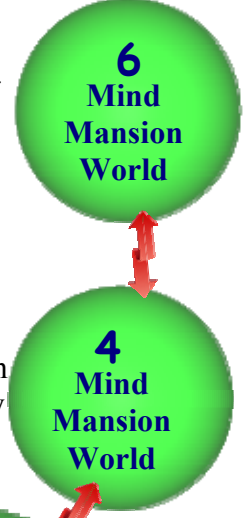
1<sup>st</sup> Earth plane is the darkest of the 2 Spheres of Isolation – Hells.



**DEAD END**



Possibly around 200 billion spirits live in Worlds 1, 2, 4 and 6. Many are ancient spirits content in their mind ways; some are perfecting their mind worship by advancing into the 4<sup>th</sup>; with those having perfected it in the 6<sup>th</sup> believing they are gods!



I'D TURN BACK IF I WERE YOU!

**MANSION WORLDS**

Our soul condition, personality traits, mannerisms, errors, beliefs and behaviour, ALL transfer with us, upon death, into the 1<sup>st</sup> Mansion World. Our controlling emotional and mental addictions all continue with us when living in the mind Mansion Worlds 1, 2, 4 and 6. Doing our Spiritual Healing moves us into the Healing worlds 3, 5 and 7, to be set free of them.



Lucifer's mind centric  
controlling mandates  
are over powered

by Samantha thru  
"Feeling Healing"!

# Feelings First

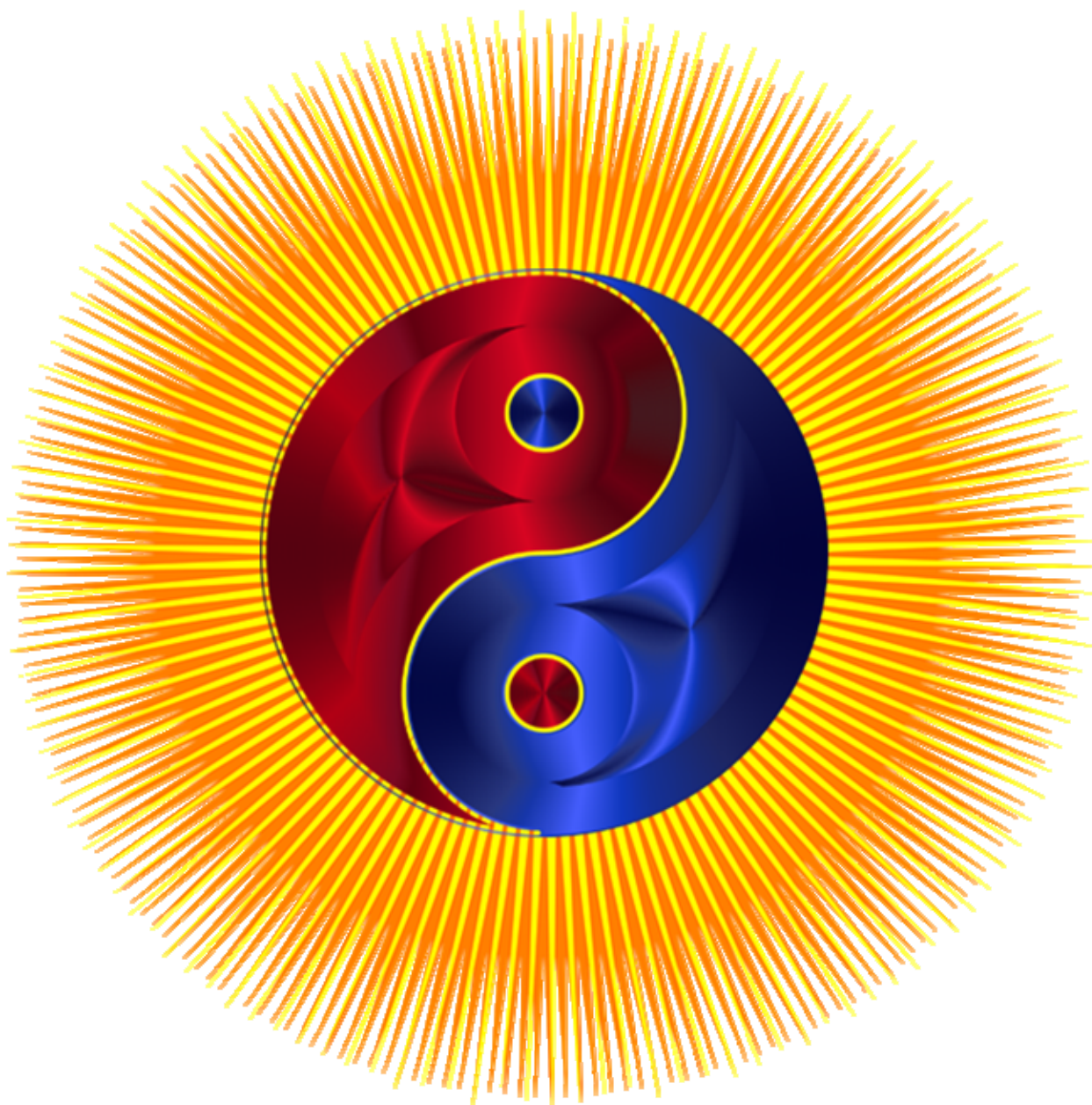
IT'S A WAY  
OF LIVING.



*Samantha*



# Our Heavenly Mother and Father



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

## **Library Download – Pascas Papers**

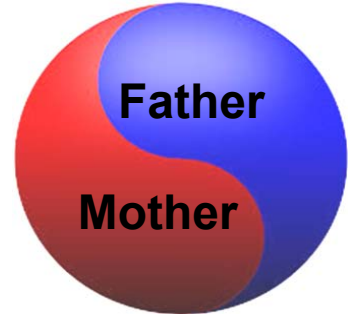
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

[info@pascashealth.com](mailto:info@pascashealth.com)



# MUM & DAD THIS WAY

## GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



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

AVONAL PAIR

GOD

MARY & JESUS

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.

**FURTHER READING:**

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

**PASCAS CARE PARENTING**

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

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

Important recommended reading is:

by James Moncrief

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

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



**Mind Centric Way**

**Feelings First Freedom**

|                                                                     |                                                                                                                                                                     |                                                                    |                               |
|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------|
| <b>Primary recommended reading:</b>                                 | <b>consider commencing with: 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>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</b>                     | <b>2013 – 2014</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– James Moncrief</b>       |
| <b>Sage and the Healing Angels of Light</b>                         | <b>2017</b>                                                                                                                                                         | <b>xxx</b>                                                         | <b>– James Moncrief</b>       |
| <b>Road map of Universe and history of Universe:</b>                |                                                                                                                                                                     |                                                                    |                               |
| <b>    The Urantia Book</b>                                         | <b>1925 – 1935</b>                                                                                                                                                  |                                                                    | <b>xxx as primary reading</b> |
| <b>Divine Love supporting reading:</b>                              |                                                                                                                                                                     |                                                                    |                               |
| <b>Revelations</b>                                                  | <b>1954 – 1963</b>                                                                                                                                                  |                                                                    | <b>– Dr Daniel Samuels</b>    |
| <b>Judas of Kerioth</b>                                             | <b>2001 – 2003</b>                                                                                                                                                  |                                                                    | <b>– Geoff Cutler</b>         |
| <b>The Book of Truths</b>                                           | <b>1914 – 1923</b>                                                                                                                                                  | <b>xxx</b>                                                         | <b>– Joseph Babinsky</b>      |
| <b>    containing the Padgett Messages or Little Book of Truths</b> |                                                                                                                                                                     |                                                                    | <b>– Joseph Babinsky</b>      |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>        |                                                                                                                                                                     | <b>xxx</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 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   |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 1 |                        | Aug 2007                  | 164   |
| Messages from 31 May 1914 – 12 January 1915                         | 1,495                  |                           |       |
| Mary Magdalene and Jesus' comments on the Padgett Messages – book 2 |                        | Sep 2010                  | 177   |
| Messages from 13 January 1915 – 29 August 1915                      | 1,494                  |                           |       |
| Speaking with Mary Magdalene and Jesus blog – book 1                | 1,490                  | Jan – Apr 2013            | 206   |
| Speaking with Mary Magdalene and Jesus blog – book 2                | 1,489                  | Apr – May 2013            | 229   |
| Speaking with Mary Magdalene and Jesus blog – book 3                | 1,490                  | Oct – Jan 2014            | 187   |
| Speaking with Mary Magdalene and Jesus blog – book 4                | 1,491                  | Jan – May 2014            | 191   |
| Mary Magdalene comments on Revelation from the Bible KJV            | 1,485                  | Dec 2013 – Jan 2014       | 84    |
|                                                                     |                        | This group being pages of | 1,825 |
| Paul – City of Light                                                | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                       |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                                 | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!                 | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                           | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider.    |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.               |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                     |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                             |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                      |                        | 2010                      | 179   |
| With Verna – a nature spirit                                        |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                   |                        |                           | 2010  |
| 37                                                                  |                        |                           |       |
| Introduction to Divine Love Spirituality website                    |                        |                           | 362   |
| Sage – and the Healing Angels of Light                              |                        | 2017                      | 260   |
| Divine Love Spirituality                                            | 1,500                  | 2017                      | 201   |
| Feeling Healing – you can heal yourself through your feelings       |                        | 2017                      | 153   |
| Religion of Feelings                                                | 1,500                  | 2017                      | 47    |
|                                                                     |                        | This group being pages of | 3,046 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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.*

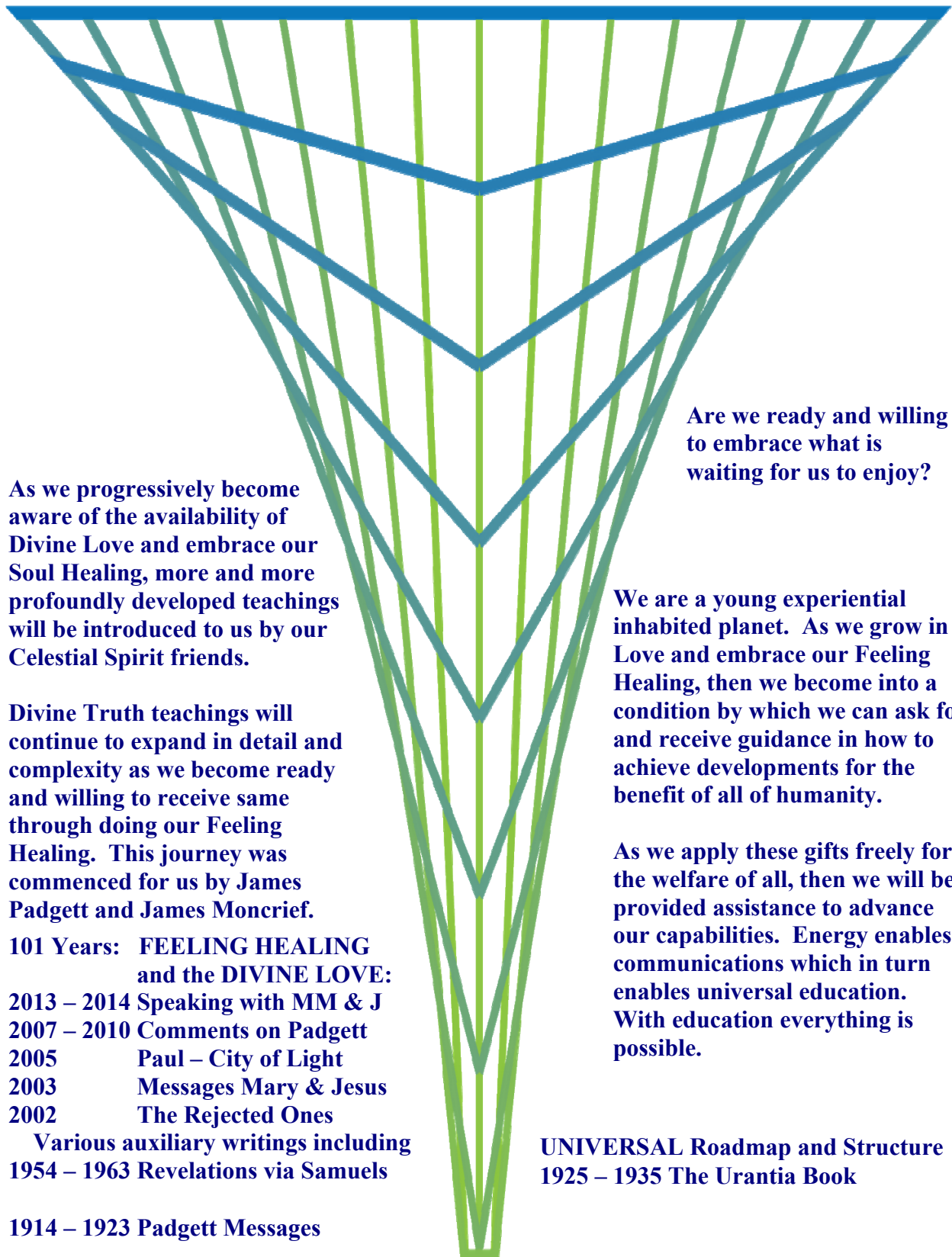
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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 Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

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



From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**



# Healed potential



# Insightful Genius

*Brilliance!*

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