

# Chaldi Child Care Centre &

## Kindergarten

### SAFE SPACE



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

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

Pascas Foundation is a not for profit organisation  
Queensland, Australia

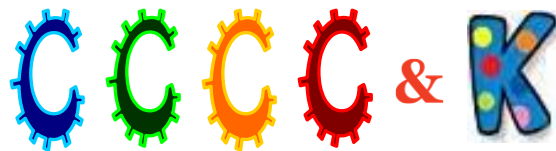
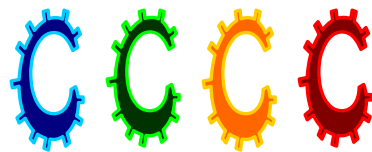
[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)

# KINDY CARE

## WELCOME!



## SAFE SANCTUARIES



# Chaldi Child Care Centre

# Kindergarten

# Chaldi Community Child Care Centre

**Not for profit**

**Board of Parents**

**Parents and Carers extended visits**







**Appropriate staff wages and support**

**Ongoing staff training**

**Nutritious food for all**

**Holistic whole of life agenda!**

Kindly go to [www.pascashealth.com](http://www.pascashealth.com), then Library Download page, scroll a long way down to Corporate Alliances, and click on to open:

-  [Chaldi Child Care Centre - Betrayal of Trust.pdf](#)
-  [Chaldi Child Care Centre - Safe Space.pdf](#)
-  [Chaldi College Free to Learn Instinctively.pdf](#)
-  [Chaldi College Free to Learn Pathway.pdf](#)
-  [Chaldi College I Love Reading.pdf](#)
-  [Chaldi College Primary thru to High Feelings First.pdf](#)

# Chaldi Community Child Care Centre

**Not for profit**

**Board of Parents**

**Parents and Carers extended visits**

**Appropriate staff wages and support**

**Ongoing staff training**

**Nutritious food for all**

**Holistic whole of life agenda!**





## Early Learning and Care Service Management and Consultancy

The Scholars Group, led by the award-winning early learning approved provider, teacher and entrepreneur Jae Fraser, sets the bar high when it comes to quality and passion for the management of leading early childhood learning services.



At the core of what we do at The Scholars Group is our vision of a world in which all children and families are able to fulfil their greatest potential a reality. This means ensuring the services we offer always have our children, families and communities interests at heart. With several decades of experience as educators and leaders, our holistic approach sets us apart from competition and allows us to be at the forefront of change and innovation in the early learning sector.

Our dynamic team upholds traditional values and conducts business at all times with professionalism, honesty and integrity so that we have the right balance of managerial and interpersonal skills for the delivery of second-to-none childcare management services. The Scholars Group aims to raise the benchmark for early childhood services in Australia.

Rebecca Gunn – Business Manager

15 Olympic Cct, Southport 4215 1300 018 308

[rebecca@thescholarsgroup.com.au](mailto:rebecca@thescholarsgroup.com.au)

<https://www.thescholarsgroup.com.au/>

Australian core staff ratios for consideration within a Child Care Centre:

Child 0 ~ 2 years old 1 adult educator to 4 infants

Child 2 ~ 3 years old 1 adult educator to 5 infants

Child 3 ~ 5 years old 1 adult educator to 11 infants

Centre Director + 2<sup>nd</sup> In Charge + Educational Leader + Administration + Cook

Meals at centre for each child to be equivalent to 80% of the child's daily nutritional intake guidelines.

Play space indoors per child 3.25metres<sup>2</sup> (35feet<sup>2</sup>) and that excludes bathrooms, offices, and other rooms.

Play space outdoors per child 7metres<sup>2</sup> (75feet<sup>2</sup>) open to sky (not under roof) but shaded – vitamin D.

Viable size of centre – minimum of 80 places with a maximum of 150 places.

The Scholars Group assists with education curriculum and philosophy, and much more. It is prudent to consider a higher adult educator to child ratio than the minimum stipulated above. To benefit children, consider additional service rooms for occupational therapy (speech, etc.) be provided. Swimming lessons for children to be assisted and supported by the child care centre.

Development data for children is required to be recorded as regional statistics can be very helpful.

Though the centre is not-for-profit, it is paramount that the operation is financially sustainable long term.

## The differences between the kindergarten and day care program

While both kindergartens and daycare centres can offer Queensland Government-approved kindergarten programs, there are some differences between the services that may affect which one you choose.

### Kindergarten

Here are the main facts about kindergartens, according to [qld.gov.au](http://qld.gov.au). They are:

- Often not-for-profit organisations.
- Sometimes affiliated with schools.
- For children who are at least 4 years of age by 30 June in the year they participate (Queensland).
- Usually run for 6 hours a day (e.g. from 8.45am to 2.45pm), 5 days a fortnight (3 days one week, 2 days the next) during each school term.
- Allowed to have their own fee structure, each service may be different.
- Governed by legislative requirements including physical environment requirements (space, facilities and equipment) and staffing requirements (including minimum educator-to-child ratios).

You can read more about kindergarten services here.

<https://www.qld.gov.au/families/babies/childcare/types/pages/kindergarten>

### Daycare

Here are the main facts about daycare centres, according to [qld.gov.au](http://qld.gov.au). They are:

- Usually open at least 10 hours a day each week day, for at least 48 weeks a year.
- For children from birth up, although the kindergarten program is usually only offered for those in the pre-school year.
- Suitable for full-time or part-time care.
- Allowed to have their own fee structure, each service may be different.
- Governed by legislative requirements including physical environment requirements (e.g. space, facilities and equipment) and staffing requirements (including minimum educator-to-child ratios).

You can read more about long daycare services here.

<https://www.qld.gov.au/families/babies/childcare/types/pages/long>

## ***Which service is best for me?***

### Hours

If you are working and need your child looked after for long hours, then a daycare centre will probably be most suitable. Whereas if you are flexible and can fit with the shorter days of kindergartens, that may be a better option.

### Days

Kindergartens tend to operate on 3 days one week, 2 days the next, whereas daycare centres are usually open Monday to Friday. You may wish to ease your child gently into their learning journey with the 5-

day fortnight kindergarten option, or you may like to have the option of enrolling them on any days which suit you in a daycare centre.

## Siblings

If you have a child with siblings also needing care, a day care centre would mean they could both attend the same service.

## Transitions

If you choose a daycare centre, your child can be there from birth and can do the pre-school kindergarten program without having to go somewhere new and different. If you choose a kindergarten that is affiliated with the school your child will attend, this can make the transition to school easier.

## Other considerations

Other considerations, such as whether food is provided, what facilities and equipment is on offer, and so on, often depend on individual centres. You can contact your various options to find out.



# Child Care Centre

# Chaldi Child Care Centre



# Let's Talk Parenting

It takes a Community to Protect a Child



Chaldi Child Care Centres (CCCCs) are to be a community environment with direct and regular interaction amongst all the families of the child care centre fraternity.

CCCCs value traditional parent involvement activities such as working bees and social events as ways of building and extending partnerships. We are to engage with families so that they may feel comfortable here. We have many different kinds of social events at different times, to cater for all families – for example, morning or afternoon teas, picnics, celebrations of cultural and religious events, excursions and incursions.



Working bees offer a chance for families to contribute to the centre. We like to share not only the space but also control and ownership. For example, parents are to know where the tools and supplies are kept and how to care for the sandpit and other appropriate interactions.

We are to ask families to sign up to contribute and to participate in various programs. Such as older siblings singing with children and playing musical instruments such as guitars; mothers doing art activities; and others read or to help with morning tea. We can see benefits for everyone. An educator said she hopes that one day there will be no need for an invitation because families will feel welcome to come in at any time and participate in the programs.

Having an authentic partnership with families is a crucial part of what we are to do every day. Developing a culture where families feel part of this community takes an investment of time and energy to build an atmosphere of trust and respect and therefore of dialogue and exchange. We have professional expertise in what we do, but we should always be open to, and mindful of, the perspectives of others. This will not always be easy.

Consider a group of children, educators, some parents and grandparents were sitting around a campfire. Each week the three-to five-year olds are to spend a half-day outside. We may often have a fire to cook on, or simply to gather around and 'be'. A grandfather may remark that in 15 years' time when there may be a lot of pyromaniacs in the area he would know why! A response from sharing an understanding of the research and thinking about allowing children to experience, with adult guidance, what fascinates them. We would then talk about how this allows them to explore what they are curious about – in this case fire – and in turn reduces the likelihood of unhealthy attitudes to fire later in life. Many years ago one would have been offended by such a comment and possibly have been quite defensive. Instead, we can see it as an opportunity and feel heartened that he felt comfortable to share his concern.

Each year we are to have a research project that involves families. Such as a project focused on children's right to 'risky play'. This may be a challenging topic for some families, but a positive outcome after much discussion was the concept of 'risky play with support'. Through this process we may all end up with a more informed view of risky play. CCCCs are sure that having a culture of trust and open sharing of perspectives enables these positive outcomes.



## Chaldi Child Care Centres (CCCCs) to connect parents while children play

"It's important for parents who are new to childcare or kindergarten to have their own space to relax and build a support network with other parents, as well as connect with staff associated members."

The support hub and parents' lounge with its own barista is to give families an opportunity to connect and prepare for the day ahead.

The National Quality Framework and the national Early Years Learning Framework (EYLF) ask educators to go beyond traditional parent involvement activities to form 'respectful supportive relationships' with families and consideration for educators to support families in their parenting role as well to respect families' beliefs and values about child rearing.



What are the characteristics of a collaborative partnership with families?

The best experiences for children happen when there is a strong relationship between the associates at the centre and each child's family, this being evident in daily practice.

The relationship with each family will be unique in many ways, but all partnerships will share some features:

- Mutual trust
- Open, respectful communication
- Empathy
- Openness to others' views, values and perspectives
- Shared decision making
- Clarity about roles and responsibilities
- Appreciation of each other's knowledge and experience
- Willingness to negotiate and compromise
- Commitment to resolve tensions and conflicts
- Shared aims or goals – what is best for the child.



As the EYLF makes clear, partnerships between educators and families matter because:

- a. Knowing that you respect their family strengthens a child's identity and sense of belonging and enhances their learning.
- b. Knowing children well also includes knowing the family and the cultural and community contexts of their lives.
- c. Families bring insights that offer a richer picture about their child.

Forming partnerships is not always easy, but always worth the effort.

What practices establish and strengthen partnerships?

A service philosophy statement may highlight and give priority to partnerships with families. Policies, procedures and everyday practices should link directly to the philosophy.

Some examples of practices that underpin partnerships include the following:

1. Start building a sense of welcome and respect from the first interaction or conversation you have with families. Let them know that you are keen to know what they want for their child.
2. Ensure that your enrolment and orientation procedures communicate messages about partnership.
3. Offer a variety of ways for families to be involved in and contribute to the service if they choose to. Reflect on how those ways contribute to partnerships. Everyone's free will is respected.
4. Communicate with families in different ways – written, electronic and verbal. Keep in mind that conversations are almost always the best way to communicate.
5. Reflect critically on any prejudices and biases that may interfere with partnerships.
6. Ensure that the physical environment is welcoming and has evidence of the families' lives.
7. Share with families anything positive about their child that you can. Think carefully about if, when and how to share concerns.
8. Encourage families to contribute to the curriculum.
9. Develop strong connections with other organisations and service providers and help families to access these when needed.

Ultimately, partnerships involve establishing a sense of community, where both children and families know that they belong and make a valuable contribution. What comes through strongly in each of the examples in newsletters is the importance of empowering families, being welcoming, deep respect and a belief that families have their child's best interests at heart.

Reflecting on examples, review how you and your colleagues establish and strengthen partnerships, the evidence of this that you can provide for assessment and ways in which you might improve practice in this quality area

CCCCs is a community-based children's centre that actively includes children of all abilities. Here is a perspective on interactions with families:

From the beginning we pay attention to what families want. In our initial contacts we ask them to tell us about their child's interests and anything else they want us to know. We ask them to share any worries they have about their child coming to our service and what they wish for in their child's experience with us. This tells us a lot about their priorities. They might say something like 'I want her to have friends' or 'I want him to be able to play with others'. We take those wishes very seriously.



We have ongoing communication with families throughout their participation – via informal conversations, more formal planned meetings and the sharing of portfolios. When exploring why parents were not writing in their child's portfolio, we found that parents read it but didn't contribute when they saw that I had typed my contributions. They said they didn't want to mess it up! So now I hand write my entries – a bit messily – and parents write more.

We encourage families to stay as long as they want to. Some stay the whole session.

Both the child and family need to trust us. My focus is not just the child – it's the 'couple'. The child, the parent and their relationship matter most. I have a deep-seated belief that parents have their child's best interests at heart. It's just that things can get in the way of putting their child first.

I have to continually reflect on my values and beliefs and how they might affect the ways I work with families. I also have to make sure I don't see myself or come across to families as the 'expert'.

However, it is through Feelings First that we will be able to lead families in their awareness of the way to and benefits of living feelings first.



From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

## The harmful legacy of poor nutrition

<https://www.bbc.com/reel/video/p0f5qzdz/the-harmful-legacy-of-poor-nutrition>

*Video Written and presented by Kimberley Wilson    Animation by Daire Collins    28 February 2023*

When we talk about nutrition, we're usually interested in what food can do for us in the next few weeks, months or years. But what someone eats today could influence the health of not only their children but their grandchildren.

Kimberley Wilson, a psychologist with a master's degree in nutrition, looks back at the Dutch Hunger Winter of 1944-45 and how it has revealed a fascinating insight into the surprising generational impact of poor nutrition.



**WHAT SOMEONE EATS TODAY**

**NOT ONLY OF THEIR CHILDREN**

**COULD INFLUENCE THE HEALTH**

**BUT THEIR GRANDCHILDREN**

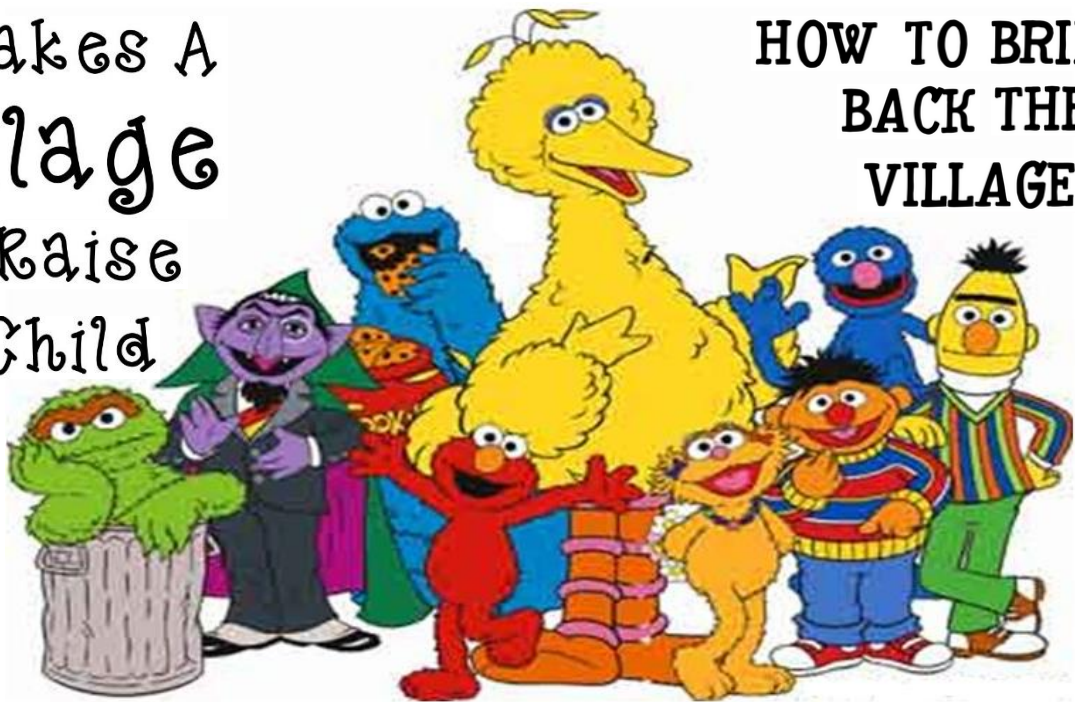
**DUTCH HUNGER WINTER**

**Generational Transference!**

## IT TAKES A VILLAGE TO RAISE A CHILD:

It Takes A  
Village  
To Raise  
A Child

HOW TO BRING  
BACK THE  
VILLAGE



## HOW TO REBUILD THE VILLAGE!

A friend asks; Is the village gone? That utopic place where neighbours are available to drop in at a moment's notice to watch our kids while we go to our dentist appointment. That dream world where our new baby is greeted with dish after dish of home-made fresh meals? That magical place where strangers help us to load our groceries into our car?

It's so hard when we don't have a ready-made village. Even harder when we live far from family. That is fine until we have kids. All of a sudden, our cosy little home feels like a deserted island.

Raising littlies is hard. Hard on the body, hard on the emotions, really hard on the marriage. And babysitters are expensive! And child care centres even more so!

People weren't designed to do this parenting thing alone. What do we do, then, when we live in an individualistic community and don't have free babysitters (aka family) nearby?

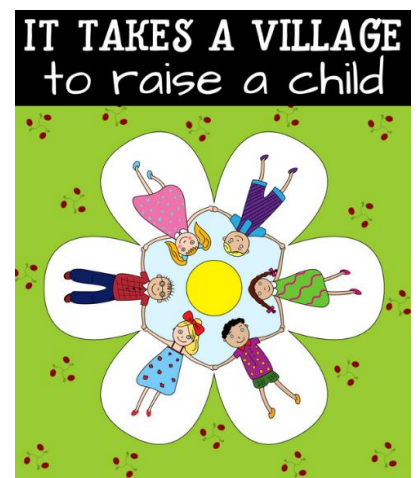
## HOW TO BRING THE VILLAGE BACK

### 1. REALLY SEE THE PEOPLE AROUND US.

To bring back the village, first we need to be cognisant of the people around us. Crying babies are hard to ignore, but people do it all of the time. Even if the situation is not so obvious, there is always someone who is crying out for help. The first step we need to take is to see them.

### 2. MAKE THE FIRST MOVE TO HELP.

She continues: While on a flight, I saw an exhausted mama and heard the pitiful baby. I remembered those days. Those evenings with our



HOW TO BRING BACK  
THE VILLAGE

first colicky baby when it seemed that *nothing* would stop his cries. It would be so easy to leave them alone and let them handle it, the mother, father and grandmother, but how would that benefit the village?

With a sigh, I took off my headphones and put away my book, I relinquished my evening of blessed solitude on a flight. Tapping the grandmother on the arm, I asked, “Do you think she’d like me to try to soothe the baby? I could hold her for a while.”

She replied, “Oh, the dad is right in front of her. He can hold the baby if she needs a break. Plus, this baby... she won’t go to anyone but her mom. I know it’s hard to hear – I feel bad, too.”

In the individualistic era that we live in, people are reluctant to ask for, or accept, help from strangers. It’s up to us to not only see the situation, but to have the courage to step up and offer help. If it’s brushed aside, it may be time to move to step 3...

### 3. PROVE YOUR SINCERITY BY FOLLOWING UP.

It would have been SO EASY to put my headphones back on at this point. *Well– I did my duty and they don’t need my help (pats self on back).* But, did I really? How many times has someone offered something to you, but you felt they only did it to be nice, so you refused? More often than you can remember, I’d wager.

People can be so damn polite, never saying what they really want or need. My gut told me that I should ask again.

“Well, I had a baby like this,” I told the grandmother, “and I may know a few tricks.”

“Really???” She immediately leaned across the aisle and relayed my words to the tired mama. About 0.5 seconds later, the baby was scooted across the aisle into my arms. That’s how you know that you are in the company of a parent of a colicky newborn.

However, had I not proven my sincerity by offering a second gesture of help, they would never have asked.

We’re starting to get a little out of our comfort zones here, opening ourselves up to rejection and even judgement. Vulnerability must precede change, though. For the village to return, we need to practice some openness with acquaintances and strangers.



### 4. PUSH PAST THE BOUNDARIES OF YOUR COMFORT ZONE.

Going back in my mind four years to my eldest newborn period, I asked for a blanket and tightly swaddled the 3-month-old baby girl. I sprang into action with the 5 S’s from Dr. Harvey Karp’s – **swaddle, side-stomach position, shush, swing and suck.** (Well, 4 S’s, to be exact, since they said she didn’t have a pacifier / dummy.)

I don’t know about you, but if I hold a baby that is not my own and it starts crying, I’m pretty quick to hand it back. No one wants to be responsible for someone else’s crying baby.

This poor baby was so worked up at this point that she just looked at me in terror and continued screaming. My rational mind said, “It takes time. Her fight-or-flight response is in full control right now, and it will take time to calm her down.” My safe side screamed at me, “WHAT ARE YOU DOING? YOU HAVE AN AUDIENCE NOW, AND YOU ARE CONTINUING TO ROCK A SCREAMING BABY THAT IS NOT YOURS!”

It almost won out. I almost handed her back. But I knew that I should keep going. I knew that my tricks would work once the cortisol left her system and her little body calmed down. I kept going, swaying and shushing until my mouth was dry. Little by little, I could feel the muscles relax, the little shudders of surrender. She was falling asleep, but wasn’t there yet. Every so often she’d tense back up and look around wildly, but would calm again with the continued shushing.

After ten or fifteen minutes, she was in a sound sleep. I held her for another thirty minutes while the exhausted mom slept. Then she nursed her and handed her to the dad, who held her the rest of the flight, looking like he was scared to move a muscle. I bet he was.

The whole family was amazed and so grateful. **I felt like a superhero.**

It’s so easy for us to stay silent. That silence may stem from feelings of inadequacy, fear of reprisal, fear of vulnerability, or even selfishness. This whole incident only took only minutes out of my day, but it meant the world to this family.

More than the time, it took courage to step out of my comfort zone and offer the help. To take back the village, it will take courage. It will take reshaping the societal norms of how we interact with others. It will take – God forbid! – putting down our mobile phones and really seeing the people around us.

It will take a village. But it can start with each of us.

This personal experience illustrated how we can see opportunities to reach out to others. What if we are the one who needs help? What if we are lamenting that the village is gone, and we are struggling so much?

## **5. DON’T BE AFRAID TO ASK FOR HELP.**

When I had a two year old and a newborn, I had a frustrating splash pad experience when I was obviously struggling to help my toddler change his clothes while my baby screamed. I was surrounded by other parents, and not one made eye contact or offered to help.

I posed the scenario to my Facebook friends, and the responses were enlightening. Many moms stated that they felt uncomfortable offering help because when they had, they were met with suspicion, as if they had ulterior motives for asking.

As we talked about the airplane story, it takes courage to offer help to a stranger. We have no idea how they will respond, and that’s an uncomfortable feeling. If we are the one needing help, don’t look at the people around us as if they are unfeeling bastards, self-absorbed to the point where they don’t care what we are struggling with. Maybe they see us and empathise, but they are scared to step into our personal boundary and out of their comfort zone. Ask them. Give them the permission to help you. You just might be surprised.

## REBUILDING THE VILLAGE TAKES A VILLAGE

It won't happen in a day. It won't happen with just one person. The butterfly effect holds true, though, and every little positive action will ripple outward. See people. Be courageous. Ask for help. Be the village.

### CHILD CARE CENTRE EXPERIENCES and OBSERVATIONS:

"I was a terrible Mother, I would leave my children with anyone who was willing to look after them just as long as I could do what I wanted to do, they got in the way, I shouldn't have had them. All I wanted to do was give them away. I was a fake Mother, I put my business and social time way before my children, I feel so sorry for my Children now, they were too young to remember most of it but the damage shows itself to me constantly that I can hardly bear to look and see the truth of what I have done to them because of my terrible, selfish parenting."

People will say child care is vital in their lives, if they don't have child care then they can't go to work and nothing will get paid for but it is terrifying for the child to get dropped off with strangers.

"I remember it as a child. It was before my parents moved us to Africa so I must have been 4 or 5 and just starting school, shit the terror of those first few weeks. I ran away constantly because the huge building and the people were strangers to me and mum was nowhere to be seen, I had no idea what was going on, why was I here? Where was mum? I won't ever see her again!! I really believed that every time she dropped me off I would not be seeing my family again and it is all so vivid even though I was so young, the trauma is still with me."

"My sister has only just recently stopped working as a Child Care Centre manager in Essendon, a suburb of Melbourne in Australia. She often spoke of traumatised children being left with her at the centre while their parents had to go to work, their kids screaming for them not to go and the parents being worried that they will be late for work. It is all about the parents and the child just has to comply, do what it is told no matter how traumatic it is for them, they should be with the parents, **they should be put first**, above money, above jobs, above nights out but how can adults who weren't cared about as children, care about their children!!"

I know the damage it did to me, John, at such a young age, all I wanted was my mum. I now see the damage it has done to my children, when all they wanted was me and I couldn't give myself to them in the way they needed, I didn't want to be with them, i wanted to carry on my life as if they weren't in it. It feels terrible to say it but it is true. It was just all about me!

"My sister would say that she felt used most of the time, the parents were very rarely appreciative and would send their children in to day care with all sorts of illnesses, just as long as they could go to work and carry on their lives, willing to pay very high fees just as long as their children didn't get in the way of their lives. Child care wouldn't exist if parents were willing to stay with their children and look after them, there would be no need for it but we have created lives that need both parents to work, to keep our heads above water with all the things we need to pay for. Child care just helps us as parents to continue our evilness and rejection of our children, lets us continue to put ourselves and our jobs, Money and social lives above our children. If we really cared we would **put our children first** and there would be no question about wanting to stay home and bring up our children but we don't care. What we do care about is carrying on our lives as if our children didn't exist so Child Care Centres help us do that and we will pay dearly for it."

## VILLAGE RAISING of a CHILD vs Corporate CHILD CARE

Governments may perceive that income generated (and their taxes) by parents while having their children ensconced in a corporate child care centre is beneficial for the nation. Please consider this:

- The child and children, when at child care centres, are being deprived of their direct interaction with a parent or both parents in the time of its life it needs them the most.
- Ask yourself, who hurt me the most when I was a child? Being abandoned is life long harm.
- Being abandoned is a crisis for a child that NEVER heals! Five minutes lost in a supermarket barely matches the trauma of being left all day amongst strangers at a child care centre.
- We say, the child will get over it – we even tell the child to get over it. It does not and WE do not.
- By suppressing the child's personality we are entombing it into a lifetime of trauma. We brush all this off because that is what our own parents did. Our life long dramas are consequently repeated by the child in its adult life. We are fixing our children to never ending treadmills of our making.
- Until we personally begin to heal ourselves of our own childhood suppression then we are ensuring our errors and injuries are absorbed and repeated by our own children.
- We are to express our feelings – both good and bad. Yet we ignore our children when they wish to talk and express their feelings. Many of us were told to be seen and not heard.
- We are to listen to our children – not hide them in child care centres.
- We are to listen to our neighbours, to our community – and they to us. We are to express our feelings to each other – that is how we begin to heal our childhood suppression.
- Consider the vast array of distractions we each have accumulated – TVs, laptops, mobile phones, movies – look at how most of these do not involve interaction and communication with people.
- We pass these all onto our children – so they do not even communicate with each other.
- Suddenly, all of humanity is awash with mental illness.
- What is mental illness? It is the imbalance of light returning from our physical being back to our soul thus bringing about distortion in our overall light energy. Should we begin to express our feelings, both good and bad, and long for the truth behind our feelings, then we will begin to bring that light back into balance and heal ourselves – and our children at the same time!
- The Village Community way of bringing a child up is also a healing way of living. We are to collaborate as a community and in collaboration we are to dialogue, discuss and express our feelings between each other. We are to be true to ourselves. In this way we are healing ourselves and bringing up our children appropriately in a village format – a small community.
- Should a Child Care setting be part of a small community / village arrangement then every child in the care of the centre should personally know, each day, at least one of the adult supervisors due to the child's extended family interactions prior to attending child care.
- An appropriate Child Care setting may be seen as having one parent of say five children in attendance each day. That is, during a five day week, even though the attending parents are rotating, the child may have a close relationship with one of the supervising adults each day.
- In this way, the governments will find their long term national medical costs being reduced as healing of the community unfolds and mental health issues abate. This will extend into the policing, courts and prison systems as well as all aspects of social service.

Corporate child care systems have become totally long term problematic for all of humanity.

## FEELING HEALING directly benefits the PARENTS' CHILDREN:



Parents' baby from conception through to age 6, 100% benefit, to age 14 – 75%, 21 – 50%, 28 – 25%. Prior to conception we are in a perfect Natural love state. By the time we are age 6, we are then reflecting the consciousness level of one or the other of our parents. As they heal their Childhood Suppression through Feeling Healing, that are directly healing us, their children, subject to our age – maturity.

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

Only through Feeling Healing which can be readily introduced through all education and health systems and services, will we cure our Childhood Suppression.

All the social ills of society are frozen into generational transfer. This can only be mitigated through Feeling Healing, and even then it will require generation after generation to advance the progress and lift the overall consciousness levels of humanity, from 220 to the 440s atleast!

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

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

This steps down each seven years as the child matures



From conception to  
age 6 or 7

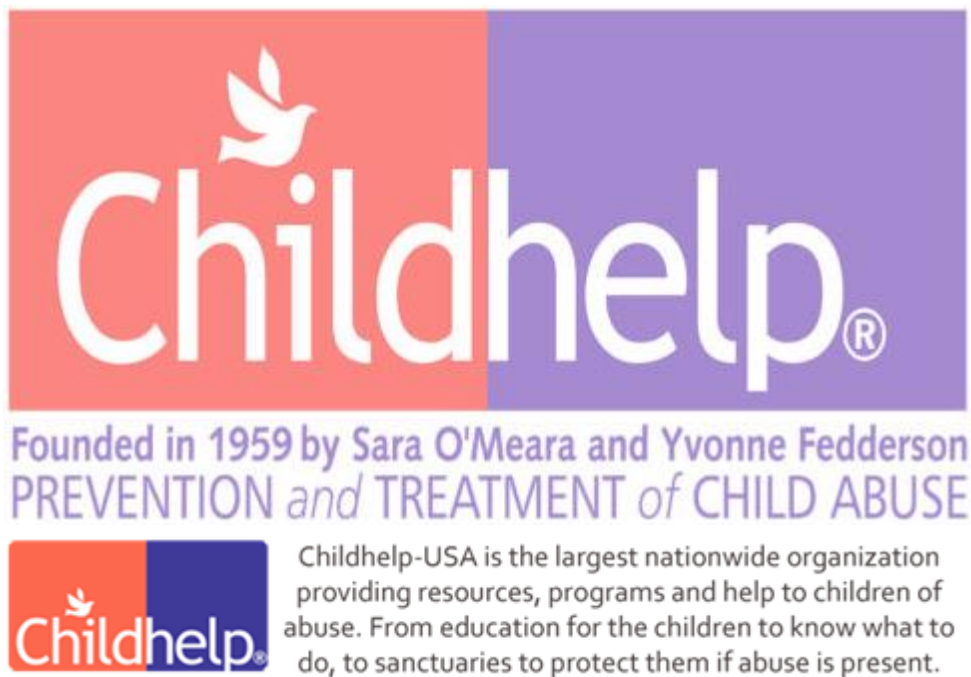
From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

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



When Graham Golding and John Doel met with Sara O'Meara and Yvonne Fedderson during the first few days of July 2007 in Las Vegas, Sara and Yvonne outlined that Childhelp USA had by then assisted more than four million abused children. They also outlined that it was equally as important to assist the abuser as well as the abused.

The cycle of abuse is typically generational. Parent to child and as the child does not know any other way of living, so the child becomes a parent and treats their children in the same manner as they were previously treated.

### **MAJOR CRIME is CHILD REARING**

“For as you understand, there is no better way to further your wrongness than to have children. Really it is the worst most evil thing you can do. A serial killer, even a mass murderer, isn't as bad as a parent, as each parent will find out through his or her feelings as they do their Healing. So how does that make you feel?

“With the serial killer being sorted out in the hells for such actions against another's will, and with all us parents and non-parents alike, being sorted out as we do our Healing. Time in the hells is nothing on a spiritual level compared to what you go through during your Healing. The 'hell' time allows you to become fit enough spiritually to enter into life in mansion world one. The Healing, which deals directly with yourself as a child and your relationship with your parents, and your own child / children if you are a parent, ascends you in truth up through all the Mansion Worlds. So, as you can see, there is a hell of a lot more to being a parent and a child.”

Nanna Beth, 3<sup>rd</sup> Celestial Heaven – 2 June 2018

John: [As for incarnation, it appears that the process of conception can be likened to a person taking a bungee jump without attaching the bungee rope!](#)

Nanna Beth, John's grandmother: Yes, it does appear that way John, particularly when you're in the thick of it, however once you are free of it, it is the most wondrous thing, and so incredible that we can start off so immersed in the wrong, to live being evil and truth-rejecting and love-denying without even knowing it, then waking up to the 'error of our ways' and then doing our Healing, bringing us to the point of seeing what a magnificent experience we've been given.

John: The infusion of errors and injuries into the newly incarnating soul appears to be massive, rapid and without any let up or limitation.

Nanna Beth: It's all incredible when you think that each soul has been created with it all within it. With the whole pattern of the life that its two personalities are going to express in Creation. And in our cases, beginning that self expression in the negative. And so the parents you had, you were always going to have, it couldn't be any other way. THERE IS NO CHOICE IN IT! So it's all planned, it always has been and always will be. It's astounding to get your mind around. So when it was time for your soul, John, to start incarnating the 'John' personality – you – so your parents did what they needed to do, and away it all went. Then they and everyone else in your life helped your soul manifest all the negative aspects you've required; and so it continues, and will continue to when it's time for you to start doing your Healing.

John: The conception / incarnation event sets the stage for the journey that is just commencing for the pristine loving personality that has nowhere to go but down into the drama of physical life of the newly forming embryo. Oh, it must be even more dramatic should the embryo not be viable by around days 16 to 19 and then know that another opportunity will be provided for this soul!



Nanna Beth: And you understand that for those people who die so early it's the same for them in spirit, they are still inducted into the negative and grow up as spirit children with the negative mind-controlling unloving influences they need. So are parented by 'loving' mind spirits becoming of the yuk, only to one day do their Healing. However that is also to change when the New Age begins because children who die early with parents who are already doing their Healing, will be adopted and so parented by spirits who are doing their Healing, so spirits in the Divine Love worlds, something that has not happened before. So until this time, spirits who've wanted to parent have only been able to do it in the mind worlds, so that has limited and influenced the time of doing their Healing; but soon spirits can begin their Healing without needing to be parents in the mind worlds, parenting instead as they are doing it. And I'm talking about those spirits that have still needed parenting experience, over here. Some spirits requiring it because they didn't get it on earth, others needing it as part of furthering their negative experience in the wrongness."

Yuk

Nanna Beth 2 June 2018

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

Until this time, childhood repression and suppression had not been recognised as the most dramatic and life forming phase in one's entire life. From the moment of conception through to around the age of six years we are crunched into being a personality that our parents and carers want us to be, not the personality that we truly are, the personality that our Heavenly Mother and Father created us as.

This crunching of our personality can simply be described as 'child abuse'. Some of us experience the worst of it in a form that it comes to the attention of authorities, something higher than one in five children. However, that is what is reported. EVERY child suffers from child abuse. Not one single child escapes from being abused during their forming years. Not one!

Not one child has ever experienced true love. Because no parent has ever experienced true love, then they simply do not know how to give or express true love.

Until some parents to be complete their Feeling Healing, no one will know how to bring a child up with true love. Presently, a few are completing their Feeling Healing and eventually there will be parents who will be able to bring up children with true love and commence the ending of the cycle of ongoing child abuse.

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

Thousands of years ago, humanity was seduced into embracing the untrue concept that one's mind was all powerful and that it was our minds that were to be embraced and developed throughout our lives. All of humanity follows this creed. We all set about developing our wayward controlling minds.

What a disaster. The mind cannot discern truth. Consequently we are exhausting ourselves going in the wrong direction.

It is our soul-based feelings that are always in truth. We are to embrace our feelings and then have our minds engage with our feelings, not the other way round.

**“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, John's brother-in-law, 1<sup>st</sup> Celestial Heaven, 26 Sep 2017



We at CCCC embrace a feeling way of living. Feelings first in all we do.

This is incredibly different to any other way of living. Further, it is the only way that we at CCCC can start to avoid any form of child abuse, be it mental or subtle or any other form. Once this is recognised by any associate at CCCC then suppression of any child's will becomes easily recognisable. These understandings are to be shared throughout communities of the Centres so that all may consider the possibilities.

# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

**CHILDHOOD  
TRAUMA**



**PARENTING:**

Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

**The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.**

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.

Until you begin your Healing, everything you do with your children will be stuffing them up. It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness.

And the idea that we can learn how to parent, learn how to be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing, then you will be totally free of your parents. Until then, even through they might not be personally

present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you are living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can't be anything other than how you are – it is 'your' child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one's life, and all that's happening on unseen levels from spirit, all what's going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

You soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is 'unfolding' through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you've fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it's not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just 'normal' and 'ordinary', that's exactly what God wants, it's how God made its soul to express itself, so it's perfect. You are the child of God that you are, even in all your wrongness. And even though you might hate how you are, you don't have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you'll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you'll no longer be passing onto your child, with your child potentially adjusting to the 'new you' which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old. Once that age is reached, technically it's the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won't be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can't force any positive changes on the child once the child is sexually mature, whereas before sexual maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly. And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent/child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings loves gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

It's not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and

expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you not have a child and do your Healing. If you don't have children on earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can't also adopt children, however once the New Revelation is 'activated' – revealed, then spirits doing their Healing will also be able to do it whilst having children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth in her book says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that?!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child. A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

## **WE have SUCCUMBED to our MINDS and IMPRISONED OURSELVES:**

Yes, we have been seduced into believing and, consequently, living through our minds. This error has permeated into all aspects of our life. As parents, we have focused upon our children's mind development and this has continued through all levels of education that we have imposed upon them.



No level of education has progressed beyond the level of 500, as per Dr David R Hawkins' Map of Consciousness (MoC). 'The transformative energy fields from 500 up are calibratable, nonlinear, self-effulgent, radiant, and beyond verifiable scientific definition.' This is further confirmed in that only a few scientists have calibrated marginally above 500 due to them embracing their feelings. The greatest scientists have typically calibrated only at the level of 499. The mind development hits an iron braced ceiling at 500.

### **Note:**

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

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

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

Thus the energy differentials are in fact enormous!

Opening ourselves up to living Feelings First further requires us to long for the truth of our feelings.

**Without looking to our feelings and wanting to uncover the WHOLE truth of them, we can't heal our errors of belief and injuries.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, and this truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, that have been in play for some 200,000 years, the level of truth has remained very low.

The New Way, living Feelings First, which is now being revealed, will have many people wanting to follow it, looking to their own feelings for their own true power and freedom. As a consequence, they will no longer want to be dictated to by bogus religions or politician's corrupt social and educational systems or deep state hidden controllers or mind spirits or anyone else.

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



## **Mister Rogers Delivers POWER Speech to Senators!**

[https://www.youtube.com/watch?v=S\\_m1Ga87h4&feature=share](https://www.youtube.com/watch?v=S_m1Ga87h4&feature=share)

## **TRUTH versus FALSEHOOD:**

‘It is an observed fact that even in the ordinary world of human life, the human mind cannot tell truth from falsehood, even about simple matters. The world holds an endless array of positions that are arbitrary presumptions and totally fallacious. One can observe them and respect how they are seen and valued by others without personally subscribing to them.

‘The mind is dualistic and thus sets up separatist mentations based on arbitrary, hypothetical positionalities that have no intrinsic reality. The mind thus confuses its own projections and mistakenly assumes that they have an external, independent existence, whereas, in reality, no such condition exists.

‘Science itself (calibration level in the 400s) has survived relatively intact and unscathed by the assault on truth. However this has led to the awareness that no major advance in science can occur without a further understanding of the nature of consciousness itself.

‘Not only is the majority of the content of the average mind fallacious, but it is also programmed to attack itself with self-hatred, depression, guilt, low self-esteem, envy, greed, conflict, and endless misery. These defects are then projected onto the world as hate, war, violence, and genocide. The ego defends its own limitations with prideful denial, thus becoming its own victim.

‘That the human mind, without help, is unable to tell truth from falsehood due to its own innate structure and design is so staggering a discovery that it is roughly comparable to the discovery by Copernicus that caused a cultural shock in the sixteenth century. (Copernicus formulated a model of the universe that placed the Sun rather than the Earth at the centre of the universe.) Because this single fact alone is confrontational to the average mind, it will probably not be welcomed or warmly greeted by those who profit from sophistry and its illusions.

‘The ego sees Truth as its ultimate enemy. Thus, the ego really uses the mind as camouflage and becomes hidden in its clever constructions.

‘One’s inner spiritual evolution is of greater value to society than any form of doingness. The level of compassion radiates out and contributes silently to mankind’s wisdom.

‘A characteristic of the energy field of consciousness is its innate propensity to evolve to higher and higher levels in order to give expression to the highest potentialities. (This is only possible through the embracement and living true to one’s feelings, soul-based feelings.) By the time consciousness levels reach the 500s, and especially in the high 500s, one’s spiritual energy tends to flow in a generalised way and influences not only subjectivity but perceived experience as well. What is held in mind tends to present itself almost effortlessly as though by the miraculous.’

Notes from Dr David R Hawkins publications

The main obstacle to man’s development is his lack of knowledge about the nature of his feelings, his soul-based, always in truth, feelings.

The brain is not the origin of the mind, as science and medicine has believed, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. However, it is our mind that is to be subordinate to our feelings, not the other way around as we have embraced for the last 200,000 years. Our mind is to follow the guidance and promptings of our feelings and support and implement such feelings as they occur.

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

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



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

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

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



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

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

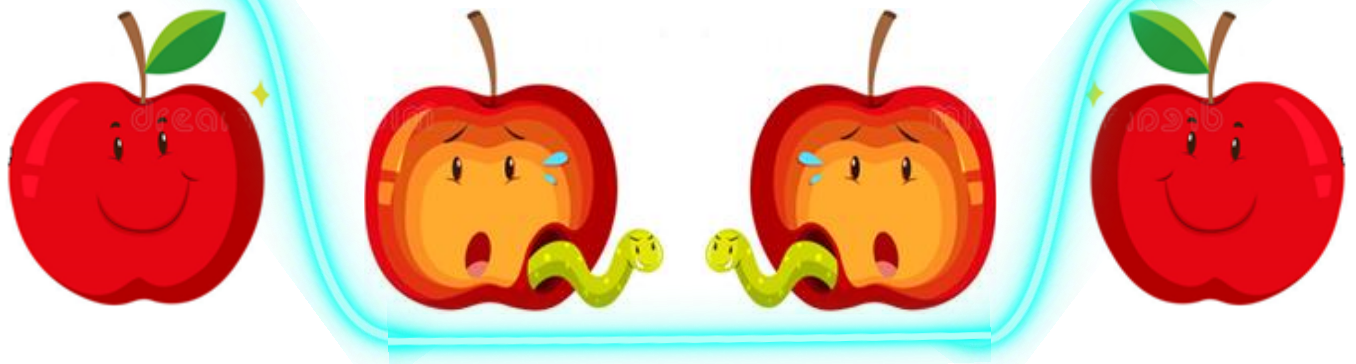


Once you have finished your own Healing, you'll be like a new person.

Notes derived from Nanna Beth, John's grandmother, 3<sup>rd</sup> Celestial Heaven, 20 – 23 April 2018

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

# Pole Shift



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

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

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

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

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

## **WHAT IS THIS ALL ABOUT?**

**Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.**

**At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.**

**Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents controlling natures; we are at best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!**



**Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding our progression with mind based limited understandings.**

**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace – once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.**

**Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.**

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.**

**We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.**

**By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.**

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

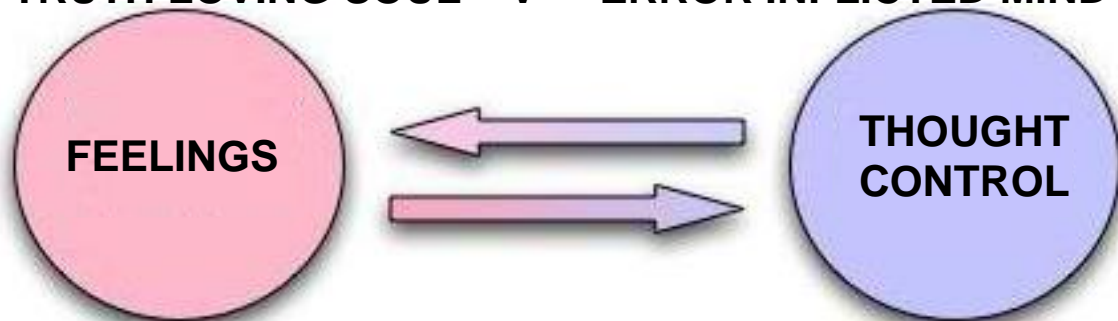


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

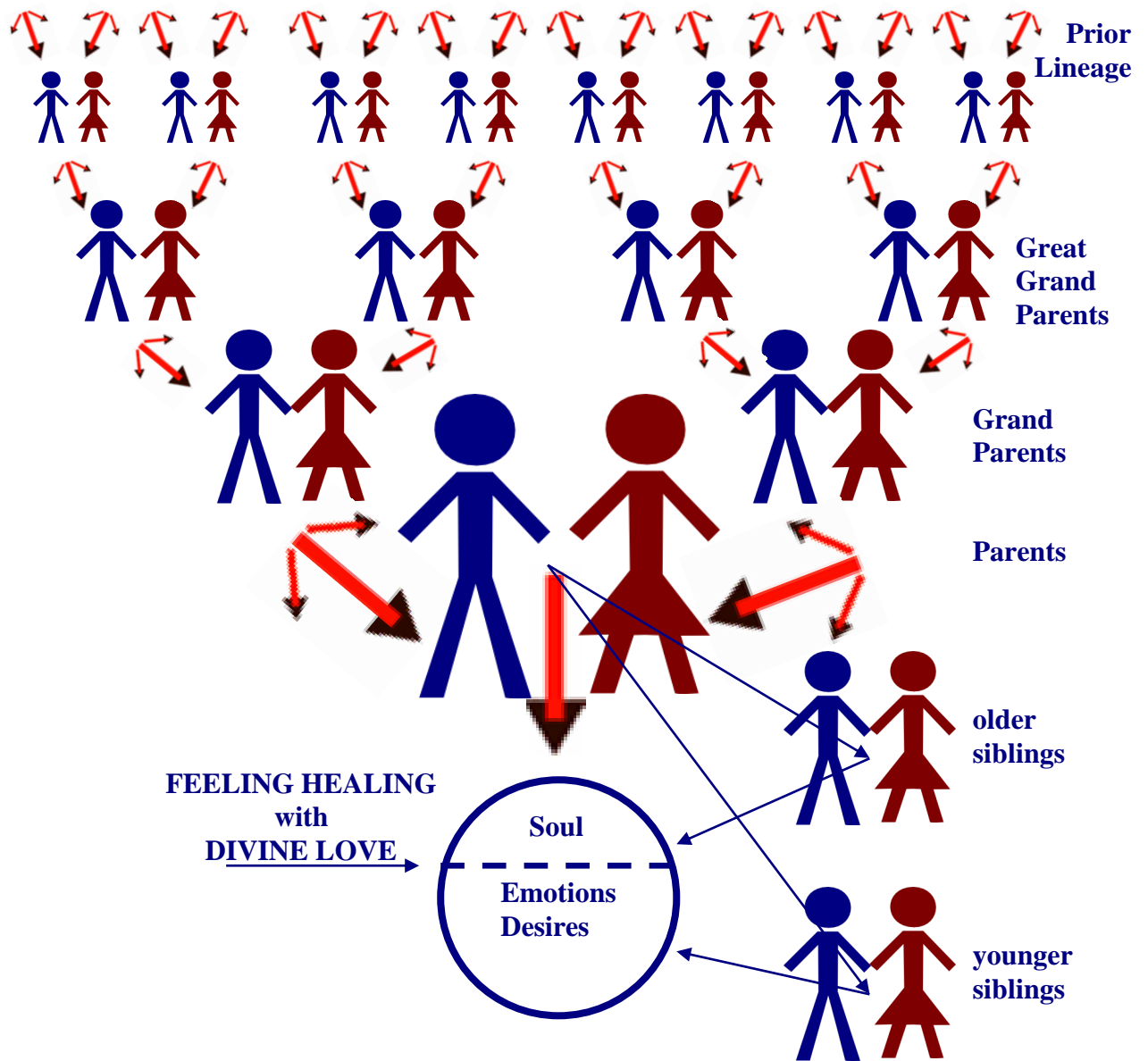
Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.



TRUTH LOVING SOUL   V   ERROR INFLICTED MIND



Our environment, namely those who are closest around us, introduce many of the errors we carry with us within our soul body, our real self. Our parents, grand parents and siblings are those who greatly influence and mould our emotions. Prior to birth and during our first years, we absorb the emotions of those within our environment.



## **FEELINGS FIRST in all we DO!**

All right, I will ask: God, what do You want me to do?

“We want you to do what you feel you want to do, always look to your feelings Our child – that is what we want you to do.”

GOD SPOKE TO ME! Is it true, can God speak to us? I’ve never spoken with God before.

It’s true; and what They said: do you understand what They meant, about going with your feelings in all that you do?

No, not really.

It means that you can’t work things out with your mind, so all you can do is always what you feel to do. When you may see someone in difficulty – any kind of difficulty – you didn’t think about what you should do, you just act, your feelings may make you want to quickly rush over to him or her and help him or her. So that’s what you do, and then you see how God is going to look after you. Because if God doesn’t want you to help everyone all the time, then you won’t be able to do it, your angels won’t do it, as they never go against what God wants, even if you ask and beg them to.

So as you go about and you do what you feel you want to do, and if you want to help someone, feeling from your heart that you really do, so you will find you just can’t help yourself, it will naturally happen; but if you find your mind starting to say, oh, I should help them but really I don’t want to, then that’s where you stop because that’s not letting your feelings guide you, that is when your mind wants to start taking over, which is taking over from God. God guides us through those true heartfelt feelings we have, and not through our mind like so many believe is how it happens. Your feelings are saying no, and so you will have to be strong and say no, sorry, God is not wanting or allowing me to help you. I am very sorry, I can’t help every problem you have, and you will have to take it up with God if you have a problem with that.

Adapted from Zarina written by James Moncrief

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

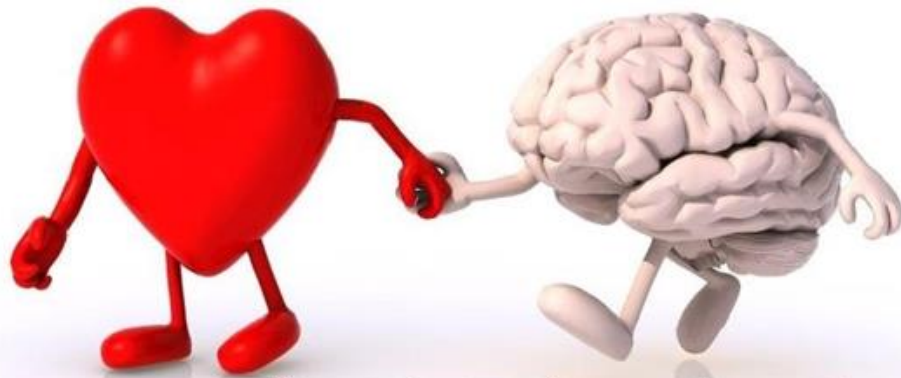


For 200,000 years, our control addicted minds have held our personalities hostage, at gun point! Our mind cannot discern truth, yet all of our guidance and education is dictating to us that through our mind we can achieve wonders. Well, look around! Wars, disease and gross misery prevail and that is after 200,000 years of boloney!



We have been given a crack in the armour of the mind. Our heartfelt feelings are our soul based truths. Our connection with our Heavenly Mother and Father is through our heartfelt feelings. Our way home is by our feelings, so let us all begin the journey.





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

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



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

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

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

The heart's usually the wiser of the two.

~Doe Zantamata

**Feelings** first

## **FEELINGS FIRST because OUR FEELINGS are always IN TRUTH!**

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

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

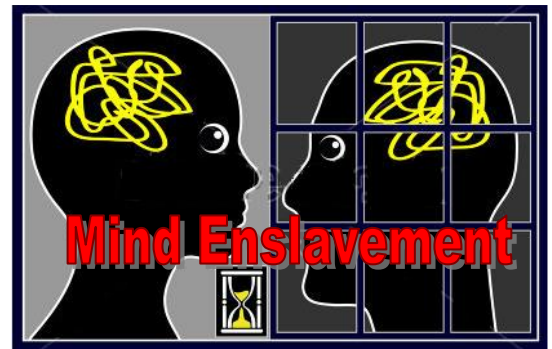
Never before in the history of humanity have the keys to our way to our Heavenly Parents been so clearly demonstrated and provided to us. Now, in the year 2018, we have been provided with the way to liberate our true personality.

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

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

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

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



# **Feelings First Feeling Free**



## **SUPERKIDS**

### **Natural self Expression through Feelings**

**Self Empowering  
Self Revealing  
Self Loving**



# Avonal Revelation

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

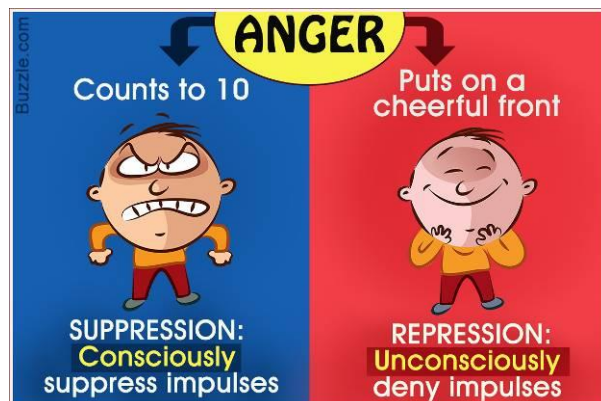
31 May 1914 and ongoing

## Suppression and Repression:

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

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

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



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

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

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

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

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

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

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving,

negative, anti-self patterns and how we've passed them onto our own children.

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

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



### **And to spiritually help us, we are to understand:**

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

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

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

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

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

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

And we are to understand that we have the freedom of will to live against our true selves by using our

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

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

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

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



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

**Long for the truth of your feelings.**

**Long for the Divine Love.**

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

James Moncrief 18 March 2018

## **WE EDURE FOUR LAYERS of PERSONALITY SUPPRESSION!**



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

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



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

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



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



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



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

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

# DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

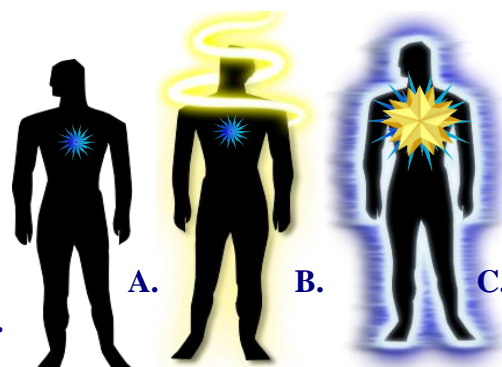
No more of this! We can escape this man made hell!



# EVOLUTION

**STEP 1: Longing for and receiving Divine Love:**

- A. Soul within spirit body prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



## STEP 2: **FEELING HEALING + SOUL HEALING**

It is the Divine Love that strengthens one's resolve to persevere with embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



## It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you do, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

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

**LIVE FEELINGS FIRST**  
**FEELINGS FIRST For Kids**

## **OUR DAMAGED PERSONALITY NEEDS TO EXPRESS AND RELEASE THIS HARM:**

Notes from Sage – and the Healing Angels of Light by James Moncrief

Throughout our childhood we learnt how to stop paying attention to ourselves; which means, we were forced to stop honouring and expressing all our feelings. When the child falls over for example, and the parent says stop crying, it's all right, you haven't hurt yourself, and things like that, mistakenly thinking they are being loving and supporting the child; or else just down right unloving and angry with it for carrying on about what the parent thinks is nothing, then that's where all the damage is done.

And we've all been subjected to so many of those unloving soul-destroying and personality-denying experiences when we were growing up; and they have all compounded, and are still within us needing to be worked through. We need to go back into them and bring out all the bad feelings we felt; and by doing so, it is then as if we are being the loving parents to ourselves, the ones we didn't get, and that then allows those aspects of us that were stopped from being properly expressed, to now be expressed.

The 'Hidden Truth' humanity has unconsciously always been looking for – which incredibly is nothing more than finding the truth of ourself through our feelings. Long to God for Their Divine Love. And if we do that, then as the Divine Love comes into our soul, as apparently it will if we sincerely want to be at-one with God; and if we are looking to our feelings for their truth, then when we've purified a bit of our soul by liberating and seeing the truth of those bad feelings, the Divine Love will transform it from being of what we're born with, Natural love, into being of the Divine Love, so being just like God is – Divine.

Long ago, high spirits that were meant to be looking after humanity and seeing that its evolution and growth of truth was going along in the right way, decided that they didn't want to live according to God's Laws, and wanted to go it alone – basically that they wanted to be gods themselves. And then they forced and coerced humanity to follow them; which meant they caused people to want to be like they were, so believing we are gods, and that we can do as we please without needing to follow God or wanting to be like God is. So really they made us turn away from God; and now, all these years later, even though there are people supposedly loving and wanting to be at one with God and do God's Will, and all of that, they are still so messed around from their early childhoods that their lives with God are actually taking them further away from God, not bringing them closer, all because they are still rebelling against God.

It is a rebellion against our Heavenly Mother and Father. And we're all living it unbeknownst to us; and that we don't have a clue, and are so far away from the truth and living true to ourselves, that even Jesus can come as he did all those years ago, tell us a bunch of truths, and all we did is take them, corrupt them, and make them and him be part of our wrongness by creating what we know of as the Christian faiths.

You just want to be with God, be God's child, which we are all anyway; so want to be the same as God is, so as perfect as God is. And that if you want to do that, then as you respect, honour, accept and express all your feelings, whilst looking for the truth of them, you are naturally living God's will automatically, so it's not really any big deal.

Long for the truth of our feelings as we express them all; and long for the Divine Love.

# Feeling Circle for Kids



We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and suppressed feelings.

Samantha McCabe



## FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one's self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It's not about trying to empower ourselves because we feel powerless, it's about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one's self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we've brought it all to light and brought out all our repressed feelings to do with it, then we'll change, then we'll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we're of a negative anti-truth state.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to 'die'. You can't however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can't be manifested, it's not being able to bring that part of one's self into being.

**FEELING  
HEALING  
For Kids**

Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts) – true to God, so true to God's will; or, true to God's Way. Living true to one's soul.

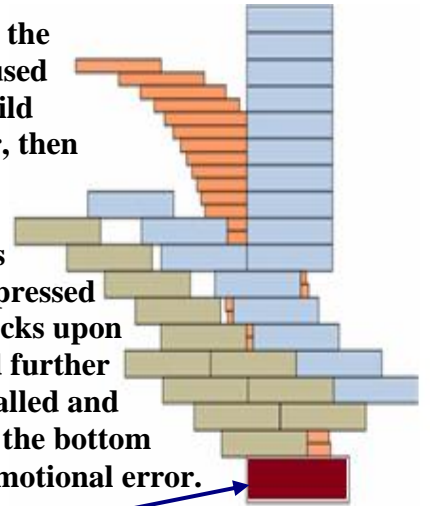
Revelation 1 is to embrace our 'feeling healing' in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father's Divine Love we are then 'soul healing'.



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



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



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



## **SUPERKID POWER** **NATURAL self EXPRESSION**





**STOP CHILD ABUSE**

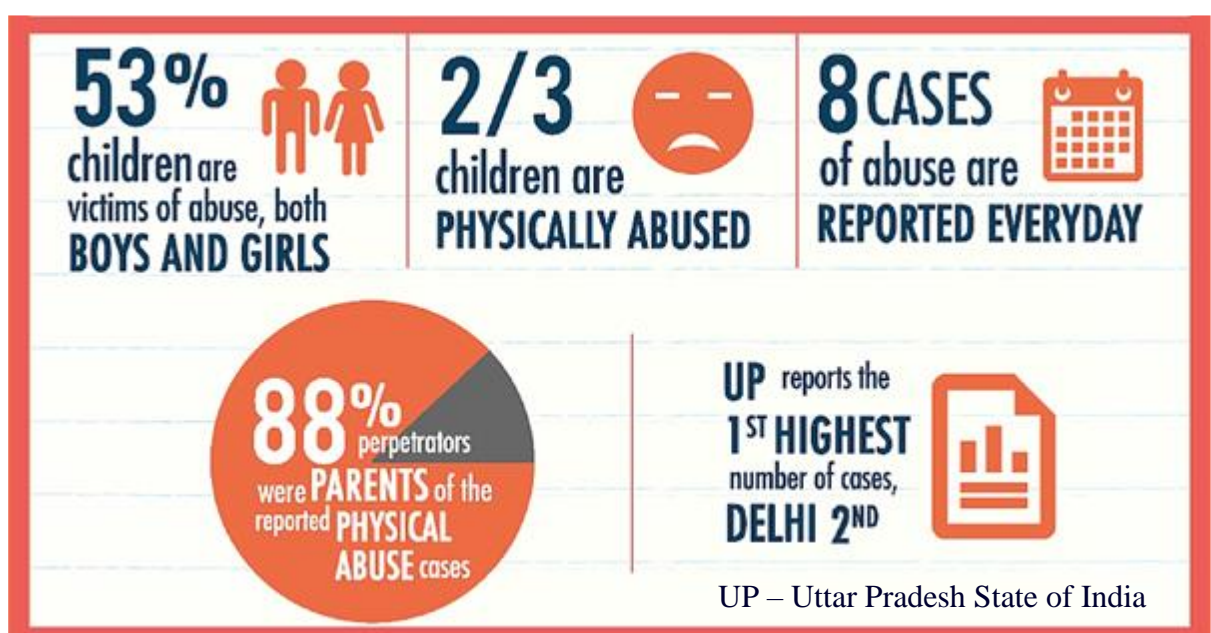
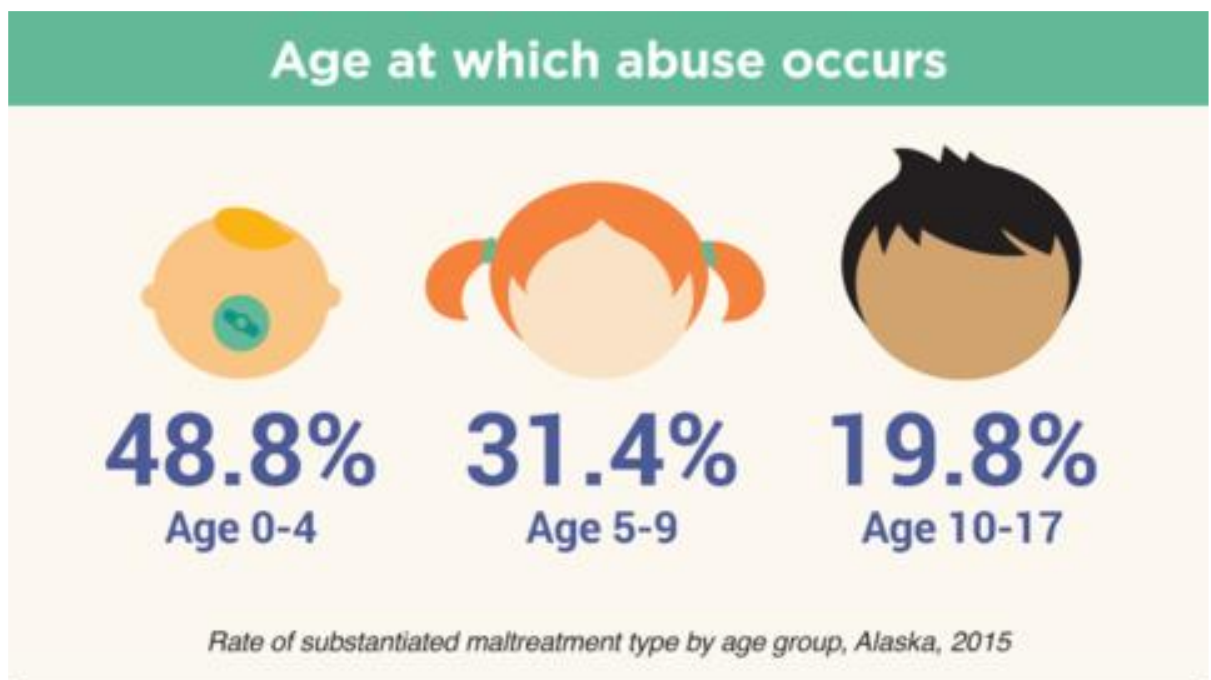


*“It’s always “Stay, Sit, Fetch ... same old shit ... never one’s natural self expression of one’s true feelings with freedom!”*


**REPUBLIC OF TRINIDAD AND TOBAGO**  
**OFFICE OF THE PRIME MINISTER**  
 (Gender and Child Affairs)

**Break the silence against child abuse.**  
**If you see it, **STOP IT!****  
**Call 999 or 800-2014 or 800-4321 for help.**

**In the Caribbean...**  
**47.6%** of girls   
**31.9%** of boys   
 Reported being Sexually Abused  
(WHO, 2000)



SCARS WILL HEAL BUT THE PAIN WILL REMAIN



**STOP**  
**CHILD ABUSE**

## **HOW do we SUPPRESS our CHILDHOOD EXPERIENCES?**

Caffeine is the most widely used drug in the world. In the United States, more than 90% of adults use it regularly. Caffeine in coffee and soft drinks combined with alcohol, tobacco, party drugs, prescription drugs and certain foods (chocolate), very few adults are without some form of substance abuse.

We use every method to dumb ourselves down so we can suppress the subtle but relentless abuse that we each endured during our forming years, from conception to around the age of six years.

Amazingly, due to the attitudes instilled into each of us during our forming years, humanity, overall, considers war to be 'socially acceptable'!!!

When we decide to become a soldier we are really approving of being killed or killing. So, each year some 50,000 soldiers die. It is collateral damage that some 200,000 civilians die as an incidence of war. They did not buy into war.

Being brought up in semi to outright abusive families, murder is common place. Worldwide each year we have 500,000 murders. That is outside of the accidental deaths due to guns!

Aggressive contact sports are an expression of one's childhood suppression and repression. The harm from our childhood upbringing goes on. The costs of 'drug abuse' to a society is the equivalent of either a nation's military budget or public medical services alone. Substance abuse cost is much, much greater.

Society is so dumbed down that it functions as walking zombies. This is all because no one knows what true love is and how to truly love another. This can only be brought about through living Feelings First and engaging in one's Healing.



<b>WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income</b>							
<b>MoC</b>	<b>No. of Countries+ Territories</b>	<b>Average MoC</b>	<b>Average Life Expectancy</b>	<b>Human Development Index</b>	<b>Happiness Index</b>	<b>Education Index</b>	<b>Per Capita Income 2021</b>
<b>400s</b>	<b>22</b>	<b>405</b>	<b>82.2</b>	<b>0.924</b>	<b>7.1</b>	<b>.890</b>	<b>US\$63,032</b>
<b>300s</b>	<b>71</b>	<b>343</b>	<b>77.2</b>	<b>0.794</b>	<b>6.1</b>	<b>.741</b>	<b>US\$30,154</b>
<b>200s</b>	<b>50</b>	<b>251</b>	<b>72.7</b>	<b>0.676</b>	<b>5.3</b>	<b>.610</b>	<b>US\$16,560</b>
<b>High 100s</b>	<b>38</b>	<b>174</b>	<b>70.5</b>	<b>0.659</b>	<b>5.0</b>	<b>.600</b>	<b>US\$12,516</b>
<b>Low 100s</b>	<b>21</b>	<b>119</b>	<b>67.1</b>	<b>0.587</b>	<b>4.6</b>	<b>.501</b>	<b>US\$7,081</b>
<b>Below 100</b>	<b>14</b>	<b>74</b>	<b>65.3</b>	<b>0.565</b>	<b>4.4</b>	<b>.501</b>	<b>US\$6,377</b>
<b>WORLD</b>	<b>216</b>	<b>220</b>	<b>73.3</b>				<b>US\$17,110</b>

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

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

Pascas Papers can be downloaded from:  
[www.pascashealth.com](http://www.pascashealth.com)  
 Visit the Library Download section for an index of  
 Papers:  
<http://www.pascashealth.com/index.php/library.html>

**Note:**

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

# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.



We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply with our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the Great U-Turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through our spirit body and then physical body are we of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents are holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to feel into our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are passed down generationally.

Our children mirror us, as parents. It is not that ‘bad genes’ are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently feel into our soul based emotions, by-passing our mind’s controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to truly love, or what true love is.



	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	<b>Authoritative Parenting</b> Relationship is reciprocal, responsive; high in bidirectional communication	<b>Authoritarian Parenting</b> Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	<b>Permissive Parenting</b> Relationship is indulgent; low in control attempts	<b>Rejecting-Neglecting Parenting</b> Relationship is rejecting or neglecting; uninvolved

**PEACE and HARMONY or CONFLICT and WAR:**

MAP OF CONSCIOUSNESS	
Level	Log
At-onement Transition	1080
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

## Council of Elders

being those at-one with their Indwelling Spirits.



Humanity that is above 500 on the Map of Consciousness scale is Feelings First orientated.

Conflict does not occur amongst these people. They engage with their soul based truths. Below 500 one is predominantly mind orientated!

Presently, humanity calibrates overall at around 220 and is engaged with their wayward, controlling, addicted minds. Through living feelings first with one's mind subordinated thereto, humanity will universally progress beyond conflict of any kind, particularly war.



Below 500 we have: ↓



# MAP OF CONSCIOUSNESS

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

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

## PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

**Note:**

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

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

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

Thus the energy differentials are in fact enormous!

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

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

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

MoC 20 – 29

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

MoC 30 – 49

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

MoC 50 – 74

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

MoC 75 – 99

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

MoC 100 – 124

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

MoC 125 – 149

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

MoC 150 – 174

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

MoC 175 – 199

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

MoC 200 – 249

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

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

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

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

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

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

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

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



**PASCAS  
PAPERS**

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

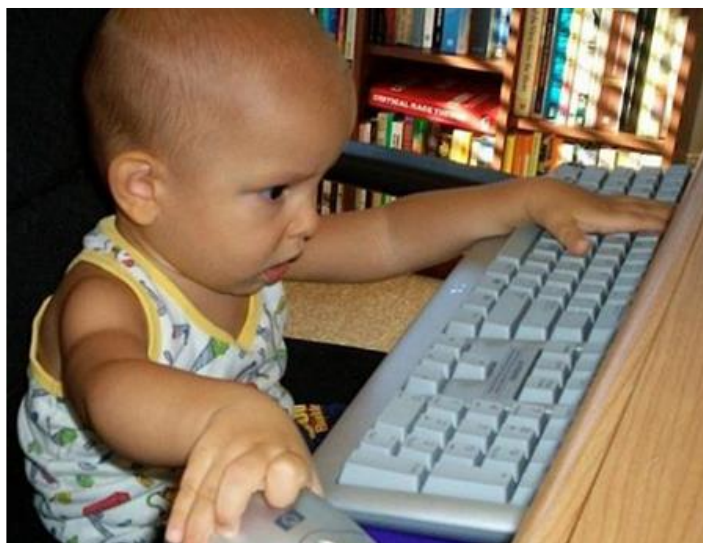
## Library Download – Pascas Papers

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

## **TELEVISION and COMPUTER GAMES:**

P.230 Power vs Force by David R Hawkins

While the young are being programmed by specialised TV and computer games that glorify violence, their parents are being brainwashed by adult media. Kinesiological testing showed a fairly typical TV serial caused test subjects to go weak 113 times during a single episode. Each of these weakening events suppressed the observer's immune system; each weakening reflected an insult to the viewer's central as well as autonomic nervous system. Invariably accompanying each of these 113 disruptions of the acupuncture system were suppressions of the thymus gland; each insult also resulted in damage to the brain's delicate neurohormonal and neurotransmitter systems. Each negative input brought the watcher close to eventual sickness and to imminent depression – now the world's most prevalent illness.



Subtle grades of depression kill more people than all other diseases of mankind combined. There is no antidepressant that will cure a depression which is spiritually based, because the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life. The body is the reflection of the spirit in its physical expression, and its problems are the dramatisation of the struggles of the spirit which gives it life. A belief that we ascribe to “out there” has its effect “in here”. Everyone dies by his own hand. That is a hard clinical fact, not a moral view.

What makes the endless television programs, which are concerned with mayhem and its various forms, so attractive? It is because what is being acted out on the screen, where it is safe, are all the forbidden unconscious fantasies in our own psyche. Once we are willing to look at the same movies on the TV screen of our own minds and see whence they really originate, the attraction of such “entertainment” disappears. People who have acknowledged the content of their own shadow have no interest in crime, violence, and fearful disasters. Negative forms of entertainment typically shut down one's immune system for around 24 hours – or longer! TV is a serious health hazard!

**Sustained and chronic fear gradually suppresses the body's immune system. Fear is what blinds us to the real dangers of life. In fact, fear itself is the greatest danger that the human body faces. It is fear and guilt that bring about disease and failure in every area of our lives.**

We could take the same protective actions out of love rather than out of fear. It is Love that protects us. It is natural love that we are endowed with, being the energy substance that is our soul. It is love energy of the soul that heals our physical body. Should we long for, ask for, and receive Divine Love, then the imperfections enveloping our soul are progressively dissolved and our capacity to heal ourselves is greatly enhanced. It is when we are within a loving environment that one's immune system is activated and strengthened.

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

## **BIOLOGICAL RACE and HUMAN DIVERSITY:**

Heritable race seems as obvious as the colour of one's skin and the texture of their hair. A troublesome inheritance is often considered to be related to genes, race and human history.

Individuals commonly look upon themselves as being the physical body. Thus they polarise their existence upon their family culture and history. At the same time they tend to look at outsiders who may be distinctly different in colour, appearance, religious embracement and culture as being unacceptable.

We are not our physical body. And we are not of the nature and personality that our biological parents are. We each are a unique and beautiful soul connected by cords of light to a spirit body that is the template of the physical body that comes about by the commingling of the life forces of the body's physical parents. We are attracted to the newly forming embryo. Each and every one of us could have been drawn to be individualised into any family on the planet. We are individuals who commence our self awareness at the time of conception of the physical body of a baby as it commences its short life.



By being attracted to a specific race, culture and that family's religion does not make us any different to anyone else, other than the view we take on board for our physical life's journey. Think of how you would like to be treated. Then treat all other people the same way. Progress in love by developing loving kindness toward one's self, then to a good friend, then to a neutral person, then to a difficult person, and finally toward the entire universe of life!



From the moment of conception / incarnation we absorb the emotions of those within our environment, mostly those of our parents. By the time we are around six or seven years of age we will most likely reflect the emotional structure / soul condition of one or the other parent. Thus, generation after generation remain within the same soul condition envelope. Our gene structure reflects one's emotional and soul condition. Should we grow in love then genes will adjust to reflect this evolutionary development.

When the environment is one of anger, fear, apathy or such like, then blaming outside circumstances is resorted to. Thus, generation after generation may blame outside circumstances and others for their unsatisfactory life predicaments, when it is of their own making.



**Like Father – Like Son**



**Like Mother – Like Daughter**

As individuals within family environments step away from the norms of the family and develop their love of self and the love for others then a shift away from generational patterns is achievable. This can be on significant scales, such as when whole communities embrace love and move into higher levels of soul condition. This can see positive major shifts in the social environment within communities. Educational systems may find students performing better, health systems may have less taxing demands on services, and policing services may have less call on their workforce. All in all, the prosperity of the community grows.

The greatest joy within observing such a development is that old grievances that have been handed down from generation to generation can and are put aside and more constructive agendas then dominate discussion.



# FEELINGS FIRST For Kids

**SOUL connects by CORDS of LIGHT with the SPIRIT BODY:**

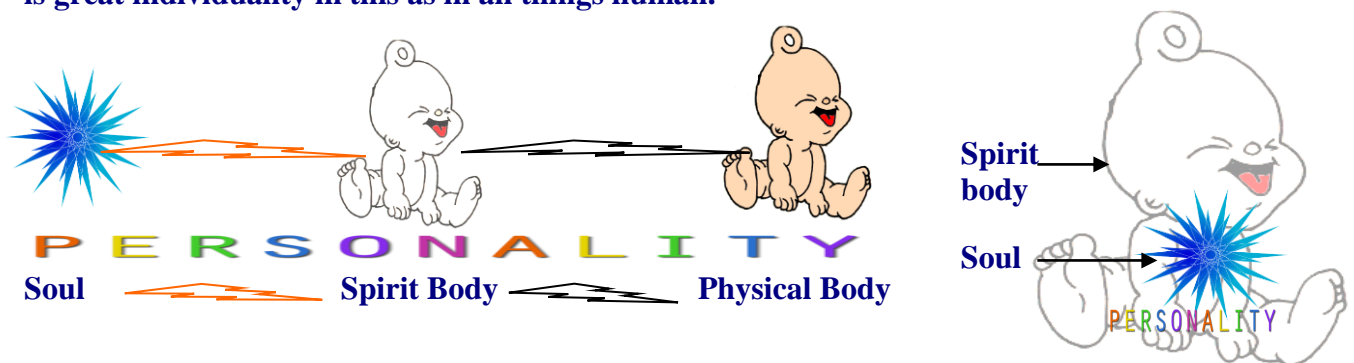
The soul is a most durable and strong structure. We all have one and all are learning about the soul that we have. When it incarnates it enters into the wonderful process which simultaneously sets in motion the creation of a spirit body that enshrouds the developing physical body and the pre-existent soul. The soul is an incredible structure as it brings with it almost unimaginable potential which includes the talents and passions of an individual.

The soul contains all of the elements that make a human a human. Therefore it contains the elements which modify and direct the expression of emotion in humans that give humans their individual qualities. Despite the variation of emotional expression in different cultures there is a great uniformity of emotional expression throughout humanity. When an emotion is expressed truly by any person it is capable of being recognised for what it is by any other person.

In small children and babies, the expression of emotion is initially quite simple but recognisable and develops as the child grows and is profoundly influenced by the relationship with the closely attending persons be they parents or others. The small child learns a lot by following and aping what is done by other children and adults so it learns patterns of expression of emotion and learns the acceptability or otherwise of emotional expression. It is taught what is 'right' or 'wrong' in its immediate environment so there develops a great variety of emotional expression and repression.

The spirit body and the soul are inextricably joined and remain so during existence. While the soul is incarnate, the spirit body and physical body act as though inextricably entwined although this is not truly so. The spirit body and soul are always a virtual single unit which then extends this function to include the physical body.

The soul is displayed by virtue of the development of the human personality and its qualities. The physical body is created with all of its physical elements the shape and function of which are largely determined by its human heritage as provided by its physical parents. Even though the soul has all of its potential in every individual, the fullness of its expression in any individual is directed to some degree at least by any limitations of physical and mental structure although these are not, of themselves, absolute in their effect. By that I mean that a soul which is developing powerfully can shine through and transcend what seem like insurmountable physical and mental odds. This means of course that a human who might appear to be greatly hampered by their human heritage is capable of great soul development while on earth. There is great individuality in this as in all things human.





**Emotional abuse**  
constant criticism, threats,  
rejection as well as  
withholding love, support, or  
guidance

**Neglect**  
failure to provide for a  
child's basic needs

**Physical abuse**  
punching, beating,  
kicking, biting, burning,  
shaking

**Child Abuse**

**Sexual abuse**  
fondling a child's genitals,  
penetration, incest, rape,  
sodomy, indecent exposure,  
exploitation through  
prostitution/pornographic



**ADULTS ARE CHILDREN!** Notes from Sage – and the Healing Angels of Light by James Moncrief

*We as adults are really just the same children we were?*

Yes, only because you've grown up into an adult and mostly have forgotten what you were like as a child, so you wrongly believe you are something different to how you were as a child. And being an adult, as you attend properly to your feelings, your feelings will connect you back with yourself as the child, all so you can see, as an adult, that which you couldn't see as a child, all that happened to you to make you be as you are.

*That's quite incredible.*

Yes, amazingly so; and it's the only way people can truly help themselves, all the rest is just moving stuff around within your already fixed childhood nature. So all the so-called self-help instructions and advice, and all the therapy people undergo, which does help people become more aware of certain aspects of themselves, is still really only working within the wrongness, it's trying to make the wrongness suit you better so you can feel happier in it; however it's not being completely determined to look at ALL your wrongness and doing whatever it takes to accept all the bad feelings to do with it.

**GOLDEN RULE PERTAINING to CHILDREN:**

Messages from Mary and Jesus – Jesus 6 April 2003

We cannot under any circumstances break the Golden Rule: **we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child.** We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

**As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face.** The Church and all such systems – our whole world – is for adults, not for children; our world is anti-children, most of what we do is anti-children, even when we believe we are doing it for their good and doing it lovingly. It is not a loving system and it can't be. It can only do what was done to us, and as we weren't loved truly by our parents, then that is the world we know and the world we will create and the world we will choose to live in. The delusion is that we have been led to believe that the world is good and right and true, at least the world we are participating in, but it's not, and this is what our healing will make us see.

**LIVE FEELINGS FIRST**  
**FEELINGS FIRST For Kids**

### **ALLOW CHILDREN to EXPRESS THEMSELVES:**

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst you're of and in the negative because the child will not be asking truly from and with a positive mind.

### **OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:**

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



**TO SAY NO!**

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings, dishonouring and disrespecting yourself.

**EVERYTHING is WITHIN OUR SOUL:**

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

**The CHILD is to FREELY EXPRESS ITSELF:**

Messages from Mary and Jesus 13 May 2003

Mary:

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

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



**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

## **LIVING TRUE IS HEALING ONE'S SELF OF CHILDHOOD INJURIES:**

Messages from Mary and Jesus – Mary 10 April 2003

As we are all of the Mother and Father, if we do anything that goes against Truth or Spirit or Mind or Will, or Their Laws of Love, then we are going against all of our self – our own soul, and the whole of Creation. And if we want to live true – true to the Truth, true to our soul, and true to God, then we have to rectify this at some time. In going against Truth we bring about pain – penalty – in ourselves, as this is to show us that we are doing the wrong thing – going the wrong way. And when we come back into harmony with the Laws the pain goes – the penalty has been paid.

Currently in the negative mind state humanity does not want to live true to God's Laws, so man's laws are different to God's. So all that you do is against the Mother and Father's Laws of Creation and Existence. And this is what then causes all the pain in your soul, as you live each day refusing to honour the Truth of God. And no matter what you believe about how good you may be, if you are not living true to your soul and God's Laws then you are hurting yourself.

The Mother and Father say individually: Love Me as I love you; and together: Love us, as We love you. You come into the world asking your parents to love you as you love them. But they in their negative state do not honour this truth, so every little bit of them that does not love you, you feel hurt by. As they dishonour you so you dishonour yourself, for in your love for them, you are accepting that they are right and true, as you do not know anything else. You then take it on, all how they treat you, and do what they have told and made you do to yourself and others; you become as they are – negative. And so you live dishonouring yourself and the Mother and Father's Soul Laws. You cause great pain within yourself on all levels, not just in the physical. All pain you ever experience is saying to you: you are wrong in how you are being, and so you need to look to find the truth of why this is so.

When you want to know the truth of your pain, you will want to see the truth of where you are dishonouring yourself and the Mother and Father; then when you do see what you have done, you will feel bad about this, and then seek forgiveness, being healed and forgiven when you see the truth, and your pain all goes. You can go to Them and ask Them to forgive you, but as They are love and already do, you are really allowing yourself to forgive yourself, for it is you that does not love yourself, as seen by the act of dishonouring yourself. Then as you turn around and willingly want to live true, the Mother and Father remove the pain you have been suffering and fix that which within you has become dysfunctional as a result of your transgression. Then you are healed, so far as this part of truth has been honoured, and that part of dysfunctional you is living true to the Laws of Love, living true to your soul and to Them.

As you do your healing you are actually forgiving yourself. By wanting to see the truth and asking the Father and Mother to help bring up the unexpressed pain and feelings that are within you, that will show you where you are going wrong. You will be able to see the problem and then want to fix it and seek forgiveness of yourself (and from Them if you feel the need); and you will be loving yourself and Them instead of rejecting yourself and Them.

Gradually through your healing, you will work your way back through all the levels of truth within you that you have dishonoured since conception; with all the pain surfacing, and all the causes being seen that made you rebel against yourself. And with each step you will be forgiving and increasingly loving yourself. Your healing is you loving yourself back into perfection. And the longing to the Mother and Father for Their Love is the way to fuel this by becoming a divine soul.

When you love yourself truly, then you will love your neighbour and every aspect of Creation, as you love yourself. This will be your state of being – just like the Mother and Father, and you'll naturally be

honouring all Their Laws of Truth. And you will live free in Creation without any pain, worries or problems; eternally happy, as you long to be.

By praying to the Father to forgive you, you are not taking responsibility for your own actions; you are not seeking the truth of your evil causes. Forgiveness comes when you admit and accept your wrongness; when you uncover the truth of why you are it, or doing it, all through the expression of all that has made you feel bad. Through full self-feeling-acceptance you can free yourself from your negative condition. The Truth will set you free! The truth you uncover as you accept and express your bad feelings.

And as you do this God will change into the loving Mother and Father. You will come out of the old beliefs and ways of seeing things, entering into a new way of living and seeing how everything truly is.

When you were a young child you were the closet to your soul and to God. Up until you fully took on all the negative mind circuits you were still more pure and true to Their image. And you loved more as They love. A child loves freely and unconditionally. It loves without judgement or criticism. Look to the child to show you God, this will help you see more truth than looking out into the adult world as it now exists. And then look how the parent changes its child, from being pure and true, into another untrue adult. Look how you make your child turn against itself and live untrue to God. Look how the parent makes it live true to the wants, likes and dislikes of itself. Your child will help you see how wrong you are. It will show you if you allow it to; it will show you through your feelings.

**Your soul-healing is concerned totally with you finding the truth of all you are; all you feel, and all through your feelings.**

Messages from Mary and Jesus      Mary 14 April 2003

**The feeling controlling mind is nothing more than your parents' control over you encapsulated in your mind.**

Messages from Mary and Jesus      Mary 15 April 2003

**During your childhood you were made to change from being naturally good to being bad, and it hurt. Now you are being asked to change back to good from bad, and it hurts just the same.**

Messages from Mary and Jesus      Jesus 14 April 2003

**You are completely self-contained.** You will blame your parents for what they did to you through your healing, but when you are healed, you will be able to see how you took it all on wilfully from them; and so wilfully you have to choose to divest yourself of it and set yourself free. And this can only happen with love – your own natural love, through acceptance of all your badness and bad feelings, together with the help of the Mother and Father's Divine Love. And so it is entirely true that love is the cure-all, and that love will heal you, your love, and the Mother and Father's

Messages from Mary and Jesus      Jesus 14 April 2003

**Put Children First**

**SOUL:**

Messages from Mary and Jesus – Jesus 11 April 2003

Your soul, James, as I just read your thought wanting me to write about it, is not in your head, it is in your heart. It is not in your physical heart, and not even in your spirit heart, but is in the heart of your personality. It exists outside of Creation. It exists as the Mother and Father do in Existential reality. It just IS. It is not a part of Creation and so does not evolve according to the Laws of Creation, but it does *progress* or *evolve* in light-of-experience, and the love-light that comes from the Divine Love of the Father and Mother. And I will not go any further in this James, as you are to reveal more about the soul with the help of other friends of yours here in spirit (not that you know them yet) who are patiently waiting their turn to write of such things to you in the days to come.

The soul is not in the mind. The mind and brain are merely attributes of it. They are parts of you, your soul has brought into Creation, so that you as a personality can experience love. Those in the natural love spirit worlds do not know of the soul and its true nature, because they are not partaking of the Divine Love thereby becoming soul-conscious. They continue to believe it does exist, because others and I have said it does, so they have woven beliefs around what they believe it to be. And as I said, they will get a great shock when their soul begins to wake them up wanting the love of its Parents, for they will realise how much time they have spent denying themselves, when they could have been actively praying each day to the Mother and Father for Their Love.

**The CHILD is INNOCENT:**

Messages from Mary and Jesus

Jesus 14 April 2003

The child is the innocent, primitive newly emerging person, that needs to be respected and allowed to fully express itself and grow up freely, choosing for itself how to live as an adult. It doesn't need or want its parents imposing by force or threat their way on it, all to its own creative detriment. It wants to be free to choose its parents way, but only if that way makes it feel good. And if its parents do make it feel good, then of course it will copy and absorb all that they are, able in turn to make others feel good. And it will do the same if its parents force it to follow them making it become unloving like them, making other people feel bad.

No one really wants to wreck another person's life, not even parents. They don't want to impose evil on their own children, but in their ignorance, do all day long. It's a shocking thing to wake up to and face when you start seeing the truth – for both parent and child. You believed you were so well meaning, when all you have done is the complete opposite. It is completely shattering to see how misguided you were, but it's understandable, you knew nothing else, and forgiveness can be found within yourself as you progress in doing your healing. All is not lost; it's only just a beginning to start to come clean. All will work out in the end, even for those you have hurt. For as you will see: truth will heal all.

Truth revelation is reserved for the Daughters and Sons of Truth.

**All you need to do is offer God your love. You simply love Them, and long to Them for Their Divine Love, then strive to live true to your feelings. Nothing else is required or asked of you by Them.**

Messages from Mary and Jesus

Mary 13 April 2003

put children first

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

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

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

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

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

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



## **PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:**

**The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.**

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false gods caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need to do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

**Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.**

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

**If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can**

and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2      Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

**Related Pascas Papers:**

Chaldi Child Care Centers – Betrayal of Trust  
 Chaldi Child Care Centres – Safe Space  
 Chaldi College Primary thru to High – Feelings First  
 Chaldi College (WW) Education through Feelings  
 and much more!

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>

## **WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:**

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us or make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

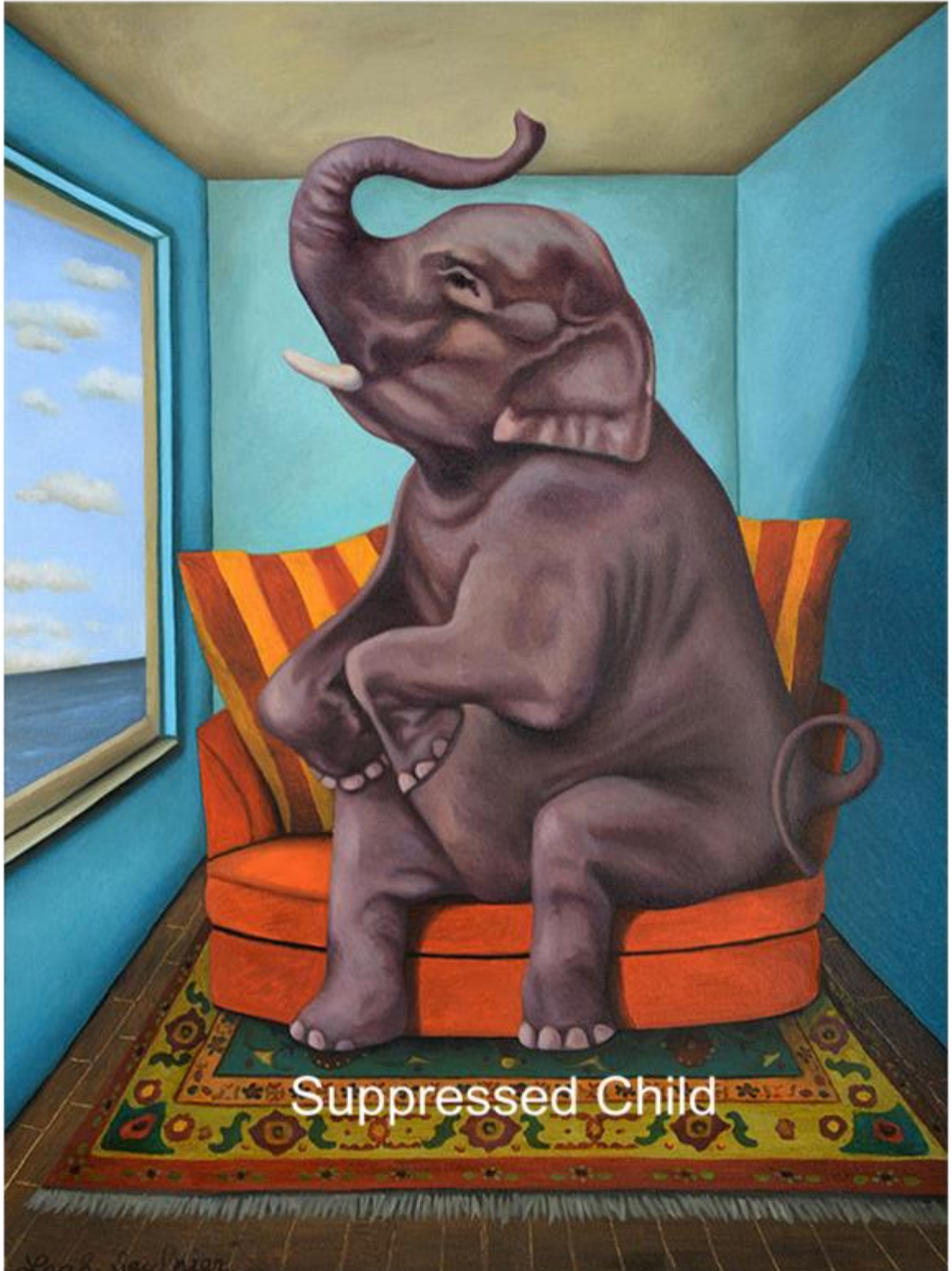
Messages from Mary and Jesus via James Moncrief 13 March 2003

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

## **Library Download – Pascas Papers**

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

# Childhood Suppression is the elephant in the room!



# Childhood Suppression

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

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

Return light being the  
experiences of our  
physical existence.

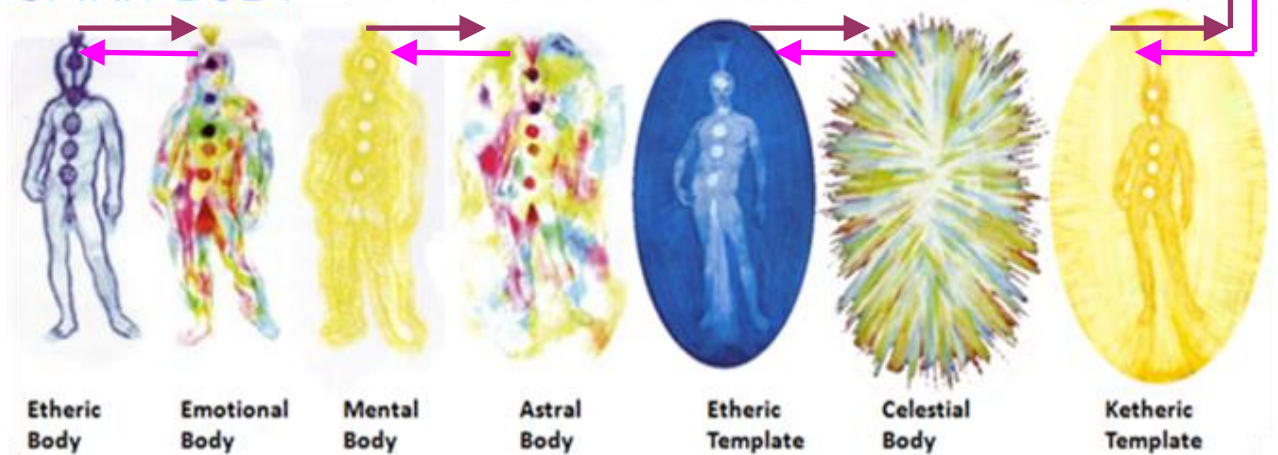
## SOUL



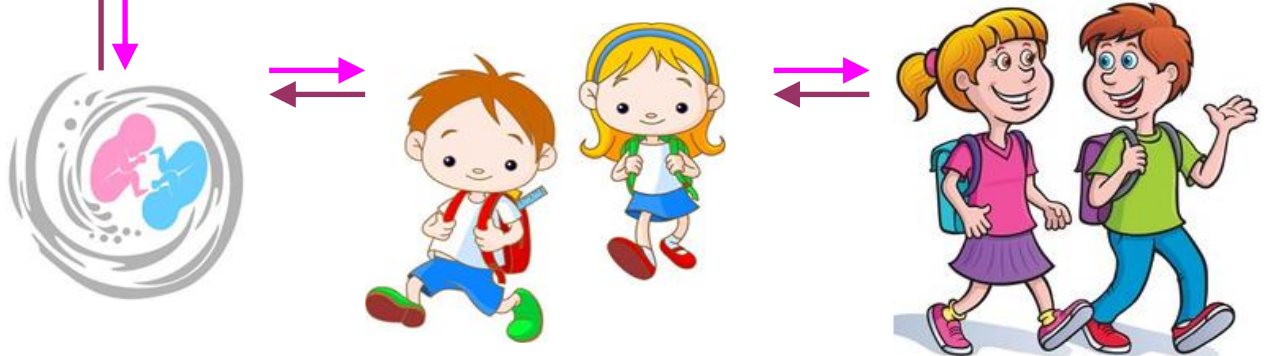
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

## SPIRIT BODY

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



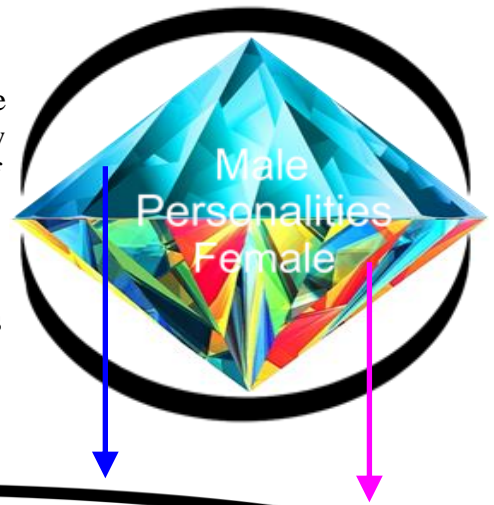
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical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



# Childhood Suppression

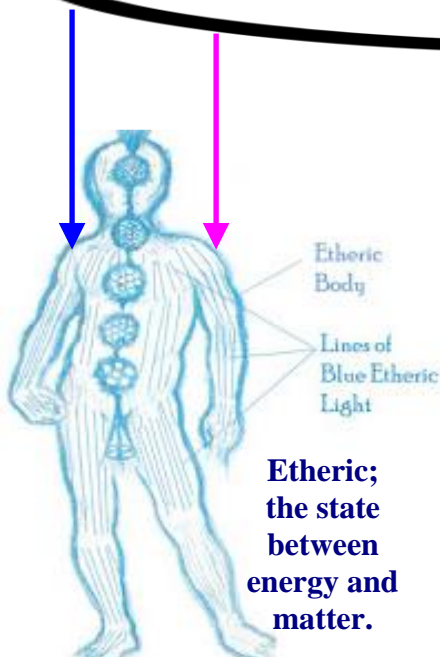


Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our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

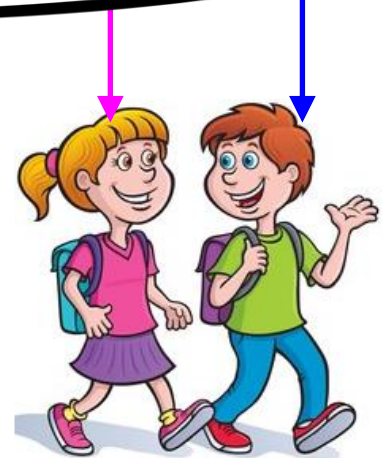


## SPIRIT BODY

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



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



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



### One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend whatever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



**THE GREATEST  
THREAT  
TO  
HUMANITY**



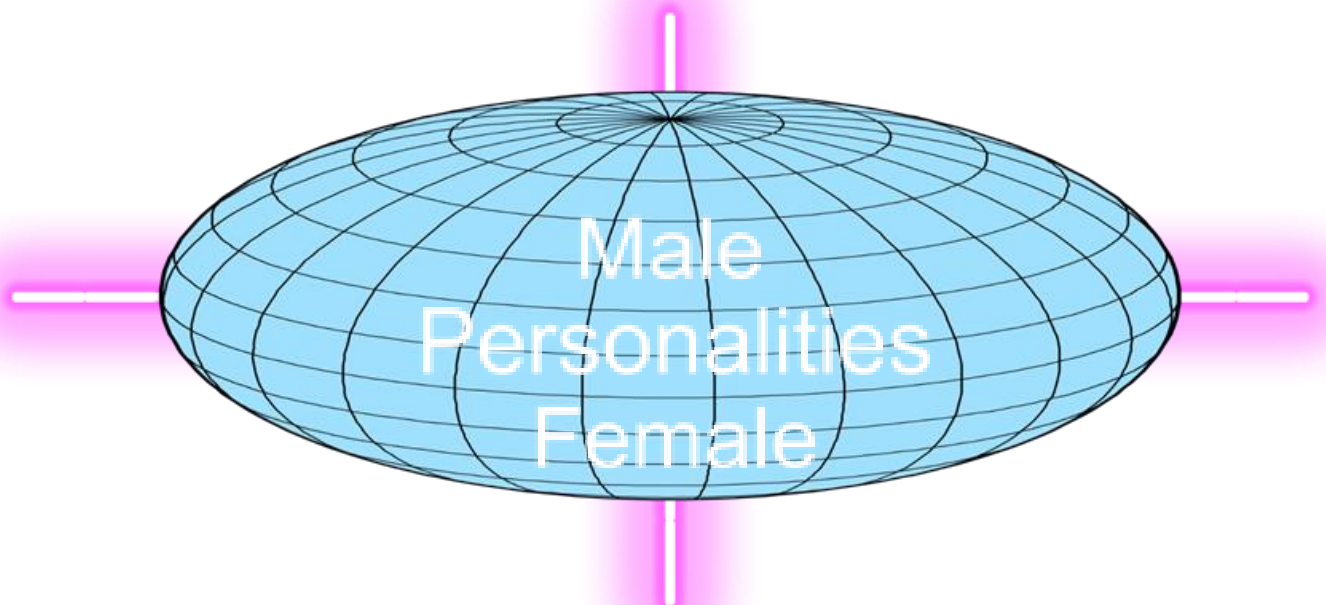
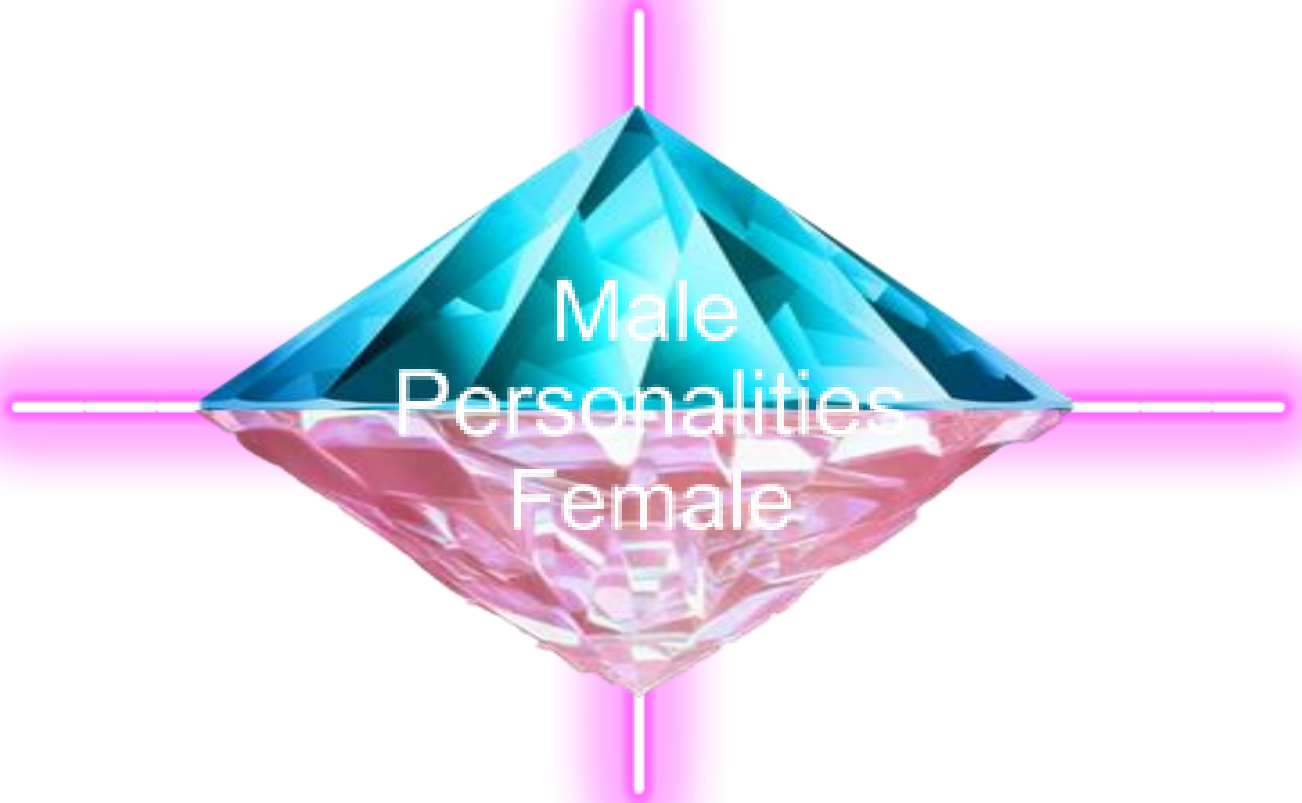


**The Soul does everything!**



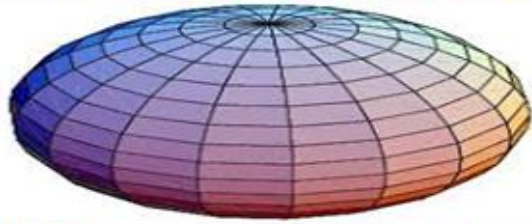
**Our HEALING is one long act of Self-Love!**

# SOUL is a DUPLEX



# SOUL PERSONALITY FEMALE or MALE

Soul



Eternal Son

Infinite Daughter

TRUTH



MIND

Indwelling Spirit

Heavenly Mother & Father

LOVE

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

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

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

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



SOUL is a DUPLEX





### CHALDI – origin of the name:

“The Akkadians which include the Sumerians, continued the Naacal teachings and built colleges for the teaching of the wisdom of the Motherland which included the Cosmic Sciences and religion. These colleges they called Kaldi or Chaldi (the C was pronounced K in Naga). Kaldi or Chaldi is a Naga word meaning enclosed or surrounded. This was in reference to the fence or wall which always surrounded these colleges. These colleges were open and free to all who deserved to learn the wisdom of the Motherland. The slave was as welcome as the king. The various peoples who successively occupied the land, all took advantage of the Chaldi Colleges to extend their learning. The Israelites when in captivity in Babylonia or Chaldea patronised them to a very great extent.”

BOOK I: *The Sacred & Inspired Writings of Mu*

27





Our learned Scientists have found the Akkadians and Sumerians to be two different peoples. The actual difference is :- they are the same people. One was the sea-coast sea-faring people and the other was the inland man, the farmer and tiller of the soil.

The Akkadians which include the Sumerians, continued the Naacal teachings and built colleges for the teaching of the wisdom of the Motherland which included the Cosmic Sciences and religion. These colleges they called Kaldi or Chaldi - (the C was pronounced K in Naga) Kaldi or Chaldi is a Naga word meaning - enclosed or surrounded. This was in reference to a fence or wall which always surrounded these colleges. These colleges were open and free to all who desired to learn the wisdom of the Motherland. The slave was as welcome as the king. The various peoples who successively occupied the land, all took advantage of the Chaldi Colleges to extend their learning. The Israelites when in captivity in Babylonia or Chaldea patronised them to a very great extent.



### Child Care guidance for personnel:

Education facilitators are requested to confirm and demonstrate that they have embraced the documented guidelines that are available at [www.pascashealth.com](http://www.pascashealth.com) in the Library Download page within the Medical – Emotions section:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)



Consider that Child Care personnel have also embraced these tutorial documents to have a back ground and comprehension of living feelings first.

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

## Library Download – Pascas Papers

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

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

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

Important recommended reading is:

by James Moncrief

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

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

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

**Kindly consider reading:**

[www.pascashealth.com](http://www.pascashealth.com)

then proceed to Library Download :

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

Chaldi College Free to Learn Instinctively  
 Chaldi College Free to Learn Pathway  
 Pascas and the Meeting House

Pascas Care Letters – Back to Basics  
 Pascas Care Letters – Change  
 Pascas Care Letters – Finalizers our Destiny  
 Pascas Care Letters – Glass Ceiling Barrier Removal  
 Pascas Care Letters – Humanity is Addicted to Untruth  
 Pascas Care Letters – Journey of Earth's Humanity  
 Pascas Care Letters – Life is a Highway  
 Pascas Care Letters – Live True to How You Truly Are  
 Pascas Care Letters – Moving out of Healing  
 Pascas Care Letters – My Customs Heritage and Nationality  
 Pascas Care Letters – One Soul Two Personalities  
 Pascas Care Letters – Psychology and Feeling Healing  
 Pascas Care Letters – Spirit Evolution and Environmental Changes  
 Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation  
 Pascas Care – Kinesiology Testing

**PASCAS  
PERS**

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

Pascas Café Overview  
 Pascas Food Basket  
 Pascas WorldCare Craft Creations  
 Pascas WorldCare Supporting Hands

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>

**FURTHER READING:**

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

**PASCAS CARE PARENTING**

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

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

Important recommended reading is:

by James Moncrief

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

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



**Mind Centric Way**

**Feelings First Freedom**

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

### **BIBLIOGRAPHY NOTE:**

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

Pascas has 700+ supportive 'Pascas Papers' accessible in Library Download at [www.pascashealth.com](http://www.pascashealth.com)

Pascas Primary publications being:

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

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

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

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

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

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

### **James Moncrief Books:**

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
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 them selves and doing their Healing.

### **Feeling Bad? Bad feeling 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)  
**<http://www.pascashealth.com/index.php/library.html>**

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

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

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

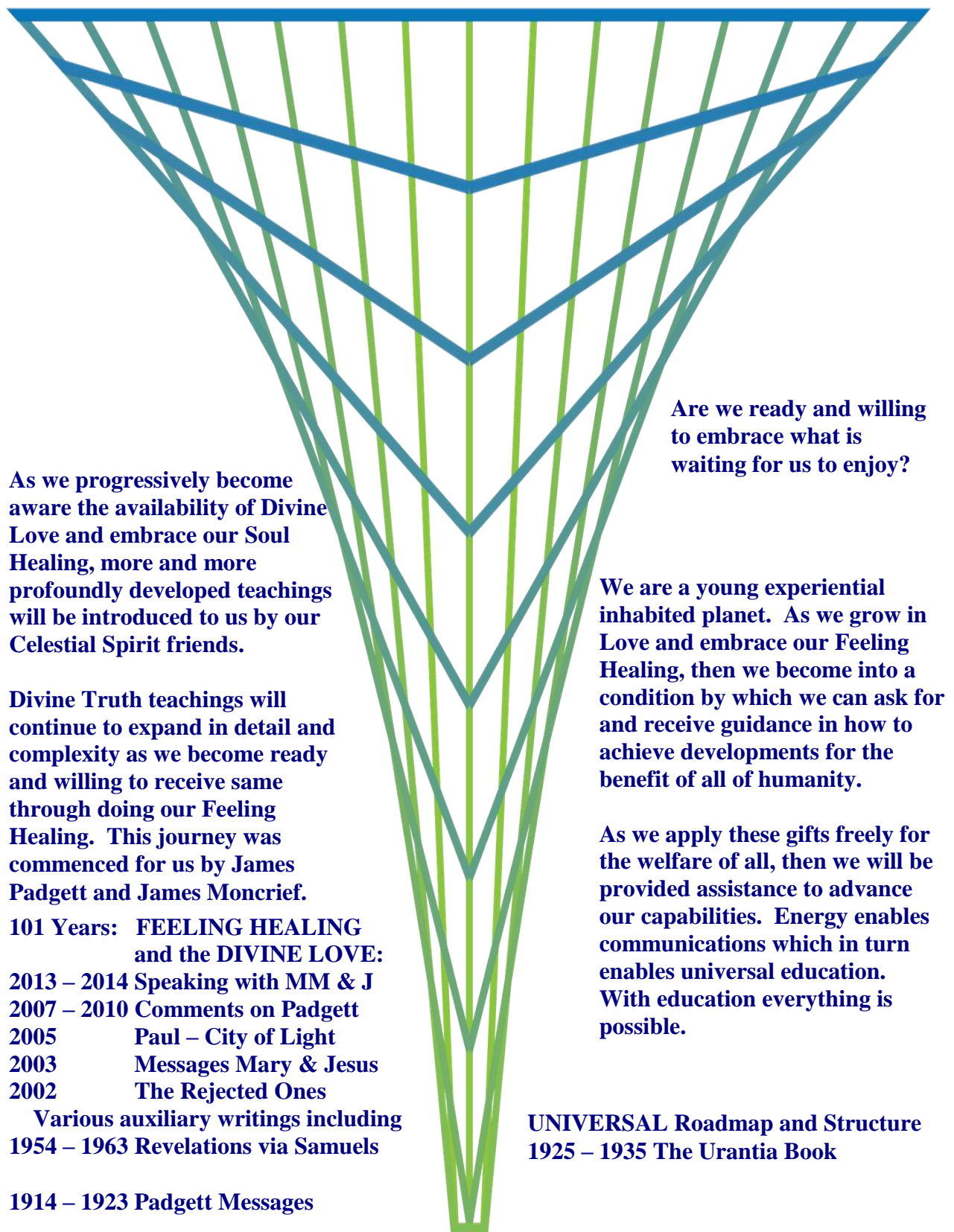
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

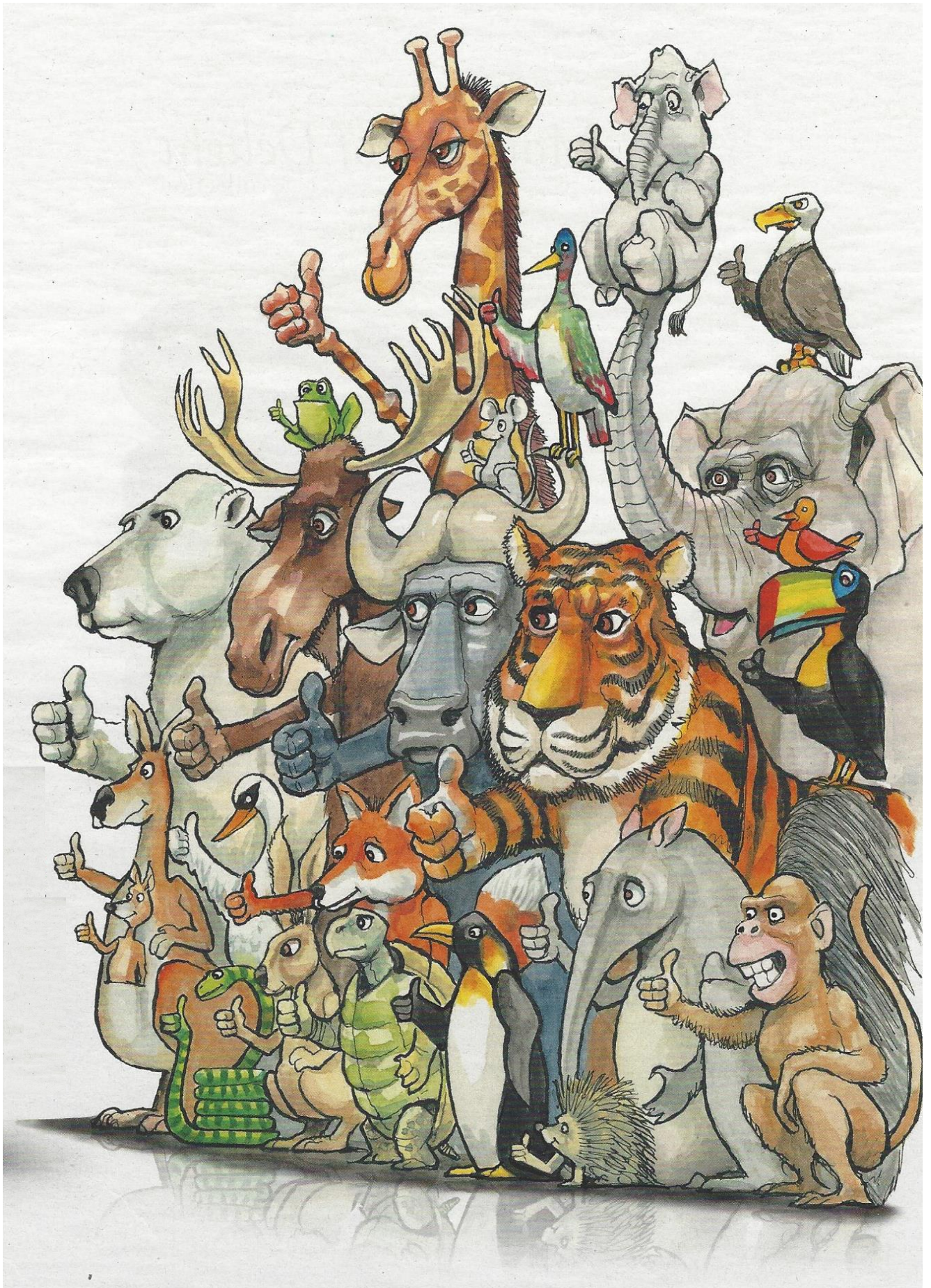
### **MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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





Living Feelings First!  
INTUITIVE  
INSIGHTFULNESS  
DYNAMIC  
NATURAL INTELLIGENCE  
SPONTANEOUS  
VIBRANCY  
foresightful  
*Wisdom & Truth*  
FREEDOM  
EQUALITY

---



SAFE SPACE

Chaldi Child Care Centre



## The Learning Pyramid

