

PASCAS CARE

Feeling Healing



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

Em: info@pascasworldcare.com

Em: info@pascashealth.com

www.pascasworldcare.com www.pascashealth.com

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.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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 man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

CLEARING AWAY ERRORS of BELIEF and UNLOVING WAYS of LIVING:

As we progress from early childhood, we begin to recognise the array of errors in the way we live and treat others and also the false beliefs that need investigation and review. In the past, we depended upon one's own perseverance and stamina to step away from unloving character traits, only to relapse. Recidivism is our human nature, we just keep relapsing to old ways. By embracing the substance of the Father's Love, the Divine Love, as we step away from held erroneous ways of humanness and false beliefs; it is the Love being infused within one's soul that inhibits a return to released emotional errors and ways. The two processes of growth in love complement each other. We need to lead the way by feeling and rejecting injurious ways of living whilst embracing the energy of the Love to grow one's soul in the Love, thus removing any potential for relapsing back to past patterns.

Links to New Revelation about Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

Divine Love Spirituality: <http://divinelovesp.weebly.com/> and <http://dlspirituality.weebly.com/>

Feeling- and Soul-Healing: <http://divinelovesp.weebly.com/soul-healing.html>

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

Speaking with Mary Magdalene and Jesus: <http://withmarymagdaleneandjesus.weebly.com/blog>

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

Divine Love Spirituality <https://divinelovespirituality.wordpress.com/>

Free Books on Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

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

Below is Pascas' take on notes by James Moncrief, visit <http://dlspirituality.weebly.com/healing.html> for the original by James.

Soul-Healing

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

Look at this beautiful 'ugly old toad'. How can anything in nature be ugly! Nature is true and perfect, it doesn't live evilly. It doesn't live in rebellion against the Heavenly Parents, our Creator, against the truth. It can't. Not like us.



As we rebel against all that is good, so we're doing that within ourselves. We are told we're children of God, God's most wonderful creation, yet do we live that? We see nature is there for our own amusement, to do as we please with; if it doesn't suit us, chop it down; if we need a companion, get a pet; if we need to make money, use and abuse it for all its worth. Yet we only do these things because we've gone off the rails by living untrue to ourselves.

To heal ourselves requires new revelation, and that's what Divine Love is all about: helping to reveal truth about our underlying problem – our errors of belief and ways of living; and how to then go about healing ourselves of it by uncovering the truth of ourselves. It is one's growing in truth through the ongoing healing of one's negative state, by doing your Feeling-Healing. That being, the stopping of your feeling denial and healing any personality expression denial you might have. That being the only way you can grow in truth. By longing for and receiving God's Divine Love, one is also doing their Soul-Healing. But it's not all that easy.

Because we're living false, untrue lives of fantasy, we have to wake up to this, that's the beginning. We

have to face it and accept that we are, but this is hard to do, to accept the truth of one's errors, when all one is doing is to avoid and keep suppressed such untruth.

So we have to feel about ourselves, take a good look at how we really are, not getting all caught up in the show of being loving that we may put on. But again this is damn hard to do because we've been heavily conditioned from early childhood to be untrue. But unless we do face it, we'll never heal ourselves. We'll die possibly believing we had a good life on Earth, move into the mind Mansion Worlds (natural love spirit world spheres) there enjoying all the spirit love and beauty; free then to carry on 'bettering' ourselves as we 'transcend' and 'grow in the light and gain knowledge', as we become 'enlightened', but it's all continues to be truth avoidance.

And we can long for and even receive Divine Love, and we can then believe we're on our way to advancing our soul in truth; we might even say, and even feel, we're ascending in truth, that all our erroneous ways are simply fading away, being washed away by all that Divine Love; flowing out of us in murky steams of yuk, but gone for good because now we are being at-one with God – our Heavenly Father... just as Jesus says he is. But still we are going to be full of unexpressed bad feelings from our early childhood, they are not going to leave our soul because of what we might believe with our mind. They can't leave, and there's very good reason why not.

Our bad feelings

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

Our bad feelings we treat like this pile of excrement. That's us, those little fungi growing out of all the yuk, bad feelings we've got repressed inside us. But unlike these fungi who draw sustenance from the lump of lovely poo, our repressed bad feelings make us sick.



But first, why our bad feelings can't somehow magically leave us, and why when we're young and we have them seemingly to get over them quickly moving onto something else, even though they are all still hidden within us and we haven't 'got over them', is because we need them to help us uncover the truth of our negative state – when we're ready to do so.

You see it goes like this. Right from the first moment of our incarnation at conception on higher levels we're already denying ourselves as a condition of being brought into erroneous beliefs and ways of living. So we're already feeling bad, even though we are not conscious of such feelings. And then as we grow and develop, we still feel bad, and our parenting causes us to deny them. Our parenting also causes us to feel more bad feelings because our relationship with our parents is not true, it's bad, even if we think it was very loving, because our parents are not perfect and true so can't have loved us truly as we needed to be loved.

So all the way along right through our early forming years we deny copious amounts of bad feelings – untold numbers of them. And they all go into encrusting our soul, stored as contaminated light, there to wait until we're ready to bring them all out. And one day, that's what we have to do – express all our repressed childhood feelings, which then gives rise to the term: Childhood Repression.

If one keeps denying themselves, one gets sicker and sicker, having to rely more heavily on one's mind to take over, trying to override one's bad feelings pretending that you are not as sick as you feel. And this one can do to quite a high degree. But one day, all you are doing with your mind to keep yourself afloat, so to speak, will become increasingly more difficult, and eventually fail, so one then has to face the truth that things are not well within, having to face and accept the truth that one is feeling bad. All of which is to help you to see that you are feeling bad because you're denying aspects of one's self, because one is denying many of their bad feelings. Which means, you are denying expressing yourself, your personality, as fully and vigorously as you should be? This means you are denying yourself your growth of truth.

Accepting our bad feelings

The heart of our problem lies in our denying many of our bad feelings, all as a consequence of how we were parented. And as some people were loved more than others, so one could say some people have denied more of themselves, were forced to go more against themselves, denying their will. Our soul-healing is really our will-healing.



So to heal ourselves, all we have to do, and it's all so very simple, and it's obvious staring us right in the face, is, **ACCEPT ALL OUR FEELINGS**. And if we can manage to do this, then by the time we have we'll be living true. And not only that, we'll have healed ourselves of all our errors and evilness, we'll have grown in truth, even if we don't embrace longing for the Divine Love. We will have become perfect in our natural love, just like the creatures. And if we have embraced the Divine Love, we'll become of a Celestial level of truth and love.

It's true that we've fallen from grace. And fallen a long way. So it's mad to think we're superior to nature when we're the ones who are evil and nature is the one who is true.

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

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

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'.

Feeling-Healing

Accepting, expressing and seeking the truth of your feelings, and mostly your bad feelings, is setting about your doing your Feeling-Healing. You can do this irrespective of your spiritual inclinations, you don't have to be longing for the Divine Love. And apparently for those people who take this route, new sectors will be made available in the forthcoming new age in the mind Mansion Worlds (natural love spirit world spheres), separate to the mind spirits who want to keep living merrily on their erroneous way.

And those people who want to do their Feeling-Healing with also the inclusion of the Divine Love, setting out to live true to oneself as one strives to be truly at-one with God, our Heavenly Parents, they will be endeavouring to heal their whole soul – hence, Soul-Healing. They will be striving not only to perfect their natural love, but to also transform their soul from the image of God into God's very essence. They will be setting out to become divine, and when healed, to know they have attained the level of the Celestial spheres.



What is involved here is in revealing what it is we may need to know about our Soul – and Feeling-Healing. And how to go about it. What difficulties are that one might face and how to overcome them.

Divine Love and bad feelings

It's one's intent that determines whether or not we receive Divine Love from God into our soul. Not our feeling or emotional state. So long as our desire is true, in that it's a sincere longing to God to be loved by God, to receive God's love in one's soul, then we'll receive the Divine Love.

Some people worry about the possibility of their feeling bad feelings and emotions interfering with their ability to receive the Divine Love. The emotions and feelings themselves won't, however it might be harder to long sincerely and being fully focused on what you're doing when you feel distracted by your feelings. Of course when you feel good then it's much easier to reach out to God and asking for Divine Love. When you feel bad, you might also want to go to God longing for support, love and help; or, you might feel that's the last thing you want to do.

It doesn't really matter as the Divine Love will come into your soul upon your true longing for it. It's what then happens that is of the most concern. And this is where a strong desire to grow in truth comes in.

If you don't want to heal yourself of your erroneous ways then the Divine Love will wait, 'dormant' so to speak, within your soul until you do. You won't feel its subtle effects within you because your mind will be still too much in control. It's even possible to receive



some Divine Love and yet still further your negative self-denying state, rejecting and rebelling even further against God and so the Divine Love you have within you.

The more of your bad feelings you can acknowledge and express whilst seeking the truth of what deep inside you is causing you to feel bad, the more the Divine Love will support your truth aspirations. However, as the whole aim is to do our healing first so the Divine Love then has perfect natural love to transform, don't expect to feel any real positive love from the Divine Love in your soul because your soul will be intent on releasing all your repressed early childhood feelings so you can uncover the truth of them. Give up expecting to feel loved by God and happy, because of any Divine Love within one's soul, UNTIL healing is finished. One may not want the Divine Love to make them feel loved at the expense of being feeling bad, because then one would only be still denying such bad feelings, this time using the Divine Love to help. One may want to feel bad so that one can bring all one's yuk out. We want to receive as much Divine Love as we can, but our focus remains on acknowledging and accepting one's bad feelings and seeking the truth of them, content in the knowledge that also one's relationship with one's Heavenly Father is growing as one moves along in their healing.

There is a great temptation to use the Divine Love, along with anything that might make one feel better, to help one keep denying bad feelings. And really by rights, apparently we shouldn't have had the Divine Love made available to us until all of humanity is healed and perfect in its natural love. However our Heavenly Parents, God had other things in mind by sending Jesus to us, and so we have this window to long for the Divine Love, whilst we're tarnished with errors, just to complicate things more than they already are.

So once again, the Divine Love is NOT the way or thing to be used to get us out of our errors, which would be looking to it to help one feel good like we do so many drugs. And as one can't get addicted to the Divine Love, if you are not growing in truth actively through the doing of one's healing, then one can long and long and believe one is still receiving the Love, but it will have ceased to come into you because your soul will have had its 'quota'. Your soul will then be waiting for more 'space' to be made available in it as you perfect more of one's natural love, upon which it can transform into God's essence.

So overall one could say, yes one's bad feelings and emotions will get in the way of receiving the Divine Love, however they themselves are not the problem. One's whole negative state, refusing to grow in truth, is what's standing in the way of you and your Heavenly Father's relationship. If you refuse to grow in truth, then you are still refusing yourself, nature and God, so also God's Divine Love – you are living in rebellion against all that is good. But making things very confusing, even within all this rebellion, we can still long for and receive the Divine Love.

And concerning the dealing with one's bad feelings and trying to rid one's self of them, unless you are working with them to help you uncover the truth of your errors, you are only denying them still. And using your mind to 'work through them' is not going to get you anywhere, only increase your self-delusion that you're all right and heading in the right direction.

True to your true, true self.

Imagine that you're pretending to be something in life which really you feel is not the true you, you're putting it on, you know that, you're aware of it, but feel for various reasons you can't stop it, you have to keep up the appearance and pretence of being someone you're not really.



For example: Imagine you're gay (or if you are gay...), you know it, but you can't come out, you can't tell and be true to it in the world because of how you think it will affect people in your family. You don't want to hurt your mother, go against your parents, shame and embarrass them, make them angry with you, whatever it is. You don't want to hurt them, so you have to keep it – the real you – secret from them. Or you are an actress, and you can't come out because it will ruin your chances of getting further work. You have to pretend you are a certain way, to make a certain impression, put on a certain act, all so you can get what you want. But you're a fraud, you know it, and live with it, wishing you could just be as you want to be in your life, free to do as you please, free to be yourself – what you feel is the true and real you.

And then one day, finally, for whatever reasons, you do come out, you tell the whole world, and damn it, you're going to be as you are, and if you're rejected by everyone, so be it, but you can't keep dishonouring yourself. And, oh the relief, you are finally able to live without having to keep a secret, without having a hidden agenda, keeping an alternative contrived other life going, all so you can be accepted in the world. Finally you are free to be your true self. And that's great, but what really is this true self?

And what it is, is allowing yourself to be true to your error, the real and true you that you feel you are, but all STILL within a false, erroneous, love-denying, untrue state of mind. So really it's only the first step of coming out. You are in error and forced yourself to live yet another false exterior, all to make a certain impression, all to keep the power you wanted. So in a way you were doubling up on your errors, and oh what a relief when you came out, came clean, and could drop that second erroneous state. Now you can concentrate on happily living your 'true self', not your false or erroneous self.

And a lot of people do genuinely then believe they are free and true, but having no idea that this so called 'true self' is not true at all, not in the greater scheme of things, not in the truth of how you really are. So then one day when they wake up to this truth, then they have to work at doing their healing and bringing their real and true self out, the one that was prevented by one's parents from coming out all those years ago. And that is a lot harder than just dropping your false facade allowing yourself to be happy in your erroneous beliefs and adopted ways.

Our healing difficulty – it's not how you might think it would be

To heal our negative self and feeling state we need to do the opposite of what one might think – what many thought anyway.

Instead of going about trying to get rid of all our bad parts, trying to fix ourselves using whatever means are available, we don't try to fix or solve any problems we have, all we do is always focus on JUST EXPRESSING ALL THE BAD FEELINGS WE FEEL ABOUT IT WHILST LONGING FOR THE TRUTH OF WHY WE'RE FEELING AS WE ARE.



The aim is to accept ourselves entirely, this being to 'self-love ourselves' by accepting EVERY part of us, not just the parts we like. Accepting ALL THE YUK PARTS TOO! So we start this procedure by wanting to accept all those bad feelings and emotions we're doing all in our power to avoid and not know about. As long as we live denying but one bad feeling, and even one good feeling, we're not fully

self-accepting, so we do not fully self-love, which means, we're not relating to ourselves unconditionally – with unconditional love. And as most of us happily accept any good feelings we don't so much have to focus on them, mostly on the bad ones. However you might even surprise yourself and find you are denying and stopping yourself from feeling good feelings as well. Many people try to use their minds to be all-accepting and so self-loving, we're told it's the right way to be. However as they do this, at the same time they are still deny many bad feelings they're not even aware they're feeling. The more power we give to our minds, the more we 'empower' ourselves, the more we can use our mind to control our feeling denial to an even greater extent. It's because of our bad feelings we feel powerless, so empowering ourselves is to get rid of those annoying feelings that just won't go away. All what most people believe they are doing to help themselves is actually only making things worse for them in the long run. They might enjoy a new found freedom and sense of power and strength of will through all their 'positive thinking' and 'self-improvement', yet all at the expense of more feelings they should be allowing themselves to feel. But who wants to feel all their bad feelings, and keep feeling them. We're all scared of opening Pandora's Box and being swamped into abject oblivion and complete dismal depression never to see the light of day again, but it's into that void of darkness we must go if we are to liberate all our pain and uncover the truth of why we have a Pandora's Box within us in the first place. We live conditionally, as seen by how we selectively accept and welcome some feelings yet not others.

So to become fully self-loving which is what naturally happens as you do your healing, we have to face all our bad feelings, welcome them, want them, and as they come up, fully express and emote them – 'be them'. And if you're like most, used to denying most of our bad feelings, to turn around and do the opposite is not only very hard to do, but also very trying.

As we accept all our bad feelings so too are we accepting all our Childhood Repression. And so too are we accepting our errors and unloving ways – that indeed we are unloving and living against ourselves, nature and God. And as we grow in this truth acceptance of ourselves, so in a way we are allowing ourselves to be the putrid, vile, monster, no-love person we are from time to time.

So it's a weird thing, in a way the more true we actually become to our errors the less of it we are. So we have to be it completely, this being done in small doses so we can manage living it as we uncover the truth of it. And as we accept our yuk, so it leaves us, as we no longer need it. And this is the amazing part. We don't actually have to do anything to make our evilness / errors go away other than keep on expressing and seeking the truth of our bad feelings. And as we do, mysteriously we change, our inner systems start to alter, as we relinquish our controlling beliefs and move toward perfection. First the perfection as in seeing and being fully our untrue selves, then into being our true selves.



So we sort of go into our errors / evilness if you like, be become it all fully accepting it, all so we can then let it go as we realise that it was imposed on us and we no longer need or want to be as we are. And it goes. God sees to that for us.

The potential to completely heal all of our errors is something entirely new. Strangely it's not been part of humanity's experience before. It is the only way we can get ourselves out of the mess we're in.

If you truly want to end your wrongness, so completely heal yourself and perfect your Natural love, which the Divine Love can then progressively transform, you need to look to your feelings for their

hidden truth. And this will lead you back into your childhood helping you understand and become aware that all that's wrong with you originates in your early relationships; and all such interference with your self-expression caused back then needs to be brought to light so your imperfections will leave you allowing yourself to have true relationships with yourself, other people, your soulmate, and with your Heavenly Father.

True truth growth will only come about when you are intent on healing yourself through uncovering the truth of your self – and truth-denying state, when you start to give up living with your mind in control submitting fully to your feelings; when you submit to your feelings looking to them to help you uncover the truth of yourself, this being something that currently only happens to a very minor degree on Earth, and not at all in the mind spirit worlds (natural love spheres). To grow in truth, feelings must be liberated and in particular, all those feelings you don't want to acknowledge, all the bad stuff you're keeping hidden from yourself.

James Moncrief has prepared these notes from his and his wife's personal guidance and experiences. Above is Pascas' take on notes by James Moncrief, visit <http://dlspirituality.weebly.com/healing.html> for the original by James.

Infographics / diagrams that follow have been assembled by Pascas.

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

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself



To liberate one's real self, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the 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.

REVELATIONS



Revelation 1: Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



Immortality with the Love.

Infographics and diagrams have been added by Pascas.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Notes above are drawn from James Moncrief's writings.

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Infographics and diagrams have been added by Pascas.

Our FEELINGS are our SUPREME GUIDES:



Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 Sep 2017

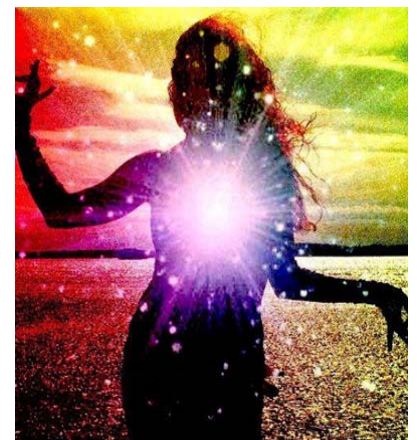
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

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



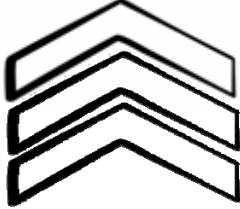
“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

Infographics and diagrams have been added by Pascas.

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



THE MIND WAY

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

Feelings First Spirituality has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

Living the New Way of Feelings First Spirituality

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

And to do this you need to do your Healing

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

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

Feelings First Spirituality The New Way

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

<p>The New Way: learning how to live true to ourselves by living true to our feelings.</p>

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 need 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 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.

Infographics and diagrams have been added by Pascas.

WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus' Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It's that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair's guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Worlds and enter the Celestial Heavens where we also interact with other world's spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.



M&F



J&M



AVO

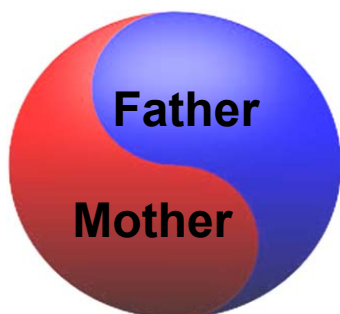


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
We are to long for the truth of what we are feeling.
We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.



In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.

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

AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nebadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.

WE ARE Children of God

Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

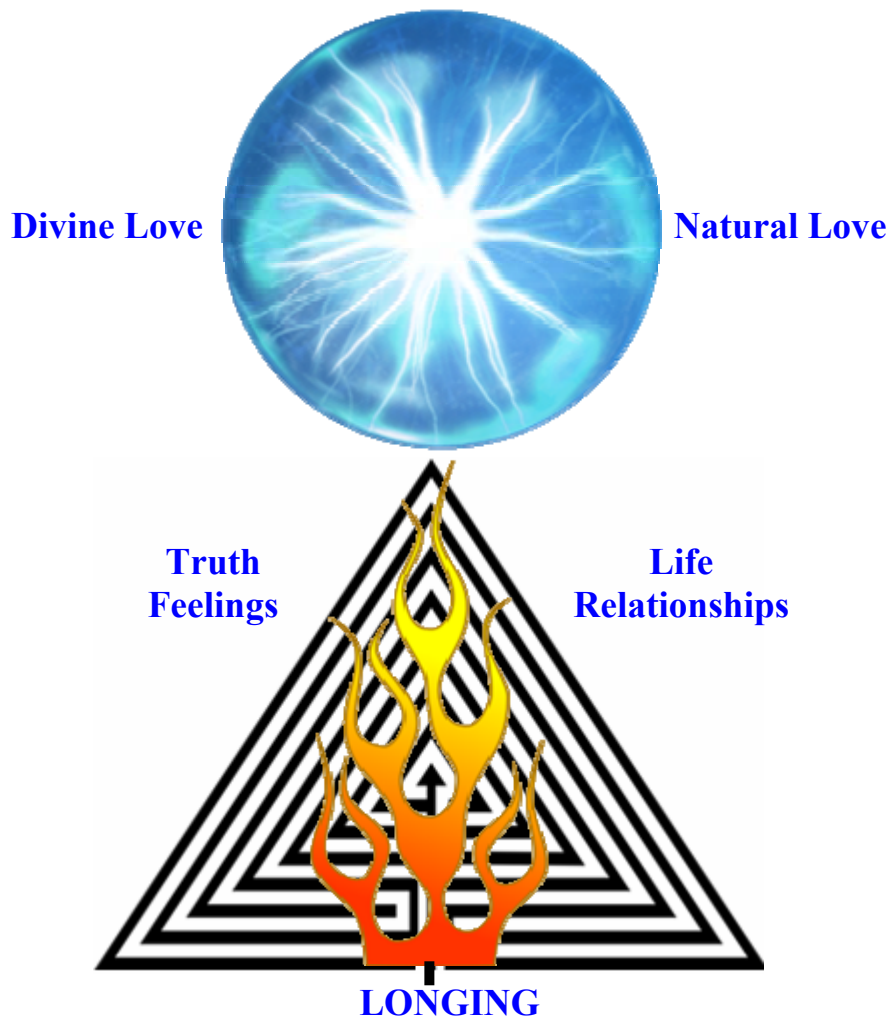
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

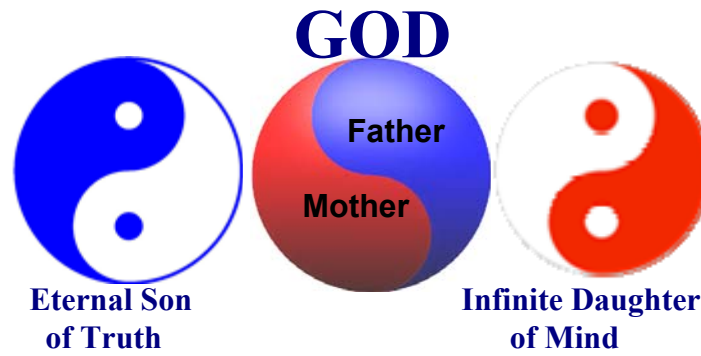
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
 2. **ETERNAL SON (ES) – Divine Truth**
 3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

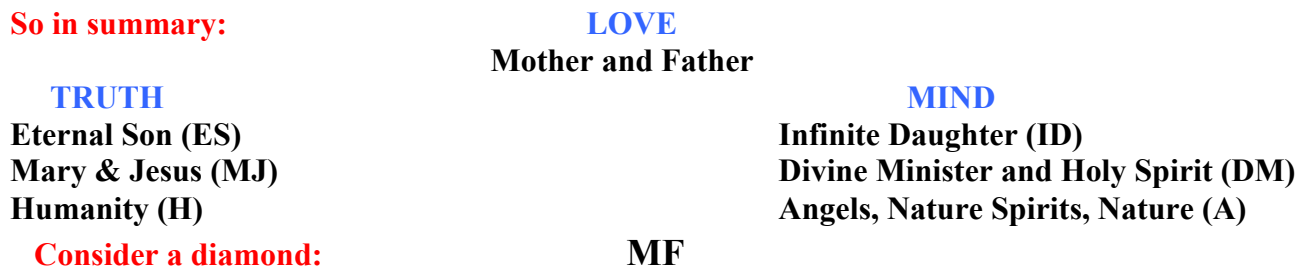
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS** – Our MOTHER and FATHER – Love – the Living Truth
2. **DIVINE MINISTER** – Mind (and her Holy Spirit)
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

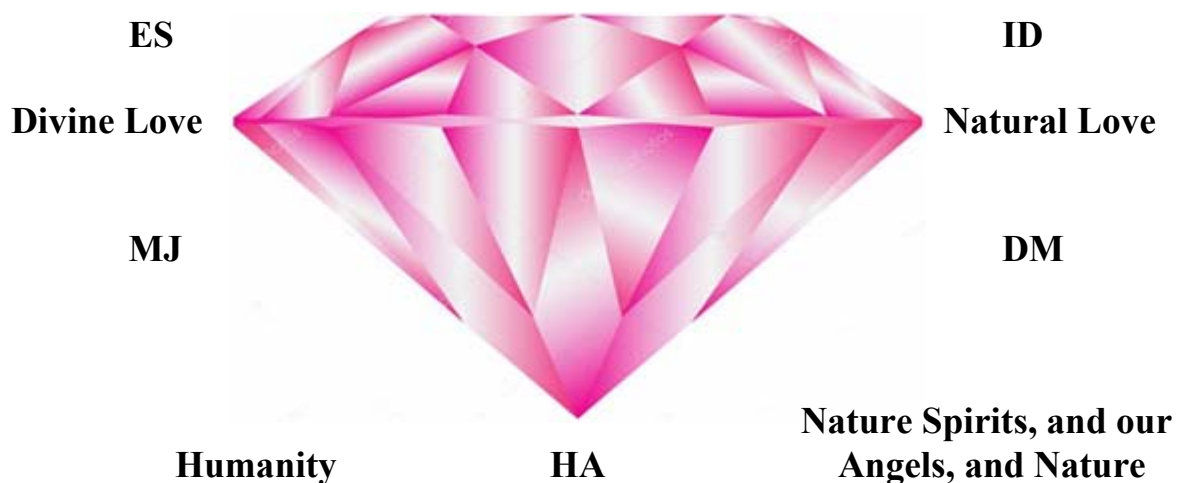
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR** – the Feeling Healing process – incarnate
2. **DAYNAL – TEACHER PAIRS** – they do not incarnate

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

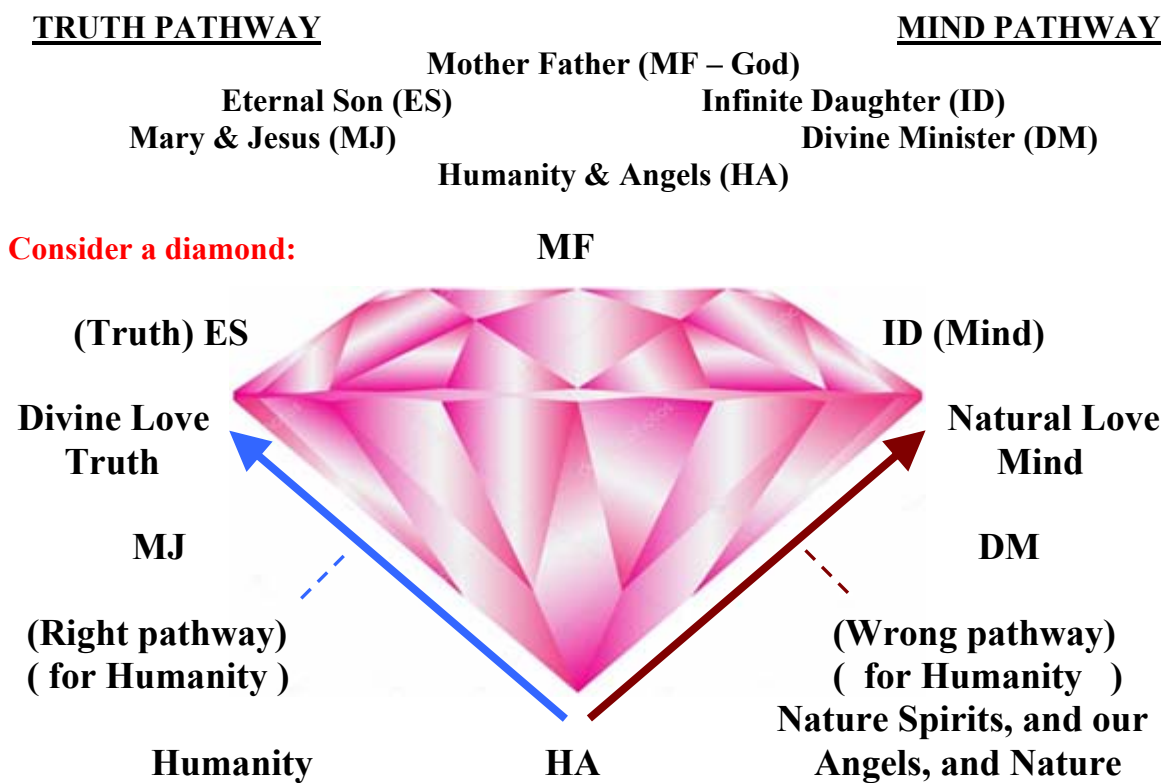
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

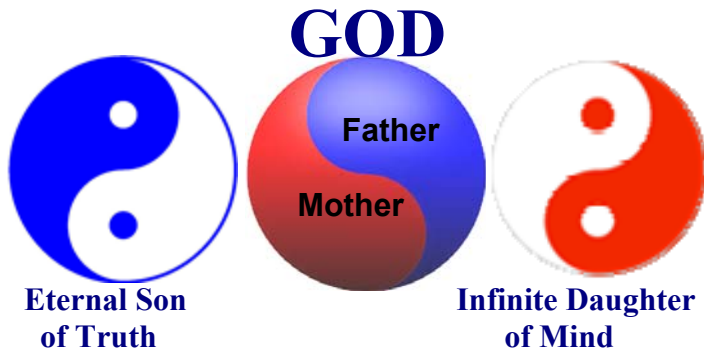
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.

Infographics and diagrams have been added by Pascas.



CREATION of SOUL and SPIRIT:

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

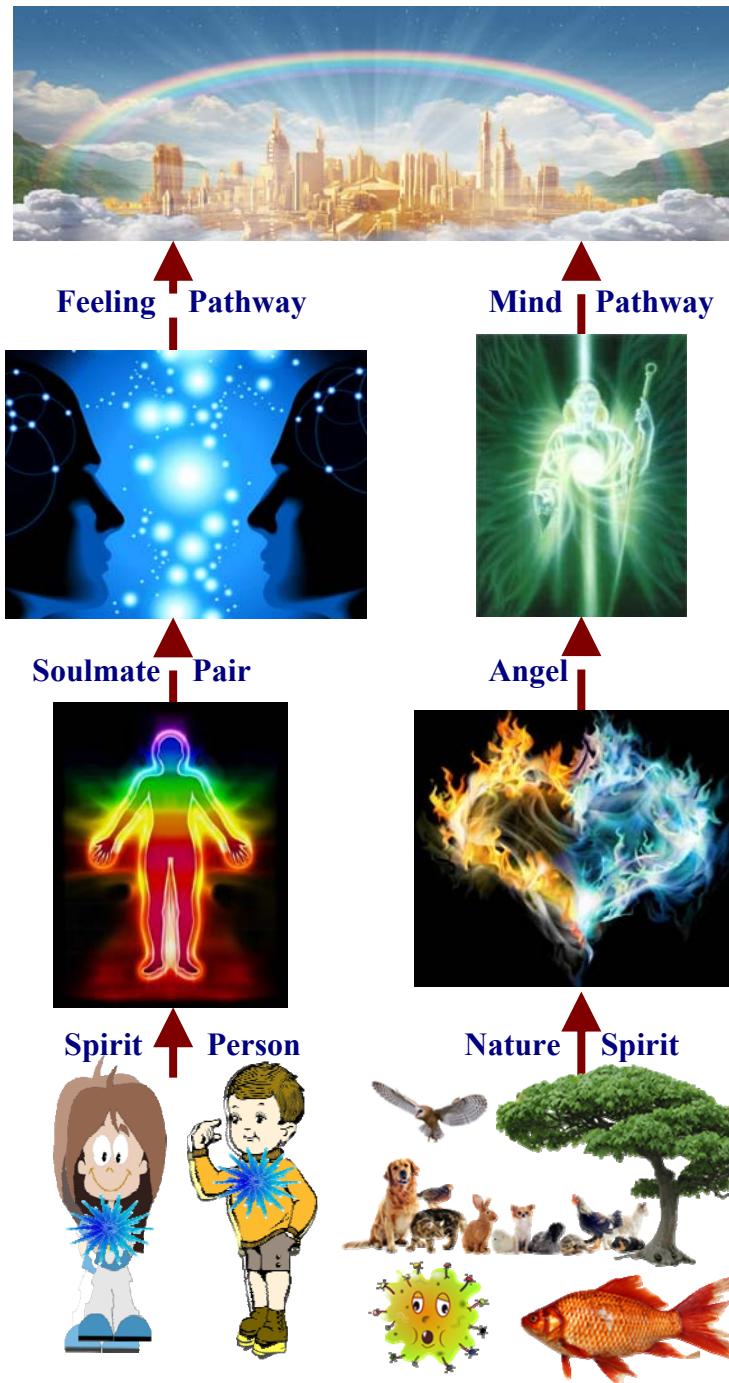
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one's feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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

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

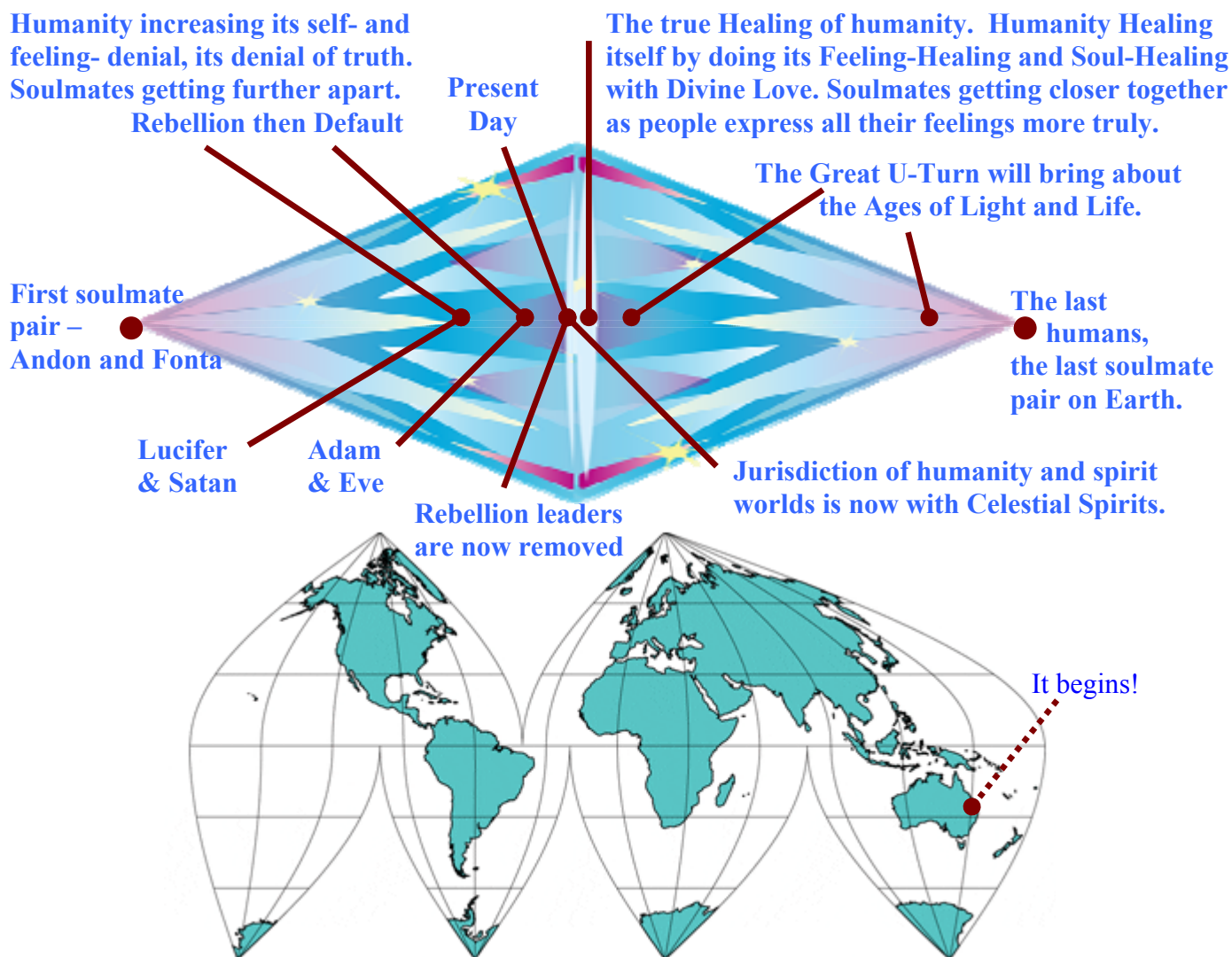
Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective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

A nature spirit is an angel in waiting.



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

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



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

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

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

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

HIERARCHY of our SPIRITUAL GUIDANCE:

Our Heavenly Mother and Father permanently reside within Paradise, an island stationary world surrounded by Havona, in the centre of seven Super Universes.

Our Heavenly Mother and Father, being one soul manifesting two personalities, bring about the creation of:

Creator daughters and sons – Michaels

Magisterial daughters and sons – Avonals

Trinity Teacher daughter and sons – Daynals – and others.

The Michaels and Avonals have Spirits of Truth to be released to assist the humanities on their assigned inhabited worlds.

Each Super Universe consists of 100,000 Local Universes.

Each Local Universe is overseen by a Creator daughter and son, our local universe is called Nebadon and Jesus and Mary Magdalene are the Michael pair and regents.

A local universe consists of 10,000,000 inhabitable worlds of which 3,840,101 are inhabited within local universe Nebadon.

A local universe consists of 100 constellations which is made up of 100 systems. Each system has 1,000 inhabitable worlds. The system that Earth is in is Satania and 619 worlds are inhabited.

Emanating from within the Local Universes are Melchizedek, Vorondadek, Lanonandek, Material and Life-Carrier pairs. None have spirits of truth – they are not from Paradise.

From within the Lanonandeks, assigned to oversee the system Satania, which includes Earth (Urantia) were the Lucifer, Satan, Caligastia and Daligastia soulmate pairs, who rebelled. Further, Adam and Eve, the Material son and daughter, defaulted because of the Rebellion. All failed in their assignments, causing us (humanity on Earth) to be spiritually misled for 200,000 years – that is why we are all ‘insane’!

Earth has had five higher spirit physical bestowals:

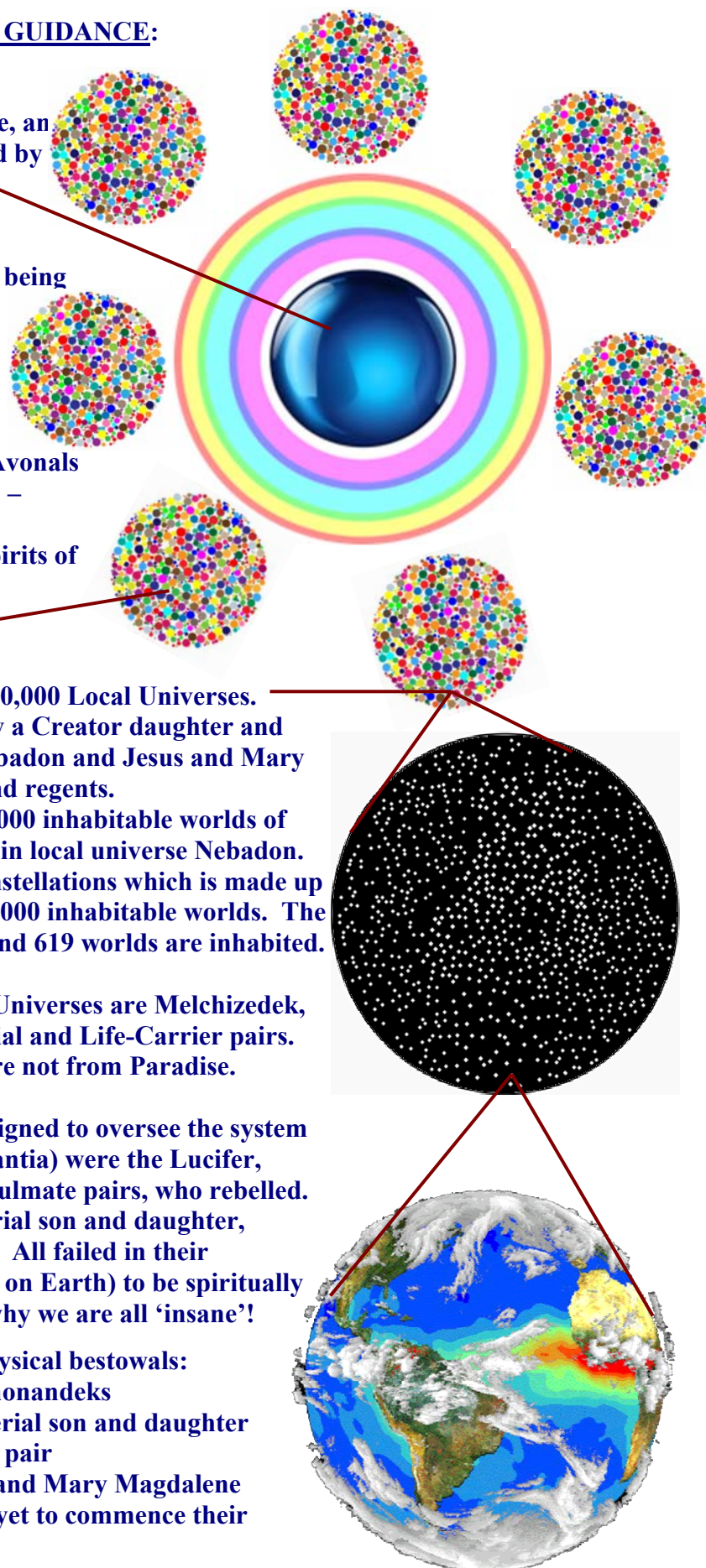
Daligastia soulmate pair being Lanonandeks

Adam and Eve soulmate pair Material son and daughter

Machiventa Melchizedek soulmate pair

Creator daughter and son – Jesus and Mary Magdalene

Avonal daughter and son who are yet to commence their public ministry.



OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

FEELING HEALING:

The infographics / diagrams have been inserted by Pascas. The notes below have been made from links to New Revelation about Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

We will only punish ourselves if we believe we warrant such punishment, it all having to do with how we may have been parented, with what beliefs we developed about what is right and wrong.

There are universal laws, and if one transgresses them then one is brought to account, however it's done in such a way that we do it all to and for ourself.

None of our religions or spiritual systems do anything to help one free themselves from our negative and truth-denying states, such systems only serving at best to keep one in one's state, or at worst, helping one to progress further in it, denying one's true self even more.

Humanity is now being presented with a clear way, that being, how people can once and for all heal themselves of their evilness (errors and injuries) – the True Way. It will not be anything people currently know about, it will all be entirely new, a whole new way to live life, something that's not been lived before on our world.



Divine Love is a wonderful transformative element and the most wonderful in the universe but it will not actively overcome the Free Will of man. Each one must pay great heed to their own heart and their true care of themselves and of others.

The guidance to love one's neighbour and oneself is perhaps the most difficult to observe during one's existence on Earth as it is abundantly apparent that this is rarely done to the fullest degree. The world is full of discord and war and greed. Even with all of this, it is possible for an individual to engage to live in accord with this guidance, with humility and acceptance, and to succeed in this endeavour one is greatly aided by embracing the Love and living a life with the Love, the Father's Divine Love.

**Soul expands as it grows in love and condition.
Natural love has a limit to its development.
The first two personalities typify the condition and vibrancy of natural love and self reliance. The awakening to Divine Love can achieve rapid growth in vibrancy and growth beyond comprehension.**



6. It's all about Truth! (Speaking with Mary Magdalene and Jesus: book 1 by James Moncrief)

One may find their soulmate when one's soul desires that it is time for one to come back together, that being any time in flesh or in spirit. However in humanity's case, the soul will only desire it when both

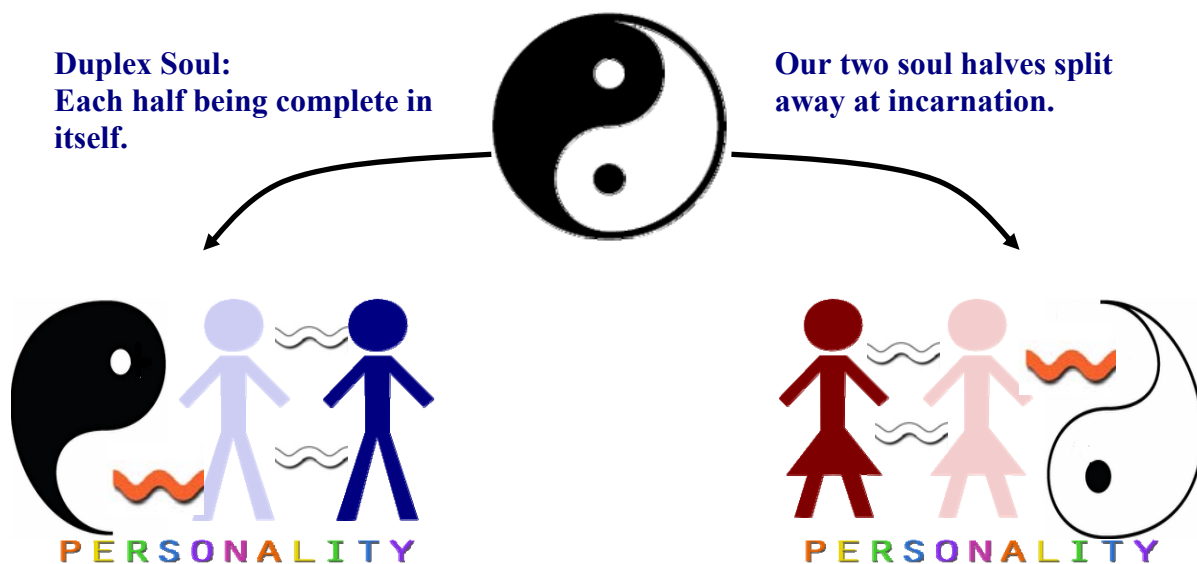
individuals have chosen to live true, have progressed in truth to a degree whereby it requires the soulmate union to take place so as to further one's soul growth, to further one's healing of one's errors and negative state.

Two people, each being of the same soul, may come together in flesh in answer to their souls need to progress, or such a reunion might occur in spirit. Each of the pair may be on Earth together during the same or similar time periods or each might come at very different time periods. And you may be of the same race and culture, with similar beliefs and ways of expressing yourself, or you may be of a different race and creed. However the one thing all soul-pairs share in common is that when it is time for one to consciously be together again, all you are and all you've been through will be perfect for all you need together so as to keep advancing the truth growth and evolution of one's soul.

It's all about TRUTH. If you are not striving and desiring to live true to one's self, and so the truth of one's soul, then one will not meet up with one's soulmate. Whilst one is anti truth, which means, anti self, one can't be with one's soulmate because being with your soulmate is always and can only be an expression of truth and the love resulting from such truth.

True truth growth will only come about when one is intent on healing one's self through uncovering the truth of one's self, and one's truth-denying state. When one starts to give up living with one's mind in control submitting fully to one's feelings; when one submits to one's feelings looking to them to help one to uncover the truth of one's self, this being something that currently only happens to a very minor degree on Earth, and not at all in the mind spirit worlds (natural love spirit spheres).

Divine Love (what may be called 'feeling' as opposed to 'mind', Mansion Worlds), or the Celestial spheres are where feeling predominates. In the Divine Love and healing Mansion Worlds, healing one's negative state is through one's ongoing feeling acceptance, hence the focus on feelings and is why they may be referred to as the 'feeling' worlds,



There are multiple cords connecting the soul to the spirit body as there are multiple cords connecting the spirit body to the material body.

We start living our experiences through our bodies.

One might even be repulsed by each other, yet the soul-bond will be true and strong, and one will set about working on one's selves to heal one's negative states, and gradually or when one has healed, one will have healed all that did separate the two soul halves, wanting to remain together forevermore and being fully in love with each other, by becoming more aware of their truth and self-denial.

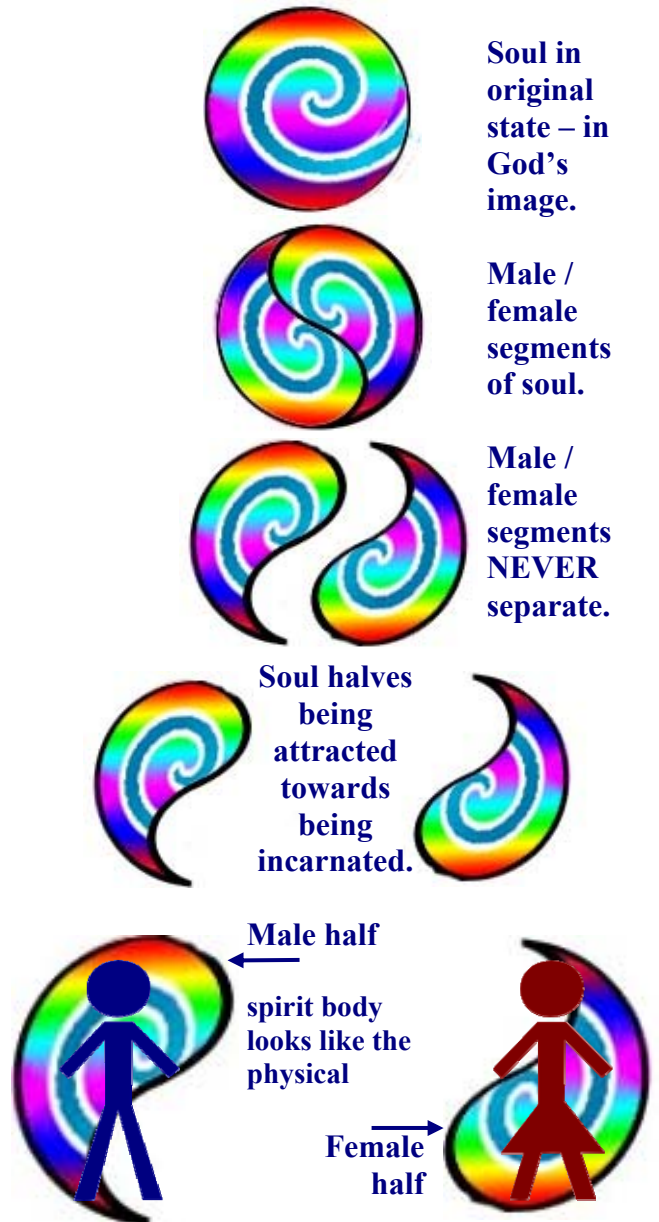
Our mechanised impersonal world is beginning to show the signs of pain from the burden of living untrue to itself. Many people are in great pain, some being aware of it, others not so. It's time something happens, something to help humanity to come back from the brink, because to continue on as we are doing, as one has done over all these years will only mean certain disaster. One simply can't go on denying one's self as much as we do, for just like a person who is denying themselves, when it all gets too much, then their system starts to breakdown, they become ill, and humanity is very ill indeed. And all we do, such as all our doctors do, is try and correct the part that is obviously wrong, but nothing we do deals with the inherent causes making us sick in the first place.

Treat the cause of the illness, rather than just suppressing the symptoms.

No one has lived a true relationship over all these years. No one has, and so all relationships are flawed, all children produced by such flawed relationships become themselves flawed, it is all getting passed on one generation to the next. And all the so-called love in such relationships is being experienced within an anti-love and anti-truth state of mind and way of life, so there's a huge pressure being brought to bear on us all, all the time. And it doesn't matter what we think or what we believe, because if we want to sincerely relieve our selves of our soul and spiritual pain, we will have to seriously consider making growing in truth our priority in life.

7. No truth; No love.

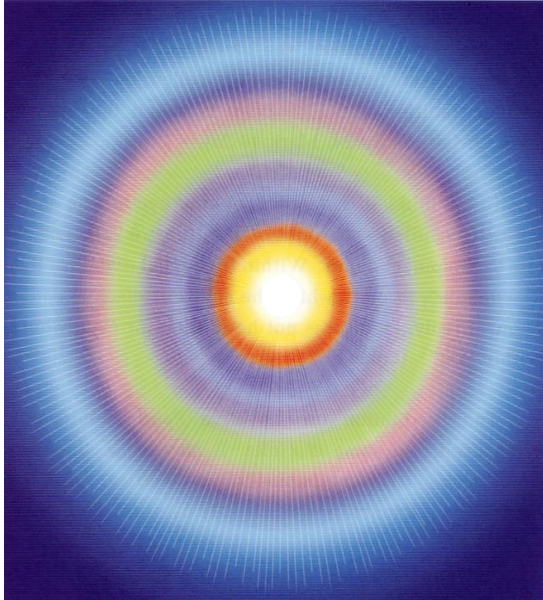
Humanity clings desperately to love in the belief that love will cure all, love will be the way, love will make everyone feel good and happy. And all one has to do is love and everything will be okay. And all humanity must do, is love one another and all the world's woes will end. However without truth we have no basis upon which to love or feel loved. And as we live all but truth-less lives, so we live with the absolute minimal amount of love. There are vast amounts of love awaiting for us all, our world could be such a beautiful and completely loving place, but it will never happen if we continue to deny truth, and the truth of ourselves. No truth; no love.



DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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

And to uncover the truth of ourselves we must look to our feelings, because we can't do it through and with our mind. All our spiritual and religious and non spiritual and non religious systems have been designed by minds that are trying to keep the mind in its controlling position, that being, in control over feelings. But to grow in truth, feelings must be liberated and in particular, all those feelings we don't want to acknowledge, all the bad stuff we're keeping hidden from ourself.

So doing religious or spiritual practices that keep us denying such feelings, to keep our feeling-denial in place and our mind well in control, will only serve as to keep us well and truly imprisoned in our untruth and anti-truth states.

Jesus and Mary of Magdalene got a taste of what it feels like to not be wanted, to not be loved, to not be accepted, that being what we are all experiencing. See the abuse of nature which needs to stop. Humanity is free to continue on in its evilness, free to see what happens when it completely rejects itself, God, nature, and all that is good and true. Or, we can as of now, start to give up all that is wrong, seeking the True Way of Light, that which is based on Truth.

8. The Mansion Worlds.

One's place in the spirit worlds is only determined by ones level of truth – or lack of it. No one is singled out, everyone is equal, all based on truth. So if we want to progress in our spiritual ascent, and so move up and progress to higher spirit worlds on our way to Paradise, then we can only do so by evolving our soul in truth. Simply, if we don't grow in truth, we won't progress, which is all right if that's how you want to be.

It's not simply the partaking of God's Divine Love that entitles one to progress up the Divine Love Mansion Worlds to the Celestial spheres, but it is one's growing in truth through the ongoing healing of one's negative state, by doing, as we call it, our Feeling-Healing. That being, the stopping of our feeling denial and healing any personality expression denial we might have. That being the only way we can grow in truth.

When Jesus and Mary died, a segregation or division of the Mansion Worlds occurred. Those numbered 1, 2, 4, 6 (you arrive upon death in the first Mansion World, or in the seventh as it's said in The Urantia Book (TUB), just to confuse things even more) were to be retained solely for spirits wishing to continue in their mind control over their feelings way of life, so in their evilness and negative state they continue life in the natural love spheres; and those numbered 3, 5, 7 for those spirits who want to heal their feeling denial, by embracing all their feelings and expressing them to uncover their truth, being the Divine Love spheres.

They can now do their healing, that being, seek to accept, express and uncover the truth of their feelings all with their self or natural love. They can now do it without having to directly involve God if they don't want to. And people can of course still live as many do happily in their negative state. And then those people who want to include our Heavenly Parents directly by longing to God for the Divine Love, as has been revealed one can do in the Padgett Messages, can do so with or without their doing their Feel-Healing, with or without choosing to heal their negative truth-denying state. And for those people who do choose to do their healing whilst also longing for and receiving God's Divine Love, they will be doing as is called, their Soul-Healing.

Visions were obviously given to certain people but they may not understand them. Yes, one has to evolve into them.

What we have in the Bible, is only a part representation of what was originally said to those who received such things. Most of what is in the Bible has been tampered with at one time or another, hence its difficulty in giving one the understanding and insights one needs. And because of this, it is why The Urantia Book was brought into being, to help one to understand and make sense of certain things, but not all, as it too (as well as the Padgett Messages) is severely limited.

9. **Mary says she was not a whore!**

So as to maximise life experience. As you know from any relationship, life has far more to offer when it involves another person, and you can only achieve so much if you are alone. And so to have another who is like you in many ways but also unlike you in many ways, and one in whom you feel completely welcomed, loved and able to share all of yourself; and then to express freely all your thoughts, feelings, ideas, fantasies – every emotion you feel, knowing you are completely accepted by the other person who unconsciously also represents the world to you, ensures maximum life experience to be gained in every situation, all so you can uncover the truth your soul requires from that experience.

That the truest part of one is concerned with; life is only about truth, and that being: growing or evolving in truth, becoming self-conscious or self-aware in its truest meaning.

If we keep denying ourselves, we get sicker and sicker, having to rely more heavily on our mind to take over, trying to override our bad feelings pretending we are not as sick as we may feel. And this we can do to quite a high degree. But one day, all we are doing with our mind to keep ourself afloat, so to speak, will become increasingly more difficult, and eventually fail, so we have to face the truth that things are not well with ourselves, having to face and accept the truth that we are feeling bad. All of which is to help us see that we are feeling bad because we are denying aspects of ourselves, because we are denying many of our bad feelings. Which means; we are denying expressing ourself, our personality, as fully and vigorously as we should be. Which also means; we are denying ourselves our growth of truth.

The term evil in this context means that we are preventing ourselves from growing in truth, from being the real and true you. And as part of this truth denial and so ongoing denial of self through the ongoing denial and refusal to accept ALL one's feelings, we will deny ourselves our true soul partner, all so we continue to keep denying ourself of the maximum truth we can receive.

Truth is all that our soul requires to keep evolving.

It's really all that constitutes our experience, and it all goes into our – into our soul – and that then gives rise to feeling that we are progressing in our life, that we are 'growing in truth'.

We are able to relate to it now more with our feelings, as opposed to when we first started out and then we could only relate to it with our mind and intellectual understanding. We may now be living it more, because we may simply know it to be true through our feelings – because it is true.

However the great confusion many people experience is that they believe they are growing in truth when all they are in fact doing is expanding their mind, growing in beliefs and mental understanding. But that is not growing in truth, it is not advancing one's

*The truth will set you free,
but first it will make you miserable.*

– James A. Garfield

soul. And many people and mind spirits fall into the trap that because they feel they know more than others, they are more advanced in truth, but in this they would be mistaken. Our minds are heavily weighted to keep one in their truth-denying states, and until we set ourselves free of their control, that being achieved by looking more to one's feelings to lead one in life, so we will continue to prevent ourselves growing in truth.

And so one's ongoing interaction with one's soul-partner enables one to keep building on that relationship, to keep growing in truth together, to keep uncovering more about one's self and the other person. And between the two of you, you'll get the most out of life. As soon as another person comes along, that lessens the intimacy of your feeling expression with your chosen one, just as it does if you are alone.

If the couple want to live the Whole Truth of themselves, they can seek to heal themselves of all their untruth, and do what is called Feeling-Healing, which is discussed further on, and rid themselves once and for all of such errors.

There are, as you may know, no such things as demons to begin with. So there are two such influences that one can suffer from. One, the fragmentation of one's own mind, giving rise to what is called multiple or split personalities, which can support, or seek, so it would seem, to destroy you, as in having demons within you; and the other is to have mind spirits always attending you and always trying to get you to do things, so always in your mind by impressing their thoughts upon you. And people with mental problems might be more susceptible to such annoying, abusive and infringing spirits.

10. The end of religions and Mary and Jesus' Second Coming

Not to many people want to live true, being too scared to change, too scared to face the truth if they find out something that makes them feel bad,

They don't want to embrace the whole truth of themselves and come to understand that most of how they are is wrong. And many people will look at new things, even change what they will consider to be quite substantially, however it will still all be within their negative mind state. It will be nothing more than shuffling the same deck of cards rather than looking to find a new pack altogether.

Consider feeling-healing as a new way, that which involves healing one's self of their negative and truth-denying states.

The coming to James Padgett was the Second Coming of Jesus, that is, in part of his Second Coming being his re-revelation of truth to humanity. Only truth does anything for one's soul growth.

It's all a game people have invented for themselves, the game called – 'let's be a Christian'. There is no such thing as a Christian, that's only based on mental belief. Being a true 'Christian' comes from being a brother or sister in truth. That being what we all naturally become as we grow in truth healing ourselves of our negative state. We are simply a soul, a child of loving Parents, the Source Soul, and children from humanity of Urantia (Earth), we don't need any other label. We are children of truth, and until we start to live such truth, we will never be happy, we will never feel truly loved, this being what we are all to realise through our lives of truth-rejection.

All religions do contain a smattering of truth, all are worthwhile in that respect, but as all have been evolved out of the wrongness, none of them offer one the true way of salvation. And even though they all oppose each other, believing one is better than the other, they are all the same in that they are keeping

all their adherents under the spell of evil (error). Such mental systems are heavily controlling, they are not personality liberating, they work to keep the individual depowered whilst maintaining the illusion they are empowering. They are systems that will have to go should humanity choose to fully embrace its growth of truth. And in time they will all go, and one day they will be relegated to the long past dark history of Earth, a time when evil reigned supreme, and the individual under the illusion of having freedom, lived greatly deluding himself that such systems were the spiritual means to an end. All they do is keep one imprisoned within one's untruth. They hold a carrot of truth out to you, a promise, but never fulfil it. And they can't fulfil it, as evil and wrongness and denial of truth by its very nature is anti-truth, so one will never get anywhere within such systems if one is serious about growing in truth.

11. Religions and spiritual systems are a product of our evilness.

Humanity is to realise that such spiritual systems as our existing religions are a result of our evilness (errors), a product of it, so are entirely of it. They are not going to help one heal or rid one's self of our negative condition. They are to be seen for what they are, which is beginning to happen. The writing is on the wall so to speak. Humanity is now beginning to out grow them in other ways. And the more people that leave them, the less control they will have.

So our soul drives everything? What about our free will?

Within the realm of personality expression we have your free will, but our soul underpins everything, everything one does, think and feel. Our soul drives our existence in Creation. And if we submit to its control, which we can only do by living true to all our feelings, then we will feel such things. One will be able to live knowing our soul is in control of everything, but part of that control is allowing one to have the experience of having a free will.

If we are to live true, that means we are to live true to ourselves, which in turn means: live true to all one feels. And so if one denies one feeling in any way, one can't live true to one's self and will remain living untrue. So feelings are the key, it's not as easy as it might sound to simply start accepting and honouring all of one's feelings instead of doing all you can to dishonour and reject them.

To fully divest yourself of your badness, you had to 'go into' your feelings.

It has been worth it. And what more can one say. It's the most incredible thing I've done in my short life, it eclipses everything I'd thought and dreamed about. And as horrible as it is because I can feel so bad so much of the time, as all my yuk surfaces, during my good days, rare as they are, I do know and I can feel that I am progressing in truth and changing. When one looks back at how one was, and how one is now, well it's not only worth it, but I wouldn't have it any other way. And I can't go back, no way, I can't even get off the train and take a breather. And with all my heart I want to see what happens. I want to see, to experience, if there is indeed, an end.

When one is free of their negative state and being of a positive one, one will see everything and feel everything in a new light. It being the light of the truth one will be living.

12. Jesus often referred to Mary Magdalene as his wife.

Jesus and Mary of Magdalene didn't get married, they didn't make such a social or cultural union, and their lives weren't about obeying or even supporting convention. They did not engage in the manmade custom of marriage.

“As for me, I dwell with her in order to uncover the truth of womankind. It is to she (Mary) that I look in all such matters of the woman. And as I look, what I see, tells me that she has, as do all women, the ability to live with me (meaning, to be of the same level of truth that I am).”

It took Mary and I a long time to educate the people with our biggest difficulty being having to make them see that all they believed, their religious and spiritual traditions and beliefs, were incorrect.

The Christian religion is an aberration based on untruth, and the Jesus they are worshiping is a contrived fantasy and has nothing to do with Jesus, the real man. The Catholic Church is being the most untrue, and the most controlling.

Very few, currently, will actually want to do the hard work of beginning their truth ascension by healing their evil condition. Further, even though their way of life is not actually good for them.

Truth is what our soul needs to be fed, but truth arising from our own experiences. It's one thing to intellectually entertain and embrace truths from another, but when you experience that truth for yourself, it's entirely a different and more fulfilling experience.

13. All will be revealed.

There are huge depositories of ancient texts waiting to be liberated, and such liberation will come.

It is indeed the End Times that humanity is moving into, however the beginning of the end of one's evilness (errors in belief and emotional injuries), something far greater than most people are aware of. It's not about the end of the financial system or the end of one's way of life, it's about the end of the 'whole dam rotten thing'; that which is our life – one's life in evil (error). However it's not all going to end all of a sudden, it will end in steps – stages, some being quicker than others, but the 'writing is on the wall' so to speak, and now it's only a matter of time. And it doesn't matter what anyone or any group of people or spirits try to do, for humanity's spiritual welfare is far more important than anything else. And, as it's been denied for so long, it's now time for that to change.

There is much untruth in the Bible and accepted religious texts, many people have made up many things about Jesus and Mary of Magdalene over the years, and it's still happening. And for that reason, to know how one is, how people are, and to accept ancient writings as *ALL* being true, is ridiculous. However, some of what is contained in the Bible is true.

You all may feel powerless, because you all live untrue to one's self. The power you may believe you feel is just that, a belief, and so it's contrived and false. And it only requires your familiar situation to change, for your mind-fabricated power structure to be threatened, and you start to panic, desperately holding onto the remaining threads of one's power support system.

But if we want to live true, then that support system is gong to be systematically stripped from us, and we are going to have face the deeper truth that we are doing our best to avoid – just how powerless we actually do feel.

And that's the challenge that confronts humanity. So much, if not all we do, is about trying to empower one's self, yet it is all only to keep one's self trapped within our powerless state of mind. It's a grand delusion we live under. But as we've said, many of the existing and well-established false power systems are going to come under threat, thus giving rise to the real End Times.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

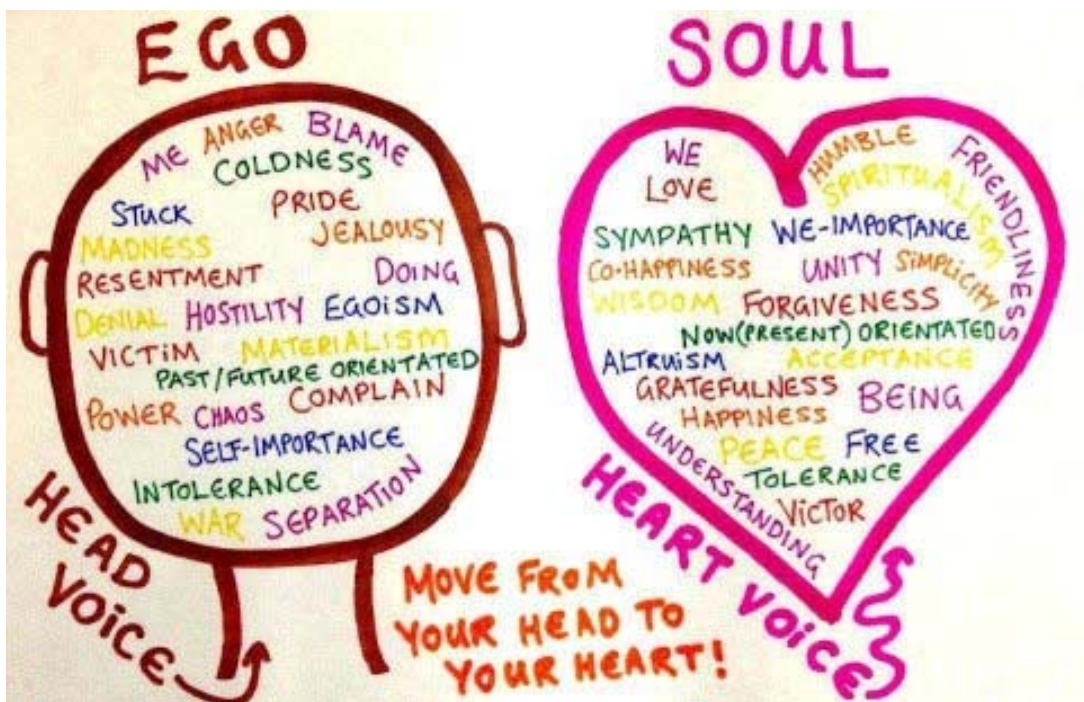
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



Infographics and diagrams have been added by Pascas.

14. Searching for Meaning. ‘The Religion of Feelings’.

Section, 14, 15, 16 and 17 are most important if one is seriously intent on living a true spiritual life, giving up all the rest of the misinformation that one might call religious and being spiritual, all of which only helps us to further our self-denying state. “The Religion of True-Self’: The 'religion' no one wants to know about! Yet the one we all need to live if we want to feel happy and loved.

What is it exactly that we are searching for?

The truth – the truth of our lives; the truth of ourselves, which in turn will lead one to the truth of God,, our Heavenly Parents. And to find that, one needs to look to one’s feelings, for it’s within feelings that one will find such meaning.

Much of our approach to life is based on trying to find meaning with and through our mind, but this only leads one around in circles, and eventually to a dead end. Only feelings will truly liberate you. Only through our feelings will we find what we are looking for. And it’s all so simple, right there in front of our nose all the time: feelings; our feelings are trying to tell us what we need to know, they are always trying to show us the meaning we are longing for.



Our most important feelings, all our bad feelings, we are mostly doing all we can to avoid. So whilst we avoid these feelings, so too will we avoid the truth and meaning we are looking for. And because of this, we look all over the place, we climb the highest mountains, we sit for endless hours in meditation, we read all the self-help books. Because how we are stimulated to feel is through relationships, and the more deeper, that being, feeling-expressive, our relationships are, then the closer to the truth, the closer to ourself, can we become. However the deeper and more personal, intimate and intense our relationships, then the more likelihood of them making us feel bad in some way, stirring up all those unwanted bad feelings. So we feel intuitively that we do want to have deep and intimate relationships, and yet when it comes to the crunch, most people shy or even run away, refusing to open up and bring out all the bad stuff.

Really the only real and easiest way for us to be spiritual, is for us to honour, embrace and accept all our feelings.

Our soul has been designed to bring us, its personality into being, and for that to happen on a personality level, one need’s what is called our will. And what our will does is will our feelings into being, first, and then our thoughts. And so we live being driven by feelings, our feelings making us feel to do this and that. This ordinarily would be the right way to live, because as we naturally go along expressing all we felt, truth, meaning and understanding, would result. It’s a natural process, effortless and thoroughly enjoyable. We would lovingly look to all our relationships as sources of feeling inspiration, so we would put into them as much as we could so as to generate as many feelings as we could, all whilst knowing such feelings would then lead us deeper or further into ourself, always helping us to see more about ourself, and also everyone else, nature and God.

So we would be happily growing in life, loving our relationships and feeling very strongly connected in life. And life – our life, would make sense to us. However unfortunately, this is not how we live, as we’ve all been prevented from doing so. And the biggest part of that prevention is, that we’ve been,

right from conception, forced to deny certain feelings, and mostly bad ones. So our natural growth of truth, or finding meaning, has been thwarted, with our mind being made to take over, making up all sorts of things for us to believe life is about, stopping us from feeling what it is about. And then added to this, our mind has also been allowed, and even forced, to make up feelings for us to feel, so you don't actually know from the point of view of truth, if our feelings are true; that being, true feelings based on or being derived from truth, or false feelings if we can call them that, being derived from untruth.

So we can passionately feel something to be true, however those feelings, even great loving feelings, might still be only coming from our mind, being derived from our beliefs and behaviour we've been led to believe is acceptable. So as part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

There is only feelings, they are the true way, and really because of that, we can scrap all the religions and spiritual belief systems and ideologies because they are mind created and based on beliefs, all adding to our true-feeling denial.

Yes. However, so far as a humanity evolving into being is concerned, it is important for it to go through such a religion and religious stage, but to eventually evolve its way out of it.

Living the Religion of Feelings, which is really only the Religion of Life, and hence: Light and Life; light being that which is generated by our feeling experiences; that which moves into our soul, triggering more soul-light to come out advancing our personality expression and truth evolution to the next level.

Feelings are real, they are true, in that they have substance, they are permanent, because we feel them. Thoughts are transient, they come and go, and beliefs are only one's choosing to keep our thoughts in place by using our mind. So when we free ourselves of our controlling beliefs, we'll find that as we start to live a true feeling-led life, then our mind, having being broken down, will give rise to the necessary thoughts, ideas, concepts, understandings, insights and so on, that we need, but all to help us further understand our feelings.

How we currently live is using our mind to dominate and control our feelings, which is the wrong way for it to be used. It should be used in support of our feelings but NEVER taking over from them. So to come back to allowing ourselves to be feeling-led, something we have to understand we've never experienced, as our mind was made to take over right from the beginning, is a huge undertaking. And it's NOT something we can do with our mind. It's something we can ONLY do with our feelings. So being so heavily programmed to live according to our mind, to stop that, and go the other way and live according to our feelings, well, that's what lies ahead of humanity, that's the great challenge that awaits humanity being you and me.

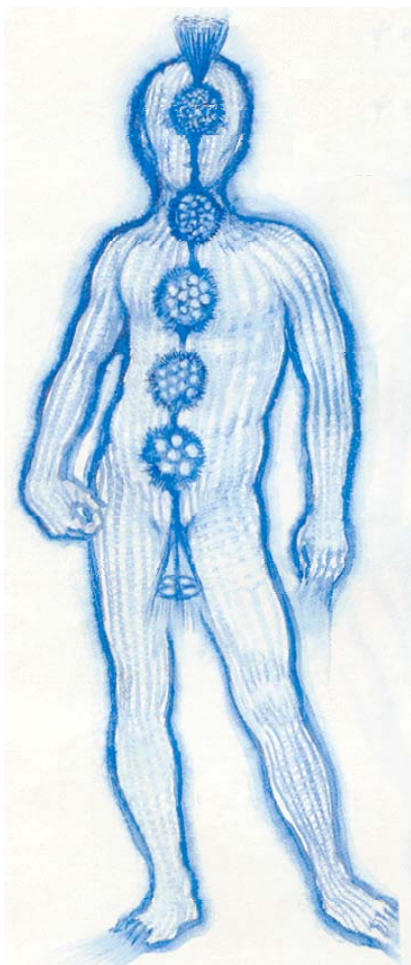
First of all we decide it's something we want to do. To start to look to see how we're denying feelings, to acknowledge to ourselves that we are. And then to decide we want to stop doing it. And if we do, that we want to stop because we don't want to keep hurting ourselves, because with every feeling we are not expressing; with every feeling we are keeping locked away in ourselves, we ARE hurting ourselves. And although we might not feel like we are hurting ourselves, we are; and we're in great inner soul-pain because of all the millions of feelings we have denied since our early life. And all those feelings are still within our soul, if you like, encoded as light-experiences, and waiting for us to express and fully feel them.

HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.

In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

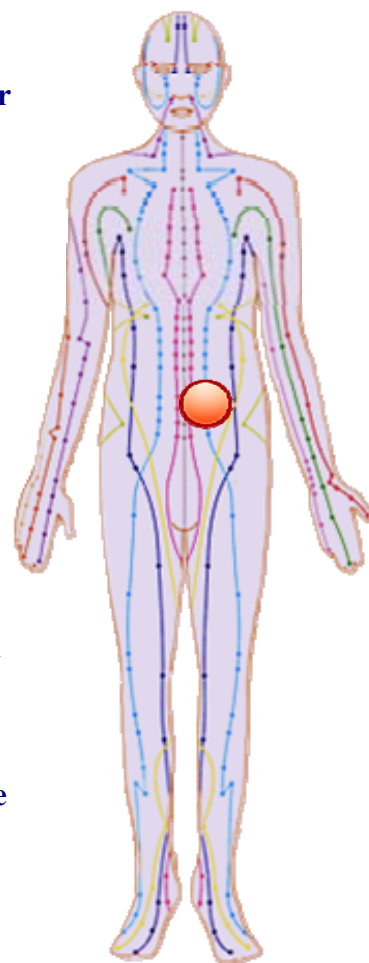


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.



Infographics and diagrams have been added by Pascas.

So all our denied feelings are still ‘alive’ and real, and waiting for us to one day express. And whilst they are waiting they are causing us all our pain. So we decide that we want to stop denying any feeling and bring out all our hidden or buried ones. And why we want to do this, this part being as equally important as accepting and allowing oneself to express all our feelings, is to uncover the truth of them, of why we’re feeling them – why we feel bad. We want to know: what’s happening now in our adult life, and what happened back in our forming years to make us feel these bad feelings – the truth of our relationships.

So we want to find and then live the whole truth of ourselves, or simply – the real and true me. We decide that we want to stop being awful, unloving and mean to ourselves by denying these parts of ourselves, our bad feelings; and instead be nice, kind, loving and accepting of ourselves, allowing ourselves to feel such feelings, to bring them out, to let them have their say, to express them, all so we can find the truth of them. All so that by finding the truth, we are advancing our personality, advancing our soul in truth, living a true spiritual life, that which we’ve been created to live.

Our will is currently focused to keep us in our feeling-denying negative state, so we have to use our will, re-focus it, to stop being this way. And how we achieve it is by trying to accept all our bad feelings, allow them to be, and to bring them out of us by expressing them to one another, all whilst we long to uncover the truth of them. And as the truth comes, so we’ve been led by our soul back down into our early childhood uncovering what we call our Childhood Repression. And as that’s happened, so we’ve come to understand the true nature of our relationship with your parents, and grandparents, they being the most influential people in our early life; together with the true nature of our relationship with ourselves, and with other people, and with nature and God.

We have formed into this false you that is bad-feeling-denying. And to change ourselves, all our mental, emotional, spiritual, psychic and even physical circuits of your personality that keep our negative evil state in place, is a massive undertaking.

We have to do it all with our feelings, long to do it with our feelings. Of course we can understand the principles involved with our mind, however, we’ve got to try and keep our mind out of it as much as we can.

As our mind is taken over by our feelings, we seem to just evolve our mind naturally, we don’t have to school it, all such understanding coming from our increasing truth and feeling expression.

Going to school as we did, cramming information into our mind, using our mind to take over from our feelings, is all part of our feeling-controlling ways, it destroys and severely limits our feeling expression, and so our personality interaction, and all we might get out of our relationships.

It was the same for us at home, confined to being with our mother and father and grand parents who presented themselves as our early teachers. Bored out of our brain listening to them, unable to express our own feelings, unable to relate to them or life freely as we felt, and so learn about life from the truth we evolved naturally out of our feeling expression.



BELIEF to FAITH to KNOWING:

(from the Padgett Messages)

Belief → Faith → Knowing

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

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

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

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

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

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

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

Your brother and friend, Jesus.

10 October 1915

15. Search for meaning continued: 'The Religion of Feelings'.

Our whole life is our spiritual experience, we long for the Divine Love of God when we feel we want to long for it; and we long for the truth of our feelings when we feel we want to long for the truth of them; and we keep striving to express all our feelings to our partner, and ideally, out in the world if other people are also open to it – if they are understanding and sharing the same intention in life.

As more people come to understand about the significance of their feelings and their relationship with the truth; and as they venture into doing their feeling-healing, (or soul-healing, which is inclusive of their feeling- healing, together with longing to become at-one with God through longing to our Heavenly Parents for Divine Love), then less power and control will such institutions have over the world.

By stopping our bad feelings from being there, and by stopping ourself express them, we ARE making ourself feel bad, worse than you may already be feeling, even though with your mind you might convince yourself that you are feeling much better. But you may be denying feelings, denying parts of yourself, as your feelings are a vital part of yourself coming into being. Each feeling is like a newborn child pushing its way into Creation, and you are knocking it on the head saying no, you can't exist, go away, I hate you, I don't want you. And then once you've banished your bad and unwanted feelings, which is also the greatest act of self-hatred you can do to yourself, you have to then use all your will and all your mind to then keep those bad feelings suppressed, for if you don't, they'll come up again, causing all such grief all over again.

However, by keeping our bad feelings suppressed, we are keeping them and all that pain and grief we are causing ourself, to remain within our selves, when all one need's to do is let them be expressed, to emote them, to speak about, or yell or curse or do whatever you feel to express them. And once expressed, they are gone, leaving behind the truth one is to see.

Our types of creation, that being souls that are truth-loving, do love the revealing of truth to oneself, it gives one many good feelings when we see how it is for one's self. And that only increases as we become true, healing all that's preventing us from living a feeling-led and so truth-ascending life. And as Jesus and I have told you, once you are healed, then your growing in truth will accelerate markedly, you'll feel like you're flying along as it all clicks into place. But in the meantime, it's keeping one's nose to the grindstone, the relentless struggle for all is to express our feelings, all so we can break down and break through our feeling expression blocks. And those blocks consist of all the parts of our relationship with our parents and grandparents from our conception that have prevented us from naturally coming out into being. They heavily clipped our wings, we are a bird trapped in a cage, but one day we'll set ourself free, for that's what we are doing through our healing. We're taking responsibility for our untrue state of mind and will, and we're saying, no more, I don't want to live this way anymore, I no longer want to be false. And we're getting there. And all we have to do is see all the truth the Mother and Father wants us to see, and the truth comes as we express our feelings, as we well know now.

It's a wonderful process, revealing truth through our feelings, and all the more special when we're trying to extricate ourself from being evil (unloving). It's doubly hard than just growing were you perfect, but of itself, as we'll one day say, doubly rewarding.

That being, all about our feeling denial, which is our own self- rebellion, for that's what we are doing, we are going against – or rebelling against – our own true self. We are in perpetual crisis, denying or refusing, and so rebelling, against our own personality coming into being. We are doing all we can to stop our soul manifesting us in Creation in an ongoing truth evolving and truth loving way. This being the influence that the Rebellion has had on us all (the fall of Aman and Amon).

Our self-denial, that being what is our feeling-denial, is really rebellion against our self, and we're saying: we hate ourselves, not loving ourselves.

That's borne out in how we treat ourselves. Our self-help areas of life keep telling us that we should love ourselves, giving us all sorts of ways of doing that, but if we look more closely at such ways, even if they say they involve feeling acceptance, they are all still ways of just apply our mind over our feelings, yet more ways of deluding ourselves into believing we're treating ourselves more lovingly.

We are self-hating, which is all those dreadfully bad feelings we keep very heavily buried and locked away. Very few people have ever ventured into opening their Pandora's Box. Some people have been forced into doing so, and have lived most, or the greater part, of their lives in it. Some have been forced into institutions being called mad, and all because their bad feelings have been too overwhelming. And yet, it's not actually that their bad feelings have swamped them into oblivion, it's that their beliefs are they are not meant to feel as they do, they are not meant to hate themselves as much as they do, that causes all the problems. And yet if you have a feeling of hating yourself, then you have a feeling of hating yourself, it's a very real and valuable feeling. **AND IT'S A PART OF YOU AND SHOULD BE RESPECTED AS SUCH.**

And you should embrace it, not try and keep it away; and then seek to understand the truth of why you hate yourself, this leading you deeper into yourself, and no doubt hating yourself even more, but those are then more bad feelings for you to express and uncover the truth of. And if you embrace your feeling-healing, you will find that as hard as it might be, to feel bad so often and so much and to such an extent, still, you'll never be forced beyond all you can deal and cope with – **PROVIDED YOU KEEP ACTIVELY LONGING FOR THE TRUTH OF YOUR BAD FEELINGS; AND DOING ALL YOU CAN TO KEEP EXPRESSING THEM WITH THE INTENTION: TO SEE WHY YOU ARE FEELING – AND WHY YOU *REALLY* ARE FEELING – THEM.** And not just trying to work it all out with your mind. But endeavour to really uncover the truth of why you're feeling so bad with your feelings.

If you choose to heal yourself of your negative mind state, of your evilness (error), you are going to be faced with masses of very bad feelings, and for a lot of people a great amount of self-hatred.

And to be faced with the truth that our parents didn't love us as perhaps we have believed and convinced ourselves they did; and even to have to accept that they didn't even want us, even though they said they did; and to have to face the truth that we feel we are the nastiest, vilest, slimiest, vilest, most putrid person alive, and we should be instantly killed and everyone should spit on you, thrown stones at you, string you up and nail you to a cross ... is hard going, and certainly very trying.

But if those terrible feelings are in you, they are in there for a reason, and it's those reasons you have to find out – the truth of why you're feeling this way about yourself. And it will come down to how you were treated by your parents. And as most people hold their parents high above themselves, up there on some sort of pedestal, two people who are only good, always right, and always loving of you; to have to bring your parents down off that pedestal and accept all through your feelings that perhaps that love wasn't all it was made out to be, can be very harrowing. It's gruelling, to have all your beliefs, the whole fantasy of your life, the false picture of yourself you've diligently worked at making for yourself; to have it all shown up to you for what it truly is....

And yet it has to be done, everyone has to do it some time, be it now on Earth or when you're in spirit. We will all have to work on uncovering the whole truth of ourselves, so that being, the whole truth of our rebellion.

LACK of SELF- LOVE:

- A composite of:
- a. lack of self-worth
 - b. lack of self-acceptance
 - c. arrogance and pride
 - d. self-loath and hatred
 - e. lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

The Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.

I ♥
ME

Infographics and diagrams have been added by Pascas.

16. Feeling-Healing: accepting your self through your feelings.

It's not about using our mind to find the causes of our bad feelings, and then use it to stop them; it's simply for us to see and feel all how we are in your evilness – AND NOT DO ANYTHING ABOUT IT.

That's been one of the hardest parts for some. However it does actually make it easier. Yes, it does. All that is required of you is to see the truth, as it's only about the truth, this being through our feelings. So what this means is that when we feel bad, we stop and acknowledge that we do feel bad, to accept and allow ourselves to have those feelings, and we don't push them away. Then we express them to our friend or partner – even our therapist, someone who is willing to listen to all we have to say. And as we're expressing our feelings, speaking with the emotion of how we are feeling, we long to uncover and see the truth of what's causing them. And that's ALL we do.

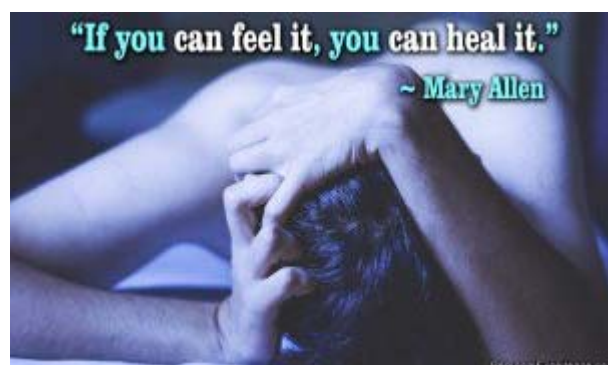
We don't try and find the causes, we wait and allow the truth to come up within us and show them to you. We by all means discuss all we want to, all we think and feel with our partner, but all of this being done simply with the aim of seeing how we are, understanding how we are in our negative state. We don't have to try and change ourselves, it's only and all about accepting ourselves as we are. And naturally as we see how we are, as we see especially all the bad parts, our bad and unloving behaviour and the beliefs that control it, we will choose to no longer be this way, however that's all we do.

We don't try and use positive affirmation, for example, to change ourselves, to make ourselves be loving or a better person. We just keep expressing how being this way makes us feel, as we see all the bad and unloving parts of ourselves, all your dark side if you like; we just keep speaking about how seeing how these aspects of ourselves make us feel. And of course if they make us feel like we don't want to be that way anymore, we express those feelings – why don't we want to be that way anymore, and how does being that way make us feel.

We keep the focus on ourselves, it's all about ourselves, our accepting ALL how we are. We are owning up to our evilness (errors), saying I am like this, I am wrong, I am bad in these ways, and I hate being this way, and being this way makes me feel And you keep going. We DON'T have to do anything else. The aim is not to solve the problem, not to correct our wrongness, not to even make amends if we don't feel so inclined; and even if we do, to ensure we keep speaking about all we feel. We must always keep speaking and expressing and emoting our feelings and longing for the truth of them.

So we just have to see how we are. I know that sounds obvious, but see the whole truth of how wrong we are? And not to try, and change, or even stop being bad.

Yes. Slowly the picture, the awareness, the understanding will come to each of us. And over the years of our healing, more and more will we be able to connect with our badness. We'll see all those aspects of ourselves we don't like, all we've been trying to hide, and we'll see the truth of why we are as we are. That's all we have to do. Our actual healing takes place of its own accord and without us having anything directly to do about it. Neither we or anyone else can actually heal us, in so far as changing our inner personality circuits – God does that for you. So when we've seen all the truth we are to see, then the God will remove the causes, and we will adjust and change, gradually becoming the real, loving and true self.



The Three Selves

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

I created

Parent creation

God created

Our Facade Self
Addiction rejected

Shame
Fear

Our Injured Self
Causal / Core emotions

Our True and Real Self
No injury

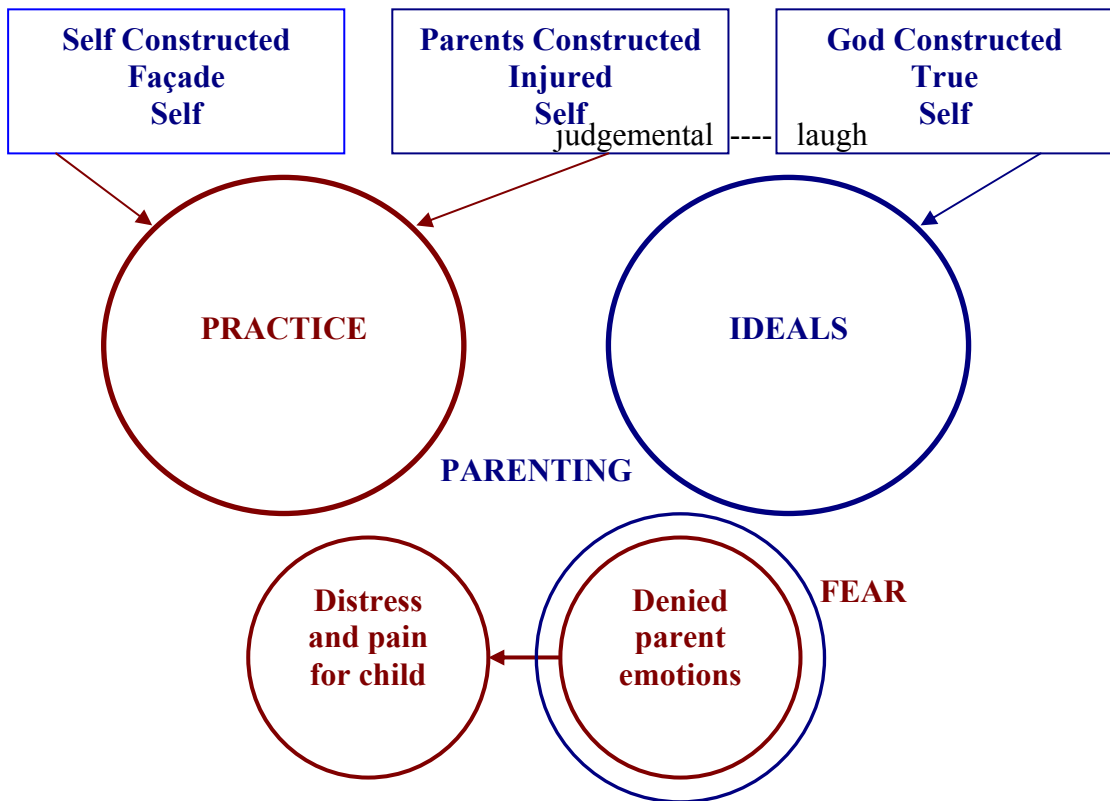
Fear excuses
Nobody loves me
They all reject me

7 May 11

- Less pain
- Victim
- Gets more love

- Demand
 - Murderous
 - Vengeance
 - Shame
- To be crying about an emotion it needs to be about a parent based emotion / causal.

The proof of one's processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?
If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?
Parent created causal emotions is the area that we need to process.
Our Façade self issues are pointless in processing. Shame and fear create the façade self.



Infographics and diagrams have been added by Pascas.

How does God heal us?

James continues:

Our Heavenly Parents enlists the angelic agencies. They, in conjunction with our soul, affect such changes when required. And those changes will start to happen on all levels as soon as we start consciously longing for the truth and wanting to uncover it through our feeling acceptance. And as we've experienced, we will change, a bit, you might not even be aware that one has, yet this will enable one to then move deeper into one's self liberating yet more bad feelings for one to find the truth of. And as more truth comes, so we see more about our negative state, understanding how we are it, how it came about, how we've been unlovingly influenced and by whom through our developing years, allowing a bit more of ourself to change. And so we gradually change, growing in truth, growing in self-awareness, all the time continuing to accept our bad feeling self – all our bad feelings and all how we are.

Along the way, the more wrongness we uncover about ourself, the more we might hate ourself, even becoming disgusted with ourself. And that then might trigger more of our self-denying patterns and we might want to fight the acceptance part of the process not wanting to admit, face and then accept that we are not the nice, loving and caring person we might have thought we were, however that's all just more bad feelings to express and long for the truth of.

So our blocks and resistance will come up, all trying to make us use our mind to change ourself. We may find ourself making such statements as: I am no longer going to eat that extra food; I am going to stop myself being like that; right, that's it, no more, from now on...., and yet the next thing we know, we're doing it again; or we realise we're still the same, we haven't changed after all.

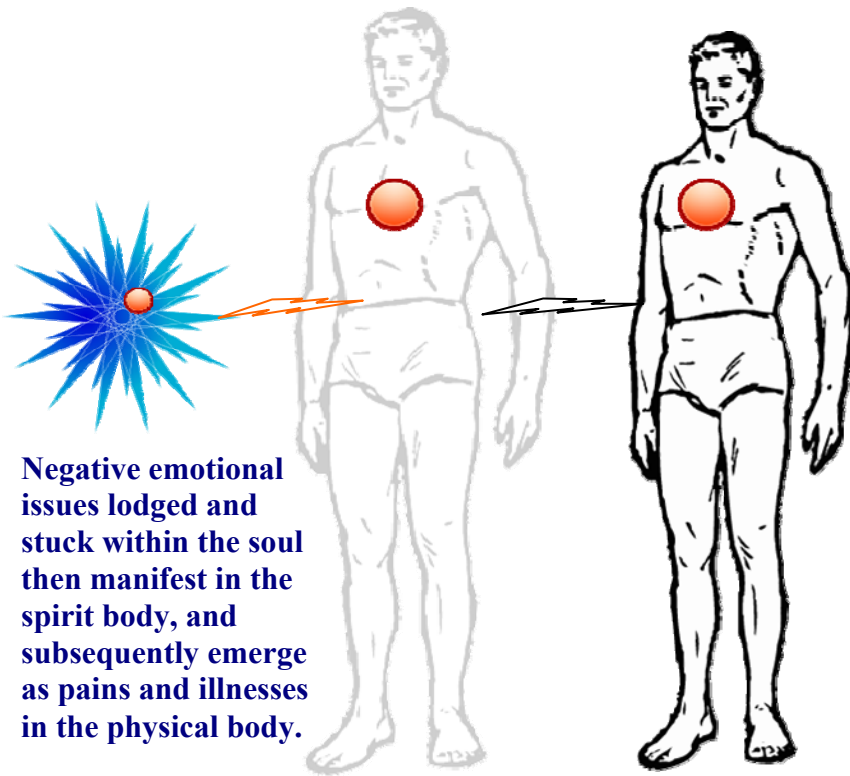
But this is all about our mind trying to regain its control over our feelings. So as with everything through our feeling-healing, we have to speak about and express all such declarations, why are we making them – why do we feel we have to make them. Why don't we like ourself as we are, what are we trying to run away from. What bad things are going to happen to us if we are this horrible, nasty, evil person.

So always talking, expressing, and longing to see the truth. And in time we'll come to see just how we are in our evilness (errors), and accept all such bad and negative things about ourself. We'll find we are powerless to do anything about them anyway, we can't actually change them and stop them within ourself, so we can only accept them. And this is true self-acceptance, which is true self-love. Accepting the truth of one's self. And all this through our feelings.

So Mary, first we have to accept the truth of our whole negative state?

Yes, and once that's done, and you're of a Celestial level of truth and you've finished your healing, you will live on expressing your feelings and growing in truth and acceptance of your positive state of mind and will.

If you are intent on becoming true and ending your evilness, then you'll have all the people in your life you need to be your true friends or friend. To live true to yourself – true to your soul and its personality expression, is given the highest priority; so if that's what you need, then such people will come into your life or already be there. However, that's not to say that you might also benefit from time alone, time being unable to express all your feelings, whilst you build your desire and longing to do so.

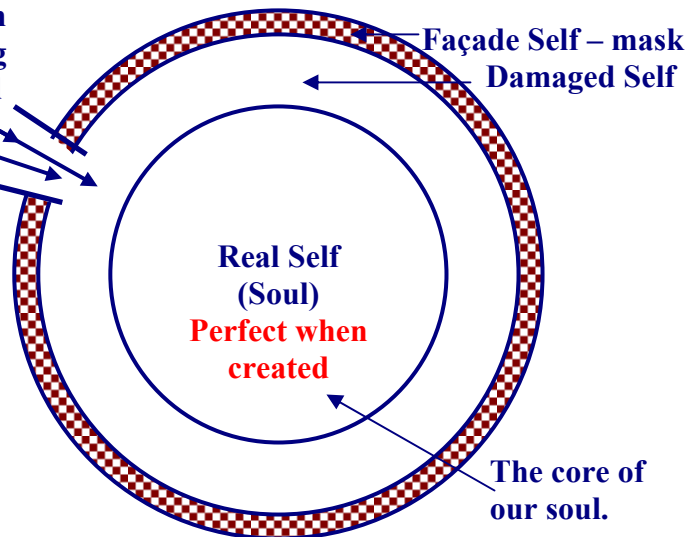


Negative emotional issues lodged and stuck within the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.

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

SOUL SPIRIT BODY MATERIAL BODY
PERSONALITY

What truth does, it creates an opening or a vortex in the egg shell, the hard veneer around one's soul. It allows a way that other external information can infiltrate the soul. Truth breaks down the hard shell of lies, untruths and resistance. It creates a permeable layer within our soul that allows things to go through into it. Without truth, our soul is condemned to stagnation.



Infographics and diagrams have been added by Pascas.

And the more we can accept how we are, the less of it we will be. The more one can accept one's evilness (errors), the less evil one will be. It's acceptance through truth, and truth through acceptance, with our feelings being the conduit. This all being the greatest act of self-love one can do for one's self. This is truly loving one's self, not all that self-love stuff that involves using our mind in some manipulative way over ourself.

We are bad and wrong and evil to some degree because we've been made to go against ourself, to disconnect from our true self, developing a false self – our false self being imperfect, and so wrong. And so to become right, good and true – perfect, we have to first see all the wrongness and imperfection that we are. We have to understand completely all that entails one's evilness (errors). And as we can't have possibly any idea as to what it does entail, so all we can keep doing is expressing our feelings and longing for the truth of them, all the while accepting all we see about ourself.

Just how self-deluded can one be? How can one even feel good about one's self, when underneath, feelings one is refusing to acknowledge are telling one, all is not right, and one is actually feeling very bad. We have been led so far from the truth and our true self, living such a fantasy of false-self, that we have no idea as to the extent or state of a lie we were actually living. All of which we are now far more aware of.

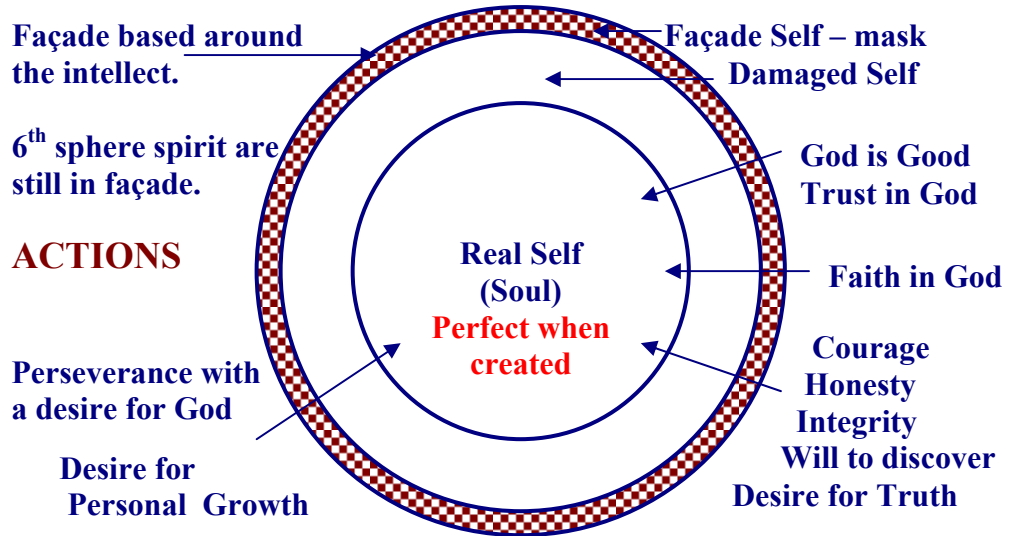
And this is the self-revealing process that our feeling-healing is. One reveals the truth to one's self of self, and of one's relationships with one's self, nature, other people and God. And this is what Jesus and Mary want to be understood. That it's all within one, we don't have to believe in anything else other than our own feelings. And to believe in anything else outside of one's self, is only going to keep one away from their true self. So at a time when humanity is the most highly conditioned and controlled by all sorts of authorities, self-imposed and outside ones, we are here to help one see that none of that actually matters, and all that does only matter is how one treats themselves. And if one is denying any feelings, they are disrespecting and treating themselves badly – without love.

And so to love one's self, one has to set about working at accepting all of their feelings – accepting all of them. All one needs is themselves and their feelings and the truth will come.

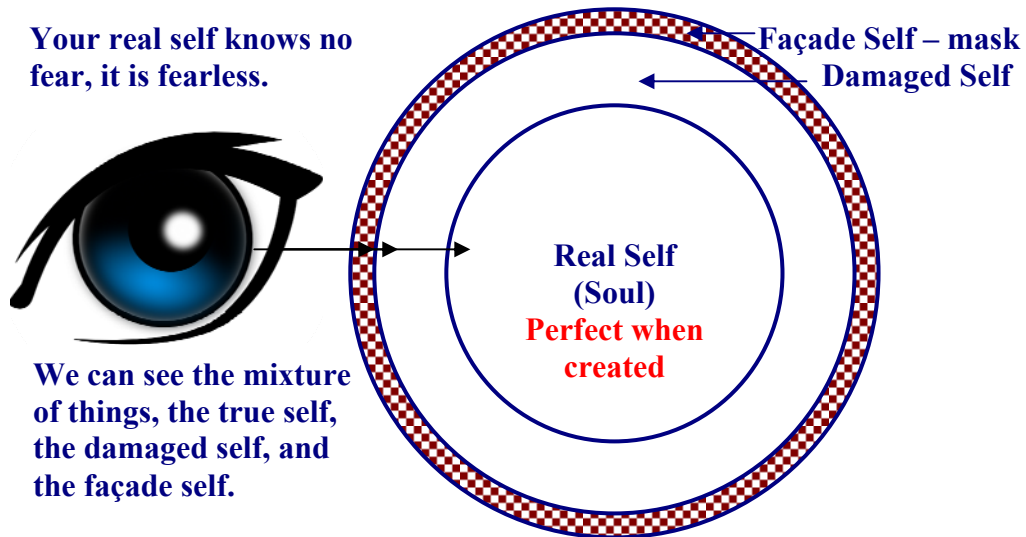
One only needs the picture to keep giving their mind a feeling or sense of power that it has some power left. But that can be lessening, and gradually one may not be needing the pictures for power, so they can just come of their own accord as required by their soul, all to help one make sense of it all. Most grew up being talked at by their mother and her mother, their father and his father, they having instilled the pictures about what life was for them in you as a child, believing that was all there was to life. They didn't allow one or encourage one to find it out for themselves. They told you as a child, and as you were forced to believe them, so in effect you believe you already know all there is to know about life, so you're bored, waiting for something new to happen, which really is only to be told a new picture.

But as one works to see the truth of their relationships with their parents and grandparents, so they will come to understand themselves. You will be able to give up your need to have your picture and have it all in place. And gradually you will not be worrying about needing to have it all under control.





All of your addictions are created to support our façade.



Once we get through the façade, which is the hardest, it is the thing that takes the longest time because it is the most resistive. We are most resistive to one particular thing, and that is TRUTH. Because we are resistive to the truth, this shell is a hard shell that we tap on, but not hard enough in order to break it. It is only the truth that allows us to break the shell. Once we go through that, we will feel the damage to our selves, and often feel the real self even under that damage, and we will go wow, ‘I am not even like that, this is not my real nature.’ This real self fears nothing. The real self that God created does not know fear.

Infographics and diagrams have been added by Pascas.

WE are SOUL!

The soul is perfect when it incarnates into a human! Most assuredly the soul is perfect! The prior existence of the soul is perfect, residing in God's soul-kingdom or realm. When it incarnates and individualises into a human, it is perfect. Further, one's personality is soul based.



The soul incarnates and begins its individualisation as a human in a state or condition of imperfection and corruption. The transition of a soul from a place of pure light and love into a place of darkness is a comparison where words fail us to describe.



Two states or conditions: The first of Light and Love, and the other, Earth, of darkness and imperfection. In this process of change, the soul is immediately damaged. This damage is not mere encrustments on the outside of the soul, where, somehow the interior part of the soul remains pure and pristine. The soul, the complete soul, suffers harm and damage.



For those who **lived** on Earth for a brief period of time, say, for only **one short day**, nonetheless, will have suffered damage, hurt, and injury. The damage being so deep, that the little human physical body may only live on Earth for as little as one day. At birth we arrive damaged. The spirit-body, after the Earth vessel is dropped, will continue to live and thrive in a nursery in the spirit-world.

In the spirit world nursery, one is encouraged to freely express their souls. They are not hindered or disciplined in anyway as we on Earth experience from our first days and years of life. They are not seen as most children are viewed on Earth, as wild animals that require training and rigid discipline. All are happy and able to express themselves freely.

The damage that is infused into the soul of babies emanates from its parents and those in close relationship. The soul damage becomes visibly seen as one matures into adulthood. Should we feel and express our childhood repression then our liberated soul and personality will express itself in the manner of the girl on the bottom right hand side, otherwise our appearance and health degrades as seen of those above.

Infographics and diagrams have been added by Pascas.

16. Relationships, and the Divine Love.

It's all ONLY about our personality expression. And if you are doing this fully and truly, which means, perfectly, then you are living as fully, truly and perfectly spiritually as you can in life. You would be living as you're meant to live, no longer denying one's self or stopping our full and true personality expression in any way. And then we would be free to enjoy life in all its glory, feeling truly and fully happy and loved. But if we deny but one aspect of our personality, we don't express one feeling or thought we should be expressing, then we are not true and so imperfect (evil), and then in some way we will feel bad and unhappy. And those bad feelings will persist until we stop and pay attention to ourself, to the fact that we are not feeling right because we're not fully expressing ourself. And when we do express this part of ourself that we are denying and then we see the whole truth of why we're denying it, then we'll return to feeling fully happy and full of love.

Our bad feelings are the natural indicators that something is not right within us, and so they are to be loved, honoured and respected for what they are; and that they are trying to help us to love ourself fully, showing us by making us feel bad, that we are not fully self-loving, we are being unloving to ourself in this area that we are denying them. We can only be fully and truly self-loving when we are fully and truly expressing all of our personality. And of course, it's in our relationships that we express our personality the fullest, so it's wanting to have true and perfect relationships that will help us to see where we are denying parts of ourself. And if within our more personal and intimate relationships we agree to help each other to fully express ourselves, then within our everyday interactions such imperfections will be shown up resulting from the ongoing feeling interaction between us.

And this is how we are to live perfectly in our natural love, that being the love we naturally grow up and want to express when we feel good. And once we achieve living in perfect natural love, we'll be ready to move higher spiritually by including God's Divine Love in our soul in a robust manner, something that is different to and separate from our own natural love.

We are created in the image of God, in our natural love, and we can become of the very essence and substance of God, that being divine, and all through the ongoing longing to God for the Divine Love. And we understand it's the soul we're talking about. We are created and brought into being with a soul that manifests the image of God's Soul through natural love personality expression in Creation. And by partaking of the Divine Love, we start an inner process of transforming our natural love soul into becoming a divine soul.

Before we would perfect our natural love, so the extraordinary and highly unusual situation has arisen, enabling us to actively and consciously (and even unconsciously) long for the Divine Love and receive it, whilst being in our negative love state.

Certainly the Divine Love will transform our soul, first it needs perfect natural love to transform, it doesn't just transform our imperfect natural love. So we need to do our healing whilst we long for the Divine Love, with our healing process helping us to perfect ourself, and so our natural love expression, all of which the Divine Love can then act upon and transform.

It acts upon any perfect natural love as we progress in our healing. So if one already has some perfect aspects of one's self, it will immediately transform these as we partake of the Divine Love, but then so far as it transforming more of our soul, it will wait if we keep longing for more Love, until we've further perfected ourself.

Unless we are actively seeking to heal your evilness (errors), we'll reach a point relatively quickly in

which we'll have no further natural love to transform. And then we are either faced with the point of longing for more Divine Love, but receiving less and less of it, as only a certain amount will actually keep coming into one's soul if we are not actively growing in truth; or contriving using our mind that we are still receiving Divine Love when we pray for it, believing we are still feeling it coming into us.

Really what should happen, is one may feel good initially receiving the Divine Love as it transforms those aspects within our soul that it can, but once that's done and as we long for more, we should start to feel bad, like something is not quite right, which is true, as we've not got further perfect natural love to transform.

And so with those bad feelings, we then have further opportunity to start expressing them and seeking their truth – doing your soul-healing, which is just our feeling-healing but including the Divine Love. But as most people don't want to allow themselves to feel bad, and even believe they shouldn't feel bad because they are now partaking consciously of the Divine Love, believing the Love should be taking all their sins and errors away, all within them that's causing them to feel bad, so they apply yet more levels of their mind to deny these bad feelings, thereby defeating the impact of the Divine Love upon their soul. And so they contrive that they are divine, that they are more loving and caring, but it's all to cover up the bad feelings that by rights should be pushing up within them to help them see things are not right.

The Divine Love is merely to transform our natural love, but we need to have that natural love there to transform. The Divine Love of itself does not heal us, it does not remove all our imperfections or their causes; that part is all up to you.

Divine Love helps to show up imperfections?

It does, but indirectly. As we leave our minds controlling state and so our evilness (errors and false beliefs), those parts being then transformed by the Divine Love if we are actively longing for it, will then put pressure on our other imperfect parts, thereby bringing to light more bad feelings for us to express and uncover the truth of. And in this way it helps us. But as we've seen, really we just concentrate on doing our healing and perfecting our natural love, that's the most important part of it all; and long for the Divine Love as we feel we want to, but it not being the main focus as such. Too much focus on the Divine Love at the expense and denial of our bad feelings will only cause us more problems resulting from more self-denial.

So long as we have made it our primary intention in life, that we want to become divine and so at-one with God, and we long for the Love as we feel to, then that's what we do, all the while setting about working on our feeling acceptance and perfecting our personality expression. And doing that, understand that as we perfect our natural love, so then the Divine Love can, when and as required by our soul, transform it into such divinity.

And as with all things, it's different for everyone, we are all to have, of course, our own experiences. So for some people they might find they receive Divine Love regularly as they work their way through their healing, it transforming those aspects of themselves that they perfect; and for others, such as, transforming a small amount of one's soul in the first two years of actively praying for and receiving the Divine Love. Then begin one's healing. Then continue to kept receiving more Divine Love, sort of a storing of it, it remaining somewhat 'dormant' so to speak within the soul until such time as when one completes one's healing.

We can either seek to perfect our natural love and live confined to the seven Mansion Worlds; or embrace the Divine Love and move out into the higher Celestial spheres of truth.

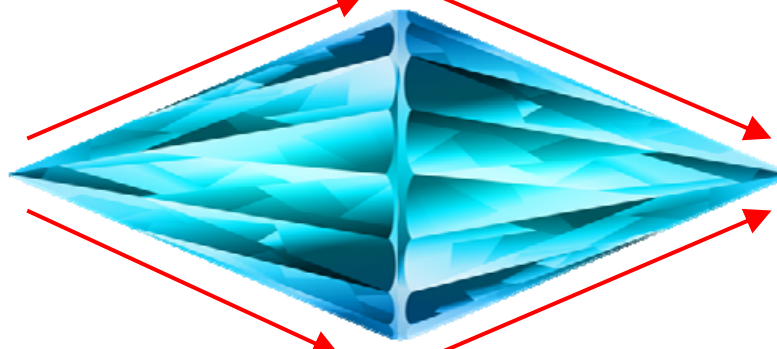
MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

Rebellion and Default

MIND-Created soulmate

HEALED (Celestial)

**Incarnation
TRUE Soulmate
Soul : Expressing
two personalities
– being soulmates**



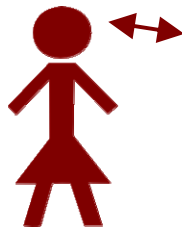
Female soulmate
fantasy man (untrue)
Unsuccessful marriage

Male soulmate
fantasy woman (untrue)
Unsuccessful marriage

**WOMAN
Eternal Marriage
MAN**

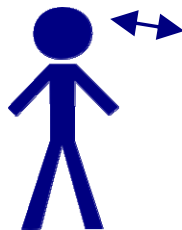
Rebellion and Default MIND-Created false soulmate:

Female soulmate
Unsuccessful
marriage to fantasy
untrue man



Being in rebellion by default, all our relationships are untrue and based on fantasies and erroneous beliefs of our mind. These relationships formed through the mind, are at best, temporary, and will ultimately end. They are false soulmate relationships.

Male soulmate
Unsuccessful
marriage to fantasy
untrue woman



Eternal soulmate marriage between a man and a woman only takes place for those that fully heal themselves of the imposts of the Rebellion and Default. Through longing for the truth behind all our feelings (both good and bad), we can begin to live true to our feelings. And once healed, and reaching a Celestial Soul Condition, through our true feelings we find our soulmate, our true companion for all eternity.

We can do that when you are a spirit, or we can do it now. As we grow in truth now we are in effect working our way up through the Mansion Worlds, and when we are fully healed, we'll have reached the level of truth equivalent to that of the first Celestial sphere. So when we are fully healed, and if we are still of flesh, we will be as if we were a Celestial spirit living in the physical. And when we die, we'll move to live in the Celestial spheres having already worked our way through the lower Mansion Worlds through our healing. And then once we are true and perfect and no longer evil, and so being of a Celestial level of truth, we can keep growing in truth and keep receiving more Divine Love, that love making us more divine as we ascend all the way to Paradise.

What happens to our natural love when we are Celestial, do we still have it, or are we completely of the first stage of being Divine Love?

We still have it, you will always have it, only it will also be expressed with the light of your divinity, that being, the light of your truth. It doesn't get transformed into ceasing to be and then you are only of Divine Love and only express Divine Love.

No one can give Divine Love to another. ONLY our Heavenly Parents gives Divine Love to us, to our souls, and once given, there it stays, in our soul. It cannot leave our soul or be withdrawn by the Father, it is ours – God's Divine Love within us, is forevermore. And so nor can we give it on to another.

All such healings, including those performed by Jesus, and those by the mind spirits, are done complying with the laws of natural love, done with natural love.

No one can heal with the Divine Love, and consequently and contrary to what a lot of people believe, no one can heal with the Holy Spirit. The Holy Spirit, as said in the Padgett Messages, can only and does only convey the Divine Love into one's soul. All such supernatural healings are carried out by angels under the command of the Divine Minister.

The infographics / diagrams have been inserted by Pascas. The Notes above have been made from links to New Revelation about Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:

Divine Love Spirituality: <http://divinelovesp.weebly.com/> and <http://dlspirituality.weebly.com/>
 Feeling- and Soul-Healing: <http://divinelovesp.weebly.com/soul-healing.html>
 Childhood Repression: <http://childhoodrepression.weebly.com/>
 Speaking with Mary Magdalene and Jesus: <http://withmarymagdaleneandjesus.weebly.com/blog>
<http://withmarymagdaleneandjesus.weebly.com/blog---and-free-books-speaking-with-mary-and-jesus>
 Divine Love Spirituality <https://divinelovespirituality.wordpress.com/>
 Free Books on Feeling-Healing and Soul-Healing with the Divine Love by James Moncrief:
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

<https://childhoodrepression.wordpress.com/tag/feeling-bad/>
http://playpen.icomtek.csir.co.za/~acdc/education/Dr_Anvind_Gupa/Learners_Library_7_March_2007/Resources/books/alicemiller.pdf

Alice Miller – For Your Own Good

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>

GENERATIONAL ENTRAPMENT:

Each generation treats their children the same way as their own parents treated them. It is like a never ending spinning of the wheels. The norms that our parents infused upon us are what we in turn did to our children. For some two thousand years, humanity has not evolved in love any further than what was achieved during the first century. We have repeated the cycle time and time again.

While we continue to allow our mind to dominate our way of living we are frozen in our development. Until we allow our feelings to be our expression in living, we cannot learn the gifts of love that are continually put before us. Our children are our great teachers, however, we suppress and imprison them into our beliefs and way of expression. We teach them to shut down their feelings. This shut down of emotional expression is the strangling of toxic energies that later express themselves as pain and then illness in the physical body. This is how family generational illnesses come about.

Man has created numerous spiritual practices and religions on the same premise. These make us feel good, however they also shut down the expression of emotions and close out our feelings. It is allowing the feelings generated by one's soul that the truth of all there is to be embraced becomes available. Our religions all have some truth that is beautiful and beneficial, however they all enslave us further to our mind's control. No religion will take us to the heights that our soul expression will bring about.

Religious organisations have entered communities and brought about a moderate growth in love within such community only to find that no further growth occurs. These religious spinning wheels of norms simply add to the traditional family practices and the communities social issues continue with a firmer entrenchment into mind controlled stagnation. There are no exceptions. All religions are mind based control entities and practices.

It is only upon enabling people to embrace the expression of their emotions that real truth will begin to unfold for each individual, one by one, all being soul based truths emerging.

By longing for the truth of one's self as you accept, express and seek the truth of one's feelings, you are doing all you can so far as longing to live God's Will. That *is* your longing if you like. All one really need do are two things: Long for the Truth of one's soul, which is really the truth of yourself. And to actualise or realise this longing, you can do be accepting and expressing your feelings. And that will bring one back into a state of natural love perfection as one does their healing. And then, as the Divine Love is available to you, long for your Father's Divine Love.

Our feelings are to lead the way, they being our expression of living true to ourself and so living true to God, for as we live true to ourself we are living true to God, it can't be any other way. However we also have a mind, with which we can understand our feelings – why we are having them and what they are showing us; and we can also use it in a negative or rebellious way to control our feelings, so become untrue to ourselves and untrue to God. However our mind is meant to act in support of our feelings and not in control of them; our feelings are first then our mind follows, and NOT the other way around.

All we have to do is stay true to our feelings. It's so much better accepting and expressing one's bad feelings instead of working so hard to deny them. It is the expressing all one's repressed feelings out of one's self and the uncovering the truth of them that is truly helping you.

Infographics and diagrams have been added by Pascas.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

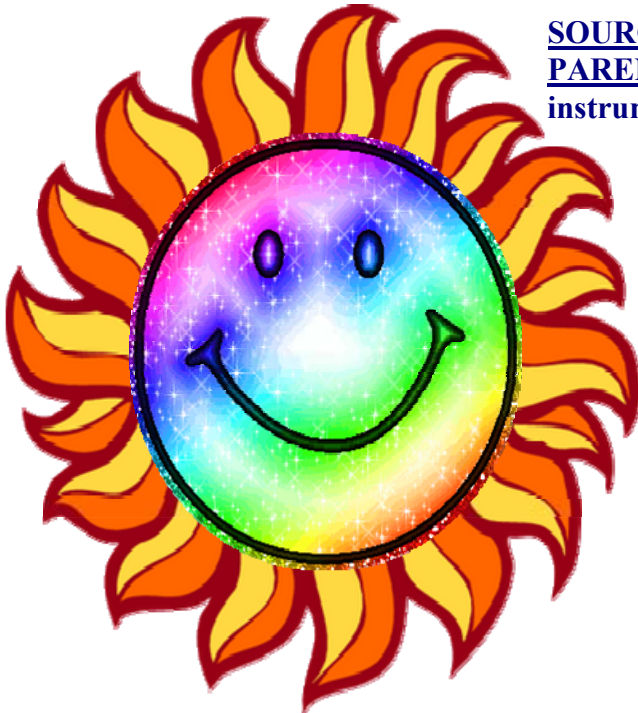
Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise
 **HOME**



SOURCE SOUL, our HEAVENLY PARENTS have any number of spirit instruments assisting at any time.

Holy Spirit
'Divine Love'



Spirit of Truth
Truth also conveyed through your Indwelling Spirit



SOURCE SOUL



Holy Spirit



Divine Love is conveyed on request to your spirit body and absorbed through to the soul, resulting in the ambiance of the spirit body growing.



Infographics and diagrams have been added by Pascas.

**INDWELLING SPIRIT, THOUGHT ADJUSTER,
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

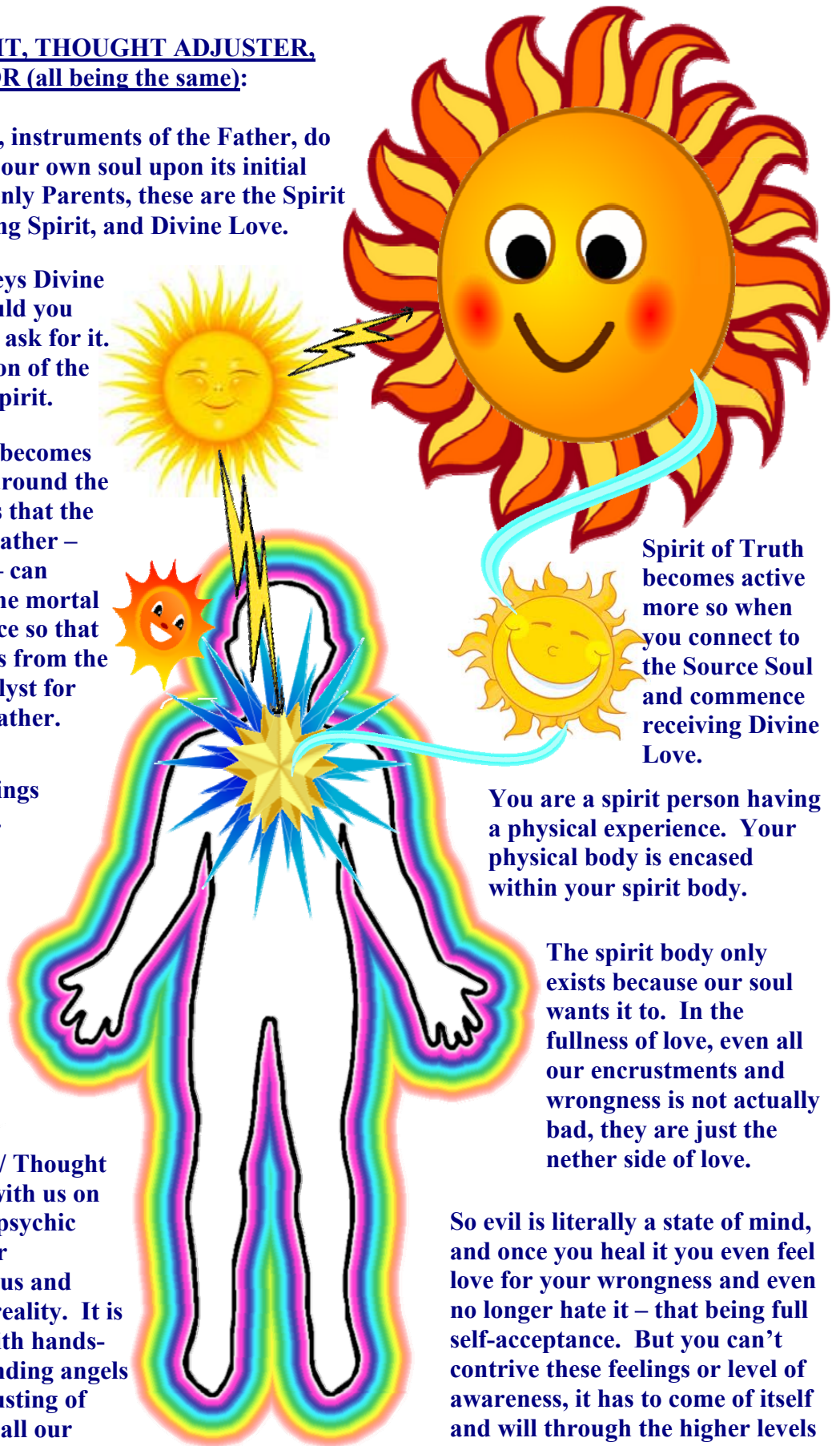
The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the Father.

The Indwelling Spirit reveals intrinsic workings of Father to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to the Source Soul and commence receiving Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

SPIRITS of TRUTH and HOLY SPIRIT:

More from James regarding Spirits:

The Holy Spirit provides differing support and guidance to that of the Indwelling Spirit. The Indwelling Spirits guides one to God, our Heavenly Mother and Father; the Holy Spirit brings Their Divine Love into our heart.

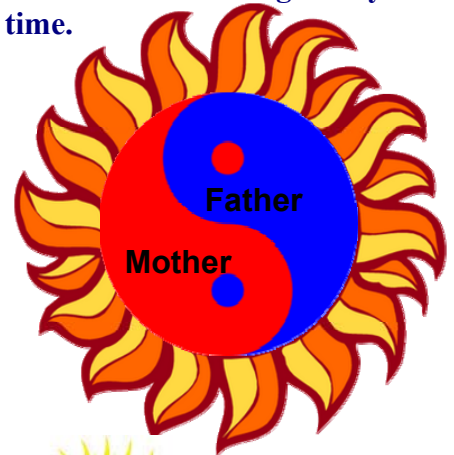
The Spirit of Truth becomes active **ONLY** when we choose to follow the ‘owner’ of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so ‘be like them’ and in so doing so this activates the Spirit of Truth. And so if we choose to be as they are in truth, to live how they live the truth, to be of truth and the same truths they are, then with their Spirits of Truth assisting us we will come to relate to our Mother and Father just as they do.

We are growing spiritually in Mary and Jesus’ universe. We have to want to be as they are in truth, if we don’t want to do that then we’re rebelling against them. And if we don’t embrace them, then we’ll never leave Nebadon, the region of the universe that encapsulates Earth.

The whole idea about having Spirits of Truth coming from Paradise Pairs is so the ascending mortals (us) of that universe (from the Creator Pair) and specific worlds (from the Avonal Pairs), all end up living the same truths. And we if didn’t live the same truths, we’d all still remain all over the place and have nothing we can all connect with and relate to in each other.

So we can come from all over the planet, from very diverse races and cultures, yet because we all end up embracing the Spirits of Truth that are to help reveal the truths we are to know, so we’ll all be able to connect and relate to each other through the truth we’re living, all being able to live happily together as Celestials, and eventually as Celestials on Earth. It’s the Spirits of Truth that bring us all together, homogenises us if you like. And if we all lived true to them, we would not need any rules or laws because we would all be living and knowing the same truths – so all living the same way only expressing those truths individually.

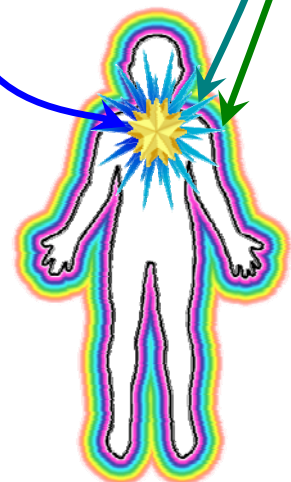
Our HEAVENLY PARENTS have any number of spirit instruments assisting at any time.



Holy Spirit conveys Divine Love from our Heavenly Parents



Spirits of Truth of Mary Magdalene and Jesus



CLEANSING of ONE’S SOUL BRINGS UNDERSTANDING, PERCEPTION and WISDOM:

When one receives God’s Touch there is a corresponding change within you and the conditions which built up from one’s lifetime of experience, and from the prevailing conditions of this world, and from the conditions of one’s forefathers, there is a need to have much of this expiated from one’s soul. Feeling healing cleansing of encrustments around one’s souls brings evermore understanding and perception and wisdom within and is a way for Source Soul to enable you to benefit this world.

Our soul, from conception, absorbs the natures and emotional injuries of those around us. These injuries and errors of belief encrust one’s soul, thus we reflect the soul condition of our family.

Personal endeavours are slow and often falter. By asking our Heavenly Parents, for Their Love, the Divine Love instantly arrives and drop by drop, one by one, the light golden blue energy substance strengthens our resolve to remove emotional errors and injuries. By feeling-healing emotional issues with the Love we will have removed an unloving issue from around our soul.

When one looks back in time, one can observe that harmful issues literally have fallen from one’s embrace. Do not resist the changes within you, but accept with joy that God is changing you and you are coming to the new birth of your soul.



The great gift of the Father’s Love is always available to us, it is no further away than the tip of one’s nose. Ask and one will always receive.

With this Love within one’s soul, harmful natures cease to be engaged or embraced.

To bring about the peace that passes all understanding so that it may flourish within one’s soul, one must allow these inharmonious conditions to be let go and this will enable the Love to flood within you.

This is God’s greatest gift to you and in receiving this; we will bring light into the world. With Feeling Healing and this Love then our feet are upon the Divine Path.



Infographics and diagrams have been added by Pascas.

MAN ERRONEOUS NEGATIVE EMOTIONS can be REMOVED with LOVE:

Man has engaged, by use of his own free will, errors of belief and harmful ways of living, which he readily infuses into his children and close associations, be they family, extended family and friends, throughout his journey of life.

These low energy attributes are barriers to evolution and cause harm to the physical body. Unloving attitudes can be easily erased forever!



‘Louie the Fly’ is a mere irritant that can be permanently put aside by the Feeling-Healing of one’s self.

Divine Love, the Great Soul’s ultimate high octane super fuel, the light golden blue energy substance restricts progressively those errors of life style living and beliefs that man so readily adopts through the examples of others during one’s forming years of living.

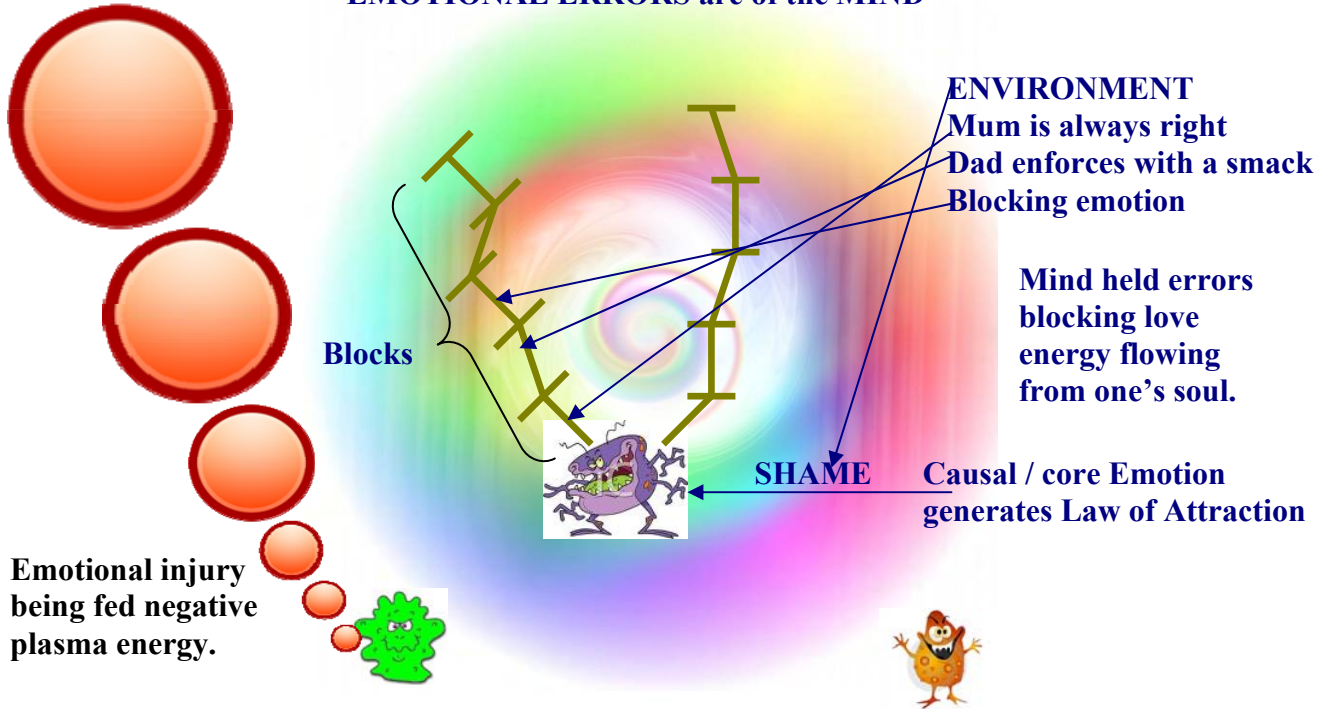
Once received, the Love energy remains ever present, never diminishing, and always restricting the return of man-made harmful natures. As one continues to feel and heal themselves of harmful attributes that may be encrusting one’s ever pure soul, the Feeling Healing with Love energy causes them to become mere memories! The Divine Love remains ever present, thus harmful emotions and errors do not re-enter one’s way of living and personality. The greatest gift to share with an evolving young personality is the awareness of the Love and the great benefits that It brings for all of eternity.

Level	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20



Infographics and diagrams have been added by Pascas.

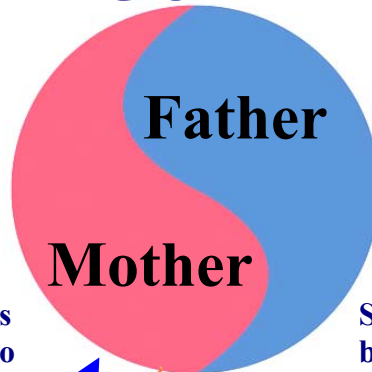
EMOTIONAL ERRORS are of the MIND



GOD

DIVINE TRUTH

DIVINE LOVE



Earnestly longing to God for His forgiveness and Love, desiring to change one's unsatisfactory ways will bring about permanent benefits and continual growth.

Such earnest longing will bring about the activation of the Spirit and the infusion of God's Divine Love into one's soul.



The Soul encrusted without Feeling Healing and the Love.

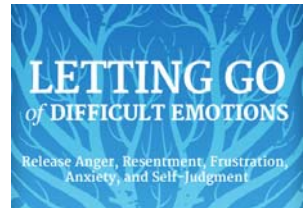
Holy Spirit conveys the Love and brings about resolve and strengthening to engage in Feeling Healing of one's soul. Continue to ask for the Love and it will be showered upon you.



The Soul in pristine condition with Feeling Healing and the Love.

LETTING GO with The LOVE:

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling. Focus quietly on the feeling. Breathe into the sensations and allow them to be.

Step 2: Ask yourself one of the following three questions:

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?

Step 4: Ask yourself this simpler question: When? This is an invitation to just let it go NOW.

Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.

The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

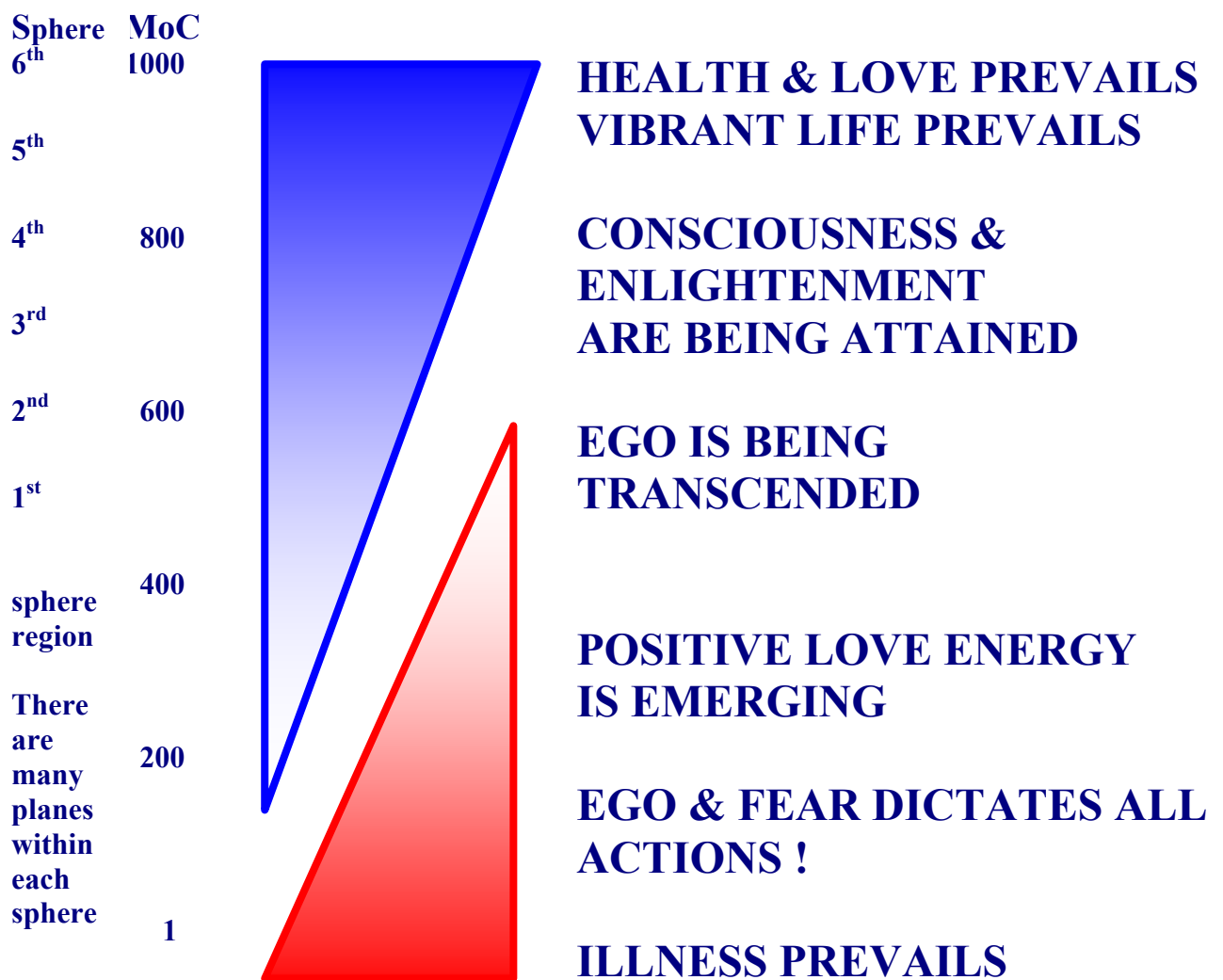
Reference: 'Letting Go – The Pathway of Surrender' by Dr David R Hawkins

Infographics and diagrams have been added by Pascas.



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

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



To liberate one’s real self, being one’s soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the 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.

TRY the EXPERIMENT!

It is the Mother / Father's great gift of Divine Love that will catapult one's growth in love and beauty along the way to achieving the goals of peace and harmony that we all strive for. It is this light golden blue energy substance of our Heavenly Parents' Love that brings about the completeness of one's being.



Once it is understood that all our Heavenly Parents desires from us is that we long for and earnestly ask to receive their Love, then we are on the pathway of growth, exponentially. As we ask for, long for, and receive the Divine Love substance, then our soul development will have been irreversibly begun. Each little drop of the Divine Love received into one's soul prompts one a little to dislodge emotional injuries and belief errors that we may have accumulated on our life's journey. Each inflowing of the Love brings about a progression in one's soul condition.



At first, it will be only a minor step forward, but once we are pointed in the right direction there is no stepping back. As we long for more and more of the Love, our progression picks up momentum. At first it may appear nominal, however, after months or a year or so, one will look back in time and be amazed at growth through Feeling Healing that has been achieved, the harmony that has come into one's life is amazing.

From time to time, we might step away from engaging with the Love, however, we do not slide back. The Love energy is always self reinvigorating, that is, it continually renews itself, and we never lose any of the Love substance once we have received it.

As we continue to embrace Feeling Healing, our growth rate gathers momentum. Growth becomes exponential. Goals to infinity are ours!



This is the great teaching that was given to us 2,000 years ago that was lost to humanity. Now it is being made known again, once embraced, never to be lost ever again. The Father's great Love is available to ALL should we so ask for it.



On the WINGS of a BUTTERFLY: No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve. Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller



ABOUT the HEALING

James

Sunday, 15 March 2020

Hello Sam, John, Eme, Graham, Brian and Jim, I want to pass on an 'update' about how I now perceive what our Healing is and how it will go. Overall, it's still the same as I (and the spirits) have said – looking to our feelings for the truth of our self; and so being in an unloving and untrue state, doing our **Spiritual Healing** (as I'm now tending to call it) to fully connect with that; what it means to us; how it came about for us; and all the intricacies of our relationships and how they reflect the mess we're in. So our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel feeling so fucked.

So what I want to add today is more about how I personally have thought my Healing would progress and how I've been wrong in that with these last couple of months making me change how I see it.

I started my Healing thinking and then believing that as I brought out all my yuk, I would change, changing for the better, becoming more true, perfect and loving. That it would be like any other normal healing, when we cut ourselves the wound gradually heals diminishing in pain and size until it's all better perhaps leaving a scar to remind us of the experience and the amazingness that we can heal like that. When we get sick we go to the doctor, do what is needed, take the pills, have the operation, and hopefully we gradually get better. And so I applied this same approach and expectation to my Spiritual Healing. If I bring out all my pain and yuk as Marion told me I had to do, then as the bad comes out and the truth comes with it, so I would gradually change making myself better – healing myself, becoming truer, ending all my pain, changing all my negative self-denying and unloving beliefs and behaviour, positively changing feeling better about myself and my life, my relationships, how I conduct myself, my aspirations, perfecting my Natural love, preparing myself for the 'Big Change' when the Divine Love wholly transforms my now perfect Natural love soul into being divine, that being the end or at the end of my Healing. So I believed that steadily through all these 23 healing years I would feel those positive changes happening in myself, and not only that, but as all of me would be changing, my compulsions and addictions would progressively end, my relationships would become truer, I would become more loving and be able to receive love, all as I grew in truth, all preparing me to become Celestial, with my being able to feel, sense and perceive that each day I was getting closer to the END of my Healing. However now after all these years, I've had to admit, accept and come to understand that my way of seeing how my Healing would go has been incorrect.

So this is now what I understand my Healing has/is about; and perhaps other people have understood this from my writings and it will be of no surprise to them, but I have been a bit dim owing to all my fucked up beliefs which I grew up with and those I've added since reading the Padgett Messages, Urantia Book and even from the spirits, all of which has been perhaps my misinterpretation of it. I'm still coming to terms with having my focus shifted, so I apologise if I ramble on repeating myself as I usually do and for writing so much.

Now I would advise someone who is wanting to start their Healing by saying that it is about, seven Mansion Worlds worth of uncovering the truth of your rebellious state. So don't expect yourself to get better or change thinking that as you progress you will work your way out of your wrongness progressively becoming better, truer and more loving, because it's not about that. It's all about becoming progressively more aware of how fucked you are, so right the way through your Healing having to stay being fucked, all so you can see the truth of how fucked you are in all the ways you are untrue. So expect to stay fucked right the way to the End of your Healing. Don't expect to

progressively get better or heal yourself like you might expect. That really it is all about only growing in truth, with you needing to stay controlled by your compulsions and addictions all the way along so you can keep using them to move deeper and deeper into the truth of your unloving and untrue state. And that it won't be until you've revealed to yourself the whole truth of your rebelliousness, when you've brought out all the bad feelings that will help you see it, that the end will come and your transformation into being true, perfect and all-loving will happen. If you expect through your Healing to gradually decrease your badness as you increase your goodness, you might end up feeling very let down when after years of working on yourself to still feel in many ways just as fucked as before you started.

John, if you were to draw one of your diagrams, then I have viewed the Healing like a pyramid, we start off with a broad base of fuckedness, with our being wrong and rebellious diminishing as we ascend in truth, and with ourselves feeling better and better about ourselves as we get closer to the apex. But now I see the whole pyramid as a column right the way to the top. And perhaps the column is capped by a small pyramid at the end of our Healing when our transformation does finally occur, however I won't know until I experience it.

I have spent these past months so pissed off with the Mother and Father about letting me down, doing all this work on myself for all these years when nothing really has changed in me. All that has seemed to change is I've become progressively more aware about how fucked I am and how my fuckedness is maintained and how it all started, but what I hoped would be my healing hasn't happened yet. And being pissed off with Them is of course really being pissed of with my parents for giving me the wrong beliefs that I applied to my Healing. God has not said how it will be, I've made all that up. And so now I'm finding out, and like everything else, it's nothing like I thought it would be.



Marion explained it well the other day by saying what we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state. And I can relate to this, I have changed in many ways, I have brought to light a lot of my beliefs and ways I'm keeping my truth-denial in tact, including having these wrong beliefs about my Healing. And as I've seen what I am doing, what is in me that is blocking myself from feeling all my feelings and the truth that will come from them, so many of those blocks have diminished and some have even gone completely, allowing me to feel more clearly just how fucked I am, all my pain, all the hurt, all the misery, fear and anger, all how powerless and such a useless nothing I am and why I've had such a nothing life. So my self-awareness, my awareness about my rebelliousness, being so unloving and untrue has certainly increased and continues to do so each day.

Yet still all whilst maintaining my addictions, compulsive behaviour, disconnectedness in my relationships and how fucked up my self-expression is. So my body feels more fucked by the day, I can't stop stuffing the Aldi (super market chain) milk and almond chocolate in by the block, I am feeling more fucked by the day, all the opposite to how I thought I would feel this far into my Healing. So the truer I become to how untrue I am, the worse I feel, which is right because that's the truth of how wrong I am. I am wanting to uncover the truth of my unloving state, so I have to feel just how unloved I feel. So I have to keep feeling worse and worse because that's how I felt through my early life and all the way along, I just tried to block it all out. So through my Healing I have progressively been able to feel all my bad feelings more truly, more intensely, connecting more with them as they are myself and my life and not all the false cover up and denial of them. So it's right, even though it's still so hard to accept, that the more I progress in my Healing the worse I will feel. I should feel better and better! But it's not been like that. In some ways I don't have all the repressed bad feelings in me, the misery, fear and anger has markedly lessened, I don't spend days and days feeling so miserable as I used to, yet

when I do feel miserable, I feel it so much more acutely now being so much more aware of it. And I can connect with the truth of why I'm feeling it much quicker. So I have changed in my relationship with myself, only it's not been as I was expecting.

And I've come to realise, that had my Healing progressed like I believed it would, then as I progressively changed for the better, I'd be better, and so being better I would then not be able to feel my deeper levels of how fucked I am, my new good feelings preventing me from getting into my even deeper bad ones I'm keeping hidden. So had I worked my way up the 'healing pyramid', the higher I got the further from the truth of how fucked I really am I would have become. So now I understand why I have to stay in my fucked state right the way to the end – so I can keep connecting with it on ever deeper levels, all so I can understand all the aspects of the truth of it that God and my soul want me, need me, to see.

So as hard as it is, I am now accepting that my Mother and Father gave me a life of unhappiness. That I am to live feeling mostly unhappy, miserable, despairing, powerless, nothing, and fucked off about it all for my whole life, and really forever. And that my so-called Healing, is coming to understand and so accept that. And even though I still hope I will change and end feeling so bad, I have to fully accept that until that time comes, and if it ever does, I am dreadfully unhappy and a sad case of useless pathetic futile humanity. And that I have to keep doing all my compulsions and addictions to keep afloat, to keep living the pathetic fucked way I do, all of which is what God wants – created me to live. So there is no out, no escape, not whilst I'm still in it, for how can there be, as I am it, it is me. So all I can keep doing is working on myself through my feeling acceptance and longing for the truth to keep seeing just how fucked I am, as I had no idea when I was young, just all these horrible feelings I did all I could to block out.

So to face that I will never get 'better', that nothing will ever change for the 'better' is soul-destroying, it's too much to bear, that this is my shit life and that's it for me as I can't change myself; and god I tried, but I can't, my Mother and Father have made me so I can't. So I'm trapped in my pain forevermore, or until They decide to end it. Marion says: why do you keep doing or saying that, why don't you change yourself, focus on what is wrong and try and keep aware of it and when you do it again then work to find out why you do, bring up those feelings and gradually as they all come out you will change, you will stop doing it. And I have tried her way, but I can't do that, it's not me, I didn't get what she got being able to do that for herself, which is how she approaches her Healing. However the reality I have seen over these years for her is that she can't change the real deep fucked up stuff within her no matter how much she applies herself or expresses her pain. Nothing seems to change for either of us in our deepest fucked up self, other than getting to know it more, we're always changing in our understanding of how fucked we are and why and how powerless we are to do anything about it.

So I am changing by coming to accept that I can't actively make or induce my own change. I can't do anything other than what Marion said right at the start, just keep trying to express my bad feelings and keep longing for the truth of them. I do this in my pathetic fucked up way, which Marion says is not right and that I haven't even started my Healing properly, however I can't do anything else, this is me, this is all I can do, and every day my 'not doing my Healing as she says' is helping me see how I can't change myself, how locked into my shit I am with no way out, and that I have tried to do my best and failed, and that I am not even meant to try anymore, just accept that I am completely powerless to affect any change, and that I am completely reliant on my Mother and Father, it's all up to Them – how They want me to be. And I've been so fucking angry with Them for giving me such a shit life, just as I have been so angry with mum and dad, and yet lately even that anger has been fading off because what is the point, what does it do for me, it doesn't help me change, it doesn't make me feel better. But I have had to express it all, raging at them, at Marion, standing up to them like I wasn't able to when I was young,

getting stronger in my expressing those feelings I'm becoming more aware I have, all while understanding that compared to Marion and Samantha the strength of my feelings is very weak, I hardly feel them, they are just a blur most of the time, unlike their's which are so acute. Accepting that God even fucked up my being able to fully and passionately feeling my feelings, that I am all but feeling-numb, just wanting to hide in my fantasy mind, to watch the movies in my head as I watch the movies on the screen, to escape into a better place in my mind.

So to conclude. For anyone setting out on the phase of life called their Spiritual Healing, to expect that through your feelings you will be worked step by step ever deeper into the pain of your untruth all so you can see that how you are now as an adult is EXACTLY how you were back as a child, and that really you are still the child and nothing has changed. And that it's not going to change, you will remain being the fucked up unloved child feeling all the bad feelings of being that way right the way through to the end of your Healing. And you have to keep feeling as bad as you do, and so if you don't already feel as bad as you felt from conception and right the way through every bad part of your childhood, then your Healing will progressively help you re-connect with just how bad you did/do feel. And that you won't change for better as in feeling like you are ending your shit childhood, letting it go, healing all the pain of it, that you will keep being in and of it because it is you, there is nothing else, no other you, there is only you the child that wasn't loved as it needed to be loved by your parents. And that you will keep feeling so bad right the way until the end of your Healing. So don't expect yourself to 'heal' as you know healing to be, expect to keep feeling as bad as you do, even worse and worse, all as you keep growing in the truth and awareness of how fucked and wrong you are. And then when you have seen and felt it all, when you know all the truth of your unloving and untrue state, then you can transform into your true and loving self, then all your pain will go, then you will greatly change. But until that End Time when you make the transition in truth into the Celestial levels, keep expecting all your shitty life to remain, all your compulsions and addictions to keep plaguing you, all helping you to feel as powerless as you are, as unloved as you are, as untrue and false as you are.

Our Spiritual Healing is not about, here, take this Healing Pill, working on expressing your feelings and uncovering the truth of them and you'll get better and all your pain will progressively leave you as you become progressively a better person. No, accept that you are fucked, you will stay fucked, and you will come to see the whole truth of your fucked state, feeling how bad you feel in it, right the way to the core of your being. Great fun, yet what else can we do?

One day we all come to the realisation that we can't actually make ourselves feel any better by using our mind. We have tried to do that all our life, but one day it runs out and you can't do it anymore. And you look back at all you've done which you thought was helping you to feel good and change for the better, but it's all been shit. And then you have to express all those horrible feelings that all you've done has been a waste of time, that you are still as fucked as you've always been. And then what? If you can't change yourself using you mind, what the fuck can you do?

And then what you can do is go the other way, to try and uncover the truth of why you can't use your mind to change yourself. You can do your Spiritual Healing, however that too is not going to be like you expect. You are going to keep feeling as fucked and in the pain that you have always felt, right from the beginning, because you formed in that pain and fuckedness, it is you, it's how God wanted you to become, and you have to come to terms with that. But that doesn't mean falling in a heap and giving up, because you won't be able to do that fully either, we have to keep going, so what we can do, which I assume we all will be able to do, is work with our feelings to bring to light the truth of just how fucked we are.

You are the unhappy and unloved child. Nothing has changed. So we have the choice of living the truth of that. Which means, coming to understand through our feelings, the very feelings we've always felt, what it all means to be as you are. The truth of yourself. The truth of your unhappy and unloved self. People say they want to become true, but they jump over becoming true to all the bad untrue stuff. If they do this or that, do their Healing, they will become true. Which is right, only it means become true to how fucked you are and all the pain you feel and have always felt. Getting to know it – yourself; connecting with every part of it – yourself. Going into your hell, into your darkness, and being it, being immersed in it until it becomes light. Until what was your darkness you know so well, feel fully connected with, that there is no longer any hidden dark places you refuse to face and see. And when we've come to terms with the hell that we are, then hopefully our Mother and Father will change us into becoming truly true and loving.

And to end: here's an example of how much fun it all is. I grow up in relationships with people that I believe I love, when in fact the truth is, I hate them all. The hate coming through my Healing as my feelings lead me to it, that which I wasn't allowed to express when I was with them.

So being with people I hate, and believing they are good for me, is part of my negative pattern.

So I marry a woman wanting to be with her, because also as part of my negative pattern I have to be with someone, believing that I love and like her when really I hate her. Really I detest and can't bear how she is and all the things she goes on about and what she's interested in. I have to be with her, hating her just as I had to be with my parents hating them. It's just how it is, how I am, and I can't be any other way.

And so I was told we are soulmates, so good luck with that. I am with my soulmate that I hate. However, perhaps that is part of living the ultimate truth of feeling unloved, so perhaps it might even be right. And if it is, it shows me just how removed from the truth I am, that we all are – which also is right, because we are very far removed from the Truth due to the Rebellion.

And part of my Healing, coming to understand and accept the truth of my unloving state, is realising this about my relationship with Marion, mum and dad and the others in my family. So Marion and I remain together, hating each other, all so we can keep helping each other in our different ways with our Healing. And when I say hate, that's harsh, when we are going for it, yelling and cursing each other slinging all our shit at each other, yes we hate each other, but that is not that often, only during the crunch, pressure times. Mostly we accept and are okay with each other, even liking each other every now and again; yet still overall, growing in the awareness and understanding that really we share little in common other than the truth that we don't love each other and our lives are fucked, separately and together, and that there's no point, and we can't leave each other – another part of our fucked state. And then to take it even further, well really I'm not with Marion, I'm still with mum and dad; just as she is not really with me, she is still with her mother and father. So our hatred of each other is really still a projection of our hatred of our parents onto each other. And what we might really feel about each other, were each of us true and were we able to truly relate to one another, we don't know, and won't know until we finish our Healing and if we still want to be together then.

The Rebellion is a complete fuck up. We are complete fuckups. I am a complete fuck up. All of which our Mother and Father want us to see and come to know through living it. They have fucked us up so we can know the truth of what it's like to feel so unloved and to live being so untrue and against ourselves. And possibly one day we'll thank Them for giving us such an extreme experience. And until that day comes, if you hate Them too, then hate Them with the full intensity of such hate for giving you such a shit life.

FUCKUPS

SPIRITUAL HEALING:

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

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

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

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

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

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



IT IS NOT THIS WAY



IT IS THIS WAY

Spiritual Healing Expectation

Saturday, 28 March 2020

James: Some people will have the expectation that as they progressively work through their Spiritual Healing by looking to their feelings, expressing them whilst seeking their truth, they will change for the better, as in, their pain, addictions, compulsive behaviour, their self and truth-denial will leave them as they change into a better truer more perfect person. Starting off fucked and progressively becoming less fucked. However it doesn't happen like this.



And whilst many inner changes do occur through our Healing, these are mostly centred about helping us to become truer to our pain, allowing ourselves to accept our bad feelings more, getting better at expressing them, all accepting that we are in such a bad truth-denying way. All of it helping us to understand how false and untrue we are. And this continues right the way through to the end of our Healing.

How we heal is by progressively bringing out all our repressed childhood feelings and uncovering the truth of why we're feeling them. However to do this we need to remain in our untrue state right the way through to the end of our Healing so we can keep getting more in touch with such feelings bringing to light the truth of our untruth.

We are to become true to how we are. Currently we are avoiding the truth of how wrong, fucked and in a bad state we are. And we are not to avoid it, we are to fully accept this is how we are, but first we have to see it all, which do throughout our Healing.

So don't expect to feel better the further you go in your Healing, expect if anything, to feel worse and worse as you connect with the deeper repression within you. Don't expect all your Wrongness to magically go away or be transformed out of you as you grow in truth from your bad feeling expression. Don't expect anything of this until much closer to the end, or until when you've seen the whole truth of your untrue state.

We are to understand, know and be, as we are in our Wrongness. So our Healing is not about healing ourselves to avoid being it, to further push it aside. Our Spiritual Healing is about progressively bringing us face to face with our being untrue and false, feeling ALL the pain of it, accepting and expressing it, all to reveal to us why we feel so bad. We are to understand why we do all the bad things we do, however don't expect to stop doing them as you progress through your Healing. Some things might go, but other things you are and how you are that you hate about yourself might stay right the way through to the end of your Healing. And they will remain because you'll keep needing them, keep needing to do them, to further help you connect with them and to keep bringing up all the bad feelings you feel about them and from them, all to keep helping you see yet more truth about your unloving state.

You are false and untrue. You will remain false and untrue right the way through your Healing. All so you can see the whole truth of being false and untrue. And when you've seen it, then it will end, then God will transform your soul and you will change ending all your false and untrue ways of being, becoming wholly true and of a Celestial level of truth.

So far, and it's early days yet, there seems to be two very distinct ways people's Healing might unfold for them:

1. One way is for the person to know they are false and untrue, to always have known it, for them to feel unloved, to hate themselves and to feel hated, to feel many bad feelings about themselves and their lives right from as early as they can remember. These people having to be forced to remain in their

pain right through their lives, always suffering and mostly aware of it and how they were unlovingly treated as children causing them to feel so rejected, unloved and unwanted. And so when such people start their Healing it will be one ongoing expression of their pain. And as their pain comes out they will grow in further understanding why they feel it all, coming to see the whole truth of how badly and unlovingly they were treated by their parents and family. And these people will feel that they are progressively working through their pain, with good feelings coming the more of their repressed feelings they emote and express, enjoying the truth that comes to light affirming to themselves their feelings have been right all the way along. That they were right and their parents were wrong, something they've always known as their feelings have told them, and now with it all being confirmed beyond a shadow of doubt through their Healing. So such people will understand that it's right that they keep feeling bad right the way through their Healing because they have always felt bad, there never were good feelings, or at least not enough during their early life, it being how they are, how God has made them be, the life God has made them live. And these people will be fully accepting of the process, knowing that they will just keep bringing out their bad feelings until there are no more to bring out, when they will have seen all the truth of their bad feelings and unloving state of being, which will be the end of their Healing. These people will undoubtedly have certain blocks and deep trauma that might require some outside help to bring out, however mostly they will be able to easily do their Healing themselves.

2. The other way is the person who was completely turned against their abuse and pain, completely made to feel there was nothing wrong, that they are okay and even right being as they are, that they are not false or untrue, having been made to completely disconnect from the unloving treatment they received from their parents, blocking it all out, refusing to allow themselves to feel such bad feelings. These people will be very deluded, shut off almost completely to the truth of themselves being false and untrue. Shut of to so many of their repressed bad feelings, with hardly any awareness at all that they are in fact stuffed full of bad feelings they are refusing to feel. So for these people, who might need a lot of ongoing help to keep them breaking through such feeling-resistance, their Healing will be one long smashing down of their denial, slowly forcing them to wake up, admit to, to feel, that they are feeling bad and are not right. And it will be harrowing for them having to constantly face the truth through a seemingly never ending stream of worse feelings surfacing in them, seeming to come out of nowhere because they've shut them all out so long ago, not allowing themselves to remain in touch with such pain. And the bad feelings will keep coming up in them, with the more in touch and aware of their hidden pain they become, the more intense and better to relate to such pain and bad feelings they will become. So for them their Healing will seem like one long miserable painful traumatic experience as they are forced to reconnect with the pain of their forgotten and blocked out childhood. And it will be an ongoing constant revelation as to the truth of just how badly treated they were. They have believed they were loved and things were relatively good during their childhood and in their relationship with their parents, and yet their feelings and resulting truth will constantly keep showing them otherwise, that they have seriously been deluding themselves, and that in fact they are severely disconnected from themselves becoming very untrue and false, with all they increasingly think and feel about themselves and their lives being not good at all. So their Healing will seem like an ongoing agony, when really all it is will be all they have always felt, all still how they felt as a young child, all of which they systematically blocked out. So the unblocking will seem brutal and cruel to them, like God is being very unloving and mean to them subjecting them to such pain and so many overwhelming bad feelings all the way through their Healing. And with no let up, always feeling like they are being further crushed, broken down, ground down into feeling so powerless, that they are nothing, a no one, just a poor sod full of fear, misery, pain and anger about having to be subjected to it all. All of which they are to wake to understanding was all what their parents subjected to them all those years ago, and all of which they've always felt yet have kept well hidden from themselves.

So for the person who wasn't allowed to block out all their pain being able to use their mind to tell themselves they are loved and feel good about themselves, their Healing will be one long feeling of 'yes', that is right, that is how I've always felt, that is the truth of it. And even though they will feel so bad, as bad as they have always felt, still they will also feel good because finally they are getting to the bottom of it and their feelings were right. Whereas for the person who denied themselves such pain and bad feelings all the way along, using their mind to convince themselves that they are good and right and don't feel bad about themselves or life, their Healing will be one long bashing down such untruth and falseness, making them have to face the fact they were bad and wrong, that all they are is full of shit, and that really they are filled with so much pain and repressed bad feelings that it's a wonder they were able to keep it all locked away without having a clue as to how bad and traumatised they are. And they will feel their Healing is not making them feel better, and if anything as they connect with their ever deeper pain, that it's making them feel worse right the way along, and with no let up, no relief, begging God to end it, wanting it all to stop, all because daily they are having to face more of the truth of themselves. So the truth will even feel to some extent like it's a bad thing, it making them feel worse about themselves; whereas through the other Healing way the truth will make those people feel good and better about themselves as they progress in bringing to light the whole truth of their rebellious and untrue state.



And then I imagine within these two extremes of Healing, will be people with elements of both approaches.

Feeling things seem to get worse and worse as you progress in your Healing is right because your childhood got worse and worse, it compounded all the denial as you got older. And as much as you might feel worse and worse, still oddly you will feel also better and better the truer and more accepting of yourself you become to your untrue state of being. The less you deny yourself the better you feel about yourself; however to become less denying, first you will feel worse about it as you come to see just how much you are denying by getting more in touch with it all.

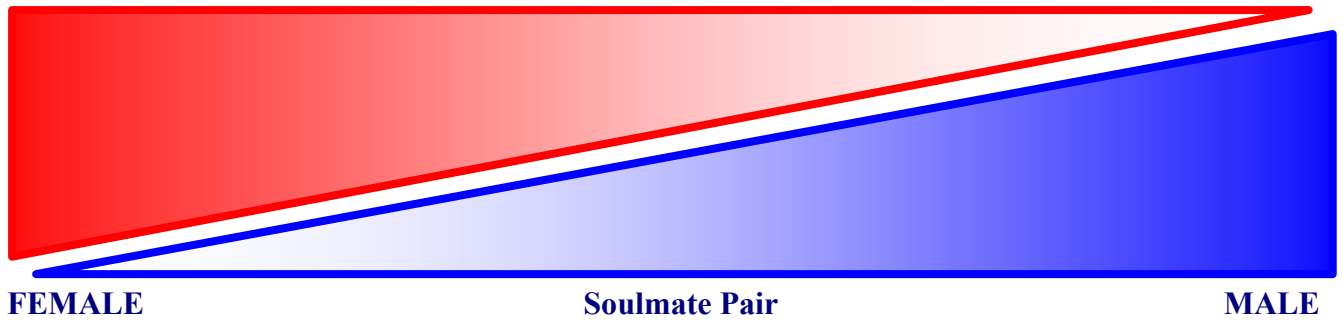
SPIRITUAL HEALING:

We incarnate into Rebellion, and by default become untrue to ourselves. The truth of which we are to see through our Healing. And once seen, then we will no longer be of the Rebellion, being a true, happy, perfect and all-loving personality.



The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, then your soul and God will transform you out of being untrue and into becoming your true spiritual Celestial self, be that in the physical or when you do your Healing in spirit.

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that may lead and assist the male in their Feeling Healing process, while progressing with her own. The male typically cannot do this on his own, the female being more capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

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

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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, 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.

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

"True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Father and Mother, may I receive Your LOVE."



Maybe we could simply long for and ask:

Please, Father, I want some more of your Love!



MoC 1,471

How do you BECOME as SPIRITUAL as you can be?

James Moncrief

7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.



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

BIBLIOGRAPHY NOTE:

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at 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 unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

PASCAS – document schedule.pdf downloadable index to all Pascas Papers.

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

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

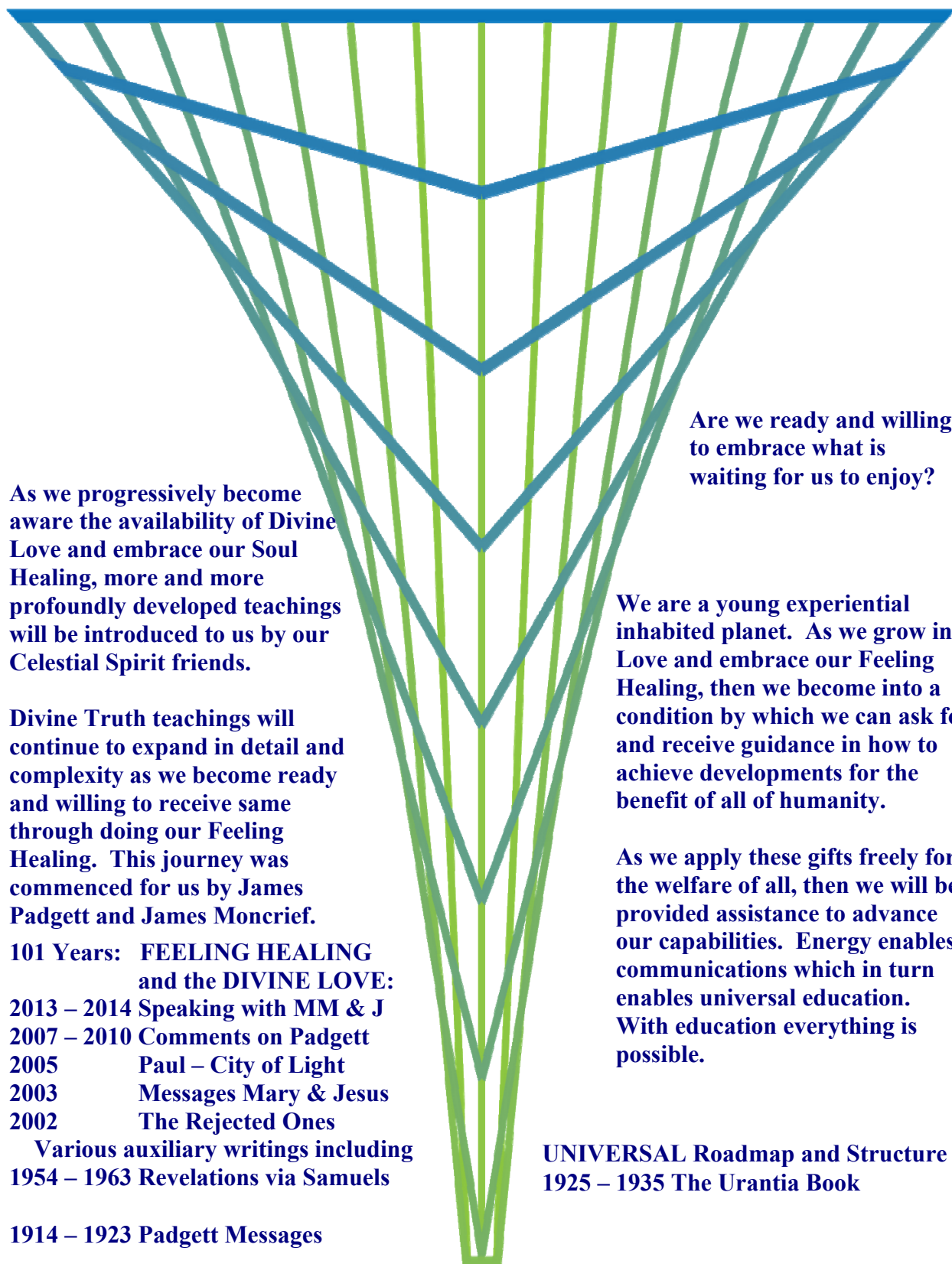
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS to MYSELF

Strive to love others as I am to love myself

To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so 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.

**Divine Love
is the key!**



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

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



**to enter the
Celestial Heavens:**

